

When and Where to Get Help

For Parents of Newborns

Newborn health

Most healthy babies will feed 8 or more times in 24 hours. If there is poop and pee in one diaper, you can count it as both. Babies receiving only formula may poop one time a day.



Only count poops that are the size of a toonie, or bigger.



Day 1

At least:

- 1 wet diaper and
- 1 dark green or black poop



Day 2

At least:

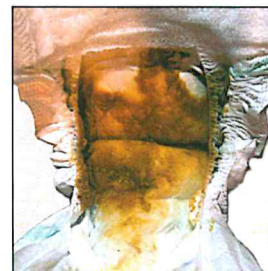
- 2 wet diapers and
- 1 dark green or black poop



Day 3

At least:

- 3 wet diapers and
- 3 brown, green, or yellow poops



Day 4

At least:

- 4 wet diapers and
- 3 brown, green, or yellow poops



Day 5 to 3 weeks old

At least:

- 6 heavy, pale, or clear wet diapers and
- 3 large, soft, yellow or brown poops

Get help if your baby:

- is feeding less than 8 times in 24 hours,
- has dark urine,
- has fewer wet diapers or poops than in the chart above,
- is very sleepy and is hard to wake up to feed,
- has yellow skin and eyes, and is not feeding well,
- has a dry, sticky mouth,
- seems unwell, or
- develops a fever.

Jaundice and your newborn baby

Most infants have mild jaundice, or yellowing of the skin, that is harmless and requires no treatment. It is okay if your baby's skin is slightly yellow or tan, as long as your baby is alert during feedings, and peeing and pooping well.

If your baby had a high jaundice level when you left the hospital, your baby should be seen by a health care professional within 2 days of coming home.

If you and your baby go home before your baby is 24 hours old, make sure you have an appointment for your baby to see their primary care provider within 24 hours of coming home.

Parent health

Call your healthcare provider and if there is no response go to the emergency room if:

- Your bleeding soaks through one pad per hour,
- You pass a blood clot the size of an egg or bigger,
- You have signs of an infection (e.g., fever, increasing pain, or foul-smelling vaginal discharge),
- You have pain when peeing,
- Your incision is not healing,
- You have a red or swollen leg that is painful or warm to touch,
- Your temperature is over 38° C (100.4° F),
- You have a headache that does not get better after taking medicine,
- You have a headache with vision changes.

Where to get help

Your doctor, nurse practitioner, or midwife.

Telehealth Ontario

1-866-797-0000, 24 hours. Services in English and French with access to interpreters in more than 100 languages.

Child and Babytalk Phonenumber

Call 613-549-1154 or 1-800-267-7875, ext. 1555
Monday to Friday to speak to a Registered Nurse.

KFL&A Public Health Breastfeeding Clinic

Call 613-549-1154 or 1-800-287-7875, ext. 1555
Monday to Friday. By appointment only.

OntarioBreastfeeds.ca

Search for breastfeeding supports near you.

Children's Outpatient Centre at Hotel Dieu Hospital

Monday to Friday, 9 a.m. to 4 p.m.

Emergency Department

Kingston General Hospital (KGH), 24 hours, or visit your local hospital Emergency Department.

Call 911 if you have:

- pain in your chest,
- trouble breathing,
- a racing or irregular heart rate,
- a seizure, or
- thoughts of hurting yourself or your baby.

Where to learn about parenting

E-mails

Sign up for parenting in KFL&A e-mails at kflaph.ca/ParentEmails to receive information about your growing baby right in your inbox.

Facebook

Join us on the Child and Babytalk in KFL&A Facebook page to take part in daily discussions and direct message your questions to a Registered Nurse.

Website

Visit kflaph.ca/Newborns for more information about caring for your baby, including videos and links.