

NEWBORN CARE BASICS



1

Feeding



- **Newborns usually feed 8–12 times in 24 hours.**
- Some babies may feed more frequently, especially during growth spurts or cluster feeding periods.
- **Feeds may occur every 2–3 hours,** though timing can vary.
- Frequent feeding supports growth, development, and milk production.



How to Know Baby Is Getting Enough Milk

- ✓ **Regular wet diapers (4–6 after day 4)**
- ✓ **Frequent feeding (8–12 times a day)**
- ✓ **Baby appears settled after some feeds**
- ✓ **Baby may look relaxed, sleepy, or calm for a period after feeding**

2

Sleep



- **Newborns typically sleep 14–17 hours in 24 hours.**
- Sleep often occurs in short periods of 2–4 hours at a time.
- Newborns usually wake frequently for feeding and comfort.
- Day and night sleep patterns develop gradually over the first few months.

3

Diapering & Poop



In the first week, diaper output changes each day:

- **Day 1: at least 1 wet diaper**
- **Day 2: at least 2 wet diapers**
- **Day 3: at least 3 wet diapers**
- **Day 4+: usually 4 or more wet diapers per day**
- Many newborns have 3 or more bowel movements per day, though this can vary.
- **Stool colour often changes from dark green/black to yellow or mustard over the first days.**



4

Bathing



- **Newborns usually only need a bath 2–3 times per week.**
- The diaper area, face, and skin folds can be cleaned daily as needed.
- Bathing too frequently may dry newborn skin.
- Always supervise baby during bath time.

5

Skin Care



- avoid strongly scented products
- If skin appears dry, a small amount of gentle, fragrance-free moisturiser may help.
- dress baby in soft, breathable fabrics
- **change diapers regularly to protect skin and prevent diaper rash**

Quick Overview



Feeding: 8–12+ times per day
Sleep: 14–17 hours per day
Wet diapers: 4–6 per day after day 4
Bathing: 2–3 times per week



DIAPER CHANGING GUIDE



How Often Should I Change a Diaper?

- Newborns: **Every 2–3 hours** or as soon as the diaper is soiled (even at night)
- Dirty diaper? Always change immediately to avoid rashes or discomfort
- Wipes not enough? A quick warm-water rinse can help after messy poops

What you'll need...

- Clean diaper
- Baby Wipes
- Disposable Nappy Bags



- Changing Mat



- Diaper cream (if needed)



- Spare outfit (just in case!)



Step-By-Step Diaper Change

1 Wash Hands



Wash hands thoroughly before starting.

2 Lay Baby Down



Place baby on a safe, flat surface. Keep one hand on them at all times if not using a changing table with a strap.

3 Unfasten Dirty Diaper



Gently open the tabs or snaps. Use the front of the diaper to wipe away some of the mess.

4 Clean the Area



Use wipes or a damp cloth to gently clean baby from front to back.

5 Remove Dirty Diaper



Slide it out from under baby and fold it up tightly. Dispose of it right away in a nappy bag.

6 Let Skin Dry



Pat dry or give baby a few seconds of air time to avoid rash.

7 Apply Diaper Cream



Use a thin layer of barrier cream if baby's skin is red, sensitive, or rash-prone.

8 Slide on Clean Diaper



Lift baby's legs gently by the ankles and slide the diaper under. The back side (with tabs) should be under their bottom.

9 Secure Diaper



Bring the front up & fasten the tabs. It should be snug, not tight — you should be able to fit two fingers at the waistband. Wash your hands.

DIAPERING BAG CHECKLIST



Diapering Essentials

- 4–6 diapers
- Travel pack of wipes
- Diaper rash cream or ointment
- Portable changing mat
- Disposable bags for dirty diapers
- Spare outfit (in case of leaks)



Clean up essentials



- Hand sanitizer
- Small towel or washcloth
- Extra plastic bag for soiled clothes



Quick-Change Tips

- Change baby before leaving home
- Keep an “emergency kit” in the car or stroller
- Restock your bag after each outing
- Choose zip-top bags for creams and wipes
- Always pack a spare outfit for leaks
- Double-bag dirty diapers until you find a bin
- Check diaper fit to prevent leaks



Packing Smart

Restock your diaper bag after each outing so you're never caught off guard, and use small pouches to keep items grouped and easy to find. As your baby grows, adjust what you carry, whether it be fewer diapers, different creams, or a larger spare outfit. When everything has its place, even those unexpected diaper changes feel more manageable.

Optional Extras



- Diaper cream applicator (optional for quick changes)
- Small pack of cotton pads
- Travel-size barrier spray or baby powder (if used)





DIAPERING: WHAT'S NORMAL?



How Often Should My Newborn Poop & Wee?

From day 5 expect:

- **At least 6 wet diapers per day**
- **At least 3 stools per day** (often more, up to 8-12)



Below is a visual chart for the first few days...

Day	Wet Diapers	Dirty Diapers
DAY 1	At Least 1	At Least 1 Black
DAY 2	At Least 2	At Least 2 Black-Green
DAY 3	At Least 3	At Least 3 Dark Green
DAY 4	At Least 4	At Least 3 Green-Yellow
DAY 5+	At Least 6	At Least 3 Yellow & Seedy

5+

NORMAL POOP COLORS

Green/black



This is typical for your baby's first stool, called meconium, and it will change to a lighter color within a few days.

Green/brown



Green-brown stools are normal during the first few days as your baby's digestion adjusts.

Dark Green



Common in formula-fed babies due to the iron in the formula and is usually normal

Mustard yellow



Breastfed babies normally have loose, mustard-yellow stools.



Orange

In formula-fed babies, stools usually range from yellow to brownish-orange and are generally normal.



