

Birth to 1 Week Checkup

Date: _____

Weight: _____

Height: _____



*“Before breastfeeding,
I hold my baby close
to my breast.”*

—Kaiser Permanente Member

Your baby may be ready to ...

- respond to sounds by blinking, crying, or appearing to be startled
- look at faces and follow objects with his or her eyes
- move arms, legs, and head

Feeding

- Breast milk is the best food for your baby.
- Breastfeed your baby on demand (8 to 12 times in 24 hours).

- In general, wake your baby up to breastfeed if it has been more than 3 hours since the last feeding (see other side). It's ok to let your baby sleep one 4 hour stretch in a 24 hour period.
- If you choose formula, feed your baby about 1½ to 3 oz. every 2 to 4 hours.
- Do not give your baby honey in the first year of life. Honey can make your baby sick.

Healthy habits

- Protect your baby from whooping cough. Whooping cough (also called pertussis) is a serious contagious disease. Whooping cough can cause babies to stop breathing or to cough so much that they can't breathe.
- All adults who come into close contact with infants younger than 12 months of age should get the Tdap booster shot, which helps protect against whooping cough. This includes parents, grandparents, teen siblings, and day care workers.
- Do not smoke or expose your baby to smoke. Smoking increases the risk of SIDS (crib death), ear infections, asthma, colds, and pneumonia. Talk with your doctor or visit the Health Education Department if you would like to quit smoking. You can also call a free helpline at 1-800-662-8887.
- Wash your hands before holding your baby.
- Keep your baby away from crowds and sick people.
- Gently swab the umbilical cord with water and let air dry until the cord falls off.
- It's best to keep your baby out of the sun completely. Use protective clothing and seek shade. It's okay to use a broad spectrum sunscreen (with UVA and UVB protection) on small areas of the

- body, like the face and the back of hands.
- Choose a doctor or nurse practitioner for your baby.

Safety

- To reduce the risk of SIDS (crib death), put your baby to sleep on his or her back (not on the side or stomach). Place on a firm, flat mattress in his or her own crib. Use a fan in your baby's room to increase airflow.
- Do not use a crib with drop sides. Slats should be no more than 2¾ inches apart. New cribs should meet these and other important safety standards, but used and older cribs may not. Check used cribs carefully. Be sure to check recall lists to see if your child's brand of crib has been recalled.
- Babies should sleep near their mothers in a safe crib or bassinet, but not in the same bed. If you have questions about bed sharing, talk to your physician or nurse practitioner.
- Use a car seat for every ride. Place in the back seat, facing backwards. Rear-facing car seats cannot be used with passenger side air bags. For questions about car seats, call 1-866-SEATCHECK.
- Do not warm bottles in a microwave. Hot milk can burn your baby's mouth. Always check the temperature of the formula by placing a few drops on your wrist before feeding.
- Never leave your child unattended with any animal, even family pets. Learn to recognize signs of aggression in your pets.

Parenting

- Hiccups, sneezing, irregular breathing, sounding congested, and crossing the eyes are all normal in newborns and should not cause concern.

- Never shake your baby. Shaking or spanking a baby can cause serious injury and even death.
- Don't let your baby get hot. Only dress your baby in one more layer than you are wearing. Include a hat during the winter.
- Cold air and wind do not cause ear infections or pneumonia.

Breastfeeding tips

The basics:

- Breastfed babies need to nurse 8 to 12 times every 24 hours.
- During the first two weeks of life, wake your baby up to eat if it has been more than four hours since the last feeding.
- Let your baby empty the first breast. Offer the second breast if your baby is still interested.
- Stay healthy yourself by eating healthy foods and drinking plenty of fluids, especially water.
- Rest when your baby is sleeping.
- Avoid artificial nipples (pacifiers, bottles) for the first 2 weeks of life.
- Try to feed your baby every 1½ to 3 hours if bottle fed.

If your baby is sleepy and it is time to eat, try ...

- Changing your baby's diaper
- Undressing your baby and taking your shirt off for skin-to-skin contact
- Gently rubbing your fingers up and down your baby's back or feet

What if my baby can't latch onto my breast?

- Position your baby's body facing your body (chest to chest).
- Support your breast with your fingers under your breast and your thumb on top. Keep your fingers and thumb off of the areola (the dark skin around the nipple).
- Use your nipple to lightly tickle your baby's lower lip.
- When your baby opens his or her mouth wide, quickly pull your baby onto your breast.

- Try to get as much of your breast in your baby's mouth as possible.
- If you are still having problems latching your baby on (and your baby is over 2 days old), call the Appointment and Advice Line.

How do I know if my baby is eating enough?

By the 3rd day of life you should ...

- Notice some breast fullness (engorgement)
- Notice milk dripping from the other breast while nursing
- Expect your baby to eat 8 to 12 times every 24 hours

By the 3rd day of life your baby should be ...

- Latching on to the breast well
- Having at least three stools a day
- Having breast milk stools (yellow, watery), not meconium stools (dark green, sticky)
- Wetting at least three diapers a day

Your baby should not have deep yellow or orange-colored skin (jaundice). Call your doctor or health care professional if you think your baby has jaundice.

Illness and fever

How do I take my baby's temperature?

Rectal temperatures are the most accurate and are recommended for the first two months of life. Armpit and ear temperatures are not as reliable at this age.

- Take your baby's temperature only if he or she feels hot or if you think your baby might be sick. Use a digital thermometer.
- A normal rectal temperature is from 97.5°F to 100.4°F.
- Lay your baby down on his or her stomach on your lap.
- Put some petroleum jelly on the end of the thermometer and gently put the thermometer about ¼ to ½ inch into the rectum (anus).
- Leave the thermometer in the rectum until the thermometer beeps.

- Read the temperature by looking at the digital display.

How do I know if my baby is sick?

Newborn babies can get infections easily. Call your doctor or health care professional right away if your baby has any of these symptoms:

- A fever over 100.4° F measured rectally.
- A temperature less than 97.5°F measured rectally.
- Rapid breathing (over 60 breaths a minute).
- Frequent coughing, vomiting, or diarrhea.
- Redness or swelling and a foul smell around the umbilical cord or circumcision site.

Also call if your baby seems to be sleepy all the time and does not want to wake up even to eat.

Other resources

Websites

American Academy of Pediatrics
healthychildren.org
 Kaiser Permanente
kp.org
 La Leche League International
lalecheleague.org

Books

Caring for Your Baby and Young Child: Birth to Age 5, American Academy of Pediatrics
Dr. Mom's Guide to Breastfeeding, Neifert
The Nursing Mother's Companion, Huggins

Visit your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your baby is two weeks old.



Make sure to attend your postpartum visit.



Choose a doctor or nurse practitioner for your new baby.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your child's physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your child's doctor.