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THREE DAY WELL CHILD CHECK



NAME: _____

WEIGHT: _____ HEIGHT: _____ HEAD SIZE: _____

Your baby's growth: Your baby's weight today is probably less than at birth. This is normal. A three-day-old's weight may drop as much as 10 % below birth weight. This weight loss occurs because the first day or two after birth babies often are sleepy and don't eat frequently. Babies also are just learning how to eat--how to latch, how to suck, how to swallow. As babies lose weight, they get hungry, and as they get hungry, they want to eat more often. As they eat more often, they gain weight. By 2 weeks of age your baby's weight should be back to, or above, birth weight.

Feeding your baby: Your baby, whether bottle fed or breast fed, should eat about every two to three hours. Some babies may want to eat more often than that; some may want to eat a little less often. Watch your baby for signs of hunger: some babies cry when they're hungry; some get their hands to their mouths and suck; some suck whatever touches their mouth and others just turn their head to the side and suck. Feed your baby whenever you see signs of hunger.

If you are nursing your baby, your milk is probably just beginning to come in. You'll know when your milk is in because you will suddenly hear lots of swallowing sounds when your baby is at the breast. The more your baby nurses, the sooner your milk will come in and the more milk you will make. Ask us for help if nursing isn't going well for you and your baby.

If you are bottle feeding your baby, your baby will probably drink between a half ounce to 2 ounces at every feeding. Be sure your baby's formula is iron-fortified. Please call us if you have questions or concerns about how your baby is feeding.

Ways to know your baby is doing well. There are four signs you can watch for that mean your baby is doing well.

1. Your baby should be alert. Alert means eyes wide open, looking around, for at least five minutes several times a day. Newborns sleep a lot: a total of 21 hour of 24 hours, but in between your baby's 2 to 3 hours sleep stretches, those alert periods should be there.
2. Your baby should eat about every 2 to 3 hours.
3. Your baby should urinate several times a day. If you are nursing and your milk isn't in yet, your baby should be wet at least 1 to 2 times a day. Once your milk is in, your baby should be wet at least 6 times a day. If your baby goes 24 hours without urinating, call us.
4. Your baby should have a bowel movement at least once a day. Your baby may still be having dark sticky stools, but over the next few days the stools should become lighter and more yellow in color. If your baby is breast fed, once your milk is in, the stools will be liquidy and yellow. Breast fed babies' stools are also explosive--you'll hear them go across the room. Formula fed babies have thicker, pastier stools. Call us if your newborn goes 24 hours without a bowel movement.

Parents feelings. Many parents of three-day-olds are feeling exhausted and overwhelmed. Moms are often teary, and Dads sometimes too. Take care of yourselves. If friends or relatives want to come by and help, limit their visits: have them fix a meal for you, or wash your dishes, but don't feel you have to spend time being social with them. Newborns often have day and night turned around until they are 3 weeks old, so they're awake and fussy at night, sleeping during the day. Parents need to sleep too, so take advantage of your baby's sleep time and nap. Remember to eat. Parents of 3 days olds are so busy taking care of their baby, they forget to eat. If you take care of yourselves now, you'll feel much better by the time your baby is two weeks old.