

Caring for Your New Baby



Congratulations on your new baby! In this handbook, you will learn lots of important information on how to care for your baby.

If you have questions or are worried, ask your doctor or nurse.

HOW TO CHANGE A DIAPER

You will need:

- A clean diaper
- Baby wipes
- Diaper cream
- Soap and water or hand sanitizer
- A trash barrel

1. Make sure you have all your supplies.
2. Choose a safe place to change your baby's diaper. A safe place should be flat, wide and about the height of your waist.
3. Remove baby clothing that covers the diaper.
4. Undo the tabs on the dirty diaper.
5. In one hand, hold your baby's ankles together. Lift their legs just enough so you can remove the dirty diaper.
6. Remove the dirty diaper. Roll it up into a ball so nothing leaks. Throw it away.
7. Use a diaper wipe to clean your baby's bottom and private area. Wipe front to back.
8. Spread a thin, even layer of diaper cream onto the area you wiped clean.
9. In one hand, hold your baby's ankles together. Lift their legs just enough so you can place the clean diaper under their bottom.
10. Close the tabs on the diaper. Put your baby's clothes back on.
11. Wash your hands with soap and water or hand sanitizer.

Remember!

When changing your baby on a changing table or other high surface, always keep at least one hand on your baby's belly. This can help keep them from rolling off the table and getting hurt.



Common diaper change questions

How often should I change my baby’s diaper?

Most babies need their diapers changed 6-15 times during the day and night. After your baby’s first week of life, they should have 3-4 poops a day. They should pee 6-8 times a day.

Should I use regular diapers or cloth diapers?

You can choose which type of diapers you want to use. Sometimes, washing cloth diapers yourself can save you more money than buying regular diapers at the store. Try a few different types to see what works best for you and your baby.

What should baby poop look like?

What your baby’s poop looks like depends on how old they are. If you have questions about your baby’s poop, ask your doctor.

This chart shows you what baby poop should look like, based on your baby’s age.

Age	What poop should look like
First day of life	Black and sticky
2-4 days old	Green and sticky
7 days old and older	Yellow, tan, green or brown Thick and firm

HOW TO TELL WHEN YOUR BABY IS HUNGRY AND FULL

Signs of hunger	Signs of being full
<ul style="list-style-type: none"> • Look for food • Suck on toys or fingers • Smack their lips • Make chewing motions with their mouth • Put their hands in their mouth • If your baby is still hungry after a bottle, they might still be hungry 	<ul style="list-style-type: none"> • Turn away from the bottle • Let go of the nipple • Fall asleep

Why babies spit up

Sometimes, you might see your baby spit up small amounts of formula after eating. Babies often take big breaths while eating. This means extra air can get into the belly and cause spit up. This is normal.

Spit up and vomit (throw up) are different. When a baby spits up, it does not hurt or stress your baby. Only small amounts of formula come back up. When babies vomit, it is very uncomfortable. Your baby might cry or fuss before, during or after vomiting.

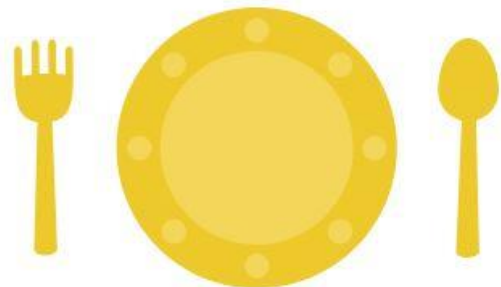
Here is how you can help your baby spit up less:

- Gently burp them every few minutes while they eat
- After eating, keep your baby in a sitting or standing position for at least 20 minutes. This can help formula stay down.
- After eating, limit playtime that involves lots of movement. This can help settle your baby's stomach.

