

The Newborn Visit

Nutrition:

- Breastfeeding- offer breast on demand every 1.5 to 3 hours, 8-12 x/24 hours
- Formula- offer 2-4 oz every 3-4 hours, 7-8x/24 hours
- No need to wake at night
- No need to sterilize bottles
- Vitamin D for breastfed infants (400 IU/day)- this may begin at month of age. Safety
- Do not leave infant alone on elevated surface even “for a second”
- Always strap baby into car seat, and fasten any necessary attachments to stroller

Common Concerns:

- Stools: Tarry stools (meconium) transitions to brown mucousy stool and then to yellow, seedy watery stool in the first week
- After that stools can be green, yellow, orange or brown and liquidy
- Babies grunt and appear to strain with stooling; if stool is soft, babies are NOT constipated
- Initially babies often stool with each feeding (gastro-colic reflex), this stool pattern eventually slows down. Breast fed babies can go ONE WEEK without having a bowel movement, as long as it is soft when they go, they are passing gas, and voiding regularly.
- In the first week of life, urine diapers should correlate with the number of days they are alive. After 1 week, babies should void at least 6x/24 hours
- Congestion is normal. Sneezing is a way to clear out nasal congestion and is also normal
- Hiccups are normal and do NOT bother babies
- Sleep- always put babies to sleep on their backs and to play on their bellies
- Dry skin/peeling skin is normal. Baby lotions are fine but not necessary. Gently rubbing baby oil on dry areas of the scalp is fine. Avoid use of baby oil on the body.
- Various rashes are normal at this time.
- Sponge bathe until cord falls off and is dry
- No stuffed toys, pillows, plush bumpers or blankets in crib
- It is ok to take walks outside
- The cord can be left alone or cleaned with alcohol and a cotton swab several times daily
- Pacifiers are ok to use- baby’s suck for comfort as well as nutrition
- Discharge and tearing from the eyes (without redness) can indicate a blocked tear duct. This is common in infants and can come and go over the first 9 months of life. Gently wipe the discharge away. This condition typically resolves without intervention by 9 months of age.

When to call us:

- Rectal Temperature >100.4 F (37 C)
- Crying excessively or inconsolable
- Difficulty breathing (rapid or shallow breathing, sucking in of muscles by chest, not just nasal congestion)
- Unusually sleepy or poor feeding
- Vomiting forcefully or frequently
- If baby appears more jaundiced (yellow)
- Limited urine output (less than 3-4 wet diapers/day)
- OR if you have any questions or concerns

