

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.