

HEALTH SUPERVISION VISITS

NEWBORN VISIT

ANTICIPATORY GUIDANCE

FAMILY READINESS

- Accept help from family, friends
- Never hit or shake baby
- Take care of yourself, make time for yourself, partner
- Feeling tired, blue, or overwhelmed in first weeks is normal. If it continues, resources are available for help.

INFANT BEHAVIOR

- Learn baby's temperament, reactions
- Create nurturing routines; physical contact (holding, carrying, and rocking) helps baby feel secure.
- Put baby to sleep on back; don't use loose, soft bedding; have baby sleep in own crib

FEEDING

- Exclusive breastfeeding during the first 4-6 months provides ideal nutrition, supports best growth and development; iron-fortified formula is recommended substitute; recognize signs of hunger, fullness, develop feeding routine; adequate weight gain = 6-8 wet diapers a day, no extra fluids.
- *If Breastfeeding:* 8-12 feedings in 24 hours, continue prenatal vitamins; avoid alcohol; supplemental vitamin D for baby
- *If Formula Feeding:* Prepare/store formula safely, feed every 2-3 hours; hold baby semi-upright; don't prop bottle

SAFETY

- Rear-facing car safety seat in back seat; never put baby in front seat of vehicle with passenger air bag. Baby must remain in car safety seat at all times during travel.
- Always use safety belt; do not drive under the influence of alcohol or drugs
- Keep home/vehicle smoke-free
- Keep hand on baby when changing diaper/clothes
- Keep home safe for baby

ROUTINE BABY CARE

- Use fragrance-free soap/lotion, avoid powders; avoid direct sunlight
- Change diaper frequently to prevent diaper rash
- Cord care: “air drying” by keeping diaper below; call if bad smell, redness, fluid from the area.
- Wash your hands often
- Avoid others with colds/flu
- Take temperature rectally, not by ear
- Create emergency preparedness plan (first-aid kit, list of telephone numbers)