

Safety Tips:

- Wash your hands before handling the baby. Even though many family and friends will want to see your newborn it is important to avoid people who may be sick until your baby is older and has received their vaccines.
- Always put your baby to sleep on their back on a firm mattress in a crib or bassinette without any crib bumpers, blankets, pillows, or stuffed animals.
- Avoid over-heating by keeping the room temperature comfortable, don't over bundle your baby. Typically they only need one additional layer of clothing then you require based on the room temperature.
- Don't smoke or let anyone else smoke around your baby.
- Always put your baby in a rear facing car seat in the back seat. Your baby will stay in a rear facing car seat until they are 2 years old, or exceed the height or weight limit for your car seat.
- Never shake your baby, it can cause bleeding in the brain and even death.
- Avoid sun exposure by keeping your baby covered or in the shade. Sunscreen is not recommended until your baby is 6 months old.
- Keep a rectal thermometer at home, this is the most reliable way to take your babies temperature to find out if they have a fever.

When to call the Doctor:

Signs of illness in a newborn are different than older children. Call the doctor if your baby is not eating well, isn't peeing or pooping, or isn't latching or sucking well.
Any temperature greater than 100.4F or 38C.
If your baby appears yellow.
If there's any redness, swelling, or pus around the umbilical cord or circumcision.
It's common for new moms to feel sad, anxious, or moody after birth. If your feelings are intense or last longer than 2 weeks talk to your doctor or your babies' pediatrician.

Congratulations again during this exciting time. We are happy to welcome you and your new addition to the Mary's Center family.

ABOUT MARY'S CENTER

Mary's Center is a comprehensive health center providing health, social, and educational services to our community. Our large board certified medical team includes 15 pediatricians between all four Mary's Center sites. Patients are seen by appointment, as well as on a walk-in basis, Monday –Saturday from 8am – 6:30pm with extended hours until 10pm on Mondays at our Georgia Avenue location and Thursdays at our Adams Morgan location. Appointments can be made online or by calling 202-483-8196.

For urgent medical concerns or questions after hours or on holidays you can reach us at 202-487-9074.



Mary's
Center

Congratulations on your New Baby!

Newborn First Days Tips and Facts for Parents

The time after birth can be hectic and overwhelming, but also full of fun and surprises.



In addition to recruiting help from your family and friends, you can also find the support and services you need for you and your family at Mary's Center.

More than 40 top of the line clinicians will provide you with the most professional and personalized care.

Locations:

Adams Morgan, DC -2333 Ontario Road, NW
Petworth, DC - 3912 Georgia Avenue, NW
Silver Spring, MD - 8709 Flower Avenue
Adelphi, MD -8908 Riggs Road

www.maryscenter.org
202-483-8196

Mary's Center, serving the community
since 1988

Baby's First Days

Visit to the Pediatrician:

Your baby should see the pediatrician shortly after leaving the hospital, within 3-5 days. You and your baby will likely see the doctor more in the first year of life than any other time while they are growing and developing so quickly. We have put together some general information about your newborn and their first visit to the pediatrician.

Feeding:

Breast milk is the best form of nutrition for babies, but formula can also provide all the necessary nutrients. For the first 4-6 months of life breast milk or formula provides all the nutrition and fluids they need. Newborn babies should be fed on demand, meaning whenever they are hungry, which is usually about every 1-3 hours. Formula fed babies will typically take 1-3 ounces per feed. Lactation visits are available for any interested moms struggling with breastfeeding.



Sleeping:

All newborns should be placed on their back to sleep in a bassinet or crib, this is the safest position to sleep and can reduce the risk of SIDS (Sudden Infant Death Syndrome). Most newborns will sleep 16 hours per day, generally for 2-3 hours at a time with one longer stretch. Newborns should not go longer than 4 hours without eating.



Peeing and Pooping:

In the first couple days of life a breastfed baby may only have 1-2 wet diapers per day. By 3-5 days of age all babies should have at least 6 wet diapers per day. If your baby is having less than 6 wet diapers per day by the time they are 5 days old let your pediatrician know. Your babies poop will be dark and tarry in the first couple days, and then will become soft and yellow-green by 3-4 days old. Newborns typically have several poopy per day, though less if they're formula fed. As they get older they will poop less frequently. Some babies may only poop once every 1-2 days as they get older, which can be normal as long as their poop is soft.

Bathing & Skin:

Keep the diaper rolled below the umbilical cord to keep it clean and dry. Give sponge baths until the umbilical cord falls off, sitting in the tub can increase the risk of infection. Test the water on your wrist to make sure it's not too hot and use fragrance and dye free soap. For circumcised boys put petroleum jelly (Vaseline) on the penis or front of the diaper until healed. Girls may have a normal vaginal discharge over the first week of life due to estrogen from mom.



Development:

Newborn babies can see faces or bright objects 8-12 inches in front of their face. They will respond to sound by turning toward the sound, blinking, startling, or crying.

Newborns have strong reflexes:

rooting and sucking (looking for the bottle or breast and sucking), grasping (holding a finger placed in the palm), and the startle reflex (throws out arms then curls them in when startled). Your pediatrician will closely monitor your babies' development at every visit.

What to Expect at the Doctor's Visits:

At the first visit your baby's doctor will record their weight, length, and head circumference on the growth chart; this will be done at every visit to monitor their growth. They will also ask questions, address any concerns, and offer advice on taking care of your baby. They will perform a complete physical exam with your baby undressed. While in the hospital your baby may have received their first Hepatitis B vaccination, if not then it may be given at this first visit. The pediatrician will also review the screening blood test and hearing test done at the hospital; if these were not done then they will be ordered at your first visit. In the first year of life your baby will be seen again by the pediatrician at 2 weeks, 1 month, 2 months, 4 months, 6 months, 9 months, and 12 months.

At 2 months they will be given the 2nd Hepatitis B immunization as well as immunizations against Diphtheria, Polio, Tetanus, Pertussis (whooping cough), Rotavirus (diarrheal illness), Pneumonia, and HiB (bacterial illness). Immunizations can protect infants from serious childhood illnesses, so it's important that your child receive them on time. Immunization schedules can vary slightly so your pediatrician can review your child's vaccination schedule with you.

