**NEWBORN INFORMATION**

**The following information provides general guidance for common questions during the newborn period.
Please call the office for additional questions.**

Feeding

* Signs that baby is hungry: bringing hands to mouth, lip smacking, suckling or rooting
* Signs that baby is full: turns away from breast or bottle, closes mouth
* Breastfeeding: on average, newborns nurse for about 15-20 minutes from each breast, 8-12 times/day
* Formula feedings: on average, newborns drink about 1.5-3 ounces of formula, 8-12 times/day
* Signs that baby is getting enough breastmilk or formula: has 6-8 (or more) soaking wet diapers/24 hours

Vitamin D

* Breastfed infants should receive 1mL of vitamin D per day.
* Formula-fed infants should receive 1mL of vitamin D per day, until the infant is taking 32 oz of formula per day.

Stooling

* In the first few days after birth, the bowel movements are thick and dark green. If breastfed, the bowel movements will start to turn a yellow color and may have a seedy, soft consistency. If formula-fed, the bowel movements are typically yellow, tan, brown or green. A formula-fed baby’s bowel movement is a little bit firmer than a breastfed baby’s, about the consistency of peanut butter.
* It is normal for bowel movements to vary in color from day to day. This can be caused by what a breastfeeding mom is eating, how hydrated the baby is, the type of formula a baby is being fed, and the introduction of infant foods (in babies four months and older).
* Call the office when the office is open if you think that you see blood in your baby’s stool.
* Typically, newborns will have one to ten bowel movements per day. When the baby is several months old, it is normal for a baby to not have a bowel movement for several days. Make sure baby’s stools remain soft, baby is eating well and that baby is having multiple wet diapers a day.
* To improve gas: feed baby with head slightly elevated, burp baby during and after feeding, try a slower-flow bottle nipple, gently massage baby’s tummy or gently pump legs back and forth (like riding a bike) while baby is on their back. It is also okay to try the over-the-counter gas relief drops, Mylicon (simethicone).

Nasal Congestion

* Nasal congestion can be normal in infants.
* It is safe to use infant nasal saline spray with gentle bulb suction several times a day or prior to feedings.
* Place a cool-mist humidifier in the baby’s room at night, if congested. (Clean the humidifier regularly.)
* Baby should be seen by the doctor for coughing, fast/hard breathing, fever, poor feeding or decreased amount of wet diapers.

**(OVER)**

Fever

* The preferred way to check an infant’s temperature is with a rectal thermometer. Do not use a temporal thermometer for a newborn.
* A fever is a rectal temperature of 100.4°F or higher.
* Baby should be seen by a doctor right away for a fever.

Sleep

* Infants sleep a total of 14-16 hours per day, on average.
* During the first 3 months of life, naps are irregular, varying in length from a few minutes to several hours.
* It is not unusual for newborns to have a week or two of sleeping more during the day than at night.
* Always place an infant on her back to sleep in her own crib/bassinet. The baby should never sleep in the same bed as the parents. Do not place blankets, stuffed animals, pillows or a bumper in the crib with the baby.

Circumcision Care

* At each diaper change, gently pull back the skin on the shaft of the penis (ask your doctor to demonstrate this to you). Keep the area clean by gently cleansing with warm water and applying a small amount of Vaseline to the area.
* The tip of the penis may look red for the first few days, and there may be a clear or light yellow drainage from the skin. These should gradually resolve within a week.
* Call the doctor if the redness persists, if the penis looks very swollen, if there are any sores, or if your baby is not urinating every few hours.

Umbilical Cord Care

* The stump will dry up and fall off in about 7-21 days, leaving a small wound that will heal in a few days.
* Until the stump falls off, keep the area clean and dry by folding the baby’s diaper away from the stump.
* Do not use alcohol on the area.
* Give baby sponge baths instead of tub/sink baths, until the cord falls off.
* Once the umbilical stump falls off, it is normal for there to be a few spots of blood or light yellow fluid from the stump.
* Call your doctor if your baby’s tummy is very red or if you are concerned about too much blood or fluid coming from the stump.

Diaper Rash

* It is okay to use Vaseline or a zinc oxide product, such as Desitin or A+D Cream, with each diaper change.
* Wash your baby’s bottom with warm water and a scent-free, gentle soap.
* Call your baby’s doctor if the rash is not improving in a few days.

Car Seat Safety

* *Safety Stop* is a free service offered in our building that provides car seat safety checks and home safety consultations. Please call 314-454-5437 to schedule an appointment. This service is also offered at St. Louis Children’s Hospital, Progress West Hospital and The Magic House in Kirkwood, MO.

Additional information: [www.healthychildren.org](http://www.healthychildren.org) (from the American Academy of Pediatrics)