

# Baby's First Night Home

Congratulations! You did it! After 9 months of preparation and worries and all things pink or blue, you finally get to welcome your little one home! We are looking forward to seeing you at home within a day or two of your baby's arrival home. That's right, at **your home!** Here at Dunedin Pediatrics, **we always offer newborns home visits until their 2 month check up.** Nothing is more stressful than having to pack up your new bundle and brave the doctor's office, when your body is still recovering from the delivery! I know- I've been there! But tonight, you're on your own, so here are a few tips to get you through! (And if you still have more concerns, remember this- "The doctor is always in" at Dunedin Pediatrics! Just give us a call!)

- Your infant should be feeding every 1.5-3 hours until they are seen by us and can demonstrate that they have begun to put on weight (since many of them initially lose weight in the hospital).
- Look for 1 wet diaper per day of life. Since most vaginal delivery newborns go home on day 3 of life, the goal is 3 urine diapers on that day. This rule peaks at 6 days.
- Don't panic if you're breastfeeding and your breasts feel flat. Milk typically comes in on day 4-5. In addition, many infants feed so frequently the breasts hardly have time to refill and will feel soft. Monitor wet and poopy diapers as a marker of good feeding. Schedule your home visit with us within 48 hours of discharge as your baby's weight and exam will help tell us if baby is getting enough milk.

- Babies can sense tension. Relax and enjoy. Babies respond well to calm, confident demeanors. If you're getting stressed or not able to rest, get help from your significant other or a family member. If you don't have anyone to turn to for help, call the office and we can schedule an extended home visit. Dr. Vivian wants to help make this transition to mommyhood as least stressful as possible!
- Babies like to be rocked, held, swaddled, etc. While it's never a bad thing to put them down to help them learn to have alone time (sleeping, looking at mobile, etc), it's also not unusual for infants to like to be held a lot in the first month of life. You're not going to "spoil" them!
- Some infants spend the first night at home awake. The sleep-wake cycle in infants is not set for day and night, sometimes for the entire first month. Many infants will seem more awake at night. Don't try to keep them awake during the day to counteract this – sleep begets sleep. Try to rest during the day when they do sleep. (The dishes can wait! Or let those helpful friends know they can help you by doing dishes or a load of laundry while you rest!)
- Some favorite reading materials:

*Feeding Baby Green & Raising Baby Green* by Dr. Alan Greene

*Happy Baby, Healthy Sleep Habits* by Marc Weissbluth

*The Honest Life: Living Naturally and True to You* by Jessica Alba

*Your Baby's First Year* by the American Academy of Pediatrics

*La Leche League 2-Book Bundle: The Womanly Art of Breastfeeding; Feed Yourself, Feed Your Family*