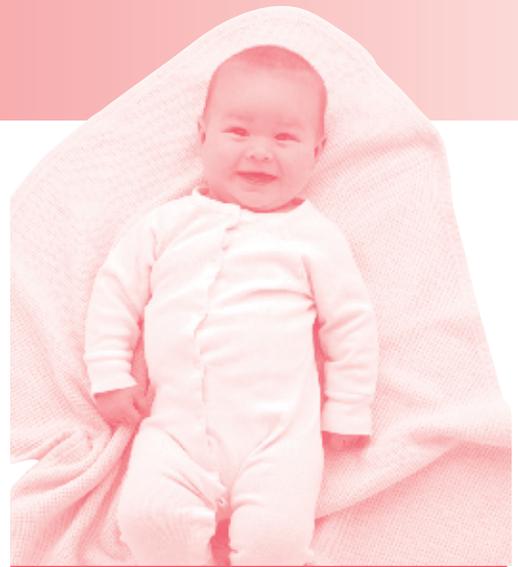


Newborn Baby



Your baby may:

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

Health Care Needs:

- Your baby will need a well baby check up when he is two weeks old.
- Call your baby's health care provider for an appointment

Your baby may cry because she:

- Has a wet or dirty diaper
- Is too warm or too cold
- Wants to change position
- Needs to be burped
- Has colic
- Is hungry or thirsty
- Is lonely
- Is bored
- Is tired
- Is 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 may 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 99.0° 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!

Continued on back

Newborn Baby

Safety Tips:

- NEVER leave your baby alone in the bath. A baby can drown even in a little bit of water.
- Put your baby to sleep on his back.
- Put your baby on a firm surface to sleep.
- Do not put baby down on a soft surface
- Do not put baby down with covers, pillows or toys that can block her nose and mouth
- When you put your baby down, put him in a safe place. Babies can fall off a surface and get hurt. Babies can smother if their head gets caught so their nose is covered.
- Your baby needs to sleep alone in a safe crib.
- Do not put things around your baby's neck. She could choke.
- Don't shake your baby! Shaking can hurt your baby badly.
- 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 his crib. Close the door, calm down, and rest a few minutes before you go back to your baby.
- 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 backwards
- 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 she is 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 newborns?

- mobiles
- unbreakable mirrors
- musical toys

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

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

- Hold your baby gently
- Hold your baby a lot
- Sing and talk to your baby
- Kiss your baby
- Never shake or throw your baby in the air!
- Place your baby on his back to sleep.
- Breastfeed your baby.
- Read to your baby

You can't spoil a newborn!

