



Cedar Park Pediatric
& Family Medicine



Helping You Make The Transition
to Parenthood A Little Smoother



CPPFM is a proud member of Austin Health Partners



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Newborn Essentials

We're here to take the guesswork out of preparing for your newborn, so you can feel confident and ready for your bundle of joy. Below is our pediatrician-approved list of must-have essentials—everything your baby needs for a smooth start.

Wardrobe

- 6-10 each onesies, shirts, pants, & one-piece pajamas
- No scratch mittens
- 5-7 pairs of socks
- 3-5 swaddle blankets
- 1-2 newborn hats
- 6-10 burp clothes
- Light & heavy weight stroller blankets



Feeding

- Breast pump & milk storage bags (if nursing)
- Formula (if not nursing)
- 8-10 bottles
- Bottle brush
- Nursing pads & nipple cream

Diapering

- 2-3 large boxes of newborn-size diapers
- 2-3 large boxes of unscented baby wipes
- 2 tubes of diaper cream
- Diaper bag
- Diaper changing table

Bath

- Baby bathtub
- Baby shampoo/body wash
- 2-4 hooded towels
- cradle cap brush
- soft washclothes

Register for Lactation Classes [Here](#)



Health

- Add baby to insurance within 30 days of arrival. You will need your newborn's social security number & birth certificate.
- Simplify your journey by joining the CPPFM Plus Program*
- Schedule first year well-child visits in advance (months 1, 2, 4, 6, 9, and one-year)
- Talk with your pediatrician about Beyfortus, the RSV vaccine, recommended by the AAP for babies under one year of age.

Gear

- Infant car seat
- Stroller
- Crib and/or bassinet
- Firm, flat mattress
- 2-4 fitted crib sheets
- Rocking chair or glider
- Baby monitor
- Baby feeding pillow
- Portable crib
- Baby swing or bouncer
- Baby sling/backpack
- White noise machine

CPPFM Plus Benefits **B** **A** **B** **Y**

Introducing the Cedar Park Pediatric & Family Medicine Plus Program: A New Era of Family Healthcare

Experience the future of family healthcare with CPPFM Plus, our new benefits program that brings a new level of personalized, comprehensive healthcare to your entire family. From access to our after hours medical team to increased health services and educational resources, CPPFM Plus offers a superior healthcare experience at unmatched value.

Seamless Savings

Services	CPPFM	CPPFM Plus
Availability and Communication		
Dedicated Phone Line & Chat Messaging	✗	✓
Exclusive Billing Support	✗	✓
Weekend & After Hours (In-Person)	\$30 Fee/Visit	✓
In-Clinic Resources		
Rapid In-House Lab Testing	✓	✓
Controlled Substance Administration Fee	\$80 Fee	✓
Inclusive Fees for Forms	\$5-\$25 Fee	✓
Lactation Support	✓	✓
Patient Portal Access	✓	✓
Education and Support		
Educational Webinars and Classes	Separate Fee	✓
CPR and Safety Training	Separate Fee	✓
Free Nutrition Consultation	\$50 Value	✓
Behavioral and Mental Health Webinars	Separate Fee	✓
Annual EKG	\$100 Fee	✓

“As a first-time parent, signing our newborn up for the CPPFM Plus program was a no-brainer. Not only have we saved on medical expenses but the access to after-hours care is priceless.”



Free Educational Classes & Resources

Dedicated 24/7 Triage Phone Line

In-Person Weekend & After-Hours Care

Cedar Park Pediatrics & Family Medicine, we're all about providing easy, personalized care for your family, making sure you have access to the best healthcare and support. Join CPPFM Plus today and discover the future of family healthcare, where the well-being of your baby always comes first.

