

Advanced Pediatrics of Rockland, P.C.

358 Route 202, Suite 2, Pomona, NY 10970

P: (845) 364-9800

F: (845) 364-9828

Anticipatory Guidance

Newborn - Female

In order to keep your baby safe, put her to sleep on her back. Use a crib or bassinet and do not put her to sleep in the bed with you. Do not put stuffed animals, sleep positioners or blankets in the crib. Do not give her honey until she is 1 year old as it can lead to botulism toxin poisoning. Do not leave her on a changing table, bed, sofa or lap without holding her in order to prevent a fall.

Newborns have a very weak immune system. Limit contact to immediate caregivers only. Do not take her out to public places until 2 months old. Call immediately for lethargy or rectal temp of 100.4 or greater. Make sure to support her neck because the neck muscles are very weak until about 4 months old.

Use fragrance-free lotions, detergents, fabric softener and soap. You can give a sponge bath with soapy water and rinse with water using a baby bath with a sling. Let the water drain out into a tub. Make sure to wash the umbilical cord prior to washing the diaper area in order to prevent an umbilical cord infection for the first two weeks. Even though you can give a bath after two weeks, we recommend continuing to sponge bathe using a bath with a sling until 4 months for safety reasons.