

# Newborn Visit

Congratulations on your new arrival! Becoming a parent for the first or fifth time can be challenging. The following are helpful hints and safety tips to help guide you during the first month.

## Feeding and Nutrition

- Newborn infants usually need to feed every 2-3 hours.
- Only give your baby breast milk or formula. Babies don't need plain water. Never give your baby honey.
- Do not use a microwave to heat formula or breast milk - it can heat milk unevenly and cause mouth burns.
- Spitting up is common and is not dangerous if your baby is acting well and gaining weight. Burping and keeping your baby upright after feeds helps.

## Breastfeeding

- Breastfeeding is challenging and takes a lot of practice! Call your doctor's office if you are having trouble or pain with breastfeeding.
- You should aim to breastfeed 8-10 times every 24 hours.
- Remember that the more milk your baby takes from your breast, the more milk you will make.
- To help with nipple soreness, don't feed your baby more than every 1½ hrs. If breastfeeding is painful beyond the first few seconds of latching, break the baby's seal and reposition. Use 100% Lanolin cream after feeds on chapped nipples.
- If your baby is breastfeeding exclusively, you should give your baby Vitamin D drops (400 IU) daily. Most vitamin drops have a dropper that gives 400 IU in 1 mL.

## Bottle Feeding

- For most infants, a milk-based formula that is iron fortified is best.
- Carefully follow the directions on the formula container for whatever type of formula you choose. Ask your doctor if you have any questions on how to prepare your baby's formula.
- Mix formula with faucet water – it has fluoride to help keep teeth developing beneath the gums healthy. There is usually no need for bottled (nursery) water.
- You do not have to boil bottles or nipples before making formula (wash them well with soap and water between use or use the high-temp setting on your dishwasher).

## Bathing/Cord Care

- You only need to bathe your baby 1-2 times a week in the first month. Use water and a mild, unscented soap.
- Use a warm washcloth to clean around the umbilical cord. Don't immerse your baby in a tub until the cord falls off (usually by 1 month).

## Safety Tips

1. Your baby's car seat should be secured in the back seat facing the rear window.
2. Never leave your baby unattended on the bed, couch or changing table.
3. Never shake your baby. This can cause severe injury.
4. Crib slats should be no more than 2 <sup>3</sup>/<sub>8</sub> inches apart. You should avoid drop-side cribs if possible.
5. It is best not to smoke. Any smoking should be outdoors and away from baby.

## Sleeping

- Newborns often confuse nights and days because they slept when you were moving during the day in utero. Decrease stimulation during the evening and keep lights down and noise low during night feeds.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), always place your baby on the back (*not* side or stomach) for sleep in his own bed. Co-sleeping is not recommended. Don't use blankets, pillows or soft toys in your baby's crib.
- Research now shows an association between pacifier use at naptime and bedtime and lower risk of SIDS. For breastfed infants, delay pacifier use until breastfeeding is well established.

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### Pooping

- Infants may have 0-10 poops a day. Green, yellow, and brown are all normal colors. Call your doctor if you see blood or if the poop is white.
- Normal breastfed infants poop as often as every feed to as little as every 7 days.
- It is normal for infants to strain and/or cry before successfully pooping as long as the poop comes out soft.

### Fussiness/Crying/5 S's

- Crying and fussiness often increases at 2-3 weeks of age, peaks at 6-8 weeks of age, and gradually decreases by 12-16 weeks of age.
- If your baby's crying is making you stressed and ready to cry or scream, put the baby down in a safe place and take a break. Have a family member or friend watch the baby for a short time. The parental stress line (1-800-632-8188) can be very helpful.
- Many parents find Dr. Karp's (author of *The Happiest Baby on the Block*) "5 S's" method for calming crying very helpful. The 5 S's help to recreate the womb environment.
  - **Swaddle** tightly
  - **Side/stomach position** – Use this position while holding your baby. Once asleep, put her in the crib on her back.
  - **Shushing sounds** – Use to imitate the whooshing sound of blood when in the womb. You can recreate "white noise" with a vacuum, fan, stove vent, white noise CD or sound machine.
  - **Swinging** (not shaking) – Use to recreate the motions your baby felt while you walked around with her inside of you. Your baby's head and body should gently "jiggle" like a bowl of jello. Rocking and car rides can help. Never shake your baby.
  - **Sucking** – Have your baby suck on the breast, bottle, pacifier or finger (yours or your baby's own hand).

### Other Helpful Hints

- Sneezing and hiccupping are normal.
- Use a rectal thermometer for your infant if you are concerned about illness. **All infants with a rectal temperature above 100.4 F should be evaluated right away by a doctor.** At this age, don't give any medication (even Tylenol) without consulting your doctor first.
- Make sure visitors wash their hands prior to handling your newborn.
- Try to get out once a day for a walk if your OB doctor allows. Do your best to avoid very crowded places until your baby is over 2 months-old.

### Websites

- AAP Healthy Children | <http://www.healthychildren.org> (Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization> (Research-based information about childhood vaccines)
- Child Safety Seat Inspection Station Locator (by zip code) <http://www.nhtsa.gov/cps/cpsfitting/index.cfm>

### Immunizations

(\*vaccine schedule may vary slightly by practice)



The first Hepatitis B shot is sometimes given in the hospital. No shots are needed today and your baby won't need any shots until the 2 month check

### Important Numbers

- Poison Control (MA)  
1-800-682-9211
- Parental Stress Line  
1-800-632-8188
- HAVEN Domestic Violence Help Line  
1-617-724-0054
- Smoking Quit Line (free):  
1-800-TRY TO STOP
- Your Doctor's Office

Your child's next routine visit is recommended at 1 month-old.