



Children's Mercy

Newborns Are Special

A booklet about babies from birth to 6 weeks.



Contact Us

Welcome to the Children's Mercy Primary Care Clinic. We're a health care center for children of all ages. We will see your child for well visits, immunizations and sick visits.

Pediatric Care Clinic

3101 Broadway

Kansas City, MO 64111

WIC services are available at Broadway, call (816) 404-3659.

Operation Breakthrough

3039 Troost

Kansas City, MO 64109

(816) 302-6200

Center for Family Health

Truman West, 4th Floor, Red Clinic

Kansas City, MO 64108

(816) 404-3410

(This clinic can see children and adults)

Vibrant/Cordell D. Meeks Jr. Clinic

4313 State Ave.

Kansas City, KS 66102

(913) 233-4400



Join MyChildrensMercy patient portal

Not Enrolled? You can sign up in person or request it by email, phone or fax. Must have a valid signed photo ID.

With the MyChildrensMercy patient portal, you can:



Request to schedule, reschedule and cancel appointments. Automatically add them to your calendar.



Check your child's latest lab results.



Send messages to your child's provider.



View immunization history, list of allergies and current medications.



Send and receive forms.



Note: On the child's 18th birthday, parents will lose access to the patient portal. Ask any of our staff or your provider for more information, or go to: childrensmercy.org/MyChildrensMercy or scan the QR code to the left.
Technical support (877) 621-8014

Appointments

If you plan to use the Children's Mercy Primary Care Clinic, call to schedule a well-child visit 1 month before you need the appointment. Please be on time for your appointments. We see many children every day. If you're late we may have to ask you to reschedule.

You can make, change or cancel an appointment for the Primary Care Clinic by calling the clinic 8 a.m. to 4 p.m., Monday through Friday. If your baby has been given a Children's Mercy medical record number, please have it ready for the receptionist or nurse. The medical record number helps us find your baby's information faster.

We do have same day and next-day appointments available. If your child is sick, call your clinic phone number and choose option 1. Your message should include a description of the problem and a phone number where we can reach you within the next 2 hours. A nurse is available to talk to you anytime day or night. This nurse can help you decide what is the best plan for your baby's care. When the nurse calls back, you will talk about things to do at home to help your baby. If your child needs to be seen, the nurse can make an appointment for you at the clinic or help you to be seen.



Appearance

Newborn babies look and act very different from older infants. Parents are often afraid something is wrong. The following describes common concerns parents have about their baby:

- My baby's head looks big when compared to their body. It may be molded (pointed, lop-sided or out of shape) from coming through the birth canal or from the position it was in inside the uterus. The head rounds out within the first month. Babies have 2 soft spots that can be felt on the top and back of the head. All babies have these and they are different sizes depending on the baby.
- My baby's eyes look dark blue-gray, sometimes black. Eye color can usually be determined by 3 months of age, but sometimes not until 6 months.
- My baby's breasts are swollen and leak milk. This is because of hormones that go from the mother to the baby during pregnancy. Hormones also cause mucus and sometimes blood from a baby girl's vagina. This will all go away in the first 2 months.
- My baby's feet and legs are crooked. This is normal due to the position in the uterus during pregnancy.
- Birthmarks can be present at birth or can develop later. These are normal. If you have questions talk to your provider.
- All newborn babies eat, sleep, cry, yawn, belch, hiccup, sneeze, cough, startle and stare. Sneezing is your baby's way of getting mucus or lint out of the nose. Hiccups seem to come after feedings and are normal in most babies.
- Babies like to stare at bright lights and at your face when you hold them close. Any loud noise or sudden movement may cause them to startle and cry. This is normal.
- Your baby's head is a little floppy so you will need to keep it from falling forward or backward suddenly. When they are on their tummies, new babies can turn their heads from side-to-side.

Development

Growing

Most babies lose a little weight after they are born. Your baby should be back at his birth weight by the time they are 2 weeks old. They will gain almost 1 ounce each day for the next few months (about half a pound a week).

Hearing

Your baby will listen to your voice. Notice how still they get when you say something. Your baby may even look for the sound. State law requires hearing screens for all newborns. Please notify your health care provider if you are not sure whether your baby has been tested. If a repeat hearing screen is needed, an appointment will be made for this. Be sure to keep this appointment.

Moving and Grabbing

Your baby can:

- Lift head up.
- Turn head from side-to-side.
- Lift head up longer and higher as your baby grows.
- Move on tummy.
- Could fall off a bed, couch or chair.

