

Congratulations on your Newborn!

Here are a few helpful tips and reminders about the care of your baby:

- Swaddling will be one of your most important tools to keep your baby happy. Below you will find a link to help you and your baby's caregiver swaddle him or her in a safe, hip friendly way. <http://www.hipdysplasia.org/developmental-dysplasia-of-the-hip/hip-healthy-swaddling/>
- If you are breastfeeding, the one vitamin your baby may lack is Vitamin D, as vitamin D is not excreted in the breast milk as readily as your baby will need. Therefore all breastfeed babies need a Vitamin D supplement each day. Here are a few options to look for in your local drugstore.
 - o D-Vi-Sol
 - o Tri-Vi-Sol
 - o Poly-Vi-Sol
 - o Carlson's D Drops (found on Amazon)
- To decrease your baby's risk of SIDS, place your baby on his or her back to sleep during the day and night. If your baby falls asleep in a car seat, stroller, swing, infant carrier, or infant sling he or she should be moved to a firm sleep surface as soon as possible. Keep soft objects and loose bedding out of the crib; do not use crib bumpers in the crib. Offering a pacifier at nap time and bedtime has been shown to decrease the risk of SIDS. For breastfeeding moms, make sure the latch and feedings are going well before offering the pacifier.
- All persons who will be in close contact with your baby should receive the Tdap and Flu vaccine. Your baby cannot receive these vaccines until he or she is 2 months and 6 months respectively; therefore you can protect your baby from these illnesses by decreasing their risk of exposure. For more information visit: <http://www.cdc.gov/pertussis/about/prevention.html>

Again, congratulations! We look forward to caring for your baby!

Dr. Silverblatt, Dr. Grocky, & Emily Zgorski, CPNP