



Bella Kids

Information Packet

Making kiddos whole

**BELLA HEALTH + WELLNESS
2021**

BELLA
health + wellness

Packet Information

WELCOME TO BELLA	2
MEET THE FAMILY MEDICINE PROVIDERS	4
IN CASE OF EMERGENCY	5
PEDIATRIC VISIT SCHEDULE	7
PEDIATRIC VISITS: WHAT TO EXPECT THE FIRST TWO YEARS	8
BRINGING YOUR NEWBORN HOME	10
AT HOME: MEDICATION DOSING	12
AT HOME: HOME REMEDIES	14
USEFUL RESOURCES	17
CLEAN VACCINE/ VFC	18
VACCINATION SCHEDULE	19
IMPORTANT CONTACT INFO	20

Welcome to Bella!

We are with you every step of the way.

We are thrilled that you have chosen us to walk with you through your child's health journey! One of the most exciting parts of receiving your medical care at Bella, is that we will be with you from infancy to toddlerhood, and adolescence to adulthood. We care so much for each person and strive to make sure they are being seen and loved. It is so important to us that you are happy, healthy and whole!

We are thrilled to get to meet you and your family! We know that being a parent can be exciting and overwhelming all at the same time, and we want to help with this sometimes-hectic territory. We are here to answer any of your questions and give advice on phases and stages. It is important to prioritize your routine checkups to make sure your child is meeting all developmental milestones.

We are excited to watch your child grow through the years and are honored you have chosen us as the keepers of your medical needs. We have compiled information you need for situations like those late-night sick episodes all the way to proper Tylenol dosing for your child. We hope this to be helpful to you! If you have remaining questions, our team is happy to help.

Let's get started!

Meet our Family Medicine Providers

OUR EXPERT TEAM

Sarah Hodack MD, Family Physician, Chief Medical Officer

Clare Huber-Navin, MSN, APRN, CPNP

Stephanie Langford MSN, FNP

Devon Nelson MSN, FNP

Nicky Attkisson, FNP

Additionally, we have a full team of nurses, medical assistants and administrative staff here to support and care for you during each step in your child's development! Please do not hesitate to let us know how we can best journey with you!

What we do

Pediatric Care

- Newborn Care
- Routine Wellness Checks
- Sick Child Care
- Minor Injuries
- Behavioral Concerns

Adolescent Care

- Menstrual Problems
- Sports Physicals
- Hormonal Concerns
- Much more!

CALL YOUR BABY'S DOCTOR NOW OR SEEK MEDICAL CARE IF:

- If your baby has a rectal temperature that is less than 97.88 F or more than 100.4 F. Call if you cannot take your baby's temperature but he or she seems hot.
- Your baby has no wet diapers for 6 hours.
- Your baby's skin or whites of the eyes gets a brighter or deeper yellow.
- You see pus or red skin on or around the umbilical cord stump. These are signs of infection.

WATCH CLOSELY FOR CHANGES IN YOUR CHILD'S HEALTH. AND BE SURE TO CONTACT YOUR DOCTOR OR NURSE LINE IF:

- Your baby is not having regular bowel movements based on his or her age.
- Your baby cries in an unusual way or for an unusual length of time.
- Your baby is rarely awake and does not wake up for feedings, is very fussy, seems too tired to eat, or is not interested in eating.

Pediatric Visits Schedule

How often your child should be seen?

2 Days
2 Weeks
2 Months
4 Months
6 Months
9 Months
12 Months
15 Months
18 Months
2 Year
After 2- Annual Well Child Check up

*It is very important that your child is seen at each of these ages for a Well Child Check.

What are we doing for these visits?

What to expect the first two years.

Every child is different! While this is a general guide, remember to bring up specific questions and concerns you have!

NEWBORN

- This appointment occurs usually within a few days after your baby is discharged from the hospital. We prefer 2-5 days after birth.
- We want to make sure their weight loss is normal and check for yellowing of the skin (which indicates elevated bilirubin levels).
- This is also a time to answer questions about the first few days at home.
- Be sure to bring all your hospital discharge paperwork with you to this visit.

2 WEEKS

- By now your baby should have regained his or her birth weight.
- We also like to make sure breast and/or bottle feeding is going well.
- The 2nd newborn screen (that checks metabolic disorders, like PKU) is done around this time.

