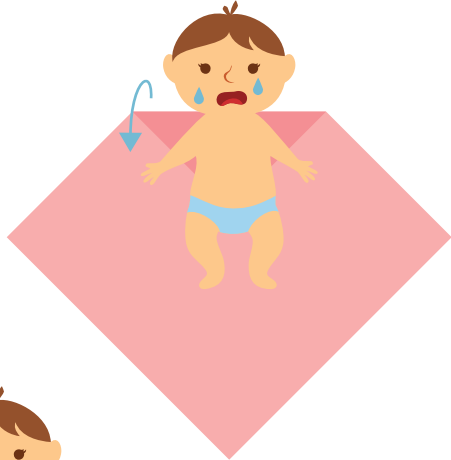


NEWBORN CARE CLASS



Things to do before baby comes

- Making decisions
- Getting prepared
 - ◆ Car seat safety
- Plan for feeding your baby
- Information about our special care nursery, unit security & visiting hours

Your baby's first few days in the Hospital

- Giving your baby the best start: the golden hour
- Baby medications
- Newborn testing
- Delaying baby bathing
- Holding the baby & swaddling
- Diapering: the scoop on baby poop
- Feeding log & importance of diapers
- Performing a rectal temperature & using the bulb syringe

Bringing baby home

- Newborn feeding
- Burping the baby
- Dressing your baby
- Medication administration

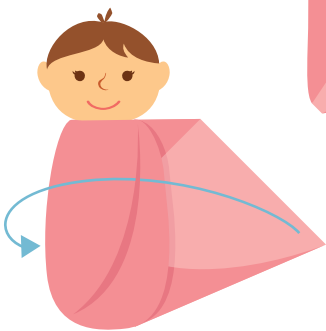
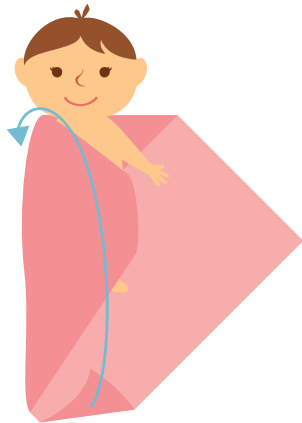
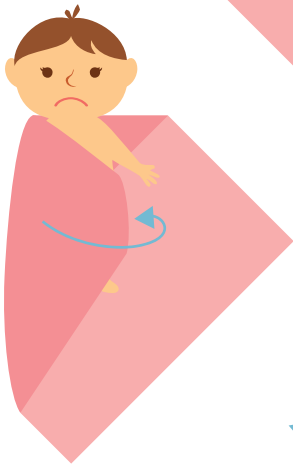
Challenges of early parenting

- Sleeping
- Crying & calming
- Importance of tummy time
- Cord care/ circumcision care
- When to call the pediatrician: newborn warning signs

Taking care of yourself

- Basic self-care after delivery
- Recovery & available community resources
- Period of purple crying: Shaken Baby Syndrome
- Support of friends, family & peers

Questions & Answers – end of class evaluations



For additional information,
please email: nursenavigator@midhosp.org
or visit: middlesexhealth.org/baby