

Newborn Visit

Date:

NUTRITION:

Your baby at this age should be fed breast milk or formula. Feed every 2-3 hours during the day. Do not allow the baby to go more than 4 hours between feeds. If you're breastfeeding, feed 15-20 minutes on each side with every feed, if possible. Rarely should a feeding take more than 45 minutes. Non-nutritive sucking is an important part of the baby's development, but you do not need to be used as a pacifier. Bottle fed babies take 2-4 ounces per feeding. It is ok to use tap water to mix powder formula. Do not heat bottles in the microwave due to uneven heating. Breast milk or formula will meet all of your baby's nutritional needs other than vitamin D supplementation, which should be given in the form of Polyvisol, Trivisol, or Dvisol. Juice, water, and solid foods are not to be used at this age.

SAFETY:

Babies should be put to sleep on their back. Never leave the baby unattended in the car, in the bath, or on elevated surfaces. The car seat should be rear facing, preferably in the center of the rear seat. The car seat should never be placed in the front seat. To prevent illnesses, avoid crowded places and wash your hands frequently.

GENERAL:

Fevers: Temperatures at or above 100.4 F, taken as a rectal temperature, are emergencies until two months of age. If the baby has a fever, you should take them to the nearest Children's Hospital. In town, we recommend Scottish Rite, Egleston, or Hughes Spalding.

Stools: The stools will change from tar-like black meconium to green to yellow seedy stools. By day 4-5, stool frequency is typically 3-6 stools/day or more, often while feeding. Babies often strain, grunt, draw their legs up and pass gas when passing stools. Constipation is rare at this age. As long as the stools are soft, the baby is not constipated.

Jaundice: Newborn babies are commonly jaundiced. Often a test is performed in the hospital to check the bilirubin level. The level may be rechecked if needed.

Umbilical Cord: The umbilical cord will typically fall off within 2-3 weeks typically and should be left alone. It should be evaluated if there is a foul smell, discharge, or redness.

Bathing: While the umbilical cord is present you can sponge bathe the baby. After the cord falls off, you can bathe the baby in a small tub. Lotions and oils are not typically needed at this age. Newborns often have peeling skin which is a natural process of adjusting to life outside the womb.

Crying/Colic: Crying increases over the first 6-8 weeks. It often indicates hunger or the need for a diaper change. Often babies cry for no reason. Try swaddling, rocking, cuddling, and using "white noise" to soothe the baby. If you are unable to calm your baby, call our office.

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

In the next month babies will typically:

Calm when swaddled or rocked

Reflexively hold your finger

Raise their head slightly when on their stomach

Move their arms and legs together

Easily startle

See objects best at 8-10 inches away

IMMUNIZATIONS:

Hepatitis B (if not given at birth)

FOCUS ON FAMILY

The first week home with a newborn can be exhausting. Both parents should try and rest when the baby is sleeping.

Remember things will get better with time.

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

Older siblings may feel jealous. Spending individual time with the older sibling can help.

WHEN TO CALL OFFICE

Call the office if you have questions or the baby :

Has a rectal temperature of 100.4 F or higher

Is crying excessively or is inconsolable

Has difficulty breathing

Is lethargic or is feeding poorly

Is vomiting forcefully and repeatedly

Is more yellow

Next visit at 1 month