

Feeding

- **Generally** expect your newborn to breast feed every 2 to 3 hours, If they are formula fed/are taking a combination of breast milk/formula those intervals **may** be every 3 to 4 hours. The amount in a bottle a newborn can tolerate will vary but generally 1-3 ounces per bottle should be expected.
- Sleepiness should be expected for the first few days. He/she may fall asleep during a feeding, sometimes after only a few minutes. They should wake up spontaneously though and breastfeed/bottle feed frequently/on demand despite. **Generally** do not let your newborn go more than 4 hours without feeding.
- **Think of feeding as on demand. Do not try or expect your newborn to be on a feeding schedule!**
 - Elimination: Stool: Expect stools to transition from black and tarry (meconium) to dark green by days 2-3, and then yellow/seedy/watery/soft by days 3-5.
Urine: By the 4th day the frequency of urination should be 4 times per day. By 1 week 6-12 wet diapers per day is expected.
 - **RED FLAGS FEEDING: Consistently** having to awaken your baby for feeding, consistent/persistent projectile vomiting, if you are breastfeeding and your milk has NOT come in by days 5-7.
 - **RED FLAGS ELIMINATION:** Not urinating every 6 hours by day 4,, red, mucously appearing stool, or persistent black, tar colored stool beyond the first 3-4 days.

Behavior/Development/General

- Newborns come equipped with immature reflexes (Sucking, rooting, grasping, & moro (startle) reflex). **They are also born with poor head and neck stability/control.** They should move both arms and legs equally.
- Most, if not all newborns have nasal congestion or seem to. They will also snort,

Sleep

- Most full term, healthy newborns sleep 17 to 20 hours per day and rarely more than 3 to 4 hours at a time. He/she may be very hard to console initially. You can't spoil a newborn so don't feel bad about walking or rocking your newborn to sleep 😊
- **Safest Sleep Includes: Back to Sleep,** Yes to Room Sharing (to promote safe sleep and successful breastfeeding), No to Bed Sharing, Yes to Pacifiers, No to Side sleeping.

Safety/General Reminders

- ☒ Please place your newborn on their **back to sleep . This is EXTREMELY important for the prevention of SIDS.**
- Please use a rear facing infant car seat in the back seat of your car.
- Use a fitted sheet in your baby's sleep space, avoid soft bedding, plush items/toys, crib bumpers, and avoid the use of loose blankets. Keep the temperature in your home between 68-72 degrees.
- IF your newborn has congestion and it seems to be interfering with feeding or sleep it is safe to use saline nose drops to clear/loosen up any visible nasal mucous.
- ☒ Do not give any fever reducing medication to your newborn unless directed to do so by your provider. If you suspect a fever check your newborn's temperature using a rectal thermometer.
- **Any temperature of 100.4 or higher taken with a rectal thermometer can be a sign of a serious infection. IF this occurs at any time prior to 8 weeks of age it requires immediate contact with your provider/our office to discuss the next best step.**

What to expect at Today's Visit

- ☒ Your newborn's weight will be measured. If your newborn had jaundice/a concerning bilirubin value prior to discharge this may be rechecked again at this visit. Otherwise no lab work is typically needed/completed at this visit.
- Newborn feeding, sleep, behavior patterns, skincare, diaper care, umbilical care, other

PAVILION POINTS TO REMEMBER: YOUR NEWBORN

- sneeze, & hiccup frequently, 😊 **Expect this for the first 4-6 weeks.**
- Newborns can only see 8-12 inches in front of them. Don't be alarmed if they look cross eyed intermittently. This along with goeey, goopy eye drainage (signs of a clogged tear duct) is common.
 - Newborn breathing is very periodic, meaning they will breath rapidly several times, p-a-u-s-e, then breath again.
 - Newborns are very rashy. **Most** rashes will come and go and are normal. These are all due to fluctuating hormone levels. Expect this until at least 4 to 6 weeks of age.
- newborn cares will be discussed at today's visit.
- Your newborn's next well visit will be at 2 weeks of age/potentially sooner per your provider's recommendations.