



OGDEN  
CLINIC

**NEWBORN**



WELL-CHILD  
**CHECK-UP**

## Well-Child Checkup: Newborn

Your baby's first checkup will likely happen within a week of birth. At this newborn visit, the health care provider will examine your baby and ask questions about the first few days at home. This sheet describes some of what you can expect.

### Development and milestones

The health care provider will ask questions about your newborn. He or she will observe your baby to get an idea of his or her development. By this visit, your newborn is likely doing some of the following:

- Blinking at a bright light
- Trying to lift his or her head
- Wiggling and squirming (each arm and leg should move about the same amount; if the baby favors one side, tell the health care provider)
- Becoming startled upon hearing a loud noise

### Feeding Tips

It's normal for a newborn to lose up to 10% of his or her birth weight during the first week. This is usually gained back by about 2 weeks of age.

If you're concerned about your newborn's weight, tell the health care provider.

To help your baby eat well:

- Feed your newborn only breast milk and/or formula. Discuss your choice with the health care provider.
- Babies do not need any extra water between feeds. In fact, plain water can be dangerous for young babies. Breastmilk and formula have all the water your baby needs for the first several months of life.
- During the day, feed at least every 2-3 hours. You may need to wake your baby for daytime feedings.

\* At night, feed every 3-4 hours. At first, wake your baby for feedings if needed. Once your newborn is back to his or her birth weight, you may choose to let your baby sleep until he or she is hungry. Discuss this with your baby's health care provider.

Ask the health care provider if your baby should take vitamin D.

If you breastfeed:

- Once your milk comes in, your breasts should feel full before a feeding and soft and deflated afterward. This likely means that your baby is getting enough to eat.
- Breastfeeding sessions usually take around 15-20 minutes. If you feed the baby breast milk from a bottle, give 1-3 ounces at each feeding.
- Breastfed babies may want to eat more often than every 2-3 hours. It's okay to feed your baby more often if he or she seems hungry. Talk to the health care provider if you're concerned about your baby's breastfeeding habits or weight gain.
- It can take some time to get the hang of breastfeeding. It may be uncomfortable at first. If you have questions or need help, a lactation consultant can give you tips.

If you use formula:

- Use a formula specifically made for infants. If you need help choosing, ask the health care provider for a recommendation. Regular cow's milk is not an appropriate food for a newborn baby.
- Feed around 1-3 ounces of formula at each feeding.

## Hygiene Tips

- Some newborns stool (poop) after every feeding. Others stool less often. Both are normal. Change the diaper whenever it's wet or dirty.
- It's normal for a newborn's stool (poop) to be yellow, watery, and look like it contains little seeds. The color may range from mustard yellow to pale yellow to green. If it's another color, tell the health care provider.
- A boy should have a strong stream when he urinates. If your son doesn't, tell the health care provider.

- Give your baby sponge baths until the umbilical cord falls off. If you have questions about caring for the umbilical cord, ask your baby's health care provider.
- After the cord falls off, bathe your newborn a few times per week. You may give baths more often if the baby seems to like it. But because you're cleaning the baby during diaper changes, a daily bath often isn't needed.
- It's okay to use mild (hypoallergenic) creams or lotions on the baby's skin. Avoid putting lotion on the baby's hands.

## Sleeping Tips

Newborns usually sleep around 18-20 hours each day. To help your newborn sleep safely and soundly:

- Always put the baby down to sleep on his or her back. This helps prevent SIDS (sudden infant death syndrome).
- Don't put a pillow, heavy blankets, or stuffed animals in the crib. These could suffocate the baby.
- Swaddling (wrapping the baby tightly in a blanket) can help your newborn feel safe and fall asleep.
- If you co-sleep (share a bed with the baby), discuss health and safety issues with the baby's health care provider.

## Safety Tips

- To avoid burns, don't carry or drink hot liquids, such as coffee, near the baby. Turn the water heater down to a temperature of 120°F (49°C) or below.
- Don't smoke or allow others to smoke near your baby. If you or other family members smoke, do so outdoors and never around the baby.
- It's usually fine to take a newborn out of the house. But avoid confined, crowded places where germs can spread. You may invite visitors to your home to see your baby, as long as they're not sick.
- When you do take the baby outside, avoid staying too long in direct sunlight. Keep the baby covered, or seek out the shade.

- In the car, always put the baby in a rear-facing car seat. This should be secured in the back seat, according to the car seat's directions. Never leave your baby alone in the car.
- Do not leave your baby on a high surface, such as a table, bed, or couch. He or she could fall and get hurt.
- Older siblings will likely want to hold, play with, and get to know the baby. This is fine as long as an adult supervises.
- Call the doctor right away if your baby has a rectal temperature over 100.4°F (38.0°C).

## Vaccinations

Based on recommendations from the Centers for Disease Control and Prevention, at this visit your baby may receive the hepatitis B vaccination if he or she did not already receive it in the hospital.

## Parental fatigue: A tiring problem

Taking care of a newborn can be physically and emotionally draining. Right now it may seem like you have time for nothing else. But taking good care of yourself will help you care for your baby too. Here are some tips:

- Take a break. When your baby is sleeping, take a little time for yourself. Lie down for a nap or put up your feet and rest. Know when to say “no” to visitors. Until you feel rested, ignore household clutter and put off nonessential tasks. Give yourself time to settle into your new role as a parent.
- Eat healthy. Good nutrition gives you energy. And if you have just given birth, healthy eating helps your body recover. Try to eat a variety of fruits, vegetables, grains, and sources of protein. Stay away from processed “junk” foods. And limit caffeine, especially if you're breastfeeding. Stay hydrated by drinking plenty of water.
- Accept help. Caring for a new baby can be overwhelming. Don't be afraid to ask others for help. Allow family and friends to help with the housework, meals, and laundry, so you and your partner have time to bond with your new baby. If you need more help, talk to the healthcare provider about other options.

## Parent Notes:



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