



Newborn Well Child Visit

CENTER FOR CHILD AND ADOLESCENT HEALTH
AT ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN

What will happen today:

This may be you and your baby's first visit with a pediatrician. Your baby will be weighed and measured. You will have the chance to ask questions about your baby and to talk about your pregnancy. Please take out the papers the hospital gave you. Your doctor will want a copy of them for your baby's medical record.

Today you may want to talk about:

- How do you feel about being a parent?
- How is your baby feeding?
- Is your baby having problems with peeing or pooping?
- How do you know if baby is sick?
- How to deal with baby rashes?

Today's Date: _____
Baby's Weight: _____
Baby's Length: _____
My Baby's Doctor today is Dr: _____

Dealing with Baby Blues

About 80% of women have a shift in moods after delivery and can feel sad. It usually lasts a few days but can last a week or two as hormones shift back to normal. Make sure to get rest, eat well, and get support from others. Let people help you and don't hold back the tears. If you feel very sad and do not feel able to take care of your child, ask for help.

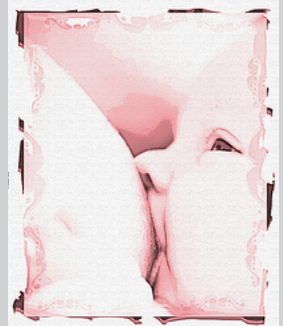


Safe sleep

- Always put baby on her back to sleep
- No sleeping with other people
- Use a firm crib mattress.
- Keep soft things away from baby's mouth and nose.
- Make sure the crib is safe (slats no more than 2 3/8 inches apart)

Feeding Frenzy!

- Feed your baby when baby is hungry. If baby is sucking on his fingers that is a sign of hunger. Crying is a late sign of hunger.
- Breast milk is the best milk for your baby. Babies who breast feed eat 8-12 times a day.
- Baby only needs breast milk or formula.
- No plain water or juice!
- With bottle feeding, watch baby's pace and pause during feeds. Frequent spitups may mean a baby is getting too much to eat.
- A newborn usually feeds every 2 to 3 hours in the first month and less often when older.
- A feeding should last no more than 10 to 20 minutes.
- Your baby will have 5 to 8 wet diapers and 3 or 4 stools per day by the time she is 1 week old.
- Do not warm bottles in the microwave.





What if my baby is sick?

Call the doctor if you notice any of these:

Breathing problems

- Nonstop cough can show baby is sick. Sneezing is normal.
- Trouble breathing or very fast breathing.
- Blue lips or finger nails.
- Sucking in at the ribs when breathing.
- Wheezing, grunting, or whistling sounds
- Nosebleeds.
- Yellow or greenish mucus in the eyes.



Bathing tips:

- Only give sponge baths until the umbilical cord falls off.
- Baby only needs baths 2-3 times a week.
- After belly button heals, you can give baby a bath in a small tub.
- Keep baby's head up during the bath.
- Never leave baby by himself in the bath.

Fever or skin changes

- Rectal temperature above 100.4° F or below 97.8° F.
- Jaundice (Yellow color in the skin or whites of the eyes)
- Heavy bleeding or pus around penis.

Feeding, peeing, pooping problems

- No pee in first day at home.
- No poop in the first 2 days at home.
- Vomiting.
- Diarrhea, watery poop with blood or mucus.
- Under 4 wet diapers in 24 hours
- A sunken soft spot on the baby's head.
- Not eating.

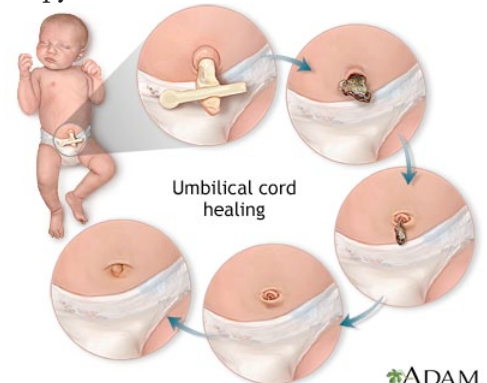


Sleeping problems

- Hard to wake up or too sleepy.
- Very sleepy or jittery.
- Crying more than usual.

Belly button problems

- Belly button infection
- Pus or red skin at the base of the umbilical cord stump.



Safety First:

- Put your baby in a car seat that is in the back seat facing the back.
- Keep hot water heater less than 120°F to avoid burns.
- Baby proof your house.
- Take your baby to all checkups and give all immunizations.
- Don't let people smoke around your baby.
- Don't let people who are sick around your baby.
- Keep your baby out of the sun.
- No sunscreen until 6 months old. Baby should not be in direct sunlight.
- Dress baby in one more layer than you wear.

AT THE NEXT VISIT:

Your baby will have a physical examination.

Your baby may receive one or more immunizations.

To prepare, tell family what you learned today, keep track of illnesses and visits to the hospital. Keep track of your questions.

If you need to discuss a problem happening with your baby, call us at 215-427-5985.

After 5 p.m. at night or on weekends, call the after-hours line at: 800-203-6117