



Waxbarashada Bukaanka

Xarunta Hooyada iyo Dhallaanka – Daryeelka Naftaada iyo Carruurtaada



Sida aad Ilmahaaga u Daryeelayso

Waxaanu kugu hambalyeyneynaa in ilma cusubi kuugu dhashey cusbitaalka University of Washington Medical Center! Arrimahani waxaa ay ku caawinayaan marka ilmaha aad geysato guriga.

Ballanada Ilmaha loo Qaban Doono

Dhakhtarada carruurtu waxaa ay baadhi doonaan ilmahaaga inta uu cusbitaalka ku jiro. Fadlan u sheeg shaqaalaha cidda aad xulatay daryeelka ilmahaaga. Sidoo kale waxaanu kaa caawini karnaa helitaanka dhakhtar daryeel siiya.

Booqashada ugu horreysa ee ilmahaaga waxaan u qorsheynay sidatan soo socota:

- **Haddii ilmaha aad qaadato 48 saacadood muddo ka yar**, kaddib marka aad dhasho, ilmaha waxa la raba inuu dhakhtar carruureed arko ama dhakhtar kale 2 illaa 3 cisho kaddib marka aad dhasho. Haddii aad ku nooshahay Degmada King ama Snohomish, waxaad heli kartaa in guriga ay kuugu timaad kalkaalisada caafimaadka dadweynaha, illaa muddo 48 saacadooda kaddib marka aad Cusbitaalka ka baxdo.
- **Waxaad kale oo aad heli kartaa in kalkaalisada caafimaadka dadweynaha ka war heyso xaalkaaga.** Taasina waxay noqon doontaa xagga talifoonka inay kugula soo xidhiidho ama ay guriga kuugu timaad.
- **Haddii aad guriga tagto 48 saacadood gudahood (2cisho) marka aad dhasho**, waa in ilmaha loogu yimaado guriga illaa 2 asbuuc gudahood.
- **Haddii aad qaadato kuubanada caafimaadka**, waxaad heysataa illaa 30 cisho in aad doorato ilmahaaga cidda daaweyneysa *Primary Care Provider (PCP)* sida qorshaha caafimaadku sheegayo. U sheeg shaqaalaha DSHS in aad ilma dhashey si ay kuugu soo diraan kuubanada caafimaadka ee ilmaha. Ilmaha waxa la daweyn doonaa illaa 1 sano.

Sida ilmaha aad ugu meydheyso

Ilmaha ugu meydh isbonj (buush), ama saxanka ugu meydh, oo ku bilow marka uu dhasho. Waxay ku xidhintahay haddii i aanu xanuun ku heyn. Ha ku isticmaalin ilmaha, saboon ama in yar isticmaal, hana isticmaalin wax bowdhara ama saliida ah.

Ilmahaaga waxaad ugu meydhaa qol kulul oo aan laheyn dabeyl. Waxaad ku bilowdaa wajiga. Adiga oo isticmaalaya cidhifga marada si aad u nadiisfiso dhegaha iyo sanko.

Looma baahna inaad ilamah timihiisa meydho markasta. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 386 illaa 387.

Xadhiga Xundhurta sida aad u Hagaajin Laheyd

Nadiifi maalinkasta meesha jirida xadhiga xundhurta. Marka ugu horeysa meydh gacmahaaga si fiican. Markaa isticmaal cudbi aad ka buuxisey biyo kulul si aad u nadiifiso ilmaha calooshiisa iyo xadhiga meesha u dhaxeysa.

Xadhiga xudunta ha dhexgalin dheybarka si uu qaley l u ahaado. Jiridda xadhiga xundhurtu waxaa uu ka fuqi doonaa hal illaa 2 asbuuc dabadeed. Marka ay ka fuqdo jirido, waa in aad sii wadaa in 1 asbuuc aad nadiifiso meesha.

Carruurta qaarkood ayaa xundhurtoodu ay dibedda u soo baxsan tahay, oo ay jilicsan tahay, gaar ahaan marka ay qalalan tahay. Taas waxa loo yaqaan *umbilical hernia* (bog-dilaaca xundhurta), kaas oo ah hog yar oo ku jira muruqyada caloosha. Kaasi ma aha wax weyn, waxaanu iska taggaa 12 illaa 18 billood gudahood. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 385 illaa 386.

