

## WHEN TO SEE A DOCTOR

### FOR BABY:

- Is still having black stools at 5 days old.
- Is very sleepy and always has to be woken up to eat OR is hard to wake or seems very weak.
- Has a fever.
- Is breathing very quickly or has trouble breathing
- Has lips or ear lobes that are blue or grey in colour
- Jaundice is getting darker or more intense.
- Is losing weight or not gaining weight 2 weeks or so after birth.
- Has sunken eyes or the soft spot on top of the head is sunken.
- Has a very dry mouth, lips, tongue, or nose.
- Has pale, cold, and moist skin.
- Is having a seizure (e.g., staring vacantly, whole body is shaking).
- Vomits large quantities or forceful (projectile) Vomiting twice or more per day (spit-up or bringing up small quantities of milk is normal, even at every feed).
- High-pitched crying over prolonged periods and your baby has other symptoms like diarrhea or a fever.

### FOR MOTHER:

- You notice a bad smell coming from your vagina
- You pass lots of large blood clots from your vagina
- The amount of blood coming from your vagina becomes heavier (e.g., soaking more than one pad an hour) instead of lighter.
- Frequency of urine less than 6 times a day.
- Bleeding from the navel doesn't stop in 3 days or excessive bleeding at any point time. Also pus like discharge or smelly discharge from navel. Increasing redness around the navel.
- Your stitches open/ have a fever/ Green vomiting.
- Your nipples or breasts hurt.
- You are thinking about not breastfeeding as much or stopping altogether .
- If for two weeks or more you are having signs and symptoms of depression and anxiety. Feelings such as feeling sad, panic, tearful, hopeless, unable to concentrate, frustrated, or having scary thoughts. You are worried about yourself or your baby for any reason.

## Services

- Pre Conception Counselling
- Infertility Workup
- IUI or Intra Uterine Insemination
- IVF or In Vitro Fertilization
- ICSI or Intra Cytoplasmic Sperm Injection
- Oocyte Donation and Egg Sharing Programmes
- Surrogacy
- Embryo Freezing and Oocyte Freezing
- Cyro Preserved Semen Bank
- Andrology Clinic
- TESA and PESA
- Basic and Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Screening (PGS)
- Recurrent Miscarriage Clinic
- Ultrasound and Fetal Machine
- Nutrition Clinic
- Pharmacy



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Tips to help nursing mothers through the first few months.













## Baby Care 101 for New Mom



Care IVF

# BABY CARE GUIDELINES FOR NURSING MOTHERS

IF YOUR NEWBORN IS NOT FOLLOWING THE GUIDELINES, CALL YOUR HEALTHCARE PROVIDER

Your Baby's Age	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days	2 Weeks	3 Weeks
<b>How Often Should you breastfeed</b>	 <p>At least 10-12 feeds per day.</p> <p>Your Baby should be sucking strongly, steadily and swallowing often.</p>							At least 8 - 10 feeds per day	
<b>Your Baby's Tummy size</b>	 <p>Size of a cherry</p>		 <p>Size of a Walnut</p>		 <p>Size of a apricot</p>		 <p>Size of an egg</p>		
<b>Nappies: How many? How wet?</b>	 <p>At least 1-2 wet</p>		 <p>At least 3 wet</p>		 <p>At least 5 wet</p>		 <p>At least 2 large, soft and seedy yellow or clear urine</p>		
<b>Dirty Nappies: Number and colour of stools</b>	 <p>At least 1 to 2 black or dark green.</p>		 <p>At least 2 yellow</p>		 <p>At least 2 large, soft and seedy yellow.</p>				

For professional information and support visit : [www.dr.rajeevagarwal.co.in](http://www.dr.rajeevagarwal.co.in)

## Your Baby's Weight

Babies lose an average of 7% of thier birth weight in the first 3 days after birth. From day 4 onward your baby should start to gain weight. It can take 2 to 3 weeks to get back to thier birth weight.

## Other Signs

Your Baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.

## Every breastfeed makes a difference.

Your breastmilk gives your baby all the nutrients they need for around the first six months of life. Your milk continues to be an important part of thier diet, as other foods are given, for up to two years of age and beyond.

## Needs of 0-3 Month Old Baby

- ◆ The stomach of a newborn is very small and so it needs to be fed often and almost at regular intervals of time. Usually the interval starts from 2 hours and goes up to 3 or slightly more by the end of 3 months.
- ◆ A newborn sleeps for around 20 hours. You will find that it sometimes not even wakes up for the feed. However, you need to pay attention to the feeding of your child and it is ideal to feed him by keeping trace by the watch.
- ◆ The power of touch is extremely amazing and helps strengthen the bonding with the newborn. Massage also improves digestion and relieves gas.
- ◆ When you are taking care of the newborn, you should attend to his needs immediately. If the baby is crying, figure out the reason. See whether he is hungry, is there a wet diaper, is he over stimulated, is the room too hot or too cold or is there any other reason.