

UW Medicine

Baby Care

In the hospital and at home



April 2018



Baby's Discharge Checklist

My baby can go home when:

- I checked off all the workbook chapters.
- The birth filing form is filled out.
- My baby had a discharge exam.
- My baby's hearing screen is done.
- My baby's jaundice screen is done.
- My baby received a hepatitis B vaccine.
- My baby's oxygen screen is done.
- I understand my baby's feeding plan.
- My baby's follow-up visit is planned.
- I know who to call when I have questions and concerns.
- My baby's car seat is ready.
- I have clothes for my baby to wear home.
- I signed my baby's discharge form.

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<i>Milestones and Mementos</i>	
<i>Baby's Footprint and Birth Certificate</i>	
<i>Washington State Birth Filing Form</i>	

	I have reviewed this chapter	My nurse did "teach back" with me about this chapter
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Section 1

My Baby's Care in the Hospital

Your New Baby	<input type="checkbox"/>	<input type="checkbox"/>
Newborn "Safe 8"	<input type="checkbox"/>	<input type="checkbox"/>
Baby's Second Night	<input type="checkbox"/>	<input type="checkbox"/>
Late Preterm Infants	<input type="checkbox"/>	<input type="checkbox"/>
ID Bands and the Rectangle Wrap	<input type="checkbox"/>	<input type="checkbox"/>
Newborn Screenings	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B Vaccine	<input type="checkbox"/>	<input type="checkbox"/>

Section 2

Planning for Home

Getting Ready to Take Your Baby Home	<input type="checkbox"/>	<input type="checkbox"/>
Car Seat Safety	<input type="checkbox"/>	<input type="checkbox"/>
Circumcisions at UW Neighborhood Clinics	<input type="checkbox"/>	<input type="checkbox"/>
When Your Baby Stays in the Hospital	<input type="checkbox"/>	<input type="checkbox"/>

Section 3

My Baby's Care at Home

Getting to Know Your Baby's Body



Keeping Your Baby Safe at Home



Period of PURPLE Crying



Who to Call

Inside back cover

When to Call

Back cover

Wondering what's next? We have an app for that.



UW Baby helps you prepare for your baby. Find answers to your questions about what's happening during pregnancy, week by week, customized to your due date. Watch informative videos. Learn about pregnancy, labor and birth, postpartum care, breastfeeding and newborn care. Find UW Medicine providers, clinics and more.

Track appointments, baby kicks and more! Capture every kick with the interactive tracker tools. You can record appointments, contractions, immunization records and more, during pregnancy and through your child's first year. UW Baby is your pregnancy and newborn care companion.

UW Baby is a free app available at:



How to Use This Workbook

Baby Care

There is a lot to think about after you give birth!

We want you and your loved ones to feel informed and ready for the hours and days ahead. At UW Medicine, we are committed to giving you correct and helpful information. The main ways we do this are:

Slideshows

Your nurse will help you access some short slideshows.

Workbooks

We will provide you with workbooks covering many aspects of self-care after giving birth, baby care, and breastfeeding. They include checklists to keep track of how things are going while you are in the hospital and at home. When you leave the hospital, take the workbooks home with you and refer to them as needed for the first weeks after your baby's birth.



We are here to help! Please tell us if there's anything you need.

The Table of Contents for each workbook has check boxes by each chapter title. Please check off each chapter as you finish reading it and have gone over it with your nurse.

Talks with Your Nurses

Your nurses are a great source of information. They will be talking with you about your care and what to expect when you go home.

UW Baby App

This app can be a very helpful resource when you are at home and have questions. Search the app store on your phone for "UW Baby."

Ready? Let's get started!



Who to Call

Your Baby's Clinic

Call your baby's clinic any time if you have concerns about your baby's health. If it is after hours, a recording will tell you what to do.

Your pediatric clinic: _____

Phone: _____

UW Medicine Clinics

Roosevelt

Pediatric Care Center 206.598.3000

Pediatric Nurse 206.598.3030

Harborview Medical Center (HMC)

Family Medicine 206.744.8274

Women & Children's Clinic 206.744.3367

UW Medicine Neighborhood Clinics

Call Center 206.520.5000

To find a UW Medicine Neighborhood Clinic near you, visit www.uwmedicine.org/neighborhood-clinics.

Breastfeeding Help

UWMC Lactation Services.....206.598.4628

Roosevelt Lactation Consultant 206.598.3030

NW Hospital Breastfeeding Group206.368.1882

Services

Birth Certificates (UWMC Medical Records).....206.598.3478

Classes (Parenting and Safety) at Great Starts 206.789.0883

Community Care Line

(Nurse Consult 24 hours a day)206.744.2500

UW Medicine Insurance and Registration206.598.4388

When to Call

Call 911

Call 911 if your baby:

- Is having a medical emergency.
- Has a problem that you feel cannot wait and your baby's clinic is closed.

Call your baby's clinic right away

Call your baby's clinic right away if your baby has:

- An underarm temperature of 100.4°F (38°C) or higher.
- Red or hot skin around their belly button.
- Shortness of breath, a hard time breathing, or is breathing fast for several minutes.
- A hard time waking up for feedings, is too tired or not interested in eating, is rarely alert, and is floppy.

Call your baby's clinic within 24 hours

Call your baby's clinic within 24 hours if your baby:

- Does not seem satisfied after feedings and has fewer wet and dirty diapers than you expect.
- Is not breastfeeding at least 8 times in 24 hours (or not bottle feeding at least 6 times in 24 hours).
- Has yellowish skin or eyes.
- Coughs or chokes a lot during feedings.
- Vomits green liquid, vomits more than 2 times in a day, or vomits and has diarrhea.

Call your baby's clinic at any time if you have questions or concerns about your baby's health. If it is after hours, a recording will tell you what to do.

Clinic Name

Phone

Remember to make your baby's follow-up clinic appointment!

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