Helpful Information

Website: cedarparkdoctors.com

Patient Portal

With your busy life it can be hard to stay on top of your family's health care. Our portal allows you to communicate with us easily according to your schedule. Using your own secure password, you can log into the online patient portal 24/7. Once registered you will be able to:

- Request an appointment online
- Access, download and print medical records and immunization history
- View lab test results and appointment summaries
- Receive billing statements and view balances, make secure online payments and
- Communicate with your provider and request prescription refills.

cedarparkdoctors.com/patient-portal

Clinic Hours: Monday-Friday: 8 AM - 5 PM

After Hours: **Telemedicine**

Monday-Friday: 5 PM - 9 PM

Saturday: 12 PM - 8 PM

Sunday: 10 AM - 6 PM

In-Person

Saturday: 9 AM - 12 PM



When the office is closed for regular business hours, we are excited to offer After Hour services for our patients 18 years and younger. To schedule an After Hour appointment please call us at (512) 336-2777 or online at:

cedarparkdoctors.com/afterhours

Appointments for your Newborn

We have two convenient locations in Cedar Park. Conveniently, schedule your appointment online or over the phone at the nearest location.

cedarparkdoctors.com/pediatrics/pediatric-appointment/

Pediatric Events

Newborn 101 Class

Get ready for baby with our Newborn 101 class, happening every other 4th Wednesday of the month! Led by our expert pediatricians, this fun and informative session will give you the confidence you need for those first days at home. We'll cover everything from diapering and bathing to safe sleep tips and soothing techniques. Join us to get all the essentials and meet other excited parents-to-be!



Breastfeeding Support Group

Join our Breastfeeding Support Group every 3rd Wednesday of the month! Whether you have questions, want to learn more, or just need to connect with fellow breastfeeding moms, this is the perfect space for you. Hosted by our Board-Certified Lactation Consultant and Pediatrician, Dr. Moore, it's your go-to spot for support and camaraderie on your breastfeeding journey!



View All Pediatric Events at:

cedarparkdoctors.com/events

What To Expect During Your Visits

Even babies who are perfectly healthy go to the doctor a lot. That's because the first two years are a crucial time in a baby's growth and development, and your doctor will want to keep close tabs on your baby's progress. Some will vary slightly, but the [American Academy of Pediatrics](#) (AAP) recommends babies get checkups at birth, 3 to 5 days after birth, and then at 1, 2, 4, 6, 9, 12, 15, 18, and 24 months.

At every appointment, starting at birth, a full exam is done looking for normal body function. Ears, eyes, mouth, skin, heart and lungs, abdomen, hips and legs, and genitalia will all get examined to be sure they look healthy. The doctor will always measure the baby's length, weight, and head circumference. These measurements will be recorded on a growth chart, so you'll be able to see how your baby compares to other infants their age to make sure there are no signs of problems.

Hearing Screening

Newborns' tiny ears are so adorable but they are also the doorways to the brain that open up new worlds of learning and growing for your little one. Most children hear and listen to sounds at and even before birth. They learn to talk by imitating the sounds they hear around them and the voices of their parents and caregivers. Your baby's hearing should be screened before they leave the hospital or birthing center. If not, make sure the baby is tested during the first month of life. If your baby's hearing was not tested within 1 month of birth, or if you haven't been told the results of the hearing screening, ask your child's pediatrician.

Developmental Surveillance

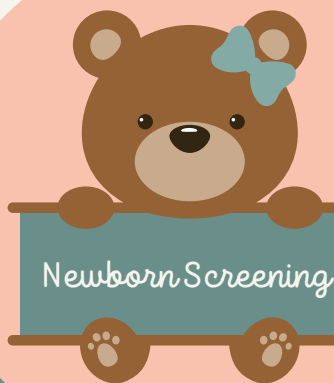
At most visits, the doctor will also gauge whether baby's development is on track. They'll make observations of your child's behaviors, ask you about baby's milestones (like sitting up and rolling over) and ask you if you have any concerns.

Psychosocial/Behavioral Assessment

Some of the questions the doctor will ask will be about baby's behavior, and they'll also observe the child's actions and reactions. This helps rule out psychological or behavioral issues.

