

10 Common Reasons Babies Cry:

1. They are hungry.
2. They are hot (try not to over-bundle—a newborn is comfortable in one more layer than what we are comfortable in).
3. They are cold (avoid having a fan or air conditioner blow directly onto a baby).
4. Their diaper is wet.
5. Their diaper is soiled.
6. They have gas from above.
7. They have gas from below.
8. They want to suck on something, which can be very comforting to a baby. Pacifiers can be helpful with this, though, it will take some practice before a baby is good at using one.
9. Nothing is wrong. It is also normal for a baby to cry sometimes. Most babies cry, on average, 3 hours throughout the day.
10. They are not feeling well. Here are some signs to help tell if a baby is ill:
 - a. Temperature ≥ 100.4 , taken rectally on an undressed baby.
 - b. A baby that has low muscle tone or seems floppier than normal.
 - c. Vomiting that is projectile or looks like it is making the baby uncomfortable.
 - d. Inconsolability.

Caring For Your Newborn

Congratulations on your new baby!

The information in this brochure is meant to help answer the most common questions mothers have about taking care of their newborns.

Congratulations on the newest addition to your family!

Feeding Your Baby

Breast Feeding:

Breast feeding is an excellent way to provide your baby with nutrition, an immune system boost and bonding time with you. Breastfed babies will need to be fed every 2-3 hours for the first few weeks with each feeding taking, on average, 10-15 minutes on each breast. Take time to burp your baby after each side. During feeding, position your baby so that he/she is more upright—this makes it easier for your baby to breathe between swallows. After you are done nursing, insert your finger along the corner of your newborn's mouth to help break the suction before pulling him/her off. Then, during burping, hold your baby up to your shoulder and gently pat him/her on the back for about 5 minutes. Keep in mind that you are helping to settle the milk to the bottom of the stomach and helping the gas rise to the top—you may not always hear an actual burping sound.

Your baby will also need to take a daily vitamin D supplement, especially during the winter months. You can find many formulations available for newborns over the counter in any drug store.

It may take a few days before your milk comes in, but what you are providing your baby in the meantime is sufficient. It is normal for babies to lose about 10% of their body weight in the first week and then regain their birth weight by 10-14 days of age. From that point on, they will gain about an ounce per day over the next couple of months.

Formula feeding:

If breast feeding is difficult for you, or you choose to use formula, be comforted that the formulas available are very nutritious for your baby and are already supplemented with all necessary vitamins. Begin by offering your baby 2-3 ounces every 3-4 hours. Hold your newborn so that he/she is positioned more upright during the feeding. Try not to get too much air into the nipple of the bottle to avoid excessive gassiness. Be sure to burp your baby (as described in the breastfeeding section) when he/she is halfway through the feeding and again after the feeding is finished.

Washing Your Baby

Babies can be bathed 2-3 times a week using a very mild baby soap. Try not to wash around any orifices, or openings, with the soap—such as the eyes, ears, vaginal or mouth areas. Make sure to test the temperature of the water carefully before placing your baby near it.

Until the umbilical cord falls off, use a sponge bathing technique without submersing him/her into the tub of water. Between bath-times, you can keep your baby clean by wiping dirty areas with a washcloth—especially the creases in his/her neck where milk can accumulate.

Caring for Your Baby's Umbilical Cord

It is important to keep the cord clean and dry. One way to do this is to wipe the bottom of the cord where it connects to the bellybutton with alcohol every time you change your baby's diaper. It also helps to fold the top of the diaper down so that the cord stump is left uncovered.

On average, the stump will fall off by 1-3 weeks of age. Keep in mind, it is normal for there to be a little bleeding right before or after the cord separates.

Putting Your Baby to Sleep

The safest way for any baby to sleep is in their own crib and placed on their back. Try to keep the crib free of any pillows, blankets or stuffed animals and use only a fitted sheet for your baby to sleep on. It is also recommended to alternate how your baby's head is positioned so that there is no flattening of the back of his/her head.

A good time to put your baby on his/her tummy is while your baby is awake and under supervision. This is a great way for babies to build upper body strength and get a different view of their environment.

Bowel Movements

Bowel movements can vary greatly between babies, and can even vary greatly in one baby as he/she ages. Usually, newborns' bowel movements start off a dark green/black color and are quite sticky. Then, as babies start to feed, the color gets lighter and the consistency softer—often yellow and seedy.

It is normal in the beginning for babies to strain, grunt or get red in the face while they are trying to pass stool. This is because they have to learn how to use their muscles (which are still weak and uncoordinated) to push the stool out. As long as the stool that is produced is soft, your baby is not constipated.

There is also a wide acceptable range for the frequency of bowel movements. Some babies pass stool 10 times a day, while others may pass stool once every few days. As long as the stool comes out soft and your baby is gaining weight properly, there is no reason to worry about constipation.

If you have any further questions, we will be more than happy to discuss them with you over the phone or at your first visit. Take care!