



# Taking your newborn home

A guide for parents and caregivers



The Ottawa  
Hospital

## **Disclaimer**

This educational resource shares common health facts, advice and tips. Some of the information provided in this resource may not apply to you. Please talk to your doctor, nurse or other health-care team member to see if this information will work for you. They can also answer any questions or concerns that you might have.

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# Taking your baby home

Congratulations on your new baby! This booklet outlines important information for your baby such as registering the birth of your child, follow up medical appointments, and when to call your health-care provider. For answers to specific questions, please ask your baby's nurse, doctor, or midwife.

## Proof of birth

Before you leave the hospital, your nurse will give you a Proof of Birth letter. You may need this letter to register the birth of your baby with Service Ontario. You can also provide this letter to your workplace if needed. If you have not received your Proof of Birth letter, ask your nurse for it before you leave the hospital.

## Registering the birth

You must complete the registration of the birth with Service Ontario within 30 days of the birth of the baby.

What you need:

- ☒ the Proof of Birth letter
- ☒ the baby's date of birth
- ☒ the name of the doctor who delivered the baby
- ☒ the baby's name
- ☒ information about the parents (e.g., parents' name(s), date(s) of birth, and place(s) of birth)
- ☒ the name of the hospital or birthing centre where the birth took place

## You can register the birth with Service Ontario online, in-person or, by mail

<b>Online</b>	<p>Visiting Service Ontario's 'Register a birth (new baby)' webpage.</p> <ol style="list-style-type: none"> <li>1. Go to <a href="https://www.ontario.ca/page/register-birth-new-baby">https://www.ontario.ca/page/register-birth-new-baby</a>.</li> <li>2. Click the 'Register a birth' button.</li> </ol>
<b>In-Person</b>	<p>Visit the Service Ontario office at 110 Laurier Avenue West in Ottawa.</p>
<b>By Mail</b>	<p>Print and complete Service Ontario's 'Request for Birth Certificate' application form in English or French</p> <ul style="list-style-type: none"> <li>• Go to <a href="https://forms.mgcs.gov.on.ca/dataset/007-11076">https://forms.mgcs.gov.on.ca/dataset/007-11076</a>.</li> <li>• Click the 'Download' button for either the English or French version of the form.</li> </ul> <p>Mail the completed form to:</p> <p>Service Ontario Office of the Registrar General 189 Red River Road, PO Box 4600 Thunder Bay, Ontario P7B 6L8</p>

# Health insurance card

## If you live in Ontario

If your baby qualifies for the Ontario Health Insurance Plan (OHIP), your baby will be assigned an OHIP number. The Birthing unit will give you an OHIP form.

- ✓ Please fill out the form and return the top portion to your nurse before you leave the hospital.
- ✓ Keep the bottom part of the form with you and bring it to all of your baby's appointments with their health-care provider.

## If you live in Québec

Contact the Régie de l'assurance maladie du Québec (RAMQ) to get a health card application form.

- ✓ You can do this online by going to <https://www.ramq.gouv.qc.ca/en> or by calling 1-800-561-9749. The RAMQ may ask you for the Proof of Birth letter from the hospital.
- ✓ Please note: A child under 1 year old who does not have their own health insurance card can receive health care in Québec by presenting a parent's health insurance card.
- ✓ Use the Proof of Birth letter from The Ottawa Hospital to apply for Québec Parental Insurance Plan (QPIP) benefits. You can apply online at <https://www.rqap.gouv.qc.ca/en>.

- ✓ Since your child was born outside of Québec, you will need to apply for the Family Allowance from Retraite Québec.
- To do this visit <https://www.rrq.gouv.qc.ca/en/enfants/Pages/enfants.aspx>.

## Baby's follow-up appointment

Your baby will need an appointment with a health-care provider within 2 days of leaving the hospital.

