NB NEWBORN

Just in Time Parenting

New parents feel excited, tired, and nervous



There are many changes that take place and new things to learn when you become a parent.

What's it like to be a newborn?

A car seat is the only safe place for a baby in the car

- I like to be held gently and very close.
- I like to sleep a lot.
- I am hungry every few hours.
- I may be fussy and cry a lot.
- I can already see, hear, taste, and smell.

- Read all the directions for the car seat.
- Search for a "child Passenger Safety Technician" near you who can check your child safety seat installation.

Newborns are born with reflexes

- Place a finger in your baby's mouth. They will suck.
- Press on the palm of your baby's hand and watch for their hand to close.
- Press on the ball of the foot and watch for their toes to flex.

1 LAY BABY ON THEIR BACK

Use a firm mattress and clothe your baby in a one-piece outfit to keep them warm while sleeping.

COMFORT YOUR CRYING INFANT

This teaches them to trust you. Babies whose parents pick them up and comfort them cry less than babies who are ignored when they cry.

3 BABY BLUES?

Talk to someone you trust.







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