



# 1st Week Checkup Checklist: 3 to 5 days old

Congratulations on the birth of your new baby! For many parents, the first visit to the pediatrician is also their newborn's first trip away from home. Don't worry—we've got you covered with what questions to ask, what paperwork to remember, and what to expect at your baby's first checkup.

Your Newborn | American Academy of Pediatrics (AAP)

## ✓ What to bring

Hospital paperwork—including information about your baby's discharge weight or complications during pregnancy or birth.

## ✓ Immunizations

Your baby will receive the Hepatitis B (HBV) vaccine (</English/safety-prevention/immunizations/Pages/Hepatitis-B-Vaccine-What-Parents-Need-to-Know.aspx>) if they did not receive it in the hospital. *(The AAP recommends newborns receive their first dose of vaccine within the first 24 hours of birth.)*

## ✓ Screenings

Your pediatrician will review the results of two screenings that all babies receive in the hospital for hearing (</English/ages-stages/baby/Pages/Purpose-of-Newborn-Hearing-Screening.aspx>) and blood (</English/ages-stages/baby/Pages/jaundice.aspx>). Based on the results, your pediatrician may rescreen or recommend a referral to a specialist.

## ✓ Development & feeding

Your doctor will measure and weigh your baby to make sure their growth is on track, observe their development and behavior, and perform a physical exam.

## Questions your pediatrician may ask

- Does your baby receive breast milk (</English/ages-stages/baby/breastfeeding/Pages/Why-Breastfeed.aspx>), iron-fortified formula, or a combination of the two?  
 If breastfeeding, do you have support from a lactation consultant? The first few weeks of breastfeeding can be an adjustment, but try to stick with it (</English/ages-stages/baby/breastfeeding/Pages/Stick-with-Breastfeeding-Its-Worth-It.aspx>)! (The AAP recommends breastfeeding as the sole source of nutrition for your baby for about 6

months. When you add solid foods (</English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>) to your baby's diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire.) [Back to Top](#)

- Is your breastfed baby getting a vitamin D supplement (</English/ages-stages/baby/feeding-nutrition/Pages/Vitamin-Iron-Supplements.aspx>)? (The AAP recommends 400 IU of supplemental vitamin D daily, beginning in the first few days of life.)

## Questions you may have

- How many diapers (</English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx>) should I be changing?
- How long is formula (</English/ages-stages/baby/feeding-nutrition/Pages/How-to-Safely-Prepare-Formula-with-Water.aspx>) good after making it?
- How long is breast milk (</English/ages-stages/baby/breastfeeding/Pages/Storing-and-Preparing-Expressed-Breast-Milk.aspx>) good after pumping it?
- How well can my baby see (</English/ages-stages/baby/Pages/Your-Baby%27s-Vision-1-Month.aspx>)?

### ? Did you know

Your baby can see you best if you are face-to-face about 6 to 10 inches away. Learn more about newborn eyesight.

## ✓ Safety

### Questions your pediatrician may ask

- How are you feeling? If you are having postpartum issues with breastfeeding, anxiety, or sadness, or anything else, please feel free to discuss it with your baby's pediatrician.
- Where does your baby sleep? Here are great tips from the AAP on keeping your sleeping baby safe (</English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>).

## Questions you may have

- Are my baby's umbilical cord (</English/ages-stages/baby/bathing-skin-care/Pages/Umbilical-Cord-Care.aspx>) and/or circumcision healing as expected?
- Am I preparing bottles (</English/ages-stages/baby/feeding-nutrition/Pages/Sterilizing-and-Warming-Bottles.aspx>) safely?
- When is it safe to bathe (</English/ages-stages/baby/bathing-skin-care/Pages/Bathing-Your-Newborn.aspx>) my baby?
- What should I do if my baby has a fever (</English/health-issues/conditions/fever/Pages/Fever-and-Your-Baby.aspx>)? Can you show me how to safely use a rectal thermometer to take my baby's temperature?

## ✓ Communication

Never hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. If your pediatrician is unable to see you but believes your baby should be examined, they will advise you on the most appropriate place for your baby to receive care and how quickly your baby should be seen.

## More information

- AAP Schedule of Well-Child Care Visits (</English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>)

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