



Newborn Well Child Check (2-5 days old)

Feeding

- Feeding only breast milk or iron-fortified formula for the first 6 months
- Feeding when you see earliest signs of hunger
 - Bringing hand to mouth
 - Sucking, rooting, fussing
- Average breast feeding 8-12 times per day; seek out lactation consultation if having trouble
- Commonly taking about 2 ounces every 2-3 hours- do not prop the bottle during feedings
- Expect to see about 1 wet diaper per day of life for the first week
- Stools will transition over the first few days from dark, tarry meconium to yellow, seedy and loose
- Give vitamin D supplement 400 IU daily

Sleep

- Always place baby on their back to sleep
 - In a crib with slats no more than 2 ³/₈ inches apart (see cpsc.gov for more info)
 - No loose bedding such as comforters, pillows, bumper pads or toys
 - In your room, not in your bed
- Expect 11-18 hours of sleep daily on an irregular schedule

Baby Care

- For any rectal temperatures greater than or equal to 100.4° F, take the baby to a pediatric emergency department
- Avoid direct sunlight; use sunscreen only if no shade is available
- Know that newborns get many rashes in the first 2 months of life – call if worried

Safety

- Never shake your baby
- If you feel upset, put your baby in a safe place; call for help
- Call for help if mom is feeling sad, blue or extremely tired for more than a few days
- Wash your hands often to help your baby stay healthy
- Use a rear-facing car seat in the back seat in all vehicles
- Keep your car and home smoke free
- Do not drink hot liquids while holding your baby
- Set water heater temperature to ≤ 120°F
- Take an infant CPR and first aid class
- Make a list of emergency phone numbers

Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
None (unless baby did not get Hepatitis B #1 at birth)	None

- For more info: <https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 1 month old

Helpful Resources:

- www.healthychildren.org
- Car seat inspection: www.seatcheck.org
1-866-SEATCHECK
- www.AZbreastfeeding.org
- Birth to Five Helpline:
1-877-705-KIDS (5437)