

A Newsletter for Parents

Prenatal Visit

Well Child Appointments can be made online at AustinRegionalClinic.com.



FIRST THINGS FIRST

Your Baby's Doctor

All of the pediatricians and several of the family medicine physicians at Austin Regional Clinic see newborn infants and are all board certified or board eligible. Our doctors work as a team, so if your child's doctor cannot see your child when he or she is ill, one of our partners will see your child and have access to their medical records.

ARC also offers the added convenience of our After Hours Clinics which are open in the evenings during the week, weekends, and holidays. For those urgent concerns in the middle of the night we provide late-night phone nurses. When your doctor's office is closed, a pediatrician from the group is always on call.

NUTRITION

Breastfeeding



The physicians at Austin Regional Clinic agree with the American Academy of Pediatrics that breastfeeding is the optimal form of nutrition for infants. Extensive research documents the numerous advantages of breastfeeding infants for not only your infant but for mothers, families and society.

Benefits Include:

1. Breastfed infants have advantages with regard to general health, growth and development. There is strong evidence that human milk feeding decreases the incidence of diarrhea, respiratory infections, ear infections and bacterial meningitis.

Breastfeeding may also protect your child from a number of chronic diseases such as asthma, obesity, juvenile diabetes, allergic diseases and some chronic digestive problems.

2. Mothers who breastfeed may also have less bleeding after delivery, reduced iron loss while breastfeeding, improved bone remineralization and a reduced incidence of ovarian and breast cancer.
3. Benefits to society include reduced health care costs and reduced employee absenteeism.
4. Breastfeeding saves money. Formula costs for a year are estimated to be more than \$1,000.
5. Breastfeeding is convenient. There is no formula to prepare and no bottles to warm.

All ARC physicians are interested in assisting breastfeeding mothers attain their goals. Feel free to discuss this important topic with your baby's pediatrician.

Formula Feeding



There are some situations where it is not medically in the best interest of the infant to breastfeed. There are also mothers who for any number of reasons choose not to breastfeed. This is a personal decision and we respect parents' decisions in this matter. If you cannot breastfeed or you choose not to do so, you can still achieve similar feelings of closeness during bottle feedings. Rocking, cuddling, stroking and gazing into your baby's eyes will enhance the experience for both of you. Infants who are not breastfed should be given an iron-fortified infant formula for the first year, not cow's or goat's milk.

CARE OF YOUR CHILD

Baby's First Equipment



As expectant parents, you will need to purchase many important items to welcome your little one. Here are a few of the essential items you will need.

- Cribs should have slats not more than 2 3/8" apart.
- Crib mattress should fit snugly against the sides of the crib so that there is no gap for your baby's head to get caught in.
- Use an approved infant car seat. Information on approved car seats and local programs to check your car seat placement can be obtained by calling the Safe Riders Program at 1-800-252-8255 or 1-866-SEAT-CHECK (seatcheck.org). Place car seat in the center of back seat for maximum safety.

All infants and toddlers should ride in rear-facing car seats until they outgrow them, after 2 years old. Serious injuries are five times more likely to occur if your child is in a forward-facing car seat.

- Diapers are a very important purchase. Some parents prefer disposable over cloth, but both have their advantages and disadvantages.
- Purchase a small plastic bathtub with sponge lining or you can use a large plastic dishpan.
- When feeding your baby formula or expressed breast milk, you will need about ten 8-oz bottles and nipples.
- Pacifiers: choose a one piece, dishwasher safe variety. The shape and firmness will be up to you and your baby. Pacifiers are soothing to most babies, but if you are breast feeding, wait until breast feeding is well established before introducing a pacifier.

- A nasal suction bulb is essential to help remove sticky or dried nasal secretions that can make it difficult for your baby to breathe. There is no need to purchase a bulb syringe, the hospital should provide you with one.
- A rectal thermometer is necessary to take your baby's temperature. Digital thermometers are the easiest to read and are preferred by most parents. The tympanic (ear) thermometers are nice but not accurate in infants. In fact many physicians doubt the reliability of tympanic (ear) thermometers at any age. Glass thermometers break easily and the American Academy of Pediatrics discourages use of mercury thermometers.
- Diaper and bottle bags are a must. Make sure to purchase one with room for several diapers, extra clothes and feeding equipment.

Circumcision

Circumcision is an elective surgical procedure to remove penile foreskin.



While the American Academy of Pediatrics does not believe that the health benefits of routine newborn circumcision is great enough to recommend circumcision for all male newborns, evaluation of the current evidence indicates that the health benefits of newborn circumcision outweighs the risks and that the procedure's benefits justify access to the procedure for families who choose it. Specific benefits of circumcision include prevention of urinary tract infections, penile cancer, and transmission of some sexually transmitted infections, like HIV. Complications from the procedure are infrequent and generally minor; severe complications are rare.

When parents make decisions about circumcision, medical information needs to be considered in the context of the family's religious, ethical, and cultural beliefs and practices. Don't hesitate to ask questions of your child's physician as you make this decision.

