

How can I be sure that my newborn is eating enough?

In the first few weeks, it's hard to tell if your baby is getting enough milk, so make sure you come in to Fenway to track weight gain.

- The breastfed infant: If you feel your baby sucking vigorously, they are making noise when swallowing, you feel milk letting down (this can sometimes feel like tingling), and you see your baby drifting off to sleep, chances are they're eating enough.
- The bottle-fed infant: It's a little easier to tell if a bottle-fed baby is eating well. Many newborns may only take 2 to 3 ounces at each feeding for the first week. By 1 month of age, most infants are up to 3 to 4 ounces at each feeding.

Regular visits to Fenway to track weight gain and development are the best way to make sure your baby is eating enough. When in doubt, please call us!

How often should I bathe my baby?

At first your baby will just require a sponge bath until the umbilical cord stump drops off (usually by the 2nd week of life). You don't need to give your baby a bath more than 3 times a week until they start crawling or scooting. Bathing too much can dry out their skin. Most baby tubs fit in the sink and should be filled with only about 2-3 inches of warm water. Always test the bath temperature since many hot water heaters are set quite high. We recommend setting your water heater to a lower temperature (below 120 F) to avoid burning your baby. Using a washcloth and gentle baby soap to clean is best. Pay attention to the creases under the arms, behind the ears, neck and diaper area as well as between the baby's fingers and toes.

Should I be worried if my baby doesn't reach milestones as quickly as other kids the same age?

Milestones aren't an indication of a baby's intelligence or a badge of good parenting. In fact, the age at which a child reaches a milestone isn't as important as his progression through developmental steps. For instance, most babies move from sitting to pulling themselves up to standing to walking, yet each may reach these milestones at a different age. As long as your infant is progressing and your doctor isn't worried, there's no reason for you to be.

How will I know if I'm a good parent?

The key attributes of a good parent are responsiveness and willingness to learn. If you respond lovingly to your baby's cues, even if you sometimes can't figure out what it wants or needs, you're a good parent. Most kids will teach you what they need as long as you care and try.

There is no such thing as a perfect parent. Relax and ease up on yourself. Advice from books, the web and others may give you ideas on how to parent, but you are the expert when it comes to your child. Parenting is about making mistakes (and learning from them) with love and humility.

What are good sources for parenting advice?

You can find conflicting parenting advice depending on which website you visit, relative you ask or book you pick up. Take most stuff with a grain of salt and feel confident in your knowledge of your child and your situation. When in doubt, the Federal Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians and the American Academy of Pediatrics are reputable and useful.

Try these websites:

<https://familydoctor.org/family-health/infants-and-toddlers/>

<https://www.healthychildren.org/English/Pages/default.aspx>

<https://www.cdc.gov/HealthyLiving/>