

# Normal Newborn

- Baby will be alert and nurse within the first hour of life.
- Baby will have a recovery period in the first 48 hours and may sleep for longer periods of time, but is content at the breast when awake and is not lethargic.
- Baby should pee and poop the equivalent of the days they have been alive for the first 8 days. For example by day 3 they should pee 3 times and poo two times, etc.
- Poo should be yellow and seedy by day 4, if breastfed.
- Baby will eat every 1-2 hours.
- Baby will sleep for 3-4 hours at a time and up to 20 hours total per day.
- Baby is easily consoled and content at the breast.
- Baby is not yellow or blue.
- The umbilical cord should be kept clean and dry. It should not smell bad, be red, warm to the touch or streaky.
- Most babies have newborn rashes beginning in the first few days of life as their skin adjusts. If you are concerned have your care provider look.
- Brick dust, or orange/red paste/powder can often be found in their diaper prior to day four, when your milk comes in, this is a build up of urate acid and is common and normal.
- Baby girls can have a mini period and milk discharge from their breasts. This is due to the maternal hormones and is also normal.
- Babies can, and often do, lose weight in the first few days of life, but will quickly regain it and should be back to birth weight by 2 weeks.
- Babies usually have growth spurts every few weeks, then ever few months and will want to nurse more often during these periods.
- Babies communicate through their cries. Listen carefully and you will know what they need most cries are different according to their needs.
- Normal newborn respiration is between 40 and 60 breaths per minute. Unlike adults, babies breathe irregular and take little pauses, but should never pause more than 10 seconds.
- Normal newborn heart rate is between 120 and 160 beats per minute.
- Normal newborn temperature is between 97.5°-100.3°. Babies cannot regulate their temperature in the first few days of life. Do not over bundle them or expose them to a draft. Skin to skin with a light blanket is usually perfect.
- Blue hands and feet can be common in the first few days of life, but should not return to blue once they pink up.
- Babies should be pink in color.
- A baby's soft spot should be soft and springy to a gentle touch. It should not sink in or bulge out.