If your baby boy has been circumcised your doctor will give you specific care instructions depending on the type of circumcision performed.

Cocooning Protects Babies



Everyone in a baby's life needs to get vaccinated against whooping cough (pertussis) and flu! Babies less than six months of age are more susceptible to certain infectious diseases like whooping cough and flu, than older children.

Once parents, siblings, grandparents, friends, child-care providers, and health-care providers are vaccinated, they will surround your baby with a cocoon of protection against disease.

- All children should be vaccinated on schedule with DTaP (contains whooping cough vaccine).
- All teens and adults need a one-time dose of Tdap (contains whooping cough vaccine).
- Pregnant women should receive Tdap vaccine with each pregnancy, preferably during the third trimester.
- Everyone age 6 months and older needs to receive a flu vaccine every year.

Immunizations Protect Babies

Medical experts agree the development of immunizations was one of the most significant medical advancements of the 20th century. Prior to immunizations, parents could expect that every year:

- Polio would paralyze 10,000 children.
- Rubella (German Measles) would cause birth defects and mental retardation in as many as 20,000 newborns.
- Measles would infect as many as four million children, killing 3,000.
- Diphtheria would be one of the most common causes of death in school-age children.
- A bacteria called Haemophilus Influenza Type B (Hib) would cause meningitis in 15,000 children, leaving many with mental retardation or hearing impairment.
- Pertussis (whooping cough) would kill 8,000 children, most under the age of two years.

Today, thanks to the development and widespread use of vaccines, the frequency of these illnesses has been vastly reduced, and in some cases almost eliminated.

Unfortunately many parents are confused about the value and safety of vaccines due to misinformation in the media and on unmonitored and biased websites. If you have any questions about vaccine safety, please discuss your concerns with your child's doctor. Parents who choose not to immunize their children place their children and the people around their children at risk of serious illnesses.

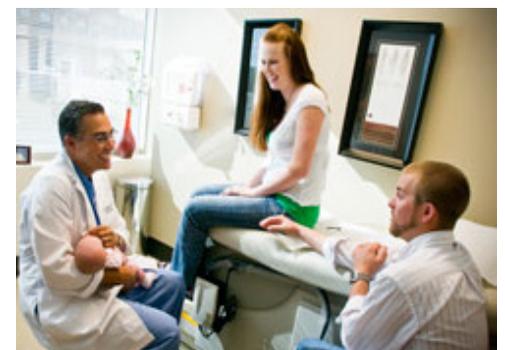
Your baby will receive a hepatitis B vaccine within 12-24 hours of birth. The next set of immunizations will be given at the two month visit.

The physicians and staff at Austin Regional Clinic support immunizations. Austin Regional Clinic pediatricians and family medicine physicians agree that our physicians will not accept any new patients to our practice who do not vaccinate.

Our primary concern is the safety of all our patients. We encourage our families to talk about immunization questions and concerns with their child's physician.

NEWBORN SCREENING TESTS

Newborn screening for early detection of medical disorders began in the early 1960's and has gradually been expanded and improved. Today these tests identify about 3000 newborns nation-wide each year with serious underlying medical conditions. Most of these infants are diagnosed before symptoms occur and these tests have improved lives because of early diagnosis and treatment. In addition to blood tests, most states also screen hearing. Nationwide, at least 6,000 newborns a year are diagnosed with hearing impairment by these screens.



Required Blood Screen

The state of Texas screens all newborns for more than 50 medical disorders. Prior to being sent home from the hospital, newborns have their blood drawn, placed on a special filter paper, and sent to a central state lab for testing. A second newborn screen will be done in your doctor's office at the two week check-up.

Early Hearing Detection

Texas also has a state-wide program of universal newborn hearing screening, tracking and intervention. Your newborn will have his or her hearing tested before discharge from the hospital. Two babies a day in Texas are diagnosed with hearing loss by these newborn hearing screens. Intervention during the first six months of life significantly improves language development in these infants. Without newborn hearing screening, hearing loss is not generally diagnosed until the second year of life.

The newborn hearing test is covered by all insurance plans, and is exempt from a deductible or dollar limit. If you have any questions about insurance coverage, call the Texas Department of Insurance at 1-800-252-3439.



Screening For Critical Congenital Heart Disease

Texas also requires hospitals to screen newborns for critical congenital heart disease (CCDH). Babies with CCHD usually require surgery in the first month of life. CCHD can be detected by testing oxygen levels in the blood. Prior to discharge from the hospital, your baby's oxygen level will be checked on their hand and foot. While oxygen screening helps to detect certain very serious types of congenital heart defects, it will not help diagnose all types of heart defects. Your baby's physician will screen for other types of heart disease by physical exam.

MEDIA ALERT

Even though your child has not even been born yet, this is a good time for parents to consider the risks and benefits of mass media (television, movies, video and computer games, the internet) exposure and set family rules for media time.

