

From the Heart of Herrin Pediatrics

For you created my inmost being: you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made, your works are wonderful. I know that full well. Psalm 139:13-14

Your Child's Medical Home – a working partnership with you to be the center of primary health care and promotion for your child.

Preparing for your baby

- 1. Keep things simple** – Babies really don't need much – a lot of milk, diapers, and unconditional love. Don't think you need to purchase all the baby items that are on the market. Pick a few basic items, and keep your life simple so you can focus on time to love and care for your child.
- 2. Establish YOUR family** – Gather information and advice from family, friends, and experts, but this is your time to raise your child and develop the family values that are right for you. Spend time bonding as a family. Begin your own family traditions and memories.
- 3. Rest when possible** – Babies eat and need their diapers changes 8-12 times a day. In the early days you will live off adrenaline, then exhaustion will set in. Rest whenever possible. Encourage eager grandparents and family to plan to help with meals, laundry and household chores.

Babies First Office Visit

- Contact your insurance company to add your newborn to policy as soon as possible after birth.
- Dr Herrin will want to see your newborn in the office 5-7 days after delivery. Call as soon as possible for an appointment.
- Bring your baby's discharge papers, insurance card, and driver's license to the first office visit.

Clinic Staff

Physician: Dr James Herrin

Nurse Practitioners: Stefanie Mickey, Lisa Pamplin

Physician Assistant: Judi Strapp, Traci Needham

Check out our website at: www.herrinpediatric.com

Bringing Baby Home: How to Prepare for the Arrival of Your Newborn

One of the most cautious drives you'll ever take is the one bringing your baby home with you. Newborns look and feel fragile, and they represent a new world of uncertainty. Here; what you need to know to make your transition to parenthood easier.

It's true: There's no official instruction manual for becoming a parent. But relax. You're not the first parent to wonder why you've been entrusted with a little person without an instruction manual. The 40 weeks (give or take) of pregnancy allow time for more than just picking out names: it's your opportunity to plan and prepare. The more you know about your newborn, the better equipped you'll be when he/she arrives.

Once your baby is born doctors will be looking for a few key signs that he/she is health and ready to go home, says Vinod K Bhutani, M.D, FAAP, professor of pediatrics at Lucile Packard Children's Hospital at Stanford University School of Medicine. "First they will want to see that the baby is able to breathe well and maintain her body temperature," says Dr Bhutani, who is also a member of the American Academy of Pediatrics (AAP) Committee on Fetus and Newborn.

Newborn must also demonstrate that they can feed well. Regardless of whether baby is breastfed or bottle-fed, all babies should be wetting at least three to four diapers in a 24-hour period, says Dr Bhutani. While many newborns have some jaundice (a yellowish tint to their skin) their jaundice will be evaluated before they're sent home from the hospital. If necessary, your pediatrician will discuss a follow-up plan for monitoring your baby's jaundice.

HEALTHY AT HOME

Most healthy newborns go home after one to two days, yet the transition for parents is just beginning. "It's OK to be a little scared the first week after babies are born is when they're most vulnerable," says Dr Bhutani. "Newborns can have multiple medical problems that if left unattended can become serious.

Dehydration is sometimes a concern for newborn babies that can continue once they've left the hospital. Your pediatrician will discuss dehydration with you so you'll know what to look for, how to respond, etc.

Parents should also watch for signs of infection in their newborn. Infections can be picked up during birth or from people other than the parents handling the baby, such as a visitor. "Most people think only of fevers, but newborns can have dropping temperatures or a low temperature that's of concern." says Dr Bhutani. It's always wise to watch for signs of infection among the belly button or circumcised foreskin, poor sucking during breastfeeding, a lack of appetite, poor weight gain, weak crying, and increasing irritability.

VACCINE POLICY

We realize how hard it is to be a wise and prudent parent these days and how difficult it is to decide what is the right course of action to take on many issues concerning the medical care of your children. There are many sources of information available to you, some of which are inaccurate or completely untrue. Since we make it a point to be current and up to date on many medical issues, we would like to be a trusted resource for all medical concerns you may have. One of the issues that seems to be quite confusing is that of **Vaccinations**. There are many opinions concerning Vaccinations and even increasing numbers of people on the internet feel vaccines are unsafe.

