



Newborn

Congratulations on the birth of your new baby! Thank you for choosing our office for your newborn's care. We are honored to be a part of your journey, and we are here to help along the way.

Remember, no two babies are exactly the same. Your baby is an individual with his or her own special personality, growth pattern, temperament, and genetic make-up. At your well checks your pediatrician will discuss development and monitor growth as well as answer any questions or concerns about your baby's health.

Developmental Milestones

- Rooting: if something soft is touched to the babies' cheek it will turn to that side and try to latch on.
- Sucking: a nipple or pacifier will stimulate baby to start sucking.
- Moro: baby will throw arms and legs out to sides if startled.
- Grasp: baby will close their hand and grip for a short time if an object is placed in their hand.

When to Call or See Your Pediatrician

- Rectal temperature of 100.4 or above if under 3 months of age.
- Irritability or lethargy.
- Difficulty breathing (retracting, nasal flaring, wheezing).
- Persistent cough.
- Refusal to eat.
- Vomiting.

Feeding and Nutrition

Breastfeeding

- Milk usually comes in 3-4 days after delivery.
- Feeding intervals are typically 2-3 hours during the day with longer intervals at night.
- Associate eating with waking not going to sleep.
- Allow baby to wake sufficiently before feeding.
- Burp 2-3 times during feeding.
- Mother should eat a balanced diet (3 meals a day) and drink plenty of fluids.

Formula

- Feeding interval is 2-3 hours during the day with longer intervals at night.
- Baby needs approx. 2 1/2 ounces of formula per pound of weight per day.
- Call your pediatrician if baby is having problems with formula.

Sleep

- Place baby on firm surface.
- Place baby on his or her back. This is the safest sleeping position for infants and drastically reduces the incidence of SIDS.
- Periodically reposition baby's head in bed (sleeping in the same position can lead to misshapen head).
- Avoid allowing baby to sleep consistently in a car seat (this can lead to misshapen head).
- Avoid sleeping with the baby in the same bed.

General Health and Safety

- The umbilical cord will fall off in about 10-14 days.
- Always use a rear facing car seat placed in the center of the back seat.
- The baby's environment should be smoke free.
- Bowel movement frequency can vary, depending on how old your infant is and whether he or she is breast feeding or on formula. Discuss expectations for your baby with your pediatrician.
- Avoid sun exposure.
- Always wash your hands.
- Keep baby away from children and adults who are ill.

Immunizations

- First HBV (Hepatitis B), if it was not done in the hospital.

Date _____

Your Next Visit: 2 Weeks

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head

Circumference _____ Percentile _____