

New Baby User Manual

A guide to helping you through the
first few weeks and months with your
new baby



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Infant Care

I was 29 when I had my first baby. My son was actually a really good baby. We had lots of help with feeding and with midwifery care, we got support at home for the first few weeks. However, that was 21 years ago and health care and support from medical professionals is limited these days.

When I became a doula back in 2006, I was made aware how limited support was for many people and how unprepared we could be for life with a newborn. Planning for your pregnancy and birth is always the main priority when you find out you are expecting. But we often don't focus on what happens after the baby comes home. Diapering isn't that difficult, and you've already taking a feeding class to plan for that, but there is so much more to your little human.

This E-Book will help offer your some guidance, information and a few tips and tricks along the way to help you manage life with your baby.

Kimberley Fernandez

- CLD, CCCE (CAPP)

When Should You Call The Doctor

Babies are generally stronger than you may think, but health problem sometimes do happen.

This information can help decide if what's happening is worthy of calling the doctor or if you should go to the emergency room.

This should not be taken as medical advice, only a guide

Problems With Baby

Call The Doctor If...

Baby's Temperature

Is 38 degrees or higher
To the ER if over 39 degrees

What is in baby's diaper

Baby has fewer wet diapers every day, baby's poop is watery

Baby's skin and eyes

Looking yellow

Baby is crying

Baby is crying for a long time. It sounds like they are in pain

Feeding

Baby refuses to feed 2x in a row.
Baby vomits after feeding 2x in a row

Sleeping

Baby is sleeping more than usual

Activity

Baby has no energy, baby is not moving much

Go to emergency or call 9-1-1 if:

- Baby looks blue
- Has trouble breathing
- Does not have much energy

What You May See On Your Newborn

Vernix - A cheesy white coating to protect baby's skin in utero

Body Proportion - Baby's head is quite heavy and large and will need to be supported when you are holding them for the first few months.

Cyanosis - Bluish appearance to the skin in baby's hands and feet. Common for a few days after birth.

Edema - Swelling caused by a build up of IV fluid given during labour. Will eventually go down over the first few days and can contribute to baby's overall weight loss in the first 24 hours.

Milia - Tiny white cysts that appear on the face about the second day. They are premature sebaceous (oil) glands. Will disappear on their own by the second week.

Lanugo - Fine, soft hair found on baby's face, shoulders, arms and back. It is a friction reducer while they are in utero. Will rub off over time.

Stork Bites - Red patches found on the nape of the neck, between the eyebrows, upper eyelids and nose. Will fade by the second year.

Slate Grey Nevus - Bluish grey pigmentation found on darker skinned babies. Will usually disappear by age 4 - 5 years.

For more information on the various birth marks you may encounter click link to the [NHS](#)

Newborn Acne - Rough rash, dry skin or spots on baby's cheeks, chin or forehead. Hormone changes can cause this to happen, Wash their face with clean water only and it will fade away on it's own.

Dry Peeling Skin - Newborns will lose 1-2 layers of skin after birth due to the exposure of amniotic fluid during pregnancy and then air at birth. Most common on the hands, feet, scalp and joints. Avoid putting any creams or lotions on baby's hands and feet, as these may end up in baby's mouth. For more info on treating baby's dry skin [click this link.](#)

Fontanels - Soft spot at the front will close by 18 months of age. Soft spot at the back will close by 6-8 weeks of age.

Vaginal Discharge - Caused by a drop in maternal estrogen exposure after birth, this mini period will usually only last 3-4 days.



Highlights Of What To Look For In The First Few Days At Home

You may want to fill out a "Baby Activity Record" or use a tracking app in the first couple of weeks. After about 2 weeks, you should be falling into a rhythm with feeding and output (diapers) so you can stop tracking.

Wet Diapers: (minimums)

1 wet diaper on day one

2 wet diapers on day two

3 wet diapers on day three

4 wet diapers on day four

6-8 wet diapers is normal from this point on.

Colour should pale yellow

Stool Diapers:

Minimum of 1-2 stool diapers for the first two days - black or dark green in colour, called Meconium.

