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Newborn Follow-Up Visit

You have just experienced one of the most memorable times of your life. The birth and early care of your newborn brings with it a wide range of emotions – from sheer joy to total exhaustion; and everything in between! Now that you have been home for a few days, tentative routines will begin to unfold as you and your baby adjust to one another. The rhythms of eating and sleeping will slowly develop. Remember, each and every baby is different. Some settle into a routine rather easily while others take more time. Be patient!

We would like to emphasize a few important points for the weeks ahead:

- ✓ Take care of yourselves. Eat well and rest.
- ✓ Accept offers of help. Seek out those who support you.
- ✓ Expect to be in a bit of chaos for a time. It takes a lot of energy to become a mom/dad/brother/sister. Respect how much change is going on around you.
- ✓ Wash your hands frequently.
- ✓ **NO** smoking. Babies need a smoke free environment.
- ✓ **NO** daycare. Avoid group care or unnecessary contacts with large groups of children for at least the first month.
- ✓ Use an approved infant car seat **AND** make sure it is properly installed.
- ✓ Be careful with hot liquids near your baby.
- ✓ Check the temperature of your water heater. It should be **120 degrees or less**.
- ✓ Check the batteries in your smoke detectors. Replace if necessary.
- ✓ Back sleeping is a **MUST** for babies – preferably in a crib. Co-sleeping with a parent/family member is **NOT** recommended. You can hold, rock, talk, and sing to your baby as much as you wish. But, when it's time to sleep, do **NOT** be afraid of a little crying.
- ✓ Take your baby's temperature **RECTALLY** if you suspect illness. Call us if your baby's temperature is **100.5 or higher**.
- ✓ Postpartum depression is **REAL** and can be helped. Do not hesitate to call your physician for help.

Appreciate the miracle that is unfolding before you!



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Pertussis Facts for New Parents

Pertussis, also known as ‘whooping cough’, is a very contagious respiratory illness caused by the bacteria *Bordetella pertussis*. It can cause a serious, sometimes fatal illness in young infants. Babies get vaccinated against pertussis, but they are not fully protected until they receive their third DTaP vaccine at 6 months of age. Young infants usually catch pertussis from an adult; often, from their own mother or father. In adults, pertussis may cause a cough that lasts for a few weeks. Even adults who aren’t very sick can spread the disease to babies. Adults can now get a vaccine booster with Tdap (Adacel) that protects against pertussis. Talk to your health care provider about getting this very important vaccine.

- ✓ Moms, dads, grandparents <65 years of age, and daycare/childcare providers should all get the vaccine
- ✓ To protect your baby:
 - Get the Tdap vaccine before you leave the hospital.
 - Tell other family members about the vaccine.
 - Find out if your baby’s daycare/childcare providers are currently immunized.
Remember, it is your right to know!
 - Make sure that your baby gets the DTaP vaccine at 2, 4, and 6 months of age.
- ✓ You **CANNOT** get the vaccine **IF**:
 - You are allergic to the ingredients in the vaccine.
- ✓ Most common side effect:
 - Soreness at injection site.