

Appointment for Baby: Your baby must be seen in 24 to 48 hours after going home by a doctor, midwife or nurse. Date: _____ Time: _____	Appointment for Mom: You need to visit your doctor or midwife about 6 weeks after baby's birth. Date: _____ Time: _____
NAP Clinic Newborn Assessment Post-Discharge Clinic – Located on 4C Come with baby ready to breastfeed. Date: _____ Time: _____ If you need to cancel your appointment, please call the day before. NAP Clinic : 905-521-2100, ext. 76347	Other: Date: _____ Time: _____
Other: Date: _____ Time: _____	Other: Date: _____ Time: _____

What to bring to your appointment

- A copy of the Hospital's 'Newborn Admission, History and Physical' form
- A copy of the Hospital's 'Hyperbilirubinemia Phototherapy Assessment Sheet for Newborns' form
- This booklet
- A support person or interpreter if needed

Where to get help for you and your baby

- **Speak to a Public Health Nurse** about you, your baby, parenting, safety and community supports. Call Health Connections, City of Hamilton, Public Health Services. Monday to Friday, 8:30 am to 4:30 pm, 905-546-3550
- **Public Health Breastfeeding Clinics**, support by Public Health Nurse Lactation Consultants. By appointment only. Call Health Connections: 905-546-3550
- **TeleHealth:** 1-866-797-0000

from ospital to ome











Parent Guide & Safety Tips



Call your family doctor, obstetrician or midwife if you have any of these problems after your baby's birth.


Health Concerns for Mom

Perineum	Fever	<ul style="list-style-type: none"> Your temperature is 38°C (100°F) or higher
Perineum		<ul style="list-style-type: none"> You have pain, redness or swelling in the area between your vagina and rectum that is getting worse
Vaginal Flow		<ul style="list-style-type: none">  You have heavy bleeding – soaking a maxi pad in 1 hour, or passing large clots the size of an egg from your vagina
		<ul style="list-style-type: none"> There is a change in the discharge from your vagina. (For example, it increases in amount, has a bad smell or becomes very itchy)
Cesarean Birth Incision		<ul style="list-style-type: none"> Pain in your incision that does not get better with medication
		<ul style="list-style-type: none"> Your incision is bleeding, draining or coming open
Passing Urine		<ul style="list-style-type: none"> You have the urge to pass urine all the time
		<ul style="list-style-type: none"> You have trouble passing urine and it is painful
Bowel Movement		<ul style="list-style-type: none"> Your usual pattern of bowel movement has not returned in 2 to 3 days after a vaginal birth or 3 to 5 days after a cesarean birth
Breasts		<ul style="list-style-type: none"> Your nipples are cracked or bleeding and/or breastfeeding is painful
		<ul style="list-style-type: none"> Your breasts are so full and hard that your baby cannot latch on and you cannot get any milk out with your hands
Feelings		<ul style="list-style-type: none">  You are feeling anxious, panicky, hopeless or helpless
		<ul style="list-style-type: none">  You are experiencing no feelings or angry feelings towards your baby
		<ul style="list-style-type: none">  You have thoughts of harming yourself or your baby
Other Emergencies		<ul style="list-style-type: none">  You are unable to care for yourself or your baby
		<ul style="list-style-type: none">  You have pain or tenderness in your leg (calf) with swelling, redness or warmth
		<ul style="list-style-type: none">  You have trouble breathing or you have chest pain
		<ul style="list-style-type: none">  You have fainting or dizziness for more than a few seconds

If you are concerned, it is important to call your doctor or midwife immediately. **DO NOT WAIT** for your next doctor or midwife appointment. If you are unable to reach a doctor or midwife, go to the nearest hospital emergency room.

