Newborn Care Tips

- You may feel uneasy caring for your new baby at first.
- Newborns have many needs, like frequent feedings and diaper changes.
- Babies can have health issues that are different from older children and adults, like diaper rash and cradle cap.
- Your baby will go through many changes during the first year of life.
- Ask your health care provider for help if you need it.

The following resources are available to help you learn how to care for your baby:

- [Guide for First-Time Parents](http://www.nemours.org) (Nemours Foundation) - Also available in Spanish
- [JAMA Patient Page: Caring for a Newborn Baby](http://www.jama.com) (American Medical Association) - PDF
- [Baby Care 101](http://www.marchofdimes.com) (March of Dimes Birth Defects Foundation)
- [Infant Health](http://www.nih.gov) (National Institute of Child Health and Human Development)
- [Infants and Toddlers (Ages 0-3) - Raising Healthy Children](http://www.cdc.gov) (Centers for Disease Control and Prevention)

Please review the list of baby care topics below and check the ones you would like more information about.

- Bonding/Talking with Baby
- Feeding/Burping
- Spitting Up/Reflux
- Bathing/Cord Care
- Diapering/Genital Care
- Skin/Rash Care
- Nail Care
- Eye/Ear Care
- Nose/Mouth Care
- First Night @ Home
- Infant Reflexes
- Growth Spurts
- Bedtime Habits/Sleep
- Baby's Cry
- Pacifiers
- Head Care/Shaping
- Soft Spots/Sutures
- Exams/Vaccines
- Baby Carrier/Sling
- Traveling with Baby
- Safe Spaces
- Washing Baby Clothes
- Animals & Baby
- When to Call Dr.

☐ I feel confident at taking care of my baby and do not want more information.

Child’s Name: ____________________________  HV’s Initials: __________

Parent’s Name: ____________________________  Date: ________________


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