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The Early Days of Newborn

When a baby is born, the whole world around it welcomes the new addition in the family. Bringing home the baby can be exciting but it can be scary too. As far as baby's needs are concerned, it is all confusing. To make the newborn comfortable utmost care and planning is needed. The guidelines provided by a Doctor or Pediatrician can help the parents to understand their baby's needs more effectively. This will enhance the bonding between parents and a baby new to this world.



Here are some of the Do's and Don'ts related to newborn care.

Do's:

- Always be prepared with 3-4 sets of cotton baby clothes properly washed and dried well. Also, get some cotton sheets for covering.
- In winter, be ready with additional woolen clothes suitable for the newborn. They should be soft, well washed, and free from hard buttons.
- Arrange for a companion for the mother and baby, who can help in the hospital.
- See that mother gets proper meals as per the advice given by the obstetrician. The food should be served at correct time and it should be hot and fresh.
- Baby should be kept with mother as per the advice of the attending pediatrician.
- Breastfeeding is the best for baby and with attending doctor's advice baby has to be breastfed by the mother. All others have to encourage her for the same. ([Read article on 'Importance of Mother's Milk'>>](#))



Important Safety Information – Information provided here is NOT medical advice or a prescription against any specific or general Symptom. Please consult your doctor before utilising the information.

- Adequate food and rest are the privilege of a mother and give her both.
- At home, the room should be well lit and adequately ventilated.
- Ask mother to have regular diet and plenty of liquids.
- Baby should be cozily wrapped but not too much covered.

Don'ts:

- Too many visitors are unwelcome. Do not call all the friends and relatives to the hospital. They can pay a visit later at home.
- Do not handle the baby unless required. Especially small children should remain away from the baby.
- Avoid giving any feeds to the baby in the form of honey, sugar water, cream, plain water etc.
- Do not insist on using soaps and powder for the baby. The baby can only be cleaned with warm water for first few days.
- Do not apply *kajal* to the baby's eyes.
- Avoid putting oil in the baby's ears or nose.
- No heavy and/or sharp ornaments like bangles, earrings are needed for the baby.
- It is always better to avoid outside feeds, formula feeds (feeds other than mother's milk) because these can never replace mother's milk.
[\(Also see -Arogyadarpan celebrating World Breastfeeding Week>>\)](#)
- As far as possible avoid travel and a visit to crowded places.
- Do not kiss the baby on the lips, just caress gently.

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