Dr Herrin has reviewed all the credible medical evidence concerning vaccinations and we have concluded that **Vaccines are safe** and the schedule given by the American Academy of Pediatrics and Advisory Committee on Immunization Practices of the CDC is the most prudent and efficacious method to provide immunizations. We feel that the best medical practice is to adhere to this schedule at all times, since it is reviewed frequently and the latest recommendations are made every year based upon the best medical evidence available. Furthermore, we are aware that many alternative vaccine schedules are being promoted on the internet by certain groups and even some physicians. Most of these are not medically evidence-based and the consequences of using these schedules have not proven not to harm children. Therefore, we will only use the medically proven schedules at Herrin Pediatric Clinic. As always, flu and Covid 19 vaccines are always optional. **By signing this policy, you understand and agree, should you choose to not vaccinate your children or you feel that you must vaccinate your children by some other alternative schedule, you will be asked to find another provider of medical care for your children.**

Herrin Pediatrics Recommended Internet Sites

www.herrinpediatric.com

Pregnancy and Newborn Care

www.aap.org/

www.healthychildren.org

Family and Parenting

www.focusonthefamily.com/parents.aspx

Kids' Health

www.kidshealth.org

Breastfeeding

www.breastfeeding.com

www.breastmilkcounts.com

La Leche League

www.Lli.org

Infant feeding and Nutrition

www.infantnutrition.org

Vaccine and Immunization

National Network for Immunization Information www.immunizationinfo.org

National Institute of Health www.nih.gov/icd

Vaccine Education Center at Children's Hospital of Philadelphia www.vaccine.chop.edu

Car Seat Information

www.healthychildren.org

www.nhtsa.gov/equipment/carseats-and-booster-seats

Herrin Pediatric Clinic

Recommended Reading List

1. General Infant and Child Healthcare

- a. Focus on the Family: Complete Book of Baby and Child Care: From pre birth through teen years (Tyndale Publishing Co.)
- b. What to expect in the First Year, 2nd Edition and What to Expect in the Toddler Years by Heidi Murkoff, Sandee Hathaway, & Arlene Eisenberg (Workman Publishing Co. 2003)
- c. The Highly Healthy Child by Walt Larimore, M.D with Stephen and Amanda Sorenson (Zondervan, 2004) www.highlyhealthy.net
- d. First-Time Mom: Getting Off on the Right Foot- From Birth to First Grade by Dr Kevin Leman, PhD. (Tyndale, 2004)
- e. Baby 411: Clear Answers and Smart Advice for your Baby's First Year by Dr Ari Brown, M.D. and Denise Fields (Windsor Peak Press, 2004)
- f. God's Design for the Healthy Child by Walt Larimore, M.D. with Stephen and Amanda Sorenson (Zondervan, 2004) www.highlyhealthy.net
- g. God's Design for the Highly Healthy Teen by Walt Larimore, M.D. with Mike Yorkey (Zondervan, 2004) www.highlyhealthy.net

2. Breast-Feeding & Nutrition

- a. The Complete Book of Breastfeeding by Marvin Eiger, M.D and Sally Wendclos-Olds
- b. American Academy of Pediatrics: Guide to Your Child's Nutrition- The Official Complete Home Reference Edited by William Dietz, M.D., PhD, FAAP & Loraine Stern, M.D., FAAP
- c. Fit Kids: A Practical Guide to Raising Active & Healthy Children-From Birth to Teens by Mary L Gavin, etal (DK Publishing Inc. 2004) www.Kidshealth.org

3. Children with Unique or Special Needs

- a. The New Strong-Willed Child: Birth through Adolescence by James Dobson, PhD. (Tyndale, 2004)
- b. On Becoming Baby Wise: A Classic Sleep Reference Guide by Gary Ezzo, M.A. and Robert Buchanan, M.D. (Parent Wise Solutions, 2003)
- c. The American Academy of Pediatrics: ADHD- A Complete and Authoritative Guide by Michael I Reiff, M.D., FAAP and Sherill Tippins (American Academy of Pediatrics, 2004)
- d. The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder (Revised and Expanded edition) by Demitir Papolos, M.D and Janice Papolos (Broadway Publisher: 2002)
- e. The New Dare to Discipline by Dr James Dobson, PhD (Tyndale, 1996) www.family.org
- f. The Two Sides of Love by Gary Smalley and John Trent, PhD. (Focus on the Family, 1990) www.dnaofrelationships.com
- g. Boundaries with Kids by Dr Henry Cloud and Dr John Townsend (Zondervan, 1998) www.CloudTownsend.com