# *Information About Newborn Baby Care*

The birth of a child is one of the most significant events in the life of a couple. People yearn to have a child of their own and so it is important that everyone is aware of the different aspects of newborn baby care as it is very useful. And this care starts from the maternity home itself. We advise you to limit the number of visits so that you get sufficient amount of rest, and for the well-being of your child. During the stay, your child will be looked after by a pediatrician, whenever necessary.

Do not be overwhelmed by anything that worries you; feel free to ask any questions that come to your mind. Pediatricians, pediatric nurses and nursery assistants are there to respond. The first two nights, you may choose to keep your baby close to you or give it to the nursery where he will be monitored by childcare assistants. Here is some vital information about newborn baby care:

**The toilet:**

It is necessary to wash your hands every time you take care of your baby. So, you should wash your hands before you take your baby to the toilet. Always prepare all the necessary equipment for the toilet before taking your baby there, like clothes, cotton, gauze, soap, towels, etc. The child should be washed every day with a special liquid soap or baby soap which can be bought from pharmacies. You can give the baby a bath at any time of the day; preferably when you are not in a hurry.

The water should be at about 37° C; dip your elbow in the water first to check if the water will be suitable for the baby, it should not be either too cold or too hot. You should then quickly bathe him and completely dry him, especially in the folds of the groin, the armpits, and the neck and behind the ears.

**The umbilicus:**

It should be cleaned very carefully until it is healed to avoid infection. This is done using sterile gauze; you should gently pull the cord and then carefully clean it. You must continue this procedure until the umbilicus is completely healed (it takes around 10 to 15 days).

**Genitalia:**

In girls, the labia minora should be cleaned with cotton soaked in water, from top to bottom, to remove the small white secretions and feces that can be housed therein.

For boys, clean up the small white secretions that sometimes exist at the tip of the penis, after pulling gently on the skin, using water; do not exert any force and be very gentle.

This is necessary in both boys and girls so that the white secretions do not cause any kind of infection. It has been noticed that in some babies if the cleaning of the genitals is not done properly and in a routine manner, then they tend to have various skin irritations and rashes down there. So it's better to follow a good cleaning procedure to avoid any such situation.

**Face:**

The eyes should be cleaned, if necessary, with a cotton pad soaked in saline. The ears are cleaned with dry cotton rolls (no sticks or cotton swab), only the visible part is to be cleaned.

**Nails:**

One should not cut the nails of a newborn (risk of infection). After the age of one month, you can cut them with nail cutters with round ends; the cutters should have previously been cleaned with alcohol in order to disinfect them.

This is a brief article about newborn baby care; for more information you can always contact a pediatrician.

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