

JBER Newborn Discharge Instructions

Your baby:

Feeding: Breast feed on demand, expect every 2-4 hours. If you are formula feeding, formula feed every 3-4 hours on demand. Do not let your newborn sleep longer than 4 hours at night until the 2 week WBC (Well Baby Check) to ensure good weight gain.

Jaundice: Check your baby's skin color from head to toe for a yellow color. Call your baby's doctor if yellow color increases, or your baby is not waking up for feeds, decrease in urination and stooling, or for concerns.

NEVER SHAKE YOUR BABY!: The number one reason babies are shaken is because of inconsolable crying. If your infant is crying and you are becoming frustrated or angry, take a break. Place the baby on its back in a safe place, such as the crib, move away and calm down. Call a relative or friend.

CRYING

One of the ways that your baby communicates initially is by crying. Other signs show hunger, such as licking his/her lips, moving his/her arms around, and sucking. You will also learn that your baby has different cries. Some babies spend a portion of their day crying, and this is very hard for parents. Crying for three or more hours a day is described as 'colic'. It is not related to the breastfeeding mother's diet or the formula that a baby may be consuming. There are soothing things that may help, such as:

- Holding your baby close in a baby carrier
- Walking with your baby
- Soft music
- White noise, such as the vacuum cleaner
- Having family or friends take turns helping

It does not last long (usually three to six weeks), but during this time you may find caring for yourself and your baby to be very challenging. Be sure to accept help from others, and call your health care provider if you have questions.

SUDDEN INFANT DEATH SYNDROME (SIDS): ****Always put your baby to sleep on his/her back.****

'Back to Sleep' decreases the risk of SIDS.

WELL-BABY VISITS: Planning for your baby's health is important and needs to include regular follow-up with a health care provider: family doctor, nurse practitioner, pediatrician, midwife, and/or public health nurse. These visits may be timed as follows:

- Within 48-72 hours after discharge from hospital
- One to two weeks later

-Monthly during the first year

The timing of these visits may depend on how your baby is doing with feeding and gaining weight, whether you are receiving home visits from a public health nurse, and your baby's health. At each visit your health care provider will usually check your baby's:

-weight

-head circumference and length

-Skin and eyes for signs of jaundice (hyperbilirubinemia or yellow of the skin/whites of the eyes caused by immaturity or the baby's circulation)

-blood for bilirubin if positive signs of hyperbilirubinemia

-feeding frequency and amount (should include number of wet/dirty diapers)

WHEN TO CALL THE DOCTOR OR NURSE PRACTITIONER

Call your health care provider to see your baby immediately for:

-Fever greater than 100.4F (37.4C) or if the baby feels hot to the touch

-Loss of appetite

-Diarrhea or green loose stool

-Vomiting

-Lethargy or sleepiness (more than usual)

-Skin rash, particularly in the diaper area, that includes open areas or bleeding

-Decreased number of wet or dirty diapers

-Discharge with an odor from the umbilical area

CARE OF YOUR NEWBORN

Your baby has many physical needs, such as bathing, changing, sleeping, and eating. Important things to remember about bathing include:

-Wipe each eye from one corner to the other with water only and a clean area of your washcloth

-Use mild soap that is unscented and/or made specifically for baby

-It is not necessary to bathe your baby every day (face and bottom every day is good enough), but if your baby likes it, using water only may keep your baby's skin healthy

-Immersing your baby in five inches of water is relaxing for your baby

-Always have all of your supplies nearby and don't leave your baby alone

Important things to remember about sleeping include:

-When you and your baby are sleeping, your baby should be on his/her back

-If you are awake and observing your baby (during the day), place your baby on his/her 'tummy to play'

-Your baby may sleep in your room at night, but should not sleep in your bed; the soft bedding, pillows, and blankets are not a safe surface for a baby to sleep on.

CAR SAFETY

When your infant is traveling with you in a car, he/she should always be in the back seat in a safety-approved rear-facing car seat. Ensure your infant is placed in the seat with the harness adjusted appropriately and without additional towels or blankets to help keep your baby safe. Never leave your infant in the car.

Your infant has an appointment with pediatrics within 3 days of days of discharge from the hospital.