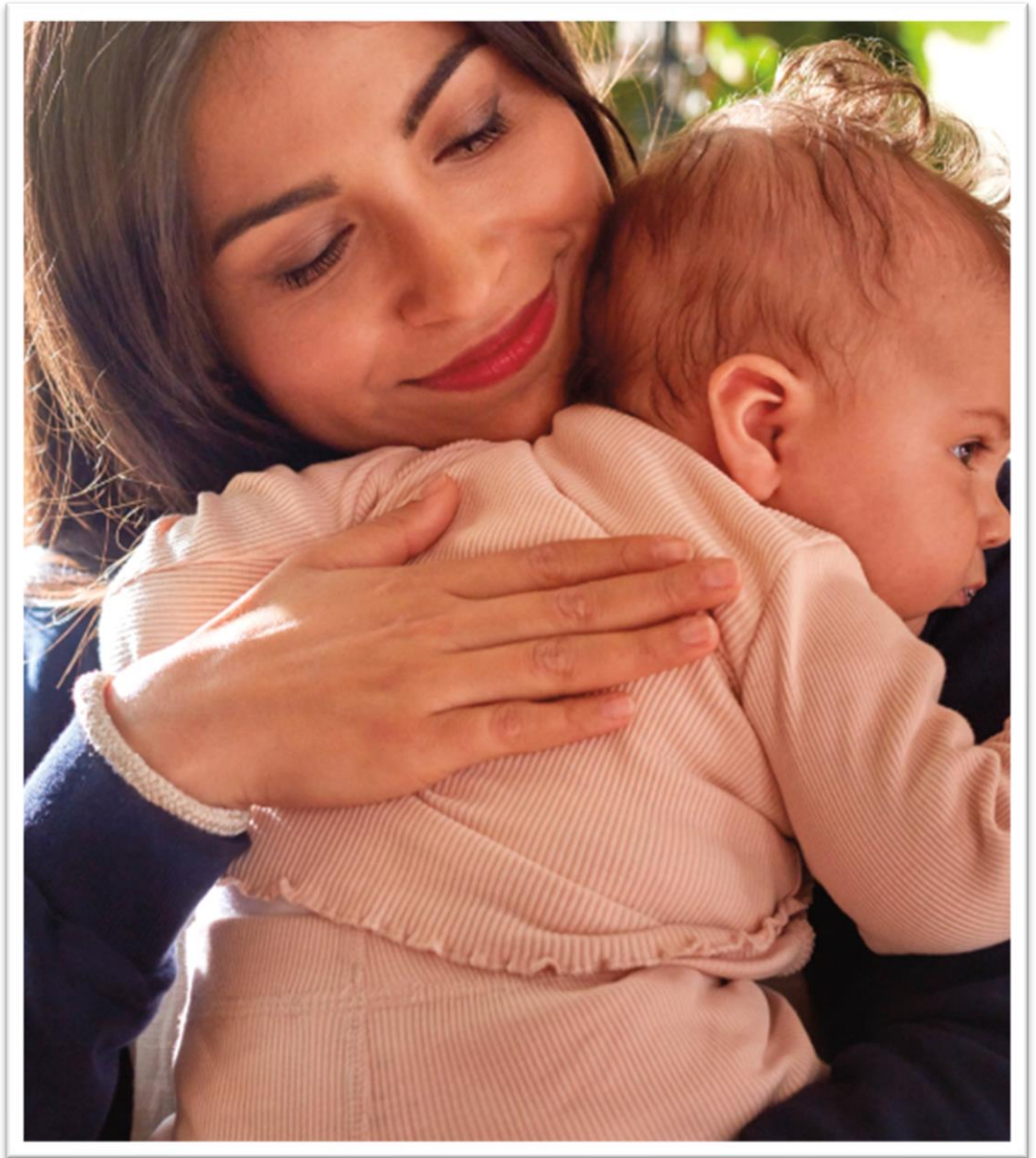


# Baby Care Basics





## 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](http://www.safekids.org)
- [Consumer Product Safety Commission  
www.cpsc.gov](http://www.cpsc.gov)
- [www.safetosleep.nichd.nih.gov](http://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
- Temecula - (951) 506-2000
- 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 1<sup>st</sup> 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



## **San Diego Medical Center**

Labor & Delivery  
858-266-3350

## **San Diego Medical Center**

Pre-Registration  
858-266-2688

## **San Marcos Medical Center**

Labor & Delivery  
442-385-7377

## **San Marcos Medical Center**

Pre-Registration  
442-385-7325

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)  
1-800-290-5000, 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](http://www.kp.org)

[www.kp.org/maternity](http://www.kp.org/maternity)

[www.kp.org/lifecareplan](http://www.kp.org/lifecareplan)

## **SDMC Hospital Tour**

<http://vimeo.com/312018613>

## **SMMC Hospital Tour**

<https://kp.gumuccloud.com/view/Welcome-to-the-KP-San-Marcos-Medical-Center>

## **Byram Healthcare**

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