

Tips on Caring for Your Newborn



Longwood Pediatrics
Boston Children's
Primary Care Alliance

longwoodpeds.com
617-277-7320 | fax 617-277-7834

Patient information

Patient name: _____

Date: _____

Weight: _____

Length: _____

Head circumference: _____

We're here for you

For any urgent concerns about your baby, you can reach us **24-hours-a-day, 7 days-a-week at our main number 617-277-7320**. If you have non-urgent questions, please call during daytime hours, Monday through Friday, 8:30 a.m. to 5 p.m.

"Back to sleep"

Your baby should always sleep **on his or her back** in a safe crib, bassinet, or co-sleeper without pillows or loose blankets. Sleeping your baby on the stomach or side or having him or her sleep in bed with you increases the risk of sudden infant death syndrome (SIDS), the most common cause of death for healthy babies.

Rear-facing car seat

Your newborn should ride in a properly installed **rear-facing infant car seat** for all car rides, no matter how short the trip.

Don't allow smoking around your baby

Second-hand smoke is bad for your baby's lungs and also increases the risk of SIDS. **Don't allow anyone to smoke around your baby**. If you or another family member smokes, now would be a great time to quit. Ask for help from us or your own doctor.

Wash your hands

Wash your hands with **soap and water or hand sanitizer** frequently and ask others to do the same before touching your baby. Ask people who are sick with colds or flu to stay away from your baby as much as possible until they are feeling better.

Don't leave your baby unattended on a changing table or other raised surface

A newborn baby can wriggle and fall off of a changing table surprisingly quickly. **Don't leave your baby on a raised surface**, even for a second.