

# Newborn Parent Questionnaire

Please complete this side only

## General

Do you have any concerns or worries about your baby?  yes  no  
If "yes", please specify: \_\_\_\_\_

Will you be returning to work? Mom  no  yes When? \_\_\_\_\_ Dad  no  yes When? \_\_\_\_\_  
If 'yes', who will be caring for your child when at work? \_\_\_\_\_

## Feeding

How is your baby fed?

Breast  Bottle:  Expressed breast milk  Formula: Name of formula \_\_\_\_\_ Ounces per feeding: \_\_\_\_\_

My baby feeds every \_\_\_\_\_ hours during the day and is usually up \_\_\_\_\_ times during the night to feed.

## Sleep

Where does your baby sleep:  Crib/bassinet/co-sleeper  Parents' bed  Other \_\_\_\_\_

Does your baby sleep on his/her back?  yes  no

## Elimination

How many wet diapers is your baby having in a 24 hour period? \_\_\_\_\_

How many stools is your baby having in a 24 hour period? \_\_\_\_\_ meconium / transitional / yellow & mustard seedy  
(circle one)

## Development

Do you have concerns about your baby's development or behavior?  yes  no

If "yes", please specify: \_\_\_\_\_

Does your baby respond to sound?  yes  no

Did your baby pass the newborn hearing screen?  yes  no

If "no", do you have repeat hearing screen scheduled?  yes  no

Does your baby look at your face?  yes  no

Does your baby move his/her arms and legs equally?  yes  no

Can you calm your baby?  yes  no

## Safety

Does your home have working smoke detectors?  yes  no

Is your water heater turned down to below 120 degrees?  yes  no

Does your child ride in a rear-facing car seat in the back seat?  yes  no

Does anyone smoke who cares for your child?  yes  no

Are you afraid of your partner or anyone close to you?  yes  no

Have you blamed yourself unnecessarily when things went wrong? Circle one: Yes, most of time Yes, some of time No, not often

Have you felt scared or panicky for no good reason? Circle one: Yes, most of time Yes, some of time No, not often

Have you been anxious or worried for no good reason? Circle one: Yes, most of time Yes, some of time No, not often

Completed by: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Provider review \_\_\_\_\_

End of parent questionnaire

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

## NEWBORN

### Safety:

- Always use a *car seat*. Infants should be rear facing until 2 years of age. The safest place is the back seat, ideally the center back seat. Never put an infant in the front seat with an air bag. Air bag/car seat questions: call Safety Restraint Coalition 1800 282 5587
- Set the water thermostat at 120 F.
- Ensure fire alarms and extinguishers are in place and functional.
- Do not leave pets or older siblings unsupervised with your newborn.
- Never leave your child in the bathtub or on a high surface unsecured-even for a few seconds.
- Any fever in the first 2-3 months of age is important for your pediatrician to know about (rectal temperature > 100.4). A change to sustained irritability or lethargy should be promptly reported.
- Avoid "colds" and contagious disease by keeping ill people away if possible. Friends and family should wash their hands before handling your baby.
- Parents and care providers consider augmenting immunity to "whooping cough" by getting Tdap booster.
- Consider taking an infant CPR class.

### Development:

- Your child can see. The best focal distance is about 12 inches.
- Your child should startle to sound at least sometimes. A hearing test should be performed prior to leaving the hospital.
- Awake "*tummy time*" may help your child explore upper extremity and trunk musculature (although no good evidence it helps *long term* development).
- Social smiling and cooing typically occur by two months of age.

### Sleep:

- Your child should be placed on his/her *Back to Sleep*. This may reduce the risk of Sudden Infant Death Syndrome by 40-50%. No blankets, pillows, soft bedding should be allowed in the vicinity of a sleeping child until 1 year of age.
- Crib slats should be no more than 2 3/8 inches apart.
- Place your child to sleep on his/her back when awake and drowsy. If your child *always* falls asleep by swing, bottle/breastfeeding, excessive rocking, etc., she may not learn how to fall asleep on her own which may make longer stretches of sleep difficult later.

### Diet:

- Breast milk or formula is total nutrition for an infant. There is benefit to delaying any solids until 4-6 months. Never use a low iron formula.
- After the first couple weeks, typically babies want to eat every 2 ½ to 3 hours. Breastfeeding mothers should err on feeding frequently (at least 7-8 times per day) for the first two weeks to establish good milk supply. Call the lactation support line at the birthing hospital for breastfeeding help if needed.
- Many babies will want to feed more frequently for comfort. Comfort "extra" feedings can be a pitfall to good sleep habits now and in the future. Once growth and milk supply are established at the two week visit, try to rock/hold/comfort your child for *comfort* and feed your child when *hungry*.
- The American Academy of Pediatrics recommends a vitamin D supplement (400 IU/day) for solely breastfed babies to prevent vitamin D deficiency rickets. A breastfeeding mother should also continue her prenatal vitamins.
- Premature infants (<37 weeks gestation) should receive supplementation of iron for the first year of life.
- In a breastfed infant, many families elect to introduce a bottle (expressed breast milk or formula) at four to six weeks of age. A bottle may be met with stronger resistance after six weeks.

### Tips:

- Consider *Program for Early Parent Support* 206 547 8570 or other parenting support/information groups.
- It is important for both parents, especially breastfeeding moms to sleep when possible, eat well, drink water and rest.

- Postpartum depression in mothers is common. Please let your physician or pediatrician know if you are experiencing intense sadness or having difficulty connecting with your child.
- Most children experience some degree of “colic” like pain starting around two weeks of age and peaking about 1 ½ months. Typically this is more noticeable in evening or early morning hours. Let your pediatrician know if excessive.
- All children regurgitate milk at times peaking at about 1 month of age. Let your pediatrician know if this is causing frequent pain/crying, arching of neck, or refusal to eat.
- Sneezing and hiccups are normal for a newborn. Newborns also may have cool, bluish colored hands/feet.
- Siblings, especially toddlers, may experience jealousy at the arrival of a new baby. Try to give the toddler individual attention when possible yet be consistent with poor behavior.
- Hold and talk to your baby!

**Medications:**

- We do not recommend Acetaminophen, Ibuprofen, antihistamines or decongestants in the first two months of life unless advised by physician.

Visit our website for further health information and links to other medical sites: [www.ballardpediatrics.com](http://www.ballardpediatrics.com)  
Ballard Pediatrics: 206 783 9300