2 MONTHS

- If you choose to vaccinate your child, those will begin at this appointment.
- We are charting his/her growth and starting to monitor developmental milestones.

4 MONTHS

- The next round of vaccines is given.
- We continue to monitor growth and developmental milestones.

6 MONTHS

- More vaccines, growth, milestones.
- Now visits will start to spread out a bit.

9 MONTHS

- If your child is up to date on vaccines none will be given at this appointment unless they are eligible for an influenza vaccine.

- If you are doing a delayed vaccine schedule or if they are behind for any reason we will catch up at this appointment.

12 MONTHS

- Vaccines, growth, milestones.
- Babies can now take cow's milk and eat honey.

15 MONTHS

- Vaccines, growth, milestones.

18 MONTHS

- Vaccines, growth, milestones.

24 MONTHS

- Vaccines, growth, milestones.

AFTER TWO YEARS OF AGE THEIR WELL-CHILD VISITS ARE NOW DONE ANNUALLY

Questions?

Don't forget to bring your questions. Google is great, but we are here to answer your questions during your child's appointment!

Bringing your newborn home

Your Care Instructions.

During your baby's first few weeks, you will spend most of your time feeding, diapering, and comforting your baby. You may feel overwhelmed at times. It is normal to wonder if you know what you are doing, especially if you are first-time parents. Newborn care gets easier with every day. Soon you will know what each cry means and be able to figure out what your baby needs and wants.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments and call your doctor or nurse call line if your child is having problems. It is also a good idea to know your child's test results and keep a list of the medicines your child takes and know their weight.

How can you care for your child at home?

FEEDING

- Feed your baby on demand. This means that you should breastfeed or bottle-feed your baby whenever he or she seems hungry. Do not set a schedule.
- During the first 2 weeks, breastfed babies need to be fed every 1 to 3 hours (10 to 12 times in 24 hours) or whenever the baby is hungry. Formula-fed babies may need fewer feedings, about 6 to 10 every 24 hours.
- These early feedings often are short. Sometimes, a newborn nurses or drinks from a bottle only for a few minutes. Feedings gradually will last longer.
- You may have to wake your sleepy baby to feed in the first few days after birth.

SLEEPING

- Always put your baby to sleep on his or her back, not the stomach. This lowers the risk of sudden infant death syndrome (SIDS).
- Most babies sleep for a total of 18 hours each day. They wake for a short time at least every 2 to 3 hours.
- Newborns have some moments of active sleep. The baby may make sounds or seem restless. This happens about every 50 to 60 minutes and usually lasts a few minutes.
- At first, your baby may sleep through loud noises. Later, noises may wake your baby.

- When your newborn wakes up, he or she usually will be hungry and will need to be fed.

SLEEPING DIAPER CHANGING AND BOWEL HABITS

- Try to check your baby's diaper at least every 2 hours. If it needs to be changed, do it as soon as you can. That will help prevent diaper rash.
- Your newborn's wet and soiled diapers can give you clues about your baby's health. Babies can become dehydrated if they are not getting enough breast milk/formula or if they lose fluid because of diarrhea, vomiting or a fever.
- For the first few days, your baby may have about 3 wet diapers a day. After that, expect 6 or more wet diapers a day throughout the first month of life. It can be hard to tell when a diaper is wet if you use disposable diapers. If you cannot tell, put a piece of tissue in the diaper. It will be wet when your baby urinates.
- Keep track of what bowel habits are normal or usual for your child.

UMBILICAL CORD CARE

- Make sure to keep the stump clean and dry. Fold the diaper down to keep it from irritating the umbilical cord stump.
- Gently clean your baby's umbilical cord stump and the skin around it at least one time a day. You can also clean it during diaper changes.
- Gently pat dry the area with a soft cloth. You can help your baby's umbilical cord stump fall off and heal faster by keeping it dry.
- The stump should fall off within a week or two. After the stump falls off, keep cleaning around the belly button at least one time a day until it has healed.

At Home

Medications and Dosing

CHILDREN'S TYLENOL (ACETAMINOPHEN) DOSAGE

- Tylenol is an every 4-hour medication.

