

## The first few weeks, part one

### ANCHOR LEDE

You just brought your newborn home from the hospital. It's a stressful but exciting time. At the front of your mind: what behavior in the first few weeks is normal? Or what behavior should prompt a call to a health care provider?

### TAKE VO

Heather Ludwig, a lactation consultant at OSF HealthCare, has some tips.

For example, if the baby's eyes are closed, it doesn't always mean they're asleep. Their skin and bowel movements may look abnormal. And the child will lose weight in the first few days.

Also, gone are the days of letting your baby "cry it out."

\*\*\*SOT\*\*\*

Heather Ludwig

OSF HealthCare lactation consultant

**"For babies that cry for a long time, it increases the stress level in their body. Cortisol is a hormone related to stress. Babies that have high levels of cortisol don't grow as well as they could have." (:13)**

### VO TAG

If your entire baby turns blue or purple or they stop breathing, that's not normal, and you should call 9-1-1.

Visit the OSF Newsroom for more signs of normal newborn behavior.