



Bright Futures Parent Handout Newborn Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Ready at Home

- Tell family and friends how they can help.
- Give your other children small, safe ways to help with the baby.
- Never leave your baby alone with younger children.
- Take time for yourself and your partner.
- Put your baby in a safe place if you feel upset; call for help.
- Call us for help if you feel sad, blue, or overwhelmed for more than a few days.
- Many places in our community can help you.
 - Ask us for help in getting things your family needs.
 - Ask us about WIC. You can get nutritious food and support for you and your baby.

FAMILY READINESS

Feeding

- Feed your baby only breast milk or iron-fortified formula for the first 4–6 months.
- Feed when your baby is hungry.
 - Puts hand to mouth
 - Sucks or roots
 - Fussing
- End the feeding when you see your baby is full.
 - Turns away
 - Closes mouth
 - Relaxes hands

FEEDING

If Breastfeeding

- Breastfeed 8–12 times per day.
- Your baby should have 6–8 wet diapers a day.
- Take a prenatal vitamin.
- Avoid alcohol.
- Call us if your nipples or breasts become sore.

FEEDING

ROUTINE BABY CARE

NEWBORN BEHAVIORS

If Formula Feeding

- Offer your baby 2 oz every 2–3 hours.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Wake for a night feeding in the first 2 weeks if the baby sleeps more than 4 hours.

Baby Care

- Keep your baby's cord clean and dry.
 - Keep the diaper below the cord until it falls off in 10–14 days.
 - Call us if it becomes red, if there is fluid in the area, or if it smells.
- Use fragrance-free soaps and lotion for your baby.
- Change your baby's diaper often to prevent diaper rash.
- Wash your hands often.
- Ask family members and friends to wash their hands before holding your baby.
- Avoid people with colds and flu.

Getting to Know Your Baby

- Get to know each other by holding and touching your baby.
- Talk to your baby often.
- Let your baby see your face and eyes.
- Learn what calms your baby, such as rocking or stroking.
- Never shake your baby.
- Start simple routines for bathing, feeding, sleeping, and playing daily.

NEWBORN BEHAVIORS

SAFETY

- Put your baby to sleep on his back.
 - In a safe crib, in your room, not in your bed.
 - Swaddled or with tucked blankets.
 - Do not use loose, soft bedding or toys in the crib such as comforters, pillows, or pillow-like bumper pads.
- Use a crib with slats close together.
 - 2 3/8 inches apart or less
- Keep your baby from getting too warm or cold.

Safety

- Use a rear-facing car safety seat in the middle of the back seat in all vehicles.
- Never put your baby in a seat with a passenger air bag.
- Always wear a seat belt and never drink and drive.
- Keep your car and home smoke-free.
- Keep a hand on your baby when changing diapers and clothes.

What to Expect at Your Baby's 2 to 5 Day (First Week) Visit

We will talk about

- How your baby is eating and growing
- Starting routines for feeding, sleeping, and playtime
- Adjusting to your baby and taking care of yourself
- Safety at home and in the car



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of Bright Futures Tool and Resource Kit. Copyright © 2009 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.