

 Feeding and elimination

- ✓ **Breastfeed within the first hour** (golden hour), on demand, **every 2–3 hours, 8–12 times a day**. Breastfed babies feed more often because breast milk digests faster
- ✓ **LATCH score** — Latch, Audible swallowing, Type of nipple, Comfort, Hold. **Score ≤ 7 needs intervention**
- ✓ **Engorgement** days 3–5 — warm compress before, cold compress after. **Sore nipples** — deeper latch, lanolin, air dry
- ✓ **Formula** — 1–2 oz (30–60 mL) per feed at first; **discard leftover formula after 1 hour**, refrigerated prepared formula good **24 hours**; never microwave
- ✓ **First void and meconium within 24 hours**. By days 4–6, **6–8 wet diapers/day**
- ✓ **Stool** — meconium (dark, tarry, 0–48 h) → transitional (green-brown, day 3–4) → breastfed (yellow, loose, seedy) or formula (tan-brown, formed). **Red flags:** blood, **white/gray (biliary atresia)**, no stool after 48 hours, projectile vomiting (pyloric stenosis)
- ✓ **Cord care** — keep dry and open to air, clean with water only (**no alcohol**), falls off in 1–3 weeks. **Spreading redness, foul odor, or purulent drainage = omphalitis, a neonatal emergency**
- ✓ **Delay the first bath 24 hours**; sponge baths until the cord falls off. **Never retract the foreskin** of an uncircumcised infant

 Jaundice, hypoglycemia, and safety

- ✓ **Physiologic jaundice appears after 24 hours** and peaks days 3–5. **Jaundice within 24 hours is pathologic** — kernicterus risk
- ✓ **Warning signs:** yellowing progressing toward the abdomen, lethargy, poor feeding, high-pitched cry, arching or hypotonia
- ✓ **Phototherapy** — protect the eyes, keep warm and hydrated, feed q2–3 h, turn lights off briefly for breastfeeding
- ✓ **Hypoglycemia high risk** — infant of a diabetic mother, LGA and SGA, preterm, temperature instability. Signs: jitteriness, hypotonia, cyanosis, poor feeding, seizures. Feed or give glucose gel, recheck, IV dextrose if persistent
- ✓ **Sepsis** — newborns go systemic fast. Temperature instability (either direction), lethargy, poor feeding, respiratory distress, jaundice in the first 24 hours
- ✓ **Safe sleep** — **ABC: Alone** (no blankets, pillows, toys, bumpers, or adults), on the **Back** for every sleep, in a **Crib** with a firm mattress and fitted sheet. **Room-sharing yes, bed-sharing no**. No couch sleeping, no car seats for routine sleep. Stop swaddling once rolling begins (~2 months). Dress in one more layer than the caregiver; room 20–22 °C (68–72 °F)
- ✓ **Car seat** — rear-facing, 5-point harness, middle back seat, **straps at or below the shoulders, chest clip at armpit level**. recline per the manufacturer's angle indicator. No puffy coats or blankets under the harness
- ✓ **Neonatal abstinence syndrome** — high-pitched cry, tremors, yawning and sneezing, poor feeding, vomiting/diarrhea, sweating. **Low stimulation**, swaddling, small frequent feeds, NAS scoring — never more stimulation