

Well Baby Stuff to Know



- Weight
- Length
- OFC
- Pooping
- Peeing
- Puking
- Burping & Hiccups
- Sleeping
 - Not sleeping
 - AAP recs
- Crying
 - Colic
 - 5 S's
 - Swaddling
- Eating
 - Breastfeeding
 - Bottlefeeding
- Formulas
- Bottles
- Solid foods
- Finger foods
- Car seats (California)
- Milestones
 - Quick milestones

Index

Weight

- Quick premie weight estimate
 - Digits of gestational age + 1 x 100
 - 24 weeker: $2 + 4 + 1 = 700$ gm
 - 30 weeker: $3 + 10 + 1 = 1400$ gm
- Average newborn weight: 3300 gm
- Lose 10% of birthweight in first 5 days, regain it by day 10-14 of life
- Gain 30 gm/day in months 0-3, 20 gm/day in months 3-6, 10 gm/day in months 6-12
- Double birth weight by age 4 months, triple birth weight by age 1 year



Index

Length



- Average newborn length is 50cm
 - Grow ~ 2cm (+/- 0.5cm) per month 0-6 months
 - Grow ~ 1cm per month 6-12 months
- Predict adult height
 - Double boy's height at age 2 years
 - Double girl's height at age 18 months
 - Girls (cm): $[(\text{Mother's ht} + \text{Father's ht}) - 13] / 2$
 - Boys (cm): $[(\text{Mother's ht} + \text{Father's ht}) + 13] / 2$

Index

Head Circumference aka OFC



- Average newborn 35cm
- Average growth 1cm/month over first year of life
- Faster in first months
 - 2cm in the first month of life
 - 6cm in the first 4 months of life

- Initial meconium stools
 - Delayed passage > 24-48 hrs = consider Hirschsprung's
- Transitional stools DOL –4
- Breastfed: yellow, seedy, runny, 6+/day, often q feed
 - Mean 4/day by 1mo old, may ↓ to 1x/week in 2nd month of life
- Formula fed: yellow-tan, firmer, pasty, smellier, can sometimes be green
- ALL babies grunt, groan, turn red in the face when pooping
- Constipation: consistency; Diarrhea: frequency



meconium



transitional

<https://www.babycenter.com/baby-poop-photos>



breast-fed



formula-fed



urate crystals

- Look for 5-6 wet diapers per day (24 hour period)
 - Minimum 4
 - May have only 2-3 for the first few days of life
 - Days 1-5, expect same number of wet diapers as day of life
- Urate crystals look like blood
 - Common in first week of life
 - Can = dehydration later (correlate clinically)

Index

Some baby barf factoids

- Babies spit up a lot
 - ~40% spit up 1-3x per day
 - Milk-like or can be curdled
- Some reasons why
 - Loose esophageal sphincter
 - Swallowing air during feed
 - Inadequate burping
 - Overfeeding
 - GERD (the “happy spitter”)

What to do about it

- Don't overfeed
- Burp baby in the middle of the feed
- Try a different bottle / nipple
- Hold baby upright x 15 min after
- Keep pressure off tummy after feed (e.g. car seat buckle)
- Rule out: projectile, bilious, FTT
- Wait: most better by 6-7 months

Puking



<https://mommyhood101.com/baby-spit-up>

Burping & Hiccuping

Index

- Burp baby q 2-3 oz or between breasts
 - Protect your clothes!
 - Gently pat or rub back
 - Support head, not throat
 - Often no longer needed by 4-6 mos
- Hiccups common & normal
 - Wait them out
 - Burp / feed
 - Give pacifier if using



https://www.babycenter.com/baby/newborn-baby/how-to-burp-your-baby_10363676



Sleeping

- Don't develop circadian rhythm (sleep/wake cycle) til 3wks – 3mo
- Eating q2-3 hrs first month, q3-4 hrs second month (may stretch it out to 6 hrs at night) *if you're lucky*
- When do they sleep through the night
 - Earliest = 3 months
 - 2/3 by 6 months
 - Some need “help”

[Index](#)

what to expect.

