

NEWBORN VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

HEAD CIRCUMFERENCE: _____ (_____ %ile)

Feeding Your Baby

Babies at this age get all their nutrition from breast milk or formula.

- Feed your baby when your baby is hungry. Signs of hunger include:
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full
 - Turning away
 - Closing the mouth
 - Relaxed hands
- If breastfeeding, feed on demand, at least 8-12 times each day
- If formula feeding, feed your baby 2oz every 2-3 hours, more if still hungry
 - Do not prop bottles in your baby's mouth



Immunizations

- Hepatitis B (if not given at birth)

Possible Side Effects

- Rare for this vaccine
- Mild fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

WHEN TO CALL YOUR DOCTOR

If you have questions about your baby or if he:

- Has a rectal temp of 100.4 or greater
- Is crying excessively or inconsolable
- Has trouble breathing
- Is listless or lethargic, or is feeding poorly
- Is vomiting forcefully and repeatedly

Safety

- Never shake your baby
- Always put your baby to sleep on his back. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets, and toys away from your baby while she sleeps.
- Use a rear-facing car safety seat in the back seat of all vehicles
- Keep your car and home smoke-free
- To prevent illness, avoid crowded places and wash your hands often
- Never leave your baby unattended in the car, in the bath, or on elevated surfaces
- Never tie a pacifier or put jewelry around your baby's neck
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org

NEXT VISIT

In _____ days to recheck weight, feeding, and/or jaundice.

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org



FOCUS ON FAMILY

- The first few weeks at home with a newborn are often exhausting! Try to remember that things will get better with time. Take turns with your partner being up with the baby.
- Moms should schedule the 6-week postpartum checkup with their OB. If desired, they may discuss birth control options at that visit.
- Postpartum depression can happen anytime during the first year. If moms feel sad, anxious, or depressed, they should seek help and talk with their doctor
- Enjoy this precious time. Cuddle with your baby - infants this age cannot be "spoiled". Responding to baby promptly at this age teaches him that he will be cared for and loved.

Common Concerns

- **Stools:** Your newborn's stools will be changing from the tar-like black meconium stools shortly after birth, to greenish and finally to yellow seedy stools. By day 4-5, stools should be yellow and baby should have at least 3-6 stools/24 hours. Some babies stool up to 12x per day, often while feeding. Babies often make dramatic facial expressions, pass gas, strain, and draw up their legs while stopping - as long as stools are soft, this is not constipation and is not cause for concern.
- **Congestion/sneezing:** Babies often sneeze or sound congested. If the congestion is mild, intermittent, and not interfering with feedings and your baby seems comfortable, you do not need to do anything at all. For more bothersome symptoms, you can try using over-the-counter nasal saline drops (1 or 2 drops in each side of the nose) and/or a bulb suction.
- **Jaundice:** Newborn babies commonly have jaundice, a yellow discoloration of the eyes and skin, in the first few days after birth. This is, in part, because their livers are still not fully mature. Let your doctor know if you think your baby is getting more yellow.
- **Skin care:** Newborns often have peeling skin. This is a natural process and part of adjusting to life outside the womb. No oils or lotions are needed.
- **Diaper care:** Your baby's skin is delicate. Use a dabbing motion when cleaning the diaper area. For girls, wipe front to back. For uncircumcised boys, no special care is needed. Do not try to retract the foreskin. For circumcised boys, follow the instructions given to you at the time the procedure was done. If you see redness in the diaper area, stop using wipes and switch to water. Always let the diaper area air dry briefly before putting on a new diaper.
- **Crying/colic:** Crying increases over the first 6-8 weeks, and then begins to taper off. Initially cries often indicate hunger or needing a diaper change. Sometimes babies cry and there is no reason.

The 5 "S's": How to Turn on Your Baby's Calming Reflex

- **Swaddling**
 - Wrapping makes your baby magically feel returned to the womb and it will keep your baby from flailing his arms. Remember to swaddle snugly; loose blankets may be a choking risk. Also, don't overheat your baby (Babies should never be sweaty and flushed).
- **Side/stomach**
 - Newborns are easier to calm when they're lying on their side or stomach. This triggers the calming reflex by imitating your baby's position in the uterus.
- **Shhhh**
 - "Shhhh"ing your baby imitates the sound he heard in your uterus, which was as loud as a vacuum cleaner. Place your mouth 2-4 inches from baby's ear and make the "shhh" sound. It must be loud enough to match the sound of baby's crying, or he won't hear it.
- **Swinging**
 - Rhythmic moving imitates the jiggling the baby felt inside the uterus.
- **Sucking**
 - Putting a pacifier, finger, or breast into baby's mouth.

ADDITIONAL RESOURCES

- American Academy of Pediatrics: healthychildren.org
- Immunization info: immunize.org, cdc.gov/vaccines, vaccine.chop.edu