### Options for the follow up appointment

- **Option 1:** Your nurse can organize an appointment for your baby at the Monarch Clinic.
  - » Please note: You **must** go to the [Monarch Clinic](#) if your baby needs follow-up **blood tests**, or if you need **breast/chest feeding support**.
  - » There will be a fee for service if you or your baby are not insured by OHIP.
- **Option 2:** You can make an appointment for your baby with your midwife, family doctor or their pediatrician.

### 'Baby's First Week' Card

Your nurse will give you a 'Baby's First Week' card. This card is for you to keep track of your baby's feeding, poops, and pees over the first week. Your

nurse will fill in the information during your hospital stay. Please continue to fill out the card and bring it with you to all your baby's follow-up appointments.

## Your baby is feeding well if

- ✓ Baby is feeding at least 8 times in 24 hours. Feeding more often than this is normal and good. Listen for swallowing or quiet "caw" sounds when feeding.
- ✓ At 1 day old, baby has at least 1 wet diaper and 1 to 2 sticky, dark green or black poops.
- ✓ At 2 days old, baby has at least 2 wet diapers and 1 to 2 sticky, dark green or black poops.
- ✓ At 3 days old, baby has 3 heavy wet diapers. Occasional "red brick-coloured" staining is normal until day 3. Baby should also have 3 brown, green, or yellow poops.
- ✓ At 4 days old, baby has 4 heavy wet diapers and 3 brown, green, or yellow poops.
- ✓ At 5 days and older, as the milk supply increases, baby has 6 heavy wet diapers and 3 large, soft, yellow poops which may have small seeds in them.
- ✓ Baby is back to their birth weight by 10 to 14 days after birth.



Days Old	1	2	3	4	5	6	7	8
How Often?	At least 8 or more feeds in 24 hours. Your baby is sucking strongly, slowly steadily and swallowing often.							
Tummy Size	Size of cherry		Size of walnut		Size of apricot		Size of an egg	
Poops	At least 1 to 2 BLACK OR DARK GREEN		At least 3 BROWN, GREEN OR YELLOW		At least 3 large and soft YELLOW			
Wet Diapers	At least 1 WET	At least 2 WET	At least 3 WET	At least 4 WET	At least 6 HEAVY WET			
Weight	Most babies lose a bit of weight in the first 3 days.			From day 4 onwards, most babies gain weight regularly. Your baby should regain their birth weight by 10 - 14 days.				
Other Signs	Your baby should have a strong cry, move actively and wake easily.							

Adapted with permission from Health Nexus.

# Signs to watch for

Most babies are healthy and well at birth. But there are some important warning signs to look out for.

If you feel that your baby needs medical attention and you are not able to contact your baby's health-care provider, take your baby to the nearest emergency department or to your local children's hospital emergency department.

## When to call 911 or go to nearest emergency department

If your baby:

- is having difficulty breathing (e.g., gasping)
- is working hard to breathe or is choking
- is breathing fast (more than 60 breaths in a minute) or if you hear noises like grunting
- looks pale, blue, or grey (dusky-coloured) in the face
- stops breathing
- looks like they are having a seizure (e.g., sudden repetitive twitching of arms and legs, not waking up, and/or body stiffness)
- might have been shaken, or
- has had any other emergency (e.g., a serious fall or hit to the head).

## When to call your baby's health-care provider

If your baby:

- has a fever (temperature of 38.0 °C or 100.4 °F) or higher (taken in the armpit)
- has a temperature that stays above 37.5 °C (99.5°F) or stays below 36.5 °C (97.7°F) for more than 30 to 60 minutes (taken in the armpit)
- has pale coloured skin, looks generally unwell or is disinterested in the things around them
- looks like they might have jaundice, a condition where the skin looks yellow coloured. Check to see if the whites of your baby's eyes or anywhere on their body is yellow
- is hard to wake, fussy or not feeding well
- has diarrhea or watery green stools
- is throwing up large amounts (more than just spitting up)
- has a rash that will not go away
- is having less than the normal number of wet diapers or poops (see previous section: Signs that your baby is feeding well)
- has dark-coloured and/or strong-smelling pee

- has long periods of sleepiness or fussing
- has an umbilical cord that does not fall off by 3 weeks after birth
- has redness, leaking fluid, or a bad smell around their umbilical cord (belly button)
- has a high-pitched cry
- looks like they are getting an eye infection. Watch for eye irritation, leaking that is yellow to green coloured, swollen eye lids, eye pain or tenderness.