Baby Sleep Schedules Chart

BABY'S AGE	NUMBER OF NAPS	NAP DURATION	DAYTIME SLEEP HOURS	NIGHTTIME SLEEP HOURS	NIGHTTIME HOURS IN A STRETCH	TOTAL SLEEP HOURS PER DAY
Birth to ~6 weeks	Varies	30 mins-4 hrs	Varies	Varies	Possibly 4 hrs	14-17 hrs
2 months	3-5	30 mins-3 hrs	7-9 hrs	8-9 hrs	Possibly 6 hrs	14-17 hrs
3 months	3-4	30 mins-2 hrs	4-8 hrs	8-10 hrs	6 hrs, sometimes	14-16 hrs
4 months	2-3	1-2 hrs	3-6 hrs	9-10 hrs	6-8 hrs, sometimes	12-16 hrs
5-6 months	2-3	1-2 hrs	3-4 hrs	10-11 hrs	10-11 hrs, sometimes	12-16 hrs
7-8 months	2	1-2 hrs	3-4 hrs	10-12 hrs	10-12 hrs, maybe	12-16 hrs
9 months	2	1-2 hrs	3-4 hrs	10-12 hrs	10-12 hrs, often	12-16 hrs
10-12 months	2	1-2 hrs	3-4 hrs	10-12 hrs	10-12 hrs, usually	12-16 hrs

Tap to enlarge



Not Sleeping

- At first, enlist help and sleep when you can
- At 2-3 weeks, start trying to differentiate day/night
 - Bright light, play, ambient noise during the day
 - Low light, quiet, all-business feed/change diaper and back to bed at night
- Establish a bedtime routine
 - Try to establish regular sleep schedule (even if your schedule is not regular)
 - Look for sleepiness cues: rubbing eyes, fussiness
 - Put in crib sleepy but awake
 - Don't jump up at the first noise on the baby monitor

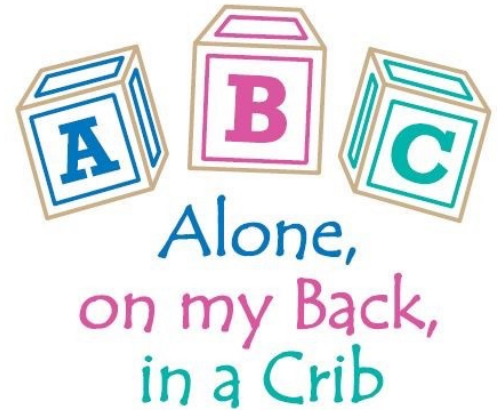


<https://www.happiestbaby.com/>

[Index](#)



- Back to sleep (naps & night), tummy time when awake
- Firm (doesn't indent) mattress with fitted sheet
- Empty crib – no blankets, pillows, stuffed toys, bumpers, side sleeping bolsters
- Do not allow to sleep in a carseat, sling, stroller, swing, infant carrier, couch, regular bed, etc
- No bedsharing with parents (esp if < 4mo old)
- Room share with parents first 6mo, ideally first year
- Give pacifier with sleeping if breastfeeding established





<https://www.chop.edu/news/health-tip/how-soothe-baby-colic>

- Normal mean crying 117-133 min/day (2 hrs) in first 6 wks of life
 - 95th % 225-250 min/day (4 hrs)
- Wessel's criteria for Colic: 3+ hours/day, 3+ days/week, 3+ weeks
 - ~20% infants
 - Usually starts ~3-4 wks, much improved by 12 wks
- Diagnosis of exclusion

PURPLE

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

UNEXPECTED

Crying can come and go and you don't know why

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

LONG LASTING

Crying can last as much as 5 hours a day, or more

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.

The 5 s'

Swinging



Swinging the tiny tot in the cradle can actually calm it and also help it get a sound sleep.

Side/ Stomach Position



Putting the baby to sleep sideways also does help in calming it. Avoid putting them to sleep on their back because it can make them restless.

Shushing



Saying shhh or any rhythmic sound can help in calming and putting the child to sleep.

