

# NEWBORN TIPS



## WHEN TO CALL YOUR DOCTOR:

- Fever > 100.4F (38C°); rectal temperature are the most accurate
- Poor feeding; missing multiple feeds, or not waking up to feed at night
- Redness around the umbilical cord site
- Jaundice; if you think your baby looks yellow or orange in color
- Blue color; if your baby looks blue or is having difficulty breathing

**Bowel Movements:** baby's first stools are black, this is called meconium. Over the first few days they will change color to yellow, orange, or brown (normal stool texture is liquid or seedy) Normal stooling patterns range from after every feed to ONCE EVERY 5-7 DAYS! Stool frequency is usually 5-10x/day.

**Urine:** for the first 5 days of life, expect at least 1 wet diaper per day of life (4 wet diapers on day 4 of life). After 5 days baby will usually have more than 5 wet diapers per day.

**Weight loss and gain:** babies will usually lose 5-10% of their birth weight over the first 2-4 days of life. Most babies will regain this weight and more by 1-2 weeks of life.

**Umbilical Cord Care:** keep the stump clean and dry. You may use an alcohol swab once a day but if the cord appears clean this is unnecessary. This stump should fall off by 2 weeks of age. Do not bathe baby until the stump falls off and it no longer appear wet, usually 4-5 days after it falls off.

**Yellow Color:** this is called jaundice, and there can be many causes. Most reasons for jaundice result in a yellow appearance around 3-5 days of life. A jaundice level will be measured before your baby leaves the hospital. Most jaundice self-resolves without any treatment. If the level is high enough your baby may need further management. Do NOT put your baby in direct sunlight, but indirect sunlight can be helpful in bringing down the jaundice level.

**Vaginal Discharge:** mother's hormones cross the placenta during pregnancy. As a result, your baby girl may have white vaginal discharge or a small amount of vaginal bleeding. This is usually normal.

**Circumcision Site:** if your baby boy was circumcised, keep the penis clean from any stool. Apply the antibiotic ointment to gauze and wrap it around the head of the penis for the first few days to prevent infection and irritation.

**Keeping Warm:** the normal temperature of a newborn should be 97.5-100.4F, if your baby is out of this range call your pediatrician. For most places in Hawaii, bundling your baby with many blankets is not necessary. Usually a T-shirt or one-piece, diaper, and single light blanket will keep your baby comfortable.

**Hiccups and Sneezing:** babies will hiccup and sneeze A LOT. This is normal.

**Birthmarks:** two common birth marks are Mongolian spots, which are bruise colored marks usually on the back or buttocks, and Angel's Kisses, which are pinkish-red marks usually on eyelids, forehead, and/or back of neck. Almost all will fade or disappear over time.

**Eye Movements and Discharge:** newborns often have uncoordinated eye movements when they are very young. Eye discharge can be common, and is usually a result of a narrowed or closed nasolacrimal duct (that usually drains tears from the eye into the nose). These problems usually resolve by 2 months of age.

**Sleep:** newborns will sleep 14-18 hours every day. Remember you should wake them up during the night at least every 3-4 hours until 2 weeks of age. At 2 weeks of age, if feedings are going great and weight gain is normal, you do not have to wake them up anymore.

**Bathing:** babies are very clean, and too many baths can irritate and dry out their skin by removing natural body flora and oils. We recommend not bathing for the first month of life. Try to avoid lotions and soaps that smell. Smell= Perfumes= Unnecessary Chemicals.

**Bonding:** a loving bond is VERY important for infant development. As much as possible mothers and fathers should spend time with their baby. Eye contact, skin-skin contact, holding, kissing, speaking and singing with your baby are key components to a healthy life.

## *Congratulations on the birth of your new baby!*

Every baby is unique and comes with new challenges. It is an exciting time and Kapa'a Pediatrics LLC is here to support your loving new family.

Aloha,

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