



Bright Futures Parent Handout Newborn Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Ready at Home

- Tell family and friends how they can help.
- Give your other children small, safe ways to help with the baby.
- Never leave your baby alone with younger children.
- Take time for yourself and your partner.
- Put your baby in a safe place if you feel upset; call for help.
- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Many places in our community can help you.
 - Ask us for help in getting things your family needs.
 - Ask us about WIC. You can get nutritious food and support for you and your baby.

FAMILY READINESS

Feeding

- Feed your baby only breast milk or iron-fortified formula for the first 4–6 months.
- Feed when your baby is hungry.
 - Puts hand to mouth
 - Sucks or roots
 - Fussing
- End the feeding when you see your baby is full.
 - Turns away
 - Closes mouth
 - Relaxes hands

FEEDING

If Breastfeeding

- Breastfeed 8–12 times per day.
- Your baby should have 6–8 wet diapers a day.
- Take a prenatal vitamin.
- Avoid alcohol.
- Call us if your nipples or breasts become sore.

FEEDING

ROUTINE BABY CARE

NEWBORN BEHAVIORS

If Formula Feeding

- Offer your baby 2 oz every 2–3 hours.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Wake for a night feeding in the first 2 weeks if the baby sleeps more than 4 hours.

Baby Care

- Keep your baby's cord clean and dry.
 - Keep the diaper below the cord until it falls off in 10–14 days.
 - Call us if it becomes red, if there is fluid in the area, or if it smells.
- Use fragrance-free soaps and lotion for your baby.
- Change your baby's diaper often to prevent diaper rash.
- Wash your hands often.
- Ask family members and friends to wash their hands before holding your baby.
- Avoid people with colds and flu.

NEWBORN BEHAVIORS

SAFETY

- Put your baby to sleep on his back.
 - In a safe crib, in your room, not in your bed.
 - Swaddled or with tucked blankets.
 - Do not use loose, soft bedding or toys in the crib such as comforters, pillows, or pillow-like bumper pads.
- Use a crib with slats close together.
 - 2 3/8 inches apart or less
- Keep your baby from getting too warm or cold.

Safety

- Use a rear-facing car safety seat in the middle of the back seat in all vehicles.
- Never put your baby in a seat with a passenger air bag.
- Always wear a seat belt and never drink and drive.
- Keep your car and home smoke-free.
- Keep a hand on your baby when changing diapers and clothes.

What to Expect at Your Baby's 2 to 5 Day (First Week) Visit

We will talk about

- How your baby is eating and growing
- Starting routines for feeding, sleeping, and playtime
- Adjusting to your baby and taking care of yourself
- Safety at home and in the car



American Academy of Pediatrics



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