



## NEWBORN LOOKOVER

Congratulations on your new baby! This is a blessed and exciting time for your family that also comes with many changes. In these first few days and weeks your baby will be feeding frequently, approximately every 2-4 hours and often for long periods of time. Breast feeding sessions often last about 20 minutes on each side but they will shorten in duration as your baby starts to wake up and get more efficient. Ultimately, feeds can be as short as 10 minutes on each side. Between feeds you can expect frequent diaper changes and hopefully sleep! Often your baby will fall asleep while feeding, this can be a sign that they are full for the moment. It is okay to gently encourage them to continue with the feed if it has been brief but often this is an infant's way of saying "I am full".

Umbilical cords commonly fall off at 2 weeks but it can stay attached longer. While the umbilical cord is intact sponge bathing is the best way to bathe your baby. The frequency is up to you but generally less is more in infants.

Girls will sometimes have a mucus-like vaginal discharge that can be tinged with a small amount of blood. This will resolve on its own and is generally a normal hormonal response. Boys that have been circumcised may have a small amount of discharge around the foreskin and even some swelling. If he is urinating this is generally normal, but please call if you have any concerns.

We encourage you to keep your infant at home and away from public places in the first 8 weeks of life to reduce the risk of infection. Have anyone who is visiting or helping you during this time please wash their hands prior to holding your new baby!

If your infant does develop a rectal temperature of 100.4F or greater please call our office and speak to our nurses.

*NEXT CHECK-UP: 2 weeks—a newborn screen will be performed at this time.*