

Table 1. Daily Care of the Newborn

Background and Definition	Screening and Diagnosis	Treatment and Anticipatory Guidance	Follow-up
<ul style="list-style-type: none"> Bathing and grooming should be performed in a safe way. Transport of the newborn in cars should be done with an approved infant car seat with the newborn rear facing, in the back of the car. 	<ul style="list-style-type: none"> Assess caregivers' comfort with daily activities with the newborn, including bathing and grooming. Ask about how the newborn is transported and, if by car, ownership of a car seat. 	<ul style="list-style-type: none"> Counsel about daily care of the newborn. Counsel about the need for a car seat, if not being used. 	<ul style="list-style-type: none"> At subsequent visits, inquire how woman and other caregivers are adjusting to the care of the newborn.
Feeding the Newborn			
<ul style="list-style-type: none"> Breastfeeding is recommended, but many newborns are bottle fed. 	<ul style="list-style-type: none"> The woman should be asked whether she is breastfeeding, feeding her newborn with formula, or bottle, or both. If the woman is breastfeeding, then inquire how long the newborn is nursing, how often, and if she is having any problems. If the newborn is bottle-fed, determine if the woman has tried to breastfeed and what the obstacles to nursing have been. 	<ul style="list-style-type: none"> If the woman is breastfeeding <ul style="list-style-type: none"> praise her and support her—any breastfeeding should be applauded. coach her, or refer her to an International Board-Certified Lactation Consultant, or both, if she is expressing concern about any problems she is having nursing. If the newborn is being bottle-fed: <ul style="list-style-type: none"> assuage any guilt the woman may feel about not nursing (if she expresses this) reinforce that to safely prepare formula, parents and caregivers should follow these six recommendations per the American Academy of Pediatrics' (AAP) Bright Futures and the U.S. Food and Drug Administration. <p><i>Per the American Academy of Pediatrics' Bright Futures:</i></p> <ol style="list-style-type: none"> Before preparing formula, wash hands Area of where formula is being prepared should be washed with a nontoxic biodegradable cleaner Clean and disinfect bottles, nipples, and caps before every use Wash and dry the top of the formula container before opening <p><i>Per the U.S. Food and Drug Administration:</i></p> <ol style="list-style-type: none"> When mixing formula, use water that has been boiled for at least 1 minute and then cooled to body temperature (approximately 98 degrees F). Refrigerate water immediately if not used immediately. Do not use bottled water. Use the exact amount of water written on formula packaging 	<ul style="list-style-type: none"> At subsequent visits, inquire as to whether the woman is still breastfeeding the infant and assess for any problems such as sore nipples, mastitis, lack of milk production. Assess what resources she must have to continue nursing if she is working outside the home or attending school.
Safe Sleeping Practices			
<ul style="list-style-type: none"> The AAP recommends newborns are placed on their backs to sleep for the first year and that there are no other objects on or in the crib or bassinette. A firm mattress should be provided. Parents often fall asleep while feeding the infant. 	<ul style="list-style-type: none"> Determine whether the infant is placed on his/her back for sleep and that there are no toys, bumpers, blankets, or pillows in the bassinette. Inquire where infant feeding occurs and whether infant is co-sleeping with an adult. 	<ul style="list-style-type: none"> Instruct the mother and any other caregiver present that safe sleeping includes no toys, blankets, pillows, or toys in the newborn's sleep area. Advise that co-sleeping with an adult or child is dangerous to the newborn because there is a risk of suffocation. The infant should sleep in the same room as caregivers for the first 6 months, ideally for the first year. Counsel that if the parent falls asleep while feeding the infant, after the parent awakens, the infant should be placed on a separate sleep surface. It is less dangerous if a parent falls asleep in a bed while feeding the infant than in a chair or couch. 	<ul style="list-style-type: none"> At subsequent visits, ask where the newborn is sleeping and continue to reinforce safe sleep practices as aforementioned.
Assurance of Outpatient Medical Care Arrangements for the Newborn			
<ul style="list-style-type: none"> According to the AAP, a newborn should be seen by a health care provider for routine visits 2–5 days after being discharged from the hospital, then at 1, 2, 4, 6, 9, and 12 months the first year of life. The infant may need to be seen more often if there are any problems. 	<ul style="list-style-type: none"> Inquire how the infant is doing, who the infant's health care provider is, and when the infant's next medical visit is. 	<ul style="list-style-type: none"> Ask for permission to speak to the infant's health care provider if there are any issues the mother has that would be important for the infant's health care provider to know. Consider requesting written permission to copy the infant's health care provider on the postpartum visit note. 	<ul style="list-style-type: none"> At subsequent visits, inquire how the infant is doing and if the infant's medical visits are going well.