Children younger than 2 years need hands-on exploration and direct social interaction with trusted caregivers to grow. Infants and toddlers learn best while talking and engaging with their caregivers. We, your pediatric providers, have health concerns about use of digital media, especially when used a lot.

Recommendations:

1. The American Academy of Pediatrics recommends that **children less than 18–24 months of age avoid all “screen time,” including phone, tablet, TV, or video viewing.** This does not include time spent talking with relatives and friends through video-chat, such as Skype or Facetime. These interactions help babies grow family connections and responsive language.
2. We encourage you to read daily with your child starting at birth, to build their language skills. Avoid using digital media as a way to calm your baby. For many of these times where waiting will be hard for your baby, reading provides a fun distraction. When you do use digital media screens, make sure to watch it with them and talk about what you are seeing.

SAFETY

Car Seat Shopping

You **MUST** use a car seat when your infant is riding in a car or truck. Selecting the right car seat can be a difficult decision. Whichever model you choose, make sure it meets current Federal Motor Vehicle Safety Standards.



Read and follow the instructions that come with the car seat and those in your car's owner manual about using car seats correctly. For more information about car

seats and about having your seat checked for proper installment call 1-800-252-8255 (Safe Riders Program) or 1-866-SEAT CHECK (seatcheck.org).

Back to Sleep



To prevent possible death, your baby should always be put to sleep on his back. NEVER put your baby on a water bed, bean bag, pillow, or anything that is soft. The American Academy of Pediatrics recommends that you should keep your baby in your room but not in your bed. Look for cribs or bassinets that have firm mattresses that fit tightly into the sides.

See the ARC Newborn Booklet (p.20) for more information about reducing the risk of SIDS.

Smoking is Out!

Do not allow smoking in your house or around your baby.



Children who are around smokers have more cough illnesses, ear infections and asthma. Household smoking also increases the chance of Sudden Infant Death Syndrome (SIDS).

If you find it difficult to stop on your own, contact your family doctor about methods for breaking the habit.

Discuss Smoking Cessation with Your Family Physician:

Texas Tobacco Quit Line
1-800-QUIT-NOW (1-800-784-8669)
quitnow.net/texas

AFTER HOURS *care*

Our doctors are here for you
nights, weekends and holidays**

***Daytime hours also available at after hours locations.*

Mon-Fri: 5pm-9pm
Sat & Sun: 8am-5pm

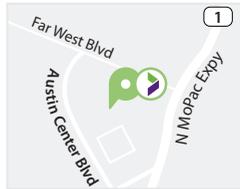
ARCappointments.com

or call any clinic & press "1"



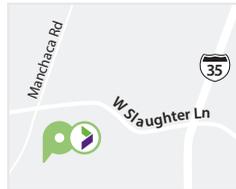
ARC ROUND ROCK

940 Hesters Crossing Rd
Round Rock, TX 78681
512-244-9024



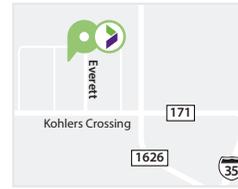
ARC FAR WEST

6835 Austin Center Blvd
Austin, TX 78731
512-346-6611



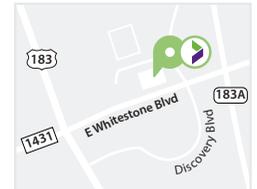
ARC SOUTHWEST

1807 W Slaughter Ln, #490
Austin, TX 78748
512-282-8967



ARC KYLE PLUM CREEK

4100 Everett, #400
Kyle, TX 78640
512-295-1333



ARC NOW CLINIC

801 E Whitestone Blvd
Building B, Suite 101
Cedar Park, TX 78613
512-259-3467

READING SUGGESTIONS AND RESOURCES

Books

*Caring for Your Baby and Young Child, Revised Edition:
Heading Home With Your Newborn: From Birth to Reality,*
Laura A. Jana, MD, and Jennifer Shu, MD

*Caring for Your Baby and Young Child, Revised Edition:
Birth to Age 5,* The American Academy of Pediatrics

*Baby 411: Clear Answers and Smart Advice for Your
Baby's First Year,* Ari Brown, MD and Denise Fields

*The Happiest Baby on the Block:
The New Way to Calm Crying and Help Your
Newborn Baby Sleep Longer,* by Harvey Karp, MD

Your Baby and Child: From Birth to Age 5,
Penelope Leach

*Infants and Mothers: Differences in
Development,* Terry Brazelton

Websites

healthychildren.org
American Academy of Pediatrics parenting website

healthychildren.org/growinghealthy
Dynamic interactive website to help encourage
healthy habits for children 0-5 years of age.

chop.edu/service/vaccine-education-center/home.html
Children's Hospital of Philadelphia.
Information on vaccines

cdc.gov/vaccines/parents/index.html
National Immunization Program

seatcheck.org
Information about car seats

babybuffer.org
Parenting web site

