



KLS FAMILY
WELLNESS
CENTER

a healthy family - as it should be!



family

Postpartum

Survival Guide

Baby's Schedule

Sleep

Time Put Down	Wake Up Time	Total Time Slept

Diaper Changes

Time	#1	#2

Feeding

Time	L	R	Bottle Oz.

Diaper Facts!

Baby's start off with only 1 wet diaper per day. 1 on day 1, 2 on day 2....Once Mom's milk come in your baby should have 8-10 wet diapers.

If not contact your pediatrician.

Want to learn about cloth diapers? We have a free class every month!

Contact us for more info.

Did you know it takes 550 years for a disposable diaper to decompose. That's Crazy!!

Cloth diapers are a more environmental option and can even be cheaper!

See something dark and tarry in your babies diaper?

Don't worry that is just meconium and it will be out of their system in a few days. After that baby should have 2-5 dirty diapers a day.

Worried your baby isn't going often enough? Contact your pediatrician and schedule an appointment with Dr. Lisa to help get things moving!

From 6 weeks old and on a breastfed baby may only have a bowel movement every few days or even once a week. As long as they are still having 8 wet diapers there is usually no need to worry.

Want to learn more about caring for your new baby?

Contact us for a free consult with our doula!

★ Menu Plan ★

Daily Meals

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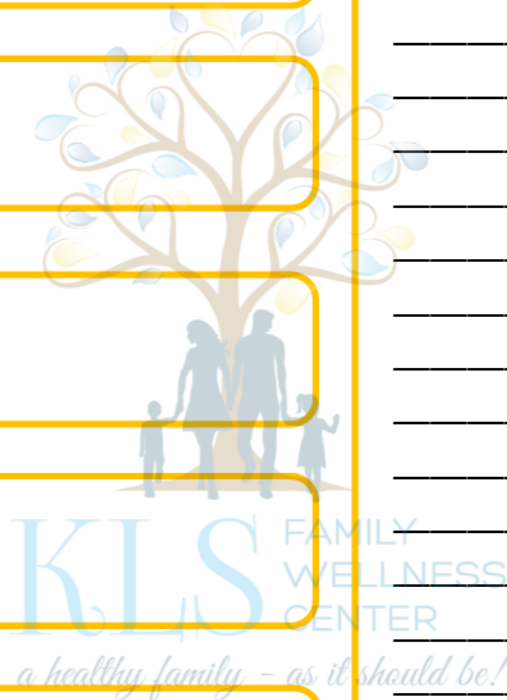
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T

F

S

Groceries



About Your Newborn

How much Does your Newborn need to Eat?

How big is a newborn's stomach?



Day 1	Day 2	One week	One month
size of a cherry	size of a walnut	size of an apricot	size of large egg
5-7 mL 1- 1.4 teaspoons	22-27 mL 0.75-1 oz	45-60 mL 1.5- 2 oz	80-150 mL 2.5- 5 oz

Are you worried about whether or not your new baby is getting enough to eat in their first few days of life? Their stomachs start out very small about the size of a cherry and can only hold about 7ml or roughly the amount of a teaspoon. As they get older their stomach expands and they can hold more milk in their stomach. Most babies nurse 10-12 times a day.

Baby's start off with only 1 wet diaper per day. 1 on day 1, 2 on day 2....Once Mom's milk come in your baby should have 8-10 wet diapers a day then they are getting enough breast milk.

If you are still concerned seek the help of an IB-CLC.

Check out LLLi.org or KellyMom.com for more information on breastfeeding.

Newborn's Temperature

Normal axillary (under the arm) temperature ranges from 97.5 to 99.3 degrees Fahrenheit (36.5 to 37.4 degrees Celsius)*

Normal rectal temperature is 100.2 degrees Fahrenheit or less (37.9 degrees Celsius or less)*.

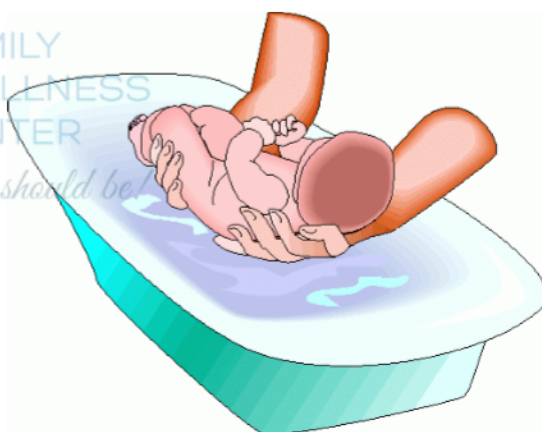


Baby's First Bath

Give your baby a sponge bath until after the umbilical cord stump has dried up and fallen off.

It is easiest to give your baby a bathing the kitchen sink or a specially designed baby bathtub.

1. Fill the bathtub or sink with 3 inches of water that feels warm but not hot on the inside of your wrist (about 90 °F).
2. Gradually slip your baby into the tub feet first, using one hand to support her neck and head. Pour cupfuls of bath water over your baby regularly during the bath so they don't get too cold.
3. Use a small amount of soap to wash baby off, as too much can dry their skin out.
4. Rinse with cupfuls of water and lift your baby out of the tub with one hand supporting their neck and head and the other hand supporting their bottom. Wrap your fingers around one thigh, since babies are very slippery when wet.
5. Wrap baby in a hooded towel and dry them off. Apply baby lotion if you want. Then diaper and dress your baby!



✦ ⬅ ➡ ✦ *Contact List* ➡ ➡ ✦

Mom Cell & Work

Pediatric Chiropractor

Partner Cell & Work

OB/Midwife

Grandparents

Pediatrician



Poison Control

Postpartum Doula

1(800) 222-1222

Fire Department

Favorite Delivery &
Take Out

Police Department