

<b>Day 3</b> 49 - 72 hours	<b>Wet Diapers</b> (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐ ☐		<b>Stools</b> (☑ check boxes) ☐ ☐ ☐ ☐	
Date	Time	Feed Amount	Comments	

<b>Day 4</b>	<b>Wet Diapers</b> (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐		<b>Stools</b> (☑ check boxes) ☐ ☐ ☐ ☐	
Date	Time	Feed Amount	Comments	

**SPECIAL FEEDING INSTRUCTIONS**

D.O.B.	GESTATIONAL AGE	BIRTH WEIGHT	DISCHARGE WEIGHT

Type of Formula: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

To check for recalls of formula go to [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca) and click on "recalls & safety alerts"

Signature: \_\_\_\_\_

**References:**  
 1) American Academy of Pediatrics. (2019). Baby's First Days: Bowel Movements and Urination. Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/Pages/Babys-First-Days-Bowel-Movements-and-Urination.aspx>  
 2) Best Start Resource Centre. (2017). Infant Formula: What you Need to Know. Retrieved from: <https://resources.beststart.org/product/b19e-infant-formula-booklet/>  
 3) Health Link BC. (2019). Bowel Movements in babies. Retrieved from <https://www.healthlinkbc.ca/health-topics/abo3062>  
 4) Mohrbacher, N. (2013). Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges. Oakland, CA: Harbinger Publications, p. 38.

Originally developed by the Middlesex London Breastfeeding Coalition in 1999 and revised in 2009, 2014. Currently revised by the Breastfeeding Coalition of Southwestern Ontario with representation from London Health Sciences Centre, Chatham-Kent Health Alliance, and Strathroy Middlesex General Hospital, December 2019



**London Health Sciences Centre**

**FORMULA FEEDING GUIDELINES FOR THE NEWBORN**

**WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECKUP?**

- Call your baby's primary health care provider (doctor, midwife, nurse practitioner) to make an appointment. All babies should be seen within 2 to 3 days after discharge.

**WHEN DO I CALL FOR HELP?**

**CALL IF YOUR BABY:**

- is too sleepy or does not feed at least 8 times in 24 hours
- is not having enough wet diapers or stools (bowel movements) a day  
\*See chart on next page
- Is having blackish/green bowel movements after day 4 or 5
- has a dry or sticky mouth
- has skin that looks yellow or the whites of your baby's eyes look yellow
- has an underarm temperature greater than 37.5°C (99.5°F) or less than 36.5°C (97.7°F)

**If you are very concerned about your baby's health, contact your health care provider right away. If your health care provider is not available, go to your nearest emergency department.**

**WHERE CAN I GET HELP?**

- Call Middlesex London Health Unit 519-663-5317 to speak with Public Health Nurse, Weekdays 8:30 am to 4:30 pm or visit the website at [www.healthunit.com](http://www.healthunit.com)
- If you live outside Middlesex London call your local health unit
- Your baby's health care provider
- TeleHealth Services 1-866-797-0000 24 hours a day, 7 days a week
- Best Start Nutrition Resources: <https://resources.beststart.org/product-category/resources/nutrition/>

