

# Dry Baby Alert

0 - 4 Weeks of Age

## *It is normal if your baby:*



- Feeds:** 8 to 12 times in 24 hours.
- Wets:**

| Age              | Wet Diapers                                                 |
|------------------|-------------------------------------------------------------|
| Birth to 3 Days  | One wet diaper for each day old (eg. day 3 - 3 wet diapers) |
| 4 days and older | At least 6 wet diapers per day (pale yellow urine)          |

- Stools:** 3 or more times per day (may stool with every feed). Stools may be black for 1-3 days, then turn green/brown and will be yellow by day 4.
- Has slightly yellow skin:** but baby should be alert during feedings.

## *Get help if your baby:*



- Is feeding less than 8 times in 24 hours.
- Has dark urine.
- Has less wet diapers than in the chart above.
- Has less than 3 dirty diapers in 24 hours.
- Is very sleepy and hard to wake up to feed.
- Has yellow skin and eyes and is not feeding well.
- Has a dry, sticky mouth.

Call:



**613-549-1154**

1-800-267-7875, ext. 555

**Monday to Friday 8:30 a.m. - 4:30 p.m.**

TTY 613-549-7692 or 1-866-299-1136

### **24 Hours:**

Your doctor or midwife: \_\_\_\_\_

La Leche League: **613-389-4576**

Telehealth Ontario: **1-866-797-0000**

**Go to the hospital emergency if your baby seems sick or very dry.**

*Working together for better health!*

**KFL&A**  
**Public Health** ♦♦  
www.healthunit.on.ca

## Jaundice and your newborn baby

To make sure your baby stays healthy, it is important that:

1. your baby is watched for jaundice both in hospital and at home.
2. if you are breastfeeding, nurse your baby at least 8 to 12 times a day. This helps produce enough milk and keeps the baby's bilirubin level down. If you are having trouble breastfeeding, ask your public health nurse or other healthcare professional for help. Breastmilk is the ideal food for your baby.
3. if your baby had jaundice on discharge from the hospital, your baby should be seen by a healthcare professional within 2 days of discharge.

### What is jaundice?

Jaundice is the yellow colour seen in the skin of many newborns. It happens when a chemical called bilirubin builds up in the baby's blood. It is usually managed by the liver and excreted in the baby's stool. Before birth, the mother's liver does this for the baby. Most babies develop jaundice in the first few days after birth as the baby's liver takes over.

### Can jaundice hurt my baby?

Most infants have mild jaundice that is harmless, but in unusual situations the bilirubin level can get very high and may cause brain damage. This is why newborns should be watched for jaundice and be treated to prevent high levels.

### How is harmful jaundice prevented?

Most jaundice requires no treatment. When treatment is necessary, placing your undressed baby under special lights (phototherapy) will lower the bilirubin level.

### Which babies require more attention for jaundice?

Some babies have a greater risk for high levels of bilirubin and may need to be seen sooner after discharge from the hospital. Your baby will be watched more closely in the hospital and have an early follow-up visit after discharge if your baby has any of the following:

- a high bilirubin level before leaving the hospital,
- early birth (more than two weeks before the due date),
- jaundice in the first 24 hours after birth,
- breastfeeding challenges,
- a lot of bruising or bleeding under the scalp related to labor and delivery, or
- a parent or brother or sister who had a high bilirubin and received light therapy.

### After I leave the hospital, how will I know if my baby has jaundice?

You should call your doctor if your baby shows any of the following symptoms:

- is not feeding well (doesn't have 3 stools/day or 6 wet diapers), or is sleepy or fussy all the time, and
- your baby's abdomen, arms, or legs are yellow. The whites of your baby's eyes are yellow.

The doctor will do a physical examination and often blood tests to determine how it should be treated.

(American Academy of Pediatrics 2006)



For additional information call BabyTalk at:  
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