Brown

Stools may be brownish as baby moves from meconium (black/green) to regular milk stools.



Frothy Green

Frothy green poop can happen if a baby gets more foremilk during breastfeeding, which is usually normal, but see a doctor if it's frequent.



Darker Yellow

Darker yellow poop is normal, especially in breastfed babies as stools mature.

NOT NORMAL

Red



Red stools usually indicate blood, which can be from constipation or more serious issues.

Pale white



Pale or white stools are unusual and may signal a liver problem, so contact a doctor.

Black



Black poop is normal only in the first few days (meconium); afterwards, it could signal bleeding and should be checked by a doctor.



When Should I call a Doctor?

- No poop or wet nappy in first 24 hrs.
- Fewer than 6 wet nappies/day or 3 stools/day after day 5.
- Red, white, or black stools.
- Baby seems very unwell or dehydrated.
- Persistent diarrhea, constipation
- Frothy green stools with poor weight gain.



DIAPER RASH, DIARRHEA & CONSTIPATION

Signs of Constipation & Diarrhea

Signs of Constipation

Infrequent bowel movements

Hard, dry stools

Straining or discomfort

Firm tummy



Signs of Diarrhea

- *Frequent, watery stools*
- *Blood or mucus in stools*
- *Foul smell*
- *Signs of dehydration*



Preventing Constipation & Diarrhea

Preventing Constipation

- *Ensure regular feeding (breast or formula)*
- *Gentle tummy massage or bicycle legs*
- *Keep baby hydrated (breastmilk or formula)*
- *Switch formula only if recommended by a doctor*

Preventing Diarrhea

- *Wash hands before feeding or handling baby*
- *Sterilize bottles and pacifiers*
- *Avoid giving unapproved foods or water*
- *Keep diaper area clean and dry*



Rule of thumb: For diarrhea, call your doctor quickly.

For constipation, monitor but seek advice if it's severe or persistent. If at any time you feel unsure about your baby's symptoms, always check with your healthcare provider.

Signs of Diaper Rash

- *Red or irritated skin in the diaper area*
- *Warm, tender, or swollen skin*
- *Small bumps or spots*
- *Peeling or dry patches*
- *Baby seems uncomfortable during diaper changes*
- *Crying or fussiness when the area is touched*

Preventing Diaper Rash

- *Change diapers often*
- *Let baby's skin air dry before re-diapering*
- *Use fragrance-free wipes or cotton + warm water*
- *Apply a thin layer of barrier cream (zinc oxide or petroleum jelly) or diaper cream*



When Should I call a Doctor?

- **Rash lasts more than 2–3 days**
- **Blisters, pus, or open sores appear**
- **Rash spreads beyond diaper area**
- **Baby has a fever**
- **Skin looks bright red, swollen, or painful**
- **Rash doesn't improve with regular care**



BABY BATHING BASICS



When Should I Start Bathing?

- **First few days:** Stick to sponge baths until the umbilical cord stump falls off (usually by 1–2 weeks old).
- **After that:** You can introduce a gentle tub bath in a baby bath seat or small plastic tub.



How Often Should I Bathe My Baby?

- **Newborns only need a bath 2–3 times a week.**
- Daily baths can dry out their sensitive skin.
- Clean baby's face, neck, hands, and diaper area daily with a warm washcloth.



What you'll Need



Bath tub



Hooded Towel



Cup for rinsing



Wash cloth



Baby Soap



Clean Diaper & clothes

1 Prep The Room



Warm the room to about 24°C (75°F). Babies can get cold quickly.

3 Undress Baby



Hold baby securely with one hand supporting their head and neck.

5 Dry



Wrap your baby in a towel immediately. Pat dry thoroughly, especially in skin folds.

2 Fill The Tub



2–3 inches of warm water is enough. Always test the temperature. The water should be warm (around 37–38°C / 98–100°F)—not hot!

4 Gently Clean



Start with the face (no soap), then shampoo hair if needed. Use mild soap for body, especially creases. Always rinse carefully and avoid getting soap in eyes.

6 Diaper, Dress & Cuddle



Diaper, dress, and enjoy some cuddle time!



CARING FOR NEWBORN SKIN



Keep it Simple

- Bathe your newborn **2-3 times** per week to avoid drying out their skin.
- Use lukewarm water (**about 37°C or 98.6°F**).
- Keep baths short – 5-10 minutes max. Never leave baby unattended.
- Pat skin dry gently with a soft towel; avoid rubbing.



Products to Use & Avoid

- **Use gentle, fragrance-free**, and hypoallergenic products made specifically for babies.
- **Avoid harsh soaps**, adult skincare products, or anything with dyes and strong fragrances.



Daily Cleaning

- For daily cleaning, simply wipe the face, neck, hands, and diaper area with a warm, damp cloth.
- Clean folds gently to prevent buildup of sweat and milk residue.



Moisturizing

- Apply a mild, fragrance-free baby moisturizer after baths and as needed.
- Focus on dry or flaky areas like cheeks, elbows, and knees.
- Avoid over-moisturizing, which can clog pores.

Sun Protection

- Keep newborns **out of direct sunlight** as much as possible.
- Use protective clothing and shade – hats, long sleeves, and umbrellas.
- Sunscreens are *generally not recommended for babies under 6 months*.



Watch for Skin Issues

- **Diaper rash:** Change diapers frequently and use barrier creams like zinc oxide.
- **Eczema:** Look for dry, red, itchy patches; consult your pediatrician for treatment.
- **Cradle cap:** Yellowish, scaly patches on the scalp can be treated with gentle washing and baby-safe oils.

If you notice any of these skin concerns persisting or worsening, speak with your healthcare provider.



