

NEWBORN "NECESSITIES"

Rectal Thermometer + Vaseline

Do not check rectal temperature frequently – only if fever is suspected.

Fever = a temperature greater than or equal to 100.4°F or 38°C.

If your baby is under 2mo of age and has a fever, please call our office, DO NOT administer acetaminophen.

Congestion

Saline nasal drops – OTC

Bulb syringe (aspirator) to suction your baby's nose

Diaper rash ointment

(e.g. Desitin, Triple Paste, Aquaphor)

Cotton Balls

Rubbing Alcohol + Q-Tips for umbilical care

Tummy Time

Your baby should be doing tummy time on a firm, flat surface.

Gas

Mylicon Drops (Simethicone drops)/ Chamomile Tea – OTC

Vitamin D Drops for breastfed infants

(e.g. Trivisol, D-Visol) – OTC

If your baby is receiving less than 20oz of formula/day, Vitamin D is recommended. All exclusively breast-fed babies should be taking Vitamin D.

Do not cut your baby's fingernails or toenails – use a nail file/soft emery board as to prevent injury.