

**Takoma Park Location**

7610 Carroll Avenue
Suite 400
Takoma Park, MD 20912
Tel: (301) 891-6141
Fax: (301) 891-6841

Gaithersburg Location

501 North Frederick Avenue
Suite 320
Gaithersburg, MD 20877
Tel: (240) 801-4903
Fax: (240) 801-4905

Greenbelt Location

7527 Greenway Center Drive
Suite 215
Greenbelt, MD 20770
Tel: (301) 232-3638
Fax: (240) 241-4837

Park Pediatrics

Congratulations on your new baby! Here are a few health tips

1. You do not need to check your baby's temperature daily. However, if you feel that your baby is warm, please check a temperature. If it is 99 or higher under the arm, please check the rectal temperature as that is the only accurate temperature in a newborn. If it is **100.4 or higher rectally** and your baby is less than two months old, please notify us immediately at **301-891-6141** (regular office hours) or **301-455-0563** (after hours). If you are unable to reach us, please head to a pediatric emergency room.
2. If you are breastfeeding, please feed your infant on demand, and at a minimum, every 3 hours. If your infant is breastfed, you may need to supplement your baby with vitamin D drops. If you are formula feeding, offer your infant 1 ½ to 2 oz every 2-3 hours. If your baby is not interested in the full amount, please do not force feed.
3. Baby's first stools are dark and sticky. After a few days, you may notice that your baby's stools will change to a yellow or green color, and become watery and seedy. Your baby may also stool frequently, possibly after each feeding. This is normal. After 2 weeks of age, your baby's stool pattern will likely change, and the stools will become less frequent. At that time, some babies may only stool once every 3-4 days, and if the stools are soft, that is normal.
4. Keep the area around the umbilical area clean and dry. Only sponge bathe your newborn for now until the cord falls off which often happens at around 2-3 weeks of age.
5. The only safe place for your infant to sleep is their crib or bassinette. Do not co-sleep with your infant as that is a risk factor for SIDS which is sudden infant death syndrome. Your infant should sleep on his/her back. Remove all loose items (pillows, blankets, stuffed animals) from the sleep area.
6. Vaccines start at 1-2 months of age. Your baby may also need a repeat newborn metabolic screen or PKU test at around 2 weeks of age.
7. During regular office hours, you can call the office at 301-891-6141 with questions and concerns. During after hours, if you have an urgent question, you can call us at 301-455-0563.

Reasons to call us urgently may include:

- Fever which is a temperature of 100.4 degrees or higher rectally
- Poor feeding or projectile vomiting ("shoot-out" vomiting)
- Lethargy which is when your infant will not wake up for a feeding, has a change in muscle tone (feels weak or limp) or is excessively sleepy.
- Unusual excessive fussiness or inconsolability when your infant cannot stop crying despite swaddling, holding or feeding
- Infant has less than 3 wet diapers per day
- Change in color (appears blue or pale)