

# New Born Care

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**NEVER** ever shake a baby. This can cause brain damage or death.

**ENCOURAGE** brain growth and language development by talking and singing to your baby.

**WATCH** the baby's head and neck when you pick up a newborn. Support is necessary since a new baby's neck is weak.

**BE** aware of these danger signals and call your healthcare provider if they persist:

- a temperature over 100 or as your healthcare provider recommends
- diarrhea
- vomiting
- less than 6-8 wet diapers a day
- skin around the cord that is: red in color, hot to touch, smells bad, appearance of pus.

**ONLY** sleep newborns on their backs unless directed differently by your healthcare provider.

**REMEMBER** to take care of yourself. Being a parent is hard work. Get support, help with household duties, and sleep when the baby sleeps during the night and the day.

**NURTURE** your baby. Pick up and comfort a crying infant. A crying baby who is comforted regularly in the 1st six months of their life, cries less in the 2nd 6 months. Offer babies breast milk or formula when they appear hungry rather than on a schedule.

## ADULT RESOURCES:

- *Mind in the Making* by Ellen Galinsky
- *Parenting Guide to Your Baby's First Year* by Anne Krueger
- *Building Healthy Minds* by Dr. Stanley Greenspan
- UTUBE: "The period of Purple Crying" by Dr. Ronald Barr