Babies usually keep their hands in a fist. Over the next few months, your baby will learn to open their hands more and begin to grasp things. Letting things go will come later.

Seeing

Your baby's eyes will roll around and cross sometimes. This will happen much less by the time your baby is 6 to 8 weeks old when the eye muscles get stronger. Your baby can see best when held 8 to 18 inches from your face.

Talking

Your baby will start making little noises, such as coo, goo, oo and ah. Repeat these sounds to your baby often. This helps your baby learn to talk and listen.

Behavior

Babies need to be held. You may find your baby cries when you lay them down. This doesn't mean they are spoiled. While you were pregnant, your baby was held close, rocked, felt warm and never was hungry. It takes time for your baby to get used to this new world.

Smiles change from sleepy smiles to alert, bright-eyed smiles. Smile at your baby often to show them how it's done.

How to help your baby:

- Talk to your baby and smile, too.
- Listen to your baby and repeat any sounds.
- Read and sing to your baby.
- Your baby needs tummy time to play 3-4 times a day to strengthen neck and arms.
- Touch and cuddle your baby.
- Hold your baby for feedings and when your baby needs comfort.

Waking and Sleeping

Babies settle into an eating and sleeping routine in the first month. At about 5 weeks, they get fussier. Fussiness gets better at 6 to 8 weeks of age. Babies don't usually sleep all night (6 hours) until they weigh almost 12 pounds.

Some babies just eat and sleep. Other babies stay awake and want to be held, look around and suck. These babies also may need your help to settle down to get to sleep when they're tired. When babies get bored they may fuss and cry. When your baby is awake, they depend on you to move them in different positions and give them new things to look at and listen to.

- Babies learn and grow best when they are able to see the sights and sounds of new places even within your own home.
- Babies should be put to bed lying on their backs.
- Babies should sleep in a crib, cradle or bassinet, free from thick bedding, pillows or stuffed animals.
- If you have concerns about your baby's sleeping and waking patterns, please call us.

Feeding

Feeding is a time for closeness with your baby. It helps your baby learn to trust, love and feel secure.

- Hold your baby for feedings.
- Offer your baby breast milk or formula at least every 2-4 hours.
- Never prop the bottle or let your baby eat alone.
- Burp your baby halfway through a feeding and again when they are finished.
- Your baby does not need cereal, water, juice or baby food until they are 6 months old.
- Babies should not be given honey until they are at least one year old.



Development

Breast Milk

- Your baby needs to eat every 1-3 hours or at least 8 times in 24 hours.
- When your baby nurses, see how your baby latches. Watch for sucking and listen for swallows.
- Babies who are nursing well will have several loose, yellow poops (this is not diarrhea) and at least 8 wet diapers every day.
- For your comfort, hold your baby in different positions when you nurse. (Football hold, cradle hold and lying down). After your baby nurses, put some of the breast milk on your nipples and let it dry. It helps your nipples feel better.
- The more your baby nurses (sucks effectively), the more milk you will have. When your baby grows and needs more milk, there may be a few days when feedings are every 1-2 hours.
- Once your milk supply has increased, you can go back to every 2-3 hours. Be sure to drink lots of liquids (one glassful every time you nurse) and eat from all food groups while nursing. You can breastfeed whenever your baby sucks or fusses. It should not hurt to breastfeed. If it hurts, your baby may not be sucking correctly. Please contact us so we can help you.
- Your baby may nurse up to 15-30 minutes on either or both breasts per feeding. Each baby is different and each feeding may be different. Be alert to whether your baby is actually nursing or just sleeping at the breast with a few sucks.
- Breast milk can be pumped from your breast and stored in the refrigerator for 4 days or kept frozen in the back part of the freezer for up to 6-12 months. Your baby always gets more milk breastfeeding than you get pumping. Once thawed, breast milk is good for up to 24 hours and should not be reused if baby does not drink the whole bottle. Do not thaw or warm up milk in the microwave. Instead, place bottled milk in a container with warm water.

This is some basic information about breastfeeding. If you are having trouble nursing or have questions please call (816) 346-1309 or request to see the lactation nurse while you are in the clinic.

Bathing and Skin Care

Your baby can get rashes from everything. Your baby's skin will be flaky until 4 to 6 weeks of age. Creams and oils should not be used. Many oils and creams clog the pores. The skin may look better for a few days, but then little bumps start to form. Avoid scented soaps, lotions and detergents. If there are cracks in the skin, use a little petroleum jelly (Vaseline) on the cracks. Powders are dangerous because they can get into a baby's lungs.

