

## OLD TAPPAN PEDIATRICS

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### ONE WEEK- Congratulations!

#### MILESTONES

Responds to sounds and voices

Moves arms, legs and head

#### NUTRITION

Breastfeeding or formula

On demand, about 2-4 ounces every 2-4 hours

Stools may come once a day, or as frequently as with each feeding.

#### VITAMINS

If breastfeeding, give Tri-Vi-Sol 1 dropperful daily (over the counter Vit A,C,D supplement)

Please feel comfortable discussing with us any naturally health products (supplements, herbals) you are considering.

#### ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age

Infant seat up to 20 pounds

Put baby on back to sleep

Smoke free environment

Fresh air (going for a walk) is good for your baby, but limit situations with strangers or crowds.

If temp is over 100 degrees F with rectal mercury thermometer, CALL US

#### PARENTING

Expect increased fussiness during the evenings over the next few weeks. Your baby may need increased comforting (holding, swaddling, music).

Pacifiers are okay for soothing and may decrease the incidence of SIDS.

Tummy Time for your baby is important (when awake).

How's your mood mom? Close to 1 in 8 new moms experience some degree of post partum depression. It is not only common, but easily treatable. If you feel you may be affected, do not hesitate to discuss it with us or your obstetrician. You can also call 1-800-328-3838 or go online to [www.njspeakup.gov](http://www.njspeakup.gov)

#### NEXT VISIT

1 month old