



Newborn Care

Health Education

2.2020

KAISER PERMANENTE®  **thrive**

Resources: Before and after the birth of your baby



Important Phone Numbers:

Labor and Delivery –	(916) 688-6667
Breast pump eligibility –	1-833-752-4737 #2
https://breastpumps.byramhealthcare.com to order pump	
Health Educator-	(916) 688-6019
Ob/Gyn Advice –	(916) 688-2055
Pregnafit Class (PT dept) –	(916) 688-2754
OB/Gyn Social Worker –	(916) 688-2317
Early Start Specialist –	(916) 688-6342
Admissions Office –	(916) 688-2522

Pediatrics:

Elk Grove Pediatrics--	(916) 478-5200
Pediatric Advice Line--	1-866-454-8855

Pregnancy Resources:

KP Pregnancy Member website

www.kp.org/mydoctor/pregnancy

- Weekly Pregnancy Updates
- Online Tour of Labor and Delivery
- Watch videos

Doulas

<https://www.dona.org/what-is-a-doula/find-a-doula/>

Or <http://www.capitalcitydoulas.com/>

WIC

<http://www.dhhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx>

American Academy of Pediatrics (AAP)

www.AAP.org

Postpartum Anxiety/Postpartum Depression Support

- Contact your KP provider to register

Kaiser Permanente South Sacramento is prepared to help you with your breastfeeding goals by providing the following resources:

[Breastfeeding Classes](#), sign up for a free Breastfeeding or Newborn Care class by calling 916- 688-2754.

[In the Hospital](#), our specially trained nurses and lactation consultants will help you with breastfeeding.

Lactation Walk-in Clinic

Newborn Care Center

1st floor, Medical Office Building 3, Room 118.

Monday through Friday 9am to 11:30am. Closed

Holidays. An International Board Certified Lactation

Consultant will help you and your baby with breastfeeding concerns and questions.

Breastfeeding Appointments and Advice

Call (916) 688-6800 for breastfeeding Advice or to make an appointment. Morning appointments are available at Elk Grove in the Health Education Department or the Newborn Care Center at South Sacramento.

Breastfeeding Products Rental and Sales

Newborn Care Center

1st floor, Medical Office Building 3, Room 118.

Call 916-688-2754. Rent a breast pump and buy supplies for breastfeeding (breastfeeding pillows, slings, pump parts and more). The Certified Lactation Educators will answer your questions about returning to work, choosing a pump, breastfeeding concerns, and provide information on medications and breastfeeding.

Baby and Me

Drop in to our support group to meet other moms, weigh your baby and discuss the joys and challenges of newborns. This group is facilitated by a Certified Lactation Educator. Limited to one parent per group. No Fee. Thursdays, Elk Grove, 10a to 12n. Closed Holidays

Welcome Home Baby!

Once you fill this out, post it on your refrigerator for an easy reminder.

Getting Out of the House

What are 3 activities you'd like to do, or groups you'd like to attend, to get out of the house?

- _____
- _____
- _____

Support Promise

Here are some things I'd like to do to support my partner OR here are some things I'd like my partner to do to support me:

- _____
- _____

Newborn Arrival Support

Family and friends will be excited for you. Let them know how they can help.

Write down your chores, meals, errands, and/or obligations.

Write down people who are willing to help.

Visitors

Limiting visitors in the first few weeks can help you bond with your baby. About how long do you think you want to wait before visitors come to your house?

Family _____

Friends _____

KP South Sacramento Resources:

Labor and Delivery:

- (916) 688-6667(MOMS)

Appointments and Advice

- 1-866-454-8855

OB/GYN, Breastfeeding, Pediatric Advice:

- (916) 688-6800

Classes:

- Childbirth Preparation
 - Breastfeeding
 - Safe From Harm
 - Late Pregnancy & Tour
 - Beyond Breathing
 - Baby and Me Support Group (Thursdays 10am-12p Elk Grove/Big Horn)
- (916) 688-2754 to enroll

Car Seats:

For information on installing your seat:

- Visit safercar.gov or seatcheck.org
- Call 1-866-SEAT-CHECK

Online Resources:

- Download our My Doctor Online App
- Kp.org/mydoctor
- Kpdoc.org/newborn
- Healthychildren.org

Welcome Home Baby!



