

# Welcome to Newborn Baby Care!

Congratulations on your growing family.

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## Women's Care

OBSTETRICS, GYNECOLOGY  
& MIDWIFERY CENTER



# What Does Safe Sleep Look Like?



Use a firm sleep surface, such as a mattress, in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.

Make sure nothing covers your baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Your baby should not sleep in an adult bed, on a couch or a chair alone, with you or with anyone else.

Source: NICHD (National Institute of Child Health Development)

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at:

**800-638-2772** or [www.cpsc.gov/en/Safety-Education/Safety-Guides/Kids-and-Babies/Cribs/](http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Kids-and-Babies/Cribs/)

These recommendations form the basis for the safe sleep messages explained in the *Safe to Sleep*® campaign (formerly the *Back to Sleep* campaign).

Make sure everyone who cares for your baby knows the ways to reduce the risk of SIDS (Sudden Infant Death Syndrome) and other sleep-related causes of infant death.

# Infant Car Seat Safety



- Car seats should only be used when the infant is riding in the vehicle. Never leave the baby in the car seat for naps.
- All infants and toddlers should ride in a rear facing car seat until they exceed the highest height or weight allowed by the manufacturer.
- When possible, have a responsible and attentive person ride in the back seat with the baby.
- For longer trips, stop to take the baby out of the car seat a minimum of every 2 hours.
- Check the car seat expiration date and avoid used car seats if the history is unknown.
- Car seats involved in moderate to severe accidents must be replaced.
- No aftermarket products should be added to the car seat. This includes toys, padding, head support and anything else not originally sold with the seat.

## Safe Kids Car Seat Clinics

Monthly car seat clinics are held at Eugene Fire Station #2, from 4-6 p.m. located at 1705 W. 2<sup>nd</sup> Avenue. At the clinics, a certified child passenger technician will:

- Check your child's seat/booster for proper installation.
- Check for recalls and educate caregivers on safe installation and maintenance.
- Answer your child passenger safety questions and concerns.

Monthly clinics are held on the last Thursday of every month, except November and December which change depending on Thanksgiving and Christmas.

Quarterly clinics are held at the RiverBend Hospital (OHVI Entrance) on Saturdays, located at 3311 RiverBend Drive in Springfield.

Please bring your own seat. **There are a limited supply of free car seats/boosters available for those who are in need. The child must be present to obtain a free car seat.**

Car seat clinics are open to the public and function on a first come, first serve basis. No registration is required. Donations are gratefully accepted. *Lines may close early due to high demand.*

It is recommended to make or purchase a label for each child's car/booster seat with their name, birth date, parent/guardian's contact information and any health issues in case of an accident.

Safe Kids Car Seat Clinics are sponsored by Safe Kids West Oregon, Eugene Police Department and PeaceHealth.

For more detailed information visit:

[www.peacehealth.org/safekidseugene-police-car-seat-clinic](http://www.peacehealth.org/safekidseugene-police-car-seat-clinic)  
[www.safekids.org](http://www.safekids.org)

# Feeding Your Newborn

## Newborn Hunger Cues

### Early Cues/Hungry:

Stirring/squirming, mouth opening, turning head, seeking/rooting.

### Mid Cues/Really Hungry:

Stretching, increasing physical movement, hands to mouth.

### Late Cues/Calm Baby First, Then Feed:

Crying or turning red, agitated body movements. Calm your baby by placing him or her skin to skin on your chest, talking, cuddling, etc., then try feeding.

## Feeding Tip:

To avoid unnecessary frustration and fatigue for you and your baby, pay close attention to early feeding cues. Watch your baby, not the clock! This means, if your baby is showing signs of hunger but ate recently, it is okay to offer a feeding again. This will help establish and maintain your milk supply.

It is *NOT* recommended to put your baby on a strict feeding schedule (Example: not feeding your baby despite hunger cues because it hasn't been 3 hours since the last feeding). Babies want to nurse more frequently during growth spurts, when in pain, tired, overstimulated, scared and because they love it!

Breastfeed on demand and at least 8-12 or more nursing sessions per 24 hours.

