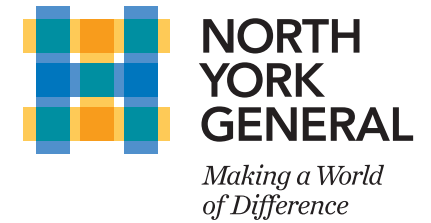
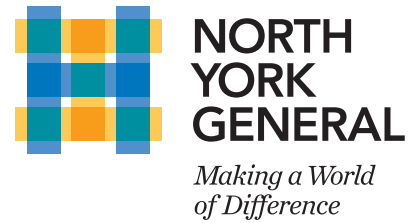


After you leave the hospital

If a family doctor or paediatrician will care for your baby after leaving the hospital, you should make an appointment to see them within 2 days of going home. If a midwife is providing your care, they will plan the follow-up with you.



WHAT TO LOOK OUT FOR

Bring your baby to see your health care provider if they have any of the following:

- Fever – bring your baby to the emergency department if your baby is less than 3 months old and has a rectal temperature of 38 degrees Celsius or higher, to make sure they do not have a serious infection.
- Difficulty breathing
- Is not drinking enough and/or not peeing enough
- Is sleepy and harder to wake up than usual
- Has unusual movements
- If your baby's skin or the white part of the eyes looks more yellow than when at the hospital
- If you have any concerns

If your child gets sick, they can be seen by their health care provider, or at the nearest emergency department.

Your health care provider can also contact the paediatrician on call at North York General Hospital for an assessment on the Paediatric Short Stay Unit, if necessary.

YOUR RESOURCES

The **North York General Hospital Mother and Baby Follow-Up Clinic** is a great resource for help with breastfeeding. It is open 7 days a week from 9 am to 4 pm. Call **416-756-6410** to make an appointment.

Another useful resource is the **Telehealth Ontario Breastfeeding Hotline**, which is available 24 hours a day, 7 days a week, 365 days a year. Call **1-866-797-0000** toll free.

Caring for your baby born at North York General Hospital

Tips for parents and families



North York General Hospital
4001 Leslie Street
Toronto, ON M2K 1E1
T 416.756.6608
nygh.on.ca

Congratulations!

Giving birth to a baby is an exciting and busy time. This brochure contains information about taking care of your baby in hospital and once you go home. This information is not a substitute for medical care and advice from your health care providers.

FEEDING YOUR BABY

- Babies should be fed **8-12 times** per day (or every 2-3 hours).
- Babies can lose up to 10% of their birth weight. They usually regain their birth weight by **10 to 14 days of life**.
- The chart below shows how many wet or dirty diapers to expect in the first few days of your baby's life (at minimum).
- Do not feed your baby water. Babies should be breastfed or, if that is not possible, formula fed.
- These are general guidelines. Every baby is different. Speak with your health care provider if you have any concerns.

WET OR DIRTY DIAPERS IN THE FIRST FEW DAYS

Breastfeeding: Every 2 to 3 hours, 8 to 12 times per day

Age	Wet Diapers (pee)	Dirty Diapers (poop/stool)
1 Day	At least 1	At least 1 to 2: black or green
2 Days	At least 2	At least 1 to 2: black or green
3 Days	At least 3	At least 3: brown, green or yellow
4 Days	At least 4	At least 3: brown, green or yellow
5 Days +	At least 6	At least 3: yellow, soft, seedy

Adapted from Breastfeeding Guidelines for Consultants - Desk Reference.

Vitamin D

Vitamin D helps your baby grow strong bones and teeth. Babies who are breastfed do not get enough vitamin D. Even babies who are formula fed would need to drink 1 litre of formula a day to get enough vitamin D. The Canadian Paediatric Society recommends giving **400 international units (IU)** of vitamin D per day to babies in the first year of life. Vitamin D drops can be purchased over the counter at any pharmacy. The vitamin D drop can be given directly into your baby's mouth, or placed on mom's nipple when she is breastfeeding.

SAFE SLEEPING

- The safest position for babies to sleep is on their back. This helps prevent SIDS (Sudden Infant Death Syndrome). If your baby spits up, there is less risk for choking if the baby is sleeping on their back.
- Your baby should sleep on a firm surface without any soft or loose objects such as pillows, blankets, bumper pads or stuffed/plush toys.
- Do not co-sleep. Co-sleeping (sleeping with baby in your bed, on the couch, in an armchair or elsewhere) increases the risk of SIDS.
- Babies generally should wear one more layer than you are wearing to be comfortable and warm enough.
- Do not smoke around your baby.
- Babies should not sleep in a car seat.

See http://www.caringforkids.cps.ca/handouts/safe_sleep_for_babies for more information.

Flat back of the head

Babies spend a lot of time on their backs and are at risk for flattening of the back of the head. To prevent this from happening, you can alternate the direction your baby lies in the crib. For example, if one day your baby is sleeping with their head facing the head of the crib,

the next day have your baby lie with their head facing the foot of the crib.

Tummy time

Tummy time is also a good way to prevent flattening of the back of the head, and is a great way to help your baby develop good head control. Starting when you return home, put your baby on their stomach 2 or 3 times a day, for a few minutes each time. Your baby should be on a solid surface where there is no risk of falling. As your baby gets older, and begins to enjoy being in that position more, you can have them spend more time on the tummy.

Car Seats

Car seats are important to reduce the risk of injury in motor vehicle accidents when used properly. Please remember that car seats should not be used past the expiry date, and you should always keep and follow the manufacturer's directions.

CAR SEAT TIPS:

- Babies should be in a rear-facing car seat until they are at least 12 months old and weigh 10 kg (22 lb).
- When the seat is installed, it should not move more than 2.5 cm (1 inch) in any direction.
- The harness straps should fit snugly and the chest clip should be at the level of your baby's armpits.
- If you can fit more than one finger between your baby's collarbone and the shoulder harness, it is not tight enough.
- Do not leave your baby to sleep in a car seat.
- Car seats should only be used to transport your baby safely in the car.
- Do not put the car seat on an elevated surface like a table because it might fall off.

Before you leave the hospital, your nurse will work with you to make sure your baby is safely positioned in the car seat.