

What to Expect During Your Newborn Visit



Welcome!

Congratulations on your baby! Whether this is your first or fifth, we are here to care for your child and help you with anything you need along the way. Here is a quick overview of what we will cover at today's visit.



Measurements

We weigh baby, measure length from head to toe, and measure head circumference to track healthy growth and development.



Feeding & Diapers

Breast or bottle, how often baby is feeding, wet & dirty diaper counts, and signs of a good latch



Physical Exam

Checking skin, eyes, mouth, heart, lungs, belly button, hips, and reflexes from head to toe.



Safe Sleep & Safety

Back to sleep, firm mattress, no soft bedding, no co-sleeping, and what to do if baby develops a fever.

Measurements: Weight, Length & Head Circumference



Head Circumference

A measurement around baby's head helps us monitor healthy brain and skull development.



Length

We measure baby head to toe to track growth over time.



Weight

We check weight before coming into the room to confirm a normal range for age.

i **Is weight loss normal?** Yes! It is completely normal for baby to lose weight during the first 2 weeks of life. Your baby had a lot of fluids going on and is still learning to eat – don't worry!

Feeding & Diaper Questions



Bottle vs. Breast?

Fed is best! Whatever works for the family – especially mom – is what is best. We are here to support you either way.



Wet Diapers

We want to see more than 1 wet diaper every few hours. This tells us baby is staying hydrated and feeding well.



Pooping?

Pooping every few days is normal as long as it is soft. Some babies only stool once a week – as long as it is soft, there is no concern!



Sleep

Baby will still wake every few hours to feed – this is completely normal at this age!

Physical Exam: Head to Toe



Jaundice Check

Looking at baby's skin and eyes to check if bilirubin is too high.



Head, Face & Mouth

Checking soft spot and looking at the face and mouth for any abnormalities.



Heart & Lungs

Listening for clear lungs and a normal heartbeat.



Belly Button

Checking if cord has fallen off. **No baths** until it falls off!



Hips, Reflexes & Diaper Area

Checking hips and reflexes, and a peek inside the diaper for any abnormalities and circumcision care.

Bonding, Safe Sleep & Important Safety



Skin to Skin

Early bonding with skin-to-skin contact is wonderful for both baby and caregiver. We love seeing this!



Tummy Time

A quick tummy time session with baby on their belly on their caregiver is a great start to building strength.



Safe Sleep

Back to sleep, firm mattress, no blankets or soft bedding, and no co-sleeping.

⊗ **Fever in a newborn is an emergency!** If your baby has a fever at this age, please take them **directly to the emergency room** – do not wait for an office visit.

We will finish up by going over any questions or concerns you have. No question is too small – we are here for you!