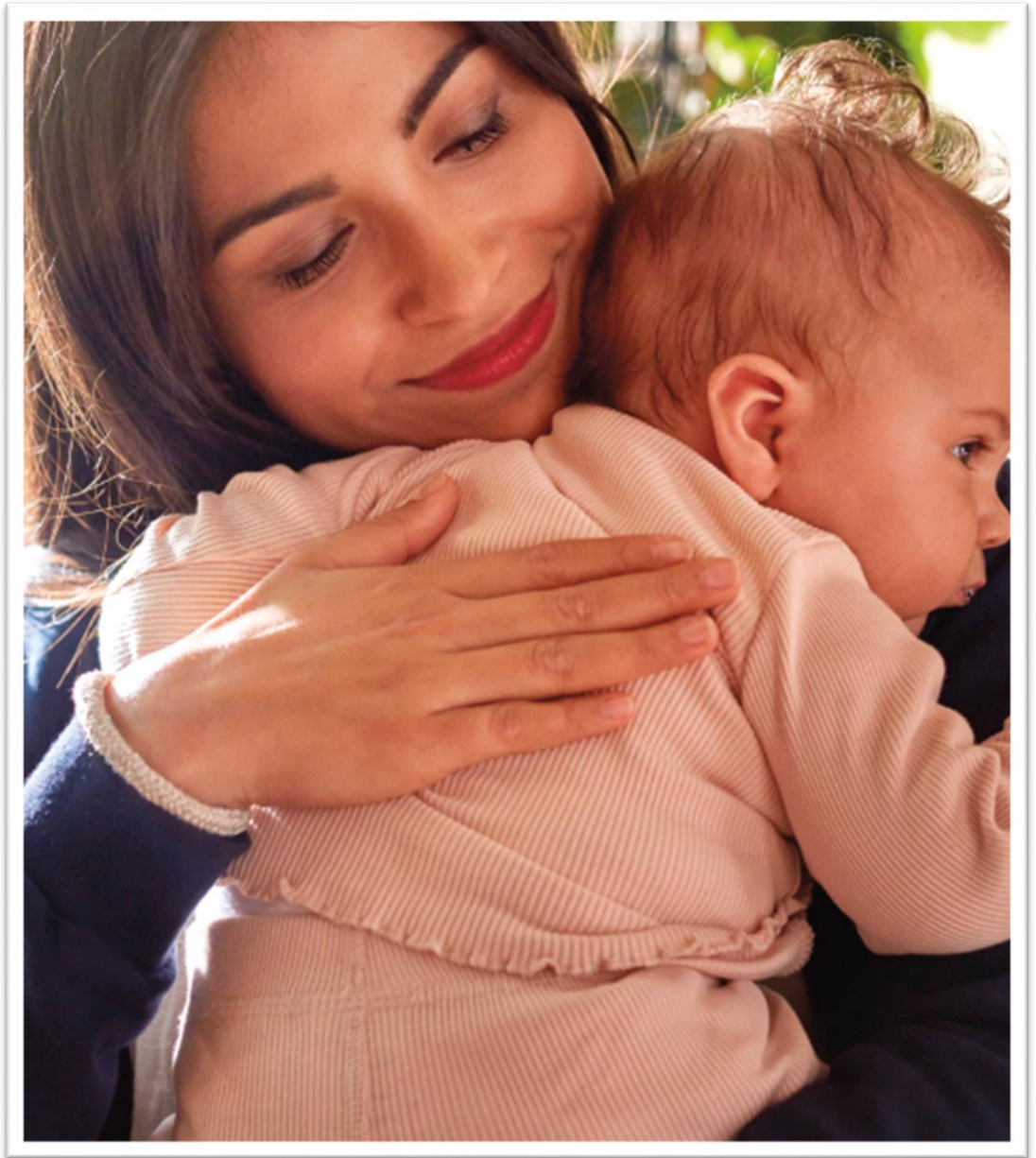


Baby Care Basics





Birth Weight

- Baby may lose around 7 to 10% of birth weight in the first days
- Should return to birth weight by Days 10 to 14
- After Day 5 will gain about 5 to 7 ounces each week for the first few months



