

There are many ways to care for a baby. Try out different ways until you find what works and feels right. Contact your baby's doctor if you have any of the warning signs below. Also, call them if anything else worries you. Be sure to make and go to all of your baby's health appointments.

Go to emergency care or call 911

Temperature

- > If baby has a rectal temperature of 100.4 F (38 C) or more. This temperature is a fever for a baby and is urgent.

Bleeding

- > If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.

Call your baby's health provider about any of these

Pee and poop problems

- > There is blood (streaks, flecks, or clots) or mucous with poop.
- > Does not pee three times or more within 24 hours.
- > Still pooping meconium (very thick, dark poop) after four days.

Bad smells

- > Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad).
- > Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the skin around the belly button or penis is bright red and warm.

Changes in color

- > Skin or eyes become more yellow in color.
- > Lips, area around the mouth, and/or nails become blue or purple in color.

Changes in behavior

- > Has a hard time breathing.
- > Is fussier than usual or is sleeping more than usual.
- > Misses two feedings in a row or vomits most of two feedings in a row.

Taking care of baby

Feelings

- > Trust yourself! You are the expert on your baby.
- > Caring for a baby can be a joy and it is hard. Be gentle with yourself. Accept help.
- > If your baby is crying, your baby is breathing. You can take time to breathe, too, and then respond. Caring for a baby's physical and emotional needs is not "spoiling" them.
- > Never shake a baby.

Staying safe

- > Do not smoke around or wear clothes that smell like smoke around your baby. Use smoke and carbon monoxide detectors in your home.
- > Keep your baby away from people who are sick.
- > Make sure that children and adults around your baby are vaccinated (including their Tdap booster and annual flu shot).
- > Use a rear-facing car seat until at least age 2. Baby should not wear a coat while in the car seat
- > When baby wearing, have your baby up high enough that you can reach them with a kiss. Make sure you can see your baby's face (nothing over baby's nose or mouth).
- > For baby baths, keep the water warm, stay close and keep your eyes on them. Wait until baby's umbilical cord (belly button) falls off before first real bath.

Sleep

- > Put your baby on their back to sleep and tummy to play.
- > Keep the room temperature comfortable for you.
- > The American Academy of Pediatrics recommends that babies share a room with their caregiver/s, but not a bed.
- > Wherever baby sleeps: do not have blankets, bumpers, stuffed animals, pillows, pets, siblings, balloons, or other things in the area.

Feeding

- > Feed on baby's cues (offer when hungry and stop when full), at least 8-12 times in 24 hours. They do not eat on a schedule.
- > Breast milk usually offers full nutrition and immune protection for your baby. Talk with your health care team.
- > If using a bottle, you, or another adult must hold it the whole time. Propping it up could lead to overfeeding or choking.
- > If formula feeding, follow the label instructions exactly.

Staying clean

- > Use a washcloth with water or baby wipes with each diaper change. Wipe female babies front to back.
- > Diaper banks are available, if you need access to more diapers. Ask your healthcare provider for more information.
- > Wash your hands with soap and water or use hand sanitizer with at least 60% alcohol after each diaper change.



For more information, go to
NewMomHealth.com
and **SaludMadre.com**



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