UMBILICAL CORD CARE



How to care for the cord stump:

1 Keep it clean:

- Gently wipe around the base with clean water and a cotton pad if it becomes dirty.
- Avoid using alcohol or antiseptics unless advised by your healthcare provider.

2 Keep it dry:

- Fold your baby's diaper below the stump to keep it exposed to air.
- Choose loose-fitting clothing that allows airflow.
- Avoid baths until the stump falls off—stick to sponge baths instead.

3 Let it fall off naturally:

- Don't pull or tug at the stump, even if it looks like it's hanging on by a thread.
- It may bleed a little when it falls off—that's normal.



Red Flags to Note



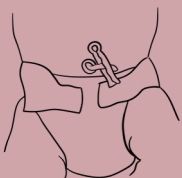
- Red, swollen skin around the base
- Yellow or foul-smelling discharge
- Bleeding that doesn't stop
- Baby seems in pain when the area is touched
- Fever or signs of illness

If any of these appear, contact your doctor right away.



Key Reminders

- The stump usually falls off between 7 and 21 days after birth.
- No need for special creams or powders.
- Trust the process—simple care is often best.



Umbilical cord care is quick and simple—just keep it clean, dry, and let nature do the rest. If you're ever unsure, don't hesitate to reach out to your healthcare provider.



BABY MASSAGE BASICS



Benefits of Baby Massage

- Builds connection and trust between you and your baby
- Supports better sleep and relaxation
- Eases tummy troubles like gas and constipation
- Encourages circulation, flexibility, and sensory development
- Can reduce fussiness and colic symptoms



When to Massage

- When baby is calm, alert, and not too hungry or full
- After a bath, before bed, or during a quiet moment
- Avoid massage right after feeding or when baby is overtired



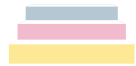
What you'll need



- A warm, quiet space
- A soft towel or blanket
- Gentle, baby-safe oil (like coconut, grapeseed, or unscented baby oil)
- Clean hands and short nails



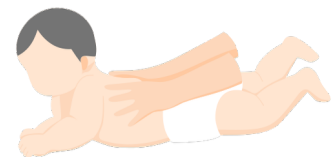
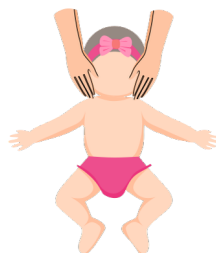
Step-by-Step Baby Massage Routine



1 Start with Legs & Feet
Hold one leg and gently stroke down from thigh to ankle. Massage each toe and the sole of the foot with light circular motions.

2 Tummy
Use gentle clockwise circles to help digestion. Avoid if baby's belly feels tight or they've just eaten.

3 Chest
Place both hands flat in the center of baby's chest and gently smooth outward like opening a book.



4 Arms & Hands
Stroke from shoulder to wrist, then gently massage each finger and palm.

5 Face
Use your fingertips to lightly trace circles on the forehead, eyebrows, and cheeks. Stroke from the center of the nose outward.

6 Back
Gently use circular strokes along the back, then long strokes from shoulders down to feet.



TUMMY TIME ESSENTIALS



Tummy time means placing your baby on their stomach while they're awake and supervised.

It counteracts the time spent lying on their back and helps prevent flat head syndrome (positional plagiocephaly).

Why is Tummy Time Important?

Tummy time is essential for your baby's development. *It helps strengthen the neck, shoulders, arms, and back—key muscles needed for rolling, crawling, and sitting.*



How Do I Start?

Start simple:

- Lay baby on a safe surface - such as a play mat or blanket
- Always supervise closely
- Use a rolled-up towel under baby's chest if they're struggling
- Place baby in short, frequent sessions throughout the day



Tips for Success

- Be patient—some babies don't love tummy time at first
- Stay consistent: short & often is better than long and rare
- If baby fusses, try a different position or surface (like your lap or chest)
- Gradually increase time as your baby gets stronger and more confident



Gentle Reminder

Tummy time may feel challenging at first, but it plays a big role in your baby's development. With consistency and encouragement, your baby will grow to enjoy it—and you'll get to witness their progress firsthand!



When Should I Start?



- Begin tummy time from day one—as soon as you're home from the hospital.
- Start with 1–2 minutes at a time, a few times a day.
- Gradually build up to 20–30 minutes a day by around 3 months old.



Safety Tips

- Only do tummy time when baby is awake and supervised
- Never leave baby alone on their tummy—even for a moment
- Avoid tummy time right after feeding to reduce the risk of spit-up

HOW TO SAFELY HOLD A NEWBORN



Newborns need gentle support because their head and neck muscles are still developing. Holding your baby securely helps them feel safe and comfortable. With practice, this will begin to feel more natural.

Helpful Tips



- Always support the head and neck
- Hold baby close to your body
- Avoid sudden movements
- Sit down if you feel nervous at first
- Ask for help if you need support building confidence



Step-by-Step: How to Hold Baby Safely



- 1 Wash your hands**
Make sure your hands are clean before handling your baby, especially in the early weeks.



- 2 Approach calmly**
Move slowly and speak gently so your baby is not startled.



- 3 Slide one hand under the head & neck**
Always support your baby's head and neck first.



- 4 Place your other hand under the bottom**
Use your second hand to support your baby's bottom and body.



- 5 Lift baby close to your chest**
Bring your baby close to your body as you lift. This helps baby feel secure and makes holding easier.



- 6 Keep the head supported at all times**
Make sure the head does not tip backwards or flop to the side.

Remember...

It is normal to feel nervous when holding a newborn at first. Confidence usually grows quickly with practice. As long as the head and neck are supported and your baby feels secure, small adjustments can be made to find what feels comfortable for both of you.



