



**Southeastern  
Pediatric**  
ASSOCIATES, P.A.

## Weight Check Visit

**Weight  
Check  
Visit**

### At this visit, your doctor will...

- check your baby's weight, length and head circumference
- check for jaundice (yellowing of the skin not uncommon in newborns)
- discuss newborn care and safety
- Address any concerns/questions you may have

## Feeding

- Feed baby when he/she seems hungry (puts hand to mouth, sucks/roots, fussing).
- End feeding when baby seems full (turns away, closes mouth, relaxes hands).
- Baby is typically feeding well when he/she has 6-8 wet diapers/day & 3-4 soft stools per day.
- Do not feed solid foods, juice or water.

### Breastfeeding

- Feed about every 1-3 hours.
- Help baby latch on correctly: mouth opened wide, tongue down, with as much breast in the mouth as possible.
- Continue to take a prenatal or multivitamin.
- Ask baby's doctor about vitamin D drops for baby.
- Avoid foods that might cause gas.
- Discuss any breastfeeding concerns with baby's doctor.

### Formula Feeding

- Offer baby 2 oz every every 2-4 hours (more if still hungry).
- Feed only iron-fortified baby formula.
- Hold baby and do not prop bottle.
- Discuss any formula concerns with baby's doctor.

## Sleeping

- A newborn may sleep up to 18 or 19 hours a day.
- Breastfed babies usually wake to eat every 1 to 3 hours.

- formula-fed babies may sleep longer, waking every 2 to 4 hours to eat.
- Newborns should not sleep more than 4 hours between feedings until they have good weight gain, usually within the first few weeks.

### BACK-TO-SLEEP

- (guidelines for reducing the risk of SIDS, Sudden Infant Death Syndrome).
- Always place baby to sleep on his/her back.
- In your room in a bassinet or crib not in your bed.
- In crib which meets current safety standards: Bars should be no more than 2 3/8 inches apart. Allow no more than a width of 2 adult fingers between the crib mattress and frame. For full crib safety and standards visit [www.cpsc.gov](http://www.cpsc.gov).
- Use a firm mattress without any bumpers, blankets, quilts, pillows, plush toys, ribbons or ties.
- Avoid overheating by keeping the room temperature comfortable.
- Consider putting your baby to sleep sucking on a pacifier.

## Routine Baby Care

### Cord Care

- The umbilical cord will typically fall off by 2 weeks of age.
- Fold the diaper down so the stump can dry and won't become irritated.
- You may leave the cord alone or clean the cord area with alcohol and a cotton swab once/day.

Sources: [healthychildren.org](http://healthychildren.org), [kidshealth.org](http://kidshealth.org), American Academy of Pediatrics: Bright Futures

## Circumcision Care

- Do not wipe or rub penis.
- Put petroleum jelly on penis or diaper front at each diaper change.

## Bathing

- Do not place baby in water until 24 hours after the cord has fallen off, or for boys, the circumcision has healed.
- Consider a sponge bath when needed (not often while infant).
- Clean diaper area with warm wet wash cloth once per day if not bathing.

## General Care

- Comfort baby by gently touching baby's head, rocking, patting.
- Start routines for feeding, sleeping, and playing daily.
- Hold your baby and be attentive to his or her needs. You can't spoil a newborn.
- Sing, talk, and read to your baby. Babies learn best by interacting with people.

Date:

Weight:

Next Visit: **2 Week Well Visit**

For information on 2 Week Well Visit:

[www.southeasternpediatrics.com](http://www.southeasternpediatrics.com)

## Safety

### Car Safety

- Visit [healthychildren.org](http://healthychildren.org) for complete car seat guidelines provided by the American Academy of Pediatrics (AAP).
- Make sure car seat is installed correctly (the Fire Department will check car seats for correct installation).
- Make sure seat is rear-facing in the back seat, and never in the front seat with a passenger side airbag.
- Never leave baby alone in the car.
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs.

**Child Safety Seat Inspection:  
1-866-SEATCHECK (732-2432) or  
[www.seatcheck.org](http://www.seatcheck.org)**

### General Safety

- Do not smoke/vape or allow others to smoke/vape around baby.
- Do not leave baby unattended.
- Make sure your home's water temperature is set to below 120° F.
- Do not carry or drink hot liquids while holding baby.
- Test baby's bath water and formula temperature with your wrist.

## When to Call

### Call 911 Now

- Can't wake up
- Not moving or very weak
- You think your child has a life-threatening emergency

### Call Doctor or Seek Care Now

- Age under 1 month old and looks or acts abnormal in any way
- Feeding poorly (such as poor suck, does not finish)
- Hard to wake up
- Dehydration suspected. No urine in over 8 hours, dark urine, very dry mouth and no tears.
- Fever: Rectal temperature below 96.8° or above 100.4°

CAUTION: Do not give fever medication before contacting your baby's doctor

### Call Doctor Within 24 Hours

- High-risk baby for severe jaundice
- Whites of the eyes (sclera) turn yellow
- Jaundice spreads to stomach (belly)
- You are worried about the amount of jaundice
- You are worried your baby is not getting enough breastmilk
- Yellow, seedy stools are less than 3 per day. Exception: breastfed and before 5 days of life.
- Wet diapers are less than 6 per day. Exception: 3 wet diapers per day can be normal before 5 days of life if breastfed.
- You think your child needs to be seen, but the problem is not urgent

Sources: [healthychildren.org](http://healthychildren.org), [kidshealth.org](http://kidshealth.org), American Academy of Pediatrics: Bright Futures