

Preparing for your Newborn – A Review

Breastfeeding

1. When should you feed a newborn baby?
2. What is the minimum number of feedings per day? What is the longest time a newborn should go in between feedings?
3. How long should you nurse the baby during each feeding?
4. How long can you store breastmilk that has been pumped?
5. Name some things you can do which may help prevent sore nipples.
6. What can you do to relieve the discomfort of engorgement?
7. Name some signs of a good position and a good latch.

Newborn Care

1. Describe some of the ways your baby would communicate to you that he is hungry? Full? Tired? Hot? Cold? Overstimulated? In Pain?
2. On Day 1 – 5: How many wet or dirty diapers should you expect?
After Day 5, when mature milk is in, how many wet or dirty diapers per day?
3. How much does a baby sleep each day? How often do they wake up?
4. Describe some important parts of sleep safety for baby.
5. Name some newborn warning signs (if you see any of these signs in a baby under one month old, you should call baby's doctor).
6. What are some ways to calm a crying baby?

Breast-feeding

1. When to feed: on demand, anytime baby is hungry. (Watch for hunger cues.)
2. How often: 8 – 12+ feedings a day. No more than 3 hours between.
3. How long: Nurse on the 1st side for *at least* ten minutes until baby falls asleep or pulls away, and breast feels soft. Burp, switch sides, nurse until he's full.
4. Maximum: 10 hours at room temp OR 8 days in fridge OR 3 months in freezer
5. Preventing sore nipples: Good latch every time. Nurse more often, for shorter periods. No soap on nipples. After a feeding, express breast milk, rub it in. Expose breasts to fresh air when possible. Keep nipples dry between feedings.
6. Engorgement: Massage, warm washcloths, warm shower, hand expressing a small amount of milk. Nurse more often. Remember it's temporary!
7. Good Position: Make yourself comfortable first; bring baby to your breast, belly to belly; baby's chin and nose up against breast, baby's ears in line with shoulders and hips. Good Latch: lips flanged out over nipple, baby has part of areola in his mouth, and nipple is far back in mouth. Chin and nose against breast; hear swallowing (after day 5); shouldn't hear clicking or smacking.

Newborn Care

1. Communication: Hungry: rooting, sucking, tongue thrusts, becoming active after being in quiet alert stage. Full: Falls asleep, pulls away, pauses more than he sucks. (Note, if he has eaten less than 10 minutes, he needs to eat more!) Tired: yawning, rubbing eyes, turning head side to side. Hot: clammy skin, breathes rapidly. Cold: splotchy skin. Overstimulated: turns away, sneezes, spreads fingers out, arches back. Pain: a sudden, high-pitched cry.
2. Diaper counts: First five days: at least one wet or dirty diaper per day old. After Day 5, 6 – 10 diapers per day. (3+ BM's per day for breastfed baby)
3. Newborn sleep patterns: 12-20 hrs a day, rarely more than 3 hours at a time. By three months, sleep for longer stretches, and distinguish night from day.
4. Sleep safety: see handouts and www.cpsc.gov/cpsc/pub/pubs/209.pdf
5. Warning signs in a baby under 1 month old. See class handouts.
6. Calming a crying baby, or helping baby fall asleep: First, make sure baby's needs are met, especially check if he's hungry. Once needs are met, try these:
 - Cuddling: Swaddle the baby and hold it close where it can hear your heartbeat and regulate its temperature to match yours.
 - Motion: swaying, rocking, jiggling. Some babies like to be held on their side or stomach, some like pressure on their bellies (as if you were burping them).
 - Gentle stroking, or rubbing their back, slowly and repetitively.
 - Sucking: on your finger, their hand, or a pacifier (after breastfeeding is going well).
 - White noise: Making the same sound over and over, or run a fan, or appliance in the room where you're holding baby. Talk soothingly, or sing lullabies.
 - Be repetitive and boring. Changing activities may overstimulate baby.
 - Stay as calm as possible yourself, as baby will respond to your mood.