PACIFIER USE: PROS & CONS



Advantages of Pacifiers

1. Soothes and Calms

- Pacifiers help babies self-soothe by satisfying their natural sucking reflex.
- Can reduce crying and help babies settle down quickly.

2. May Reduce Risk of SIDS

- Studies suggest that pacifier use during sleep may lower the risk of sudden infant death syndrome (SIDS).

3. Helpful During Stressful Situations

- Can comfort babies during vaccinations, doctor visits, or travel.

4. Easy to Use and Portable

- Pacifiers are inexpensive, widely available, and convenient for quick calming.



Disadvantages of Pacifiers

1. Can Interfere With Breastfeeding

- Early pacifier use may cause “nipple confusion,” making it harder for some babies to latch properly.
- It’s usually recommended to wait until breastfeeding is well established (around 3–4 weeks).

2. Risk of Ear Infections

- Prolonged pacifier use is linked to an increased risk of middle ear infections in some children.

3. Dental Problems With Long-Term Use

- Extended use beyond toddler years can affect teeth alignment and oral development.

4. Dependence and Difficulty Weaning

- Some babies become very attached, making it hard to stop pacifier use later on.



When a Pacifier May Help

Pacifiers may be useful:

- when baby needs comfort between feeds
- during sleep or rest periods
- when baby needs help settling
- in busy or unfamiliar environments

Some families choose to wait until feeding is well established before introducing a pacifier, particularly if breastfeeding.



Tips for Safe Pacifier Use

- Choose one-piece, BPA-free pacifiers that are easy to clean
- Don't dip pacifiers in sweet substances
- Regularly inspect and replace worn or damaged pacifiers
- Avoid forcing pacifier use if baby refuses it
- Wean off pacifiers gradually **after 12 months** to avoid dental issues.



SIGNS OF ILLNESS

WHEN TO CALL A DOCTOR



1 Unusual Crying or Fussiness

- High-pitched, weak, or continuous crying that's different from usual
- Excessive irritability or inconsolable crying despite comforting efforts

2 Problems Feeding

- Refusing to feed or poor sucking
- Vomiting repeatedly or forcefully (projectile vomiting)
- Diarrhea lasting more than 24 hours or with blood/mucus

5 Fever

- A temperature of 100.4°F (38°C) or higher in babies under 3 months is a medical emergency.

3 Behavioural Changes

- Excessive sleepiness or difficulty waking
- Limpness or floppy muscles
- Lack of responsiveness or no eye contact

4 Breathing Difficulties

- Fast or labored breathing
- Flaring nostrils or grunting
- Blue or pale lips, face, or extremities
- Persistent coughing or wheezing

5 Skin Changes

- Pale, mottled, or bluish skin, especially around lips or fingertips
- Yellowing of skin or eyes, especially in the first 24 hours



When to go to the Emergency Room

- Fever 100.4°F (38°C) or higher
- Trouble breathing or turns blue/pale
- Limp, unresponsive, or hard to wake
- Refuses to feed or vomits constantly
- Bloody/black vomit or stool
- Seizures or sudden severe change

When To Contact A Doctor

- Ongoing vomiting or poor feeding
- Diarrhea over 24 hrs or with mucus
- Persistent crying or irritability
- Mild breathing issues or wheezing
- Yellow skin/eyes after a few days
- Constipation, rash, or seems unwell

Important Note

Newborns can become seriously ill very quickly. If you're unsure whether it's an emergency, go to the ER or call your pediatrician right away. It's always safest to get checked.



CLUSTER FEEDING & GROWTH SPURTS



What is Cluster Feeding?

Clusterfeeding is when your baby wants to feed very frequently over a short period of time- sometimes every **30-60 minutes**, especially in the evenings.

It's your baby's way of:



- Boosting your milk supply
- Getting extra comfort and closeness
- Fueling up for rapid growth and development

It's most common in the first few weeks and during growth spurts—but can happen anytime.



When Do Growth spurts Happen?

Every baby is different, but common times for growth spurts include:

- Around 2-3 weeks
- Around 6 weeks
- Around 3 months
- Around 4-6 months

During these times, your baby may suddenly:

- Feed constantly or seem unsatisfied after usual feeds
- Be extra fussy or clingy
- Wake more often at night
- Nap less (or more!)



Tips to Help



- **Trust your body.** Frequent feeding signals your body to make more milk—it's working!
- **Get cozy.** Set up a comfortable feeding station with snacks, water, and entertainment.
- **Rest when you can.** Let household tasks wait. Ask for help if possible.
- **Feed on demand.** Don't watch the clock—watch your baby's cues.
- **Use breast compressions** during feeds to keep milk flowing.



Final Reassurance

Cluster feeding is not a sign that you aren't making enough milk. It's how breastfeeding works—your baby is naturally "ordering more" from your body.

It won't last forever. Cluster feeds usually pass in a day or two. The snuggles, however, are here to stay.



NEWBORN SLEEP GUIDELINES



How Much Do Newborns Sleep?

Newborns typically sleep **14–17 hours per day**, but this is spread out across short periods, usually lasting 2–4 hours at a time.



Safe Sleep Guidelines



To reduce the risk of SIDS (Sudden Infant Death Syndrome), follow these safety basics:

- Always place baby on their back to sleep
- Use a firm, flat mattress
- Keep the sleep area free of loose bedding, pillows, bumpers, stuffed animals, and toys.
- Use a fitted sheet only—no blankets or quilts.
- Avoid bed-sharing - If you do feed or comfort your baby in bed, return them to their safe sleep space before you fall asleep.
- Keep the crib or Moses basket in your room for at least the first 6 months
- Avoid overheating—dress baby in light layers and keep the room at 16–20°C (60–68°F)



What Does Normal Sleep Look Like?