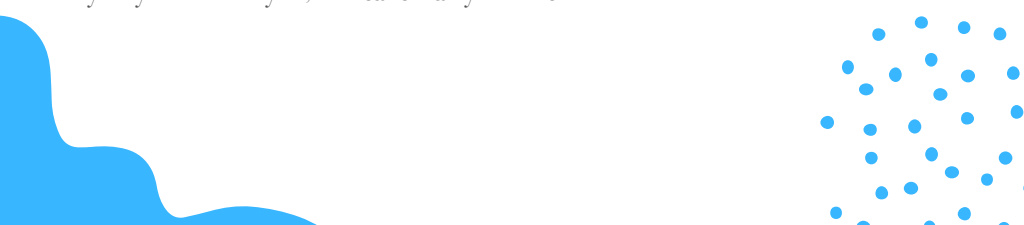
Minimum of 3 stool diapers in the next two days - brown, green or dark yellow in colour, called Transitional Stool

Minimum of three large stool diapers moving forward - should be loose, bright yellow and seedy for breastfed babies, darker yellow or brownish and more formed for formula fed babies.

If you have given birth to a baby girl, you may find spotting or discharge in the diaper as well. This is a mini period brought on by your hormones being present in her system. This is perfectly normal and not a reason to go to emergency. Mention it to their doctor the next time you have an appointment.

Jaundice:

Check the colour of your baby's skin near a window or bright light. Gently press your finger over baby's chest. As you lift your finger, look at the colour underneath. Is it yellow? Is the white area of baby's eyes yellow? If yes, contact baby's doctor.



Baby Clothes And Supplies

Many parents realize that for someone so small, babies sure do need a lot of "stuff". You may have received clothes from friends and family or you may be buying new items. Either way it is important to wash the clothes in a dye and scent free detergent. More tips:

Putting the clothes through the rinse cycle twice
Putting small items like hats and socks in a mesh laundry bag so they don't get lost

Do Not use dryer sheets as they add more chemicals to the clothing and can remove the clothes fire retardant features.

What should your baby wear? The Rule Of Thumb is that baby should wear one more layer than what you are wearing. However, this may not make sense in the heat of the summer or if your home is particularly hot.

Always use your common sense.

You can tell if your baby is too warm or cool by feeling the back of baby's neck. If baby is fussy and it is too warm at the back of their neck you should remove a layer. Your baby will tell you what they need, but it may take time to read their signals

If baby's neck feels cool, then they maybe too cold. Remember newborns have immature circulation in their hands and feet, so their hands and feet may be pale and cooler than the rest of their body for a few days after birth. Baby can always wear a pair of socks if their feet are cold.





Must Have Items

Sleeping

- Crib, cradle or bassinet with a firm sleeping surface or mattress that meets Canadian Safety Standards
- 3-4 fitted mattress sheets
- Light sleeping clothing or sleep sac that fits baby, meaning it isn't too big

Diapering

- Newborn and size 1 diapers (you will not need a lot of newborn size)
- Dye free, scent free wipes or wash cloths to wipe baby's bum
- Baby bum cream - coconut oil or vaseline
- Waterproof change pad
- Bin or diaper pail to dispose of soiled diapers

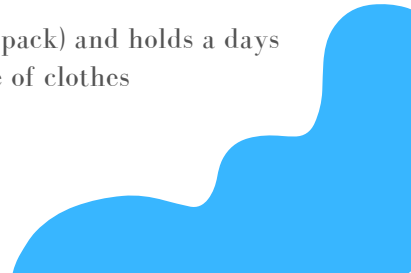
Bathing & Grooming

- Tub or sink for bathing baby in
- Towels - at least one hooded towel
- 3-4 wash cloths
- All in one baby wash (separate shampoo isn't necessary)
- Nail grooming kit

Clothing

- 7-9 diaper shirts in newborn size & 3/6 month size
- Several newborn & 3/6 month size sleepers - babies will spend much of their time skin to skin with you or swaddled in your arms Clothing that has snaps to make dressing and undressing easier
- Hat for the sun in summer, hat for the cold in winter
- Several swaddle blankets or velcro swaddlers

