



## Well Child Care, Newborn (One Week)

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_ HT: \_\_\_\_\_ HC: \_\_\_\_\_ Age: \_\_\_\_\_

Recommended Well Child Visits and Immunizations:

	1WK	1 M	2 M	4 M	6 M	9 M	12M	15M	18M	2Y
<b>Well Visits</b>	X	X	X	X	X	X	X	X	X	X
<b>Hep B</b>		X			X	X				
<b>DTaP</b>			X	X	X			X		
<b>Polio</b>			X	X			X			
<b>H. influenza B</b>			X	X	X			X		
<b>Pneumococcal</b>			X	X	X		X			
<b>MMR</b>								X		
<b>Chicken Pox</b>									X	
<b>Hep A</b>									X	X
<b>Rotavirus</b>		X	X	X						

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](http://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.
- For more information on breast milk storage go to <http://www.fresnochildrens.com/files/HealthTopics/breastmilkstorage.pdf>
- Do not give regular milk, honey, olive oil, mineral oil, citrus, or egg whites during the first year.

## **INFANT CARE**

- **Navel:** Wipe around the cord carefully with rubbing alcohol with every diaper change; continue to wipe the navel after the cord drops off for a couple more days.
- **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.
- Newborns typically sleep about 16 hrs a day.
- For more information on promoting healthy sleep habits in infants go to <http://www.fresnochildrens.com/files/HealthTopics/sleepininfancy.pdf>
- **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

## **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 seat of car
- 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 is preferred and 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 is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessation go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

## **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](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**