



## **Important Points for the Newborn visit**

### **Nutrition:**

Feeding is often the hardest and most challenging part of having a new baby at home. Breast fed infants usual fed every 1 ½ -2 hours and formula fed babies every 3-4 hrs. Please keep track of the number of feedings.

### **Development:**

Raises head slightly from a prone position, blinks in reaction to bright light, focuses and follows with eyes, responds to sound either by quieting or turning toward the source, can see faces at 8-10 inches but visual acuity is limited, baby can recognize caregiver's voices, cycles through 6 states of consciousness several times per day: deep sleep-active sleep-drowsiness-quiet alert-active alert and crying.

### **Touchpoints:**

- Sleep: Always remember to put your baby to sleep ON HIS OR HER BACK while he/she is drowsy but still awake. This allows your baby to learn to put himself to sleep instead of depending on *you* to do it for him.

### **Safety:**

- Recognize early signs of infection in the infant: poor feeding, poor color, listlessness, weak cry, rectal temp at or above 100.4 degrees F, breathing problems, unusual fussiness, vomiting or diarrhea, sleeping more than usual.
- Use a rear facing car seat and never place your baby in the front passenger seat
- Use a crib with slats not more than 2 and 3/8 inches apart. Your baby's mattress should be firm with no pillows, stuffed animals, large blankets, or bumpers.
- Do not leave your baby alone in high places such as a changing table, bed or sofa. Never eat, drink or carry anything hot near or while you are holding the baby. Turn your water heater down to 120 degrees F.
- Install smoke and carbon monoxide detectors and check that they work properly every month. Keep the baby's environment free of smoke: no smoking in the home or car.
- Parents of newborns should receive the pertussis/tetanus vaccine as well as the flu vaccine (if flu season).

### **What to expect during this visit:**

- We will review the birth history and hospital course.
- We will review the feeding and stooling/urinating diaries.
- We will discuss your baby's growth and development and any other concerns that you may have. Please prepare and bring in questions for your next visit at 2 weeks of age. The second newborn screen will be performed then. This test screens for over 50 diseases that can lead to serious illnesses. The test is performed by pricking your baby's heel and putting a few drops of blood on a special filter paper.