

All About Your Newborn

What to expect immediately after birth

The day you've been waiting for has finally arrived! Your brand new baby is born and you simply can't keep your eyes off them!

Here are some common features and important information about your new arrival!



Your Newborns Size and Weight:

Average size and weight of a full term newborn is about 7lbs to 7 1/2lbs and 20 inches long! Your unique little one could be lbs heavier or smaller and inches longer or shorter!

Typically, newborns lose 5-10% of their body weight in the first three days. Usually, they return to their birth weight in 7-10 days and double it by six weeks



Your Newborns Head:

Newborns heads are large in proportion to their bodies.

Your baby's head may be elongated or molded due to the pressure within your pelvis during labor and birth. Their head will return to a normal, rounded shape within hours or days.

Babies are born with two soft spots (fontanel) where the bones have not yet fused together. One large, diamond shaped spot on the top front part of baby's head and a smaller triangle shaped spot at the back of their head. Brushing or washing the scalp will not hurt your baby.

Important!

It's OK (and common) not to immediately fall in love with your newborn! Attachment and bonding can take some time! Be sure to be open with your support team about how you are feeling and don't be afraid to reach out for support!

Yes! It's Normal!

Some odd but normal newborn features include:

- Your newborn may be hairy! Also called lanugo, fine, downy like hair may cover your newborns back, arms, forehead, ears, and shoulders.
- "Stork Bites" are a red area at the nape of the neck, between the eyebrows, on upper eyelids and around the nose that redden when your baby cries. They are not permanent or an injury.
- Most newborns tear glands don't produce tears until 3 weeks of age!
- Your newborn may develop a painless blister in the center of their lip due to intense sucking. Sometimes this blister peels. It requires no treatment and will disappear as the skin toughens.
- Maternal hormone which reach the baby in utero sometimes cause newborns to have swollen breast/chest tissue that may even leak milk.

Your Newborns Appearance:

Edema (swelling): You may notice swelling around your newborns eyes, thighs, legs, pubic area, and genitals.

Skin color: At birth, your baby will appear greyish-blue. As they begin to breathe well, their skin will turn more normal pinkish tones beginning in their face and trunk, soon reaching their tiny fingers and toes.

Bruising and/or Abrasions: You may notice bruising on their head, face or lower back. Babies born with assistance from forceps or vacuum often have swelling, bruising and occasionally abrasions on their scalp and face. If an internal monitor was used during labour, your newborn will have a small abrasion on the soft spot on top of their head.

Vernix: Your baby may be born covered in a waxy, shae butter textured, whitish creamy substance that protects your newborns skin.