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Newborns:

usually newborns are seen within a few days of birth. We will check the weight, assess feeding, look for jaundice and problems that can occur at birth. We see newborns as often as needed to ensure they are gaining weight. Once a baby is gaining well, we see them at 1 month of age and then according to our schedule of well visits.

Website:

Information is available on our website www.woodbridgekidsclinic.com. It is a good resource and we attempt to improve on it constantly. Check the site.

Block fees:

All patients should pay a yearly block fee. This ensures that all patients are treated equally. Our patients have access to email and text for Dr Cannitelli after hours. Telehealth is not a great resource for children. Trained nurses answer the phone, but are limited in what they can suggest. Block fee patients will have access to more resources.

Sick parade:

We see ill children in our morning sick parade usually from 8:30 to 10:00 monday to friday. This allows us to separate the well and sick children so when a child is in for a check up, particularly an infant, there are no ill children around the office who could be contagious. We also go out of our way to keep surfaces clean and use single use items and proper techniques to prevent cross contamination.

Vaccines:

There is a discussion about vaccines on our website. They start at 2 months of age. As new vaccines become available, they often are not covered by OHIP initially. There has recently been an expansion of the vaccine program in Ontario. Many of the vaccines that parents were required to pay for previously are now covered. There will continue to be some vaccines not covered. See our website for more details.

Some advice for newborns:

skin care/bath- I suggest a bath every night - say around 10-11 pm. We use a gentle oil in the bath water, then we give the baby a massage with a moisturizing cream as a relaxation technique and to soften the dry areas. Soap is not needed initially and when used should be vegetable glycerine based soaps.

Sleep- doing the bath at night followed by a feeding helps to establish a sleep pattern. Most babies will sleep longer after this. If we can get a newborn sleeping from 10-11 and waking up once for a feed at say 3am, this is a schedule a parent can live with. We will work on scheduling again at about a month of age.

diaper- avoid using wipes- they cause more rashes. When you are at home, use a soft cloth and water. When out, use mild wipes and rinse them with water before using them. Use a good diaper cream with zinc oxide, silicone or bees wax.

fever- less than 2 months of age, an infant with fever goes directly to hospital. Fever is 38.5 celcius done in the ear, or rectally. Under the arm is less accurate, but fever would be 37.5 if done under the arm. If an infant this age develops fever, they go to hospital and get a full septic work up, which usually involves a spinal tap, a chest xray, a catheter urine, bloodwork and a few days in the hospital for IV antibiotics. This is often done for a minor viral illness like a cold, but we take this precautionary approach at this age because they get sick very quickly before they show us signs of serious illness. THE MESSAGE here is to be careful. Wash hands before touching the baby. Wear a mask if you are ill. Do not allow anyone potentially ill to be near the baby. With some simple precautions we can avoid having a baby admitted to hospital.

breast feeding- mothers breast feeding can eat whatever they like. There is no correlation between what mother eats and 'gas' or colic in infants. Spicy foods, caffeine and alcohol in moderation are all fine. Drink lots of fluids, continue to take prenatal vitamins and eat a healthy diet. We recommend the diet include omega acids (fish, flax or supplements) for infant brain development. Exercise is also fine. Some herbal remedies that may help increase supply include fenugreek and blessed thistle. You can get these from health food stores and some pharmacies.