BASIC BABY BEHAVIOR & CARE

Feeding & Burping

- Feed baby “on demand” 8-12 times in 24 hours; feedings will take awhile
- Feed baby before they start to cry
- Burp baby during and/or after feeding

Soothing Baby

- Calm baby using skin to skin, side holding, swinging, shushing, sucking, and/or swaddling, wearing your baby

Keeping Baby Well

- Make sure visitors have Tdap and flu shots
- Keep baby warm and protected from the sun
- Give baby a few minutes of “tummy time” every day while awake
- Never shake or spank baby
- Return for your newborn visit within 24-48 hours of going home



ADVENTURES IN SLEEP

Sleeping Safely

- Put your baby to sleep Alone, on their Back, and in a Crib
- Avoid any soft objects or loose bedding in the crib
- Have baby sleep in the same room as you, but not in the same bed

Sleeping Habits

- Plan on baby sleeping in stretches ranging from 30 minutes to 3 to 4 hours—sleep patterns may feel random
- Use white noise from a fan or a white noise machine to help baby sleep
- Try to sleep when your baby sleeps



BATHS & BOTTOMS

Changing Diapers

- Expect about one wet diaper per days old in the first 5 days—for example 3 wet diapers at 3 days old
- Wipe girls from front to back
- Fold diaper under umbilical stump

Bathing

- Keep the umbilical cord clean and dry
- Sponge bathe with a damp cloth until the cord falls off
- Give baby their first bath, after the cord falls off, in a few inches of warm water with gentle soap, if baby is comfortable



YOU TIME

Transitioning to Parenthood

- Discuss changing roles and expectations with your partner
- Ask for help from family and friends
- Be patient and compassionate with yourself and your partner

Caring for Yourself

- Take care of yourself and give your body time to heal
- “Baby Blues” are normal. Call us if you need help coping with feelings of sadness or anxiety
- Get out of the house when you can and consider joining a support group

Breastfeeding: Positioning and Latch

Laid Back Breastfeeding

- Lean back in your bed, couch or chair.
- Make yourself comfortable with pillows.
- Check to see that your head and shoulders are supported, not flat.
- Place your baby on your chest and let your baby's body mold to yours.
- Your baby's whole front should be against your front.
- Let your baby's cheek rest near your breast.
- As your baby searches, bobs and/or roots at your breast, help your baby do what s/he is trying to do; you're a team.



Cross Cradle Position

- Relax and get in a comfortable position.
- Lay baby at breast level, tummy to tummy, chin and cheeks touching your breast and baby's head higher than baby's bottom.

When feeding from your right breast:

- Place the palm of your left hand across your baby's shoulders and cradle baby's neck in the web between your thumb and index finger
- Allow baby's head to tilt back
- Do not press on the back of baby's head with your thumb or index finger

Clutch Hold/ Football Hold

- Place a pillow next to your side.
- Nestle your baby next to you on the pillow(s) with your hand and arm supporting baby's shoulders and neck.
- Baby should be facing you with baby's nose level with your nipple and baby's bottom a little lower than baby's head.
- Baby's bottom, not feet, should bump up against whatever you are sitting in (chair, couch).
- Support your breast with your fingers well away from your nipple and your thumb across from baby's nose. See Latch On instructions.

Positioning

Whatever breastfeeding position or hold you choose, check to see that:

- Baby is directly facing your breast
- Baby is against your body
- Baby's head is free to tilt back so chin leads
- Use pillows to support mom's arms, allow the breast to fall naturally

Latch On



Cradle baby's neck in the web between your thumb and index finger. Allow baby's head to tilt back, bring baby's chin into your breast and lay your nipple just above baby's top lip until baby opens as wide as a yawn and reaches for your nipple.

With baby's mouth open wide, push on baby's shoulder blades with the palm of your hand and bring baby snugly to the breast.

Push baby's lower body in with your elbow. Do not press on the back of baby's head. If baby is not comfortably latched and sucking, break suction and try again.