Extras

- Wrap or baby carrier to give you free hands while carrying baby
 - Car seat if baby is going a car or taxi
 - Diaper bag that is easy to carry (back pack) and holds a days worth of diapers, creams and a change of clothes
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Nice To Have (But Not Necessary)

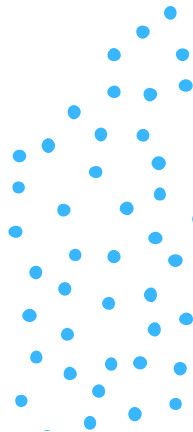
- Comfortable chair or glider rocker for feeding & soothing baby
- Change table
- Baby monitor - especially if you have a large house
- Baby proofing items for when baby becomes more independently mobile
- High chair for when baby is starting solid food
- Wipe warmer
- Bath thermometer
- Activity mat for when baby is ready for tummy time
- Bouncy chair or infant seat
- Playpen or portable play yard
- Pacifiers



Not Recommended

- Second hand crib
- Second hand car seat
- Bumper pads, decorative crib bumpers (Potential suffocation hazard - SIDS)
- Pillows, head positioners, sleep positioners (Potential suffocation hazard / choking hazard - SIDS)
- Baby powder
- Infant cotton swabs
- Baby walkers

- This list is a guideline and by no means a complete list of what you may need for your baby





How Many Times Will You Change Baby's Diaper?

How Old Is Baby	Wet Diapers	Poopy Diapers	What Will I See
1 Day Old	1 - 2 wet diapers diaper	At least 1 poopy	Poop will be black and sticky
2 Days Old	At least 1 or 2 wet diapers	At least 1 poopy diaper	Wet diapers may have pink spotting for female babies Poop will be black or green
3 Days Old	3 or more wet diapers	At least 3 poopy diapers	Wet diapers may have pink spotting for female babies Poop will be dark green or yellow
4-6 Days Old	6 or more wet diapers	3-4 poopy diapers each day	No more pink spotting in wet diapers Poop may be soft, seedy & yellow
6 Days to 1 Month Old	6-8 wet diapers per day	At least 3 poopy diapers each day	Poop will be soft and yellow

What do you need to diaper a baby?

Diapering a baby may seem like a crappy job, pun intended. But the good news is, it can tell us about the health of your baby and you will be an expert at after just a couple of days.

What you ***will*** need to diaper a baby:

- **A newborn diaper** - any brand will do
- **Wipes** - they should be dye free and scent free because we don't know how sensitive your baby will be. You can also use a wet wash cloth or we paper towel as well
- **Dry wash cloth** - This is to dry baby's bum after you have wiped, the wet wipe residue can cause a rash and its to protect you from getting peed on
- **Baby bum cream** - this is needed in the first week to help with the early meconium poop that can be very thick and stick to baby's bum. Once the poop has changed you can try to stop using the cream (vaseline, baby bum balm or coconut oil) if baby doesn't have a sensitivity to poop or the diapers
- **Waterproof mat** - to protect the surface you are changing baby on because baby's leak

What you ***may*** need to diaper a baby:

- **Diaper rash cream** - if baby has a diaper rash you can apply rash cream instead of bum cream to help it heal. It's only to be used if there is a rash, not to prevent a rash.

What you ***don't*** need to diaper a baby:

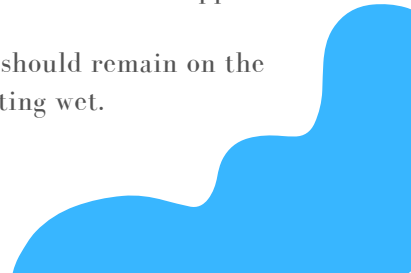
- **Baby powder** - talc or baby powder is not necessary as it can be inhaled by baby and be a suffocation hazard. Plus it doesn't really serve a purpose anymore as diapers are ridiculously absorbant these days.





Tips and Tricks for diapering a baby

To be clear, these tips will help but not necessarily completely prevent you from getting peed or pooped on.