Newborns have two main stages of sleep:

- **Active Sleep (REM):** Light sleep with rapid eye movement, facial twitches, and irregular breathing. Babies may stir or make noises but are still asleep.
- **Quiet Sleep (Non-REM):** Deep, still sleep with slower breathing and less movement.

It's common for newborns to:

- Wake frequently to feed
 - Grunt, squirm, or even cry briefly in their sleep
 - Confuse day and night at first
- This is all normal and usually settles by 6–12 weeks.



Day & Night Confusion: What Helps?



It's normal for babies to mix up day and night in the beginning.

You can gently help them adjust by:

- Keeping daytime bright and active
- Keeping nighttime quiet and dim
- Using a consistent bedtime routine (e.g. bath, gentle music, cuddles)



SWADDLING GUIDE



What You'll Need...

- A lightweight, breathable blanket (muslin or cotton works best)
- A flat, safe surface (like a changing mat, bed, or crib mattress)



Step-by-Step Swaddling Instructions

Step 1: Prepare the Blanket

Lay the blanket flat in a diamond shape. Fold the top corner down about 6 inches to create a straight edge. This is where your baby's shoulders will rest.



Step 2: Position Your Baby

Lay your baby on their back with shoulders just below the folded edge. Keep one hand gently on their chest for support.



Step 3: Wrap the Left Side

Take the left side of the blanket and bring it across your baby's chest. Tuck it securely under the right side of their body and back. Keep your baby's left arm snug at their side or bent with the hand near their face.



Step 4: Fold the Bottom

Fold the bottom of the blanket up over the feet. Make sure there's room for the hips and legs to move freely—this helps prevent hip dysplasia.



Step 5: Wrap the Right Side

Bring the right side of the blanket across your baby's body and tuck it under the left side. Your baby should now be snugly swaddled with both arms secured.



Helpful Hints

- If baby dislikes arms-in swaddling, try leaving arms out or swaddling with arms bent near the face for comfort
- Some babies sleep better unswaddled—follow your baby's cues
- Practice makes perfect! It may take a few tries to get the swaddle snug but safe

Swaddling Safety Tips

- Always place your baby on their back for all naps and bedtime
- Don't wrap too tightly, especially around the hips and chest—your baby should be able to breathe and move their legs
- Stop swaddling by 8 weeks or as soon as your baby shows signs of rolling over
- Avoid overheating: Use a light blanket and dress baby in minimal layers underneath



CLOTHING & TEMPERATURE GUIDE



General Rule:

Dress your baby in one more layer than you are wearing.

Safety Guidance



- Never overdress baby—overheating increases the risk of SIDS
- Avoid loose blankets in cribs; opt for safe sleepwear instead
- Change baby's clothes promptly if they become damp from sweat or spills



Cold Weather (Below 60°F / 15°C)

- Long-sleeve onesie or bodysuit
- Warm pants or footed pajamas
- Sweater or fleece jacket
- Hat and mittens (indoors if very cold)
- Socks or booties
- Outer layer: warm coat or bunting for outside



Mild Weather (60°F–75°F / 15°C–24°C)

- Short or long-sleeve onesie
- Light pants or leggings
- Light sweater or jacket as needed
- Socks or booties



Warm Weather (Above 75°F / 24°C)

- Lightweight short-sleeve onesie or romper
- No socks unless indoors with air conditioning
- Sun hat for outdoor time
- Use breathable, natural fabrics like cotton or muslin



Sleeping Temperature & Clothing

- Room temperature ideally between 68°F and 72°F (20°C–22°C)
 - Use a wearable sleep sack or swaddle instead of loose blankets
 - Dress baby in a light bodysuit or pajamas inside the sleep sack
- Avoid overheating: signs include sweating, flushed cheeks, or damp hair

Tips to Check Baby's Comfort



- Feel the back of your baby's neck or tummy — hands and feet are often cooler and don't reflect overall body temperature
- Adjust layers if your baby feels too warm or cool
- Keep hats off indoors to avoid overheating



COMMON REFLEXES EXPLAINED



What are Reflexes?

Imagine a gentle tap to your kneecap causing your leg to jolt—this is known as a **reflex action**. Reflexes are *involuntary, automatic responses* that occur without conscious thought.



Tap to Kneecap

Leg jolt (reflex action)



In newborns, these reflexes play a vital role in helping them interact with their environment and begin developing essential skills such as feeding and movement.



When to Be Concerned

If your baby:

- Does not show reflexes at birth
- Has reflexes that persist beyond the typical age
- Shows asymmetry (one side reacts differently than the other)

Speak with your pediatrician. Reflexes are important indicators of neurological health.

Why Reflexes Matter



- Reflex actions show that the nervous system is working properly
- They lay the foundation for voluntary movements and development
- They also help with survival functions like feeding and protection

Common Newborn Reflexes



Reflex Type	Trigger	Response	Purpose	When it Appears & Duration
Rooting reflex	Touching your baby's cheek or mouth area	Baby turns their head toward the touch and opens their mouth	Helps baby find the nipple for feeding	Appears: at birth Strongest: first 6–8 weeks Fades: around 3–4 months
Sucking Reflex	Something touching the roof of baby's mouth or lips	Baby begins to suck	Enables feeding	Appears: before birth (around 32–36 weeks of pregnancy) Strongest: first 2–3 months Fades: around 4 months as sucking becomes more voluntary
Startle Reflex	Sudden loud noise	Baby throws arms out, then pulls them back in, often crying	Protective reflex	Appears: at birth Strongest: first 1–2 months Fades: around 4–6 months
Palmar Grasp Reflex	Pressing a finger into baby's palm	Baby tightly grasps the finger	Early gripping	Appears: at birth Strongest: first 1–2 months Fades: around 5–6 months
Stepping Reflex	Holding baby upright with feet touching a flat surface	Baby makes stepping motions as if walking	Prepares muscles for walking Typically gone by 2 months	Appears: at birth Strongest: first 4–6 weeks Fades: around 2 months



SOOTHING TECHNIQUES



1

Offer a Calm Environment

Hold your baby in a quiet room or safe, familiar space. Dim the lights, reduce noise & stimulation.



