

Newborn Care – A Review

Feeding

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 breastfeed the baby during each feeding?
4. If bottle-feeding, how many ounces should baby take per feeding? Per day?

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. Name some newborn warning signs (if you saw any of these signs in a baby under one month old, you would call baby's doctor).

Sleeping and Crying

1. How much does a baby sleep each day? How often do they wake up?
2. Describe some important parts of sleep safety for baby.
3. What are some ways to calm a crying baby?

Resources

What are some resources for information? For support?

Feed on demand, anytime the baby is hungry. (Watch for hunger cues.)

1. Minimum: 8 – 12 feedings per day (may be more). No more than 3 hours between feedings in daytime, no more than 4 hrs at night (may be as frequent as every hour.)
 2. Nurse on the 1st side for *at least* ten minutes (may be longer), until baby falls asleep or pulls away. Then, give him a chance to burp, switch sides, nurse until he's full.
 3. For bottle-feeding, expect 2 – 3 ounces per feeding. Total amount per day is 2 – 3 ounces of formula per pound that baby weighs. (A ten pound baby would need 20 – 30 ounces per day)
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1. 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. Pain: a sudden, high-pitched cry.
 2. One wet or dirty diaper per day old. (e.g. on day 3, at least 3 wet/dirty diapers.) There may be more, if baby passes a lot of meconium. After Day 5, 7 – 10 wet or dirty diapers per day.
 3. Diarrhea. Unusually frequent and very watery stools; blood or mucus in stools
 - Fewer than five wet diapers in 24 hours (after day 4 or 5)
 - Dehydration: crepe papery skin; dry mouth; dark yellow urine; sunken fontanel
 - Fever higher than 99.5° F, under the arm
 - Jaundice: whites of the eyes turning yellow; skin below nipple line turning yellow
 - Thrush: White patches on the tongue or inside the mouth that don't wipe off easily.
 - Umbilical cord; Any redness around cord, foul odor or pus, bright red bleeding.
 - Circumcision site: bright red bleeding, swelling, foul discharge, unable to urinate
 - Vomiting: forcefully or more frequently than usual (more than just spitting up).
 - excessively or uncharacteristically fussy or irritable; unusually lethargic or sleepy
 - Problems with breathing: signs such as blue lips, struggling to breathe, flaring nostrils, or deep indentations of the chest when breathing.
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1. Newborns sleep 12-20 hrs a day, but usually not for more than 3 hours at a time.
 2. Babies should sleep on their backs, on a firm surface, without pillows, stuffed animals, or fluffy blankets. The room they are in should not be heated to more than 70 degrees. For more info: www.cpsc.gov/cpsc/pub/pubs/209.pdf or www.aap.org/advocacy/releases/softbedding.htm
 3. First, make sure baby's needs are met, especially check if it is hungry. To calm a crying newborn, try to replicate the womb environment: swaddle the baby and hold it close where it can hear your heartbeat and regulate its temperature to match yours. Motion, such as swaying and rocking can help. Some babies like to be held so there is pressure on their bellies (as if you were burping them). Giving the baby something to suck on, like your finger, or a pacifier (after breastfeeding is well-established) can also help. Talk soothingly, or sing lullabies. Stay as calm as possible yourself, as baby will respond to your mood.

All-purpose help-line: Swedish's New Parent Information Line. Staffed by a registered nurse / lactation consultant, from 7 am – 11 pm (If you leave a message during the night, you'll get a call back in the morning) (206)386-MOMS. (386-6667)

New Baby Support Groups with PEPS: www.pepsgroup.org or (206)547-8570.

PEPS Family Resource Guide: www.pepsgroup.org/familyresources/default.htm

King County Breastfeeding Resource Guide: www.breast-friends.org

Car seat info: www.aap.org/family/carseatguide.htm

Parent crisis line: (206)233-0139. Parent Trust of Washington.

Nutrition: www.marchofdimes.com/pnhec/159_823.asp

Maternity leave law: www.lni.wa.gov/IPUB/700-074-000.pdf or www.dol.gov/esa/whd/fmla/index.htm

Your baby's doctor. Your doctor. Always your best source for medical advice.