



## Patient Information

# Guidelines for the care of your new-born baby





# Paediatrics Department

## Guidelines for the care of your new-born baby

Surname + Given Name(s): .....

Date of birth: ...../...../.....

BIOMETRICS	BIRTH	DISCHARGE
WEIGHT		
LENGTH		
HEAD CIRCUMFERENCE		

APGAR                      1 MIN:                      5 MIN:                      10 MIN:

### **Breastfeeding**

Feeding on demand






Weight gain 150-200 gr / week till the age of 1 month / 6 weeks

Afterwards 100-150 gr / week

.....

### **Bottle feeding**

#### Preparation Guidelines

-  Always 1 level measuring scoop per 30 ml still water
-  Use always bottled water
-  Always use the measuring scoop from the box
-  Preparing formula one bottle at a time is more hygienic
-  First clean and then sterilise bottles and teats

## Feeding Schedule Example

On average 150-170 ml / kg / day

Weight (gr)	Number of bottles	Water (ml)	Scoops	Total quantity (ml)
2500-3000	6 - 7 x	60	2	65
	6 x	75	2,5	80-85
3000-3500	6x	90	3	100
3500-4000	6x	90	3	100
	5x	105	3,5	120
4000-4500	6x	105	3,5	120
	5x	120	4	135
4500-5000	5x	135	4,5	150
5000-5500	5x	150	5	170

## Possible Feeding Times

6 feedings 06:00 / 10:00 / 14:00 / 18:00 / 22:00 / 02:00

5 feedings 06:00 / 10:00 / 14:00 / 18:00 / 22:00

	Water	Scoops	Volume


## Points of interest at time of discharge

### Vitamins









#### Vitamin D

- D-cure® 6 drops daily up to age of 6.
- For babies with dark skin colour D-cure® 10 drops daily up to age of 6.

 **Vitamin K**  
Your baby had an injection of vitamin K immediately after birth and does not need to get extra vitamin K orally.

 **Iron**  
For premature babies: Ferricure® 2 x 3 drops per day.

## Ambient setting

-  Avoid smoking near the baby
-  Do not put your baby down to sleep on his tummy\*
-  Bedroom temperature 17-18° C
-  No duvets during the first year of life
-  In case of a fever > 38° with a baby younger than 1 month  
⇒ Contact a doctor immediately
-  In case of a fever > 38.5° with a baby younger than 3 months  
⇒ Contact a doctor immediately

\* Make sure the nursing pillow's upright edge is facing you.

\* To prevent your baby from falling, never leave him unattended on the nursing pillow and do not turn around without holding him.

\* To avoid flattening of the back of the head, it is important to regularly put the baby on his tummy when he is awake (only under supervision), to make sure his head is regularly in a different position when he is asleep, and to restrict sitting in the Maxi-Cosi to a minimum.

## If hospitalised in neonatology

Gestational age at birth: ..... weeks

Reason for hospitalisation: .....

Admission date: .... / .... / .....

Had phototherapy? yes / no

Bilirubin: .... / .... : .... mg / dL - .... / .... : .... mg / dL - .... / .... : .... mg / dL

Medication during hospitalisation: .....





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Nourishment: .....

Paediatrician's recommendations: .....

## Useful information

 AZ Turnhout campus Sint-Jozef	014 44 41 11
 Maternity ward	014 44 42 21
 Neonatology	014 44 42 39
 Paediatrician consultations	

Always by appointment: 014 44 44 16

We wish you good luck with your new-born baby!

Dr. K. Delanghe  
Dr. A. Lemay  
Dr. L. Pattyn  
Dr. A. Wijnants

Dr. W. De Rouck  
Dr. Libeert  
Dr. E. Van Hollebeke

Dr. L. Geyskens  
Dr. M. Martens  
Dr. L. Vercammen

All information on the paediatrics ward, the children's ward and the children's day hospital can be found at [www.azturnhout.be/kinderen](http://www.azturnhout.be/kinderen).



**AZ Turnhout vzw**  
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