### NEWBORN CARE BASICS 101: ESTABLISHING ROUTINE



# 1.) FEEDING

Do the routine of feeding first your baby after they wake up from their nap or sleep. And remember, fed is best, so it doesn't matter if you feed them breastmilk or formula milk or both.



## 2.) PLAYING

Tummy time, sunbathing, going out with them or just talking to them, it really doesn't matter. As long as you're interacting with them and they're having adequate tummy time, your baby will do just fine.



### 3.) CLEANING

Give them a sponge bath or a tub bath right before their bedtime. Expect the unexpected - pooping while bathing, diaper blowouts, peeing at you while changing their diaper, etc.



## 4.) SLEEPING

Help them sleep better by looking out for their sleepy cues, helping them differentiate night and day, learning tips on making them sleep longer and more.

# **How Be Good Baby Tips**

**Karin Nielsen-Saines** 

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