



- Compassion
- Courtesy
- Respect



Brent K. Eberhard, M.D.

Newborn Check



Height _____ % _____

Weight _____ % _____

HC _____ % _____

**If you have any questions
call (801) 773-4840
Extension 3248**

**For appointments, call
(801) 773-4865
Urgent Care: M-F 5-9, Sat. 9-5
After Hours: (801) 299-2770**

Congratulations on the birth of your child! Parenting is the greatest adventure and investment one can make. Enjoy the tender moments with your newborn, and be confident in what you discover works best for you and your child.

Preventing Fatigue and Exhaustion:

The first weeks at home with a new baby are often filled with sleepless nights and the feeling of being overwhelmed, and overworked. Caring for your baby can sometimes be lonely and stressful. The best solution is asking for help. Every newborn wakes up one or more times at night. The way to avoid sleep deprivation is to get the total amount of sleep you need in bits and pieces. Adults need at least 8 hours of sleep in a 24 hour period. Nap when your baby naps. Feel free to turn off the phone, limit other distractions and sleep until your baby wakes you. If you are not able to get the needed amount of sleep ask a friend, relative, spouse, or hire a babysitter to help.

Postpartum Blues:

More than 50% of women experience postpartum blues within the first week of delivery. Symptoms include tearfulness, tiredness, sadness, and difficulty thinking clearly. Generally this is a temporary

feeling from sudden changes in hormones and fatigue. Many mothers feel guilty and disappointed by these feelings, believing they should be overjoyed just in caring for their newborn. These symptoms generally lessen and resolve within 3 weeks of delivery as hormone levels return to normal. If symptoms become overwhelming and persistent, then please ask for help from family, friends, and your physician.

“The best way to avoid sleep deprivation is to get the total amount of sleep you need in bits and pieces.”

Visitors:

Infants are prone to catching illnesses as they have not been exposed previously and have an immature immune system. All visitors should wash their hands prior to contact with your newborn, and should avoid touching your newborns hands and face. Let your visitors know that they should not visit if they have a cough, cold like symptoms, or fever.

#1 Don't be afraid to ask for help when caring for your baby. Friends and relatives can help.

#2 More than 50% of women experience postpartum blues within the first week

#3 All visitors should wash their hands prior to contact with your newborn



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Helpful Tips and Suggestions for your Newborn

Ask

**Dr.
Eberhard**

Have questions about your new little one? You're not alone. Here are some of the most common questions asked by parents.

Q I'm feeling overwhelmed trying to care for my baby. What can I do?

A Ask for help! A friend, relative, spouse or even a babysitter can help you catch up.

Q What's the best way to handle my baby's crying?

A Swaddle your baby. It allows your infant to feel safe and secure, and helps to calm and soothe an upset baby.

Q Are there any immunizations that we need as parents?

A Yes. Make sure caregivers have the flu and Tdap vaccines.

***If you have further questions call
(801) 773-4840 Ext. 3248***

Feeding your baby:

Most babies lose a few ounces during the first few days after birth; they should regain this weight by their 2 week check up. Infants should be fed only breast milk or formula. Bottle fed infants should take 2-3 ounces of formula every 2-3 hours. Breast fed infants should feed from both sides every 2-3 hours and appear satisfied after feeds. Signs of adequate feeding are at least 6 wet diapers per day and soft yellow stools each day. If you are worried about feeding, weight gain, or whether you are providing adequate nutrition then come in for a weight check.

Crying:

Infants have immature nervous systems that grow rapidly over the first few years of life. As they form new connections in their brain and experience increasing amounts of stimulation, they increase their amount of crying. This is also their way of communication over the first few months. Typically crying increases from 2 weeks and peaks around 2-3 months. You cannot spoil an infant, so hold him/her as much as you like. If you are frustrated with your infant's crying, ask for help and support. It is okay to leave your baby in his crib or other safe place and take a small break. Never shake your baby in attempts to stop his/her crying.

Infant Care:

The umbilical cord usually falls off by 2-3 weeks of age. Avoid any moisture to umbilicus. If it does seem wet and oozy, then place a small amount of rubbing alcohol on the wet area to help it dry. Bath once every 3 - 5 days after the cord has fallen off and is completely dry. Infants often develop rashes during the first few weeks. The skin often appears dry and peels, which is normal. When awake, start doing tummy time to help develop core muscles. Your baby will spend most of the day sleeping, rotate his head to prevent focal flattening. Grunting, spitting up, and sneezing are normal in-

fant behaviors. Taking your baby outdoors is fine, remember to dress your infant in as many layers of clothing as you would wear for the outdoor temperature.

"Typically crying increases from 2 weeks and peaks around 2-3 months."

Safety:

- Caregivers should be fully immunized.
- Never leave your baby alone with other small children or on high surfaces.
- Check smoke and carbon monoxide detectors.
- Use a rear-facing car seat.
- Do not drink hot liquids while holding your baby.
- Take a first aid and infant CPR class.
- Do not sleep with your infant in your bed.
- Always place your infant on his back to sleep.
- Babies skin is more sensitive to sun, and sunscreen should not be used until six months of age, always provide sun free areas with hats and longer clothing.

Follow up:

2 week check: At this visit the 2nd newborn screen will be done, bring the white envelope that was given to you in the hospital.

Concerning Symptoms:

At any time if your infant has difficulty feeding, awakening, looks yellow or pale, has poor urine output, poor stool output or stools that are not yellow/brown, breathing difficulties, is inconsolable or has a rectal temperature over 100.4 you should call your doctor immediately.