Sida aad Meesha Dheybarka u Nadiifineyso—ee Gabdhaha

Meesha deybarka ee gabdhaha marka aad nadiifineyso kaga bilow xagga hore oo xagga dhambe u soco, si aaney u qaadin cudurada kaadi mareynka ku dhaca.

Waxaa laga yaabaa gabadha in farjigeeda uu ka yimaad dheecaan cad ama mid cas. **Taasina waa mid caadiya.** Waxaana u sababa hooyada dhiigeeda hoormoonka. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogga 386.

Sida aad Meesha Dheybarka u Nadiifineyso — ee Wiilasha

Nadiifi, biyoraaci, qalajina meesha u dhaxeysa xiniinyaha iyo lugaha.

Haddi ilmuhu aanu xalaaleysneyn, buuryada harageeda hore dib ha u celin, marka aad u meydheyso. Waxa laga yaabaa taasi in ay wax yeesho. Haraggu isaga ayaa iska tagi doona marka ilmuhu gaadho inta u dhaxeysa 4 iyo 8 sano. Wax in laga qabto looma baahna illaa waqtigaa uu gaadhayo.

Haddii ilmahaaga la xalaaleeyey, waxaa laga yaabaa in aad ku aragto dheecaan huruud ah buuryada afkeeda. Sidoo kale asbuuca hore, waxaa suuragal ah in aad aragtid in maqaarka guska uu casaan noqdo oo u xoogaa bararo. Xalaaleynta midkood, faraati caag ah ayaa guska la geliyaa. Halkeeda u daa. Isagaa dhacaya 5 illaa 8 maalmood gudahooda.

U sheeg dhakhtarka haddii i:

- Dheeg joogta ahi ka yimaad.
- Haddii i ilmuhu kaadshi kariwaayo 24 saacadood ka dib.
- Haddii i wax malax u egi ka timaad.

Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 402 illaa 404.

Sida Ilmaha aad Dharka ugu Galineyso

Ilmaha dharka ugu xidh sida aad u xidhato dharka ee kolba hawadu sida ay tahay. Ilmaha ha u galin dhar ka fara badan ama bustayaal ka fara badan, khaasatan marka uu seexdo. Laakiin koofiyad u gali marka ilmaha aad dibedda u kaxeeyso. Carruurta waxaa qabowgu ka soo galaa madaxa marka dhulku qabowyahey. Ama waa ay kululaadaan haddii madaxa laga daboolo marka dhulku kululyahey. Carruurta **uma** baahna kareemka qorraxda illaa ay 6 bilood ka gaaraan. **Ka** fogee qorraxda tooska ah.

Sida Ilmaha aad u Seexineyso

Ilmaha waa in aad u seexisaa dhabarka si aad uga ilaaliso waxa loo yaqaan dhimashada ku soo boodka ah (SIDS). Bustayaal jilicsan ha ku seexin, ama waxyaalaha lagu ciyaarro oo jilicsan xoolka (crib) ha galinin-mara adag oo aad furashga ku gogosho oo kaliya isticmaal. Carruurta bilaha hore wax yar ayey habeenkii si fiican u seexdaan. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 398 illaa 399 iyo bogagga 419 illaa 420.

Waxaad carruurtaada u seexisaa calooshiisa xilliga ciyaarta. Waxaa ay xoojinaysaa murqaha gacmaha, qoorta iyo dhabarka.

Sida aad ilmaha wax u Siineyso

Dheefi ilmahaaga marka aad ka aragtid calaamadaha gaajada - caadi ahaan $1\frac{1}{2}$ illaa 3 saacadood. Haddii ilmuhu marka uu naasga jaqayo ama qarshada wax ku cabayo uu margado ilmaha soo sara fadhiisi, ama caloosha u seexi, markaana dhabarka ka dhirbaax. Waxaad isticmaasha irbada cusbitaalka lagaa siyey si aad uguga soo nuugto waxa dheeraadka ah, afgiisa iyo sankiisa.

Naas Jaqsiinta

Si aad u heshid macluumaadka naas jaqsiinta waxaad ka eegi kartaa qeybo buugga ka tirsan.

Qarsha Wax ku Siinta

Ilmuhu waa inuu cunaa intey ugu yartahey wiiqiyad iyo badh 3dii ama 4tii saacadooba mar, ama 6 goor 24kii saacadooba, asbuuc a uga horeysa. Ilmaha ka daaci marka uu cabo in wiiqiyad iyo badhaba.

