



Caring for Your Newborn



Overview

Bringing your new baby home can be stressful. There's a lot to remember and a lot to do. Let's review some basics of newborn care.

Safe handling

First, handle your baby safely. Always wash your hands before you touch your baby. Keep their head and neck supported at all times. And when using a car seat or stroller, make sure your baby is fastened securely.

Feeding

Babies need to be fed often. For a newborn, it's usually about every two to three hours. Watch for signs your baby wants to feed. They may cry or make sucking sounds. They may put their fingers in their mouth. Babies can swallow a lot of air as they feed. Burp them by gently patting them on the back to help get the air out.

Changing

A new baby will dirty a lot of diapers. Expect to use about ten every day. Keep diapers and changing supplies within reach of the changing table. And never leave your baby alone on a changing table.

Bathing

Be careful at bath time, too. You'll give sponge baths for a few weeks, and then tub baths. Always make sure the water is warm but not hot. Never leave your baby alone in a tub. If you need to leave the room, wrap your baby in a towel and take them with you.

Conclusion

For more care tips, talk to your healthcare provider.