

# NEW BORN CARE BASICS



## HYGIENE & CLEANLINESS

- Give sponge baths until the umbilical cord falls off
- Always wash hands before touching your baby
- Keep nails trimmed and clothing clean

## SLEEP & COMFORT

- Newborns sleep 14–17 hours/day in short intervals
- Always place baby on their back to sleep
- Create a calm, quiet sleep space

## WHEN TO CALL THE DOCTOR?

- Fever above 100.4°F (38°C)
- Difficulty feeding or excessive sleepiness
- Breathing trouble or bluish skin
- Fewer than 6 wet diapers/day after day 5



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