 For these emergencies, **go to the nearest hospital emergency room or call 911**

Keeping your baby safe

During sleep	<ul style="list-style-type: none"> Place your baby on his or her back to sleep, in a crib that meets Health Canada's standards. Do not use soft bedding such as bumper pads, comforters, pillows and quilts. Do not put any stuffed toys or loose items in your baby's crib. Make sure your baby does not get too warm. For at least the first 6 months, have your baby sleep in a crib in your room. This is safer than sharing your bed with your baby. Never place your baby to sleep alone or with someone on an adult bed, waterbed, couch/sofa, daybed, armchair or hammock. Use your car seat for travel and not for sleeping. When you get home, always put your baby on his/her back in the crib to sleep.
In a vehicle	<ul style="list-style-type: none"> By law, the driver is responsible to ensure that his/her baby is properly secured in a car seat. To get more information and watch a video (or order the DVD), visit the "Kids that Click program" at www.safekidscanada.ca
With handwashing	<div style="display: flex; align-items: center;">  <ul style="list-style-type: none"> Everyone must wash their hands before and after caring for your baby. Handwashing is the best way to stop the spread of germs that could cause illness or infections. You can wash your hands with soap and water, or use an alcohol-based hand rub (hand sanitizer). </div>
Other	<ul style="list-style-type: none"> Breastfeeding protects your baby in many ways. To prevent falls, never leave your baby unattended on a bed, couch or other surface. Do not expose your baby to tobacco smoke. Parents and other caregivers can learn infant CPR and first aid from a qualified instructor in the community.

For more information about safety, read "Getting ready for childbirth and your new baby".

Diaper Chart

	Wet Diapers	Stools
Day 1	<ul style="list-style-type: none"> • 1 to 2 wet diapers. 	<ul style="list-style-type: none"> • At least 1 stool that is black and tarry. This is called meconium.
Day 2	<ul style="list-style-type: none"> • At least 1 to 2 wet diapers. • It is common to see small pink spots on the diaper caused by uric acid in the urine. 	<ul style="list-style-type: none"> • A least 1 stool that may have a greenish colour.
Day 3	<ul style="list-style-type: none"> • 3 or more wet diapers. • You may still see small pink spots. 	<ul style="list-style-type: none"> • At least 3 stools that are dark green, yellow or brown.
Days 4 to 6	<ul style="list-style-type: none"> • 6 or more wet diapers each day, without any pink spots. • Diapers will seem heavier as your baby passes more urine. 	<ul style="list-style-type: none"> • 3 or more soft stools each day. Your baby may have a stool with every diaper change. • Breastfed babies' stools are yellow and "seedy". • Formula-fed babies' stools are yellow-brown.
7 days to 1 month of age	<ul style="list-style-type: none"> • 6 or more heavy, wet diapers each day that have pale or colourless urine. 	<ul style="list-style-type: none"> • At least 3 soft stools each day. Yellow (breastfed) or yellow-brown (formula-fed).

Feeding Plan:

Call your baby's doctor or midwife immediately if your baby has any of these problems in the first month of age.






















Health Concerns for Baby

Feeding	<ul style="list-style-type: none"> • Does not want to eat – refuses 2 feedings in a row • A breastfed baby cannot latch onto the breast or is feeding less than 8 times within 24 hours • A formula fed infant is feeding less than 6 times within 24 hours • Throws up (vomits) 2 entire feedings in a row • Vomit is green in colour
Wet Diapers and Stools (bowel movements)	<ul style="list-style-type: none"> • Has fewer wet diapers or stools than expected for his or her age (see Diaper Chart) • Has pink spots (uric acid) on the diaper after 3 days of age • Has stools that are black and tarry after 3 days of age • Has watery or bloody stools
Infection	<ul style="list-style-type: none"> • Has a temperature over 37.5°C (99.5°F) taken under the armpit • Has a low temperature less than 36.5°C (97.7°F) taken under the armpit • Has a weak cry, looks pale or tired and is not feeding well
Jaundice	<ul style="list-style-type: none"> • Your baby's skin looks yellow or is becoming more yellow • The whites of your baby's eyes are yellow • Your baby seems sleepy and is hard to wake • Your baby is becoming more fussy
Emergencies	<ul style="list-style-type: none"> ! Your baby is not responsive ! Your baby is not breathing ! Your baby begins to turn blue

For any of these problems, it is important to call your doctor or midwife immediately. **DO NOT WAIT** for your baby's next doctor or midwife appointment. If you are unable to reach a doctor or midwife, take your baby to the nearest urgent care or hospital emergency room immediately.

! For these emergencies, call 911

My Baby's First Week at Home

Day 1				Day 2				Day 3				Day 4				Day 5				Day 6				Day 7							
																															
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See Diaper Chart on the next page for wet diapers/stools expected for each day of age.

See "Learning to Breastfeed Your Baby" and "Getting Ready for Childbirth and Your New Baby" for more information on feeding.