

Dressing Your Newborn

Dressing can be a fun way to bond with your newborn.

When dressing your baby, choose clothes that keep your baby comfortable. Your newborn is not yet able to regulate their own body temperature.

In the summer, a T-shirt and diaper or single layer may be enough. Also keep in mind, cotton breathes better than polyester, rayon, or other synthetic materials.

In the winter, dress your baby in the same amount of clothing that you wear. But add 1 more layer.

Also choose clothing that makes dressing easier for both of you, such as outfits with: Loose shirt sleeves; Fasteners down the front; And stretchy material.

At bedtime, 1-piece sleepers or pants with feet are best. They help keep your baby warm.

Following these tips can help you choose clothing that is both cute and comfortable for your baby.