

Child's Name: _____

Date: _____

Age: _____ Weight: _____ Length: _____ Head: _____

Date

Newborn Checkup

1. FEEDINGS: Continue breast-feeding / formula feeding on demand. Most formula babies will drink up to about 2-4 oz per feeding every 2-4 hours with a maximum recommended amount of 24 oz per 24 hours. Do not begin other foods or juice unless directed by your pediatrician.
2. VITAMINS AND IRON SUPPLEMENTS: Vitamins and iron are added to all infant formulas so no supplemental vitamins are necessary for most babies. Likewise, if breast-feeding mothers continue their prenatal vitamins no supplemental vitamins are needed for breast babies.
3. CORD CARE: Keep the umbilical cord dry. Occasionally the umbilical cord may stay on for 3-4 weeks.
4. JAUNDICE: If your baby becomes jaundiced during this time period please discuss this with your pediatrician.
5. COMMON PROBLEMS: Hiccups and sneezing are common in this age group. Many babies also begin to spit up during this time. If you feel that this is excessive or that your baby is not gaining weight well please call for an appointment.
6. FUSSINESS: Some babies develop increasing periods of irritability and fussiness (colic) during the first 6-8 weeks. This usually improves over the next several months. If you feel that these symptoms are unusually severe or you cannot comfort your baby during such episodes please make an appointment for evaluation with your pediatrician.
7. ACCIDENT PREVENTION: Use an approved infant car safety restraint. Do not leave young siblings or pets alone with your baby. Do not leave your infant alone in the house or in a car with its windows rolled up. Prevent falls - do not leave your infant unattended on a dressing table, bed, chair or couch. Be sure that your house is equipped with smoke detectors. Never jiggle or shake the baby's head vigorously. Because of the danger of strangulation, do not place a string or necklace about the baby's neck or use a long string to attach a pacifier or religious medal to one of the crib bars.
8. SLEEP PATTERNS: If your baby stays awake for long periods in the middle of the night at feedings consider interrupting his/her daytime naps. Mothers should take available opportunities to nap during the daytime.
9. SLEEP POSITION: The American Academy of Pediatrics recommends that healthy term babies be positioned *on their back* to sleep. This is known to reduce the risk of Sudden Infant Death Syndrome (also called Crib Death). If your baby is premature, vomits frequently, or has been diagnosed with "GE Reflux" please ask your doctor about the recommended sleep position. At other times during the day we recommend that you periodically position the baby on his/her side or stomach while awake. This will reduce the likelihood of the baby's head becoming flattened in the back from constantly lying in one position.
10. BLADDER AND BOWEL FUNCTION: Boy babies should have a strong urine stream when they void. If your boy infant has a weak urine stream and cannot easily "squirt" you when the diaper is off discuss this with your pediatrician. Newborns normally produce soft runny stools, which may occur as often as 5-10 times per day or as infrequently as every 3-4 days. Infrequent stools may be normal if they are loose and runny. Infants often strain when they move their bowels. If the problem persists, call for an appointment with your pediatrician.
11. POST PARTUM DEPRESSION: Feelings of inadequacy, anxiety, and depression are common during this time period. If you are troubled by such feelings please discuss this with your doctor.
12. SKIN CARE: Skin peeling is normal for most newborns during the first several weeks. You may apply baby lotion as needed during this time. Avoid using baby oil however. You may tub bathe your baby after the umbilical cord comes off. In boys circumcised with the "PlastiBell" technique, wait until the "ring" comes off before giving tub baths. Place a washcloth at the bottom of the bath to prevent your infant from slipping. Newborn girls may have a whitish vaginal discharge noted at diaper changes during the first few weeks. At times this discharge may be slightly blood

tinged. Such vaginal discharges are normal and reflect the hormonal influences from the mother acting on a newborn female's vagina and uterus. Similarly, these maternal hormones sometimes also produce some temporary breast swelling in both girls and boys during the first month after delivery.

13. DEVELOPMENT: Newborns benefit immensely from social interaction with their families. Talking to infants, as well as cuddling and playing with them regularly are important developmentally and emotionally for babies. TV and videos are not recommended for any child less than two (2) years old. Watch for these developmental milestones:
 - 2 to 4 weeks
 - startles to loud noises
 - raises head slightly when lying on stomach
 - fixes visually on a face or object briefly.
 - 4 to 8 weeks
 - holds head temporarily erect when held upright
 - grasps a rattle when placed in his/her hand
 - smiles socially
 - coos, vocalizes reciprocally with parents
 - regards parent's face when it is in his/her direct line of vision, begins to demonstrate the ability to distinguish between parents and others.

14. LABORATORY TESTS: All babies born in the state of Georgia receive a "Metabolic Disorder Test" (MDT) in the nursery after 24 hours of age. This is a test done on a sample of blood from the heel to look for some uncommon but treatable diseases causing mental retardation, metabolic disease and hemoglobin disorders (such as Sickle Cell Anemia). If your baby is over 2 weeks old and has not had this test done, please let your doctor know.

15. ILLNESS: Avoid exposing your baby to large crowds of people (especially to little children) during the first 2 months after delivery. Please call for an evaluation if your baby has any of the following
 - fever (greater than or equal to 101 rectal temperature)
 - breathing difficulty
 - recurrent vomiting.

16. MEDICINES / EQUIPMENT: Consider purchasing these things for future use as needed
 - thermometer
 - cool mist humidifier (for treatment of nasal or sinus congestion)
 - nasal saline and bulb syringe (for treatment of nasal congestion)
 - Acetaminophen Drops - ex. Tylenol, Tempra (for treatment of fever)(We do not recommend use of cold medicines in this age group because of the potential side effects.)

17. OTHER SUGGESTIONS:

18. IMMUNIZATIONS TODAY: _____

19. LAB TESTS TODAY: _____

20. NEXT CHECK UP: _____