

What to Expect with your Newborn...

Babies need you to watch them closely and take care of them. Here are some things to be aware of:



- Breathing may be noisy. This is normal!
- The cord needs to stay clean and dry. Call doctor if red or draining.
- Soft spots are areas where the skull is still forming.
- Babies startle easily. Swaddling a baby when awake can help.
- Sneezing and hiccups are normal for newborns.
- Sleep patterns vary by baby. Expect baby to wake when hungry, usually every 2-4 hours.
- Babies cry. If the baby cannot be calmed or cry is high-pitched, contact your doctor.
- Spitting up is normal in newborns. If spit up shoots out or happens with every feeding, contact your doctor.
- Newborn stool looks dark and tarry. Breast fed babies' stool looks like mustard after a few days. Formula fed babies have light brown stools.
- Practice safe sleep. Baby should sleep alone in own bed / bassinet, on their back with no soft bedding or other items.



Department of Health & Human Services

oakgov.com/health

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

Newborn Danger Signs

If your newborn has any of the following, call your doctor - **do not wait!**

- A fever greater than 100.4°
- Seizures
- Jaundice (yellowing of skin)
- Very sleepy or not able to wake
- Not eating
- White spots in mouth or on tongue
- Vomiting / spitting up a lot or shooting out
- Diarrhea
- Rash / diaper rash
- Less than 6 wet diapers per day

Important Numbers

Mom's Doctor _____

Office Number _____

Baby's Doctor _____

Office Number _____

Pharmacy _____

Number _____

Public Health Nurse _____

Phone Number _____

Emergency / Fire 911

Insurance / Medicaid _____

WIC Office _____

Social Security (800) 772-1213

Birth Certificates (248) 858-0571

Oakland County Only

Poison Control (800) 222-1222