10 Things Parents Want To Know About Newborn Screening

1. The Texas Newborn screening is important for your baby's health! It's a simple test to check for a number of rare disorders.
2. Babies with these disorders may look healthy when born. Many problems cannot be seen.
3. Serious problems, such as mental disabilities, illness or death may be prevented if we find the disorders right away.
4. All babies are tested twice. The first test is 1 or 2 days after birth at the hospital. The second test is done 11 to 14 days of age at the doctor's office or clinic.
5. A few drops of blood are taken from your baby's heel and put on a blood spot card. The card is sent to the state lab.
6. The test results go to the birth hospital or your doctor. They will call you if any problem is found.
7. Some babies may need more tests. It is very important to get the new tests quickly if your doctor recommends them.
8. The lab stores the blood spot cards for up to 2 years and may be used to ensure laboratory tests, equipment, and supplies are working right, to develop new tests, and for the Department of State Health Services to study diseases that affect public health.
9. If you give your OK, the blood spot cards will be stored for up to 25 years, and may be used for public health research outside of the Department of State Health Services. You, the parent/guardian, decide what the lab does with your baby's blood spots after testing by completing and sending in a decision form. The decision form will be given to you when the blood spots are collected. Your baby's information stays private and secure no matter your decision.
10. Talk to your baby's doctor at Cedar Park Pediatric & Family Medicine if you have any questions. You may also call to speak to a nurse at: **Newborn Screening Unit 1-800-252-8023 ext. 3957 Or call 1-888-963-7111 ext. 7333 to ask about blood spot card records.**



Vaccines



At Cedar Park Pediatric & Family Medicine we believe in the effectiveness of vaccines to prevent serious illness, to promote health and wellness, and to save lives and as a result we are a pro-vaccination clinic.

We believe that children and young adults should receive all of the recommended vaccines according to the schedule published by the Centers for Disease Control and Prevention and the American Academy of Pediatrics: We believe:

- based on all available data, scientific literature, current studies, and evidence-based medicine, that vaccines do not cause autism or other developmental disabilities. We also believe that thimerosal, a preservative that has been in vaccines for decades, and that remains in only a few vaccines today, does not cause autism or other developmental disabilities.
- vaccinating children and young adults is the single most important health-promoting intervention we perform as health care providers, and that you perform as parents/caregivers.
- that the recommended vaccines and their schedule are the results of years and years of scientific study and research, with data gathered on millions of children, by thousands of our brightest scientists and physicians.
- We understand that there has always been, and will likely always be, controversy surrounding vaccination. But that controversy does not change the facts, or the science, or the evidence about vaccines.

It's precisely because vaccines are so effective at preventing illness that we even discuss whether or not they should be given. Because of the safety and effectiveness of vaccines, many of you have never seen a child with polio, tetanus, whooping cough, bacterial meningitis, or even chickenpox. And that, of course, is a wonderful thing.

As medical professionals, we know that vaccinating children on schedule with currently available vaccines is absolutely the right thing to do for all children and young adults.

We recognize that the choice may be emotional for some parents so we will do everything we can to support you, and to help you understand that vaccinating according to the schedule is the right thing to do.

We're always happy to answer any questions, or to discuss any concerns, you may have about vaccines

Well Check & Vaccination Schedule

The American Academy of Pediatrics (AAP) has updated its schedule of the screenings and health assessments that are recommended at each well child visit from infancy through adolescence. The schedule below reflects current AAP recommendation for preventive pediatric health care, Under the Affordable Care Act, non-grandfathered insurance plans are required to cover services that are recommended by Bright Future.

In Full Disclosure: CPPFM is required to submit these charges to your insurance company. If your insurance does not apply the cost to your deductible we are obligated to collect their contracted rate for these services as is required by your insurance. Should your insurance company apply this cost to your deductible against the recommendation of the ACA Bright Future, please contact your insurance company.

For Reference:

