



**HOPEMILLS PEDIATRICS**

3436 N. Main Street, Hope Mills, NC 28348  
(910) 426-PEDS (7337)

**NORTHSIDE PEDIATRICS**

5617 Ramsey Street, Fayetteville, NC 28311  
(910) 423-PEDS (7337)

**ALL AMERICAN PEDIATRICS**

514 Owen Drive, Fayetteville, NC 28302  
910-307-PEDS (7337)

**YADKIN PEDIATRICS**

5335, Yadkin Road, Fayetteville, NC 28304  
910- - PEDS (7337)

**SPRING LAKE PEDIATRICS**

517 B Highway, 210 North, Spring Lake, NC 28390  
910-495-PEDS (7337)

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**Hours:**

Monday through Friday

8:30 AM - 5:00 PM

Closed for Lunch 12:30 PM - 1:00 PM

**Extended Hours offered at our All American Office**

Wednesdays 5:00 PM -8:00 PM

Saturdays 9:00 AM-12:00 noon

**Please Read**





**Ashok Jain, MD, FAAP, FACPE**

**Jose Buenaseda, MD, FAAP**

**Leamor Buenaseda, MD, FAAP**

**Gauri Dalvi, MD, PhD, FAAP**

**Radha Burri, MD, FAAP**

**Arathi Shah, MD, FAAP**

**Yetunde Adesanya, MD**

**Jimmie Shuler, MD**

**Mytrang Dang, PA-C**

**Jennifer Wiles, PA-C**

**CARING FOR YOUR NEW BABY  
Patient Information Guide**



Instructions for Baby \_\_\_\_\_

who weighs \_\_\_\_\_ pounds \_\_\_\_\_ ounces

and is \_\_\_\_\_ inches long.

Breast feeding is always recommended for babies.

Recommended formulas:

- ( ) Enfamil with Iron/Similac Advance
- ( ) Lacto free - In Lactose Intolerance
- ( ) Enfamil Gentlease/Similac sensitive- fussiness/gassiness
- ( ) ProSobee/Isomil - Soy Formula
- ( ) Nutramigen/Alimentum - For patients with milk intolerance or milk-protein sensitivity.





## SCHEDULE OF VISITS

DATES OF VISIT	IMMUNIZATION SCHEDULE
1 week	Check-up
2 weeks	Check-up
1 month	Check-up
2 months	DTaP, IPV, Hepatitis B, Pevnar, Hib, Rotateq
4 months	DTaP, IPV, Hepatitis B, Pevnar, Hib, Rotateq
6 months	DTaP, IPV, Hepatitis B, Pevnar, Rotateq
9 months	Physical
12 months	MMR, Varicella, Pevnar, Hepatitis A
15 months	DTaP, Hib
18 months	Hepatitis A
2 years	Yearly physical
3 years	Yearly physical
4 years	MMR, Varicella, IPV, DTaP
5-10 years	Yearly physical
11 years	Gardasil, Tdap
12-18 years	Yearly physical





**C**ongratulations! The arrival of a new baby is an exciting event for parents. Inexperience, lack of knowledge and pressure from outside sources such as relatives and neighbors can make the adjustment difficult for new parents. Because the new baby also has many adjustments to make, you can help your baby most by providing a stable, happy atmosphere, free from emotional tension.

As your baby's pediatrician, it is our goal to assist you in providing your baby a healthy and happy start to life. After one of our provider's has thoroughly examined your baby, we will discuss with you any problems, if any, that may arise with him. Please review the instructions in this booklet. Your child is an individual from the day they are born. Adapt these instructions to your baby. We will be happy to give you guidance and answer your questions by phone and during your visits to the office.



## TELEPHONE CALLS

Many minor problems that may arise can be solved by calling the office and talking with our nurse. They will, if necessary, consult us or have one of us return your call. Whenever possible, please make these calls during office hours.

## OFFICE VISITS

After leaving the hospital, your baby should have his weight checked at 2 weeks of age. The office is run on an appointment system, so you should call for an appointment soon after you get home. This should prevent long waits for you and your baby. We also offer extended hours at our All American office for emergencies and urgent care only.

