

Your Growing Baby:

Your baby might:

- Have a funny shaped head
- Be wrinkled and covered in soft hair
- Have their legs curled up
- Raise their head for a short time
- Look at things 8-15 inches away
- Move their arms and legs

Health Care Needs:

- Your baby will need a well-baby checkup the first week of coming home from the hospital.
- Call your baby's health care provider for an appointment.

Your baby might cry because they:

- Have a wet or dirty diaper
- Are too warm or too cold
- Want to change position
- Need to be burped
- Have colic
- Are hungry or thirsty
- Are lonely
- Are bored
- Are tired
- Are sick

Your baby's skin:

Newborn skin goes through many changes. Ask your baby's health care provider how to care for your baby's skin. Some things that can happen to your newborn's skin:

- Newborn acne
- Cradle cap
- Dry, peeling skin
- Color changes

Always protect your baby's skin from the sun. Light clothing and shaded areas are good. Talk to your baby's health care provider before using sunscreen.

How can I tell if my baby is sick?

- Temperature under arm is 99° Fahrenheit or more
- Cranky and sleepier than usual
- Vomiting (not spitting up)
- Frequent loose stools that smell bad and may be a different color than usual
- Rash

Keep your baby away from crowds and from people you know are sick.

Safety Tips:

- NEVER leave your baby alone in the bath. A baby can drown even in a little bit of water.
- Always put your baby to sleep on their back.
- Always put your baby on a firm surface to sleep such as a crib, bassinet, or portable play yard. Never let baby sleep on a couch, armchair, swing, or car seat.
- NEVER put baby down on a soft surface.
- Your baby needs to sleep alone in a safe crib, bassinet or portable play yard.
- NEVER put baby in covers, bumper pads, pillows, or toys such as stuffed animals that can block baby's nose and mouth where baby sleeps.
- Pillows, loose bed coverings, toys, side of couches and chairs can smother babies if their nose is covered or blocked.
- **Do not sleep with your baby in your bed. Baby can sleep in their crib in parent's room.**
- Do not put anything around your baby's neck. They could choke.

>>> continued on back.

Newborn baby



Your Growing Baby:

continued...

Newborn baby

Safety Tips continued:

- **NEVER shake your baby! Shaking can hurt your baby badly and cause permanent brain damage.**
- Never throw your baby in the air.
- Make sure you have a working smoke alarm in your home. Have a plan for getting your family out of your home safely if you have a fire.
- Keep your baby safely away from hot things like heaters and fireplaces.

Car Safety:

- Place infant car safety seat so that it faces backward.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the car the right way.
- Be sure your baby is fastened into the car safety seat.
- Put your baby in the car safety seat every time they are in a vehicle.
- Car safety seats get very hot in warm weather and can burn your baby. Cover the car safety seat with a light blanket or towel.
- NEVER leave your baby alone in a vehicle — not even for a minute!

What kinds of toys are good for your baby?

- Mobiles
- Unbreakable mirrors
- Musical toys.

Make sure that toys can't cover baby's nose and mouth.

Things you can do to show your baby you care about them:

- Hold your baby gently.
- Hold your baby often.
- Sing and talk to your baby.
- Kiss your baby.
- Place your baby on their back to sleep.
- Bond during feeding, breastfeeding or bottle feeding, by talking and cuddling.
- Read to your baby.
- If your baby is fussy and you are tired, try to get help so you can rest for an hour or two. If you can't get help, put your baby in a safe place, like their crib. Close the door, calm down, and rest a few minutes before you go back to your baby.