<https://brightfutures.aap.org/>

	Preventive Health Care Recommendations	Well Check Visit & Vaccinations
3-5 Days		<ul style="list-style-type: none"> Hepatitis B #1 (if not given at Birth)
2 weeks	<ul style="list-style-type: none"> Postnatal Depression Screen 	<ul style="list-style-type: none"> Well Check Newborn Screening
1 month		<ul style="list-style-type: none"> Well Check
2 months	<ul style="list-style-type: none"> Postnatal Depression Screen 	<ul style="list-style-type: none"> Prenvar #1 Hepatitis B if not given at birth Pentacel #1 (DTaP, Hib, Polio) Rotavirus #1 (oral vaccine)
4 months	<ul style="list-style-type: none"> Postnatal Depression Screen 	<ul style="list-style-type: none"> Prenvar #2 Hepatitis B #2 Pentacel #2 (DTaP, Hib, Polio) Rotavirus #2 (oral vaccine)
6 months	<ul style="list-style-type: none"> Lead/Questionnaire Postnatal Depression Screen 	<ul style="list-style-type: none"> Prenvar #3 Hepatitis B #3 Pentacel #3 (DTaP, Hib, Polio) Rotavirus #3 (oral vaccine)
9 months	<ul style="list-style-type: none"> Ages & Stages Developmental Questionnaire Lead Questionnaire 	<i>Catch Up Period (if needed)</i>
12 months	<ul style="list-style-type: none"> Lead/TB Questionnaire Dental Varnish 	<ul style="list-style-type: none"> MMR #1 Varicella #1 Hepatitis A #1 Hemoglobin (Iron Check)
15 months	<ul style="list-style-type: none"> Ages & Stages Developmental Questionnaire 	<ul style="list-style-type: none"> DTaP #4 Prenvar #4 Hib #4
18 months	<ul style="list-style-type: none"> MCHAT Autism Screen* Lead/TB Questionnaire Dental Varnish 	<i>Catch Up Period (if needed)</i>
24 months	<ul style="list-style-type: none"> MCHAT Autism Screen* Lead/TB Questionnaire Dental Varnish 	<ul style="list-style-type: none"> Hepatitis A #2 Hemoglobin (Iron Check)
30 months	<ul style="list-style-type: none"> Ages & Stages Developmental Questionnaire Dental Varnish 	<i>Catch Up Period (if needed)</i>



Other Vaccines

- Flu Vaccine: Yearly after 6 months
- Tetanus Booster: Every 10 years

Insurance



Make sure to add your newborn to your health plan within the **first 30 days**. If you want to put your baby on your health plan, call your insurance company and have his/her birth certificate and social security number ready. Tell them you just had a baby and would like to add him/her to your health plan.

If we are unable to verify active insurance by the 2 month well child exam, you will be considered self-pay and we will be happy to walk you through that process if needed.

We are here to help you!

We are contracted with most major insurers and are continuing to add more. Please contact your insurance company to verify if we are a contracted provider with your insurance. If your insurance is not listed, you can still see us, and may qualify for a self-pay discounted rate. Also, check which lab your insurance company is contracted with. You are responsible for any fees that are not paid by your insurance carrier. Please note that your invoice will have two logos: ours and our central business office, Austin Health Partners.

Billing Department

If you have any additional billing or insurance questions, please give our Billing Department a call at: [\(512\) 328-2266](tel:5123282266)

Urgent Medical Care

You should call your pediatrician if you suspect your baby has:

- An ear infection
- A severe cold or flu
- Dehydration or diarrhea: vomiting, diarrhea, increased tiredness, less than 3 wet diapers per day
- Constant cough
- Signs of infection: temperature of 100.4F or higher and less than 2 months old; oozing or draining in baby's eyes, umbilical cord, or circumcision site
- Signs of breathing problems: breathing fast (more than 60 times a minute), using neck, chest or abdominal muscles to breathe, wheezing, blue/grey color of skin
- Signs of jaundice: yellow eyes and skin, poor feeding or baby very sleepy
- Abnormal behavior: unusually sleepy or hard to wake up, cries constantly with distress, seizures or abnormal movements

Call 911:

- Choking: lean infant forward while supporting chin and give good pats on back until infant is crying/breathing
- Injury: seek immediate medical care for accident, burn or injury

Breastfeeding

Check our website for Breastfeeding Resources,;
cedarparkdoctors.com/breastfeeding

Lactation Consultants

- My Pure Delivery: 512-765-9959
- A Baby's Best Start: 512-873-0700
- Milk Divas Lactation Services: 512-846-MILK (6455)
- Breastfeeding Care in Austin: 512-327-0411
- Helina Teshome RN, IBCLC and Kiran Hahn RN, IBCLC



Breast Pump Rental Sites

- A Baby's Best Start: 512-873-0700
(pumps and scales)
- My Pure Delivery: 512-765-9959

Please check with your insurance provider to receive names of approved rental or purchase companies.

Nursing Supply Store

- Special Addition: 7301 Burnet Rd. Austin, TX 78757, (512) 326-9308
- *La Leche League of Texas*
Provides support group meetings: texaslll.org

Additional Support:

- Most local hospitals have lactation support services.
- LactMed: database on drugs
- and other chemicals breastfeeding mothers may be exposed to:
www.ncbi.nlm.nih.gov/books/NBK501922/
- La Leche League: llusa.org/medications-and-breastfeeding/

Join our Breastfeeding Support Group!