Use unscented detergent and rinse clothes well. Clean the diaper area with warm water and a wash cloth. Diaper wipes are wonderful when you are out of the house. But, they can make red, bumpy rashes on the diaper area.

If your baby gets a diaper rash:

- Clean the rash with lots of clear water.
- Pat the area dry.
- Air it out by leaving the diaper off for 5-10 minutes.
- You can use diaper rash cream, but not powders. (Powders have many little particles that can get into a baby's lungs and cause pneumonia.)
- Change the diaper as soon as you notice it is wet.

Cord Care

Unless the cord becomes dirty, don't put anything on it. If the cord gets dirty, you can clean it with soap and water or alcohol and allow it to air dry. As long as there is no redness around the cord, don't worry. The cord may bleed a little and smell funny when it's getting ready to fall off. Some cords take as many as 21 days to fall off. Call us if you are worried.

Bathing

When the cord comes off (and the circumcision heals), you can give your baby a tub bath. Check the water to be sure it is not too hot. Babies squirm and wiggle. Hold on tight and NEVER leave a baby in the tub without at least one hand on your baby. Use unscented or sensitive skin soap. Always rinse all the soap off the skin. Be sure to wash your baby's hair.

Common Concerns

Clothing

Your baby does not need any more clothing than you do. Dress your baby based on the temperature. Some babies are sensitive to certain materials. Watch for skin rashes where the clothes rub.

Wash all clothing before it's worn using a mild detergent, with little perfumes or dyes, and rinse well. Soaps, some fabric softeners, poorly rinsed diapers and clothes can cause rashes. Do not wash cloth diapers with fabric softener you pour into the washer. These add lanolin to the fabric and cause the diaper to no longer soak up moisture.

Colic

Babies who cry for 1-2 hours at a time for no obvious reason may have colic. The crying seems to happen at the same time of day or night at least 4 days a week. Your baby may appear to have a stomachache and draw legs up. Your baby's tummy may swell up with air, and pass a lot of gas. Nothing — holding, rocking, feeding — seems to help for more than 10 minutes. No one knows the cause, and there is no real cure. All babies seem to outgrow it by the time they are 4-6 months old.

Vomiting, diarrhea and fever are not symptoms of colic. Call your provider if your baby has vomiting, diarrhea and/or fever with the crying.

Cradle Cap

Some babies may have cradle cap. This is a scaly, thick or yellowish crust that forms mainly over the soft spot on the baby's scalp. Bumps may also form on the forehead and cheeks. Skin on the eyebrows and behind the ears may be scaly. Wash the scalp daily. Use a soft brush to massage the scalp when you wash the hair. Rinse the hair well and massage it again. Oils, Vaseline and lotions will make the problem worse in a baby under 6 months old.

Common Concerns

Crying

All babies cry. They may be trying to tell you:

- I'm hungry.
- I want to turn over.
- I'm too hot. I'm too cold.
- My tummy hurts.
- I'm wet.
- I'm bored. Play with me.
- I'm sleepy.

Every baby cries for a while every day and could cry for an hour or more without doing any harm. You will learn which cry means what.

Crying and Sucking

If your baby cries or keeps sucking after or between feedings, you may think your baby is still hungry. This isn't always true. Sucking is normal for newborn babies. Your baby may cry, suck or both to tell you there is discomfort after a feeding. Burp often and hold baby upright for 10-20 minutes after being fed. Your baby will want to eat every 1-2 hours and still be fussy if fed every time your baby sucks and will end up eating too much. Overly full babies spit up, get constipated, diarrhea, gas and tummy aches.

Jaundice

Jaundice is a condition where the baby's body doesn't get rid of bilirubin (extra red blood cells) effectively. If the bilirubin level gets too high, it can cause brain damage. Babies who get dehydrated can be at highest risk for this problem.

Call your baby's provider immediately if your baby is 3 weeks of age or younger and:

- Skin/whites of eyes turns yellow (jaundice).
- Is not eating normally
- Vomiting
- Has a hard or firm belly

Common Concerns

Illness

Call your provider for advice if your new baby:

- Won't eat for 2 feedings in a row.
- Vomits 2 feedings in a row.
- Has loose, watery green poops.
- Acts "sick."
- Has a fever higher than 100.4 degrees F (38 degrees C).

