



A Member of
Valley Children's Medical Group
 www.fresnochildrens.com

Well Child Care, Newborn (One Week)

Name: _____ **Doctor:** _____ **Date:** _____

WT: _____ **HT:** _____ **HC:** _____ **Age:** _____

The Recommended Well Child Visits and Immunizations:

	1 wk	1 M	2 M	4 M	6 M	9 M	12 M	15 M	18 M	2 Y
Hepatitis B		X	X			X				
** (DTaP) Diphtheria, Tetanus, Pertussis, Polio, H. influenzae b			X	X	X			X		
Pneumococcal			X	X	X		X			
** (MMR) Measles, Mumps, Rubella								X		
Varicella							X			
Hepatitis A							X		X	
Rotavirus (by mouth)			X	X	X					

**combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website www.fresnochildrens.com in the Health Information tab.

NUTRITION

- Breast-feeding is the ideal, preferred method of feeding. Breast milk or formula should be the only food for the first 4 to 6 months.
- No water, solids or juices are to be added until you are given specific instructions.
- We recommend that water for formula preparation be sterilized until the baby is about 4 months old. Bottle nipples should be sterilized.
- If using formula, follow storage instructions on the container.
- Breast milk can be stored in the refrigerator for up to 72 hours and in the freezer for up to 6 months.
- Do not give regular milk, honey, or egg whites during the first year.

INFANT CARE

- **Bathing:** It's good to have a fairly regular time for bathing the baby. Bathe the baby by sponge until the cord is healed. Then a tub bath may be given.
- The temperature of your baby's room should be comfortable for you (Do not over bundle baby).
- Newborns typically sleep about 16 hrs a day.
- **Genital care:**
 - Males: simply wash the surface of the penis with water and a washcloth; If uncircumcised, there is no need to pull back the foreskin as long as you can see the opening at the tip.
 - Females: wash between the separated labia with water and a washcloth

ELIMINATION

- Expect a minimum of four wet diapers each day
- Expect a soft stool every one to seven days. It is not abnormal to go seven days between stools as long as stools and abdomen are soft
- If stools are red, white or black in color, patient should be evaluated in office

DEVELOPMENTAL MILESTONES

- Your newborn will
 - Respond to sounds
 - Fixate on human face and follow with eyes
 - Respond to parent's face and voice
 - Move all extremities
- All babies cry, cough, sneeze, spit-up a little, and hiccup occasionally

INJURY & ILLNESS PREVENTION

- Install rear-facing infant safety seat in back middle seat of car - for the most up to date car seat information you may visit www.safercar.gov
- Baby crib slats should be less than 2 3/8 inches apart
- Set the hot water heater thermostat below 120 degrees Fahrenheit
- Learn emergency procedure for choking and CPR
- Back sleeping reduces the risk of sudden infant death syndrome (SIDS)
- Never shake your baby. Shaking or tossing your infant even in a playful manner, can cause serious injury or death.
- Never leave your baby alone or with a young sibling or a pet
- Second-hand smoke exposure of all sources, including vapor devices, is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessation go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.
- It is recommended that baby sleeps in their own crib/bassinet in parent's room until one year of age.

POSTPARTUM BLUES AND DEPRESSION

- New mothers often experience a range of intense emotions (joy, anxiety, sadness)
- Postpartum blues are common and are usually self-resolving. However, 10 to 15 percent of new mothers experience postpartum depression, which is more severe and should be addressed by your physician.

Call the office immediately if your baby is under three months and has a rectal temperature greater than 100.4 degrees Fahrenheit.

This and other information is on our Website at www.fresnochildrens.com.