2

Soothe With Movement

Babies often love gentle motion. Try rocking in a chair, swaying while holding them, or using a baby carrier for skin-to-skin walking. Try a stroller or car ride if safe and convenient.

3

Wrap baby snugly in a soft blanket

This mimics the womb and helps reduce startling and promotes calmness.

4

Create a Calming Sound

White noise mimics the sounds of the womb and can soothe your baby quickly. Try a white noise machine or app, a fan or vacuum, or even soft shushing sounds made by you.



5

Use Your Voice

Babies are comforted by the sound of their caregiver's voice. Try talking or singing softly, humming a lullaby, or reassuring them with a calm, steady tone.

6

Try the "Hold + Pat" Combo

Hold baby upright against your chest, and gently pat or rub their back in slow, rhythmic motions. Add a soft bounce or sway for extra comfort

7

Offer Comfort Sucking

If your baby has already been fed, a clean pacifier or sucking on their own hand may help self-soothe.

When to Seek Help



Call your pediatrician if:

- Baby is crying for more than 3 hours and nothing helps
- Crying sounds different or high-pitched
- Baby has a fever, rash, or signs of illness
- You feel overwhelmed—your well-being matters too





NEWBORN SLEEP CUES



Early Sleepy Cues



Watch for subtle signs that your baby is ready for sleep:

- Rubbing eyes or face
- Yawning
- Looking away or turning head from stimulation
- Slowing movements or stretching
- Fussiness without crying

Tip: Catch these early – overtired babies are much harder to settle.



Rubbing Eyes



Yawning



Looking Away from Stimulation



Slowing Movements

Late Sleepy Cues (Overtiredness)



If missed, your baby may show:

- Crying or screaming
- Arching back or stiffening
- Jerky movements
- Clenched fists

These are signs your baby is already overtired. Try to calm and soothe, but future naps may be shorter.



Crying



Arching Back



Clenched Fists



Jerky Movements



Remember...

- **Act quickly when you notice early cues – putting baby down drowsy but awake works best.**
- Keep environment calm: low lights, quiet voice, gentle rocking.
- Swaddle if your baby likes it – it can reduce startle reflex and help them settle.
- Track patterns for better planning of naps and nighttime sleep.
- Tip: If two or more cues appear, it's time to start your sleep routine.





NEWBORN FEEDING CUES



How Often Should I Feed My Baby?

Newborns typically feed:

- **Every 2–3 hours, or 8–12 times per 24 hours**
- Whenever they show signs of hunger (even if recently fed)
- More often during growth spurts or cluster feeding



Early Hunger Cues (I'm hungry soon)

These are gentle signs your baby is starting to feel hungry:

- *Stirring from sleep*
- *Mouth opening or smacking lips*
- *Turning head from side to side (rooting)*
- *Bringing hands to face or mouth*

Tip: Offer a feed when you notice these cues to avoid distress.



Hands to face



Mouth opening



Head turning

Active Hunger Cues (I'm ready to eat now!)

Signs your baby is actively asking to be fed:

- *Sucking on fingers, fists, or clothing*
- *Making sucking or soft cooing noises*
- *Becoming more alert and fidgety*
- *Rooting more actively toward the breast or bottle*



Sucking on fingers



Fidgeting



Turning towards breast

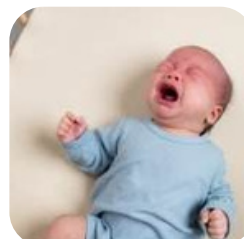
Late Hunger Cues (I'm really hungry!)



These signs show baby is distressed and very hungry:

- *Crying or fussing*
- *Frantic movements*
- *Turning red or stiffening body*

Tip: Calm your baby with cuddles or gentle rocking before offering a feed if they've reached this stage.



Crying



Frantic movements



Turning red



BURPING BASICS



Why is Burping Important?

During feeding—especially bottle feeding—babies can swallow air. If not released, this trapped air may cause:

- Gassiness or bloating
- Fussiness during or after feeds
- Spitting up or discomfort when lying down



Burping helps to relieve these symptoms and keeps your baby comfortable.

When to Burp



Breastfed babies:

- Burp when switching breasts and at the end of the feed.

Bottle-fed babies:

- Burp every 2–3 ounces and again after feeding.

Every baby is different—some may need burping more frequently, some less.

Tips for Success



- Use a soft cloth or muslin under baby's chin in case they spit up.
- Be patient—it may take a few minutes.
- Try rubbing in circular motions if patting doesn't work.
- If your baby doesn't burp after a few minutes but seems content, it's okay to stop.



Effective Burping Positions

1. Over the Shoulder

- Hold baby upright with their chin resting on your shoulder.
- Support their bottom with one hand.
- Gently pat or rub their back with the other hand.



2. Sitting on Your Lap

- Sit baby on your lap facing sideways.
- Support their chest and head with one hand, keeping their chin slightly forward (not slumped).
- Use your other hand to gently pat their back.



3. Lying Across Your Lap

- Lay baby across your lap on their tummy.
- Support their head to keep it slightly elevated.
- Gently pat or rub their back.



