

# Daily care for newborns

Please check off the topics that you would like to discuss more thoroughly with our care team about caring for your baby.

**Skin-to-skin contact**

Skin-to-skin contact with your baby from the moment of birth makes for a happier transition to life outside the uterus and it promotes bonding.

**Newborn feeding**

Your nurses will teach you and support you with the feeding option you choose for your newborn. For more information on this topic, see the documents you were given during your time in the hospital.

**Burping**

Sometimes, the air in your baby's stomach can make him or her feel uncomfortable. Burping your baby helps to get rid of some of the air swallowed during feeding and as needed, when baby seems unsettled. Ask your nurse to teach you about the different ways you can burp your baby.

**Vitamin D**

All babies need a supplement of 400 IU of vitamin D daily. Breastfed babies will need this supplement until their diet can provide a sufficient amount. Formula fed babies require this supplement until they are drinking 1 litre (32 ounces) or more of formula per day.

**Infant diapering and elimination**

It is important to change your baby's diaper as soon as it becomes wet or soiled to prevent diaper rash. To determine whether your newborn's urine and stool are normal, consult the documents you received from your nurse.

**Umbilical cordon stump care**

The cord stump falls off between one and three weeks after birth. It must be kept clean at all times. Clean the cord at least once a day with warm water and again as needed if it becomes soiled with urine or stool. Always keep it outside the diaper.

**Bathing**

During your stay in the hospital, your nurse will teach you how to bathe your newborn. Feel free to ask her any questions.

**Positional Plagiocephaly (Flattened head)**

This situation sometimes results when babies spend a lot of time lying on their backs with their head always in the same position. Change your baby's direction in their crib every day. Let him/her have 10 or 15 minutes of stomach time 3 times a day, under your supervision and while he/she is awake. Lengthen this amount of time according to how much your baby can tolerate.

**Crying**

Crying is your baby's way of letting you know what he or she needs. You will soon be able to recognize your baby's different crying patterns. If your baby is difficult to soothe and you feel that your patience has reached its limit, place him or her in a safe location, like a crib, and ask a relative or friend for help. Never shake your baby.

**Shaking can cause permanent brain injury and even death.**

**Pacifiers (soothers)**

If you choose to use a pacifier, it is recommended to wait until breastfeeding is well established. To ensure that pacifiers are used properly and safely, follow the advice of the Canadian Paediatric Society at <http://www.caringforkids.cps.ca>

**Temperature taking**

For more information about methods and techniques for taking your baby's temperature, visit the Canadian Paediatric Society Web site at [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca).

**All babies younger than 6 months old should see a doctor when they have a fever.**

**Vaccination**

Ask your baby's doctor or your midwife for information about vaccination. Vaccinations begin at 2 months of age.

**Newborn safety**

For other tips and advice on your baby's safety, browse the Canadian Paediatric Society site at [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

**Circumcision**

The Canadian Paediatric Society does not recommend the routine circumcision of newborns. The FBC does not perform this surgery. For information about circumcision, ask your baby's doctor, your midwife or your nurse.