1. Run a clean wet wipe on baby's belly along the waist band of the diaper. This can get baby to pee just a little more so when the diaper is opened and their body feels the cool air, they won't pee on you.
 2. As you open the diaper, lay the dry wash cloth over their genitals so that if they do pee, it won't get you. Remember, even if you have a baby girl, you can still get peed on.
 3. Open up the entire diaper and turn it inside out to unfold all the frills and elastics that can prevent leaking, especially for babies who are tiny or have skinny little legs.
 4. Always wipe from front to back and never use a dirty wipe to clean the urethra (where the pee comes out) as this can cause a urinary tract infection.
 5. For baby's with penises, never pull down the foreskin forcefully to clean the head of the penis. If necessary, only pull down as far as it will gently go and wipe.
 6. Dry off baby's bum with the dry wash cloth you have used, so baby's bum isn't wet when you apply the vaseline or bum cream or diaper rash cream.
 7. When doing up the diaper, for baby boys, point the penis downward toward their bum, so they don't pee out the top of the diaper. (Too many wet sleepers and swaddlers when that happens)
 8. While the umbilical cord is attached, it should remain on the outside of the diaper to prevent it from getting wet.
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Bathing Tips And Tricks

Bathing your baby can be daunting at first. But remember that baby isn't getting super dirty so if you have to abandon the process at any point and try again the next day instead, that's okay.

Here are some Tips and Tricks I suggest for bathing baby:

- Make sure the room is nice and warm as baby will get cold as you remove their clothes
- The umbilical stump can get wet in a submersion bath, just make sure its dried off completely afterwards.
- Never leave baby unattended. Always gather everything you need before you start the bath.
- Do not use cotton ear swabs and they can push wax and discharge further into baby's ear.
- If you are uncomfortable doing a submersion bath you can always start with a sponge bath to just clean baby up.
- First baths should be done 24-48hrs after the birth or when you get home from the hospital. If you are going to have it done at the hospital try to wait until baby is 12hrs old if possible and do lots of skin to skin afterwards to prevent baby from getting too cold and lowering their blood sugar levels.
- Baths should not be done every day, they can be done every 2-3 days. Baby's dirtiest parts are being cleaned multiple times a day.
- Washing baby's hair should be done only once or twice a week. This can help to avoid cradle cap.



Grooming And Baby Hygiene



Nail Care - It is usually recommended that you wait to clip baby's nails until they are 2-4 weeks of age. The nails are fused or grow very close to the nail bed and it's easy to clip baby's skin.

In the meantime you can file baby's nails with a soft nail file.

Best to clip or file baby's nails when they are in a deeper sleep to avoid them jerking their hands away. For more info [click link](#)

Umbilical Cord Care - Should be kept clean and dry. However it can go in a submersion bath, as long as it is thoroughly dried afterwards.

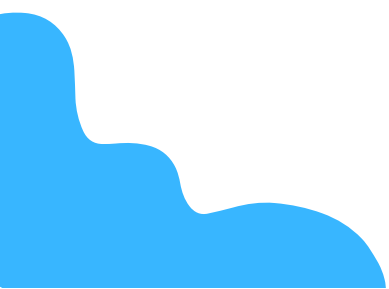
Rubbing alcohol is not needed to dry the stump and keep it clean. Just leave the cord alone until it falls off naturally.

Warning signs to look out for:

- Fever
- Poor feeding
- Lethargy (very sleepy, hard to wake up)
- Navel and surround area becoming red and swollen
- Stump becomes swollen and foul smelling

Keep the stump on the outside of the diaper, to avoid it getting wet with urine.

Can take between 5 and 15 days to fall off. For more information on umbilical cord care, [click link](#)



How To Hold A Newborn



[Link To A Video on How To Hold Your Newborn](#)

Tips and Tricks To Sooth Baby

When your baby is fussy or crying, especially in the early days at home, you may not know what baby needs. The good news is, baby's aren't that complicated. They are really functioning on the most basic level. Survival.

