

The Pediatric Center

Boulder, CO
303-442-2913

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Name: _____

Date: _____

TODAY'S MEASUREMENTS

Head Circumference

_____ inches (_____ percentile)

Height

_____ inches (_____ percentile)

Weight

_____ pounds _____ ounces (_____ percentile)

IMMUNIZATIONS

Hepatitis B (if not given at birth)

RSV (if indicated)

Possible side effects are rare but may include:

- Mild Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot

Next Visit: Two to four weeks of age

NEWBORN VISIT

FOCUS ON FAMILY

- The first few weeks at home with a newborn are often exhausting. Both parents should try to rest when the baby is sleeping. Often, taking turns being up with the baby is helpful. Try to remember that things will get better with time.
- Postpartum depression is common and can arise anytime in the first year. If you or your partner find yourself feeling sad, anxious, or depressed, please seek help and talk to your doctor. Information is available online at www.postpartum.net.
- Older siblings may be feeling some jealousy. Spending some time alone with older brothers and sisters may help.
- Enjoy this precious time. Cuddle with your baby—infants this age cannot be “spoiled”. Responding to baby promptly at this age teaches him or her that he or she will be cared for and loved.

NUTRITION

Babies at this age get all their nutrition from breastmilk or formula. Try to breast feed as much as you can for as long as possible. Below are some facts and tips on feeding your baby.

- Breastfed babies should nurse on demand, at least 8 to 12 times in 24 hours. If your baby is sleepy, you may have to undress him or her, tickle the feet or rub the back to wake him or her for feedings.
- Breastfeeding is often not well established for several weeks—take your time and be patient. Sometimes bottle feeds are needed, especially if your baby is losing weight, is significantly jaundiced, or not feeding well at the breast. Sometimes extra help from a lactation nurse can help. Boulder Community Health has lactation consultants that can be reached at 303-415-7230. Ask us if you would like other options.
- Bottle-fed babies may take 2-4 ounces per feeding, 7-8 times per 24 hours.
- If you give your baby formula, always follow package directions when preparing it.
- Do not heat bottles in the microwave because this can lead to uneven heating and burns.
- Babies may have periods when they cluster their feeds, feeding every hour. This often happens in the evening and/or at night. Feed your baby on demand.
- Many babies spit up when they feed. If your baby spits up often, keep his or her head raised for at least 20 minutes after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and is not in pain. Spitting up usually ends by age six to nine months.
- After feeds, gently burp the baby by holding the baby on your chest, upright and gently patting or stroking the back. Do this for 2 to 5 minutes. Your baby may not burp after every feeding.
- Do not prop bottles in your baby's mouth. Do not add cereal to your baby's bottles. Do not give your baby water or tea. Do not give your baby honey.

SAFETY

- Never jiggle or shake your baby.
- Set water heater to 120°F to avoid burns.
- Ensure smoke and carbon monoxide detectors are working.
- Always place your baby in a car seat, rear-facing, in the back seat. For more information on car seats or to find a car seat inspection office in your area, go to the National Highway Traffic Safety Administration website at www.nhtsa.gov
- Never leave your baby unattended in the car, in the bath or on elevated surfaces.
- To prevent illness, avoid crowded places and wash your hands often.
- Avoid exposure to second hand smoke.
- Never tie a pacifier or put jewelry around your baby's neck due to risk of choking.
- If you are concerned about violence in the home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE or www.ndvh.org

COMMON CONCERNS

- **Stools:** Your newborn's stools will change from the tar-like black meconium stools shortly after birth, to greenish and finally to yellow seedy stools. In the first few days, the stool frequency and color help you know that the baby is feeding sufficiently and, for breastfed infants, that mom's milk is in. By day 4 or 5 stools should be yellow and seedy. Some babies stool up to 12 times a day, often when feeding. Babies often make dramatic facial expressions, pass gas, strain and draw up their legs when passing stools. As long as stools are soft, this is not a cause for concern. True constipation is rare at this age.
- **Congestion/Sneezing:** Babies often sneeze or sound congested. This is not necessarily a sign of a cold. If the congestion is mild, intermittent, and not interfering with feedings and your baby seems comfortable, you do not need to do anything at all. For more bothersome symptoms, you can try using over the counter nasal saline drops (1 to 2 drops as needed) to each side of the nose and/or bulb suctioning. If your baby has significant congestion, nasal drainage, fever or a persistent cough, you should discuss your concerns with your doctor.
- **Jaundice:** Newborn babies commonly have jaundice, a yellow discoloration of the eyes and skin, in the first few days after birth. This is, in part, because their livers are still not fully mature. Often a test is done in the hospital to check the bilirubin level, which is the substance in the blood responsible for the yellow color.
- **Sleeping:** Always place your baby on their back to sleep to reduce the chance of Sudden Infant Death Syndrome (SIDS). Infants should sleep on their own surface (crib or bassinet) on a firm mattress covered by a fitted sheet. Sleep spaces should NOT include: pillows, bumpers, blankets or toys.
- **Skin Care:** Newborns often have peeling skin. This is a natural process and part of adjusting to life outside the womb. No oils are needed. Avoid fragranced oils and lotions. Soaps are usually not needed at this age.
- **Diaper Care:** Your baby's skin is delicate. If you see redness in the diaper area, stop using wipes and switch to water. Always let the diaper area air dry for a few minutes before putting on a new diaper. When the skin is dry you can use Vaseline or a diaper rash ointment that contains zinc oxide. For girls, wipe front to back. For uncircumcised boys, no special care is needed. Do not try to retract the foreskin. For circumcised boys, follow the instructions given to you at the time the procedure was done.
- **Crying/Colic:** Crying increases over the first six to eight weeks and then begins to taper off. Initially cries often indicate hunger or needing a diaper change. Sometimes babies cry and there is no reason. Try swaddling your baby, rocking, cuddling, offering a pacifier or using "white noise". If these measures don't work and you cannot calm your baby, call our office.

DEVELOPMENT

All babies develop at their own rate. In the first few days, you may notice your baby:

- Raises head slightly when on stomach
- Moves arms and legs together
- Automatically holds your finger
- Startles easily
- Sees objects best at 8 to 10 inches away
- Follows slow moving objects with eyes
- Calms when swaddled and rocked

Talk and sing to your baby. After the umbilical cord falls off, place your baby on a blanket on the floor for a few minutes at a time of tummy time.

WHEN TO CALL OUR OFFICE

Call us if you have questions about your baby or if he or she:

- Has a rectal temperature of 100.4° F or higher
- Is crying excessively or is inconsolable
- Has difficult or troubled breathing
- Is listless or lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly
- Is getting more yellow

You can always call if you have any questions or concerns about your baby. We can be reached at 303-442-2913. If it is after hours and you need assistance, press 6 to be connected to our answering service.