

■ OhNewBaby - Newborn Jaundice Parent Guide ■

■ What is Jaundice?

A common condition in newborns where skin and eyes look yellow due to extra bilirubin. Most cases are mild and temporary.

■ Why Does It Happen?

- Immature liver that processes bilirubin slowly.
- Breakdown of extra red blood cells after birth.
- Feeding difficulties, especially in the first days.
- Premature birth (preemies are more prone).

■ Signs to Watch For:

- Yellow skin starting on the face and moving down.
- Yellow tint in the whites of the eyes.
- Baby seems unusually sleepy or hard to wake.
- Trouble feeding or sucking.

■ Gentle Remedies:

- Feed often: 8–12 times/day to help flush bilirubin.
- Place baby in natural light near a sunny window (not direct sunlight).
- Follow pediatrician's advice if phototherapy is needed.

■ When to Call the Doctor:

- Yellowing spreads quickly or gets darker.
- Baby is very lethargic or refuses to feed.
- Fewer wet diapers than expected.
- Fever, irritability, or unusual behavior.

■ Parent Reminder:

Most newborn jaundice is mild and goes away within 1–2 weeks. Your love, feeding, and care are the best remedies of all. Always check with your pediatrician if you're concerned.