Here are some tips to try to sooth your baby:

- Feeding - In the early days and weeks of chest feeding, this would be the first thing to try - always.
- Pick baby up (I promise you won't spoil them)
- Check baby's diaper
- Check baby's temperature (feel the back of their neck)
- Skin to Skin
- Rock baby / sway with baby
- Talk or sing to your baby (They love your voice)
- Reduce stimulation - dim the lights, quiet the space
- Wear baby in a wrap or baby carrier
- Give baby a nice warm bath
- Try the 5 Ss

Shhhing (White noise)

Swaying

Swaddle baby

Side (holding them so they are on their side)

Suck (either your breast or a pacifier)



All these things mimic the dark, warm, watery world, where they have been for about 40weeks. Trying to create the inside on the outside can be very helpful for getting baby to sleep or be calm and soothed.



Identifying Colic in Your Baby

If you suspect your baby might have colic, watch out for these signs:

- Crying Patterns**
 - Cries for more than 3 hours a day, over 3 days a week, for more than 3 weeks.
 - Intense, high pitched and inconsolable crying.
 - Crying starts and ends suddenly, often at the same time each day.
- Difficulty Soothing**
 - Doesn't respond to usual soothing methods like rocking, cuddling, feeding, or changing diapers.
 - May arch their back or hold in a specific position.
 - May make sucking noises or clench their fists when they're crying.
- Feeding and Sleeping Changes**
 - Trouble feeding during colicky episodes, either refusing to eat or eating excessively.
 - Difficulty sleeping or staying asleep during these episodes.
 - Discomfort expressed as fussing, leaning, or discomfort in pain.



So Your Baby Farts...A Lot!

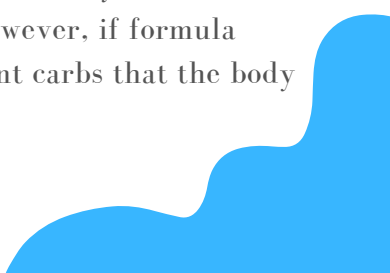
Guess what? Gas is normal!! I know it doesn't feel like it, that baby is in pain and very fussy, but in reality, it isn't the gas that's the issue, it's the perception of it and how baby deals with it that is an issue.

Did You Know??

Adults experience gas symptoms, cramps, needing to shift around, bowel movements and passing gas, 10-20x per day. For baby's it's around 13-20x per day. Pretty much the same.

However, baby's have a more difficult time with the small cramps and passing gas. For an adult, they can simply fart. For a baby the message to pass gas doesn't flow as quickly to the anal sphincter so it can build up and cause discomfort. And how does baby deal with that? They cry and fuss. How would an adult deal with it? They would fart, move around or go to the bathroom. For baby, they don't really move, they rely on you to do that, so the fussing and crying is a signal to you, to help them out.

What Causes Gas?

- Swallowing air through eating and crying (which they do a lot of)
 - If you are breastfeeding and have a forceful let down causing baby to choke
 - The breakdown of carbohydrates (this is why it's normal) a normal component of breastmilk. However, if formula feeding, it is a breakdown of different carbs that the body may have a tougher time with.
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So Your Baby Farts...A Lot!

How Can We Help A Gassy Baby?

1. Pick them up - this can help move the gas along and it isn't uncommon for baby to fart or poop when you pick them up. This shows you that their system is working.
2. Infant Massage - The bubble hunt, bicycle legs, ILU and other belly massages can help move gas along and relieve baby's discomfort.
3. Understanding that baby gas is normal and they need your help to move it along
4. If the gas is because of a forceful let down, try laying back with baby to counteract gravity and slow the flow.
5. If baby is formula fed, burp baby half way through the bottle and ensure baby is sitting more upright to feed. Also make sure that the nipple is full of milk so the baby isn't sucking any air.

Infant Massage Video





Newborn Tummy Time

Tummy time is not just to develop their neck muscles but also baby's back and core to help facilitate sitting up.

Tummy time can start from day one, while baby is skin to skin with you. More formal tummy time on a mat can happen after a few weeks and once you feel like you have a rhythm of life happening.