Noisy Breathing

Colds and congestion: Newborn babies breathe through their nose.

Any mucus can make their breathing noisy. Dry air causes more mucus.

If your baby's nose seems clogged, use saline (salt water) nose drops.

Keep your baby's nose clear of mucus, especially just before feedings.

You can also buy saline nose drops. Place a few drops in the baby's

nose. You may repeat this whenever needed. If you see the mucus, use a bulb syringe to clear the nose. Your baby may sleep better sitting up in an infant seat when they are congested.

- Do not blow in your baby's mouth!
- Smoke from cigarettes, pipes and cigars causes congestion, noisy breathing and colds.
- Do not give your baby cold medicines. They do not help and can cause other problems.
- Not all over-the-counter medications are safe to give to babies. Please call your provider before giving over-the-counter medication.

Rashes

Detergents, some fabrics, fabric softeners, soap left in clothes, new clothes, sensitive skin, rubbing, lotions and oils are the most common causes of rashes. The best treatment depends on what caused the rash. Keep the skin clean and dry and keep things from rubbing on the rash.

Common Concerns

Spitting Up

Most all babies spit up, some more than others. Don't feed your baby too much. Burp your baby often. Don't bounce your baby after feedings. If your baby spits up a lot and it worries you, call your provider. If your baby is vomiting and not keeping formula down, you can give Pedialyte® for 2 feedings, but NOT WATER. Breastfeeding should be continued! If the vomiting continues, call the Children's Mercy clinic phone number, listed at the front of this book, to speak to a nurse.

Taking Baby Out

Take your baby for a walk, whenever the weather is pleasant. Avoid crowded places the first months of your baby's life. Strangers may have colds or illnesses your baby could catch.

Be sure ANYONE who is around your baby is not sick and does not smoke. Make sure everyone washes their hands before touching the baby. Ask others to avoid kissing the baby.

Umbilical Hernia

When the navel sticks out and gets larger when your baby cries, they may have an umbilical hernia. You may not notice it at birth. But the hernia gets larger in the first 2-3 months. You don't need to do anything about the hernia. Belly bands and coins taped over the navel are not helpful. They may keep the navel moist and cause infection. These hernias usually close without treatment when your child is about 3 years old.





Babysitters

Every parent needs time to herself on a regular basis. If you don't have parents, grandparents or relatives who can watch your children, you may find good babysitters through friends.

To help your sitter do a good job, you need to make a list and put it by the telephone:

- Where you will be and a phone number the sitter can use to reach you when necessary.
- When you plan to return.
- The name and number of a nearby relative or neighbor.
- The number of your baby's doctor.
- Emergency numbers for police, fire department, ambulance and poison center.
- Your name, address and phone number in case emergency personnel need it.
- What the baby's routine is for the time you will be away — nap time, feeding, toys, medicines, etc.

Safety

The main causes of death and/or injury in children are mostly preventable. Remember these important facts about babies:

Hands-on Safety

- Babies can roll and crawl off couches, beds and chairs. Never leave them unattended.
- They can be burned by hot drinks, cigarettes, the sun, bath water and bottles heated in the microwave. Avoid hot drinks and cigarettes while holding your baby, and always check the temperature of bath water and bottles before using. Be sure to turn your water heater down to 120 degrees Fahrenheit.
- When you bathe and change your baby, always keep one hand on them when turning or reaching for something. Be sure to use the safety straps on changing tables and bathtubs.
- Close safety pins as you take them out of the diaper.
- Keep a careful eye on older children and pets when they are around a baby. Their rough touches may cause injuries, even if the older children or pets do not mean to harm them.

Toy Safety

- Give your baby only toys that are too big for them to swallow and too strong for them to break. Always follow the age recommendations that come with toys.
- Never give your baby toys that have sharp edges or points.
- Keep plastic bags and rubber balloons away from your baby and all your children.



Your Baby's World

- The bars on your baby's crib and playpen should be no more than 2 and 3/8 inches apart. You can test this with a soda can: if it fits between the bars, do not use the crib or playpen.
- Mattresses should fit snugly. You should not be able to fit more than 2 fingers between the mattress and the crib.
- No pillows, blankets, stuffed toys or bumpers in the crib with the baby.
- If guns are in any home where your child lives or visits, be sure they are unloaded and locked away in a cabinet. For additional safety, store guns and ammo separately.
- Pick your babysitters carefully. They protect your child when you're away.
- Make sure there are smoke detectors in the home. Contact your local fire department if you need help obtaining them.



