

1st Visit Packet: Did they really let me leave the hospital with my new baby?



Development:

Babies at this age often:

- Raise their head a bit when placed on their tummy
- Focus on your face about 8-12 inches away
- Follow your face a bit from side to side
- Notice your voice
- Enjoy contrasts of light and dark things

Let's Play!

- Young infants enjoy rocking and cuddling
- Talking, singing and reading to your baby begins language and social development
- Offer bright colored objects to look at and touch

Vitamin D 400IU once daily

is recommended daily for good bone development. Liquid Vitamin D drops can be found at your pharmacy or supermarket.

When can I take my baby out?

- Avoid going out for the first 2 weeks and be careful when you take your baby out for the first 2 months.
- Avoid exposing your newborn to crowded places which could expose him to illnesses such as the flu.
- Keeping your infant carrier covered helps discourage anyone from getting too close.
- Do get outside with your infant to take a walk in the mall on a weekday morning.
- Encourage everyone (including family) to wash their hands before touching your new baby.
- Kindly ask visitors to stay home if they are sick.

Feeding:

Feeding is a large part of your day right now. Take the time to relax and enjoy it. Move slowly and gently when offering breast or bottle and allow your baby to set the pace for feeding.

So Sleepy!

Right now you may need to keep your baby awake during feedings: undress and talk to him/her quietly.

How Much?

Breastfeeding: about every 2-3 hours and no more than 4 hours between feeds at nighttime. Typically 10-12 minutes per side of productive nursing provides enough nutrition.

Bottle Feeding:

Approximately 1-2 oz of formula every 2-4 hours. Try another 1/2 oz if your baby still seems hungry.

Expect 6-8 wet diapers and 2-4 (sometimes more) bowel movements per day. This lets you know if your baby is getting enough to eat.

Breastfeeding Advice and Support:

Please Call our office or your hospital Lactation Consultant if you have questions.



Always looking for more?

Most babies still need to suck even though they are full. Offer a pinky finger, pad side up or a pacifier to suck on.

Sleeping:

- Expect 12-20 hours of sleep per day with waking every about 2-3 hours for breastfed babies and about every 2-4 hours for bottle fed babies.
- Try waking her every 2-4 hours during the day. This encourages more daytime eating and more nighttime sleeping.

Newborns do some very strange things...

My baby's hands and feet are peeling!

The peeling skin is normal and the skin will usually be peeling less by 3 weeks of age. No moisturizer is needed.

My baby breathes in a weird way!

Breathing fast and then breathing slowly for newborns is called periodic breathing and is normal. Call the office if you count your baby's breaths and they are consistently more than 50 per minute.

My baby hiccups a lot!

This is very common for newborns and usually gets better within 1-2 months.

My baby's hands and feet look purple!

This color change can be normal for most newborns and will go away once they extend their hands or feet. If it doesn't get better, call the office.

My baby's arms extend quickly like she is surprised!

This is called a moro reflex and is a normal newborn reflex. It usually goes away by 4-5 months of age.

My baby's eyes look in different directions!

This is normal and usually resolves by 2 months old.

Sleeping Safety! - "Back to Sleep"

- Always place your baby on their back to sleep.
- Sleeping surface should be firm.
- Nothing in the crib - no blankets, stuffed animals, pillows, no soft bumpers.
- Breathable bumpers for crib.
- We encourage sleeping in the same room for the first few weeks.
- **DO NOT** sleep with your baby in your bed. This greatly increases the risk of injury to your baby and SIDS (Sudden Infant Death Syndrome).
- Exposure to cigarette smoke - in the house, in the car and on your clothes increases the risk of SIDS, ear infections and asthma.
- Swaddling for sleep: Babies like to be swaddled until 8-12 weeks of age but **once they start to roll or close to it, stop swaddling with arms in.**



What else should I know?

- Tummy time, 3 times per day while awake
- Tub bath 1-2x/week, sponge bath until umbilical cord comes off
- Call for fever > 100.4 (rectally)
- Call if increasing jaundice, you cannot wake your baby up or poor feeding
- Close contacts should have the flu and pertussis vaccines

A Few Basics:

Fever:

Check for a fever:

- if your baby feels hot
- is acting very sleepy or very irritable
- does not look well to you

How to check an infant's temperature:

- 1) Use a digital thermometer
- 2) Cover with disposable plastic cover
- 3) Put some Vaseline or Petroleum Jelly on the tip
- 4) Insert thermometer into baby's rectum about 1/2 inch

Circumcision Care:

Keep the area clean. Gently clean it with a wipe with a wet wash cloth. The tip of your son's penis may look quite red and have a yellow secretion for a few days. These are both normal. This should gradually disappear after a week or so. Some types of circumcisions have a plastic bell or plastibell. This cannot come off too early.

Call the office if

- If plastic bell does not fall off in 14 days
- If redness and yellow pus does not gradually go away

Jaundice:

Jaundice happens to many babies. Babies turn yellow in the face, eyes and on the body.

Call if your baby looks yellow and is:

- sleeping more and hard to wake up
- eating less
- having fewer wet diapers and bowel movements

Help, My Baby is Crying!

Swaddling:

Swaddling infants helps them fall asleep and stay asleep. Keeping arms swaddled discourages little fists from bopping themselves in the nose. It also settles those baby reflexes that wake them up. Babies are often more calm if swaddled 12-20 hours a day.

Try:

- Swaddling after feeding and changing
- Then nurse
- Offer pacifier or bottle for a few moments to settle her down

Is my baby overstimulated?

Playing with your baby can be fun but notice when your baby starts to look away or begins to fuss. Too much stimulation can make babies fussy. Take a break and give some quiet time.

Umbilical cord:

The umbilical cord is likely to come off within the first two weeks.

- keep the cord dry
- there is no need to put rubbing alcohol on the cord
- as the cord comes off there is often a green/grey discharge or some bleeding

Call the office if:

- skin around the cord is red and swollen
- belly button is oozing 7 days after the cord comes off

Some Helpful and Trusted Websites:

- Healthychildren.org (American Acedemy of Pediatrics)
- Genesispediatrics.com - look for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)