You will start with small amounts at a time and work your way up to longer time on the floor. And get down there with them to play and make them more comfortable.

Tummy Time Video



Newborn Sleep - What To Expect

In the beginning, babies sleep A LOT. But they do it in 1.5 to 2 hour increments. Here's why:

- They have been relying on your circadian rhythm and your melatonin to regulate their sleep on the inside
 - After birth, while all their systems are coming on line, their brain is focused on survival. Food being a major part of that.
 - Their sleep cycle will be determined by how long it takes to feed, digest and get hungry again.
 - Of all the systems, digestion, breathing, movement and more, are being fine tuned, sleep will be at the bottom of the priority list.
 - If feeding is not going well, sleep will take a hit
 - Baby won't likely "sleep through the night" until they are about 4 months. This is when they begin to produce their own melatonin.
 - At 5-6 months is when they establish their own circadian rhythm.





Newborn Sleep - What To Expect

Babys, like adults have two types of sleep that they will cycle through. REM Sleep and Non-REM Sleep.

REM Sleep:

- Begins after a good feed
- Looks like, twitching, eye movement, irregular breathing, grunting
- Lasts about 15-20 mins
- Putting baby down during this time could result in baby waking up quickly

Non-REM Sleep:

- Quiet sleep, comes after REM Sleep
- Rhythmic breathing, little movement
- Lasts about 60 mins
- After this cycle baby may begins to move and twitch as they cycle back into REM sleep. If they are hungry they will wake up. If not, they will cycle back into a quiet sleep/Non-REM Sleep again.

4-6 Weeks Of Age:

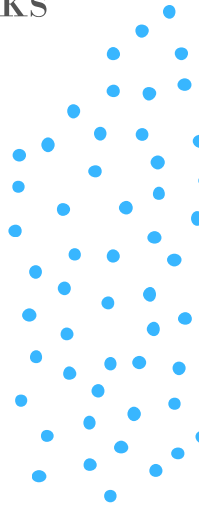
Up until this time, baby has been likely waking after about 1.5 to 2 hours of sleep.

However at around 4-6 weeks of age you may want to wait and see if baby will actually wake up instead of anticipating the wake up. You may begin to see baby just twitching and eye fluttering for about 15 mins and then back into a deeper sleep for another Non-REM Sleep cycle.

[More About Newborn Sleep - Link](#)



Sleep Routine - First 3-4 Weeks



Baby wakes to feed

Unswaddle, change diaper

Feed baby (For however long it takes)

Burp and re-swaddle

If they have reawaken, feed back to sleep or use a pacifier

Try the 5 Ss

Shhhh-ing (or a white noise machine - can be loud)

Swaying with baby in arms

Side Laying with baby in arms, facing away from you

Swaddle

Suck (Can be at the breast or with a pacifier)

Note:

You will not be starting any bad habits by feeding baby to sleep. Baby's brains can't form habits at this point.

Also remember you will have three cluster feeds/growth spurts in this time (day 3, day 6, 3 weeks), and baby will want to spend 12-24 hours constantly feeding. This is normal and necessary for supply of breastmilk when feeding baby at the chest.

Sleep Time Cues:

Early Cues:

- Staring blankly
- Looking away from you
- Becoming quiet and disinterested
- Reddish eyebrows

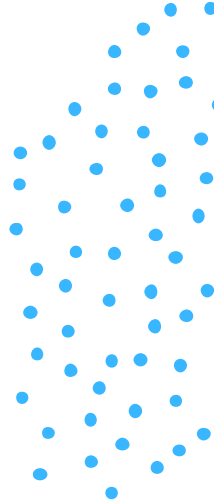
Ready For Nap NOW:

- Yawning
- Fussiness
- Hands to face, rubbing face

I'm Over Tired Now:

- Crying
- Squirming
- Stiffening body

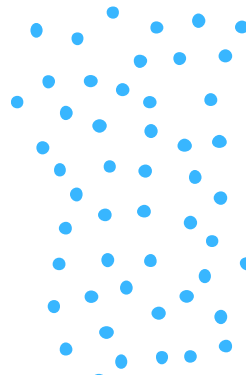
If you get to baby crying, you will need to work harder to calm baby down before trying to put them. Pick them up and try the 5 Ss to settled baby. Also consider trying Skin 2 Skin



