New Parent Elective Curriculum/Supplemental Material

Introduction & Objectives: Welcome to parenthood! Whether your baby is imminent, or is already here, this elective exists to a) give you more time to bond with your baby b) encourage reflection on your experience and the experience of new parents in general, and c) educate you in neonatal topics. By the end of this rotation, your work will pay off in a scrapbook of your month together, an increased knowledge base, and sincere empathy for the trials of other new parents in your practice.

Required:

☐ Attend Newborn Check - Date___________________________________
☐ Weekly reflective journal entries
☐ Choose from a minimum of 2 articles from supplied list
☐ Two or more “one minute preceptor” lectures OR “tips for parents”
☐ Choose 1 Book and write 1 page book review
☐ Attend 1 Community Resource Class and write 1 page review
☐ Attend Required Pediatric Residency Lectures
☐ Required Call per Minor Elective

Contact information:
You will meet or correspond with Dr. Gutierrez or Dr. Johansson (fathers) at least twice during the rotation to give updates on your progress and to discuss questions you have. Please email that week’s journal article before your meeting. Other new parent questions are welcome too!
A. Journal
Weekly Journal Entry – 1 page maximum. Resident to submit at end of rotation
Suggestions on topics:

1. Birth stories: write a quick rough draft that details the highlights of how the event occurred. Avoid letting your internal editor censor the experience
2. Advice for pediatricians for the prenatal visit.
3. Nostalgic moments from the pre-child era I savored... Beautiful moments from this month I was surprised by....
4. Systems errors seen from the patient side in the Newborn Nursery, Peds Clinic, insurance agencies, or other governmental systems.
5. Letters to the unborn child: the person you are today will be different from the person your child knows when they are adults. What does the “you” of today have to say to your future adult child?

B. Article
Choose from a minimum of 2 articles to discuss with faculty rotation mentor. Please discuss with faculty mentor if choosing article apart from list.
Suggested Articles:

Post-partum depression

Hyperbilirubinemia

Neonatal rashes

Circumcisions and circumcision complications

Medications in pregnancy and breastfeeding

Vaccinations:
Colic:

Parenting in Residency
3. Maternity Leave During Training – AMWA Position Statement

C. Book Review
Choose 1 book to review regarding parenting and write 1 page book review. Due last week of rotation. Please discuss with faculty mentor if choosing article apart from list.

Suggested Books for Review:

Books Recommended by AAP
2. Caring for Your Baby and Young Child Steven P. Shelov, MD, MS, Tanya Remer Altmann, MD. American Academy Of Pediatrics. 2010
4. Mommy Calls: Dr. Tanya Answers Parents’ Top 101 Questions About Babies and Toddlers. Tanya Remer Altmann, MD

Popular Books - General:
1. What to Expect the First Year. Heidi Murkoff
2. The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two. William Sears, MD, Martha Sears, RN.
4. The New Father: A Dad's Guide to the First Year. Armin A. Brott
5. Your Baby and Young Child: Birth to Age 5. Penelope Leach

Sleep and Calming:
1. The No Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night. Elizabeth Pantley
2. Sleeping Through the Night: How Infants, Toddlers and their Parents Can Get A Good Night’s Sleep. Jodi Mindell
3. The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer. Harvey Karp, MD
4. Helping Your Child Sleep Through the Night Joanne Cuthbertson, Susanna Schevill, Susie Schevill
5. The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family William Sears, MD, Martha Sears, RN.
7. Solve Your Child's Sleep Problems . Ferber
8. Healthy Sleep Habits, Happy Child. Marc Weissbluth MD
Breastfeeding:
1. The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning William Sears MD, Martha Sears, RN.
4. The Nursing Mother’s Companion. Kathleen Huggins, RN, MS

Caring for Premature Infants and Children with Disabilities:
1. The Premature Baby Book: Everything You Need to Know About Your Premature Baby From Birth to Age One. William Sears, MD, Robert Sears MD, James Sears MD, Martha Sears RN.
3. The Preemie Primer: A Complete Guide for Parents of Premature Babies – From Birth through the Toddler Years and Beyond. Jennifer Gunter MD

D. “One Minute Preceptor” Talks or Tips for New Parents – 2 required

The One Minute Preceptor Talks These talks are designed to be short and sweet ways to grab onto a “teachable moment”. Pre-researched topics should fit onto a 3x5 index cards and last between 1-5 minutes. Consider your audience to be a) a third-year medical student rotating through pediatrics b) a new parent or c) an intern just starting out in continuity clinic. The setting is the newborn nursery or the newborn visit. The time is now. Good luck, and pick topics relevant to your child or less ideally, to a patient you have seen. You are not limited to the suggested topics on any of these lists.

Care of the uncircumcised/circumcised penis

Breastfeeding:
- Benefits of breast feeding for infant, mother
- Problems Medications in breast milk
- Medications that reduce breastmilk
- Breastmilk expression storage
- Breastfeeding in the HIV or Hep C positive mother
- Breastfeeding in the UDM positive mother.

Infectious Disease:
- Treatment and followup of infant of hepatitis B + mother Syphilis HIV GBS sepsis
- Hyperbilirubinemia
  - Breastfeeding vs Breastmilk jaundice

Newborn exam
Procedures: circumcision, lumbar puncture
Contraceptive options for new mothers
Pelviectasis and follow-up

Tips for New Parents: Alternatively, you can research topics that are vital to daily care and parenting of a baby, but are often not touched on in the medical setting. These are the questions from parents that often stump medical practitioners without practical child care experience.
Breastfeeding: How to increase milk supply, herbs that increase milk supply How to safely have some alcohol without dosing the baby
Diapers: cloth vs disposable
Bottles: what kind of bottles are safe, what about BPA Cord care: alcohol vs no alcohol, sponge bath vs immersion
Cradle cap
Paternity testing
Adoption, international adoption
E. Community Resources

What support systems out there exist to help new parents, whether with breastfeeding, shopping on a budget, general emotional support, postpartum depression? Please choose 1 of these resources and write a brief review with your likes, dislikes, and a numerical rating.

Breastfeeding

La Leche League – [http://texaslll.org/group/west-texas](http://texaslll.org/group/west-texas)

TTUHSC School of Nursing Baby Café - Breastfeeding Education

Car Seat


Certified Car seat Technician Program: [http://cert.safekids.org/find-or-register-course](http://cert.safekids.org/find-or-register-course)

- Ana Acosta : anaacosta@umcelpaso.org

Health and Well Being

Mommy and Me Yoga: Casa de Yoga: [www.casadeyogastudios.com](http://www.casadeyogastudios.com) - Amissa Metcalf

Childcare

National Association for the Education of Young Children Accredited Day Care Centers

[http://www.naeyc.org/accreditation/search](http://www.naeyc.org/accreditation/search)

Support

Post-Partum Depression - 915-544-4000


Other:

New community resources welcome on case by case basis. Please review with faculty director prior to participation