Sucking



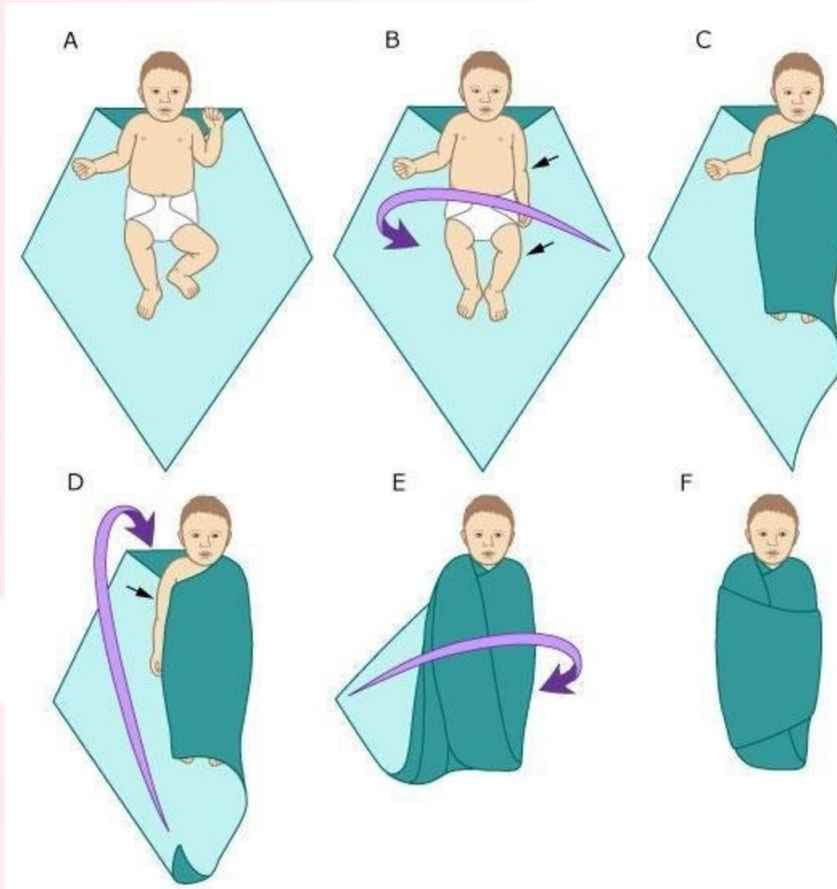
Allow the baby to suck on a pacifier or it's own thumb. This will help calm the child.

Swaddling



Swaddle the baby in a blanket to help her out of the moro reflex. (the reflex of jolt when falling from a height, as seen in infants).

Index



Swaddling

<https://discover.hubpages.com/family/babyrelaxationtips>

How to swaddle/wrap your baby

Breast

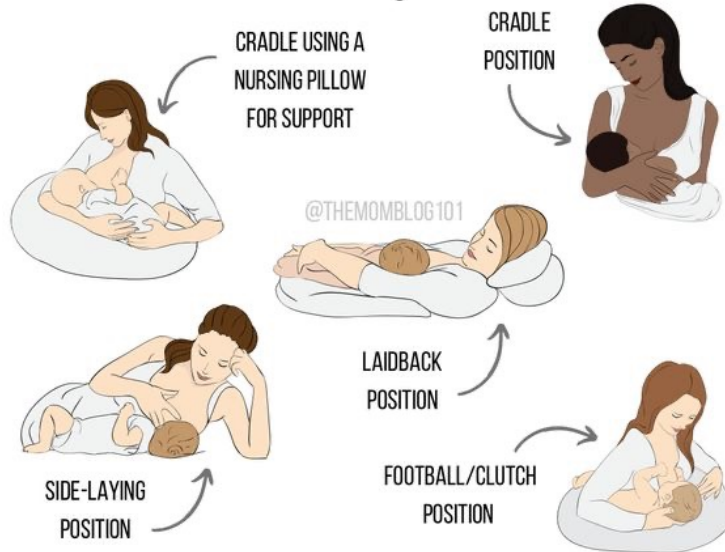
- Colostrum initially
 - Milk “comes in” day 3-5
- Initially q 2-3 hrs, q 4 hrs at night
- **8-12 feeds / day**
- 10 minutes per side
- Look and listen for suck and swallow
- Pump and freeze when out-producing baby initially

Bottle

- How much?
 - Newly born: 1-2 oz q 2-3 hrs
 - 2-4 wks: 2-3oz q 3-4 hrs
 - 1-2mo: 4oz q 3-4 hrs
 - 2-4mo: 4-5oz q 3-4 hrs
 - 4-6mo: 6-8oz q 4-5 hrs
- **2.5 oz / lb body weight / 24 hrs to maximum 32 oz**
- Transition to whole milk at 1 yr

5 DIFFERENT

Breastfeeding Positions



- Potential problems
 - Difficulty latching on
 - Clogged ducts
 - Engorgement
 - Mastitis
 - Candidal nipple infection
 - Insufficient milk (or perception)
- Growth spurts
 - Common times: 10-14 days, 3 wks, 6 wks, 3 mo, 6 mo

Bottlefeeding

- **Forms**
 - Ready to feed (\$\$\$)
 - Liquid concentrate: mix 1:1
 - Powder: mix 1 scoop with 2 oz water
- **Basic types**
 - Cow's milk based
 - Lactose-free (gentle, sensitive)
 - Soy
 - Hydrolyzed protein
- **4 major companies**
 - Mead Johnson (Enfamil)
 - Abbott (Similac)
 - Nestle (Gerber)
 - Perrigo (generics, Earth's Best, Bobbie)
- Things added to formula to be more like breastmilk: whey protein, DHA and ARA fatty acid, prebiotics, A2 beta-casein
- European formulas have fewer ingredients, but are not FDA approved and must be shipped
 - Bobbie is U.S. "European-style" formula with organic nonfat milk from pasture-raised cows
- **Other additives**
 - Milk fat globule membrane (IQ boost)
 - Rice starch (anti-reflux)
 - Probiotics and prebiotics
 - Lactoferrin (immune-boosting)