Waligaa waa in aad qarshada heysaa, aanad meel ku tiirin. Ilmuhu waxa laga yaabaa in uu ku margado caanaha. Waxaad u isticmaasha marka aad naasga siineyso ilmaha in aad bogga galiso, oo aad laabta ku qabato. Eeg *Urka, Dhalmada iyo Carruurta Cusub*, bogagga 461 illaa 463.

Candhuufda uu soo Caliyo

In ay candhuufda tufaan waa u caadi caruurta. Ilmuhu waxba kama oga cadhuufda waxna ma yeeleyso. Waxaa laga yaaba in ay sabab u tahay markii ilmuhu cuney cunta fara badan ama uu daaco. In kasta oo ay wasakh tahey, laakiin ma aha wax aad ka war worto.

Si ilmaha ay candhuufdu uga yaraato waa inaad kor u heysaa ilaa 30 minit ka bacdi marka aad wax siiso. Caruurta qaarkood ayaa candhuuf tufgu ku badantahey, qaarna wey ka yartahey, laakiin intooda badani wey iska daayaan marka ay fadhi bartaan, dhammaantoodna wey joojiyaan marka ay socod bartaan. Eeg *Urka, Dhalmada iyo Carruurta Cusub*, bogga 404.

Sida aad ku Qiyaasikarto Ilmaha Kuleylkiisa

Laba siyood ayaa ilmaha kuleylkiisa loo qaadaa waana:

- Axillary (kilinkilada).
- Rectal (malawadka).

Qiyaasda caadiga ah ee kuleylka jidhko waa 97.7°F (36.5°C) iyo 99.5°F (37.5°C).

Qiyaasda caadiga ah ee walamaku waa 97.7°F (36.5°C) iyo 100°F (37.8°C).

Haddii i aad istidhaa ilamaha xumad ayaa heysa, waxaad jeegareysaa kilinkilada kuleylkeeda. Sidaad waxaad u sameynkartaa adiga oo irbada galiya kilinkilada. Waa inaad hubisaa in ibta caadiga ay kilinkilada ku dhex jirto. Halkaa ku hay irbada illaa uu sheyga dhawaaqo. Markaana eeg ilmaha kuleylkiisa.

Ma aan kugula talinayno in aad isticmaasho tarmoomitirka meerkuriga ka sameysan.

La hadal Kalkaalisada haddii i ilmaha kuleylkiisu ka bato 99.5°F illaa 100°F, ama wax ka badan. Waydii dhakhtarka qiyaasda ay isleeyihiin khatar ayay ilmaha u tahay ee la rabo markaana inaad soo wacdo. Eeg *Urka, Dhalmada iyo Carruurta Cusub*, bogga 418.

Waxyaala kale oo ku Walwal Gelin Kara hal Illaa 2-da Bilood ee ugu Horreeya

Higgaada

Carruurta intooda badani waa ay higoodaan mararka qaarkood. Higadu waxba uma dhimeyso ilmaha.

Hindhisada

Hindhisadu waa sida caadiga ah ee ilmuhu u-nadiifiyo sankiisa. Taa macnaheedu ma aha in ilmuhu wuu xanuunsanayo.

Maqaarka

Ida illaa 2da asbuuc ee ugu horeeya, ilmuhu waxaa laga yaabaa in haragiisu uu qaley, qolof ka kaceyso noqdo. Taasi waa caadi. Waxa kale oo jirra dowl cudur oo oogada ku dhaca oo iska caadiya dhinaca ilamah.

- **Salmon Patches ama “stork bites”** – Waa meelo cas oo lagu arko ilmaha tunkiisa, sankiisa, xiribaha sare, iyo fooda xagga hoose. Kuwaasi waa barraha lagu dhasho kuwa ugu caadisan, gaar ahaan caruurta caddaanka. Wey iska taggaan waqti dabadeed.
- **Mongolian Spots** – Waa meelo isgu siman oo balaadhan oo midabku ku badanyahey, oo u-eg caggaar ama buluug, sida marka wax ku xagtaan oo kale, oo ka muuqda dhabarka ama badhida. Kuwaasi waa caadi. Gaar ahaan caruurta madow.

