



Newborn



Feeding

- Feed on demand, usually every 2 to 3 hours. Feed at least every 3 hours until baby is back to birthweight, which should be by 2 weeks of age.
- Wake sleepy babies to feed, if advised.
- Wet and dirty diapers help show intake is going well.
- Feeding often becomes more predictable with time.
- Call us with latch, feeding, or weight concerns.

Breastfeeding Support

- Breastfeeding often takes practice.
- Lactation support can be very helpful.
- We are happy to recommend trusted, helpful resources.



Parent Wellness

- Recovery and adjustment take time.
- Rest, hydration, and nutrition matter.
- Emotional ups and downs are common.
- Accept help when offered.
- Reach out if you feel overwhelmed.

Whole-family health matters, too.



Sleep

- Newborns often sleep 14 to 17 hours daily.
- Sleep usually happens in short stretches.
- Days and nights may feel reversed at first.
- Keep nighttime calm and low stimulation.
- Rest when you can and accept help when offered.
- Always place baby on their back to sleep.
- Use a firm, flat sleep surface.
- Keep blankets, pillows, and toys out of bassinet.



Development

Your baby is already learning through:

- Hearing your voice.
- Looking at faces.
- Skin-to-skin contact.
- Feeding and sucking.
- Brief alert periods.
- Natural reflexes.

Try:

- Talking softly.
- Face-to-face time.
- Gentle rocking.
- Skin-to-skin contact.



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Diapers

Output usually increases in the first few days.

Call us for:

- Fewer wet diapers
- Blood in stool
- Signs of dehydration
- Significant change in stooling patterns



Bottles & Vitamins

- Breastfed babies usually need Vitamin D; we can guide you on options and dosing.
- Paced bottle feeding may be helpful.
- Avoid bottle propping.
- Hold baby during feeds.



Fussy Periods

- Fussiness is common, especially in evenings.
- Feeding, rocking, and swaddling may help.
- Call us for persistent, inconsolable crying.



Play & Learning

Simple moments matter most:

- Talking
- Singing
- Eye contact
- Gentle movement
- Supervised tummy time

Connection builds development.



Upcoming Well Child Visit

We often discuss:

- | | |
|------------------------|-------------------------|
| • Feeding progress | • Tummy time |
| • Sleep changes | • Smiles and milestones |
| • Recommended vaccines | |



When To Call Us

- | | | |
|-------------------------------------|-----------------------|---------------------------|
| • Rectal fever of 100.4°F or higher | • Breathing concerns | • Anything concerning you |
| • Poor feeding | • Persistent vomiting | |
| • Lethargy | • Worsening jaundice | |