

# Tips For New Parents

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### **New Born Packet**

Dr. Kenneth Tellerman has practiced pediatrics in Baltimore for over 25 years. He trained in pediatrics at Johns Hopkins Medical Center and in behavioral pediatrics at University of Maryland Medical Center. He currently serves as teaching faculty in the Department of Pediatrics at University of Maryland.

Dr. Tellerman is the Chairman of the Committee on Emotional Health for the Maryland Chapter of the American Academy of Pediatrics. He has received multiple awards from the Maryland AAP for his work on this committee as an advocate for improving mental health services to children and adolescents in Maryland. He has also overseen the launching of the GROW YOUR KIDS CAMPAIGN which seeks to promote positive communication between parents and their infants. The campaign has been funded by a grant from the national American Academy of Pediatrics

He has participated on a medical team each summer for over 16 years that provides health care to poor families and children in Honduras. He has overseen the team's water purification project which is dedicated to providing safe drinking water to remote villages in the region. He has also led a drive which has successfully raised funds to build a school for developmentally disabled children in the village. This school will be the only one of its kind in Honduras once completed.

He has been featured in Baltimore Magazine several times as one of Baltimore's Top Docs.

Dr. Tellerman lives in Baltimore with his wife and he has two daughters. He is an avid photographer. He also enjoys running and has participated in the Baltimore Half Marathon for many years.



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## **Your Newborn Infant: Important Information For Parents**

### **When to Call the Doctor:**

If your newborn baby under 3 months of age develops a temperature over 100 rectally, becomes very fussy or sleepy or develops problems breathing, call your pediatrician immediately.

Sneezing and hiccups in newborn babies are normal. Spitting up in babies who are gaining weight well is generally not serious. If your baby spits up frequently or vomits forcefully, contact your pediatrician.

### **Feeding:**

Breast milk provides the optimal nutrition for infants and helps to boost immunity against infections. For parents who choose not to breastfeed, infant formulas will provide a sound source of nutrition.

Newborn infants usually want to eat about every two to four hours. It is best to remain flexible.

Young babies should not be given whole cow's milk or low fat milk. Water can be given between feedings especially during hot weather. Breast fed infants should also receive supplementation with Vitamin D 400 IU per day.

Avoid giving solid foods to babies until they are about six months old. Babies can get the nutrition they need from breast milk or formula during the first months of life. Solid foods given too early in life can lead to obesity.

### **Bowel movements:**

Breast fed babies tend to have thin, yellow, seedy stools with almost every feeding. Formula fed babies may have bowel movements only once a day. Some young infants have bowel movements once every 2 to 3 days and this is generally normal.

Babies often fuss, strain, and grunt with bowel movements. As long as the bowel movements are not hard and dry, this is usually normal.

If your baby does have hard dry bowel movements, you can offer more water. You can also add 1 teaspoon of Karo syrup to a bottle of water

If this does not work, contact your pediatrician.

### **Sleep:**

Newborn babies generally wake several times per night to eat. Sleeping infants should be placed on their backs until they can roll over in order to reduce the risk of SIDS (Sudden Infant Death Syndrome). Use a firm mattress. Avoid using comforters and pillows because they can cause suffocation.

### **Skin Care:**

The baby's navel cord usually falls off between one and two weeks after birth. Until it falls off, wash your baby with a sponge or washcloth. The navel cord does *not* need to be cleaned with alcohol.

When the navel cord has fallen off, you can wash your baby in a bath tub in warm water. **NEVER** leave your baby alone in the bathtub.

Baby's skin is tender so use mild baby soaps. Avoid using lotions and oils on newborn babies even if their skin is cracking and peeling. If diaper rash occurs, change diapers frequently and apply baby diaper creams.

If your baby has been circumcised, put a thin layer of Vaseline around the tip of the penis at each diaper change until it has healed.

### **Additional Points:**

Crying is a way that babies let you know that they need to be changed, fed, burped or just held. Avoid long periods of crying which will only make your baby more uncomfortable and difficult to calm down. Feel free to hold, cuddle, and console your crying baby. Newborns *won't* get spoiled. Pacifiers can be used to console a crying a baby but it is best not to use them to assist the baby to fall asleep.

Babies love to look at your face and at bright colored objects. Also spend time talking and reading to your baby.

Older siblings at home, may show signs of jealousy of the new baby. Be patient while your older child adjusts. Always feel free to contact your pediatrician if you have any concerns.

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### **Your Baby: First Decisions**

#### **Feeding:**

It is important to decide early on how you wish to feed your baby. Breast feeding is advised because it is the natural nutrition for infants and provides protection against infection and disease. For parents who choose not to breastfeed, infant formulas will provide a sound source of nutrition.

#### **Hepatitis B Vaccine:**

Hepatitis B vaccine is recommended for newborn infants. This is particularly critical if the baby's mother is a hepatitis B carrier. If a mother knows that she is not a hepatitis B carrier, vaccination can be delayed and given at a follow up office visit.

#### **Vitamin K:**

Babies have low levels of Vitamin K at birth. Vitamin K can be given as an injection to newborn babies and is recommended because it provides protection against bleeding.

#### **PKU: NEWBORN SCREEN**

Before the baby leaves the nursery, a heel stick blood test is performed that screens for several disorders that can cause mental retardation including PKU (phenylketonuria). The test is generally repeated in the office at the 2 week visit.

