

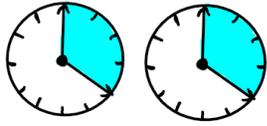
Newborn Cheatsheet

Feeding

- Babies usually *lose weight* in the first few days after birth. This is normal. We will keep track of baby's weight at each visit in the weeks to come.
- Most babies start gaining weight at days 4-5, returning to birth weight by 2 weeks old.
- Babies **ONLY** need breastmilk or formula to stay hydrated.

Feeding Schedule: First 2-3 weeks

Every 2-3hrs for 15-20mins at each breast, or 20-30 mins at a single breast



Total 8-12 feeds in 24hrs

If needed, wake up your baby to feed!

Continue this schedule until your baby is back at birth weight

Hunger Cues

- Active, awake
- Hand to mouth
- Sucking motions
- Turning head to the side
- Crying is a late sign



Tummy Troubles (Gas)

Your baby's intestines have never experienced gas before. It may take some time for them to adjust to these new sensations.

- **Spitting up** is normal. Contact us if your baby spits up after every feed, has projectile vomiting, or appears uncomfortable when spitting up.
- **Dyschezia** is when your baby cries for 10mins or more before passing normal stools. Their face may turn **red or purple**. Your baby is learning to coordinate their bowels and this will resolve in a few weeks.
- **To soothe your baby, try going for a walk, bouncing, burping. (Try 5 S's)**

Breastfed Stool



| | |
|-----------|----------------------|
| Meconium: | Birth: |
| Thick | 1BM within 8hrs; |
| Tarry | 1 wet diaper |
| Black | Day 2: |
| | 2 BMs; 2 wet diapers |



| | |
|-----------------|-----------------------|
| Transitional: | Day 3: |
| Looser | 3BMs; 5-6 wet diapers |
| Greenish-yellow | |



| | |
|---------------|----------------------|
| Transitional: | Day 4: |
| Yellow | 4 BMs; 6 wet diapers |
| Soft | |
| Watery | |



| | |
|------------|----------------------|
| Breastfed: | Day 5: |
| Loose | 5 BMs; 6 wet diapers |
| Seedy | Day 6: |
| Yellow | 6BMs; 6 wet diapers |

Urine should be pale yellow or clear. Dark yellow or orange urine may mean your baby isn't hydrated enough.

Safe Sleep

- Your baby should **always sleep on their back**
- Firm, flat surface **WITHOUT** bedding, toys, or barriers
- **Room share:** baby sleeps in same room as you but separate bed (crib, bassinet, play yard)
- Do not place baby to sleep on a sofa or armchair
- If your baby falls asleep in a car seat, stroller, or sling, move them to a firm sleep surface
- Newborns sleep a lot but usually wake up at least every 3 hours to feed.

Bathing

- Until the umbilical cord falls off, *sponge bathe* your baby: Use a small amount of fragrance-free soap and warm water.
- Your baby does not need frequent baths. Once a week is plenty
- Never leave your baby unattended during a bath.

Umbilical Cord Care

- Keep the stump clean and dry
- Fold diaper below cord
- The cord should fall off within first 8 weeks
- There may be a few drops of blood when it falls off.
- Call if you see redness, bleeding, or pus

Breathing Patterns & Movement

Your baby's nervous system is still developing. These behaviors are normal:

- *Jerky movements* of arms and legs, quivering chin, trembling hands
- *Variable breathing rate:* several fast breaths followed by a gap of several seconds. This is called periodic breathing

Caring for Mom at Home

Breastfeeding Challenges

- If you've had a cesarean section, it may take longer for your milk to come in.
- *Nipple soreness* may occur if your baby is only sucking on the nipple. Make sure their latch is not compressing your nipple.
- *Building supply*: breastfeed often, let your baby decide when to stop feeding, if you have milk leftover: pump after, offer both breasts at a feed, avoid pacifiers

Vaginal Discharge (Lochia)

- The placental area takes time to heal after birth. Bleeding is normal.
- Similar to menstrual discharge, color changes will occur.
- Blood clots smaller than a quarter are normal
- You may bleed more when moving around .

After pains

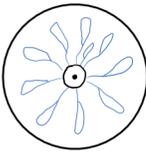
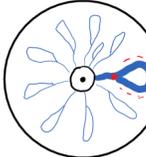
- You may get dull and sharp pains in your abdomen
- This is your uterus shrinking after birth
- If you are breastfeeding, this may be more intense.
- **They should not last more than 5 minutes**

Constipation

- You may not have a bowel movement for a few days after delivery
- Drink plenty of water
- Eat foods with fiber: fruits, vegetables, whole grains
- Call your provider if it has been more than 4 days. They may prescribe a stool softener

Incontinence

- Pelvic stretching during delivery can temporarily cause bowel and bladder incontinence
- Kegel exercises can help
- Expect improvement over first few weeks

| Healthy | Engorgement | Plugged Duct | Mastitis |
|---|--|---|---|
|  |  |  |  |
| -Leaking and fullness with mature milk days 3-5 | Often days 3-5 with mature milk Hard, painful breasts due to fullness | -Sore, tender lump -NO FEVER | -Soreness or lump WITH fever or flu-like symptoms -Hot to touch -Discharge |
| Nursing pads can help | Breastfeed often on affected side for milk to flow Avoid restrictive bras | Massage, use warm compresses | |

Mood

- Taking care of a newborn is hard!
- You will have days with many different emotions
- It takes time to bond with your baby. This may not happen overnight. This is normal.
- Ask for help early
- If you are feeling anxious, depressed, or having worrisome thoughts, contact your primary care doctor.

Perineal Discomfort

- Clean with warm squirt bottle after using bathroom front-to-back
- Pat dry. Do not rub area.
- For pain relief: sitting on an ice pack, "padsicle" and Sitz baths can help
- Witch hazel (no alcohol) can help with hemorrhoids

RED FLAGS! CONTACT YOUR OB IF YOU HAVE:

- Fever >100.4F or severe chills
- Headache or blurry vision
- Shortness of breath
- Foul-smelling vaginal discharge
- Bleeding
 - Bright red bleeding after day 3
 - Passing large blood clots >2 inches
 - Using more than one pad per hour for discharge or bleeding
- Pain, burning, trouble urinating
- Severe cramping not relieved by medication
- Increased pain, redness, drainage in perineum or at incision

