Newborn Well Child Visit (infant less than 1 week old)

Today’s Weight ______ Birth Weight ______ (% change +/- ______ %) Length_____ Head ______

*Most babies lose weight in their first days of life; we expect infants reach birth weight by 2 weeks of age.

Congratulations on your new baby! We are honored to be part of this exciting time in your life. Nothing is more fulfilling or exhausting than a newborn baby particularly for the first time parents. It is very important to protect your baby as much as possible from exposure to illness. Strangers are drawn to adorable newborn infants and their instinct is often to touch them. By avoiding crowded places like grocery stores, movie theaters and churches we can reduce his or her exposure. Ask anyone with an illness (even “allergies”) not to visit while having symptoms. Anyone who holds or touches him or her should wash their hands first.

Safety

The biggest threat to his or her life and health is an injury!

- **Car Seats** – Your baby requires a rear-facing seat, safest when placed in the middle backseat. Buckle up EVERY TIME!
- **Sleep position** – Placing your infant on his or her back for sleep is the safest position.
- **Burns** – Make sure your water heater temperature is turned down to 120 degrees.
- **Drowning** – NEVER leave him or her alone even for a second in the tub. Remember to give your baby only sponge-baths until the umbilical stump falls off.
- **Fires** – Check your smoke alarms. If you have gas in your home, get carbon monoxide detectors. Have a method in place to check these monitors monthly.
- **Tobacco Exposure** – Smoking is dangerous for him or her at any age. If someone at home smokes then your baby smokes!
- **Falls** – Never leave your infant unattended on any high surface, including couches, beds, and changing tables.
- **Crib** – If your crib is old or antique be sure it wasn’t painted with lead based paint. Also the crib slats should be no wider than 2 3/8 inches.

Nutrition

- Breast milk or Formula is the only nutrition your infant needs.
- Feed your infant whenever he or she demands it. Do not try to fit a schedule.
- Feed your infant at least every 3 hours, even if you have to wake him or her. Your baby may feed up to 12 times per day especially if breast feeding.
- Do not give your baby supplemental water, juices or cow’s milk.
- Your infant will have 1-3 wet diapers per day for the first 3 days, then 4-7 wet diapers per day.

- Stools are dark, transition to green, then yellow by day 7. Stool varies in consistency and can be seedy in appearance. He or she may stool with every feeding or stool only once every several days.
- Infants grunt and strain, and their faces turn red. This is normal and does not mean constipation.
- If feeding bottles, never heat up formula in the microwave.
- Never prop a bottle. Babies need to be held to feed.

Breast Feeding

- The first few days of your infant’s life your body has produced colostrum. It is a yellow or clear fluid that is full of proteins that are healthy for your baby.
- Mature milk is whiter and thinner. Your milk will come in around day 3.
- It is best not to give him or her a bottle or supplement with formula for 4-6 weeks if you plan to continue breast feeding. This could interfere with your milk supply.
- If your baby has lost too much weight your doctor may recommend temporary supplementation with bottles.

Sneezing and Congestion

- Sneezing does not mean your infant has allergies. Your infant wants to breathe through his or her nose and sneezing is a way to clear the nose.
- Congestion in the newborn is usually due to mild nasal swelling. Your baby’s nose is small and even normal secretions can cause congestion.
- Usually no treatment is necessary for congestion unless it is interfering with your baby’s ability to latch on to the breast or take the bottle. If needed try:
  - nasal saline drops, one to two drops in each nostril; may follow with careful bulb suction; **note that too frequent use of the suction can irritate his or her delicate nose**
  - nasal saline drops are available over the counter at any pharmacy; most pharmacies even have a store brand.
When to call us

- Your baby has a rectal temperature greater than or equal to 100.4. This is an emergency in a newborn.
  * You must buy a rectal thermometer!
- No wet diaper for over 4 hours (after 3rd day of life).
- He or she is not feeding well.
- He or she has unusual fussiness.
- He or she is sleeping more than usual.
- He or she is having vomiting or diarrhea.

Cord Care

- Cleaning the umbilical stump with alcohol is no longer recommended. Studies show that the stump falls off no sooner with use of alcohol nor changes the risk of infection.
- No baths until the stump falls off. It is important that this area stay dry.
- If you note redness spreading around the umbilical cord, call our office immediately.
- When it detaches a small amount of blood is normal.

Common Newborn Rashes

- Milia – Tiny white bumps resembling “white heads” that occur on the face, usually the nose and chin. They usually disappear by 2 months of age and no treatment is necessary.
- Erythema Toxicum – Occurs around day 3 of life and resembles an insect bite. It’s a “pustule” with red surrounding it. They can appear all over the body; it is harmless and disappears by 1 month of age, usually sooner. Commonly referred to as the “flea bite rash.”
- Cradle Cap – Thick scaly area on top of the scalp, brows and/or behind the ears. You can loosen the scales with a soft brush and brush the scales away or do nothing at all. It can take months to go away.
- Infant Acne – Red pimples that occur on face, neck and chest in the first few months of life. This resolves on its own and requires no treatment.
- Heat Rash – A blotchy red rash around the folds of the skin. Remove some clothing and keep his or her environment comfortably cool. Avoid direct sun and don’t overdress.
- Diaper Rash – Caused by the diaper area sitting too long in moisture. Frequent diaper changes and drying the diaper area can help avoid a diaper rash. For mild redness, a barrier cream like Vaseline, A&D or Desitin are helpful. The soap in commercial baby wipes can irritate the skin. You may try rinsing the soap from your wipes or using a soft cloth instead. If the rash does not improve or is worsening, call our office.

**If your infant has vesicles (clear fluid-filled bumps) call us immediately.
** If your infant has any skin findings you are concerned about do not hesitate to call our office or schedule an appointment.

Today’s Visit

Handouts

- < 1 Week Old Well Child Handout
- Newborn Screen Information
- “Okay for Babies” for your refrigerator
- Choking/CPR Information
- Home Safety Checklist
- SIDS Information
- Car Safety Seats
- Prevention of Shaken Baby

Return Visit

- 7-14 days of age for the 2nd newborn screen

EMERGENCY CARE

- In the event that your doctor advises you to go the emergency room, we strongly recommend Dell Children’s Medical Center, the only facility in the area specializing in the care of children. It is located at 4900 Mueller Boulevard, Austin, TX.
- To get to Dell Children’s head north on IH-35, exit Airport Blvd and drive east. Take a left at Aldrich St, then a left onto Mueller Blvd. The hospital is at the intersection of Philomena Drive and Mueller Blvd. Phone: 512-324-0000

Homework

Insure that your car seat is installed correctly and your infant is properly buckled in. To find a Car Seat Check-Up near you, visit:

http://www.dellchildrens.net/
and click on “Car Seat Calendar” on bottom right

Sleep when your infant sleeps!
You need your rest!
Write down all your questions and bring them to your next visit.

Notes