#### **Circumcision:**

It is best to make the decision of whether or not to perform a non ritual circumcision on a male infant before leaving the nursery. Circumcision provides some minor health advantages such as a lower risk of urinary tract infections and sexually transmitted diseases. However, the final decision is often one of personal preference.

#### **Jaundice:**

Jaundice is a common occurrence in newborn infants. Some infants turn *yellow* in the first week of life. This is generally normal. However, it can be a sign of a more serious problem including poor feeding or a blood group difference between mother and infant. Jaundice can lead to neurologic problems in infants if their *bilirubin* levels become too high. Parents should contact their pediatricians if they suspect that their baby's eyes or skin are looking yellow.

#### **Erythromycin Ointment:**

State law mandates that eye ointment be applied once to all babies. The antibiotic ointment helps to prevent the spread of gonorrhea. Gonorrhea that starts in the eyes can spread to the body and make the newborn infant very ill.

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## **IMMUNIZATIONS AND TESTS**

<b>Newborn</b>	<u>Hepatitis B</u> vaccine
<b>2 weeks</b>	PKU (heelstick screening blood test for disorders that cause mental retardation)
<b>4 weeks</b>	<u>Hepatitis B</u> vaccine
<b>2, 4 and 6 months</b>	<u>Diphtheria/Tetanus/Pertussis</u> (“whooping cough”) <u>IPV</u> polio vaccine <u>HIB</u> meningitis vaccine <u>Prevnar</u> pneumococcal meningitis vaccine <u>Rotavirus</u> vaccine
<b>9 months</b>	<u>Heptatitis B</u> vaccine
<b>12 months</b>	<u>MMR</u> (Measles, Mumps, Rubella [German Measles] vaccine <u>Varivax</u> chickenpox vaccine <u>Prevnar</u> pneumococcal meningitis vaccine Blood test for anemia and lead screen
<b>15 months</b>	<u>DTaP</u> , <u>HIB</u> meningitis vaccine
<b>18 months and 24 months</b>	<u>Hepatitis A</u> vaccine Blood test for anemia and lead screen age 2
<b>4 to 6 years</b>	<u>DTaP</u> , <u>IPV</u> , <u>MMR</u> , <u>Varivax</u> Urine Analysis
<b>11 to 14 years</b>	<u>Tdap</u> (Tetanus/ Pertussis) booster <u>Meningococcal</u> meningitis vaccine <u>Human PapillomaVirus</u> vaccine Blood test for anemia and cholesterol

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**SUGGESTED PURCHASES FOR INFANT CARE**

**SAFETY NEEDS:**

Car Seats

Smoke alarm

Safety locks for cabinets

Wall outlet guards

**FEEDING NEEDS:**

Breast pump

Breast milk storage bags

Bottles and nipples and brushes

**CLEANING NEEDS:**

Vaseline

Diaper ointment

Diapers (cloth or disposable)

Diaper wipes

Baby soap/ shampoo

**HEALTH NEEDS:**

Rectal thermometer

Saline or salt water nose drops

Bulb syringe

Tylenol suspension (after age 2 mos)

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## **RESOURCES FOR PARENTS OF INFANTS**

### **BABY AND CHILD CARE:**

<b>Caring for Your Baby and Young Child: Birth to Age Five</b>	Steven Shelov M.D. (American Academy of Pediatrics)
<b>Your Baby and Child: From Birth to Age Five</b>	Penelope Leach
<b>The Holistic Pediatrician</b>	Kathi Kemper M.D.
<b>The Happiest Baby on the Block</b>	Harvey Karp M.D.
<b>Healthychildren.org</b>	American Academy of Pediatrics website for parents

### **BREASTFEEDING/ NUTRITION:**

<b>The Ultimate Breastfeeding Book of Answers</b>	Jack Newman M.D.
<b>Dr. Mom's Guide to Breastfeeding</b>	Marianne Neifert M.D.
<b>American Academy of Pediatrics Guide to Your Child's Nutrition</b>	William Dietz M.D.

### **SLEEP PROBLEMS:**

<b>Solve Your Child's Sleep Problems</b>	Richard Ferber M.D.
<b>American Academy of Pediatrics Guide to Your Child's Sleep</b>	George Cohen M.D.
<b>Good Night Sleep Tight</b>	Kim West

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**NEW PARENTS OF WELL BABIES: TOP TEN LIST OF CONCERNS**

- 1) CRIES TOO MUCH
- 2) DOESN'T CRY ENOUGH
- 3) EATS TOO MUCH
- 4) DOESN'T EAT ENOUGH
- 5) POOPS TOO MUCH
- 6) DOESN'T POOP ENOUGH
- 7) SLEEPS TOO MUCH
- 8) DOESN'T SLEEP ENOUGH
- 9) WILL I EVER HAVE SEX? (*MAYBE: HAVING AN INFANT AROUND IS A MOST EFFECTIVE MODE OF BIRTH CONTROL*)
- 10) WILL I EVER STOP FEELING TIRED? (*NO!!! WELCOME TO PARENTHOOD*)

**MOST IMPORTANTLY:**

PACE YOURSELF

SEEK ASSISTANCE FROM FAMILY AND FRIENDS

RELAX AND ENJOY!!!