

BABY HYGIENE



Bringing home a newborn baby can raise many questions. The most common are those related to care, grooming and hygiene.

NEWBORN BABIES...

- Need care that requires time and supervision 24 hours a day, so it is important to prepare and seek the necessary support.
- Diaper changing, navel care and bathing are important parts of baby hygiene.
- These hygiene activities can be shared with family members and friends so that you have opportunities to rest.

DIAPER CHANGE

- Babies wet their diapers approximately 6 times a day and evacuate approximately 4 to 8 times a day or every time they eat.
- Change the diaper every time it is wet or dirty so that it does not cause skin irritation. If skin irritation occurs, apply cream as indicated by the pediatrician.
- Position the diaper so that it does not cover the umbilical cord area to keep it dry.

NAVEL CARE

- The navel area can be cleaned with alcohol or soap and water. It is important to keep it dry. Do not immerse the baby in water, wipe it with a soft towel.
- Do not try to remove the umbilical cord, it will dry up and fall off on its own.
- Notify your pediatrician if the area around the umbilical cord turns red, smells bad, bleeds, or has fluid.

BABY BATH

- While the umbilical cord is still attached, use a sponge or wipe to clean your baby.
- When the umbilical cord has fallen off, you can submerge his little body in the water of the baby bath.
- Before you begin, have everything you need for the bath on hand.
- Check the temperature of the water and never leave the baby alone in the baby bath. Soap free of fragrances and dyes are highly recommended.
- After the bath, wrap the baby in a towel so that it does not get cold.

REMEMBER TO CONSULT YOUR PEDIATRICIAN IF YOU HAVE ANY DOUBTS ABOUT YOUR BABY'S CARE.

 For more information, please contact the Preventive & Educational Community Services Unit at **787.277.6571**

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