

# First Week Visit

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- We will record your baby's height, weight, and head circumference in the health record.
- Babies lose weight during their first week. The doctor will assess for excessive weight loss (>8-10%).
- The doctor will examine for jaundice and discuss whether a bilirubin blood test would be advisable.
- Most newborns develop rashes on their face or body. We will check for any concerning rash and will check the umbilical cord site.
- Your baby's head may still be misshapen from the birth process. The doctor will check for any problems.

## Let your doctor know today if...

- Any relative of yours had a baby who became very ill in the first months of life.
- Your baby becomes sweaty and out of breath during feedings.
- Your baby does not move both arms and both legs equally.
- You are worried about your baby's hearing or vision.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about the baby or unable to enjoy being with the baby.
- You are having trouble with breastfeeding.
- You have a particular concern that's always on your mind.

## Your next visit

At the two to four week old visit your doctor will...

- Compare the growth measurements to those from this visit.
- Discuss your baby's feeding and stooling patterns.
- Check the result of the Newborn Screen (heel stick "PKU" test). Be sure to bring the pink slip with the Newborn Screen ID number with you.
- Discuss upcoming vaccines.



## Vaccines

- Vaccination constitutes the single most important opportunity to prevent serious illness in your child including brain damage and death. Find vaccine information at [healthychildren.org](http://healthychildren.org) (under the Health Issues tab) and at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- Hep B Vaccine and RSV antibody injections are recommended (seasonally) if not already given” in the hospital or RSV vaccine was not received by the mother.
- Vaccines for parents and caretakers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the COVID vaccine, and the yearly flu vaccine.

## Staying Healthy

- Some form of “baby blues” affects 80-90% of mothers. Fathers may be affected as well. Tell your doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke near your baby. It increases the risk of SIDS. If you smoke, decide to quit.
- Make sure visitors wash their hands before holding your baby. Keep your baby away from visiting children.
- Wash your hands before feedings and after diaper changes.
- Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
- Use saline (salt water) drops and a bulb syringe if your baby’s nose is congested. They may cry while you do this because it’s uncomfortable.
- Sponge bathe your baby every few days with a gentle baby shampoo or plain water.
- Avoid applying alcohol to the umbilical cord four to five days after it falls off. Once the base of the belly button is dry, you can bathe your baby in a tub.
- Call immediately if your baby has a rectal temperature of 100.4F (38.0C) or higher. Check for this if the baby feels hot or something seems wrong. Do not rely on an underarm, ear, or forehead temperature.

## Safety

- The leading preventable causes of injury at this age are car accidents, falls, and fires/burns.
- Always use the car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat if there is an air bag.
- Without your car seat, a bus is safer than a taxi.
- Never leave your baby alone anywhere they might fall, even for a second.
- Make sure window guards are installed in all windows.
- Always check the bath water temperature with your elbow.
- Never heat a bottle in a microwave oven. Hot spots may cause a burn.
- Check the smoke detector battery once a month.
- Avoid direct sun exposure.
- Always put your baby on their back for sleeping, even if you are close by.
- Never shake or spank the baby. Shaking can cause brain damage. If you feel you are losing control, put the baby somewhere safe and get some help—you can call the office anytime.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.

## Good Nutrition

- Breastfeeding alone provides the best possible source of infant nutrition. Nurse your baby on demand.
- If you are not breastfeeding, use an FDA approved formula with iron.
- If you are not breastfeeding, but you would like to try, let your doctor know. There are many resources to help you overcome the common problems involved in establishing successful nursing.
- A Vitamin D supplement is recommended to be given to babies who are breast feeding.
- Your baby needs no other source of nutrition or fluid for four to six months.
- Do not give water, sugar water, or honey.
- Babies need eight to ten feedings per day, sometimes as often as every one and a half to two hours. Babies should not go longer than four hours between feedings yet.

## Normal Elimination

- Initially, stools are “tarry” black, but soon become seedy yellow, green, or brown, and sometimes may be explosive.
- There should be at least six wet diapers with three to four stools per 24 hours by one week of age.

## Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Show your baby black and white pictures. They see best at about twelve inches.
- Look at and make faces at your baby.
- Talk to your baby all day long.
- Read, play music, and sing.
- Shower the baby with love and affection.
- Keep the baby away from violence, including loud arguments or violent video images.
- Avoid even “educational” videos and apps.
- wordBrowse: [www.zerotothree.org](http://www.zerotothree.org).

## Cranky and Fussy?

- Crying up to several hours per day is normal.
- Call the office if your baby refuses feedings or becomes sweaty and out of breath with feedings.
- A baby may cry if they are hungry, gassy, hot, cold, tired, bored, or in pain, or his diaper is dirty, or for no apparent reason at all.
- A baby does not cry because you are a bad parent or because they dislike you.
- There will be times when you will not be able to console your baby easily.
- You cannot spoil a baby by picking him up when they cry. Demanding babies will usually cry less if they are carried much of the day.
- Things to try for a fussy baby: feeding, burping, changing the diaper or clothes, inspecting for a source of pain (pinched finger or toe), rocking, stroking, singing, giving a pacifier, walking, swinging, bathing, swaddling, whispering, taking a ride in the stroller.
- Try techniques mentioned at [www.thehappiestbaby.com](http://www.thehappiestbaby.com).
- If you become overwhelmed, put your baby in a safe place and take a break.
- If you can find no means to console your infant for more than an hour, call the doctor’s office; the baby may need to be examined.