Bogga 6

Xarunta Hooyada iyo Dhallaanka

Daryeelka Naftaada iyo Carruurtaada — Sida aad Ilmahaaga u Daryeelayso

- **Milia** – Waa finan aad u yaryar ama meelo hurdiya oo ka muuqda sanko caaradiisa ama gadhka. Marka la taabto wey isgu simanyihiin, waxaaney baaba’aan bisha ugu horeysa.
- **Erythema toxicum** – Waa meelo haragu bukooda oo cas cas oo dhexda kule finan cad ama hurdiya. Waxaa ay soo baxaan inta badan maalmaha ugu horeeya ee ilmuhu dhasho, waxaaney baaba’aan illaa asbuuc ama in ku dhow. Wax daawo ah umma baahna. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 384 illaa 385.

Oohinta

Carruurta intooda badani waa ay ooyaan waqtiyada qaarkood. Lamana garanayo waxaa ay u ooyaan. Waxa fiican in aad ilmaha qaado oo aad la hadasho ama aad u heesto illaa inta uu joojinayo oohinta.

Haddii aadan garaneynin sababta u carruurtaada u ooynaayo, isku day in aad qaadid, ruxdid, ama socodsiisid ama aayar bootisid. Waxaad isku dayi kartaa ilmaha si fiican in aad ugu duubtid buste. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 406 illaa 408.

Cawarnida (Weershe)

Caruurta intooda badani waxa laga yaabaa in ay ku dhacdo cawarni, 4ta illaa 6da bilood ee hore.

Naas Bararka

Caruurta intooda badani naasuhu, gabdhaha iyo wiilashaba, wuu bararaa, sababta oo ah dheecaanada hooyada ay ka dhexleyn, markay uurka ku jireen. Waxa laga arkaa inay ka dareeraan caano marka ugu horeysa. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogga 385.

Gariirka Gadhka

Ilmaha cusub gadhkiisa ayaa haddii yo goor gariira, dhowrka bilood ee hore. Taasi way ka tagtaa marka ilmaha curuuqdiisu (nerves) ay korto.

Qufaca

Ilmuhu waxa laga yaabaa in uu qufaco dhowr goor marka aad naasga, ama qarshada aad jaqsiiso. Qufacu waxa laga yaabaa in uu ka tago marka ilmuhu u barto sida aad wax u siiso.

Su'aalo?

Su'aalihiinu aad ayeey qiimo inoogu leeyihiin. Haddii wax su'aala ah aad qabtaan ama aad wax ka cabaneysaan, waxaad la soo xidhiidhaa dakhtarkaaga ama daryeelaha caafimaadkaaga. Shaqaalaha UMWCA ayaa iyaguna kuugu diyaar ah in ay markasta ku caawiyaan.

Adeegyada Naas
Jaqsiiinta:
206-598-4628

Foosha iyo Dhalmada:
206-598-4616

Xarunta Daryeelka
Hooyada iyo
Dhallaanka:
206-598-4070

Caadooyinka Hurdada

Caruurta cusub oo dhame inta badan wey iska hurdaan. Waa in uu dhworkii saacadoodba mar toosa. Markaa uu tooso waa in uu wax kala ogaado, uu degenaadaa. Waa caadi ilmuhu inuu iska seexo maalinta inteeda kale. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 398 illaa 400.

Moro Reflex (Boodida naxdinta leh)

Mararna waxa loo yaqaan Startle Reflex, waxaanu dhacaa marka ilmuhu naxo, oo sanqadh ka naxo, iftiin xoogle, ama dhaqaaq degdega. Waxay si degdega gacmaha, iyo lugaha u kala bixisaa, waxaanay kala bixisaa jidhkeeda.

Dhaqaaqa la Yidhaa Rooting

Fartaada ku masax jidhkiisa, markaa ilmuhu wuxu u soo jeedsanayaa xagaaga isaga ooafga kala haya. Taasi waxay aad u dhacdaa marka uu gaajoonayo. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 397 illaa 398.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center
Box 356079
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4616

© University of Washington Medical Center
Caring for Your Baby
Somali
07/2003 Rev. 06/2006
Reprints: Health Online



Caring for Your Baby

Congratulations on the birth of your baby at University of Washington Medical Center! This information is to help you when you take your baby home.

Your Baby's Follow-up Visits

Our pediatricians (doctors for babies) will check your baby in the hospital. Please let our staff know who you have chosen for your baby's ongoing care. We can also help you find a provider for his care.

