

NAME _____

DATE _____

WEIGHT _____ (_____ %ile)

LENGTH _____ (_____ %ile)

HEAD CIRCUMFERENCE _____ (_____ %ile)



FOR YOUR NEWBORN INFANT

CONGRATULATIONS ON YOUR NEWBORN!

This can be an exciting, exhausting and confusing time. Often parents have many questions or worries about what is normal in their newborn. Please reach out to us with any concerns.

Social media tools can be useful in building social networks, but do not rely on them for maternal and child health advice. Our staff is available 24 hours a day.

It is normal for you to feel uncertain, overwhelmed and very tired at times. As you and your baby get to know each other, it gets much better. Try to rest when your baby rests and allow others to help you with normal daily tasks. If you have other children, behavior regression and jealousy sometimes occur in older siblings. Continuing to keep a regular routine is important. Your other children need special time with you and your partner. Try to spend a small amount of individual time with them each day. Supervise them carefully when they are with your newborn.

If you have a history of depression before your baby was born, you may be at risk for postpartum depression.

FEEDING

Healthy newborns breastfeed at least 8-12 times per 24 hours. Newborns tend to waken equally day and night, but during the first week or two, your baby may need your help waking up for feedings.

Breastfeeding can be challenging during the first few weeks after delivery. Every baby is unique and catches on a little differently. We are here to help. An appointment with **our lactation consultant** can be scheduled by calling our office or speaking to your provider.

ELIMINATION

In the beginning it is normal for a baby's stools to be black or very dark in color. Gradually they will change to brown or a mustard yellow color.

SKIN AND UMBILICAL CORD CARE

Jaundice is common in newborns. We will monitor this during your visits with us, but please contact us if you think your baby's eyes or skin are getting more yellow.

Your baby's skin may seem dry initially. Use of a moisturizer for sensitive skin is safe, but it is not necessary. Some peeling of the skin is normal.

You do not need to do anything to care for your baby's umbilical cord stump. It will typically fall off in the first few weeks of life. If the surrounding skin becomes red, warm or is oozing, please contact us right away.

You can give your baby sponge baths every few days as needed. Once the umbilical stump falls off it is okay to bathe your baby.

GENITAL CARE

If your son was circumcised, continue to use Vaseline to keep the penis moist until we tell you to stop, usually for the first 1-2 weeks. If no circumcision was performed, do not try to pull back the foreskin.

It is normal for newborn girls to have white, thick mucus from their vagina. Some bleeding may occur during the first few days as well. Gently remove stool from the vaginal area, but vigorous cleaning is not necessary.

SLEEP

ALWAYS place your baby on his back to sleep on a firm, flat mattress. The mattress should not indent when your baby is lying on it. Your baby should sleep in your room, but not in your bed. Do not use a wedge or other product to keep your baby on his back. Avoid alternative sleep surfaces such as car seats, rocking devices and inclined sleepers.

DEVELOPMENT

Your baby will sleep a lot during the first two weeks. He should wake easily for feedings and have brief wakeful times during the day.

Crying is the way babies communicate all of their needs. It doesn't always mean something is wrong. Until your baby gets back to his birthweight, crying is likely a sign of hunger. If feeding doesn't calm him, he may be wet, too cold or too warm.

Even when your baby is fussy, he should be calmed by feeding, holding or gentle touch. If you cannot console him, please contact us immediately. Extreme fussiness can be a sign of illness.

Hiccups, frequent sneezing, jittery movements, and nasal stuffiness are very common in newborns. Your baby's eyes may look crossed or may move in unusual directions for the first few weeks of life.

SAFETY

Be sure your car seat is properly installed in your vehicle. Safety seats should be used only for travel, not for sleep or for positioning outside your car. You can have your car seat inspected by a local expert at some hospitals. You can also find a Child Passenger Safety technician at <http://cert.safekids.org>. Click on "Find a Tech".

It is important to keep your car, home and other places where your baby spends time free of tobacco smoke and vapor from e-cigarettes. This is a great time to quit!

To protect your baby in the first few months of life, avoid crowded places, overdressing and exposure to very hot or cold temperatures. Make sure that you and anyone who has contact with your baby is not sick and washes their hands carefully.

For most newborns, home heart and breathing monitors are not needed. They can cause frequent false alarms and unnecessary worry for you.

To protect your baby from tap water scald, set your water heater to no more than 120 degrees F.

OTHER THINGS TO KEEP IN MIND

A rectal temperature $\geq 100.4\text{F}$ is NEVER normal and should prompt an immediate call to our office. In a newborn, a fever is an emergency.

Your baby had a blood test done in the hospital. Your baby's newborn screening results will be available at the 2-week visit.

Comprehensive family history is important so that we can monitor your baby for potential illness as he grows.

Please keep us informed of any changes in your contact information.

IMMUNIZATIONS

Your baby should have received the Hepatitis B vaccine in the hospital. If your baby did not, we would like for him to get it as soon as possible.

Babies younger than 6 months of age are at increased risk of complications from the flu, but are too young to be vaccinated for seasonal influenza. Caregivers of babies younger than 6 months should receive influenza vaccine. In addition, Tdap (pertussis) vaccine is recommended for all adults who will have contact with your baby.

USEFUL WEBSITES/PHONE NUMBERS

www.carypediatriccenter.com

www.healthychildren.org

www.cdc.gov/vaccines

www.cpsc.gov

www.postpartum.net

www.seatcheck.org

Postpartum Depression Support Intl 800.944.4773

FACEBOOK

<https://www.facebook.com/CaryPediatrics>

INSTAGRAM

https://www.instagram.com/cary_peds/

TWITTER

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