Weight	Infant's Concentrated Drops (80mg/0.8ml)	Children's Suspension Liquid (160mg/5ml)	Children's Soft Chew Tablets (80mg each)	Junior Strength Chewable Tablets (160mg each)
6-11 lbs	½ dropper (40 mg) (0.4 mL)			
12-17 lbs	1 dropper (80 mg) (0.8 mL)	½ tsp		
18-23 lbs	1 ½ dropper (120 mg) (1.2 mL)	¾ tsp		
24-35 lbs		1 tsp	2 tabs	
36-47 lbs		1 ½ tsp	3 tabs	
48-59 lbs		2 tsp	4 tabs	2 tabs
60-71 lbs		2 ½ tsp	5 tabs	2 ½ tabs
72-95 lbs		3 tsp	6 tabs	3 tabs
96+ lbs				4 tabs

CHILDREN'S MOTRIN (IBUPROFEN) DOSAGE

- Motrin is an every 6- hour medication.
- Do **NOT** use for children under 6 months.

Weight	Infant's Motrin Concentrated Drops	Children's Motrin (100mg/1tsp)	Children's Motrin Chewable Tabs (50mg each)	Junior Strength Chewable Tabs (100mg each)
12-17 lbs	1 dropper (50 mg) (1.25 mL)	½ tsp		
18-23 lbs	1 ½ dropper (75 mg) (1.875 mL)	¾ tsp		
24-35 lbs		1 tsp	2 tabs	
36-47 lbs		1 ½ tsp	3 tabs	
48-59 lbs		2 tsp	4 tabs	2 tabs
60-71 lbs		2 ½ tsp	5 tabs	2 ½ tabs
72-95 lbs		3 tsp	6 tabs	3 tabs

Note: If desired, Tylenol and Motrin can be alternated every 3 hours. This is only recommended if you are confident that the medications are being alternated, as it is not safe to give Tylenol every 3 hours or Motrin every 3 hours.

At Home

Home Remedies

A good home remedy is safe, cheap, and as helpful as OTC medicines. They are also found in nearly every home. Here are some simple but helpful home treatments.

Runny Nose

- Just suction it or blow it.
- When your child's nose runs like a faucet, it's getting rid of viruses.
- Allergy medicines (such as Benadryl) do not help the average cold. They are useful only if your child has nasal allergies (hay fever).

Blocked Nose

- Use saline (salt water) nose drops or spray to loosen up the dried mucus. If you do not have saline, you can use a few drops of water. Use distilled water, bottled water or boiled tap water.
- Step 1: Put 3 drops in each nostril. If age under 1 year old, use 1 drop.
- Step 2: Blow (or suction) each nostril separately, while closing off the other nostril. Then do other side.
- Step 3: Repeat nose drops and blowing (or suctioning) until the discharge is clear.
- How Often: Do nasal saline rinses when your child cannot breathe through the nose. Limit: If under 1 year old, no more than 4 times per day or before every feeding.
- Saline nose drops, or spray can be bought in any drugstore. No prescription is needed.
- Saline nose drops can also be made at home. Use $\frac{1}{2}$ teaspoon (2 ml) of table salt. Stir the salt into 1 cup (8 ounces or 240 ml) of warm water. Use bottled water or boiled water to make saline nose drops.
- Reason for nose drops: Suction or blowing alone can't remove dried or sticky mucus. Also, babies can't nurse or drink from a bottle unless the nose is open.
- Other option: use a warm shower to loosen mucus. Breathe in the moist air, then blow (or suction) each nostril.

- For young children, can also use a wet cotton swab to remove sticky mucus.
- Medicines. There are no drugs that can remove dried mucus from the nose.

Coughing:

Using homemade cough medicines.

- Age 3 months to 1 year. Give warm clear fluids (such as apple juice or lemonade). Dose: 1-3 teaspoons (5-15 ml) four times per day when coughing. Under 3 months, see your child's doctor. Caution: Do not use honey until 1 year old.
- Age 1 year and older. Use Honey $\frac{1}{2}$ to 1 teaspoon (2 to 5 ml) as needed. It thins the secretions and loosens the cough. If you do not have honey, you can use corn syrup. Research shows that honey works better than cough syrups to reduce nighttime coughing.
- Age 6 years and older. Use Cough Drops to decrease the tickle in the throat. If you do not have any, you can use hard candy.
- Coughing fits: warm mist from a shower can help.

