



**Eastchester Pediatric
Medical Group**
Boston Children's Health Physicians

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Welcome & Congratulations!

Newborn Guide



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NEWBORN EYE CARE

- Discharge or swelling may be a clogged tear duct which is a benign and common occurrence in newborns.
- Wipe the eye with a clean, cotton ball or washcloth with warm sterile water. Gently wipe from inner to outer eye.
- Massage the area between the bridge of baby's nose and inner eye with a clean finger.
- Apply warm compress for 15 minutes 2-4 times a day. If there is no improvement in 3 days, bring the baby into the office.

NEWBORN FEVER

- Rectal temperature of 100.4 F degrees or higher, call the doctor immediately if the child is under 2 months old.
- If instructed by physician, give Infant acetaminophen (e.g. Infant Tylenol)
- If acetaminophen does not lower temp, put your child in a tub with 1 to 2 inches of slightly warm water and sponge them all over.
- Remove excess clothing and blankets.
- Dress lightly.
- Keep your child's room and your home comfortably cool (68-70 degrees)

INFANT ACETAMINOPHEN/TYLENOL DOSES:

WEIGHT	AGE	DOSE
6-11 lbs	0-3 mos	1.25 mL
12-17 lbs	4-11 mos	2.5 mL
18-23 lbs	12-23 mos	3.75 mL

- * Give acetaminophen/tylenol every 4 hours as needed.
- * Do not use any other product containing acetaminophen.
- * Do not give more than 5 doses in a 24-hour period.
- * Do not give Ibuprofen (Motrin/Advil) under 6 months of age

NEWBORN SKIN

- Milia Spots: white, pimple-like located on nose and/or chin. Due to clogged sweat glands. Do not squeeze.
- Neonatal acne: red bumps that appear on cheeks, nose or forehead. Usually develops 2-4 weeks after birth. No treatment. Lukewarm water and mild, fragrance-free soap when washing skin
- Dry, flakey skin is normal

NEWBORN MUST HAVES

- Rectal Thermometer
- Nasal aspirator
- Saline mist
- Infant acetaminophen

TYPICAL VACCINE SCHEDULE (CDC)

Vaccine	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
HepB Hepatitis B	HepB	HepB			HepB						
RV [†] Rotavirus			RV	RV	RV [†]						
DTaP Diphtheria, Pertussis, & Tetanus			DTaP	DTaP	DTaP			DTaP			DTaP
Hib [*] Haemophilus influenzae type b			Hib	Hib	Hib [*]	Hib					
PCV13, PCV15 Pneumococcal disease			PCV	PCV	PCV	PCV					
IPV Polio			IPV	IPV	IPV						IPV
COVID-19 ^{**} Coronavirus disease 2019					COVID-19 ^{**}						
Flu [†] Influenza					Flu (One or Two Doses Yearly) [†]						
MMR Measles, Mumps, & Rubella						MMR					MMR
Varicella Chickenpox						Varicella					Varicella
HepA [†] Hepatitis A						HepA [†]		HepA [†]			

Here at Eastchester Pediatrics/BCHP, we strictly adhere to the CDC Vaccine recommended schedule. Our vaccine policy can be found here: <https://bchp.childrenshospital.org/policies-forms>

NEWBORN CORD CARE

- Cord will gradually dry up and fall off 2-3 weeks after birth.
- Keep clean and dry. Fold diaper underneath the area.
- Do not bathe until the cord has fallen off. Sponge baths only.
- Do not use alcohol solution or alcohol pads.
- Report redness, swelling or drainage from cord to pediatrician.

NEWBORN DIAPER RASH

- Will appear red and bumpy.
- Wash with lukewarm water & mild fragrance-free soap.
- Apply diaper ointment or Aquaphor.
- Having the baby go undiapered for part of the day.
- If diaper rash continues for more than 3 days or seems to be getting worse, call the pediatrician.

NEWBORN BOY (if applicable)

- Circumcision site: gently clean the tip of the penis with warm water after diaper change, apply petroleum jelly to tip so it doesn't stick to diaper.
- Redness or irritation should heal within a few days.
- Call pediatrician right away, if the redness or swelling gets worse, if pus-filled blisters form or bleeding from site.

ABOUT US

Eastchester Pediatric Medical Group was founded over four decades ago. Our mission has always been to provide the highest quality & evidence-based care for our infants, children and adolescents.

We are here to serve not only as your child's physician, but also to help you through issues, concerns or questions that inevitably arise when bringing a new baby home. Our office is always there for you. Feel free to call and we would be happy to help.

We are open six days a week and have a pediatrician on-call 24/7.



Monday-Friday
8:30 am – 5:00 pm
Saturday
9:00 am – 12:00 pm