



# Newborn Child Wellness Visit

Philadelphia FIGHT Pediatrics

(215) 525-8600

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## What will happen today:

- You and your medical provider will talk about parenting, your home, your baby's health and safety, and keeping your baby happy and healthy
- Your baby will be weighed and measured
- Your medical provider will review the hospital discharge papers
- Your medical provider will address any concerns you have

## Feeding



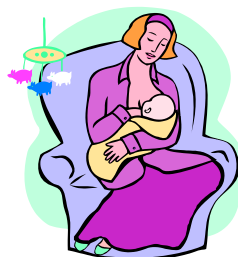
- Breast milk is the healthier option
- If breastfeeding, continue your prenatal vitamins
- Use iron-fortified formula if bottle-feeding
- Newborns should eat every 2-3 hours
- Your baby should have 6-8 wet diapers per day
- Pooping will vary
- No water or juice until closer to 6 months old
- Do not warm bottles in the microwave!

## Safety First!



- Accept help from family and friends
- If you are frustrated with your baby, you may need to place them in the crib and take a break
- Never shake your baby!
- Don't ever leave your baby alone at home
- Put your baby in the car seat in the back seat facing the rear of the car
- Don't let people smoke around your baby
- Don't let sick people around your baby
- Always wash your hands before touching your baby
- Keep the hot water heater lower than 120F to avoid burns
- May give your baby a bath after the umbilical cord falls off. Never leave them unattended during a bath!

It is normal for women to have a shift in mood after pregnancy and feel sad, sometimes called "baby blues." Be sure to accept help, rest and eat. If you feel that you cannot take care of your baby, ask us for help.








Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for Newborns

<b>Fever</b>	 <p>If your baby is acting sick, take their rectal temperature</p>	 <p>Go to the ER right away if your baby's rectal temperature is above 100.4F or under 97.8F</p>	 <p>Do not give any medicine to your baby</p>
<b>Breathing</b>	 <p>Call the doctor if your baby is breathing too fast</p>	 <p>Check if your baby is using the rib or stomach muscles to breath</p>	 <p>Breathing that sounds like a whistle or grunting is not normal</p>
<b>Sleeping</b>	 <p>Remember to place on back for sleep ONLY in crib or bassinet and no soft pillows or toys in the crib</p>	 <p>Watch for if your baby is hard to wake up or unusually sleepy</p>	 <p>NEVER let your baby sleep in bed with you! They should always sleep in their crib or bassinet</p>
<b>Feeding &amp; Diapers</b>	 <p>Watery poop with blood or mucus is not normal</p>	 <p>Less than 4 wet diapers in 24 hours is not normal</p>	 <p>Vomiting and not drinking enough milk may cause dehydration</p>

It's VERY important that you talk to, read to, sing to, and pay attention to your baby ALL waking hours

At the next visit:

- Your baby will have a physical exam
- They may receive shots

