

☞ New Baby Instructions ☞

- 1. breastfeeding:** both sides every 2 hours or so; formula feeding: 2-3 oz every 2-4 hours; no water or honey, no cereal or solids
 - 2. wet diapers:** at least 6 a day; dirty diapers - normal ranges from every diaper to every day, for a newborn
 - 3. cord care:** wipe with plain water, keep it dry, let it fall off, call if red/infected-looking
 - 4. skin rashes:** red dots & micro-pimples are normal - leave them alone; call if rash + fever
 - 5. genital care:** leave intact penis alone - if circumcised, vaseline on wound until healed (about 5 days) - girls, just normal washing
 - 6. sleep safety:** back to sleep (tummy time while awake), no big pillows or fluffy blankets, baby in center of bed, pacifier ok
 - 7. call if:**
 - fever (100.5 rectal temp) jaundice (yellow eyes, yellow skin)
 - dry (less than 4 wet diapers in 24 hrs) change in behavior (won't eat, won't perk up, won't stop crying)
- ANY other questions or concerns

☞ New Mother Instructions ☞

- 1. no sex** for 6 weeks; plan to start birth control at 6 weeks
 - 2. no heavy lifting** until bleeding stops
 - 3. mood swings** in the first 2 weeks are normal - call if blues/anxiety/fatigue last longer
 - 4. call if:**
 - pain in legs pain when using toilet painful breasts
 - fever (100.5 oral temp)
- ANY other questions or concerns

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