



The patient is at the
CENTER
of everything we do.



Kaysville Pediatrics

NEWBORN CHECK



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.

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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.

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 newborn's hands and face. Let your visitors know that they should not visit if they have a cough, cold like symptoms, or fever.

Dr. Jason Hoagland

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HELPFUL TIPS

#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.