Fluids

- Help your child drink lots of fluids. Staying well hydrated thins the body's secretions. That makes it easier to cough and blow the nose.


Humidity

- If the air in your home is dry, use a humidifier. Moist air keeps the nose and airway from drying out. Run a warm shower for a while to help put moisture in the air.
- Avoid Tobacco Smoke: Active or passive smoking makes coughs and nasal congestion worse.

Disclaimer

The information contained in these topics is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only. You assume full responsibility for how you choose to use this information.

Always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition.



If you think that your child is having a medical emergency, call 911 or the number for the local emergency ambulance service NOW!

And when in doubt, call your child's doctor NOW or go to the closest emergency department.

ChildrensMD Symptom Checker Mobile App

What should you do if your child develops a fever, cough, vomiting, rash, sore throat or head injury? When can your child return to school or childcare after an illness? These are medical advice questions that all parents have. Health problems can arise anytime - evening, weekends, when you're at work or traveling or your doctor's office is closed.

The ChildrensMD mobile phone application is designed especially for these times.

Just follow the easy 3-step navigation:

1. Choose the most appropriate symptom care guide.
2. Use the symptom decision chart to find the recommended action.
3. Follow the self-care advice to make your child more comfortable.

The app also includes:

- Pediatric dosage tables by weight for common over-the-counter medications
- Visual images to help you identify symptoms (e.g. rashes) injuries, and common causes of bites and stings
- First aid illustrations to support immediate action, if needed
- A medication and allergy list that allows you to track important information about your family member's prescriptions and/or over-the-counter medications.

Available on the iTunes App Store and Google Play

Clean Vaccines

At Bella, our mission is to preserve and sanctify all life from the moment of conception to natural death. We have made it a priority to provide vaccines for our patients that are doing just that. We have done the necessary research to find those vaccines that were not in any capacity derived from an aborted fetus. You can find the list of vaccines we use on our website.

Vaccines for children (VFC) program

Vaccines for Children

VFC is a government program that allows children that have Medicaid and families who are self-pay, afford and have access to vaccines.

We ask that you pay a \$21 administration fee for EACH shot given to cover our cost associated with giving the vaccine. This payment will be collected the same day the vaccines are given. Understand, we will not refuse vaccines if you are unable to pay. For Medicaid patients receiving VFC vaccines, administration fee is covered, and you **DO NOT** pay the \$21 fee.

THOSE THAT ARE ELIGIBLE INCLUDE:

CHILDREN UNDER 18

- MEDICAID- ELIGIBLE
- UNINSURED
- UNDERINSURED

Vaccination Schedule

Age	Vaccines Due
Birth/ Newborn	Engerix- B #1
2 Months	Pediarix #1 RotaTeq #1 PedivaxHib #1 Pprevnar13 #1
4 Months	Pediarix #2 (Hep B, Dtap, IPV) RotaTeq #2 (Rotavirus) PedvaxHIB #2 Pprevnar13 #2
6 Months	Pedirix #3 Pprevnar #3 RotaTeq #3 Flu Shot #1 (#2 given 4 weeks later)
9 Months	None if up to date Consider Flu Shot
12 Months	MMR #1 Varivax #1 (varicella) Vaqta #1 (Hep A)
15 Months	PedvaxHIB #3 Pprevnar #4 Infarix # 4
18 Months	Vaqta #2
24 Months	Non if up to date
3 Years	Annual Flu Shot
4-6 Years	Infarix #5 IPOL #4 (IPV) MMR Varivax Annual Flu shot
11-12 Years	MCV4 (meningococcal) #1 Tdap 3-dose series of HPV Annual Flu shot
16-18 Years	MCV 4 Booster Annual Flu shot

IMPORTANT CONTACT INFO

Bellawellness.org

Is my child sick?

Check out Bellawellness.org to see a comprehensive list of illnesses and symptoms to see how you should proceed with care for your child while they are sick. This is a useful resource to ensure your peace of mind in your parenting. Just click on the drop-down menu and read more about what it says is best based on each scenario. If you have any more questions, please do not hesitate to call!

OFFICE HOURS

Monday-Friday: 7:30 am-5 pm.

We are closed for lunch from 12:30 pm-1:30 pm during the week.

OFFICE ADDRESS

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