

Baby Care 101

The Ultimate First-Time Mom's Guide to Caring for Your Newborn

Welcome Mama ♥■ Congratulations on your beautiful new baby! This guide helps you care for your newborn with confidence.

Chapter 1: Understanding Your Newborn - Newborns sleep 14–17 hours daily in short stretches and cry for hunger, comfort, or needs.

Chapter 2: Feeding Your Baby - Breast milk provides nutrients and immunity. Feed on demand and ensure proper latch.

Formula feeding requires correct preparation and hygiene.

Chapter 3: Burping Your Baby - Burp after feeds using shoulder or sitting positions to release air.

Chapter 4: Diapering - Change frequently and prevent rash with dryness and cream.

Chapter 5: Bathing - 2–3 times weekly. Always support baby and test water temperature.

Chapter 6: Umbilical Care - Keep dry and watch for infection signs.

Chapter 7: Safe Sleep - Baby sleeps on back, alone, on firm surface. Avoid pillows and loose items.

Chapter 8: Baby Health - Sneezing and hiccups are normal. Seek help for fever or breathing issues.

Chapter 9: Milestones - Month 1 to 3 includes smiling, head lifting, and cooing.

Chapter 10: Routine - Feed, sleep, play cycles help stability.

Chapter 11: Essentials - Feeding, diapering, sleep, and travel items are key.

Chapter 12: Self Care - Mama, rest and hydration are important.

Final Note - You are doing great. Trust yourself and enjoy motherhood.