Baby Quiz: What’s Normal?

1. It’s normal for a newborn to have:
   - Pimples or whiteheads
   - Red rash on the neck
   - Small red dots or red areas on the belly
   - All of the above

2. What causes cradle cap?
   - Psoriasis
   - Allergies
   - Dry Skin
   - No one knows for sure

3. My newborn has lost weight in the week since I brought him/her home. Should I be worried?
   - No, a little is normal
   - Yes, call your doctor

4. The best way to make sure your baby is getting enough to eat is to time her feedings
   - True
   - False

5. A baby’s stool is usually black
   - True
   - False

6. As long as you diaper the right way, your baby won’t get diaper rash
   - True
   - False

7. It’s normal for newborns to have:
   - Strange breathing noises
   - Crooked feet
   - Crossed eyes
   - All of the above

8. My baby’s soft spot bulges when he cries! Is that normal?
   - Yes, usually normal
   - You should call your doctor

Answers

1. All of the above

A baby’s skin is soft -- but it’s not always unblemished! Most of the bumps and red spots aren’t anything to be worried about and will go away. White bumps on the nose, chin, or cheeks are very common. So is baby acne. Both usually clear up on their own. And red spots on your baby’s belly that look like bites are also pretty common and go away in a week or two.

No one knows for sure what causes cradle cap -- flaky skin that looks like dandruff or yellow, crusty patches on a baby’s head. But many newborns have it. It may also show up on a baby’s ears, eyebrows, eyelids, or even underarms. It’s not contagious and probably won’t bother your little one. If it bothers you, you can gently massage your baby’s scalp with your fingers, shampoo more often (be sure to rinse away all shampoo), and brush your baby’s scalp with a very soft brush.

2. No one knows for sure

Babies will lose 6 to 8 ounces during the first week, and babies that weighed more at birth may lose even more. When they start to gain weight, expect them to gain 4 to 7 ounces a week for the first few weeks, then about 1 pound or slightly more a month for the first 6 months. Babies are born with enough fluid and fat to keep them going until they get into a regular feeding routine. Check with your doctor if you have concerns.
4. True
Breastfed babies generally nurse every 2 to 3 hours during
the first few weeks, formula-fed babies every 3 to 4 hours.
You'll also want to pay attention to your baby's cues, as
well as how she eats -- and how she poops! Your little one
should seem satisfied for 1 to 3 hours between feedings.
Granted, that can be a tough call -- babies suck when
they're hungry, but also to comfort themselves.

Dirty diapers are another clue. Most newborns have six or
more wet diapers a day and two or more bowel
movements.
The first few weeks can be hectic, and keeping track of
feedings helps create some structure while you learn to
recognize your baby's hunger cues.

5. False
A baby's first poops are a thick black or dark green, but
after that, the color in his diaper should be yellow-green. If
it's black, red, or white, see your pediatrician.

If your baby is breastfed, his poops will be a light mustard
color. If your baby is formula-fed, they'll be darker. It's
normal for the color or consistency to change once in a
while. Hard or dry stools may be a sign that he needs more
to drink.

6. False
Fact is, almost all babies have diaper rash at some point. It
happens most often between 4 months and 15 months,
and is more noticeable when babies start to eat solid
foods. A lot of things can cause diaper rash: diapers that
are moist, dirty, or too tight; frequent stools; antibiotics; and
a bad reaction to soaps. Solutions include: changing
diapers often; allowing your baby's bottom to air-dry; diaper
rash cream; patting the baby dry rather than rubbing;
loose-fitting diapers.

Tell your doctor if the rash lasts more than a few days or if
your baby has sores on the skin.

7. All of the above
Yes, your little angel comes with some weird features! No
need to worry -- they usually go away on their own. For
instance, it's very common for newborns to breathe rapidly
or pant, or even have 10-second periods when they don't
take a breath. As for your baby's tiny, kissable feet -- after
months of living in cramped quarters in the womb, they're
often turned in. Help him out by gently stretching the front
of his foot and not letting him sleep in the fetal position.

And it may take up to 8 weeks for baby's eyes to stay
straight. His eyes may also be bloodshot from the pressure
of a vaginal delivery. What about the color? You won't
really know for sure until he's about 6 months to a year old.
Always check with your doctor if you're concerned.

8. Yes, usually normal
Your baby has two soft spots on his head: a larger one
toward the front of the top of the head and a small one
toward the back. They may bulge when he cries, and
you may be able to see the pulse of his heartbeat
there, too. Those soft spots let the baby's large head
move through the birth canal and give his big brain
room to grow fast after he's born. The smaller soft spot
usually disappears in 6 months. The larger one may
take 12 to 18 months to close completely. They are
covered by a tough membrane that protects the brain.
If your baby's soft spot continues to bulge
-- even
when he's not crying -- see your doctor.

9. Both
Many babies get jaundice -- which turns their skin
yellow -- within 3 or 4 days of birth. Usually it goes
away within a week, but you should always check with
your doctor if your baby looks yellow or has jaundice
to make sure there's not a more serious problem.

Your baby's hands and feet may look a little blue on
and off for a few days after birth. In most cases it's
normal, due to the fact that his circulatory system
hasn't quite matured yet. Always check with your
doctor to make sure there is nothing else more serious
going on.

10. False
You may see a few drops of blood on your baby's
diaper when the umbilical cord stump falls off. Before it
falls off, make sure you keep the cord dry and clean as
it shrivels up. It should
fall off within 2 weeks.
It's rare for the stump to get infected. Signs would be a
bad-smelling discharge from the cord, red skin around
the base of the cord, or if the baby cries when you
touch the cord or skin next to it. If you see any of
these, or if the area seems to be bulging, call your
doctor.

11. Once per week
A baby's nails grow fast! The best time to trim them is
when she is in deep sleep. Use small clippers made
just for babies. Push on the finger pad to move it away
from the nail before you snip.