

Baby Health Kit

- Baby care book: American Academy of Pediatrics, *Caring for your Baby and Child: Birth to Age 5*
- Baby fingernail scissors/clippers
- Saline nose drops and bulb suction
- Rectal thermometer

Infant Acetaminophen

Dropper bottle (80 mg/0.8 ml)

All newborns with fever must be evaluated

Age	Weight	Dose
Newborn	7 pounds or 3 kilograms	40 mg or 0.4 ml dropper
2 months	11 pounds or 5 kilograms	80 mg or 0.8 ml dropper

Phone Numbers

Poison Center: 1-800-222-1222

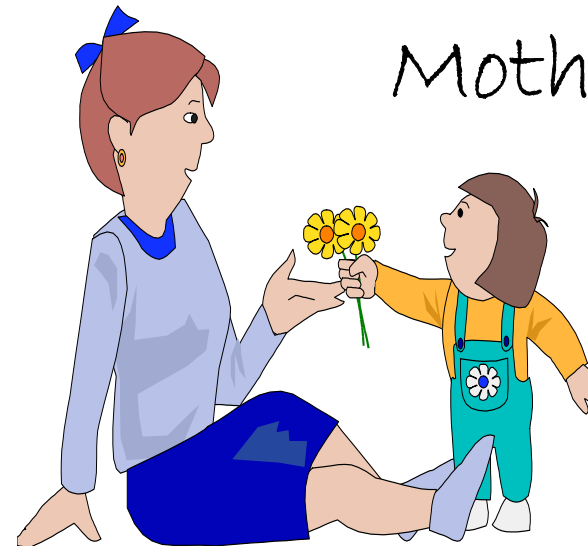
Clinic:

Nurse Advice Line:

Lactation Consultant:



For New Babies
and their
Mothers



Through your love, the
newborn wrapped in
mystery unfolds...

-Penelope Leach

New Baby Care

Do...

- Keep umbilical cord clean and dry
- Feed at least every 2-3 hours
 - Breast milk or
 - Formula (full iron only)
 - No water, juice, or other food

Avoid...

- Exposure to illness
 - Ill family and Friends
 - Crowded public places (malls)
- Exposure to excessive heat or cold

Be seen immediately for...

- Fever over 100.4 (rectal)
- Urinating less than 3 times daily
- Jaundice below the belly button
- Difficult breathing
 - 60 or more breaths/minute
 - Skin retracts between ribs

Next Appointment...

- First week nurse visit may be needed
- Two week check in clinic

New Mother Care

Do...

- Think about contraception
 - Condoms at minimum
 - Pills, Depo Provera, IUD
- Keep stools soft
 - Stay hydrated and eat fiber
 - Consider Colace
 - Witch Hazel for hemorrhoids

Avoid...

- Intercourse for 4-6 weeks
- Driving for 1-2 weeks
- Lifting >10 pounds for 4 weeks

Be seen immediately for...

- Fever
- Foul vaginal discharge
- Constant pelvic pain
- Heavy vaginal bleeding
 - Clots larger than a quarter
 - 4 soaked pads in 4 hours

Next Appointment...

- Vaginal birth: Pap Smear in 6-8 weeks
- Cesarean: Recheck in 2 weeks