

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

- [Guide for First-Time Parents](#)(Nemours Foundation) - Also available in [Spanish](#)
- [JAMA Patient Page: Caring for a Newborn Baby](#)(American Medical Association) - PDF
- [Baby Care 101](#)(March of Dimes Birth Defects Foundation)
- [Infant Health NIH](#) (National Institute of Child Health and Human Development)
- [Infants and Toddlers \(Ages 0-3\) - Raising Healthy Children](#)(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.

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

Resources: <http://www.nlm.nih.gov/medlineplus/infantandnewborncare.html>

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