

## Newborn Care – South Lyon Family Docs

**Acne:** Pimples and blackheads often appear about three weeks after birth and last about two months. This is a result of the mother's hormones leaving the baby's body. Wash face and body with soap and water every three days.

**Activity:** You may take the baby out at any time after the first week. Use common sense, however. Avoid family gatherings, crowds and people with stuffy noses.

Your baby can sleep in their own room from the day he or she comes home.

**Bathing:** After the cord has fallen off, you may tub-bathe your baby. Daily bathing can dry out a child's skin so it is best to bathe your baby every 2-3 days. Use a thick moisturizer after bathing to minimize dryness. Use a mild soap. Babies can be bathed in a sink with a hand towel on the bottom. Be careful to avoid hot spigots and scalding water. If possible, adjust your hot water heater down to 125 degrees F to minimize accidental scalding risk.

**Bottles, sterilizing:** If you are using bottles, it is not necessary to sterilize bottles in this geographic area. Dishwasher, or scrupulous hand-washing and rinsing is all that is needed.

**Bottle heating:** the chills of refrigerated milk bottles can quickly be taken off by sitting bottle in a container of hot water for a few minutes. Microwaves should not be used because they do not heat the milk evenly.

**Burping:** It is natural for infants, whether bottle or breastfed, to swallow air with nursing. During the first month, it is often hard for baby to get this air up, which may contribute to cramping. It often takes experimenting to figure out the best way to burp your baby.

**Car seats:** child should be in a rear-facing car seat until age 2. Forward facing car seat until 40 lbs and then a booster until age 7 or height of 4'9". Sit in the rear until age 12 away from front airbag. Car seats are very confining and your baby, like everyone else, needs pit-stops during a long trip to get out and stretch.

**Circumcision Care:** Put a glob of Vaseline on the tip of the penis to reduce chafing x1 week. Minor bleeding or oozing can be stopped with light pressure with a clean cloth. Avoid wipes on the penis for the first week while the circumcision is healing.

**Colic:** Screaming, cramping, and gassy spells. Occurs occasionally in all newborns, frequently in some, who may show a consistent "crying time." Colic is treated best by soothing holding, walking, rides in car, tight swaddling, and loud white noise. For more help we recommend reading "The Happiest Baby on the Block" by Harvey Karp M.D..

**Constipation:** Babies stool will vary tremendously in consistency and frequency, regardless of feeding regimen. At this age, your baby hasn't been around long enough to have a "regular" anything. Nursing babies will normally stool anywhere from six to seven times a day once every 3 to seven days, and patterns may change daily, all other factors being the same. The color may be green, yellow, or brown. Consistency may be runny, gooey, or semi-formed. Some children never have formed stools..

If your bottle-fed baby has not stooled for three days and appears uncomfortable, you may need treatment discussed in a separate handout.

**Cradle Cap:** Cradle cap, or seborrhea, is a common and normal scalp rash. Cradle cap looks like yellowish, sometimes greasy scales on a baby's scalp, face and ears. You may scrub the rash with a washcloth or toothbrush and baby shampoo twice a week. If this does not work you can try olive oil on the scalp.

**Diaper rashes:** it is not necessary to use diaper cream with every changing. Should a rash begin, we recommend application of Camoseptine to area. Keep skin protected and dry and avoid over-bathing. Wipes may irritate area and it may be better to use a warm wash cloth while the rash exists.

**Dress:** Stretch sleepers or sacks are very handy. Babies are fairly resistant to slight temperature changes. Most babies tolerate the same temperature as you do. Infants generally lie slightly flexed when they are comfortable. If your baby is completely stretched out or tightly bunched up, he or she is likely too warm or too cold.

**Ear wax:** When you bath your baby, gently bathe the ears with soapy water, then wipe away any ear discharge and blot the ear dry. Getting bath water in your babies ear will not cause ear infections. Wipe wax from outside of ear with kleenex or gentle cloth. Do not use Q-tips, it packs wax into ear and can be dangerous.

**Eye discharge:** Common for the first two weeks. Dab it away with tap water and soft cloth.

**Feeding:** Newborns should only have breast milk or formula until further directed by your physician.

**Hiccups:** Very common and often start prenatally- that's what a lot of those "kicks" were. They will go away on their own. Occasionally sips of tap water will help break them up. They bother you more than the baby.

**Sleeping Accommodations:** your baby's crib should have a firm mattress. Sheets and other mattress covers should be taut and secure. Blankets and toys in the bed should be avoided.

**Sleeping Position:** Because of the possibility that a baby's sleep position can increase the possibility of Sudden Infant Death Syndrome (SIDS), the American Academy of Pediatrics recommends that all infants sleep on their backs for the first few months.

**Snuffles:** Commonly appear about one month. Mucous that you can see in the baby's nose can be suctioned out with an "ear syringe" if it seems to interfere with feeding. Rattling mucous in the back of the throat sounds worrisome, but is harmless, even though sometimes you can "feel it" in the chest.

**Umbilical cord care:** The cord usually falls off between 1-2 weeks of age. If it looks "soupy" swab it with rubbing alcohol twice a day.

### Well Check Schedule

2 days  
1 month  
2 months  
4 months

6 months  
9 months  
12 months  
15 months

18 months  
24 months  
then yearly



