



**Newborn Appearance & Growth**

**Your Baby’s Weight**

* It is common for babies to lose a small percentage of their weight during the first five days – they will usually regain the weight over the next five days
* Your baby will grow quickly after regaining their birth weight
* Most babies experience growth spurts around seven to ten days and again between three and six weeks
* Birth weight will usually double by six months, and triple by age one!

**How to Dress Your Baby**

* Dress your baby warmly in cool weather, and lightly when it’s hot
* Dress your baby in one more layer of clothing than *you* would wear in the same weather

**Baby Acne**

* Pimples may break out on your baby’s face during the first few weeks of life – this is perfectly normal
* Baby acne is thought to be a result of maternal (mom’s) hormones passed to the baby during pregnancy
* No treatment is necessary – baby acne usually resolves on its own by four months of age

**Umbilical Cord Care**

* The umbilical cord should dry and fall off by 2 weeks of age
* Cords cannot fall off too early!
* Occasionally there will be some blood at the site – keep the area clean and dry, keep the diaper folded down below the cord area to prevent irritation, and avoid tub baths until area is healed
* If bleeding increases or persists please call the office

**The “Soft Spot”**

* The “soft spot” (anterior fontanel) is a diamond-shaped area found on the front of the head – it usually closes between 8 and 24 months
* The back “soft spot” is triangular-shaped and closes between 2 and 3 months
* The purpose of the soft spot is to allow rapid growth of the brain, it is safe to touch!