



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806

www.townandcountrypeds.com

Your Four Day old Newborn

Name _____ Date _____

Weight _____

Feeding:

- Breast-feed your baby on demand, at least every 2-3 hours (8-12 feedings per day). The length of a feeding varies, so feed until your baby seems content. Continue prenatal vitamins while breast-feeding.
- If you do not breast-feed, use an iron-fortified infant formula. Feed your baby 1-3 ounces every 3-4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, his formula intake will increase too. Use tap water or nursery water for mixing powdered/concentrated formula.
- Review the formula preparation instructions carefully. Do not heat formula/expressed breast milk in the microwave.
- Babies do not need supplemental water.
- If your newborn will not suck vigorously at the breast or the bottle at least every 4 hours, please call the office!
- There is preliminary evidence that polycarbonate bottles bearing the #7 should be avoided due to high bisphenol A (BPA) content. Look for plastic bottles with #1, #2, or #4.
- If you need further assistance with breastfeeding, you can find a lactation consultant through www.ilca.org by entering your zip code. A group we routinely recommend is Lactation Associates 847-509-8302 or you may access their website at www.lactationassociates.com.

Elimination:

- The first week, the minimum number of wet diapers is the number of days of your baby's age...for example when your baby is 4 days old she should have 4 wet diapers in a 24 hour period with 6-7 wet diapers by the end of the week.
- Generally, breast-fed babies have small, frequent, yellow or green stools with a pasty, watery, or curd-like consistency.
- Generally, bottle-fed babies have 2-4 soft, brown, green or yellow stools each day.

Sleep:

- Always place your baby on his back to sleep on a firm, flat mattress in a crib or bassinet. Your baby should not sleep on his side or tummy. Do not bring the baby in bed with you for sleeping.
- The crib/bassinet should not contain positioners, wedges, blankets, pillows, or toys. No crib bumpers of any kind should be used.
- Nights and days will be mixed up for some time, allow your baby time to "regulate" his/her circadian rhythm. Make nighttime dark and non-stimulating if possible.
- Your baby is too young to cry himself to sleep. Your baby cries to communicate that he needs something from you.
- Your baby should **not sleep in the bed with you at all or in the car seat for long periods.**

Development:

- Although babies must sleep on their backs, allow for supervised "tummy time" everyday while awake. Your baby will raise his head

slightly when lying on tummy, and he/she will get better and better with this skill if you practice! Because babies spend a lot of time sleeping (Use this time to sleep too!) they are at risk of developing a “flat head”. Prevention is the key! Tummy time helps, and so does varying the direction your baby’s head is facing at different naptimes. A “flat head” does not develop overnight but rather over time if positioning is not varied and tummy time is not practiced. Back to sleep-tummy to play!

- Your baby will blink in reaction to bright light and respond to sound by startling or quieting.

Safety:

- Always use a carseat made for an infant and place it rear-facing in the back seat.
- Your baby should sleep in a separate crib/bassinet/cosleeper; not with you in the bed. The crib slats should be $<2\frac{3}{8}$ in apart.
- Take an infant CPR/first aid class. Try Northwestern at 877-926-4664 or Children’s Memorial (773) 975-8751
- Never, never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- Never leave the car seat/bouncer on an elevated surface.
- Shaking or spanking your baby may cause injury or death.
- Do not smoke around your baby- it may lead to respiratory problems- another room does not work- it has to be outside.
- Going outside is okay in clement weather. A stroller with netting is nice! Avoid crowds.
- Protect from sun exposure with clothing, blankets, or an umbrella.
- Set your hot water heater to 100°F to prevent burns and never drink hot liquids while holding your baby.
- Install smoke and carbon monoxide detectors.

Baby Care:

- Diapers: Use soft paper towels with water for your baby’s diaper area. Diaper wipes are fine if baby’s skin is not red. Make sure the area is dry before diapering. You must feel/see urine in diaper every 6 hours.
- Cord care: The cord stump will dry up and separate in 1-6 weeks. It is important to keep the area clean and dry to prevent infection.

Sometimes as the cord falls off, there may be a few drops of blood- this is okay. This does not hurt your baby. Call the office immediately if the skin around the cord becomes red or if there is pus/odor coming from the cord.

- Baby boy circumcision care: the penis will look red and shiny and may ooze. To help healing, use petroleum jelly on gauze dressing and place over the penis to protect it from urine, stool and the diaper lining.
- Baby girls- there may be vaginal mucus discharge, possibly with blood. Wipe from front to back gently.
- Bathing: wait until the cord stump falls off first. Sponge bathing (water and a mild soap) is fine until then in a warm draft free room. Pay attention to the neck skin folds, underarms, and diaper areas.
- Always thoroughly towel dry your baby before dressing him/her.
- There may be some breast engorgement in both sexes- this is normal.

Other Things to Keep in Mind:

- Know the signs of illness – temperature equal to or **over 100.4°F rectally**, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. You must use a rectal thermometer.
- Watch your older children and pets carefully around your baby.
- Show your baby affection – you can not spoil a newborn.
- Adults who will be having regular close contact with your infant should receive a single dose of Tdap (tetanus, diphtheria, pertussis). Mothers can receive this vaccine in the postpartum period to protect themselves and their infant from pertussis (whooping cough).
- For routine questions, call in time is 9a.m.-9:30a.m. Monday-Friday, 9:30a.m.-10a.m. Saturday, and Sunday 10:30a.m.-11:00a.m. If you have any concerns, please do not hesitate to call the office to speak to a doctor or nurse. Don’t let a busy signal deter you, we take calls at any time. For emergencies, a doctor is on call after the office is closed.

What will we do today?

- Your baby will have a physical examination.

Visit our website at www.TownAndCountryPeds.com

