

Newborn Check-Up

GETTING TO KNOW AND LOVE EACH OTHER

Name _____

Weight ____ lbs. ____ oz.

Age _____

Length _____

Date _____

Head Size _____

Congratulations! You've made it through the first few days. Along with excitement you may be feeling nervous and exhausted. Be patient with yourself and trust your instincts as you and your baby get to know and love each other.

BREAST-FEEDING

Breast milk usually comes in around day three. Your breasts may be engorged and tender at this time. Good breast-feeding technique is important to be successful and minimize discomfort. Be sure your baby is latched high on the areola, not just the nipple, and sucking rhythmically. It is important to rest as much as possible and drink plenty of fluids to promote good production of breast milk.

FORMULA FEEDING

If you are formula feeding, be sure to mix the formula according to the instructions on the can. Infants tend to feed every 2 to 4 hours. Infants start at 1 to 2 ounces at a feeding and build from there. Feed until your baby no longer seems interested. Don't force feed.

ELIMINATION

Your baby should have at least six wet diapers a day and 3 to 4 stools per day. The stool should be turning yellowish. It is normal for your baby to grunt, strain and even turn red while passing a stool.

DEVELOPMENT

Babies sleep 17 to 20 hours per day when they are newly born. Their only way to communicate is to cry. As you get to know your baby, you will be able to recognize her different cries. It is normal for your baby to have frequent hiccups and sneezing. They will become less frequent as your baby's nervous system matures. Your baby is able to focus 8 to 12 inches. Her favorite thing to look at is your face. She likes to hear your voice, so sing and talk to her frequently.

SAFETY/ACCIDENT PREVENTION

- Always use an approved infant car seat facing backwards in the back seat. Be sure it is properly secured.
- Water: If you have well water have it checked for bacteria and nitrates before you use it for your infant. Contaminated water can be very dangerous for infants.
- Make sure that water heaters are set at 120 degrees Fahrenheit.

- Never leave your baby unattended or alone with a young child or pet.
- Make certain that smoke alarms and carbon monoxide detectors are installed and in working order. You should also have a fire extinguisher.
- Never shake your baby.
- Do not allow anyone to smoke near your baby or even in the home. Smoke can cause damage to your baby's lungs and has been associated with SIDS. (See "Sudden Infant Death" precautions in *Growing Up Healthy*).
- Sleep should be on her back on a firm surface.

Review Daily Infant Care section in *Growing Up Healthy*.

Please call nursing/medical staff during office hours with any questions or concerns that you may have about your baby. Be sure that you understand how to contact your physician after hours for emergency care.

Next health care visit is when your baby is _____ weeks old.

COMMENTS
