Best Start – Prenatal Education Program

Newborn Care & Safety
Newborn Characteristics

- Molding
- Fontanels
- Lanugo
- Eye colour
- Skin
- Vernix
- Cradle cap
Newborn Characteristics

- Stork bites
- Swollen genitals
- Swollen breasts
- Umbilical cord
- Reflexes
Skin-to-Skin
Newborn Care after Birth

- Apgar
- Blood work
- Weight
- Height
- Vitamin K
- Eye drops
Ontario Infant Hearing Program
Immunization Schedule for Ontario

www.ontario.ca/vaccines
Seeing a Health Care Provider

Take your baby to see a health care provider when your baby:

- Gets a well baby checkup and needs to be immunized.
- Has a fever.
- Appears jaundiced (yellow in colour).
- Has a rash that won’t go away.
- Has signs of dehydration.
- Has vomiting or diarrhea.
- Shows any other signs that he/she may be sick.
Diapering and Bathing

**Diapering**
- Wash hands before and after diapering baby.
- Keep one hand on baby.
- Wipe from front to back.
- Girls: clean the folds of labia.
- Boys: clean under the scrotum, foreskin does not need to be pulled back.

**Bathing**
- Choose an area that is safe and easy to bathe baby (baby bathtub, sink, or basin).
- Bath water should be warm, not hot. Test the temperature with your wrist or elbow.
- Keep one hand on baby.
- Wash eyes and face first, without soap.
- Clean from cleanest to dirtiest.
Baby Care Activity – Baby Olympics
What’s wrong with this picture?
Safe Sleep Environment
Preventing Flat Head

Prevent flat head from developing by:
- Alternating head of the bed
- Alternating mobile placement
- Avoid long periods in car seat or stroller
- Supervised tummy time
Crib Safety

Safety Tips

The crib:
- Look for a label on the crib that shows when the crib was made.
- Check the crib often to make sure the frame is solid. Tighten loose screws regularly.
- Check the crib to make sure the siderails lock into place.

The mattress:
- Make sure the mattress is tight against all four sides of the crib.
- Replace the mattress if it is not firm or if it is worn out.
- Move the mattress down to the lowest level so that the baby cannot roll up.

Baby safety:
- Look the crib top over after putting the baby in the crib.
- Never tie the baby in the crib and do not let the baby wear a necklace or a rubber band around the neck.
- Place the crib away from windows, curtains, blind cords, lamps, electrical plugs and extension cords.
- Health Canada recommends that soft mattresses, pillows, comforters, stuffed toys and bumper pads not be used in cribs.
- Always supervise babies when they are using toys and blankets.

FOR MORE INFORMATION, contact Health Canada, Product Safety, 1-866-662-0666
cps-spnc@hc-sc.gc.ca
Every time your child travels in a car, make sure your child is securely buckled into the right seat for their age, weight and height, in the back seat. Position the handle according to your car seat manual.
Car Seat Stages

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>REAR-FACING SEATS</th>
<th>Use until your child outgrows the car seat’s weight/height limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAGE 2</td>
<td>FORWARD-FACING SEATS</td>
<td>Use until your child outgrows the car seat’s weight/height limits</td>
</tr>
<tr>
<td>STAGE 3</td>
<td>BOOSTER SEATS</td>
<td>Use until your child outgrows the booster seat’s weight/height limits</td>
</tr>
<tr>
<td>STAGE 4</td>
<td>SEAT BELTS</td>
<td>Always use a seat belt</td>
</tr>
</tbody>
</table>

Birth, 10 kg (22 lbs), 14 kg (30 lbs), 18 kg (40 lbs), 30 kg (65 lbs), 36 kg (80 lbs)

FOR MORE INFORMATION, contact Transport Canada

www.tc.gc.ca or 1-800-333-0371
Crying is Communication

Ways to soothe your baby:
- Feed your baby.
- Change your baby’s diaper.
- Burp your baby.
- Change your baby’s position.
- Rub your baby’s back.
- Hold your baby skin-to-skin.
- Check that your baby isn’t under-dressed or over-dressed.
- Talk and sing to your baby.
- Play soothing music.
- Rock your baby.
- Go for a car ride.
- Take your baby for a walk in a stroller.
- Give your baby a warm bath and massage.
Sleep Readiness Cues

- Quietness
- Loss of interest
- Crying
- Fussiness
- Yawning
- Rubbing of the eyes
Senses

vision
hearing
smell
taste
touch
Attachment

- Respond to your baby’s needs.
- Hold your baby skin-to-skin.
- Play with your baby.
- Talk to your baby.
- Listen to your baby.
- Watch for cues and respond.
Growth and Development (0-3 months)
For More Information

- Best Start Hubs
- Baby’s Breath [www.babysbreathcanada.ca](http://www.babysbreathcanada.ca)
- Canadian Pediatric Society - [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)
- Health Canada – Product Safety
- Parenting programs
- Health care provider
- Healthy Babies Healthy Children Program
- Public Health Agency of Canada - Safe Sleep
- Local public health department
- Ontario Early Years and Family Centres
- The Period of Purple Crying - [www.purplecrying.info](http://www.purplecrying.info)
- Transport Canada - Car Seats
The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.

This document has been prepared with funds provided by the Government of Ontario

www.beststart.org

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