

How to Care for Your Newborn: A Comprehensive Guide for New Parents



Highlights

The first few days of your baby's life are very exciting, and they can also be tiring.

Every baby is different - they often don't follow schedules in the first couple of months.

Your baby's poo changes quite a bit in the first week.

You will be given a personal health record to track your baby's growth and development.

In This Article

First Days with Your Newborn
Preparing to Bring Baby Home
Establishing a Flexible Routine
Safe Sleep Practices
What's in a Nappy
Umbilical Cord Care
Bathing Your Newborn
Hearing and Blood Tests
Vaccinations and Injections

Maintaining Your Baby's Health Record
Regular Health Checks for Your Baby
Tools and Assistance

First Days with Your Newborn

Preparing to Bring Baby Home

feeding
warmth
diaper changes
a lot of time with you

vests
cardigans
wool hats
sun hats

Establishing a Flexible Routine

take them for a walk
sing a song or nursery rhyme
show them toys or a book

Safe Sleep Practices

on their back
with their head and face uncovered
in a crib next to your bed for at least their first 6 to 12 months

What's in a Nappy

Umbilical Cord Care

Bathing Your Newborn

a flannel or washcloth
a clean nappy

clean clothes

Hearing and Blood Tests

congenital hypothyroidism

cystic fibrosis

amino acid disorders, such as phenylketonuria (PKU)

fatty acid oxidation disorders

other metabolic disorders

Vaccinations and Injections

Maintaining Your Baby's Health Record

health

illnesses

injuries

growth and development

Regular Health Checks for Your Baby

6 to 8 weeks

6 months

12 months

height

weight

head circumference

Tools and Assistance

Breastfeeding Support: There are many helplines and breastfeeding counselors who can offer advice if you're facing challenges with breastfeeding or want to learn more about it.

Parenting Apps: Several apps can help track your baby's feeding, sleeping, and growth patterns. These tools help you stay organized and monitor your baby's development.

Sleep Training Resources: For new parents struggling with sleep routines, there

are online courses, books, and even professional sleep consultants who can guide you through the process.

Health and Development Tracking: Keeping track of your baby's milestones and health checks is essential. Some health tracking apps can assist you in monitoring your baby's physical and emotional development.

Mental Health Support: Parenting can be challenging, and it's important to prioritize your mental health. Many counseling services offer support for new parents, including strategies to manage stress, anxiety, or post-natal depression.

Support Groups: Joining parenting support groups, either online or in person, can provide community support, advice, and friendship from others who are going through similar experiences.