



Newborn Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- You and your doctor will talk about parenting, your home, you and your newborn's health and safety, and keeping your baby happy and healthy.
- Your baby will be weighed and measured.
- Your doctor will review the hospital discharge papers.
- You will be able to share any concerns with the doctor.

FEEDING



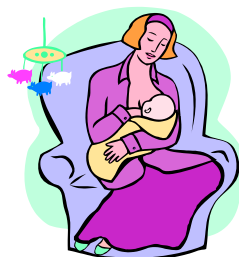
- Breast milk is more healthy
- If breastfeeding, continue your prenatal vitamins
- Use iron-fortified formula if bottle-feeding
- Newborns should eat every 2-3 hours
- Your baby should have 6-8 wet diapers per day
- Pooping will vary
- No water or juice until closer to 6 months old
- Do not warm bottles in the microwave!

SAFETY FIRST!



- Accept help from family and friends
- If you are frustrated with your baby, you may need to place him/her in the crib and take a break
- Never shake your baby!
- Don't ever leave your baby alone at home
- Put your baby in the car seat in back seat facing the rear of the car
- Don't let people smoke around your baby
- Don't let sick people around your baby
- Always wash your hands before touching your baby
- Keep hot water heater lower than 120F to avoid burns
- May give bath after the umbilical cord falls off. Never leave unattended during bath!

It is normal for women to have a shift in mood after pregnancy and feel sad, sometimes called "baby blues." Be sure to accept help, rest and eat. If you feel that you cannot take care of your baby, ask us for help.

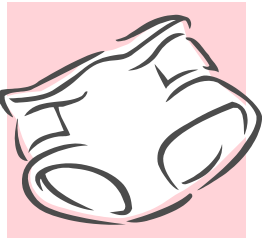


Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for Newborns

<p>Fever</p>	 <p>If your baby is acting sick, take his/her rectal temperature.</p>	 <p>Go to the ER right away if your baby's rectal temperature is more than 100.4 or less than 97.8</p>	 <p>Do not give any medicine to your baby.</p>
<p>Breathing</p>	 <p>Call the doctor if your baby is breathing too fast.</p>	 <p>Check if your baby is using the rib or stomach muscles to breath.</p>	 <p>Breathing that sounds like a whistle or grunting is not normal.</p>
<p>Sleeping</p>	 <p>Remember to place on back for sleep ONLY in crib or bassinet and no soft pillows or toys in the crib.</p>	 <p>Watch for a baby who is hard to wake up or unusually sleepy.</p>	 <p>NEVER let your baby sleep in bed with you! Baby should always sleep in own crib or bassinet.</p>
<p>Feeding & Diapers</p>	 <p>Watery poop with blood or mucus is not normal.</p>	 <p>Less than 4 wet diapers in 24 hours is not normal.</p>	 <p>Vomiting and not drinking enough milk may cause dehydration.</p>

It's VERY important that your baby is talked to, read to, sung to, and gets paid attention to, ALL waking hours.

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

