

Your Newborn



What to Expect:

Bringing your baby home

This is a big change and you and your baby will need time to adjust. Give yourself a few weeks or even months for emotions to stabilize and to understand all of your baby's needs. Don't be afraid to ask for help.

Newborn Feeding

Newborns eat small frequent amounts - some want to nurse or have a bottle every two to three hours. They will communicate with a cry, sucking on their hands, or rooting (baby turns head toward breast or bottle).

If your baby is fussy during or after a feeding, you may need to help them burp. A gentle pat or circular motions on the back will do the trick. Keep a burp cloth handy for any spit ups or burps, which are normal.



Jaundice

Jaundice is a common condition in newborns and refers to the yellow color of the skin and whites of the eyes. If your baby is discharged from the hospital before 3 days old, it is important for the doctor or nurse to make sure your baby is not jaundiced. An easy way to check your baby, gently press the skin on your baby's forehead - if the skin appears yellow when you lift your finger then jaundice is present and you should call the doctor. In most cases, this condition will go away on its own. Otherwise, it is treated either in the home or at the hospital with phototherapy, which is a special light the baby will lay under.

More frequent feedings (10-12 times/day) for the first several days of breast milk or supplementing with formula will increase the number of stools and help correct the jaundice naturally. When a baby is jaundiced they are more sleepy, so it is important that you wake them to do frequent feedings.

It is important that you call your doctor immediately if you see the yellowing spreading, your baby develops a fever, or you feel your baby is not eating enough.

Newborn pee and poop

A breastfed newborn will have at least five wet diapers a day. Whereas a formula-fed baby may have up to ten per day. Your doctor may ask you about your baby's pee and poop habits. Use the chart on the back to keep track and take it with you to your baby's first check up.

Call your baby's doctor if and when any of the following occurs:

- ◆ Temperature less than 97°F or more than 100.4°F
- ◆ Difficulty waking up
- ◆ If baby does not poop for 3-4 days
- ◆ Redness or puss discharge around umbilical cord for male babies, any red, blue, or black areas at the circumcision site

Other Resources:

- ◆ Women, Infants, and Children (WIC) Program - 800-994-4769



Commit to your health.

If your baby is struggling to breathe, or appears blue or gray, call 911!

Baby's First Care Log

DATE: _____

Time	Feedings	Time	Changes	Time	Hours Slept	Mom's Day
Total Feedings:		Total Changes:		Total Hours Slept:		<i>This is where mom can make notes relative to the day. Emotions, sleep patterns, frustrations, happy times with your baby, etc. Anything you want to share with your health care providers.</i>
Notes:		Wet: Poopy: Notes:		Notes:		
Make at least 14 copies (one for each day for two weeks)						