

# Newborn

New parents feel excited, tired, and nervous



**LISTEN HERE!**

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?

- 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.

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

- 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.

## 2 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.

