

Newborn Care Basics: Diapering, bathing, feeding, and soothing.

A newborn brings joy to your life, followed by a prolonged period of nervousness, especially for first-time parents. The many responsibilities from learning the proper diapering technique, bathing routine, feeding process, and soothing tactics leaves parents overwhelmed. But these practices are essential to **care for your newborn**, and learning them appropriately makes the actual execution simpler.

Basic Practices To Care For Your Newborn

These basic practices are essential to keep the newborn healthy. The proper techniques help ensure the baby is safe and comfortable at all times, and parents don't make any mistakes.

All About Diapering

Newborns soil their diapers 8 to 12 times every day. It is important to change the diaper regularly to prevent irritation and infection. Always clean the area from front to back, especially with baby girls, to prevent infections. Some preventive measures include:

- Change the diaper as soon as it has been soiled.
- Allow the baby's skin to dry in the open before putting on a fresh diaper.
- Use scent-free wipes or plain water to clean in the diaper area.
- If you notice any redness, apply a rash cream.
- Make sure the diaper fits well.

Bathing Techniques

Sponge bathing is the safest way to bathe a newborn until the umbilical cord stump falls off. After the umbilical cord stump heals, you may transition to a bath two to three times a week as needed. Refrain from overbathing the baby because that can dry the skin.

- Start by preparing the space. Keep the room warm, have all your supplies ready, and designate someone to safely hold the baby throughout the bath.
- Test the water temperature to be lukewarm.
- Support the baby's head and neck.
- Use gentle baby cleansers instead of strong soaps.

Feeding Method

Newborns require a feeding schedule every 2 to 3 hours, whether breastfed or formula fed. Cold feeding allows for steady growth and hydration status. When breast-feeding, make sure to have a good latch. The baby's lips should be covering most of the areola.

- Make sure to alternate between both breasts.
- Always burp your baby after each feeding to relieve swallowed air.

If formula feeding:

- Always sterilize bottles and nipples.
- Provide clean water.
- Measure formula carefully
- Consult with a pediatrician about the amount and type of formula.

Soothing Techniques

Crying is a baby's only way of communicating whether they are hungry, uncomfortable, suffering from painful gas, overstimulated, or simply need to sleep. You will learn to understand what each cry means and use soothing techniques like:

- Swaddling: Keeps baby warm and gives him/her security by being snug.
- Rocking: Gently moving a baby can calm restlessness.
- Skin-to-skin Contact: You and baby will feel connected. They will be able to regulate some breathing and temperature.
- Soft sounds: White noise and/or lullabies can comfort a fussy baby.
- Pacifiers: Pacifiers are also a good option for babies needing extra comfort.

Newborn Care Support with Altrus Healthcare

Caring for a newborn is a complex task. At Altrus Healthcare, we want to care for you on this journey, with values of empathy and full support. Our experienced pediatricians, not only answer your questions, but inform you of the most appropriate methods to help care for your newborn. Whether it is putting on a diaper, swaddling or feeding, or soothing or bathing, we help you through every step.

Conclusion

Caring for a newborn may feel daunting in the beginning, but routines and informed choices will soon make care second nature. Your pediatrician can be an important support to you as you will be relying on them for guidance, developmental milestones, and concerns to discuss early. Every day, you will become more practiced at caring for your child, and find things to be easier as you go.