



# Newborn Care Guide

Welcoming your baby is exciting and sometimes overwhelming. Here are some gentle, practical tips to help you feel confident in those early weeks.

---

## Diapering

- Expect 8–12 diapers a day once feeding is established. Doctors recommend baby is making at least 4 dirty poop diapers and several wet a day.
  - Always wipe front to back to prevent infection.
  - Use a barrier cream if you notice redness or rash or let baby be diaper free for a bit.
- 

## Umbilical Stump Care

- Keep the stump clean and dry until it falls off (usually 1–2 weeks).
  - Fold diapers down to avoid covering the stump.
  - Avoid submerging in water until fully healed.
- 

## Newborn Bathing

- Sponge baths are best until the cord falls off.
  - Use warm (not hot) water and mild, fragrance-free cleanser.
  - 2–3 baths per week are enough and sponge or spot clean with water wipes in between.
- 

## Dressing

- Babies usually need **one extra layer** than you.
  - Use soft, breathable fabrics (cotton is best).
  - Avoid overheating, check the back of baby's neck for sweat.
- 

### **Safe Sleeping Tips**

- Always place baby on their **back to sleep**.
  - Use a firm, flat sleep surface with no pillows, blankets, or toys.
  - Keep baby near you, it is suggested to share a room for at least the first 6 months.
- 

### **My 5 Tips for Easier Lactation**

1. **Skin-to-skin** as often as possible for the first 1-2 months, it stimulates milk supply.
2. **Feed on demand**, not by the clock. Breastfed babies (from the breast or a breastmilk bottle need to feed 10-12 times a day).
3. **Stay hydrated and nourished**, the lactating body needs an additional 300-450 calories a day as your body needs fuel. Make those nutrient DENSE foods and avoid things that are greasy or heavily fried to avoid digestive upset.
4. **Check for a deep latch** to avoid soreness and ensure good milk transfer. Follow my "LATCH" acronym for a deep latch.

**L – lower the baby so their NOSE is opposite your nipple**

**A – you want an asymmetrical latch, meaning more of the lower areola and nipple are in baby's mouth and some of the top is exposed**

**T - Make sure your baby's tongue is extended over the bottom gum before latching. A proper tongue position allows your baby to form a better seal.**

**C – Chin to breast 1<sup>st</sup>! Baby's chin touches the breast before their lips to improve the width of their gape (mouth opening).**

**H – HANDS OFF the breast, don't try to shape, hamburger, or sandwich your breast**

Find the full article, [HERE](#)

5. **Seek support early**, don't wait if you're struggling; a lactation consultant or doula can make all the difference. There are also postpartum mental health therapists who specialize in helping you navigate the 4<sup>th</sup> trimester. You can find free resources at "Postpartum Support International".

---

💡 Remember: You're learning together. Be gentle with yourself, ask for help when needed, and celebrate the small wins, you're doing amazing!