Index

Formulas

Type	Similac	Enfamil	Gerber	Earth's Best
Regular	(Pro)Advance	Infant	Good Start Gentle	Organic Dairy
Organic / non-GMO, grass-fed cows	Organic / Pure Bliss	Simply Organic	Gerber Natura	All products are organic
Lactose-free	Sensitive, Total comfort	Gentlease	Good Start Soothe	Organic Sensitive
Soy	Prosobee	Isomil	Good Start Gentle Soy	Non-GMO Plant-based
Hydrolyzed or amino acid-based	Alimentum Elecare	Nutramigen, Pregestamil Puramino	Good Start Extensive HA Alfamino (Nestle)	Organic Gentle Neocate (Nutricia)
Breastmilk-like	360 Total Care	Enspire, Premium A2	Good Start Gentle Supreme	
Special	For Spit-up (rice starch)	AR (rice starch) IQ boost: Neuropro Constipation: Reguline	Nan: immune boosting Pro versions = digestible proteins	
Premie post-discharge	Neosure	Enfacare Neuropro	Good Start Premature Good Start Nourish	

<https://www.lifewithgremlins.com/bottle-feeding-how-to/>

Bottles



Nipples

- 0: premie
 - 1: 0-3 months
 - 2: 3-6 months
 - 3: 6-9 months
 - 4: 9-12 months
- Level up if baby frustrated
 - Level down if flow too fast, gagging, choking

PHILIPS AVENT
Designed to reduce feeding issues colic, gas and reflux!

Anti-colic bottle with AirFree vent

Unique AirFree vent designed for less air ingestion
Nipple full of milk, not air, for easier upright feeding
AirFree vent is one piece, easy to clean

3 wide-neck bottles with 3 AirFree vents. You 750ml

100% BPA free

Classically proven

Doctor recommended features with **VentAire** technology

No vent in the nipple means no air mixing with milk.

Did you know? 67% of babies can experience the symptoms of reflux within 4 months of birth?

Air-free bottom vent prevents air from getting in baby's tummy and prevents vacuum within the bottle

Angled for more upright feeding provides many benefits to baby and digestion

BPA FREE PVC FREE 100% BPA FREE

Nipple Guide

Match Your Baby's Unique Preference Right from the Start

The Nipple Guide shows five nipple options with their characteristics and flow rates:

- BREASTLIKE SHAPE**: Designed to Mimic the Breast. BPA FREE. Flow: 0-3M+ SLOW.
- PETITE**: For Smaller Mouths. BPA FREE. Flow: 3M+ MEDIUM.
- NATURALATCH***: Most Like Mom™ — Perfect Starter Nipple. BPA FREE. Flow: 3-6M+ FAST.
- FULL SIZED**: For Wider Mouths. BPA FREE.
- ANGLED**: For Upright Feeding. BPA FREE.



Index

Solid foods

- AAP recommends waiting until 6 mo
- Solid food readiness
 - Sits in high chair, holds head up well
 - Opens mouth, shows interest
 - Loss of “extrusion” reflex
 - Doubled birth weight / weighs 13 lbs
- Pureed, on a spoon only, ½ baby spoonful to start, consider breast/bottle first so not crazy hungry
- Introduce one single-ingredient new food q 3-5 days
- Use iron-fortified cereals
- No longer recommend avoiding high allergy foods (dairy, soy, fish), but may consider testing for egg, peanut if baby has severe eczema or known peanut allergy

Signs that your baby is

READY FOR SOLID FOODS

@BumpBubNBeyond



Experts suggest that it is best to wait until 6 months before offering solid foods

Finger foods

- Finger food readiness
 - Moves hand to mouth
 - Pincer grasp (7-9mo)
 - Transfers hand to hand
- Serving sizes
 - 4-6mo: 1-2 tbsp
 - 6-8mo: 2-3 tbsp
 - 9-12mo: 2-4 tbsp
- Baby's stomach is ~size of her own fist



MASHED SWEET POTATO



PEAS



ROASTED ZUCCHINI



AVOCADO



SQUASH



BLUEBERRIES



RASPBERRIES



BANANA



PEANUT BUTTER PUFFS



PUFFS



TOFU



SALMON



MEATBALL



SHREDDED CHICKEN



PANCAKE

Index

Car Seats (CA)

Concord Police Department

<https://www.ots.ca.gov/child-passenger-safety/>

BIRTH - 2 YEARS

REAR-FACING

INFANT | CONVERTIBLE | 3-IN-1

All children under age 2 must be properly secured in a rear-facing car seat.

