

# TIPS FOR PARENTS OF A NEWBORN



\*The following are general tips based on our experience and not to be a replacement for common sense or a medical professional's advice\*

## Before baby is home:

- Check out the pediatrician office you intend to use to see what it will be like
- talk to the pediatrician about your concerns and needs
- find out how they operate and if they require you to visit a main office when getting your child's vaccinations etc
- be sure you have your home prepared: if you live in an area with extreme weather, be sure to have a plan if power outages happen (like for heating or air conditioning in the home)
- figure out who you can have help if there is an emergency and you need someone to care for your newborn (think about COVID and other highly contagious illnesses)

## After baby is home:

- Keep a detailed log:
  - of all wet and soiled diapers
  - any temperature above 99 degrees
  - how baby's temperament is if it changes and lasts longer than a day
  - how much baby eats if from bottle
  - how often the feeds last
  - the times you offer baby bottle

Note if baby is turning from bottle, seems to choke or has trouble breathing during feeds, or if baby's skin changes color - if you suspect that baby is aspirating call the doctor as soon as possible. If baby can't breathe it is an emergency, call 911!

- get regular checkups with pediatrician
- if you notice baby not eating as well as when you first brought baby home, and you have changed something about their diet, try to narrow down what the changes are and make detailed note of it.
- Bring it up to the doctor and be persistent if they just say to "wait it out" - get baby's weight checked often if they stay same weight for more than a week or two.
- If baby's appetite does not get better after a few days, try to go back to the old diet to see how baby does.