

Congratulations! You got through the hard part, but the next few weeks will still be an adjustment for you and baby. Here are some initial tips and recommendations to review as you start your parenting journey.

Feeding/Nutrition

- **If Breastfeeding:** Colostrum will be main source of nutrition for first 2-3 days. Expect milk to come in on day 3 or 4. May be delayed if C-section or complications with delivery.
 - Nurse or pump at least 8-10 times per 24 hours to help milk supply come in. Expect to feed at least every 2-3 hours
 - Avoid bottles or pacifiers until latch is well established (often by 2 weeks old), unless deemed necessary by your provider
- **If Formula-feeding:** infants may take up to 2 oz every 2-3 hours by day 5 depending on birth weight
- Always hold baby for feeding. Do not prop bottle or put baby to sleep with bottle.
- Breast milk, or iron-fortified formula is all baby needs
- It is normal for baby to have a little weight loss, but should be back to birth weight by 2 weeks old
- **Vitamin D supplement of 400 IU/day is advised for all infants unless taking at least 32 oz formula per day**

Elimination:

- Expect at least 4 stools and 4 urines per 24 hrs by day 4
- Stools will transition from dark, tarry, meconium to lighter brown/green, to eventually seedy yellow. Stool color can vary based on food source
- Expect at least 6-8 wet diapers or more a day by day 5-6, but it is often mixed with bowel movements
- Dark orange/brick colored flecks in diaper may be sign that baby needs more to drink
- Infant girls may have blood-tinged vaginal discharge. This is normal due to mother's hormones

Sleep

- Babies can sleep 17-20 hours a day
- You can swaddle the baby in a light receiving blanket and place on his/her back to sleep.
- Day-Night mix up is common
- Try to not let baby sleep more than 3hour stretches during the day. You may need to wake baby to feed if asleep for more than 3 hours.

Skin/Hygiene

- Baby may have bruises from delivery or rashes that will fade with time
- Jaundice (yellowing of skin) can be normal, but may need to be followed as directed by provider
- Sponge baths, only, until umbilical cord is off and skin is healed (often by 4 weeks old)

- Bathing 1-2 times a week is ok
- Fragrance free/dye free cleansing agents and moisturizers are best for sensitive baby skin
- Avoid clipping fingernails for the first few weeks of life-- filing is ok.
- Vaseline to circumcision site up to 5-7 days
- **Maintain good hand-washing practice**

Safety

- Always use car seat rear facing
- Adjust water temp to less than 120 degrees to avoid burns
- Never leave baby unattended on any surface above the floor
- Don't vigorously shake the baby (can cause permanent brain damage)
- Avoid smoke in baby's environment; has been linked to asthma, ear infections and SIDS
- Have baby sleep in parents' room on separate surface (ie. crib/bassinet), on his/her back, to prevent SIDS
- Nothing in crib such as comforters, pillows, stuffed animals etc. until 1 year old
- Avoid sun exposure
- Install/Check smoke detectors in the home

Crying

- Babies may cry to tell us their needs- "I'm hungry, bored, tired, lonely, cold, hot, scared, or sick"
- Ways to soothe baby:
 - talk to baby face to face
 - pick up baby--contact, warmth, and sound of your heart beat are soothing
 - rock, walk, or take baby for a ride
 - swaddle baby in a blanket
 - change baby's position
 - sing to or let baby listen to music
- You CANNOT spoil your baby at this age. Pick the baby up if she/he is crying too long.

Normal Behaviors/Variations

- Sneezing, hiccups, startling, looking cross-eyed
- Bluish hands and feet
- Blocked tear ducts
- Periodic rapid or shallow breathing
- Cluster/frequent feeding

Call the Office if:

- Temperature greater than 100.3 rectally
- Persistently refuses to eat
- Spits up or vomits persistently/excessively/projectile
- Baby is unusually irritable or sleepy
- Baby is not having a combination of 4 or more wet and soiled diapers a day

*See CMA links page for more helpful health information: www.cmanva.com