

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 milk. It can heat milk unevenly and cause mouth burns.
- Spitting up is common. It is not dangerous if your baby is acting well and gaining weight. To help, burp your baby and keep her upright for 15 minutes after feeds.
- If your baby is breastfeeding or getting fewer than 32 ounces of formula per day, give your baby vitamin D liquid (400 IU) once a day.

Breastfeeding

- Breastfeeding is challenging and takes a lot of practice! Call your doctor's office and consider seeing a lactation consultant if you have ongoing trouble or pain with feeding.
- Try to breastfeed 8-10 times every 24 hours.
- If your nipples are sore, try changing positions each time your baby feeds. Once latched, gently push down on your baby's chin to keep his mouth wide open. Use 100% Lanolin cream and/or a small amount of breast milk after feeds on chapped nipples.

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 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 uses or use the high-temp setting on your dishwasher.



Safety Tips

Do

- Secure your baby's car seat in the back seat facing the back window.
- Keep your home water heater set lower than 120°F/49°C.

Do Not

- Do not leave your baby unattended on the bed, couch or changing table.
- Do not drink hot liquids while holding your baby.
- Do not allow anyone to smoke around your baby. Keep your car and home smoke free.

Bathing/Cord Care

- 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. Wait to give tub baths until the cord falls off (usually by 1 month).

Sleeping

- To reduce the risk of Sudden Infant Death Syndrome (SIDS), always place your baby on his back (*not* side or stomach) for sleep.
- Use a crib that meets Consumer Product Safety Commission (CPSC) standards. Check your baby's crib at www.cpsc.gov.
- Have your baby sleep in your room, but not in your bed. Do not use crib bumper pads, blankets, pillows or soft toys in the crib.
- Dress your baby in 1 more layer than what you wear.
- Swaddling is fine at this age, but make sure your baby's knees can bend and that the blanket is not too tight over the chest.
- Try giving your baby a pacifier for sleeping. It is OK if he will not take it. If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier.

Newborn Visit continued...



Fussiness/Crying/5 S's

Pooping

- Your baby might have 0-10 poops a day. If your baby breastfeeds, he might poop after every feed or as little as every 7 days.
- Green, yellow and brown are all normal colors.
- Your baby might strain or cry before pooping. This is okay as long as the poop comes out soft. It is not constipation.

- Crying and fussiness often increases at 2-3 weeks of age, peaks at 6-8 weeks of age and slowly goes down by 12-16 weeks of age.
- **Never shake your baby.** If you are stressed and feel like crying or screaming, put your baby down in a safe place. Take a break. Ask a family member or friend to watch the baby for a short time. Call the Parents Helping Parents of MA stress line at 1-800-632-8188.
- Use the 5 S's for calming a crying baby from "The Happiest Baby on the Block" book by Dr. Harvey Karp:
 - **Swaddle** your baby.
 - **Side/stomach position** – Use this position while holding your baby. When she is asleep, put her in the crib on her back.
 - **Shushing sounds** – You can also make "white noise" with a vacuum, fan, stove vent, white noise phone app or sound machine.
 - **Swinging (not shaking)** – Gently swing your baby. Your baby's head and body should gently jiggle like a bowl of Jell-O. Rocking and car rides can also help.
 - **Sucking** – Have your baby suck on the breast, bottle, pacifier or finger.

Other Helpful Hints

- Use a rectal thermometer if your baby looks sick or feels warm. **Call your doctor right away if your baby has a rectal temperature of 100.4°F (38°C) or higher.** At this age, do not give your baby any medications (even Tylenol®) without calling your doctor first.
- Ask friends and family to wash their hands before touching your baby. Have them delay their visit if they are sick. Do not bring your baby to very crowded places until he is over 2 months old.
- Try to get out once a day for a walk with your baby.
- Call your doctor for help if you feel sad or overwhelmed for more than a few days.

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)
- Car Seat Inspector Locator (by zip code) | <https://goo.gl/yGgCjP>

Important Numbers

- Poison Control (MA)
1-800-682-9211
- Parental Stress Line
1-800-632-8188
- Mass General Domestic Violence Help Line (24 hours)
1-617-724-0054
- Smoking Quit Line (free):
1-800-TRY TO STOP
- Your Doctor's Office

Vaccines

(*vaccine schedule may vary slightly by practice)



Your baby might have gotten his first Hepatitis B vaccine in the hospital. He does not need any vaccines today. The next vaccines will be at the 2-month check-up.

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