

# Hospital Follow Up Visit



## NUTRITION

Your baby at this age should be fed breast milk or formula. Feed every 2-3 hours during the day. Do not allow the baby to go more than 4 hours between feeds. If you're breastfeeding, feed 15-20 minutes on each side with every feed, if possible. Rarely should a feeding take more than 45 minutes. Crying or sucking behaviors do not always indicate hunger. Non-nutritive sucking is an important part of the baby's development, but you do not need to be used as a pacifier. Bottle fed babies take about 2 per ounces per feeding. Do not mix formula with well water. Do not heat bottles in the microwave due to uneven heating. Breast milk or formula will meet all of your baby's nutritional needs other than vitamin D supplementation, which should be given in the form of Poly-vi-sol® or D-vi-sol®. Juice, water, and solid foods are not to be used at this age.

## SLEEP

Babies should be put to sleep on their backs to minimize the risk of SIDS (Sudden Infant Death Syndrome or "crib death"). Pacifier use has been shown to lower that risk. Encourage your baby to fall asleep from the awake or drowsy state for better long term sleeping habits. Swaddling can help settle a baby safely. Legs should be swaddled loosely. We do not recommend co-sleeping with your baby. We do not recommend crib bumpers.

## SAFETY

- To prevent illnesses, avoid crowded places and wash your hands frequently.
- Encourage caregivers to get Tdap boosters & annual Flu vaccines.
- Never leave the baby unattended in the car, in the bath, or on elevated surfaces.
- Parental smoking is associated with ear infections, colds, asthma, respiratory illness and crib death. Please do not smoke!
- The car seat should be rear facing, preferably in the center of the rear seat if your car has side airbags. The car seat should never be placed in the front seat.
- **Install smoke alarms in your home, and check batteries regularly.**
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

## GENERAL

**Fevers:** Rectal temperatures at or above 100.4 F are considered serious until two months of age. If the baby has a fever, you should call us immediately or take them to the nearest Children's Hospital. In the area, we recommend Wolfson Children's Hospital. Do not give any medication. You only need to take your child's temperature if you think there is a fever.

**Stools:** The stools will change from tar-like, black meconium to green, yellow, pasty, loose, watery, seedy or strained stools. They can vary in frequency and consistency. Babies often strain, grunt, draw their legs up and pass gas when passing stools. Constipation is rare at this age. As long as the stools are soft, the baby is not constipated. Call us if the stools have blood in them, are hard or consistently white.

**Umbilical Cord:** The umbilical cord will typically fall off within 2-3 weeks. Keep it dry. It should be evaluated if there is a foul smell, discharge, or redness.

**Bathing and skin care:** While the umbilical cord is present, you can sponge bathe the baby, making sure to avoid the umbilical cord. After the cord falls off and the area is dry, you can bathe the baby in a small tub up to one time a day with unscented Dove® soap or mild baby wash. We recommend hypoallergenic baby laundry detergent such as Dreft® for the baby's clothes. You may use barrier ointments that have zinc oxide as their active ingredient to treat or prevent diaper rash.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### MEASUREMENTS:

**Weight:** \_\_\_\_\_ Lbs \_\_\_\_\_ oz

**Height:** \_\_\_\_\_ inches

**Head circ.:** \_\_\_\_\_ cm

**Crying/Colic:** Crying increases over the first 6-8 weeks, often in the evening. While it can indicate hunger or the need for a diaper change, they can get fussy without an apparent reason. Call us if the baby persists in an inconsolable state. Try swaddling, rocking, cuddling, and using "white noise" to soothe the baby.

### Resources:

- Book: Caring for your Baby or Young Child Birth to Age Five by the American Academy of Pediatrics (Bantram Books).
- Websites: [healthychildren.org](http://healthychildren.org) or [www.cdc.gov/carithersgroup.com](http://www.cdc.gov/carithersgroup.com)

## FOCUS ON FAMILY

- The first week home with a newborn can be exhausting. Both parents should try and rest when the baby is sleeping. Remember, things will get better with time.
- Postpartum depression is common. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.
- Older siblings may feel jealous. Spending individual time with the older sibling can help.

## WHEN TO CALL OFFICE

Call the office if you have questions or if your baby:

- Has a rectal temperature of 100.4 F or higher
- Is crying excessively or is inconsolable
- Has difficulty breathing
- Is lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly
- Is more yellow appearing

## HOSPITAL NEWBORN BOOK

The Carithers book, given in the hospital has many more valuable tips. It is also online at <http://carithersgroup.com/resources/newborn-book/>

**Next visit at 2 weeks**