



The Newborn Period



HEALTH ISSUES

- Breastfeed or use an iron fortified formula.
- Do not put bottle in bed with baby.
- Do not give baby honey.
- Boil water used for formula preparation for the first month if you have city water, for 6 months if you have a well water source.
- Learn how to use a thermometer to take a rectal temperature.
- Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).
- Discuss with your physician if vitamins are recommended for your baby (vitamin D, iron)

SAFETY ISSUES

- Do not place fluffy pillows, blankets or stuffed animals in with baby.
- Place baby on his or her BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

YOUR BABY SHOULD...

- Respond to sounds by startling or blinking.
- By a few weeks of age, looks at your face and follows with eyes.
- Initially sleep a lot, up to 20 hours a day.
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed (most breast fed babies will stool many times a day in the first few weeks).

YOU SHOULD...

- Hold, cuddle and rock baby.
- Talk and sing regularly to baby.
- Start reading books to baby - it's never too early!
- Get your naps during the day when baby is resting.
- Encourage your partner to assist in caring for baby.
- Spend time alone with your partner - one of the best thing you can do for your baby is to maintain a quality relationship with your partner.
- Spend time alone with your baby's sibling(s) to make them know they remain special

YOU SHOULD CALL YOUR DOCTOR IF...

- Your baby has a fever
- Your baby has an difficulty breathing
- Your baby is more fussy than their usual
- You have any questions or concerns