We will arrange your baby's first visit according to the following schedule:

- ***When you go home less than 48 hours after birth***, your baby needs to be seen by a pediatrician or other health care provider 2 to 3 days after birth. If you live in King or Snohomish County, you have the option of having a visit at your home by a public health nurse within 48 hours after you leave the hospital.
- ***You will also be offered routine follow-up*** by a public health nurse. This may be a telephone call or a visit in your home.
- ***If you go home more than 48 hours (2 days) after birth***, your baby needs a clinic visit within 2 weeks.
- ***If you are receiving medical coupons***, you will have 30 days to choose your baby's Primary Care Provider (PCP) in your Healthy Options plan. Tell your DSHS worker you have given birth so he or she can send you medical coupons for your baby. Your baby will be covered for at least 1 year.

Bathing Your Baby

Your baby can be given a sponge bath or tub bath right from birth (depending on your comfort level). Use little or no mild soap and avoid the use of body lotions or powders on your newborn baby.

Bathe your baby once or twice a week in a warm room with no drafts. Start with his face, using a corner of the washcloth to clean his ears and nose.

You do not need to wash your baby's hair at every bath. See *Pregnancy, Childbirth and the Newborn*, pages 386 to 387.

Cord Care

Clean the area around your baby's umbilical cord stump if it is soiled. First, wash your hands carefully. Then use a cotton ball soaked with warm water to clean between the cord and his tummy.

Keep the diaper below the cord stump to allow air to help to dry the stump. The cord stump will fall off in 1 to 2 weeks. Continue cleaning this area carefully for another week after the cord stump falls off. Watch for redness and signs of infection at the cord site.

The umbilical cord area on some infants will push outward and feel squishy, especially when they cry. This is called an *umbilical hernia*, which is a small hole in the muscles of the abdomen. This is not a serious condition and usually goes away by 12 to 18 months. See *Pregnancy, Childbirth and the Newborn*, pages 385 to 386.

Cleaning the Diaper Area – Girls

Always wipe your baby girl's diaper area from front to back. This can prevent bladder infections. Clean gently between the folds of skin.

Your baby girl may have white or pink mucous coming from her vagina. **This is normal.** It is caused by the mother's hormones. See *Pregnancy, Childbirth and the Newborn*, page 386.

Cleaning the Diaper Area – Boys

Wash, rinse and dry carefully between the scrotum and legs.

If your baby's penis is not circumcised, do not pull the foreskin back when washing. This may cause damage. The foreskin will pull back naturally between 4 and 8 years of age. No special care is needed until then.

If your baby is circumcised, you may see some yellowish drainage around the tip of the penis. Also during the first week, you may see that the skin on the penis is red and a little swollen. In one type of circumcision, there is a plastic ring on the penis. Leave it in place. It will fall off in 5 to 8 days.

Report to your doctor:

- Any persistent bleeding.
- If your baby does not urinate after 24 hours.
- Any pus-like drainage.

See *Pregnancy, Childbirth and the Newborn*, pages 402 to 404.

Dressing Your Baby

Dress your baby as you dress yourself for the weather. Do not overdress your baby or use too many blankets, especially when sleeping. However, **do** put a hat on your baby when you take him outside. Babies can easily lose heat from their heads in cold weather, or get too hot if their heads are uncovered in hot weather. Babies **do not** need sunscreen until 6 months of age. **Do** keep them out of direct sun.

Sleep Positioning for Your Baby

Place your baby to sleep on his back to reduce the risk of Sudden Infant Death Syndrome (SIDS). Recent research has shown this is the safest sleeping position. There should not be soft blankets beneath your baby and no plush toys in the crib – only a tight-fitting sheet over a firm crib mattress. Babies rarely sleep through the night for the first few months. See *Pregnancy, Childbirth and the Newborn*, pages 398 to 399 and 419 to 420.

Be sure to position your baby on his tummy for playtime. This strengthens the muscles of his arms, neck, and back.

Feeding Your Baby

Feed your baby when he shows hunger cues – usually every 1½ to 3 hours. If your baby chokes when breastfeeding or drinking from a bottle, sit your baby upright or onto his stomach and pat the back. Use the bulb syringe you received in the hospital to clear his mouth and nose.

Breastfeeding

For information on breastfeeding, please refer to the breastfeeding sections in this booklet.

Bottle-Feeding

Your baby should eat at least 1½ ounces every 3 to 4 hours, or 6 times in a 24-hour period for the first week. Burp your baby after every half ounce.

Always hold the bottle, never prop it. Your baby could choke on the formula. Use feeding time to cuddle and snuggle with your baby. See *Pregnancy, Childbirth and the Newborn*, pages 461 to 463.

