

CARING FOR YOUR NEWBORN

Kaiser Permanente Hayward-Fremont-Union City



When should you call your provider?

1. Rectal temp 100.4 ° F or greater or less than 98 ° F
2. Sleeping more than 4 hours straight or not eating well
3. Breathing very fast (over 60 breaths per minute)
4. Flaring nostrils and/or chest wall or abdomen caving in with breathing
5. Frequent coughing or vomiting
6. Redness or swelling around belly button
7. Abnormal skin color (purple, blue, pale, yellow-orange)

📞 Pediatric Advice Line: 795-3050

Breastfeeding Questions: When and whom to call



Lactation Warmline: Mon-Fri 9-4pm

📞 510-784-2804

Pediatric Advice Line: Anytime

📞 510-795-3050 Fremont

📞 510-675-4050 Hayward

- **Call us** if you have any questions or concerns regarding breastfeeding: pain, latching problems, concerned about baby getting enough milk etc.
- **New mothers** who are breastfeeding are encouraged to call a healthcare provider before adding anything other than your breastmilk to baby's diet.

Recognizing Baby's Feeding Cues:



- Moving lips and tongue, opening mouth
- Smacking noises
- Rooting (turning head from side to side)
- Trying to get hand to mouth
- Sucking on mouth or fingers
- Increased activity
- Fussiness
- Crying

Remember: Crying is a late feeding cue.

Early breastfeeding success is more likely when mom responds to baby's earlier feeding cues.

How do I know my baby is getting enough milk?

- Feed your baby "On-Demand"
- Count diapers (3 bowel movements and 5-6 wet diapers every day by 4th day)
- Baby will look satisfied and content
- After 2nd milk comes in (3-5 days), breasts will be softer after feeding