When to call the doctor

Call the doctor if your baby does any of the following:

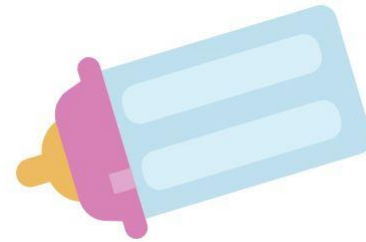
- Always wants to eat, even after they are full
- Vomits a lot
- Vomits very hard after every feeding
- Loses weight or cannot gain weight
- Vomits or spits up with blood



HOW TO MAKE A BOTTLE

You will need:

- A clean baby bottle and nipple
- Formula with a scoop
- Clean, room temperature water



1. Decide how much formula to give your baby. Check the chart below to help you decide.
2. If needed, warm the bottle with the directions on this handout.
3. After feeding, clean your baby’s gum with a soft washcloth. This will help keep their teeth healthy as they grow up.
4. After feeding, burp your baby.
5. After burping, wash the bottle and the nipple in hot, soapy water. Rinse well and let dry.

How often your baby eats

Age	How much they eat	When they eat
Newborn	1-2 ounces	Every 2-3 hour or whenever they are hungry
2 weeks	2-3 ounces	Every 3 hours If your baby sleeps longer than 4 hours, wake them up to eat.
1 month	4 ounces	Every 3-4 hours
2 months	5 ounces	Every 3-4 hours
4 months	6 ounces	Every 4-5 hours From now on, your baby should start to sleep more and eat less at night.
6 months	8 ounces	Every 5-6 hours

How much formula to make

Amount of formula	Amount of water
1 scoop	2 ounces
2 scoops	4 ounces
3 scoops	6 ounces
4 scoops	8 ounces

Hint: The number of ounces is usually on the side of the bottle.

HOW TO HELP YOUR BABY SLEEP SAFELY

Tips to set up your baby's crib

- Make sure the mattress is firm. Make sure the mattress also comes as close as possible to the edges of the crib. This can help keep your baby's fingers and toes from getting pinched or stuck.
- Make sure the crib is safe by visiting the Consumer Product Safety Commission's website (www.cpsc.gov). This website tells you whether your crib meets the latest safety rules.
- Keep soft toys, blankets, pillow and stuffed animals out of the crib.
- Place the crib away from windows and at least 2 feet away from nearby dressers, tables or other surfaces.

Tips to get ready for bedtime

- When you feed or change your baby at night, keep them as calm and quiet as possible.
- Put your baby to bed when they feel sleepy, but are still awake. This can help them learn to fall asleep on their own as they grow up.

Tips to help your baby sleep safely

- Always keep your baby's head and face uncovered while they sleep.
- Make sure the crib is away from any kind of smoke, including cigarette smoke.
- If your baby cries, wait a few minutes to see if they can calm themselves and fall back asleep. If not, check on your baby from the doorway. If they still cry, see if your baby is hungry, sick or needs to be changed.
- Make daytime into playtime. Playing during the day can help your baby stay awake longer and sleep better at night.



HOW TO GIVE YOUR BABY A BATH

You will need:

- A clean, soft washcloth
- Baby shampoo or baby soap
- A baby tub that fits in the kitchen sink or bathtub



1. Make sure the baby tub is stable in the kitchen sink or bathtub.
2. Fill the baby's tub with a few inches of warm water. Check to make sure the water is not too hot or cold.
3. Undress your baby and throw away their diaper.
4. Place your baby in the baby tub.
5. To wash your baby, start at their head and work your way down to their toes. This will make sure you do not get soap on parts you have already washed. Wash your baby's face with the washcloth. Use the corner of the washcloth to clean their ears and behind their ears.
6. Put a quarter-sized drop of baby soap or shampoo onto the washcloth.
7. Gently wash your baby, starting at the neck and down to the toes. If your baby gets soap on their hands, wash it off as quickly as possible. Babies like to put their hands in their mouths. Tasting soap can make them sick.
8. When bath time is over, drain all water from the sink or tub.
9. Dry your baby with a soft, clean towel. Put on a new diaper and clean clothes.

Remember!

Never leave your baby alone around water. When giving a bath, keep one hand under their armpit or on their back. This can help keep your baby from getting hurt in the water, choking or drowning.

Be careful not to get soap or shampoo in your baby's eyes. If this happens, rise their eyes well with clean water.

