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## *New Parents' Guide*

### *Surviving without sleep...*

Nothing can prepare you for the dramatic change in your sleep patterns, or lack thereof, once your baby arrives. If you find yourself saying, "I thought babies slept 20 hours a day", you're right, just not all at once. There's no escaping round-the-clock waking and feeding for the few weeks.

Hang in there. After the first week or so, most babies begin to sleep for longer periods, even several hours at a stretch. Keeping the baby in a bassinet in your room will make it easier for you to drift off again if you have to move a few feet for feedings.

A few more tips....

- Wake the baby for a late-night feedings at your bedtime.
- Keep the lights dim for night-time feedings; it will ease the transition back to sleep for both of you.
- Resist playing; put her right back down after feeding and changing her.
- If she's napping longer than 3 to 4 hours during the day, wake her up and play with her. This will train her to save her extra sleeping for nighttime.

### *What is normal...*

New parents often lack confidence in their parental abilities. Relax and follow your instincts. Call your health care provider if you have any concerns, but if your baby cries excessively for hours on end, doesn't wet his diaper at least three to four times a day, feels feverish (be sure to take rectal temp, fever of 101 or higher is considered a fever), or vomiting occurs, call immediately.

*A few comforting statistics about newborns...*

- Newborns normally cry a total of one to four hours a day.
- Newborns need nourishment every 3 to 4 hours if formula fed, every 1 to 2 hours if breastfed.
- Most newborns go through about ten diapers a day.
- Breastfed babies may have only one bowel movement a week, while formula fed babies have one a day.
- 90% of newborns sleep through the night (6 to 8 hours) by 3 months of age.