Keeping Baby Healthy

- Don't let anyone smoke around your baby, or your baby will get more colds and ear infections.
- Don't give your baby old or leftover formula. It can cause tummy aches and diarrhea.
- Your baby needs protection from serious diseases. Make sure they are immunized. (There is a schedule at the back of this book which tells you which shots they need and when.)
- Keep your baby away from people with colds or other illnesses.
- Put your baby on their back to sleep.
- Wash your hands frequently, especially after changing a diaper or wiping a runny nose. Everyone who touches the baby should wash their hands first, or use an alcohol-based hand sanitizer.

Safety

Car Safety

- Use a rear-facing car seat in the back seat every time your baby rides in a car.
- Recline all rear-facing car seats at a 45 degree angle. If your car seat is also a carrier, follow the manufacturer's instructions for use in the car.
- The harness straps should be adjusted so that they come out of the slots at or below the baby's shoulders. Always adjust the chest clip so that it is at armpit level. The harness straps must be snug. Use this as a test: you should be able to fit only 1 finger between the straps and the baby's collar bone.
- Babies must ride this way until they are a minimum of 2 years old and at least 20 pounds. Follow the recommendation of your specific car seat manufacturer. By 1 year of age, most babies will outgrow their infant car seat. They will need a convertible seat. Until they are 2 years of age, they should continue to be looking backward. When they are 2 years old, you can turn them forward facing.
- The car seat needs to be tightly secured in the back seat of the car with a seat belt. This means you should not be able to move it more than 1 inch when you tug at the car seat.
- Using a car seat will not only keep your baby safe, it is the law!
- You can get help installing your car seat at some fire and police stations. Call (816) 234-1607 for more information.



Immunizations and Health Care

Your baby will need all of these vaccinations, some more than once:

- Hepatitis A
- Hepatitis B
- Hib — Haemophilus Influenza Type B
- Polio
- DTaP — Diphtheria, Pertussis (whooping cough), and Tetanus
- MMR — Measles, Mumps and Rubella
- Pneumococcal
- Chickenpox (Varicella)
- Rotavirus
- Yearly Flu Shots

YOUR MEDICAL HOME wants to see you and your baby 6 times in your baby's first year of life for well-child visits!

We will try to have all your appointments with your Medical Home Provider (MHP): _____ or primary care provider (PCP) your other children see.

PCP name: _____

1-month visit (no vaccines) around this date _____

2-month visit (vaccines) around this date _____

4-month visit (vaccines) around this date _____

6-month visit (vaccines) after this date _____
(not before 6 months of age)

9-month (typically no vaccines) around this date _____

12-month visit (vaccines) after their 1st birthday! _____

HAVE YOU SIGNED UP (provided your email) for **MyChildrensMercy** patient portal?

If at any time you would like to change your medical home provider please send a portal message to your primary care clinic requesting a different provider or call your care team at (816) 960-3080.

SICK visits are not included as a well-child visit!

Important Phone Numbers

Emergency

911

Poison Control

1 (800) 222-1222

The Pregnancy & Postpartum Resource Center

(866) 363-1300

Promise 1000 Collaborative Home Visiting for
Kansas City

promise1000.org

Center for Community Connections

(816) 960-8430

WIC services also provided here



Health Care Plan

Medicaid Health Plans

- You must choose where you want your baby to get health care. If you don't, you may have to go to a place different than you want.
- The plan you are under for your pregnancy is the plan your baby is under until you change it.
- You must call your caseworker, or the Medicaid office, to let them know your baby was born and choose the health plan and provider you want for your baby. The Medicaid card you get should have the phone numbers you need to call for assistance.

Medicaid Enrollment Help:

Missouri: (855) 373-4636

Kansas: (800) 792-4884

Insurance Health Plans

- Health plans are very different in what services they provide and where you can get these services.
- Most plans will have a list of providers that you must choose from.
- You will have to pay for services if you go to a provider who does not take your insurance plan.
- Check the date when your baby will be covered by the health insurance plan.

No Insurance, Not Eligible for Medicaid?

- KCMO Health Department (immunizations) (816) 513-6108.
- Talk to a financial counselor, (816) 234-3567.
- They have offices at the Children's Mercy Broadway, Children's Mercy Adele Hall and Children's Mercy Hospital Kansas campuses.

Notes

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This booklet was prepared especially for
parents of new babies by Children's Mercy.



Children's Mercy | **Built for kids.™**

childrensmercy.org

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