

Newborn Visit

Feeding Your Baby

- ★ Feed your baby only breast milk or iron-fortified formula until they are about 6 months old.
- ★ Feed your baby when they are hungry. Look for them to:
 - Put their hand to their mouth
 - Suck or root
 - Fuss
- ★ Stop feeding when you see your baby is full. You can tell when they:
 - Turns away
 - Closes their mouth
 - Relaxes their arms and hands
- ★ Hold your baby so you can look at each other while you feed them.
- ★ Always hold the bottle. Never prop it.

If Breastfeeding...

- ★ Feed your baby on demand. Expect at least 8 to 12 feedings per day.
- ★ A lactation consultant can give you information and support on how to breastfeed your baby and make you more comfortable. Lexington Pediatrics offers lactation appointments and a new mom's group that can offer support.
- ★ Continue your prenatal vitamin with iron.

If Formula Feeding...

- ★ Offer your baby 2 oz of formula every 2 to 3 hours. If they are still hungry, offer them more.

Supplements

- ★ All babies need Vitamin D supplement (400 IU) per day unless they receive 32 ounces or more of formula.
- ★ No other medications or supplements should be given without discussion with your PCP.

Bowel Movements

- ★ If your baby is breastfed, their stools soon should resemble light mustard with seedlike particles. If they are formula-fed, their stools usually will be tan or yellow in color. They will be firmer than in a baby who is breastfed, but no firmer than peanut butter.
- ★ Whether your baby is breastfed or bottle-fed, hard or very dry stools may be a sign that they are not getting enough fluid or that she is losing too much fluid due to illness, fever, or heat.
- ★ In general, breastfed babies poop more than formula-fed ones, and younger babies poop more than older ones. Newborn babies and young infants also tend to have several tiny poops in succession, so as a point of practicality we recommend waiting a few minutes until your newborn is convincingly finished rather than jumping into diaper-changing action after the first signs of activity!

How Are You Feeling?

- ★ Try to sleep or rest when your baby sleeps.
- ★ Spend time with your other children.
- ★ Keep up routines to help your family adjust to the new baby.

- ★ If interested, the office has resources for postpartum mood concerns.

Umbilical Cord Care

- ★ Keep the stump clean and dry as it shrivels to ultimately fall off.
- ★ Dry well after baths.
- ★ Keep the diaper folded below the stump to keep urine from soaking it and prevent irritation.
- ★ You may notice a few drops of blood on the diaper around the time the stump falls off – this is normal! However, if it is actively bleeding, call your pediatrician.
- ★ Usually, the stump falls off by the time your baby is 3 weeks old.

Sickness and How to Keep Health

- ★ If you need to take your baby's temperature, use a rectal thermometer, not by ear or skin; a fever is a rectal temperature of 100.4°F/38.0°C or higher. Call Lexington Pediatrics anytime if you have questions or concerns.
- ★ Plan for emergencies: have a first aid kit, take first aid and infant CPR classes, and make a list of phone numbers.
- ★ Wash your hands often.
- ★ Avoid crowds and keep others from touching your baby without clean hands.

Travel Safety

- ★ Use a rear-facing–only car safety seat in the back seat of all vehicles. Be sure to read all instructions included with your car seat to install it correctly.
- ★ Make sure your baby always stays in their car safety seat during travel. If they become fussy or need to feed, stop the vehicle and take them out of their seat.
- ★ Never leave your baby in the car alone. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.

Sleep Safety

- ★ Always put your baby to sleep on their **back** in their own crib. Your baby should not sleep in your bed.
- ★ Your baby should have their own crib or bassinet with no pillows, stuffed toys, bumpers, or loose bedding.
- ★ Your baby should sleep in your room until they are at least 6 months old.
- ★ Make sure your baby's crib or sleep surface meets the most recent safety guidelines.

Falls

- ★ Babies wiggle and move and push against things with their feet soon after they're born – which can result in a fall!
- ★ Never leave your baby alone on a changing table, bed, sofa, or chair.
- ★ Put your baby in a safe place like a crib or playpen when you can't hold them.

What vaccines will be due at my baby's 1 month visit?

- ★ There are no vaccines at the one-month visit.

Helpful Resources:

- Smoking Quit Line: 800-784-8669
- Poison Help Line: 800-222-1222
- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org/>