



Newborn Issues

<http://www.pedsalex.com/breastfeeding.php>

You have just had a baby. You are home from the hospital. You may be tired; sleep deprived because your infant is feeding every 2 hours. You may be frustrated; there is no set routine, yet. You may even feel intimidated and generally overwhelmed; this is something entirely new to you. These are all normal feelings and circumstances – and it does get better. The following discusses common issues that you may encounter as a parent of a newborn.

Newborns spit up. Spitting can be a normal expectation during feeds – in small, painless amounts. Spitting is merely a nuisance, and should not cause your baby any discomfort or reaction. You should contact your provider if your baby projectile vomits or seems to be unhappy when spitting.

Newborns need to feed no more than 3 hours apart. Some newborns are born ready to feed and will be excellent at alerting you when they are hungry. Others tend to graze, and need more encouragement. Newborns will tend to feed every 1 ½ - 2 hours, with no more than 3 hours in between each feed.

Newborns need Vitamin D. Although breast milk is the most nutritious cuisine, it lacks adequate amounts of Vitamin D. Vitamin D is essential to the uptake of calcium, good bone health, and healthy immune systems. Your newborn needs 1 dropper of either **Tri-Vi-Sol** or **D-Vi-Sol** every day as long as breastfeeding and less than 16 ounces of formula intake.

Avoid pacifier and bottle use until breastfeeding is established. Because of the mechanical differences between feeding from a bottle and feeding from a breast, it is important to allow the baby to become accustomed to and establish breastfeeding as their preferred mechanism of feeding. Introducing artificial sucking (bottle nipple, pacifier) may cause nipple confusion, leading to a baby's refusal of the breast.

Nurse baby early and often. Although babies cannot verbalize when they are hungry, they do offer “feeding cues”. These are the cues to look for at least every 2 – 3 hours. Feeding cues can be: sucking sound, lip movements, change in facial expression, and rapid eye movement at the end of a sleep cycle. **Beware** – crying is a *late* sign of hunger and can compromise a feeding session.