



## Newborn Visit- 2 Day Handout

### How You Are Feeling

- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Try to sleep and rest when your baby sleeps.
- Accept help from family and friends.
- If you have other children:
  - Give each child small, safe ways to help you with the baby.
  - Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thank you, and change the subject.

### Feeding Your Baby

- Feed only breast milk or iron-fortified ready to feed formula, no water, in the first 4-6 months.
- Feed when your baby is hungry:
  - Puts hands in mouth
  - Sucks or roots
  - Fussing
- End feeding when you see your baby is full:
  - Turns away
  - Closes mouth
  - Relaxes hands
- If breastfeeding:
  - Breast feed 8-12 times per day or every 2-3 hours
  - Make sure your baby has 6-8 wet diapers per day
  - Avoid eating food you are allergic to
  - If you are having trouble breastfeeding, an appointment with a lactation consultant may help
  - Wait until 4-6 weeks old before giving a pacifier
- If formula feeding:
  - Offer your baby 2 oz every 2-3 hours, more if still hungry
  - Hold your baby so you look at each other while feeding
  - Do not prop the bottle
  - Give your baby a pacifier when sleeping

### Baby Care

- When checking a temperature on your baby only use a rectal thermometer.
- A fever is a temperature of 100.4 F/38.0 C or higher.
- In an infant 3 months or younger a fever is very serious - call the office or the doctor on call.
- Take a first-aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Wash your hands often and have anyone who touches the baby wash their hands first.
- Avoid crowds.
- Keep your baby out of the sun.
- Babies get many rashes from 4-8 weeks of age - call us if you are worried.

### **Getting Used to Your Baby**

- Comfort your baby:
  - Gently touch your baby's head
  - Rock your baby
- Start routines for bathing, feeding, sleeping, and playing daily.
- Help wake your baby for feedings by:
  - Patting
  - Changing the diaper
  - Undressing
- Put your baby to sleep on his/her back
  - In a crib, in your room, not in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2  $\frac{3}{8}$  inches apart. Find more information on the Consumer Product Safety Commission Web Site at [www.cpsc.gov](http://www.cpsc.gov).
  - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
  - Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

### **Safety**

- Car seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at lower than 120 F.
- Test your baby's bath water with your wrist before putting your baby in.
- Always wear your seatbelt and never drink and drive.

**The next visit is the 2 week visit.**