



# **The Newborn Manual**

**A practical guide  
for new parents**



# Congratulations on Your New Baby!

As your child's pediatrics office, we would like to share some information that we believe will be helpful when caring for your newborn. The good news is that, in general, common sense is the most important factor in infant care.

Remember that every baby is an individual with his or her own personality, and each will react differently to the same situation. Try not to compare babies or their reactions, as there are wide ranges of standards for weight, growth and development for infants, just as there are for adults. This is why we can only offer general thoughts and advice in this book.

Try not to worry about small problems or let well-meaning loved ones concern you with their advice. The best way to safeguard your baby's health is to have regular examinations in our office.

Throughout the first year, we'll be here with detailed instructions on how to care for your baby. Please reach out to our office whenever you have a question or need advice. Sometimes, we can provide a definitive answer to a puzzling problem. Other times, just talking about the problem will help you to come to your own solution.

We want you to depend on us as child specialists. Together, we can help you develop your own parenting style.

—Your UCLA Health pediatrics team

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### Introduction to UCLA Health Pediatrics

## UCLA Health Pediatric Care, When and Where You Need It

At UCLA Health, we offer comprehensive pediatric care that puts your child first. With more than 40 pediatric primary care locations across Southern California, from Ventura to the South Bay to Pasadena — and just about everywhere in between — you're never far from a UCLA Health community clinic.

### Your child is in the best hands

The skilled and compassionate doctors and nurses at UCLA Health don't just treat symptoms; they take care of your child from head to toe and can coordinate care with all the specialists and resources of UCLA Mattel Children's Hospital.

Many of our pediatric primary care physicians also work in the same location as other UCLA Health specialists and behavioral health providers, which means you'll find coordinated care for your child that is stress-free and simple.

### Convenient care when you need it

Is something keeping you up at night? Same-day and next-day children's primary care appointments are available in every pediatric primary care clinic.

And our compassionate care goes beyond regular office hours. Our immediate care locations offer walk-in appointments in the evening and on weekends and holidays, as well as convenient Save My Spot pre-booking.

Scan for an updated list



**We offer care when your child needs it, where you want it**

The adjacent map shows the UCLA Health offices that offer primary care services to children. Once you find a location that works for you, we look forward to welcoming your child to their medical home!

**More info:** [uclahealth.org/medical-services/general-pediatrics](https://uclahealth.org/medical-services/general-pediatrics)