



# Baby

**Keep in mind that newborns are used to having someone's heart beat and voice nearby. Cuddle, rock and sing to your baby. Respond to your baby's cues to be held, fed or changed. Your baby will learn that their need for love, food and fun will be met and sense of trust will form. You cannot spoil a newborn!**

## What is normal?

- ❖ One poopy (stool) diaper in the first 24 hours. Poops will change to look yellow and seedy as the milk comes in. After Day 1, baby may go > 24 hours without pooping.
- ❖ At least one wet diaper per day of life in the first 5 days: 1 on Day 1, 2 on Day 2, 3 on Day 3 and so on until Day 5 when babies should have at least 5-6 heavy wet diapers a day (24 hours). Some orange-red staining called "brick dust" (uric acid crystal) may be normal until your milk comes in.
- ❖ Genitals may be enlarged. Baby girls may have a period-like or mucous discharge from the vagina for as long as 8 days after the birth. The foreskin on a baby's penis should never be pulled back.
- ❖ **In the first 24 hours**, babies may sleep a lot and may feed every 4-5 hours. They may spit up a lot of mucous.
- ❖ **After the first 24 hours**, babies should feed 8-12 times in 24 hours (approximately every 2-3h). Spitting up is normal.
- ❖ Between Day 2-3, babies may become very fussy and want to nurse often. This is often normal and they are working to bring the milk in. They should settle once the milk is in.
- ❖ Bluish, cool hands and feet (called acrocyanosis)
- ❖ Yellowing of the skin (called jaundice) is normal after the first 24hrs.
- ❖ White spot on nose (called milia)
- ❖ Baby's skin may peel and flake- apply unscented natural oil sparingly on dry skin.
- ❖ Babies should wear a snug hat for the first 24 hrs and one more layer of clothing than we do.
- ❖ Normal temperature is between **36.5-37.5°C (97.5-99.3°F)**, taken under the arm with a digital thermometer, babies can be sick with high and/or low temperature.
- ❖ No special cleaning is needed for the belly button and clamp, just fold the diaper below it.
- ❖ The stump will dry, become black and smell bad before falling off in the first 2 weeks.
- ❖ You may notice a small spot of blood on the baby's clothing/diaper and the belly button may be moist in the centre
- ❖ Your baby breathes differently than you; they breathe quickly and take pauses.
- ❖ They mostly breathe **40-60 times per minute** through their nose.
- ❖ Most babies lose weight in the first few days after birth.
- ❖ After this early weight loss, babies should gain at least ½ ounce per day.

## When to Page: To page your midwife call 1-877-533-0240

- ⊗ No pee or poo in the first 24 hrs.
- ⊗ After 24 hrs, baby becomes very lethargic- unable to wake for feeds.
- ⊗ Bright green or repeated projectile vomiting.
- ⊗ Blue centrally (face/lips/genitals)
- ⊗ Jaundice in 1<sup>st</sup> 24hrs.
- ⊗ High or low temperature
- ⊗ Bleeding from the cord like you've cut your finger.
- ⊗ Skin around the base of the cord becomes more and more "angry" red.
- ⊗ Nostrils flaring open with each breath or grunting with every breath.
- ⊗ Breathing quickly over several minutes
- ⊗ Baby appears to be working hard to breathe