



NEWBORN 101

Congratulations! The first days can be exciting and overwhelming. This guide highlights what to expect in those first couple days after you take your baby home.

Right After Birth

- Your baby will be dried, assessed
- Vitamin K and Erythromycin eye ointment given
- Time for family bonding and first feeding

Hospital Stay

- Typical stay: 2 -4 days
- A pediatrician will evaluate your baby in the hospital
- Don't forget to call your pediatrician to schedule an appointment for 1-3 days after discharge

Routine Newborn Care

- Erythromycin Eye Ointment: Prevents serious eye infections
- Vitamin K Injection: Helps prevent dangerous bleeding
- Hearing Screen
- Jaundice Screening
 - Jaundice or yellowing of the skin is due to bilirubin
 - At low levels, the yellow color is not a problem. However, if your baby gets too yellow too fast, the bilirubin can be unsafe.
 - All newborns have their bilirubin level checked around 24- 36 hours of life, so that we make sure the level is safe.
- California Newborn Screen
- Hepatitis B Vaccine
- Congenital Heart Disease Screen
- Circumcision (for boys if desired)

Feeding Your Baby

- Breastfeeding is encouraged when possible
- Formula feeding is also a safe and supported option
- Newborns feed 8-12 times per day, usually every 2-3 hours, if bottle feeding ~1-2 oz per feed
- Wake sleepy babies to feed if needed (skin-to-skin helps!)
- Lactation consultants are available, ask your doctor!

Diapers

- Parents should monitor how many dirty and urine diapers their baby is having
- By day 6, babies should be having AT LEAST 6 urine diapers in a day.
- Normal baby stool starts off dark (green/brown) and then becomes yellow and seedy.
- If any blood in the stool, any black stools (after first few days) or white stools, you should reach out to your pediatrician

Sleep Safety

- Always place baby alone in crib on their back
- Mattress should be flat and firm, with fitted sheet
- No loose items
- No smoking near baby
- No cosleeping

Adult Vaccinations

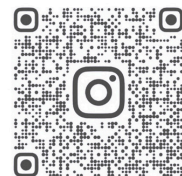
To protect your baby, parents and caregivers are recommended to have:

- Tdap (whooping cough)
- Flu vaccine (during flu season)
- COVID vaccine
- RSV vaccine (for mother) during RSV season.

Important Safety Reminders

- Carseat should be rear facing
- No bath until umbilical cord has fallen off
- Never leave baby unattended on high surfaces
- Never shake a baby
- If your baby has a fever (100.4F or higher) they need to be seen in the ER immediately.

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