## **If you were Group B Streptococcus (GBS) positive during your pregnancy**

Your baby is at risk of a GBS infection for the first 3 months of life if you were GBS positive during your pregnancy. Watch for signs of infection in your baby that can include:

- fever (temperature of 38.0°C or 100.4° F or higher) (taken in the armpit)
- fussiness
- drowsiness
- feeding poorly
- difficulty breathing or fast breathing (more than 60 breaths in a minute)
- stiff joints (hip, knee, or ankle), or
- swollen, skin has red patches on the face or neck

# Help and community supports

New parents don't have to feel alone. There are many supports in the community to help you. Here are a few:

## Ottawa Public Health Nurses

- A nurse from Ottawa Public Health can give families who have a new baby information about different programs and resources in their community.
- Ottawa Public Health Nurses are available Monday to Friday from 8:30 a.m. to 4:30 p.m. by calling the Ottawa Public Health Information Line at 613-580-6744.

## Parenting in Ottawa website

- This website shares information and resources about parenting.
- <https://www.parentinginottawa.ca/en/index.aspx>.

## 2-1-1

- If you need help with breast/chest feeding, call 2-1-1 to find the closest drop-in locations that can provide you with support.
- You can call 2-1-1 using your phone 24-hours a day, 7 days a week.

## Baby Help Line

- The Baby Help Line answers questions that you have about your baby. They also provide feeding support.
- Call 613-580 2424 ext. 23774.

## Health Connect Ontario (Health811)

- You can speak to a registered nurse for free and get confidential health advice about you, your baby, or your family.
- Call 8-1-1 (Toll free line: 1-866-797-0000). Health811 is available 24-hours a day, 7 days a week (previously known as Telehealth Ontario).

## La Leche League Canada

- La Leche League Canada can give you breast/chest feeding information and support. They offer a parent-to-parent support program.
- Call 613-238-5919 (phone lines are open 7 days a week, a message may be left during evenings and overnight hours), visit the La Leche League website ([www.lllc.ca](http://www.lllc.ca)), or email [lllc.ottawacentre@gmail.com](mailto:lllc.ottawacentre@gmail.com).

## Ottawa Breastfeeds website

- Visit this website to find information about breast/chest feeding.
- [www.ottawabreastfeeds.ca](http://www.ottawabreastfeeds.ca).

## The Ottawa Valley Lactation Consultants

- This is a **private** lactation consultant service. **There is a fee** for these services.
- Visit their website at [www.ovlc.net](http://www.ovlc.net).

# My notes

**I have the Baby's First Week card:**

Date:

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I completed and returned the OHIP form:

☐ Yes   ☐ No   ☐ Not applicable

**I verified the baby's hospital bracelets with the nurse:**

Medical Record Number (MRN):

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Parent signature:

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Nurse initials:

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Date:

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**The baby's follow-up appointment:**

Location:

☐ Monarch clinic

OR

☐ With the baby's midwife, family doctor or pediatrician.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

<https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/obstetrics-gynecology-and-newborn-care/having-a-baby/patient-resources/>

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Is it welcoming and respectful of your background, culture, and identity? Your opinion is important to us. Please fill out this [survey](#) or contact the Patient Education team at [patienteducation@toh.ca](mailto:patienteducation@toh.ca).



**Do you need this information in a different format?** Please tell a member of your health care team. This resource is available in French and English. Cette ressource est disponible en anglais et en français.

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