Our Breastfeeding Support Group meets every 3rd Wednesday of the month. This group is for all breastfeeding moms who may have questions about breastfeeding, want to learn more, or just want to talk to other breastfeeding moms. This group is hosted by our Lactation Consultant and Pediatrician, Dr. Moore.

RSVP at: cedarparkdoctors.com/events

Breastmilk Storage Guidelines



Room Temperature

25° C / 77° F (or colder)
Storage Time: Up to 4 hours

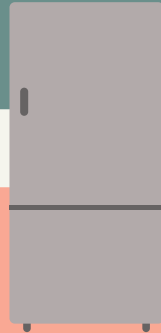
Cooler

Cooler with frozen ice packs
Storage Time: Up to 24 hours



Refrigerator

Set to 3.8° C / 38.8° F (or below)
Storage Time: Up to 3 days



Freezer

-17.8° C / -0.04° F (or below)
Storage Time: Up to 6 months

Deep Freezer

-20° C / -4° F
Storage Time: Up to 12 months



Community Support

Food & Nutrition Support

- WIC: a supplemental food program for women who are pregnant or breastfeeding, infants and children; also provides health screening, nutrition, and health education: texaswic.org
- SNAP: federally funded program that helps families buy nutritious food from local food stores: yourtexasbenefits.hhsc.texas.gov/programs/snap

Infant Safety

- Infant-Child CPR Training: family and friends CPR course that follows the american heart association guidelines: redcross.org/take-a-class/cpr
- Kids In Cars: partnership between Dell Children's and TXDOT to provide free infant car seat checks: (512) 324-tots (8687)
- US Consumer Product Safety Commission: up to date product and safety recall information: cpsc.gov

Infant Diapers

Austin Diaper Bank: offers free diapers to families in need
(512) 710-7232 | austindiapers.org

Family Support

- Any Baby Can (512-454-3743): provides parenting classes, health education, and resources for families of children: anybabycan.org
- Pip (Partners In Parenting): offers newborn parent support groups: (512) 829-1704
- Transition to Parenthood: helps parents better understand challenges to expect and how to focus on keeping the couple relationship strong: gottman.com/parents/new-parents-workshop
- Crisis Line: 24-hour phone support for any personal/family crisis: 1 (800) 273-8255
- Postpartum Support International: helpline with resources for women and families experiencing postpartum depression or related concerns; 1-800-944-4773 or postpartum.net
- Strong Start Parenting Support: empowers families through early childhood services and family support: (512) 264-4100 or safeaustin.org/strong-start-referral-form

Feeding Options For Your Newborn

Breastfeeding

Colostrum:

The initial milk, colostrum, is rich in protein but lower in volume. Most women experience their milk coming in between days 2-5 after birth, often around day 4 or 5 for first-time moms.

Boosting Milk Production:

- Attempt feeding within 1 hour of birth.
- Breastfeed every 2-3 hours in the hospital.
- Even small amounts help; latching and sucking stimulate oxytocin and milk production.

Latching:

- Aim for a latch that includes most of the areola, not just the nipple.
- Try different holds: cross-cradle, cradle, football, or side-lying to find what works best.

Feeding:

- Feed lengths vary; average is 10-15 minutes per side.
- Newborns generally feed every 3 hours. Set a schedule early, then let baby lead once weight gain is steady.
- Babies feed better when hungry, rather than being woken up.

Indicators of Adequate Feeding:

- Baby seems satisfied after feeding.
- Plenty of wet and dirty diapers.
- Steady weight gain; initial weight loss up to 10% is normal, with a return to birth weight by 2 weeks.

Supplementing

Some moms do not make enough milk and require supplementation. We are here to help guide parents through this process, as what is needed can be a little different for everyone. For most, we encourage breastfeeding first, followed by offering a supplement afterward.

Bottle Feeding

Formula provides good nutrition for babies. It isn't the same as breast milk but is made to approximate the nutritional content.

- First few days, babies will take 1-2 oz per feeding.
- Feed every 2-3 hours as a newborn
- Babies will slowly and naturally increase the amount they take

Caring For Your Newborn

Bathing

- 1st bath takes place in the hospital about 24 hours after birth.
- At home, sponge bathe 2-3 times a week with dye-free, fragrance-free soap until the umbilical cord falls off.
- Peeling skin is normal, apply moisturizer only if areas are cracking.



