

# Baby Care Checklist

By Fae Fisher

- Breast Feeding
  - Learn how to help baby latch on. (Take a look at our breastfeeding checklist)
  - Newborns will need to nurse about every hour or two, even at night.
  - Keep a supply of breastmilk for your baby with a breastpump If you will be away from your baby for several hours, you may need to pump.
- Bottle Feeding
  - Talk to your pediatrician about which formula is best for your baby.
  - Warm up milk in the bottle with an electric bottle warmer, or in a bowl of hot water.
  - Test the milk on the inside of your wrist to ensure it's not too hot.
  - If you don't have time to heat it, room temperature formula is also an option.
- Diapering
  - Newborns need to be changed frequently Check to make sure baby's skin is always dry and clean.
  - Apply diaper rash cream or ointment if baby's skin or genitals are irritated.
  - Use appropriately-sized diapers Ensure the tabs are securely closed to prevent leaks.
- Bathing
  - Until your baby's umbilical cord stump falls off, only give your baby sponge baths.
  - Babies don't need to be bathed often Keep face, neck, and diaper area clean.
  - If you want to bathe baby, place in a safe baby bath tub.
  - Fill tub with just a few centimeters of warm water.
  - Bathe baby in a warm room, since skin will be exposed and water should never be hot.
  - Use a mild baby soap and soft washcloth to gently clean your baby.
- Health
  - Wash your hands frequently, and carry hand sanitizer in the diaper bag.
  - Wipe down changing table with baby-safe ;disinfectant ;wipes.
  - Keep your home clean in order to prevent germs and infections.
  - Ensure all soother's/pacifiers are clean before giving to your baby.

- Take your baby to all regularly scheduled doctor visits.
- Make sure your baby gets all the appropriate vaccinations.
- Baby Basics**
  - Always have your diaper bag nearby, even at home** Any baby essentials will be easily accessible whenever you need them.
  - Have plenty of receiving blankets on hand** Whenever you hold your baby, have one on your shoulder, as spit-up can ruin clothes. The fabric of some clothing may irritate delicate baby skin as well.
  - Rocking your baby, or pushing baby in a stroller can help them fall asleep** A car ride can also aid in getting fussy ones to bed.