

Top Ten Questions Asked by Expecting Parents



“
Nothing is permanent when the baby is young. If you have a rough day count on the next one to be better. It takes a while for there to be a routine, so don't stress too much about trying to make a schedule until the baby is 3-4 months old.
”

- Dr. Hoffman ”

1. How quickly after we leave the hospital do we need to see our pediatrician?

We generally see newborns 2-3 days after you leave the hospital. The pediatrician who sees your baby at the hospital will advise you the day you go home how quickly you need to follow up.

2. What tests does the baby need while in the hospital?

In the hospital newborns have a hearing test, a test for jaundice (called trans-cutaneous bilirubin,) and a test that checks the amount of oxygen in the infant's blood to screen for congenital heart disease. If the infant is born early he or she will also have a “car seat test” to make sure they fit safely into an infant car seat.

3. What supplies do I need to have at home for the new baby?

In addition to some very small onesies, swaddle blankets, diapers, wipes and a bassinet we have a few other items we recommend having on hand when you bring your newborn home: an ointment, such as Aquaphor or Vaseline, nasal saline drops, unscented detergents and soaps, a rectal thermometer and some slow flow bottles.

“ Take whatever help you are offered. Have a list on the fridge of things people can do to help. If anyone offers to feed you, accept it. Take all hand-me-downs- these are things you might not have bought but someone else used them enough to think they are worth passing down. It truly takes a village!

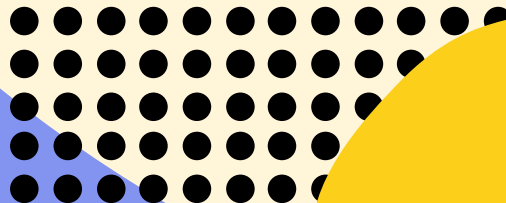
- Dr. Grant ”

4. What is the vaccine schedule?

Your newborn's first vaccine will be Hepatitis B , usually administered in the first 48 hours after birth. There are a group of vaccines given at 2, 4 and 6 months as well which protect your infant from the following: Tetanus, Diphtheria, Pertussis, Polio, Haemophilus Influenza B, Pneumococcus, and Rotavirus.

“ Sleep whenever you can. Try to drink water whenever you nurse. Take care of yourself (and your partner) so you can enjoy all the beautiful little moments as a new family.

- Dr. Nowell ”



5. How often do we come to the pediatrician?

At the beginning we see our patients very frequently. As stated above the first visit is 2-3 days after you leave the hospital. The next visit is at two weeks, although often we will see the infant at some point between. We then see the baby monthly until they reach four months.

“There's not one single "perfect" or "right" way to parent, so don't sweat the small stuff and try to enjoy this time.

Jessica Walthall”



6. Do you have any breastfeeding advice or support?

All of the providers at MVP are well equipped to give good breastfeeding advice and support . We also work with a lactation consultant when necessary. With your first baby it can take 4-5 days for breastmilk to come in; while in the hospital work with the lactation consultant to make sure your infant is latching well. Once home keep track of the wet diapers and bowel movements so your pediatrician can have a good idea of how much the baby is eating those first few days. Every person has a different experience with breastfeeding – the providers at MVP are here for you even before your first visit, so please reach out if you are having difficulties with breastfeeding and we will give you personalized advice as needed.

7. How do I know if my baby has a fever?

“ The most important thing in caring for your baby is to make sure you are caring for yourself. Follow your instincts when it comes to your self-care. Just because it was done this or that way 30 years ago, doesn't mean it has to be done that way for you now.

- Dr. Saha ”

Infants with fever are usually very fussy and not eating well. Sometimes they are lethargic and difficult to arouse. They often feel warm to the touch. If you are concerned we recommend taking a rectal temperature. It is important you call your pediatrician for any temperature > 100 or < 97.6 .

8. How do I get in touch with my pediatrician after hours?

Every practice is different, but most have some sort of answering service or nursing service who screens calls and gets in touch with an on call provider as needed. At MVP there is always a physician or nurse practitioner on call after hours. For non-urgent matters you can message us via email or our patient portal. During the day we are always responding to phone messages, portal messages and emails.

9. Do we need to “live in a bubble” with our newborn?

For the first two months of the infant's life you want to be very careful. Avoid anyone who is sick and any large crowds or gatherings. That being said, you should feel comfortable going for walks or popping into a coffee shop as needed.

10. At what age can we expect the baby to sleep more consistently?

Usually around 3-4 months of age the infant will start sleeping in slightly larger chunks (4-6 hours at a time.) The providers at MVP are always happy to hop on a telehealth call to discuss sleep training if that is something your family is interested in discussing.

“

You can't spoil your baby in the first three months. Hold them as much as you want- when they are awake, asleep, happy or crying. The "5 S-s" by Dr. Karp come in very handy for a fussy baby.

- Dr. Gati ”



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☎ (917) 921-6219

🌐 www.manhattanvalleypediatrics.com

✉ info@manhattanvalleypediatrics.com

📍 2637 Broadway, New York, NY 10025

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