## Freshly Expressed Breast Milk Storage Guidelines

### (For healthy, term babies)

- **Room Temperature:** Up to 4 hours.
- **Cooler With at Least 3 Frozen Ice Packs:** Up to 24 hours.
- **Refrigerator:** Up to 4 days.
- **Freezer:** Up to 6 months in a standard freezer and up to 12 months in a deep/chest freezer.
- **Partially fed/not finished expressed milk left over from a feeding:** Use within 2 hours from when the baby is finished feeding.

Do not store milk in the doors of refrigerator or freezer due to inconsistent and lower temperatures.

If your baby was born premature, these guidelines may differ slightly. Check with your health care provider for the recommended storage guidelines for your specific situation.

Never microwave breast milk. Doing so can cause severe burns to your baby's mouth from hot spots that develop in the milk during microwaving. It can also change the composition of breast milk. To quickly thaw or warm milk, simply place the bottle or bag into a bowl of warm water for several minutes.  
*(Source: [www.cdc.gov](http://www.cdc.gov))*

Please contact your insurance provider before your baby is born to discuss getting a breast pump. Whether you plan to pump or not, unexpected circumstances may arise that you will need to.

For help with breastfeeding questions, call Women's Care at (541) 868-9700.

# Tips for Soothing Your Baby

## Dr. Karp's "5 S's System"

According to Dr. Karp (author of *The Happiest Baby on the Block*), to soothe a crying infant, recreating the womb environment helps the baby feel more secure and calm.

Dr. Karp recommends:

- **Swaddling:** Tight swaddling provides the continuous touching and support your baby is used to experiencing within the womb.
- **Side/Stomach Position:** Place your baby on his or her left side to assist in digestion, or on their stomach to provide reassuring support. "But never use the stomach position for putting your baby to sleep," cautions Karp. SIDS is linked to stomach-down sleep positions. When a baby is in a stomach down position do not leave them even for a moment.
- **Shushing Sounds:** These imitate the continual whooshing sound made by the blood flowing through arteries near the womb.
- **Swinging:** Newborns are used to the swinging motions within their mother's womb, so entering the gravity driven world of the outside is like a sailor adapting to land after nine months at sea. "It's disorienting and unnatural," says Karp. Rocking, car rides and other swinging movements all can help.
- **Sucking:** "Sucking has its effects deep within the nervous system," notes Karp, "and triggers the calming reflex and releases natural chemicals within the brain."

# Reasons to Call Your Baby's Doctor Without Delay

- **Overly sleepy baby; difficulty waking your baby up or keeping him or her awake to feed.**
- **Change in eating habits; unable to wake to feed or refusal to feed.**
- **Fever over 100.4 °F.**
- **Unusual, sudden or high pitched cry and/or unable to soothe your baby.**
- **New or unusual rash.**
- **Yellowing of whites of eyes and skin.**
- **Less than 6 wet diapers or less than 3 poopy diapers per day by 1 week of age.**
- **Base of the umbilical cord appears red or swollen, continues to bleed, oozes a foul smelling pus/discharge or seems painful to your baby.**
- **Your baby looks or acts abnormal in any way; feeling that "Something just isn't right."**

Please remember, information and advice will change as your baby is changing. This can be confusing, so be sure to ask lots of questions. Trust your instincts, and seek more information from trusted and accurate sources when in doubt.





# Women's Care

OBSTETRICS, GYNECOLOGY  
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## **Women's Care, Eugene**

590 Country Club Parkway, Suite B  
Eugene, OR 97401-6025

(541) 686-2922

**Fax** (541) 683-1709

## **Women's Care, Springfield**

3100 Martin Luther King Jr. Parkway  
Springfield, OR 97477-7514

(541) 868-9700

**Fax** (541) 485-7392

## **The Fertility Center of Oregon**

590 Country Club Parkway, Suite A  
Eugene, OR 97401-6025

(541) 868-9755

**Fax** (541) 683-1709

## **Center for Genetics & Maternal-Fetal Medicine**

3355 Riverbend Drive, Suite 210  
Springfield, OR 97477-8800

(541) 349-7600

**Fax** (541) 686-8330