



Parenting Genie



A-Z of Parenthood!



TOP 10 NEWBORN QUESTIONS ANSWERED BY EXPERTS

**By Parenting Genie – Supporting You
from Pregnancy to Raising 5-Year-Olds**





INTRODUCTION:

Becoming a parent is life-changing and sometimes overwhelming. At Parenting Genie, our team of midwives, lactation consultants, and child health experts is asked the same urgent questions every day by new parents like you.

This guide shares expert answers to the 10 most common questions we hear. It's your go-to resource for clear advice during those early weeks.

1 How Often Should I Feed My Newborn?

Newborns feed every 2–3 hours, including through the night. That's 8–12 feeds every 24 hours. Feed on demand — when baby shows signs like lip-smacking, turning their head, or sucking fingers. Don't wait for crying; that's a late sign of hunger.

2 How Do I Know if My Baby Is Getting Enough Milk?

You'll know baby is feeding well if they:

- ◆ Have 6–8 wet nappies a day after day 5
- ◆ Seem satisfied after feeding
- ◆ Are gaining weight steadily
- ◆ Are alert and active between feeds

If you're unsure, speak to a maternal child health nurse or use our Parenting Live Expert Chat.



3 Why Is My Baby Crying So Much?

Crying is normal — it's how babies communicate. Your baby may be:

- ◆ Hungry
- ◆ Overtired
- ◆ Too hot or cold
- ◆ Needing a cuddle
- ◆ Experiencing wind or reflux

If crying lasts more than 3 hours a day for several days, check with a health professional to rule out other causes.



4 How Can I Help My Baby Sleep?

- ◆ Create a simple bedtime routine: feed, change, cuddle
- ◆ Use white noise to mimic the womb
- ◆ Keep the sleep space quiet, dark, and calm
- ◆ Put the baby down drowsy but awake

Need help? Try our Sleep Training 101 course or ask the Parenting Live Expert.

<https://parentinggenie.com.au/courses/sleep-training-101-your-babys-sleep-guide/>



5 Is It Normal for My Baby to Poop So Often (or Not at All)?

Breastfed babies may poop after every feed — or go days without. Formula-fed babies tend to have fewer, firmer poos.

- ◆ Yellow, mustard-like = normal
- ◆ Green or frothy = may be foremilk imbalance
- ◆ Hard or bloody = seek advice

Always trust your instincts if something seems off.



6 How Should I Bathe My Newborn?

- ◆ Use warm water (test with your elbow)
- ◆ Support the baby's head and neck Keep it brief (5–10 minutes)
- ◆ No soap needed in early weeks — water is enough
- ◆ Pat dry and keep them warm after

3 times per week is usually enough unless the baby enjoys it daily.

7 What's the Best Way to Care for the Umbilical Cord?

- ◆> Keep it dry and exposed to air
- ◆> Fold the nappy below the cord to prevent rubbing
- ◆> Clean gently with water if dirty — avoid powders or alcohol
- ◆> It will fall off naturally within 1–2 weeks

See a doctor if you notice pus, bleeding, or a bad smell.



8 How Do I Know if My Baby Has a Fever?

Fever in a newborn is severe. Signs:

- ◆> Feels hot to touch
- ◆> Is unusually sleepy or irritable
- ◆> Has trouble feeding or breathing

Use a digital thermometer — anything above 38°C (100.4°F) in a baby under 3 months needs urgent medical attention.



9 What Are the Signs of Jaundice?

- ◆ Yellowing of the skin or eyes
- ◆ Tiredness or poor feeding

Most jaundice is normal in the first week. However, if it spreads to the legs or lasts beyond 10 days, speak to your doctor.



10 When Should I Ask for Help?

Always ask if:

- ◆ Something doesn't feel right
- ◆ You're unsure about feeding, sleep, or your baby's behaviour
- ◆ You feel anxious, sad, or exhausted

You're not alone. Parenting Genie's 24/7 Live Expert Chat can answer your questions — from pregnancy to raising 5-year-olds.



<https://care.parentinggenie.com.au/parenting-live-expert/>



WANT MORE SUPPORT?

Join the Parenting Genie Community and get access to:

- ◆ Expert-led online courses
- ◆ Live weekly Q&As
- ◆ Genie Chat for instant answers
- ◆ Printable planners and parenting tools

📱 Visit : www.parentinggenie.com.au to explore everything.

For any questions, you can email us at admin@parentinggenie.com.au

<https://community.parentinggenie.com.au/>

You've got this — and we've got you.

Happy Parenting!