

# NEWBORN VISIT

---

## Nutrition

- Give breastmilk or infant formula 8-12 times per day (max 24-32oz daily); Follow cues for hunger/fullness
- If breastfed exclusively, your baby needs Vitamin D3 400 iu per day – alternatively breastfeeding mothers may take 4000 iu Vitamin D3 daily
- A baby needs to wake up at least every 3-4 hours to feed
- Don't give water or juice and don't give solid foods
- Always hold your infant to feed them – do not prop bottles
- 4-12 wet diapers a day is expected
- Bowel movements can occur every 1-7 days or multiple times a day – as long as it is soft, it is normal

## Infant Care

- Air dry the umbilical cord by keeping the diaper below the navel – it will fall off in 1-2 weeks, then you can give a tub bath
- Use fragrance free lotions/washes and avoid powders
- Take temperature rectally as needed with a digital thermometer
- Any temperature over 100.4 is considered a fever and if your baby is less than 2 months and has a fever, you must bring your baby to the emergency room or office for immediate evaluation
- Encourage people touching the baby to wash their hands often
- Avoid crowded places and people with any infectious illness
- Make sure all family members and close contacts are up to date on vaccines (Tdap and Flu)

## Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old
- Check your car seat:
  - [www.thecarseatlady.com](http://www.thecarseatlady.com)
  - [www.safercar.gov](http://www.safercar.gov)
- To put your baby to sleep safely:
  - Always put them on their back
  - Avoid putting soft items like blankets, pillows and stuffed animals in the crib/bassinet
  - Avoid smoking or using alcohol around the baby
  - Crib slats should be <math>2^{3/8}</math>” apart
- Never shake or hit your baby
- Never leave your baby unattended
- Make sure to install smoke detectors and carbon monoxide detectors in your house; if you rent, ask your landlord to install them

## Promoting Development

- Read to your baby from day one and speak in full sentences to him/her
- When the baby is awake and you are awake, the baby can spend some time on his/her tummy once the umbilical cord has fallen off
- Take time for yourselves and be aware of the signs of postpartum depression

## Tests

- Bring your baby to the lab for their 2nd newborn screening test at 11-14 days of life – this tests for rare genetic diseases that are fatal if undetected at an early age



Chesapeake  
Pediatrics

*\*Next visit 2 weeks old and/or 1 month old for well check*