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Infant and Newborn Care

Also called: Baby care

Going home with a new baby is exciting, but it can be scary, too. Newborns have many needs, like frequent feedings and diaper changes. Babies can have health issues [<https://medlineplus.gov/commoninfantandnewbornproblems.html>] that are different from older children and adults, like diaper rash and cradle cap.

Your baby will go through many changes [<https://medlineplus.gov/infantandnewborndevelopment.html>] during the first year of life. You may feel uneasy at first. Ask your health care provider for help if you need it.

Start Here

- **First Day of Life** [<https://kidshealth.org/en/parents/first-day.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/first-day.html>]
- **Getting to Know Your Newborn** [<https://kidshealth.org/en/parents/newborn-variations.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/newborn-variations.html>]
- **Guide for First-Time Parents** [<https://kidshealth.org/en/parents/guide-parents.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/guide-parents.html>]
- **Infant Care and Infant Health** [<https://www.nichd.nih.gov/health/topics/infantcare>]
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
- **Infants & Toddlers: Raising Healthy Children** [<https://www.cdc.gov/parents/infants/healthy-children.html>]
(Centers for Disease Control and Prevention)
- **Your Newborn's First Week: How to Prepare and What to Expect** [<https://www.healthychildren.org/english/ages-stages/prenatal/delivery-beyond/pages/bringing-baby-home.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/Spanish/ages-stages/prenatal/delivery-beyond/Paginas/bringing-baby-home.aspx>]



Related Issues

- **Baby Carriers: Backpacks, Front Packs, and Slings** [<https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Baby-Carriers.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/safety-prevention/on-the-go/paginas/baby-carriers.aspx>]
- **Baby Poop: What's Normal?** [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/baby-poop/faq-20057971?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/expert-answers/baby-poop/faq-20057971?p=1>]
- **Baby's Head Shape: Cause for Concern?** [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20045964?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20045964?p=1>]
- **Car Seat Safety** [<https://kidshealth.org/en/parents/auto-baby-toddler.html>] (Nemours Foundation)
- **Choosing Safe Baby Products** [<https://kidshealth.org/en/parents/products.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/products.html>]
- **Communication and Your Newborn** [<https://kidshealth.org/en/parents/cnewborn.html>] (Nemours Foundation)


Also in Spanish [<https://kidshealth.org/es/parents/cnewborn.html>]

- Infant Constipation: How Is It Treated? [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/infant-constipation/faq-20058519?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/expert-answers/infant-constipation/faq-20058519?p=1>]
- Laundering Your Baby's Clothes [<https://kidshealth.org/en/parents/laundry.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/laundry.html>]
- Pacifiers: Are They Good for Your Baby? [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/pacifiers/art-20048140?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/in-depth/pacifiers/art-20048140?p=1>]
- Safe Sleep -- Cribs and Infant Products [<https://www.cpsc.gov/SafeSleep>] (Consumer Product Safety Commission)
Also in Spanish [<https://www.cpsc.gov/es/SafeSleep>]
- When Can I Take My Newborn out in Public? [<https://kidshealth.org/en/parents/newborn-out.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/newborn-out.html>]

Specifics

- Baby Naps: Daytime Sleep Tips [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/baby-naps/art-20047421?p=1>] (Mayo Foundation for Medical Education and Research)
- Bed-Sharing [<https://kidshealth.org/en/parents/cosleeping.html>]  (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/cosleeping.html>]
- Burping Your Baby [<https://kidshealth.org/en/parents/burping.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/burping.html>]
- Crying and Colic [<https://www.healthychildren.org/english/ages-stages/baby/crying-colic/pages/default.aspx>]
(American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/Spanish/ages-stages/baby/crying-colic/Paginas/default.aspx>]
- Dental Hygiene: How to Care for Your Baby's Teeth [<https://familydoctor.org/dental-hygiene-how-to-care-for-your-babys-teeth/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/como-cuidar-los-dientes-de-su-bebe/?adfree=true>]
- Diapering Your Baby [<https://kidshealth.org/en/parents/diapering.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/diapering.html>]
- Kids and Sleep (For Parents) [<https://kidshealth.org/en/parents/sleep.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/sleep.html>]
- Skin-to-Skin Contact: How Kangaroo Care Benefits Your Baby [<https://www.healthychildren.org/English/ages-stages/baby/preemie/pages/About-Skin-to-Skin-Care.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/baby/preemie/paginas/about-skin-to-skin-care.aspx>]
- Spitting up in Babies: What's OK, What's Not [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20044329?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20044329?p=1>]
- Tummy Time for a Healthy Baby [<https://safetosleep.nichd.nih.gov/reduce-risk/tummy-time>]
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
Also in Spanish [<https://espanol.nichd.nih.gov/actividades-proyectos/sts/tiempo-boca-abajo>]
- Uncircumcised Penis: Is Special Care Needed? [<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/uncircumcised-penis/faq-20058327?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/infant-and-toddler-health/expert-answers/uncircumcised-penis/faq-20058327?p=1>]

