



## WHAT HAPPENS AT THE NEWBORN VISIT?

### Exam

- Record length, weight, and head circumference
- Check soft spots, skull shape, palate, sucking reflex, eyes, ears, neck, heart, lungs, liver, spleen, range of motion, navel, and genitalia; palpate groin
- Assess general development, including strength, mobility, responsiveness, and family support and parental adjustment to newborn care

### Milestones

- Moving all extremities equally
- Startles to noises

### Immunizations

- Hepatitis B may be recommended at this time



## CALL THE OFFICE IF YOUR BABY:

- Is excessively sleepy, difficult to wake, sleeps more than 5 hours between feedings,
- Has a fever  $>100^{\circ}$ ,
- Has a runny nose or cough,
- Is not making 6 wet diapers per 24 hrs,
- Is throwing up,
- Is not gaining weight,
- Is jittery or very floppy,
- Uncontrolled bleeding from cord



## MY NOTES AND QUESTIONS



## GREEN TREE PEDIATRICS

## MY NEWBORN VISIT

\_\_\_\_\_  
(child's name)

Has an Appointment for:  
Second Newborn Well

\_\_\_\_\_  
(date)

One Month

\_\_\_\_\_  
(date)



## FOCUS ON JAUNDICE

- Bilirubin is a **byproduct of the normal breakdown of red blood cells**
- Almost all newborns are jaundiced due to slightly high bilirubin levels. This **normal form of jaundice** clears by 2 weeks
- Bilirubin levels **can become so high in some newborns** that intervention is needed
- **Call the office** if your baby has a fever, appears to have yellow skin or eyes, is difficult to wake, or is not feeding well
- **TREATMENT:** Bilirubin leaves the body as waste, so feed often. Artificial lights are used to treat extreme cases



## FEEDING IS A TIME TO BOND



- A newborn should feed every 2-4 hrs
- Your baby should be fed on demand no more than three hours apart. Cues your baby is hungry include:
  - licking or smacking lips
  - turning head and opening mouth
  - waking and acting restless
  - putting his/her hand in his/her mouth
- Feed your baby breast milk if possible. A vitamin D supplement is recommended for all breastfed infants
- Newborns can lose up to 10% of his/her birth weight over the first few days. After that, your baby should gain ½ to 1 ounce per day
- A new baby should make 6-8 wet diapers every 24 hours



## HANDLING A NEWBORN

- Always support your baby's head and neck
- Be careful to never shake your newborn
- Make sure your baby is securely fastened into the carrier, stroller, or car seat



### SAFETY CHECK

- Use a rear-facing car seat in the back seat until at least 24 months of age
- Put your baby to sleep alone on its back
- Keep crib clear of all toys and soft bedding
- Do not give your baby a tub bath until his/her umbilical cord falls off and/or there is no more drainage
- Never leave your baby alone with siblings or pets