

NEWBORN VISIT (0-4 WEEKS)

Date_____

Head_____

Length_____

Weight_____

Feeding

- Learn your baby's hunger cues and respond promptly and lovingly
- Be sensitive to your baby's cues when feeding
- Hold, cuddle, and talk to your baby during feedings
- Wet diapers increase from 1-3 a day in the first days to 5-7 or more by the end of the first week
- Number of stools will increase throughout the first week and change in color from very dark/black to green, brown, or yellow
- Your baby needs only breastmilk or formula for the first 5-6 months of life. Please check with your provider if you have further questions.

Breastfeeding

- While any breastfeeding is beneficial, research demonstrates that exclusive breastfeeding for the first six months reaps the most benefits
- Frequency will average 7-9 times per day but 8-12 feedings is fairly common
- Nursing frequently establishes your milk supply to meet the future needs of your baby. The more your baby nurses, the more milk you will produce.
- **Never limit the number of feedings**
- It is normal for a mother to worry that her baby is not getting enough milk. If you have concerns about sufficiency of your baby's intake, please discuss with your provider.

Bottle feeding

- Allow your baby to set the pace
- Some babies require 2-3 ounces. By 2 weeks of age, some babies may be up to 3.5 ounces per feeding
- Please do not microwave formula. It could burn your baby's mouth
- It's never a good idea to prop your baby's bottle. It can contribute to tooth decay, ear infections, and poor attachment
- It's best to use cold water from the tap to make formula and then warm the mixed formula
- It is not necessary to sterilize bottles or nipples. They can be washed with soap and warm water

Sleeping

- Newborns commonly sleep between feedings
- Many newborns do not distinguish between daytime and nighttime
- While nights can be challenging and exhausting, your baby is too young to sleep through the night. This will improve as your baby gets older
- Always put your baby on his/her back to sleep on a firm mattress without pillows, stuffed animals or blankets near his/her face

- If your family chooses to bedshare, remember never to co-sleep under these circumstances:
 - If either adult has been drinking alcohol or using medications that affect sleep.
 - Never co-sleep on surfaces such as chairs, sofas, bean bag chairs
 - Never allow babies to bedshare with their siblings or animals

Newborn care

- **All** babies cry. Prolonged crying (or colic) commonly occurs in the evenings. Be patient. Hold, cuddle, and comfort your baby. About 1 in 5 babies develops colic and usually improves by 8-12 weeks of age.
- Umbilical cord should be cleaned several times a day using alcohol swabs
- It is best to give sponge baths until the cord falls off, which is typically between 2-3 weeks
- Newborn skin is sensitive. Bathe your baby no more than every 2-3 days. Lotions, perfumes, and powders are not recommended
- Skin rashes are common in the newborn period. Call your provider if you have questions or concerns.

Safety

- **Never shake your baby, even in play**
- Never leave your baby unattended. Even newborns who are not mobile can become injured if left unattended
- Always use a rear-facing, certified car seat when transporting your infant, even on short trips
- Place the baby in the center of the back seat for maximal safety
- Never put a car seat near an air bag

When to seek help

- A temperature higher than 100.5 requires immediate attention
- Lacks interest or enthusiasm in feeding
- Breastfeeding problems including difficulty latching, nipple pain, or any other problems
 - Our goal is to assist you being a successful, breastfeeding parent. Please call us if you are considering transitioning to formula.
- A noticeable decrease in wet diapers

Who to call

- During usual weekday hours, you can call the main clinic number:

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Ave.
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive #A-1
Lebanon, OR 97355
(541) 451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.