Clinical Trials


- ClinicalTrials.gov: Infant Care [<https://clinicaltrials.gov/search?cond=%22Infant+Care%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: "Okay in theory": a qualitative study of safer sleep advice in... [https://www.ncbi.nlm.nih.gov/pubmed/40707137]
- Article: Nurse Perspectives on Incorporating Swaddling Into Diaper Change Procedures: A Qualitative... [https://www.ncbi.nlm.nih.gov/pubmed/40627768]
- Article: Recent Advancements and Best Practices in Supporting Newborn Feeding: A Narrative... [https://www.ncbi.nlm.nih.gov/pubmed/40619188]
- Infant and Newborn Care -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Infant+Care%22%5Bmajr%3Anoexp%5D+AND+infant+%5Bmh%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29]

Find an Expert

- Eunice Kennedy Shriver National Institute of Child Health and Human Development [https://www.nichd.nih.gov/] 
Also in Spanish [https://espanol.nichd.nih.gov/]
- Find a Pediatrician or Pediatric Specialist [https://www.healthychildren.org/english/tips-tools/find-pediatrician/pages/pediatrician-referral-service.aspx] (American Academy of Pediatrics)
Also in Spanish [https://www.healthychildren.org/spanish/tips-tools/find-pediatrician/paginas/pediatrician-referral-service.aspx]
- KidsHealth [https://kidshealth.org/] (Nemours Foundation)

Men

- New Dad: Tips to Help Manage Stress [https://newsnetwork.mayoclinic.org/discussion/new-dad-tips-to-help-manage-stress/] (Mayo Foundation for Medical Education and Research)

Patient Handouts

- Baby supplies you need [https://medlineplus.gov/ency/patientinstructions/000541.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000541.htm]
- Bathing an infant [https://medlineplus.gov/ency/patientinstructions/000020.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000020.htm]
- Bonding with your newborn [https://medlineplus.gov/ency/patientinstructions/000677.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000677.htm]
- Buying and caring for baby bottles and nipples [https://medlineplus.gov/ency/patientinstructions/000804.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000804.htm]
- Changes in the newborn at birth [https://medlineplus.gov/ency/article/002395.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002395.htm]
- Colic and crying - self-care [https://medlineplus.gov/ency/patientinstructions/000753.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000753.htm]
- Cribs and crib safety [https://medlineplus.gov/ency/patientinstructions/000542.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000542.htm]
- Crying in infancy [https://medlineplus.gov/ency/article/002397.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002397.htm]
- Infant reflexes [https://medlineplus.gov/ency/article/003292.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/003292.htm]
- Newborn head molding [https://medlineplus.gov/ency/article/002270.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002270.htm]

• Umbilical cord care in newborns [<https://medlineplus.gov/ency/article/001926.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001926.htm>]



MEDICAL ENCYCLOPEDIA

Babinski reflex [<https://medlineplus.gov/ency/article/003294.htm>]

Baby supplies you need [<https://medlineplus.gov/ency/patientinstructions/000541.htm>]

Bathing an infant [<https://medlineplus.gov/ency/patientinstructions/000020.htm>]

Bedtime habits for infants and children [<https://medlineplus.gov/ency/article/002392.htm>]

Bonding with your newborn [<https://medlineplus.gov/ency/patientinstructions/000677.htm>]

Buying and caring for baby bottles and nipples [<https://medlineplus.gov/ency/patientinstructions/000804.htm>]

Changes in the newborn at birth [<https://medlineplus.gov/ency/article/002395.htm>]

Colic and crying - self-care [<https://medlineplus.gov/ency/patientinstructions/000753.htm>]

Cranial sutures [<https://medlineplus.gov/ency/article/002320.htm>]

Cribs and crib safety [<https://medlineplus.gov/ency/patientinstructions/000542.htm>]

Crying in infancy [<https://medlineplus.gov/ency/article/002397.htm>]

Infant reflexes [<https://medlineplus.gov/ency/article/003292.htm>]

Moro reflex [<https://medlineplus.gov/ency/article/003293.htm>]

Nail care for newborns [<https://medlineplus.gov/ency/article/001914.htm>]

Newborn head molding [<https://medlineplus.gov/ency/article/002270.htm>]

Skin findings in newborns [<https://medlineplus.gov/ency/article/002301.htm>]

Teething [<https://medlineplus.gov/ency/article/002045.htm>]

Umbilical cord care in newborns [<https://medlineplus.gov/ency/article/001926.htm>]

Related Health Topics

Baby Health Checkup [<https://medlineplus.gov/babyhealthcheckup.html>]

Breastfeeding [<https://medlineplus.gov/breastfeeding.html>]

Common Infant and Newborn Problems [<https://medlineplus.gov/commoninfantandnewbornproblems.html>]

Infant and Newborn Development [<https://medlineplus.gov/infantandnewborndevelopment.html>]

Infant and Newborn Nutrition [<https://medlineplus.gov/infantandnewbornnutrition.html>]

National Institutes of Health

The primary NIH organization for research on *Infant and Newborn Care* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/infantandnewborncare.html>] on *Infant and Newborn Care*

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