

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.