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## Newborn Information Sheet

For \_\_\_\_\_ DOB \_\_\_\_\_

BW \_\_\_\_\_ # \_\_\_\_\_ oz      Length \_\_\_\_\_ in      HC \_\_\_\_\_ in

### **Congratulations on the birth of your new baby!**

We at Skyline Pediatrics want to make parenting as enjoyable and rewarding as possible. We have tried to address some common questions in this handout. However, if you should ever have concerns about your child, please don't hesitate to call us.

#### **First Visit**

You should bring your baby to see us at the office within 2-4 days after discharge, please call our office before you leave the hospital and mention that you need a newborn follow-up appointment.

In addition to answering additional questions you may have, your baby will be checked for:

1. Weight gain/loss
2. Jaundice
3. Physical exam

Please bring any/all paperwork about your baby to this first office visit. This includes any hospital sheets, genetic screening card(s) and your baby's immunization record. Please arrive 15 minutes early for your appointment.

#### **Feeding your baby**

Breastfeeding is difficult to establish, but worth the time & effort.

1. Babies need to feed at least once every 4 hours, but may feed as often as every hour. Do not feed your newborn anything other than breast milk and /or formula. There is plenty of water in breast milk or formula – babies do not need any extra water.
2. Babies often spit up – generally this is not worrisome unless bloody, dark green or causing breathing or weight gain problems.

#### **Bowel and Bladder**

Your baby should stool and urinate prior to being released from the hospital.

1. Newborns' stools are black & sticky for the first 1-3 days, then transition to yellow and/or green within the first week.
2. Normal stooling patterns include once after every feed (especially when breast fed) to once every 1-2 days.

#### **Sleep**

1. Newborns often sleep most of the time when they are not feeding (up to 16-20 hours per day).
2. Putting them to sleep on their back or side is safest. This decreases the risk of Sudden Infant Death Syndrome. Also avoid fluffy items in their crib (blankets, stuffed animals, pillows, etc.).

#### **General**

1. Sneezes and hiccups are common and okay.
2. Sponge/towel bathe your baby until the cord falls off (usually 1-3 weeks) and has healed over. Regular baths are begun after the cord has fallen off.

#### **Illness**

Reasons to call us (or call 911 if your baby appears very ill):

1. Baby has a fever (rectal temperature of 100.4 °F or higher).
2. Continuous inconsolable crying for 3 hours or more.
3. Your baby hasn't wanted to feed for 2 or more consecutive feedings.
4. Baby is jaundiced (yellowing of the skin) to the belly button.
5. Your baby appears much less active than usual.
6. Your baby has difficulty breathing.

#### **Resources**

If you have not begun reading up on how to take care of your child, try one of these books:

1. Caring for Your Baby and Young Child (American Academy of Pediatrics, Steen P. Shelov, MD)
2. What to Expect the First Year (Eisenberg, Murkoff and Hathaway)