

Avoid Common Mistakes in Caring for Your Newborn

All parents learn on the job, and all make mistakes. Use and share these tips from the doctors to avoid common mistakes in caring for your newborn.

Wake your newborn for a feeding at least every 3–4 hours.

Newborn babies should not sleep through the night. While babies typically sleep a lot, they need the calories in breast milk or formula for growth. This liquid also keeps the baby from becoming dehydrated. Wake your newborn for nighttime feedings for at least 2 – 3 weeks and until your doctor makes sure your baby is gaining weight.

Feed your baby on demand.

A baby knows when he is hungry and when he is full. As long as your newborn eats at least every 4 hours, feed her when she wants to eat. Breast fed babies typically eat more often than formula fed babies.

Avoid crowded places.

Your baby's immune system is not as good as it will be in 2 to 3 months. Therefore, newborns are at a greater risk of getting an infection. Some infections may be life-threatening.

Trust your instincts as a parent.

Do not worry about what well-meaning family and friends say. If you think something is wrong with your baby, call your doctor or seek medical care.

Go on outings.

Do not stay cooped up at home 24 hours a day, 7 days a week. You do not need to take your baby to crowded places. Go for daily walks. Make trips to the store when it is not crowded.



Put your baby to sleep on her back.

This is the best way to decrease the risk of Sudden Infant Death Syndrome (SIDS).

Get your baby vaccinated against childhood diseases.

The Center for Disease Control and American Academy of Pediatrics recommend that babies be immunized. Talk to your baby's doctor if you have concerns.

Take your newborn to a doctor if he has a fever.

Newborns with a fever need medical attention.

Have your carseat installed by a trained carseat specialist.

Do not do it yourself. Properly installed car safety seats save lives.

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
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