Rear-facing is the safest way for small children to travel.

They should remain rear-facing until they reach 2 years of age or until they exceed the height or weight limit of the car seat.



**REAR-FACING CAR SEAT
(NEWBORN - 2 YEARS)**

2 - 4 YEARS

FORWARD-FACING

CONVERTIBLE | 3-IN-1 | COMBINATION

All children under age 4 must be properly secured in a car seat with an internal harness.

A 5-point harness is the safest restraint system and should be used as long as possible (until the child exceeds the harness' weight limit).



**FORWARD-FACING
CAR SEAT**

4 - 8 YEARS

BOOSTER

3-IN-1 | COMBINATION | BOOSTER

All children at least 4 years old (but younger than age 8) must ride in a child passenger restraint system or booster seat, unless they are taller than 4'9"

A booster seat should be used until the child can properly fit into a seat belt.



BOOSTER SEAT

8 YEARS +

SEAT BELT

BACK SEAT FOR SAFEST TRAVEL

All children taller than 4'9" (or age 8 and up) should be restrained in a seat belt.

Front seat airbags may hurt small children.

Riding in the back seat of the vehicle is the safest way for children to travel.

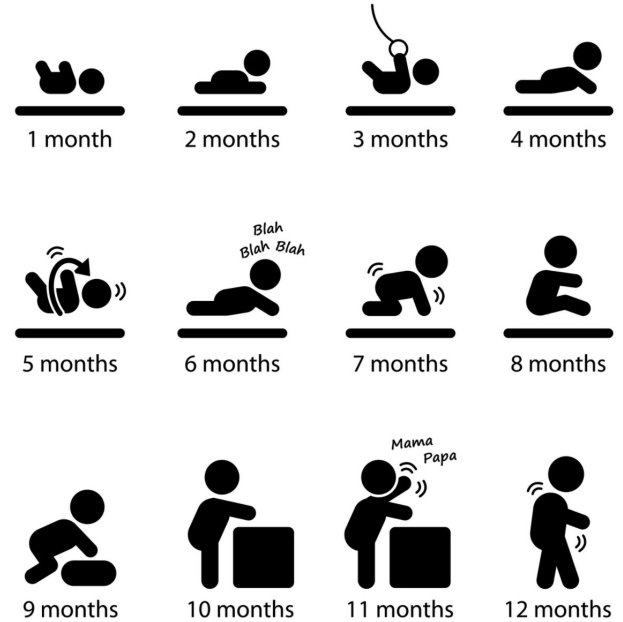


**SEAT BELT
(8 YEARS AND UP)**



Age	Diet	Physical	Language	Cognitive
1 month	Breast or formula	Lift head from prone	Cries for needs	Respond to sounds
2 months	Breast or formula	Hold head up a bit	Vocalizes Social smile	Fix and follow
3 months	Breast or formula	Hold head steady	Coos	Track item moving
4 months	Breast or formula	Push up on arms	Laughs	Watch faces
5 months	Breast or formula	Play with feet	Raspberry noises	Respond to own name
6 months	Solid foods Puree	Roll over both ways	Imitates sounds	Express happy, sad
7 months	Solid foods Puree	Sit well	Babbles	Stranger anxiety
8 months	Solid foods Chunks	Pass object btwn hands	Mama or Dada say	Look for hidden item
9 months	Finger foods	Crawl Pincer	Wave bye	Object permanent
10 mos	Sippy cup	Pull to stand	Point to objects	Understand "no"
11 mos	Tries to feed self	Cruise	Mama or Dada know	Understand command
12 mos	Use spoon	May walk a few steps	1-2 words	Cause and effect


Baby Development



<https://www.etsy.com/listing/766767232/baby-infant-child-development-stages>

Index

Quick and Dirty Milestones



	Age	Gross Motor	Fine Motor	Language	Social
	3 months	Head	Midline	Coo	Smile
S	6 months	Sit	Switch	Schmooze	Stranger
P	9 months	Pull to stand	Pincer	Papa	Peekaboo (Permanence)
T	12 months	Two legs	Throw	Two words	Two of us (Separation anxiety)

Adapted from DirtyMedicine video



Index

The End

