As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

Sleep and Wake Cycles
For the first few hours after birth, babies are usually active and awake. Then they become sleepy for the next 12 to 24 hours. Expect your baby to sleep 16 to 20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

Head
Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

Eyes
Babies see best at a distance of 8 to 10 inches. Your baby's eye color changes after birth. Most babies have their permanent color by 1 year of age. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.
Breasts and Genitals
It is normal for babies’ breasts and genitals to look swollen. This will slowly go away. The baby’s breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of clear, white or blood-tinged vaginal discharge and mucus for several days after birth.

Skin
The lips and the area inside the mouth should be pink.
• If you notice any blueness around your baby’s mouth and your baby is not alert or able to respond to you, call 911.
• If your baby develops skin blisters filled with fluid or pus, call your baby’s doctor to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:
• Patches of red skin seen on the eyelids, forehead or back of the neck.
• Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
• Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
• Tiny white dots that appear on the face. Do not squeeze them.
• Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.

स्तनहरू र जननेक्षितहरू
शिशुका स्तनहरू र जननेद्वितीयहरू सुन्त्रिको देखिनु सामान्य हो। यो विस्तार ठीक हुन्छ। शिशुका स्तनहरू-बाट अलिकरक ताम्रामा दृढ जस्तो द्रव्य निस्कन सक्छ जो विस्तार बन्द हुनेछ। बालिका शिशुहरूमा जन्मेको कैक्टर्न दिनसम्म योनीबाट अलिकरक मात्रामा सफ्य, सेतो वा रगतको लालिमायुक्त साव र सिंगान जस्तो द्रव्य निस्कनु सामान्य हो।

छाला
ओठहरू र मुखको भित्री भाग गुलाफी हुन पर्दछ।
• यदि तपाईले आफ्नो शिशुको मुखमा केही नीलोपन देखेउ हुन्छ वा तपाईको शिशु सजावट छैन वा तपाईलाई प्रतिक्रिया दिन असक्षम छ भने 911 मा कल गनुन्छो।
• यदि तपाईको बच्चका छालामा द्रव्य वा पीपुकृत फोकाहरू निस्क्नुन भने आफ्नो शिशुको डक्टरलाई कल गनुन्छो जसले तपाईको शिशुलाई संक्रमण त छैन भनी जोच गन्नेछ, खसागरी शिशुलाई खोकी, ज्वर े र दुधः खाइरहेको त्रैन भने।

छालाका प्रयत्नहरू:
प्रयत्नहरू देखिन सक्नु र प्रयत्न: उपचार नगराइकैन विस्तार निको हुन्छन्:
• परेलाहरू, निधार वा गर्दनको पछाडिपट्ठ रातो छालाका धीभाहरू।
• पिठुँ र नित्यबाहिर नीलो-फुसो रक्तको दागहरू जो केही महिना वा वर्षहरूमा प्रायः मेहिदे जान्छन्।
• रातो पुष्पभूमिभिन्न नुलायम, सेता तुडल्काहरू जो फोका होइन्छ। यसमा कुनै क्रीम वा लोशन लगाउनु पर्दै न।
• साना सेता थोपाहरू जो अनुहारमा देखिन्छन्। तिनलाई निनियोजनौ होस्।
• सुक्काला त्वचा निस्कनु वा नाडी वा कुर्क्वाहरूबाट आवाज आउन्छ। सुक्का ल्त्भा निस्केद गएपछि नयाँ मुलायम ल्त्भा देखा पन्नेछ।
• Fine, downy hair seen on the back, arms and ears.
Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

Jaundice
Jaundice is a yellow color of the skin and eyes. It often goes away in 1 to 2 weeks. In the hospital, a small sample of your baby’s blood may be tested to check the amount of jaundice.

Call your baby’s doctor if:
• Your baby’s abdomen, legs and arms are yellow.
• Your baby’s whites of the eyes are yellow.
• Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

Coughing, Sneezing, and Hiccups
Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

Choking
Babies can choke when held too flat when eating. When feeding, hold your baby’s head upright and never prop up a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.
Senses
Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breast milk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

Reflexes
Several reflexes are present at birth.

- There is a **startle reflex** where the baby throws out his arms then brings them back to the middle of his body when he hears a loud noise or is suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.
- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby’s palm.

Talk to your baby’s doctor or nurse if you have any questions or concerns.

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