



# APL Bright Futures Handout Newborn Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

## PARENTAL WELL-BEING

### How You Are Feeling

- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Give your other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

## NUTRITIONAL ADEQUACY

### Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 4 months.
- Feed when your baby is hungry.
  - Puts hand to mouth
  - Sucks or roots
  - Fussing
- End feeding when you see your baby is full.
  - Turns away
  - Closes mouth
  - Relaxes hands

### If Breastfeeding

- Breastfeed 8-12 times per day.
- Make sure your baby has 6-8 wet diapers a day.
- Avoid foods you are allergic to.
- Wait until your baby is 2 weeks old before using a pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.

### If Formula Feeding

- Offer your baby 2 oz every 2-3 hours, more if still hungry.
- Hold your baby so you can look at each other while feeding
- Do not prop the bottle.

## Elimination

- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well. Breastfed babies may stool less often as they get older.
- All stool colors are normal except black, red and white. Stool consistency should not be hard, but may be pasty, runny or seedy.

## NEWBORN CARE

### Baby Care

- Use a rectal thermometer, not an ear or temporal thermometer.
- Check for fever, which is a rectal temperature of 100.4°F/38.0°C or higher.
- In babies 3 months and younger, fevers are serious. Call us if your baby has a temperature of 100.4°F/38.0°C or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Keep your baby out of direct sunlight.
- Know that babies get many rashes from 4-8 weeks of age. Call us if you are worried.

## NEWBORN TRANSITION

### Getting Used to Your Baby

- Comfort your baby.
  - Gently touch baby's head.
  - Rocking baby.
- Start routines for bathing, feeding, sleeping, and playing daily.
- Help wake your baby for feedings by:
  - Patting
  - Changing diaper
  - Undressing
- Put your baby to sleep on his or her back.
  - In a safe crib, in your room, not in your bed.

- Do not use loose, soft bedding or toys in the crib such as comforters, pillows, or pillow-like bumper pads.
- Use a crib with slats close together.
  - 2 3/8 inches apart or less
- Keep the baby from getting too warm or cold.

## SAFETY

### Safety

- The car safety seat should be rear-facing in the middle of the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set no higher than 120 F.
- Test your baby's bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

**Poison Help:** 1-800-222-1222

**Child safety seat inspection:**  
1-866-SEATCHECK;  
[seatcheck.org](http://seatcheck.org)

