

Bloomfield Pediatric Care

www.bloomfieldpediatriccare.com

43205 Woodward Avenue Bloomfield Hills, MI 48302

Newborn Well Visit

Growth & Development Milestones

- ✓ Grasps whatever is placed in hand
- ✓ Sucks whatever is placed in mouth
- ✓ Is startled by sudden noises and movements
- ✓ Jerky, mostly uncontrolled motions
- ✓ Waves arms, kicks legs, wiggles and squirms
- ✓ Cannot turn body or support head or sit without assistance
- ✓ Usually sleeps from 17 to 20 hours per day
- ✓ Cries and fusses about 1 to 4 hours per day
- ✓ Is alert and quiet about 2 to 3 hours per day
- ✓ Cannot focus clearly, sees best at 8 to 10 inches
- ✓ Cries a lot
- ✓ Makes tiny gurgling sounds when content
- ✓ Smiles spontaneously and unselectively

Personal Health & Wellness

- ✓ Returns to birth weight by 7-10 days
- ✓ Breast/formula recommended until age 1
- ✓ Breast feeding every 1 ½ - 2 ½ hours
- ✓ Baby needs 10-20 ounces of breast milk or formula daily for bone growth (4-5 oz every 3-4 hours)
- ✓ Always hold your baby during feedings
- ✓ Pumped breast milk can be given by bottle occasionally to give baby another way to drink and others to enjoy bonding
- ✓ Clean gums twice a day with soft cloth
- ✓ Never put baby to bed with a bottle
- ✓ No toys or blankets in the crib
- ✓ Baby gains approximately 1 ounce/day in the early months

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs
- ✓ Never eat, drink or carry anything hot when carrying baby

Home & Personal Safety

- ✓ Keep cords, strings, hanging mobiles away
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Poison Control number available to all caregivers**
- ✓ **Never leave your baby alone in car or high places!**
- ✓ **Co-sleeping is dangerous and not recommended!**
- ✓ **Be aware of post-partum depression “baby blues”**
- ✓ Sleep when baby sleeps do minimize fatigue

For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-newborn/>



Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



Office Hours:

Monday – Friday 9:00 am to 5:00 pm
Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888