Contact your healthcare provider if your baby:

- **Cries excessively during or after feeds**
- **Spits up large amounts frequently**
- **Shows signs of discomfort even after burping**





BABYWEARING BASICS



What is Babywearing?

Babywearing is the practice of carrying your baby in a sling, wrap, or carrier worn on your body.

It's an ancient tradition that helps parents bond with their little ones while keeping their hands free to move, work, or care for others.



Benefits of Babywearing



- Promotes bonding by keeping your baby close to your heartbeat and warmth.
 - Supports baby's development by encouraging proper hip and spine alignment.
 - Eases fussiness and crying by providing comfort and security.
 - Hands-free convenience lets you do daily tasks while keeping your baby near.
- Encourages breastfeeding on the go with easy access.

How to Get Started with Babywearing



1. Pick the Right Carrier

- Choose a carrier suited to your baby's age and your comfort—wraps, slings, or soft-structured carriers are great options. For newborns, stretchy wraps or ring slings work well.

2. Learn the Basics

- Read the instructions or watch videos for your specific carrier. Practice putting it on without your baby first, ideally in front of a mirror.

3. Safe Positioning

When babywearing, follow the **T.I.C.K.S.** safety guide:

- Tight and secure
- In view at all times
- Close enough to kiss
- Keep chin off chest
- Supported back with hips in an "M" shape

T

Tight & Secure

I

In view

C

Close enough to kiss

K

Keep chin off chest

4. Start Slowly

- Begin with short sessions when your baby is calm. Walk gently and adjust as needed for comfort.

5. Check Fit Often

- As your baby grows, make sure the carrier still fits well and offers proper support.



Safe Babywearing Tips

- Always support baby's head and neck, especially newborns.
- Ensure baby's face is visible and free to breathe at all times.
- Keep baby's chin off their chest to avoid airway restriction.
- Use carriers designed to support healthy hip positioning (legs in "M" shape).
- Regularly check all buckles, knots, and fabric for safety and comfort.



BABY'S DEVELOPMENT MILESTONES



The first six months of your baby's life are full of exciting changes.

Every baby is different, but here's a simple guide to what you might see as your little one grows and learns in three key areas: social, physical, and cognitive (thinking and learning) development.



Social Development – Connecting with You

In the early days, your baby's favourite thing is you. They recognise your voice, your smell, and feel comforted just by being near you.

Around 6 to 8 weeks, you'll likely see your baby's first social smile—a magical moment when they smile because they're happy to see you!

By 3 to 6 months, your baby will start to make more eye contact, coo, laugh, and enjoy back-and-forth "chats" with you. They'll begin to respond to your tone of voice and facial expressions, showing early signs of connection and trust.

Physical Development – Growing Stronger Every Day

Newborns move a lot, but mostly through natural reflexes. Over time, they begin to gain control of their body.

Around 2 months, they'll start to lift their head during tummy time.

Between 3 and 6 months, you'll see big progress—they may roll over, grab toys, and bring their hands to their mouth. Some babies begin sitting with support around 5–6 months. Their hands become more active too, reaching out and exploring objects.

Tip: Give your baby a few short sessions of tummy time each day. It helps build neck, arm, and shoulder strength!



Cognitive Development – Learning Through Senses

Your baby is learning every day just by watching, listening, and exploring. At first, they'll stare at faces and high-contrast patterns (like black-and-white books).

By 2 to 3 months, they'll start following moving objects with their eyes.

From 3 to 6 months, they'll show excitement for familiar routines—like smiling when you walk in or when it's time to feed. They may try to grab toys, shake them, and bring them to their mouth to explore. These little experiments are how they learn about the world!





Feeding & Hunger Cues



How often should a newborn feed in 24 hours?

Most newborns feed 8–12 times a day, including night feeds.



What are early hunger cues in babies?

Stirring, rooting, hand-to-mouth, lip smacking, and restlessness.



What are late hunger cues?

Crying, fussiness, and turning red — these show baby is very hungry.



How do I know my baby is getting enough milk?

Regular wet nappies, steady weight gain, and baby seems calm after feeds.



Should I wake my newborn to feed?

Yes, if baby sleeps longer than 3–4 hours in the early weeks, until weight gain is steady.



What is cluster feeding?

When baby feeds very often for a few hours — normal during growth spurts.



How long should a newborn feed for?

Usually 10–30 minutes, but it varies — follow baby's cues, not the clock.



Is it possible to overfeed my baby?

Not if you're feeding responsively – babies stop when full.



How can I tell if my baby is full?

Slower sucking, turning away, relaxed hands, or falling asleep at the breast.



Is it normal for my baby to spit up milk?

Yes, small amounts are common – keep baby upright after feeds.



How do I burp my baby?

**Hold baby upright.
Pat or rub back gently.
Stop if comfy – not all babies burp each feed.**



Newborn Sleep & Settling



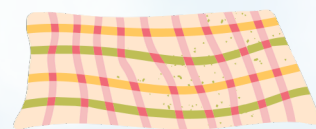
How much should a newborn sleep?

Around 14–17 hours in 24 hours, in short bursts.



What are safe sleep practices?

Baby sleeps on their back, on a firm mattress, in a clear crib.



Should babies sleep with blankets?

No — use a sleep sack or wearable blanket instead.



Can my newborn sleep on their tummy?

Only during supervised tummy time – not for sleep.



What are “wake windows”?

The time baby can stay awake before needing sleep – usually 45–60 minutes at birth.



How can I help my newborn sleep better?

Keep lights low, swaddle, and use white noise or gentle rocking.



Is it normal for babies to have day-night confusion?

