

DR. LEVINE'S BABY BASICS

Bringing your baby home can be overwhelming.

Here is a list of the just the basics. See you at your first appointment!

FEEDING



Feed your baby every 2-3 hours. Many breastfed babies want to feed more frequently - that's normal! Newborn stomachs are the size of a marble which means they need to feed small amounts very often. About 1 ounce per feed is enough for most newborns.



SLEEP

Newborns sleep 18-20 hours daily. One of the most important things is a safe place to sleep. A surface meant for an infant (crib, pack and play) without anything else around is safest. Swaddling may help you get more sleep during the first weeks. Babies should always sleep on their backs. An adult bed is never the safest choice for a baby.

ILLNESS



Watch out for:

- rectal temperature of 100.4 or above is an emergency for a baby
- babies should have a wet diaper every 6-8 hours or more
- babies should wake on their own to feed every 3-4 hours

CRYING

All babies cry sometimes. You can't spoil a baby with too much holding, rocking and cuddling. If your baby won't stop crying despite your best efforts, call your pediatrician.



COMMON CONCERNS

Newborns hiccup, sneeze, spit up and sound congested. Sometimes their skin peels or they get a rash. Newborns appear to jerk their arms and legs in sleep. They cry or grimace when they poop. You don't need to give medicine or change feeding method unless directed by your doctor.

**Babies can come with a lot of stuff, but they don't have to.
Here's what you really need to get started:**

GOOD TO HAVE BEFORE BABY COMES HOME:

- breastfeeding pillow
 - bottles/formula (having some on hand is important)
 - crib, pack and play or bassinet with infant mattress
 - swaddle blanket with velcro closures
 - rectal thermometer
 - diapers with the line that changes when wet
 - baby books
 - infant carseat
 - seasonal clothes, lightweight hat
 - baby carrier/sling
- **no crib bumpers, save stuffies for the first birthday**

DON'T FORGET:

- **MAKE SURE THAT ALL CLOSE CONTACTS GET FLU AND TDAP VACCINES BEFORE BABY IS BORN**
- **DON'T TAKE YOUR BABY TO CROWDED PLACES OR ALLOW ANYONE WITH ANY SICK SYMPTOMS TO COME IN CONTACT WITH YOUR BABY**

TIPS AND TRICKS FOR CRYING:

- swaddle baby
- pacifier
- swinging movement
- white noise/singing
- change location/position
- take a walk or a drive

YOU'RE GOING TO BE GREAT!

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