Spitting Up

Spitting up is common in babies. The baby usually doesn't notice the spitting and it usually causes no distress. It may occur because he has eaten more than his stomach can hold or when he burps. Although it is messy, it is usually not a cause for concern.

To help reduce the amount of spitting, hold your baby upright for 30 minutes or more after feeding. Some babies spit up more than others, but most will decrease the amount of spitting as they start to sit, and almost all stop by the time they are walking. See *Pregnancy, Childbirth and the Newborn*, page 404.

Taking Your Baby's Temperature

A baby's temperature is taken most often in one of two ways:

- Axillary (under the arm).
- Rectally (in the rectum).

A normal axillary temperature is between 97.7°F (36.5°C) and 99.5°F (37.5°C).

A normal rectal temperature is between 97.7°F (36.5°C) and 100°F (37.8°C).

If you think your baby has a fever, check by taking an underarm (axillary) temperature. To do this, put the thermometer in your baby's armpit. Make sure the tip is completely in the armpit. Hold the thermometer there until the alarm sounds. Then read your baby's temperature.

We do not recommend the use of mercury thermometers.

Call your health care provider if your baby's temperature is 99.5°F to 100°F or more. Ask your health care provider what their preference is for a temperature that they want you to call about. See *Pregnancy, Childbirth and the Newborn*, page 418.

Other Health-Related Concerns During the First 2 Months of Life

Hiccups

Most babies hiccup from time to time. Hiccups are not harmful to your baby.

Sneezing

Sneezing is the natural way that a baby clears his nose. It does not mean that your baby has a cold.

Skin

Newborns will often have dry and peeling skin for the first 1 to 2 weeks of life. This is normal. There are several other rashes that are also normal in newborn infants.

- **Salmon patches or “stork bites”** – patches of deep pink that are commonly located on the back of the neck, bridge of the nose, upper eyelids, and lower forehead. These are the most common birthmarks, especially in light-skinned babies. They usually go away over time.
- **Mongolian spots** – large flat areas containing extra pigment which appear green or blue (like a bruise) on the lower back or buttocks. These are very common, especially in dark-skinned babies, and usually go away over time.

- **Milia** – tiny white bumps or yellow spots across the tip of the nose or chin. They are usually smooth to the touch and disappear in the first month of life.
- **Erythema toxicum** – a rash of red splotches with yellowish/white bumps in the center. They generally appear during the first few days of life and disappear within the first week or so. They do not need any treatment. See *Pregnancy, Childbirth and the Newborn*, pages 384 to 385.

Crying

Newborns cry for all sorts of reasons. They cry when they are hungry, overstimulated, tired, gassy, or need a diaper change. All babies have fussy times for no particular reason.

If you do not know why your baby is crying, try holding, rocking, or walking and bouncing gently. Babies like repeated movements. You can also try wrapping the baby snugly in a blanket or carrying the baby in a front pack or sling. See *Pregnancy, Childbirth and the Newborn*, pages 406 to 408.

Crossed Eyes

Most babies will sometimes have crossed eyes during the first 4 to 6 months of life.

Breast Swelling

Most babies, both boys and girls, have some swelling of the breast because of the hormones they received from their mother during pregnancy. They can even leak milk at first. See *Pregnancy, Childbirth and the Newborn*, page 385.

Chin Quivering

The newborn's chin often shakes or quivers during the first several months of life. This will disappear as the infant's nervous system matures.

Cough

Your baby may cough and sputter after the first few breast or bottle feedings. Coughing should stop after he adjusts to the feeding routine.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

Lactation Services:
206-598-4628

Labor and Delivery:
206-598-4616

**Maternity and Infant
Care Clinic:**
206-598-4070

Sleeping Habits

Newborns sleep 12 to 20 hours in a 24-hour period. The baby should awaken every few hours to feed and should be content and alert for part of the day. It is normal for your baby to sleep the rest of the time. See *Pregnancy, Childbirth and the Newborn*, pages 398 to 400.

Moro Reflex

This is sometimes called the “startle” reflex and occurs when your baby is alarmed or surprised by a noise, bright light, or quick movement. He suddenly flings his arms and legs out and straightens his body.

Rooting Reflex

Stroke his cheek with your finger and he will turn toward the touch with his mouth open. This is especially strong when he is hungry. See *Pregnancy, Childbirth and the Newborn*, pages 397 to 398.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center

Box 356079

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4616