Getting You More Sleep

I know its difficult in these early weeks to get much sleep. You haven't found your rhythm yet and baby is needing to be fed a lot. Here are some tips to gain as much rest as you can:

- Take naps - When sleep deprived the brain will compensate and make a 30min nap more restorative
- Lay down, even if you don't sleep - Quiet resting is better than nothing at all
- Keep baby near by if you are chest feeding - Sleep is less disturbed if you don't have to get up to get baby
- Get outside and get some natural light
- Ask family and friends for help - Take help when it is offered. Being independent is a strength, but so is asking for help with baby.
- Help baby adapt to a 24 hr clock
 - Make baby part of your daily routine, including wearing baby
 - Reduce stimulation at night - turn off devices, dim lights, keep activity during night feeds to a minimum
 - Expose baby to natural light - including getting baby outside too
 - Infant massage - frequent massages have been linked to fewer night wakings and longer sleep times.

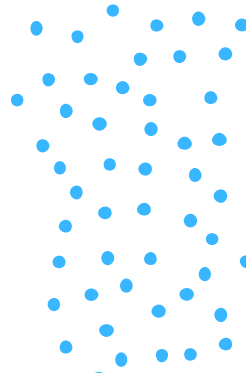


Safe Infant Sleep

The safest place for baby to sleep is on their back, in a crib, cradle or bassinet. Health Canada recommends room sharing for the first 6 months of life. And having baby within arms reach of an adult in the night time hours.

Safe Sleep Tips Include:

- Putting baby on their back to sleep
- Sleep area should be completely empty (no toys or stuffed animals) except for a firm mattress and fitted mattress sheet
- No blankets, no pillows, no head positioners, no bumper pads or decoration, these can all be a suffocation or choking hazard.
- Room temperature should be 18-20 degrees celcius
- No smoking in the home
- Avoiding long sleeps in places like strollers, car seats and swings. These can contribute to flat head syndrome and with certain inclines can cause suffocation. If baby falls asleep in the car seat, move them to a safe sleeping surface once you have reached your destination.
- Keep baby's sleeping area free of cords from blinds and shades. Baby's sleeping area should be away from windows, patio doors, lamps, candles, electrical plugs, corded monitors, extension cords and small objects.





Bonding With Baby

Skin to Skin

Skin to skin is a beautiful thing you can do with your baby. It calms baby's brain. The baby will feel safe and open their eyes to make contact with their parent. It starts early bonding and emotional and social intelligence. It will also help baby sleep better and help create a more successful chest feeding relationship.

Importance of bonding for the parent:

- Build a strong, rewarding relationship with their baby
- Develop a sensitivity to and awareness of baby's needs such as sleep, food and play
- Build greater confidence as a parent
- Create a long-lasting, positive feelings about their baby

Importance of bonding for the baby:

- Trust and learn to rely on their parents (not clingy)
- Learn to look to their parents for support and comfort when sad, scared or unsure
- Feel confident and secure to explore their surroundings
- Learn to develop skills that will lead to better emotional regulation and positive learning experiences
- Learn to be reassured and confident throughout their life due to their early connection with their parents
- Learn to experience resiliency by growing up with a foundation of healthy self-esteem
- Attachment and bonding support optimal brain development, as healthy brain pathways are laid with positive interactions.

www.kangaroomothercare.com/why-kmc-works.aspx



Resources

Telchealth: 1-866-797-0000

Poison Control: 416-813-5900

Health Babies, Healthy Children Program: 416-338-7600

Hospital for Sick Children Non-Emergency Info Line:
416-813-1500

www.sickkids.ca

www.BestStart.org/resources

Sleep Trainers:

Kinder Sleep - <https://kindersleep.com>

Sleep Easy Consulting - <https://sleepeasyconsulting.com>

Virtual Postpartum Doula Support:

Kimberley Fernandez - www.TorontoDoulaGroup.com

