



Newborn Tips

Bringing home a new baby is an exciting time, but new parents will have many questions. Part of excellent pediatric care is providing regular monitoring to assist you with the changes that come with a growing infant and child.

Signs of serious illness should not wait for an appointment. Please call the office right away. For newborns, these signs include:

- A temperature greater than 100.4
- Food refusal for 2 or more feedings
- Vomiting (more prominent than just spitting up)
- Sudden onset of rash (usually within hours)
- Persistent diarrhea
- Labored breathing
- Excessive crying
- Listlessness

We usually see newborns 2-4 days after hospital discharge for a weight and jaundice check. If weight gain or jaundice is of concern, one or more follow up appointments may be needed over the next week or two. Regularly scheduled well visits are at 2 weeks, 1 month, 2 months, 3 months, 4 months, 6 months, 9 months and 12 months. We recommend these regular appointments so we can monitor your child's growth and development. Immunizations are also given at many of these visits.

Beginning with your first appointment, we'll speak with you about what and how your baby is eating, your baby's sleeping pattern, safety issues, and your infant's development and growth. We encourage you to bring any and all questions to the appointments with you. We are happy to talk with you about your concerns. Many excellent books are available to help you learn how best to care for your newborn. We Recommend:

- *Baby 411* by Denise Fields and Ari Brown
- *Caring for you Baby and Young Child* by the AAP
- *What to Expect the First Year* by Heidi Eisenberg Murkoff

We also recommend the American Academy of Pediatrics website for parents at www.healthychildren.org for answers to many of your medical and parenting questions.

We look forward to helping you raise a healthy and happy child!