Cord Care

- The umbilical cord usually falls off within 2 weeks after birth.
- Wiping with alcohol is not necessary, but can help if there is an odor.

Nail Care

- Newborn nails are very hard to clip. At first, use a nail file and mittens to keep the baby from scratching herself.
- It is easiest to clip nails by holding your baby facing away from you.
- You may also try clipping nails while baby is sleeping.



Potty Talk

Oh, poop!

Newborn poop is called meconium and looks like tar. As baby eats more, this will change.

- Breastfed babies usually have loose, yellowish stools, which may occur after every feeding, or only once every few days.
- Formula-fed babies usually have greener and thicker stools and tend to poop less often than breastfed babies.
- It is normal for babies to turn red and grunt when pooping.
- Signs something might be wrong: no poop in the first 24 hours of life, bloody poop, poop that is hard and long, poop that looks like grape jelly, drastic increase in frequency of poop.

Phew, it's just pee!

- Normally one wet diaper on Day 1. Two wet diapers on Day 2. Four or more by Day 4.
- Crystals in the diaper? Uric acid crystals are red and powdery, and are not cause for concern, but can happen when babies are dehydrated.

Diapers for Boys

- Point penis down in diaper, otherwise, he will pee out the top of his diaper every time.
- If circumcised, place Vaseline on gauze piece and fold gauze around the penis like an envelope until healed (about 1 week). Change several times a day and with every dirty diaper.
- If uncircumcised, do not forcibly pull back the foreskin to clean the head of the penis. Usually, by age 5, the foreskin pulls back naturally and can be cleaned underneath.



Diapers for Girls

- Wipe front to back and in every crease.

Will We Ever Sleep Through the Night Again?

Newborn Sleep Cycles

- Newborns sleep on average 16-17 hours a day, usually in 1-3 hours spurts.
- Day/Night Reversal is common but typically resolves within the first few weeks.
- Most babies will not sleep through the night (6-7hr) until 3-4 months of age.
- The newborn sleep cycle is short than adults and lasts 50-60 minutes, Their sleep is composed of "active sleep" in which they appear to be restless, and "quiet sleep." Babies will often move and make sounds during active sleep, but if left alone can proceed to quiet sleep.

SIDS Prevention

- The baby should be placed on his back in a crib with a firm mattress.
- Remove fluffy blankets, stuffed animals, or pillow-like bumpers from the crib.
- Overheating increases SIDS risk, dress in lightweight sleep clothing and consider a wearable blanket or swaddle.
- No smoking!

Healthy Sleep Habits

- Recognize when your baby is getting sleepy
- Establish a nighttime routine
- Put baby down drowsy, but not asleep. Try not to nurse to sleep.
- Pacifiers can be offered when falling asleep after breastfeeding is well established.



Why Is My Baby Acting Fussy?

In the first 3 months of life, crying is a baby's primary form of communication. Babies cry when something is wrong or when they are wet or hungry. Sometimes, however, crying is just a means of identifying a need. As adults, when our nose itches, we scratch it, but when a baby's nose itches, he/she cries. When our clothes are too tight, we loosen them but when a baby's clothes are too tight, he/she cries. It is important to view crying as a baby's most primary means of communication, rather than always signifying a problem.

How many hours a day does a baby cry?

- The average infant cries for over 2-4 hours every day during the first two months.
- First-born children tend to cry more than others because we, as parents, are not as proficient in interpreting the reason for crying and often respond in ways that are out of sync with the baby's needs.

At what age do fussy periods begin?

- As early as 2 to 3 weeks of age, you may notice your infant has a "fussy period," which is typically in late afternoons and evenings. During these times, your baby may not be as consolable as other times.
- The period of most intense crying tends to peak by 6 weeks, remains stable until about 8 weeks, and disappears between 10-12 weeks.

What causes fussiness in babies?

No one really knows for sure. Most experts believe that it is because babies have an immature nervous system, which easily becomes overstimulated.

What about food intolerance or gas?

