

# NEWBORN

## 3-5 DAY WELL CHILD CHECK

### FEEDING YOUR BABY

- BREASTFEED EVERY 1-3 HOURS OR GIVE IRON FORTIFIED FORMULA EVERY 2-3 HOURS.
  - IF USING FORMULA, GIVE 1-2 OZ PER FEED.
- GIVE VITAMIN D TO BREASTFED BABIES.
  - 400 IU PER DAY FOR BABY OR
  - 6400 IU PER DAY FOR MOM
- NO SOLID FOOD UNTIL 4-6 MONTHS OLD
- NO WATER UNTIL EATING SOLID FOODS
- NO COW'S MILK OR HONEY UNTIL 1 YEAR OLD

### BABY'S DEVELOPMENT

- SLEEPS ABOUT 16 HOURS PER DAY
- CRIES TO EXPRESS HIMSELF ◦
  - CRYING MAY INCREASE AT NIGHT AND BE DIFFICULT TO SOOTHE
  - IF YOU ARE FRUSTRATED, PLACE BABY IN HER CRIB ON HER BACK AND TAKE A BREAK.
- START ROUTINES FOR SLEEPING, FEEDING, BATHING, AND PLAYING.
- SUPPORT BABY'S HEAD BECAUSE IT IS WOBBLY.

### BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!

### BABY'S ACTIVITIES

- CUDDLE, SING, PLAY, AND READ TO BABY
- SPEND ALONE TIME WITH OTHER SIBLINGS.
- TUMMY TIME WHEN AWAKE AND SUPERVISED

NEXT VISIT: AGE 2 WEEKS

FOR MORE INFORMATION, PLEASE VISIT

[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)

### KEEP YOUR BABY SAFE

- FEVER IS AN EMERGENCY IN BABIES YOUNGER THAN 2 MONTHS. GO TO THE EMERGENCY DEPARTMENT IF YOUR BABY HAS A FEVER.
  - A FEVER IS A TEMPERATURE GREATER THAN 100.4F OR 38C.
  - USE A RECTAL THERMOMETER TO TAKE TEMPERATURE. ASK US HOW!
- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- KEEP A HAND ON YOUR BABY WHEN ON A HIGH SURFACE.
- PUT YOUR BABY ON HIS BACK TO SLEEP IN HIS OWN CRIB TO PREVENT SUDDEN INFANT DEATH SYNDROME.
  - KEEP THE CRIB IN THE CAREGIVER'S ROOM UNTIL AGE 6-12 MONTHS.
  - NO COMFORTERS, PILLOWS OR STUFFED ANIMALS IN THE CRIB
- WASH HANDS BEFORE HOLDING BABY
- MAKE SURE YOU HAVE WORKING SMOKE ALARMS AND A FIRE SAFETY PLAN.
- NEVER LEAVE BABY IN WATER ALONE.
  - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- NEVER SHAKE YOUR BABY.
- PROTECT YOUR BABY FROM THE SUN BY KEEPING HER OUT OF DIRECT SUNLIGHT
- TALK WITH US IF YOU ARE FEELING SAD, OVERWHELMED, OR HAVE THOUGHTS OF HARMING YOUR BABY.