Infant Safety

Household & Product Safety

- www.safekids.org
- [Consumer Product Safety Commission
www.cpsc.gov](http://www.cpsc.gov)
- www.safetosleep.nichd.nih.gov
- Complete new product registration cards
- Poison Control 1-800-222-1222
- Install smoke detectors & carbon monoxide detectors
- Don't leave baby unattended
- Baby-proof the home
- Infant CPR class

American Heart Association
1-800-242-8721



Car Seat Safety

- Car seat must be installed at time of discharge
- Buckle into rear-facing seat
- Do not buy secondhand car seat
- Never leave infant alone in vehicle
- Infant should not sleep in car seats unsupervised

For car seat inspection & assistance:

California Highway Patrol

- San Diego- (858) 293-6000
- El Cajon – (619) 401-2000
- Oceanside/Vista- (760) 643-3400

Diapering

- Check diaper at least every 2 hours & change frequently
- Keep your baby's diaper folded below the umbilical cord stump
- Always clean baby wiping in from front-to-back
- Clean all folds of skin in the genital area
- Allow skin to fully dry before applying clean diaper to help prevent diaper rash
- If a rash develops use diaper ointment to treat (avoid baby powders).
- Keep track of what bowel habits are normal or usual for your child*

***Your newborn's wet and soiled diapers can give you clues about your baby's health. Babies can become dehydrated if they're not getting enough to eat or become ill**



Bathing Your Baby

- Bathing recommended every 2-3 days
- Use a warm draft free room 75-80 degrees
- Start a bath from cleanest area of the baby to the dirtiest
- Do not submerge baby in water until cord stump falls off
- Never leave baby unattended in bath
- Water heater temp max 120 degrees Fahrenheit

Sponge bath recommended for first 2–3 weeks of life or until the umbilical cord falls off

Lotion and oils are not needed unless recommended by physician (avoid baby powders)



Baby Sick?

For medical advice:
1-800-290-5000

- Check for fever
 - Use digital electronic thermometer
 - Rectal- most reliable under 3 months of age
Call if temperature **100.4** or more
 - Under arm (axillary)
Call if temperature **99.4** or more
- Vomiting
- Infection
- Missed feedings
- Change in normal behavior



Well-baby Visits

It is very important to keep all appointments for immunizations and well-baby visits:

- Baby will have 7 well-baby visits in first year
- 2 visits within 1st month
- Visits at 2,4,6,9, and 12 months
- Your baby will be assigned a pediatrician prior to hospital discharge

Kaiser Permanente San Diego Prenatal Resources

SDMC Labor & Delivery
858-266-3350

SDMC Pre-Registration
858-266-2688

Palomar Labor & Delivery
760-739-2400

Palomar Pre-Registration
442-281-1285 (24 hour call back)

**Behavioral Health Care Helpline
(24/7)**
1-800-900-3277

Behavioral Health Department
1-877-496-0450

Postpartum Depression & Anxiety
619-641-4456

Member Services
1-800-464-4000

**Advice Center
Pediatric & Adult Advice Nurses
(24/7)**
800-290-5000, 888-576-6225

Appointment Center
833-KP4CARE

Outpatient Lactation Clinic
1-866-940-2218

Center for Healthy Living
619-641-4194

**Positive Choice Integrative
Wellness Center**
858-616-5600

Personal use pump order
1-833-752-4737

Online resources

www.kp.org

www.kp.org/maternity

www.kp.org/lifecareplan

<http://vimeo.com/312018613>

[https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[diego/locations/palomar-](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[medical-center/virtual-tour/](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[www.palomarhealth.org/patient](http://www.palomarhealth.org/patient-registration/on-line-registration)

[-registration/on-line-](http://www.palomarhealth.org/patient-registration/on-line-registration)

[registration](http://www.palomarhealth.org/patient-registration/on-line-registration)

<https://breastpumps.byramhealthcare.com/Kaiser>