Latch videos

www.globalhealthmedia.org/videos/breastfeeding/

Hand expression video instructions

bfmedneo.com/resources/videos/

Laid back breastfeeding videos

<https://www.youtube.com/watch?v=ZlnOLTkejIs>

Baby and Me



Discussion topics include:

- infant behavior
- caring for yourself
- responding to your infant's cues
- breastfeeding
- weigh your baby

Babies until age 1 year, welcome to come !

Life with a new baby can be full of joys and challenges. In our group, parents ask questions, provide support for one another, and make new friends in a safe, non-judgmental environment. We hope that you can join us.

Elk Grove Baby & Me Schedule:
Thursdays 10:00AM -12:00PM
Big Horn Campus

Groups meet weekly on a drop-in basis. There is no fee to attend. This group is for Kaiser Permanente members only. One parent with baby up until age 1, per session.

This group is open to any parent seeking support (limit one parent per group) and their bundle of joy up to age 1.

* For Sacramento, Roseville, or Folsom, call: (916) 474-6610

Your Newborn at Home: Care Instructions

Your Care Instructions

During your baby's first few weeks, you will spend most of your time feeding, diapering, and comforting your baby. You may feel overwhelmed at times. It is normal to wonder if you know what you are doing, especially if you are first-time parents. Newborn care gets easier with every day. Soon you will know what each cry means and be able to figure out what your baby needs and wants.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

Feeding

- Feed your baby on demand. This means that you should breastfeed or bottle-feed your baby whenever he or she seems hungry. Do not set a schedule.
- During the first 2 weeks, breastfed babies need to be fed every 1 to 3 hours (10 to 12 times in 24 hours) or whenever the baby is hungry. Formula-fed babies may need fewer feedings, about 6 to 10 every 24 hours.
- These early feedings often are short. Sometimes, a newborn nurses or drinks from a bottle only for a few minutes. Feedings gradually will last longer.
- You may have to wake your sleepy baby to feed in the first few days after birth.

Sleeping

- Always put your baby to sleep on his or her back, not the stomach. This lowers the risk of sudden infant death syndrome (SIDS).

- Most babies sleep for a total of 18 hours each day. They wake for a short time at least every 2 to 3 hours.
- Newborns have some moments of active sleep. The baby may make sounds or seem restless. This happens about every 50 to 60 minutes and usually lasts a few minutes.
- At first, your baby may sleep through loud noises. Later, noises may wake your baby.
- When your newborn wakes up, he or she usually will be hungry and will need to be fed.

Diaper changing and bowel habits

- Try to check your baby's diaper at least every 2 hours. If it needs to be changed, do it as soon as you can. That will help prevent diaper rash.
- Your newborn's wet and soiled diapers can give you clues about your baby's health. Babies can become dehydrated if they're not getting enough breast milk or formula or if they lose fluid because of diarrhea, vomiting, or a fever.
- For the first few days, your baby may have about 3 wet diapers a day. After that, expect 6 or more wet diapers a day throughout the first month of life. It can be hard to tell when a diaper is wet if you use disposable diapers. If you cannot tell, put a piece of tissue in the diaper. It will be wet when your baby urinates.
- Keep track of what bowel habits are normal or usual for your child.

Umbilical cord care

- Keep your baby's diaper folded below the stump. If that doesn't work well, before you put the diaper on your baby, cut out a small area near the top of the diaper to keep the cord open to air.
- To keep the cord dry, give your baby a sponge bath instead of bathing your baby in a tub or sink.

The stump should fall off within a week or two.

When should you call for help?



Call your baby's doctor now or seek immediate medical care if:

- Your baby has a rectal temperature that is less than 97.5°F (36.4°C) or is 100.4°F (38°C) or higher. Call if you cannot take your baby's temperature but he or she seems hot.
- Your baby has no wet diapers for 6 hours.
- Your baby's skin or whites of the eyes gets a brighter or deeper yellow.
- You see pus or red skin on or around the umbilical cord stump. These are signs of infection.

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- Your baby is not having regular bowel movements based on his or her age.
- Your baby cries in an unusual way or for an unusual length of time.
- Your baby is rarely awake and does not wake up for feedings, is very fussy, seems too tired to eat, or is not interested in eating.

Where can you learn more?

Go to <http://kp.org/health>.

Enter **G069** in the search box to learn more about "**Your Newborn at Home: Care Instructions.**"

Current as of: December 12, 2018