

Newborn Well Visit

Weight _____ (%)

Length _____ (%)

Head Circumference _____ (%)

What to Expect at the visit:

Immunizations: If not received in the hospital, we will recommend a Hepatitis B vaccine

Screenings/Labs: You will receive an order for the second newborn screen for metabolic disorders to be done at 5-10 days of age

Feeding / Nutrition:

Newborns should be fed either breast milk or iron fortified formula on demand. Initially your baby should feed 8-12 times over 24 hrs. In the first 2 weeks of life, you should wake your baby for feedings if he/she sleeps beyond 4 hrs. Your newborn should have at least 6-8 wet diapers in 24 hrs by the 4th day of life and frequent, soft, bowel movements that transition from dark and thick to loose and yellow by the 3rd to 5th day of life. If your baby is exclusively or partially breastfed we will recommend daily Vitamin D drops at a dose of 400 IU/day.

Development:

- Your baby should slowly begin to focus on your face over the next month; eye crossing can be normal, but if it seems persistent please discuss with us.
- He/she should respond to sound by way of a blink, turning their head, a startle, or a cry.
- Your baby should hold their arms and legs in a flexed position and move their limbs equally.
- Newborns sleep a lot during the first month of life- they may sleep anywhere from 12 to 20 hrs/day (16 hrs is average), most newborns awaken 1-3 times during the night.

Safety Issues:

- We recommend placing your baby in a crib or bassinet to sleep without pillows, thick blankets, bumpers, or toys and ALWAYS on their back to sleep.
- Ensure that anyone touching or holding your baby washes their hands with soap and water first.
- If you are concerned your newborn may have a fever, use a rectal thermometer. A reading of 100.4F/38.0C is considered a fever and we advise you to call our office and have your baby seen right away in a pediatric emergency department.
- Infant carseats should be rear-facing in the back seat, ideally in the middle. You can contact your local fire department to check for the proper placement and fit of the carseat. The shoulder harness should be snug and the chest buckle should be just at the level of the nipples.
- Protect your newborn from smoke exposure in the home and car.

Notes: