



Birth to 1-Week Checkup

Date: _____

Weight: _____ lb _____ oz _____ %

Height: _____ in/cm _____ %

Head circumference: _____ %

“Before breastfeeding, I hold my baby close to my breast.”

—Kaiser Permanente Mom

Your baby may be ready to ...

- Respond to sounds by blinking, crying, or appearing startled.
- Look at faces and start to recognize you.
- Move their arms, legs, and head.
- Suck and grasp with their hands.
- Cry to let you know what they need.

All babies develop at their own pace. If you have concerns about your baby’s development, talk with their doctor.

Feeding



Make feeding a special time to be close with your baby.

Some parents wonder if they’re feeding their baby the right amount. Watch for cues – feed when they show signs of hunger, stop when they show they’re full.

Signs they’re hungry:

- Putting hand to mouth
- Sucking and rooting
- Fussing

Signs they’re full:

- Turning away
- Closing mouth
- Relaxing arms and hands

If you’re breastfeeding:

- Feed your baby on demand. Aim for 8 to 12 times in 24 hours. It may sometimes seem like your baby’s always eating. This won’t last forever.
- Wake your baby up to breastfeed if it’s been more than 3 hours since the last feeding (see “**Breastfeeding tips**” on next side). It’s okay to let your baby sleep one 4-hour stretch in 24 hours.
- Give infant vitamin D drops every day to help develop strong bones.

Call our Appointment and Advice Call Center at 866-454-8855 if you have questions or need support. Find answers to common breastfeeding questions at kp.org/mydoctor/breastfeeding.

If you’re formula feeding:

- Feed your baby on demand about 1 to 2 ounces every 2 to 4 hours. Some babies will take a little more. If your baby isn’t vomiting, this is okay.
- Warm bottles in a bowl of hot water or bottle warmer (don’t use a microwave).

Healthy habits



Help your baby thrive as they grow.

- Be sure anyone who spends time with your baby is up to date on their immunizations—especially Tdap, flu, and COVID-19.
- Don’t smoke or vape or let others smoke around your baby. Your home and car should also be smoke-free. If you or your partner want support to quit, we have programs and medications that can help.
- Wash your hands before holding your baby.

- Keep your baby away from crowds and sick people.
- Keep the umbilical cord dry until it falls off, usually around 2 weeks of age. It’s okay to sponge bathe your baby until then.
- Keep your baby out of the sun completely while they’re so young. Use protective clothing and seek shade. If you must expose your baby to direct sun, use a broad-spectrum sunscreen (with UVA and UVB protection) on small areas of the body, like the face and the back of hands.

Safety



Keep your baby safe at home and on the road.

- Put your baby in a properly installed, rear-facing car seat in the back seat for every ride. Never leave your baby alone in the car. For questions about car seats, call 1-866-SEAT-CHECK (732-8243).
- Avoid drinking hot liquids when you’re near or holding your baby.
- Support your baby’s head as you hold them, and teach others to do this. If you have older children who want to hold the baby, be sure they wash their hands and sit down first.
- Never shake or spank your baby. This can cause serious injury and even death. If you’re having trouble handling your baby’s crying, ask a trusted adult to watch them while you take a break.
- Be sure to put your baby down in their own safe bassinet or crib if you’re holding them and you start to feel sleepy.

Sleeping safe



Remember the ABCs: Babies should sleep alone, on their backs, in a safe crib.

To reduce the risk of SIDS (sudden infant death syndrome, or crib death):

- Put your baby to sleep on their back on a firm, flat mattress in a crib or bassinet. Use a tight-fitted bottom sheet.
- Make sure your crib or bassinet meets current safety standards and don't add soft items like blankets, bumpers, or stuffed animals.
- Don't use a crib with drop sides. Slats should be no more than 2 $\frac{3}{8}$ inches apart. New cribs should meet these safety standards, but used and older cribs may not.
- Don't put your baby to sleep in your bed, on a couch or chair, or let yourself fall asleep while holding your baby.
- Offer a pacifier (but don't force your baby to take it). If it falls out if your baby is asleep, don't reinsert it.

Sleep is a challenge when you have a new baby. These tips can help:

- Try not to let your baby sleep for more than 3 hours at a time during the day.
- Make nighttime changings and feedings brief and boring. Keep the lights low and don't talk or play.
- Keep the room where your baby sleeps comfortably cool.
- Do your best to rest while your baby sleeps. If you have a partner, take turns resting. The first several weeks are especially exhausting. Take care of yourselves, and each other so you can be there for your baby.

Some babies cry before falling asleep. If they're fed, dry, and comfortable, it's okay to let them fuss for a few minutes.



Breastfeeding tips

- Follow your baby's cues, both for breastfed and formula-fed babies. Breastfed babies need to nurse 8 to 12 times every 24 hours. With formula, most babies also need at least 8 feeds in the first 2 weeks.
- Wake your baby up to eat during the first 2 weeks if it's been more than 4 hours since the last feeding.
- Let your baby finish nursing on one breast before offering the other. Offer a different breast first each time you breastfeed.
- Stay healthy yourself by eating healthy foods and drinking plenty of fluids, especially water.
- Avoid artificial nipples (pacifiers, bottles) until breastfeeding is well established.

If your baby is sleepy when feeding, try:

- Changing your baby's diaper.
- Undressing your baby and taking your shirt off for skin-to-skin contact.
- Gently rubbing your fingers up and down your baby's back or feet.

Tips for breast latching

- Position your baby's body facing your body (chest to chest).
- Support your breast with your fingers under your breast and thumb on top.
- Use your nipple to lightly tickle your baby's lower lip.
- When your baby opens their mouth wide, quickly pull your baby onto your breast.
- Try to get as much of your breast in your baby's mouth as possible.

If you're still having problems breast latching your baby, call us for help.

Signs you're feeding enough

By the 3rd or 4th day of life you should notice:

- Some breast fullness (engorgement).
- Milk dripping from the other breast while nursing.
- Latching on to the breast well.
- Wetting at least 3 diapers a day.

Be sure your baby isn't too sleepy to feed and is responding to touch and sound. They shouldn't have deep yellow or orange-colored skin (jaundice).

Fever and Illness



Rectal temperatures are the most accurate. Monitor any symptoms.

- Take your baby's temperature only if they feel hot or cold, or if you think they might be sick. Use a digital thermometer. A normal rectal temperature is from 97.5°F to 100.3°F.
- Lay your baby down on their stomach on your lap or on the floor.
- Put some petroleum jelly at end of the thermometer. Gently put it about 1/4 to 1/2 inch into the rectum (anus).
- Hold it there until it beeps.

Newborn babies can get infections easily. **Call your doctor right away** if your baby has any of these symptoms:

- A fever greater than or equal to 100.4°F.
- A temperature less than 97.5°F.
- Rapid breathing (over 60 breaths a minute).
- Frequent coughing, vomiting, or diarrhea.
- Redness or swelling and a foul smell around the umbilical cord or circumcision site.

Also call if your baby seems to be sleepy all the time and doesn't want to wake up even to eat.

Your next checkup is at 2 weeks old.

- ✓ Choose a doctor or nurse practitioner for your baby to see regularly.
- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 to make an appointment or if you have questions or concerns about your baby's health.