- In our society, fussiness in infants is most often attributed to food intolerance and gas. However, studies show that fewer than 5% of fussy periods can be attributed to food intolerance. For some children, no matter what they eat or no matter what their breastfeeding mothers eat, there will be a level of fussiness.
- As for gas, there is no evidence that infants produce more gas than older children. Moreover, the normal crying positions for babies include knees pulled to the chest and tightened stomach muscles, so this is not a good indicator of gas. And since the theory behind fussiness relates to an overstimulated nervous system, it makes no sense for gas medicines to work. In multiple studies, so-called gas medications such as mylicon and phazyme have been shown to function only as placebos (in other words, no better than sugar water).

Is there such a thing as colic?

We don't like using the term 'colic' because it turns what is really a normal condition into a disease. And then rather than confronting the issue and problem solving, we, as parents, tend to look for a medicine to deal with the disease.

Does my baby have a temperature?

- Get a digital rectal thermometer.
- Our temps vary. Normally coolest in the morning (as low as 97.6) and highest in the evening (up to 100).
- Fever is rectal temp of 100.4 or higher, if under 2 months, temp above 100.4 warrants immediate evaluation usually by the ER
- No Tylenol below 2 months so that fever isn't masked.

How To Soothe a Fussy Baby

Every baby is unique, so experiment with these techniques and combinations to soothe your baby. Stick to one method for 15 minutes before trying another to avoid overstimulation.

Positioning:

Lay baby face down on your forearm or hold them against your chest with their back to you.

Try holding baby high on your shoulder or cradle them across your stomach.

Motion:

Use gentle, rhythmic motion. Avoid shaking.

Walk slowly, sway, or use a rocking chair or glider.

An infant swing can help; it's safe and does not cause Shaken Baby Syndrome.

Massage:

Gently massage baby's torso, arms, and legs, or pat their back and bottom rhythmically.

Warmth:

Ensure items aren't too hot; baby should be comfortably warm.

Swaddle baby tightly, especially with a swing. Cuddling can help, but if it increases your stress, pass the baby to another caregiver or use a swing.

Non-Nutritive Sucking:

Offer a pacifier after feeding, when baby is calm. If they refuse, try swaddling and using your finger to stimulate sucking.

Sounds:

Use a soothing voice, hum, or sing softly.

Background noises like a dishwasher, vacuum, fan, or music can be calming.

Car Ride:

The motion and gentle sounds of a car ride can be soothing.

Self-Care:

Take care of yourself to better care for your baby. Nap when possible, stay hydrated, and seek help if you're overwhelmed. It's okay to take breaks and not all crying has an easy fix.

Common Rashes

Cradle Cap

This harmless skin condition often appears by 1-2 months of age as a scaly area on the top of the scalp, behind the ears, and sometimes on the eyebrows. To treat cradle cap, loosen the scaly areas with a soft brush. Brush scales away. If the scalp is very crusty, you can place baby oil or olive oil on the scalp an hour before washing your baby's hair.

Diaper Rash

Frequent changing, rinsing, and drying of the diaper area reduces the number of diaper rashes. The best treatment is to let the diaper area air out when possible, either by keeping the diaper loosely attached or leaving it off altogether. Clean with water rather than commercial diaper wipes. Treat the rash with mild diaper wipes. Treat the rash with mild diaper ointment. Some diaper rashes are caused by yeast infections. Yeast infections look moist, red and sore, and may have bumps on the edges. Clotrimazole (Lotrimin AF) is an over-the-counter medication that works well on diaper rashes caused by yeast.

Heat Rash

Heat rash typically occurs on the back, neck, or chest and is caused by over-heating. The rash looks like tiny pink bumps and is best treated by measures that cool your infant's skin:

- Dress your baby with fewer clothes, use tepid or cool baths, and make sure your house is not too warm.
- Do not use ointments on your baby's skin because they block the sweat glands and can make the rash worse.

Infant Acne

Red pimples on the face, neck, and chest can appear during the first few months of life. The rash will disappear on its own. If blisters develop, your baby should see his provider. Infant acne is caused by hormone changes.

Milia

These are tiny white bumps that occur on the face of newborns. They have blocked skin pores that will open up and usually disappear by 2 months of age. No treatment is necessary.

"Newborn Rash"

Many babies get a rash called erythema toxicum by the third day of life. The rash looks like multiple ant bites or red spots with white pimples in the center. It can occur anywhere on the body. Although the cause is unknown, this rash is harmless and usually goes away by 4 weeks of age.