

Well care education- Newborn

- **DEVELOPMENT:**

- After your baby's umbilical cord has fallen off, please start tummy time four times per day for at least 5-15 minutes each time. The idea is to have tummy time equal approximately 1 hour per day. Appropriate examples for tummy time would be on a flat surface such as the floor with a blanket or a carpeted area. Additionally, laying on your back and having chest-to-chest time where baby can lift the head while awake.
- It is normal for your baby to lose some weight in the first week of life. We expect weight gain to back to birth weight or above within 2 weeks after birth.

- **EMERGENCIES:**

- Please call us if your baby has a temperature of 100.4F or higher, projectile or green vomit, red/black/white stool, is very lethargic/fussy or is having less than 4 wet diapers per day.
- We recommend that you take your baby's temperature using a standard digital thermometer RECTALLY, using a small amount of Vaseline or Lubricant and inserting JUST the metal tip into the rectum.

- **VACCINES:**

- Your baby should have received their first immunization, Hepatitis B (first dose), in the hospital. However, if not, they will get it at their initial visits at the office.

- **SLEEP**

- Your baby must ONLY be put to sleep on their back in a bassinet, crib or playpen without any loose blankets, pillows or stuffed animals. We DO NOT recommend crib "bumpers" unless they are mesh-net/breathable. Please do not use DockATots, they're not safe. Unless you are wide awake, do not lie down or lean back and relax while holding your baby. Never lay down or nap with your baby in your BED or on the COUCH.

THE RISK OF FALLING ASLEEP WHILE HOLDING YOUR BABY IS TOO HIGH

- Your baby is likely still awakening every 2-3 hours for feeds but may go as long as 4-5 hours if they are gaining weight well. They will likely sleep more during the day and wake more often at night. This is normal for the first several weeks and there is no need to try to implement a "schedule" for the newborn stage.

- **SKIN CARE:**

- Your baby is too young to wear sunscreen. Please keep him/her shaded when outdoors.
- Avoid harsh soaps/detergents/lotions with fragrance. While the umbilical stump is attached, please only sponge bathe/wipe the baby for cleaning. Once it has fallen off and the belly button has healed or is no longer oozing, you may introduce submersion baths as wanted/needed.

- **CAR RESTRAINTS:**

- Your baby's car seat should remain in the backseat facing the rear of your vehicle until he/she is at least 40 pounds.

- Please do not allow your baby to remain in the car-seat or nap in the car seat once out of the car.

NEVER leave a child in the car alone. One way to ensure you don't forget your child is to always place your purse or phone in the backseat next to his/her car seat.

- **SAFETY:**

- Please keep your baby away from anyone that is ill. Do not allow others to kiss your newborn on the head, face or hands. ENCOURAGE ALL PERSONS TO WASH HANDS PRIOR TO HOLDING YOUR BABY.
- The risk of falls from a high surface is real. Please always keep your hand on your baby when they are on a high surface (this includes a bed, couch, changing table). Avoid putting your child to sleep anywhere other than a crib, bassinet or playpen.

- **NUTRITION:**

- Your baby should be breastfeeding every 2-3 hours or on demand, OR drinking 2-3 oz of formula every 2-4 hours during the day.
- If you are breastfeeding exclusively or supplementing with only a small amount of formula per day, please start your baby on Vitamin D supplementation daily (400 IU/day).
- Please DO NOT feed your baby anything other than breastmilk or formula. Only give supplements as directed by your Provider. Babies these young have very immature GI tracts and get all of their hydration and nutrition from the breastmilk and/or formula. Therefore, they do not require or need water at this age.

- **USEFUL WEBSITES:**

- www.chop.edu/primary-care/newborn
- healthychildren.org