Yes – they’ll learn to distinguish day and night after a few weeks.



Should I let my newborn cry it out?

No – newborns need comfort and closeness, not sleep training.



Can I safely bedshare with my baby?

~~It's safest for baby to sleep in their own cot or crib, in your room.~~ Bedsharing increases the risk of suffocation and SIDS, especially in early months.



What's a bedtime routine for a newborn?

Gentle, simple cues like dim lights, nappy change, feed, cuddle, and sleep.



Hygiene and Bathing



How do I clean my baby in the first week?

Do “top and tail” instead of a full bath. Use warm water and cotton wool or wash cloth to clean face, neck, hands, and nappy area.



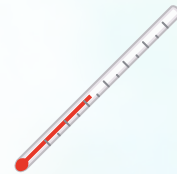
When can I give the first baby bath?

After the umbilical cord stump falls off (around 1 week).



How often should I bathe my newborn?

2–3 times per week is enough – daily top-and-tail washes are also fine.



What’s the best water temperature for baths?

Warm, not hot – around 37–38°C (body temperature).



Should I use soap on my newborn?

No, soap can irritate newborn skin. Plain water is best in the first weeks. After about 4 to 6 weeks, you can introduce a very small amount of mild, unperfumed baby soap.



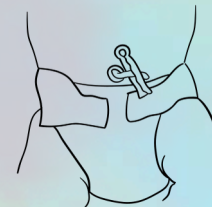
How can I clean my baby's eyes and face?

Use warm water and cotton wool. Wipe eyes inner to outer, one swipe each. Gently clean face and pat dry.



How do I care for the umbilical stump?

Keep it clean with plain water, and keep dry. Fold nappy below it. Let it fall off naturally – usually within 5–15 days.



What if the umbilical stump bleeds a little?

Small spots are normal; see a doctor if it's red, swollen, or smelly.



How do I care for baby's nails?

File them gently or trim when soft after a bath.



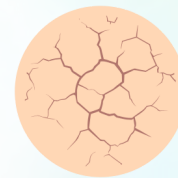
What are the signs of diaper rash?

Red, sore skin in the nappy area. May feel warm or bumpy. Baby might cry during nappy changes.



How do I treat diaper rash?

Change nappies often. Clean gently and let skin dry. Use barrier cream. Avoid scented wipes.



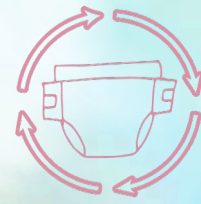
What is cradle cap?

A harmless scalp condition causing yellow, greasy flakes. Not painful or itchy – clears on its own.



Is cradle cap normal?

Yes – it's harmless. Gently massage with baby oil and comb flakes out.



How often should I change a nappy?

Every ~~2-3 hours~~, or whenever wet or soiled.

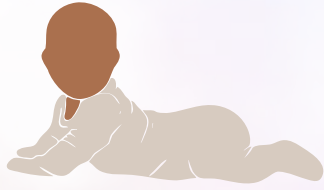


Development & Reflexes



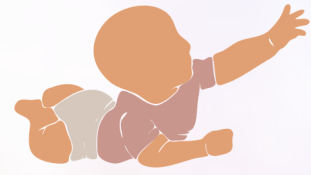
What reflexes do newborns have?

~~Rooting, sucking, startle~~ (Moro), grasp, and stepping reflexes.



When should I start tummy time?

A few minutes a day from birth, when baby is awake and supervised.



Why is tummy time important?

It strengthens neck, shoulder, and core muscles. It also supports motor development and prevents flat spots on the head.



How can I play with my newborn?

Talk, sing, make eye contact, gently rattle toys, make faces, and try visual stimulation: such as black and white patterns.



Can I overstimulate my baby?

Yes — signs include looking away, fussing, or crying. Give them quiet time.



When will my baby start smiling?

Social smiles usually appear around 6–8 weeks.



When do babies start recognizing parents?

Within days — they know your voice and smell from birth.



How can I bond with my baby?

Skin-to-skin, talking, eye contact, and responsive caregiving.



What sounds are normal for newborns?

~~Sneezing, hiccups,~~
grunting — these are all normal and help clear airways.



How do I soothe a crying baby?

Try swaddling, white noise, rocking, skin-to-skin, or offering a feed.



Health & Safety



How can I tell if my baby has a fever?

A temperature above 38°C (100.4°F) — call your doctor if under 3 months.



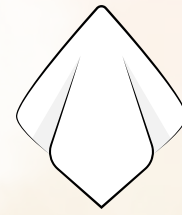
When should I call a doctor for my newborn?

If baby is very sleepy, feeding poorly, has trouble breathing, or persistent vomiting.



What is jaundice?

Yellowing of skin/eyes due to bilirubin buildup – common but should be checked if severe.



Is sneezing a sign of illness in newborns?

Usually no – it helps clear their tiny nasal passages.



How do I take my baby's temperature safely?

Use a digital thermometer under the arm.



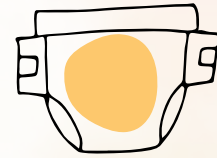
Should I give water to a newborn?

No – breast milk or formula provides all needed fluids.



What should newborn poop look like?

Starts dark and sticky (meconium), then turns mustard yellow and seedy.



How many wet nappies should my baby have each day?

At least ~~1–2~~ per day in the first week, then 6 or more each day after that shows good hydration.



How many dirty nappies should my baby have each day?

At least 2–3 per day in the first week, then 3–4 or more each day after that.



What's the best way to protect baby's skin?

Keep it clean, dry, and moisturized with fragrance-free lotion.



Can I use baby powder?

**No – it can irritate lungs.
Stick to gentle creams if
needed.**