## FEES

Please feel free to discuss fees with us at any time. Should you have a question about the fees or the statement, please do not hesitate to ask. We try to minimize the cost of billing, so please pay your bill with cash or check when the child is seen. Please ask to speak with an office manager, should there be a need.

## SUDDEN ILLNESSES & EMERGENCIES

If an emergency should arise please call 911. Emergencies are considered to be those conditions that are life threatening, loss of consciousness, severe bleeding, seizures etc. In case of minor emergencies like lacerations, cuts, mild fractures, sprains, etc. please call our office for instructions. When the office is closed, your call will be answered by our answering service, which is staffed by trained nurses and if required, they will help you reach us.



CALL US  
WE ARE GLAD TO HELP

## At Feeding Time

Feeding is one of the baby's first pleasant experiences. The baby's first love for his mother arises primarily from the feeding situation. Both of you should be comfortable. Hold your baby in your lap with his head slightly raised and resting in the bend of your elbow. Whether breast feeding or bottle feeding, hold your baby comfortably close.

### BREAST FEEDING

The breasts and nipples should be washed at least once a day with soap and water. Guide the nipple into baby's mouth. At the same time, keep the breast from pressing against the baby's nose to avoid interference with his breathing.



Sometimes you may need to encourage your baby to nurse. Gently stroke his cheek with the breast - he will then usually turn his head to search for the nipple. Your baby not only sucks at the breast but also milks it. Your baby may nurse from both breasts at each feeding. Ten minutes at each breast is usually long enough. It is generally best to nurse for 10-15 minutes on one side and then finish the feeding on the other breast. If your baby is very active in his nursing, allow him to feed at only one breast, and give the other breast a rest period. Your baby will take most of your milk in the first few minutes of each nursing. Therefore, he should not be permitted to nurse longer than twenty or thirty minutes at anyone time. In the first few weeks, while you and your baby are learning, let him have a little more time if he needs it. Most babies feed for 15 to 20 minutes.

### BOTTLE FEEDING

If using formula, we recommend that babies be fed one of the commercially available formulas rather than evaporated, canned or homogenized cow's milk. Please discuss it with us if you had planned to use one of the other milk preparations.

Seated comfortably and holding your baby close, hold the bottle so that the neck of the bottle and the nipple are always filled with formula. This helps your baby get formula instead of sucking and swallowing air. If he doesn't waste energy sucking air, he's more likely to take enough formula. Air in his stomach may give him a false sense of being full and may also make him very uncomfortable.



Your baby has a strong, natural desire to suck.

For him, sucking is a part of the pleasure of feeding time. Babies will keep sucking on nipples even after they have fallen asleep. So, take the bottle out of the baby's mouth occasionally to keep the baby from falling asleep. This makes it easier for him to suck and lets him rest a bit. Never prop up the bottle and leave the baby to feed himself. He needs the security and pleasure of being held.

You probably will find that your baby will take most of his bottle but sometimes he won't. Don't worry. This is normal. As your baby grows and gains weight, he will need more formula. When your baby takes 4 to 5 ounces regularly and cries for more. It may be time to increase the amount of his daily formula. Please speak with one of our nurses/ providers before you increase the formula intake.

### HOW MUCH FORMULA

The amount of formula your baby takes will vary. Babies have a right not to be hungry sometimes, just as you and I, and you can't make a baby want to eat. Forced overeating can cause obesity and later poor nutritional habits. Offer baby ½ ounce more formula than taken at each feeding but not over 5½ ounces per feeding during the first six weeks. After feeding your baby, do not save the remaining milk for the next feeding. On average, a 7 pound baby can take up to 3 ounces of formula with each feed. One ounce of formula for every 1 kilogram of your baby's weight.

### FORMULA PREPARATION

Do not prepare more than one day's formula at a time. Formula may be prepared in two ways as follows:

The standard infant formulas are available in a variety of forms --ready to feed (no dilution with water needed), liquid concentrate and powder (to which water must be added exactly according to the directions on the can). It is very important that the directions for formula preparation be followed exactly.