

Dressing Your Baby

When you have a new baby, you'll spend lots of time dressing your new bundle of joy.

So here are a few tips.

For a shirt or onesie, stretch the collar open and pull it gently over your baby's head.

Then reach through the end of each sleeve and gently pull your baby's arms through.

When undressing your baby, pull the sleeves off each arm first.

Then stretch the collar wide and gently lift the clothing up over your baby's chin and face.

If it's bedtime or nap time, dress your baby in a sleep sack-- a wearable blanket for newborns.

This is the safest way for a newborn to sleep.

Don't use regular blankets.

Keep the room warm enough for your baby to wear lightweight clothes.

For warmth, dress your baby in one more layer of clothing than what you're comfortable wearing.

Dressing your baby isn't always easy at first, but you'll get the hang of it, and knowing that your baby is comfortable can help put your mind at ease.