

Newborn Babies Need...

- air free from smoke
- to sleep on their backs
- good head support when carried
- to be held
- to hear your voice
- to see your face
- to be dressed like you with one more layer
- a change of diaper with each feeding, or more often
- only breast milk for the first 6 months
(in some cases, formula may be needed)
- a feeding every 2 - 3 hours
- the cord to be uncovered, clean and dry until it falls off

If you have questions or concerns about your baby, speak with a nurse, your midwife, nurse practitioner, clinic or doctor.



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