



NEWBORN VISIT Anticipatory Guidance

Safety

- **Car Seat Safety.**
 - Use a rear facing car seat in the back seat of your vehicle. Read more about car seat safety at [healthychildren.org](https://www.healthychildren.org) and the [CDC](https://www.cdc.gov).
 - Schedule a free car seat check with a child passenger safety technician through [BuckleUpNC.org](https://www.buckleupnc.org) or [Naissance Education and Wellness](https://www.naissance.org)
- **Safe Sleep and Prevention of Sudden Infant Death Syndrome**
 - Your baby should sleep in your room for at least the first 6 months
 - Place your baby **alone** in the crib without any bumpers, loose blankets, or toys
 - Place your baby on his **back to sleep** until he is able to roll himself over.
 - Place your baby to sleep in his own **crib** or other safe sleep surface with a **firm, flat mattress** such as a bassinet or pack and play.
 - Avoid tobacco exposure. Keep your car and home smoke-free.
- Prevent hot water burns. Set your water heater so the temperature at the faucet is at or below 120°F
- Avoid direct sun exposure until infant is at least 6 months old.
- Never hit or shake your baby.

Health

- **A fever is an emergency until your baby is 2 months old.** If your baby feels too hot or too cold, check a rectal temperature. Call us right away if the temperature is **100.4°F or higher**.
- Limit how many people are in close contact with your baby at first. Ask those with signs of illness to avoid visiting until they are well.
- If your baby seems yellow all over or too sleepy to feed, call us right away.
- It is normal for baby girls to have vaginal discharge or vaginal bleeding in the week after birth.
- Most newborn rashes are normal. It is also normal for baby's hands and feet to appear purple or pale, as long as their lips and body are pink. Please call with any concerns.
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

Feeding

- Feed your baby only breastmilk or iron-fortified formula.
- Until your baby is back to birthweight, try to feed at least every 3 hours. Help your baby wake to feed by patting her, changing her diaper, and undressing her.
- Signs of hunger include rooting, sucking, or hands to mouth.
- Signs of fullness include turning away, closing her mouth, and relaxing her arms and hands.

- **Breastfeeding**
 - Feed your baby on demand
 - Aim for at least 8-12 feedings per day
 - Give your baby **Vitamin D 400 IU** per day through 12 months of age. (D-vi-sol, Zarbees, Baby D drops, and Carlson's D drops are some options).
 - Schedule a lactation visit with us to address any feeding concerns
 - If you are pumping, read about [safe breastmilk expression and storage](#).
- **Formula feeding**
 - Typically, babies drink at least 1-2 ounces every 2-3 hours by the end of the first week of life. This may increase to 3-5 ounces per feeding by 1 month of age.
 - Vitamin D is already added to formula so no supplement is needed.
 - Always hold your baby's bottle, never prop it.
 - Read about [safe formula preparation and storage](#).
- If baby is getting enough to eat, after the first week you can expect at least 5 pee diapers and 3 soft poops per day along with good weight gain.

Baby Care

- Tips for Soothing Baby
 - Review How to Calm a Fussy Baby at healthychildren.org
 - Review the 5 S's by [Harvey Karp](#)
- You cannot spoil your baby by holding them too much at this stage.
- Your baby's schedule will be unpredictable now, but you will be in a more of a routine by 4 months of age.

Caring for your Family

- Remember to ask for help from family and friends. The newborn period is so special but also very exhausting.
- If you feel overly sad or anxious, you may have postpartum depression or anxiety. Please reach out to your doctor or to us for help.
- If you are worried about your living or food situation, talk with us. We can connect you with community resources such as WIC and CC4C.

Next Well Check: 1 month of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your baby.