

Caring for
kids the
Premier way!



Appointments are
available immediately!
Call **(302) 836-4440**
today.

Hours

Monday –Thursday
8:30AM to 8PM

Friday 8:30 AM to 4PM
Saturday 8:30AM to 1PM

closed
Sunday

Further Resources

Nursing Mothers, Inc. is a local not-for-profit organization offering lactation consulting and breastfeeding classes in Wilmington, DE.
www.nursingmoms.org

The **Breastfeeding Resource Center** is a great site to see for further information.
www.breastfeedingresourcecenter.org

Premier Pediatrics
2600 Glasgow Ave.
Suite 213
Newark, DE 19702

How to Find Us

We are located in the Glasgow Medical Building behind Peoples Plaza, across the street from Hodgson Vocational-Technical School. Our office is on the second floor inside Entrance 6.

Visit our website
www.Premier4Kids.com for more information including other online resources.

Nutrition

Nutrition is like a puzzle: there can be a place for everything! The key is ensuring that the pieces to the nutritional puzzle fit together the right way. Here are some fast healthy eating guidelines:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs, and nuts
- Serve meals low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- eat a healthy breakfast
- choose nutrient-dense, minimally processed foods as snacks
- do not snack while watching TV or playing video games
- avoid empty calories from added sugar and solid fats

You have probably heard the term "empty calories" tossed around a lot. This phrase refers to the extra calories that are packed into processed foods that aren't nutritionally helpful when consumed. Basically, the "empty calories" that you eat will not be used to fuel your body's movements so they are stored within the body "for later use." This stored energy does not need to be used later if you do not burn the energy with physical activity or if you keep consuming more calories than your body can burn.



Breastfeeding

So you have made the decision to breastfeed your baby, but now what? The good news is that you are fortifying your baby with disease-fighting antibodies and providing them with the perfect food that has exactly the right amount of fat, protein, sugar, and water. With baby needing 8 to 12 feedings a day, you may find being able to feed "on demand" is easier than you expected it might be. Here are some helpful hints to help things go smoothly:



- From 1 day to 2 weeks, baby's stomach is about the size of a ping pong ball. This is why she will need to eat so frequently (8 to 12 times day). She only gets a few tablespoons per feeding.

- Baby is hungry if you notice him **making mouth and tongue movements**, sucking or mouthing his hand, or moving toward the breast. Crying is the last and final sign of hunger.
- It is normal for baby to be hungry every hour and then sleep longer (as opposed to eating every 2 to 4 hours). This is known as **cluster feeding** and is totally normal.

See the links in the blue left-hand column for further resources on breastfeeding.

Happy Spring!

Sincerely,
Premier Pediatrics

