

FACTS ABOUT YOUR NEWBORN

When to call the doctor?

- Rectal temperature higher than 100.5 degrees
- Forceful vomiting (all children will spit up for the first 4-6 months of life, but if they truly vomit with force, call the doctor).
- Persistent cough, especially if it interferes with sucking
- Not feeding normally
- Over sleeping, difficulty to wake to feed, increased irritability
- If your baby does not look or act right in any way **Breast feeding Baby**
- Breast feeding babies initially about every 2 hours. Do not allow sucking more than 15 minutes per side. Only the first 10 minutes at most is nutritive. Sucking is just for pleasure and instinct after that. Prolonged sucking can irritate the nipples.
- Do not take medications or herbal remedies while breast feeding without consulting your doctor.
- You may supplement breast feeding with pumped breast milk or formula.

Bottle Feeding Baby

- You do not need to sterilize the bottles in the United States—the water is safe.
- Wash bottles as you do dishes. Dishwashers do sterilize bottles.
- Bottle fed babies usually eat every 2-4 hours.
- It takes a newborn baby (age 0-3 months) 1 hour to digest 1 ounce of formula (for example, 3 ounces take 3 hours to digest).

All Feedings

- All babies need burping with feeds. Burping improves comfort and reduces spitting up.
- Babies need no solid food until at least 4 months of age. Until then, they cannot digest any food other than milk.
- Never give honey to babies. It can cause paralysis.

Potty Facts

- Breast fed babies can have a stool with every feeding. It is usually watery and seedy-looking.

- Babies should have at least 6 wet diapers every 24 hours.
- Bottle fed babies usually have 1-4 stools daily. Some babies only have a stool every 24-48 hours.
- This is fine as long as the stool is not hard and the baby is not straining too much to stool.

Umbilical Care

- Sponge bathing until the cord falls off is best. It is dead, so it will shrivel up and look gooey. This is normal. Once it dries, it will fall off.
- Clean the cord with alcohol a few times daily until it falls off. If the area is still moist once it falls off, continue to clean with alcohol until it dries.
- Once the cord dries and falls off, you can put the baby in the tub to bathe.
- Call the doctor if the skin around the cord looks red.

Skin Care

- Use gentle, non-perfume soap like Johnson & Johnson Baby Wash or white Dove Soap to bathe baby.
- Avoid perfumed lotions.
- Do not use bubble bath.

Rashes

- All babies have a lot of rashes for the first few months of life as the skin matures.
- A lot of bumps can occur as skin glands open. Also, maternal hormones are transferred to the baby before birth.
- You only need to call the doctor if the skin is peeling off in sheets or is extremely dry and scaly.
- Diaper rashes may be treated by applying a combination of 1% Hydrocortisone cream combined with an anti-fungal cream such as clotrimazole (Lotrimin) or miconazole (Monistat). These are available without a prescription at pharmacies and supermarkets. If the rash does not get better despite this treatment, call the doctor for an appointment.

Baby's Genitals

- Just wash with warm water and avoid soap on the area directly where the baby urinates.
- In girls, there may be some blood from the vagina, and some milk from the breast area. This is normal and due to mother's hormones being transferred before birth. It will resolve within the first month of life.

Newborn Stuffy Noses

- All babies are “stuffy” for at least the first 4 months of life. Before that time, they do not know how to breathe through their mouth, except when crying. Even after that, nasal congestion can make sucking difficult.
- To clean baby’s nose, put 3-4 drops of nasal saline in each nostril. (This is available over the counter at the drugstore). Wait about 1-2 minutes, and then clean out with nasal suction device (like given at the hospital at birth). Repeat as needed.

Safety and Proper Positioning

- Newborns must be in a car seat, rear-facing, in the back seat at all times while riding in the car. This is required by law. Do not turn the seat around until 1 year of age.
- Put the baby on its back to sleep. This greatly reduces the chance of “Sudden Infant Death Syndrome.” Once the baby is old enough to roll himself over, he can sleep in the position he chooses.
- When baby is awake, give him supervised time on his tummy. Wait about 20 minutes after feeding to prevent increased spitting up.

Environmental Toxins

- Babies should **NEVER** be exposed to tobacco smoke. Never allow smoking inside your house or car with the windows rolled down. Smoking causes respiratory infections in children and increases chances of asthma.
- Never use insect sprays near the baby. **Questions or Concerns**
- Please contact us at 601.855.5287