

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – 2 - 4 Days

Please contact your insurance plan before scheduling your first visit to our office. It is important that you provide us with your child's insurance information either before or at the time of your child's first visit.

Name: _____ Date: _____

Height: _____ Weight: _____ Head: _____

Congratulations on the birth of your baby! Here is some information for you to read and refer back to in the future.

Many new parents are unprepared for how their baby will look after birth. The following is a description of how the average new baby looks. If you have questions about anything that you notice about your baby that is not mentioned here, please ask us about it.

SKIN

The color of a newborn baby's skin varies widely. The hands and feet may temporarily blue due to circulatory adjustments. This will go away in a day or two when the baby's circulation is better established. The skin may be dry and cracked and may peel. This dryness and peeling occur in most babies sometime in the first six weeks. NO oils or lotions are needed.

It is normal during the newborn period for the baby to have splotchy rashes that come and go. These will usually go away in about six weeks. No creams, lotions or oils are needed because they may irritate the baby's delicate skin.

The red blotchy "birthmarks" that you may see on the baby's eyelids, bridge of the nose and nape of neck usually fade by the end of the first year.

The fine hair on the forehead, cheeks, shoulders and back will disappear.

Most babies have small white dots that are evident on the nose, forehead and cheeks. These are called milia and require no treatment. This rash fades and reappears for several weeks before disappearing all together.

HEAD

The odd shape, called molding, may be either be flat or "cone" shaped due to the pressure exerted on the skull during the delivery. This is harmless and usually goes away within three days. There are spaces between the skull bones, they may feel very wide or may overlap causing ridges. The "soft-spot" on the top of the head near the forehead allows for brain growth. Don't be afraid to gently touch the soft-spot when you wash the baby.

EARS

The tops of the ears may be curled down slightly at birth. This is usually due to the position of the head in the uterus prior to birth. They will uncurl shortly. Never probe in the ear with a Q-tip, as you may injure the ear drum.

EYES

Final eye color may not be determined until seven months of age. During the first week you may see matter or drainage in the baby's eyes which can be wiped away gently with warm water and a soft cloth. Initially the eyes may also be slightly swollen. If the irritation and drainage continue for longer than a few days, or if there is marked redness or swelling, please call the office.

NAILS

Babies nails may be long at birth and will grow rapidly. Keep the finger and toenails short and clean. Cut baby's nails carefully across with a small baby "safe" scissors. It is best to attempt nail cutting when the baby is most relaxed – either during feeding or naps.

NOSE

All babies sneeze. This does not mean that a cold is brewing. It is the only way the baby has to clear the nasal passages. A small bulb syringe used with gentle suction is best for cleaning the nose.

MOUTH

Strong sucking and swallowing reflexes are present at birth; however, they are not always well coordinated. For a short time after birth the baby may gag or dribble during feeding.

UMBILICAL CORD

The umbilical cord will remain in place often up to three weeks. At birth it is soft and white. It is usually clamped at delivery with a plastic clamp that will remain on the cord about 24 hours or until the cord is dried up enough to remove without any bleeding. A blue colored antiseptic solution is applied to the cord in the nursery.

GENITALIA

The female genitalia and the scrotum of the male are normally large at birth. Some amount of bloody or mucus like discharge from the vagina is normal in baby girls. It is caused by the influence of the mother's hormones and will disappear in a few weeks. Cleaning of the genitalia includes parting the labia and gently sponging off all debris and stool with clear water. In uncircumcised boys, the foreskin should **not** be retracted.

The first stools passed by the newborn are a black-green sticky stool. This is called meconium. The stools change in color and consistency during the first few days until they become yellow, pasty, or seedy stools. There is no normal number of stools to expect with a baby. They may have one to five or eight stools a day, or may skip a day or two between stools. Breast fed babies tend to have a looser more frequent stool than formula fed infants. All babies strain, turn red in the face and draw up their legs when they are trying to have a bowel movement. As long as the stool is soft there is no reason to worry.

RESPIRATIONS

Babies may breathe slowly and deeply for a few breaths, pause, and then take a few quick breaths. This is normal. In a few weeks breathing will become more regular. Babies breathe more rapidly than adults. Hiccups occur often in the first few weeks of life and gradually taper off.