

Baby Care Basics

Sharp Mary Birch Hospital for Women & Newborns

This class provides information on basic baby care. Participants will learn how to diaper, dress, and swaddle a newborn. The class features the following:

- Selecting a Pediatrician
- Newborn Procedures
- Newborn Appearance
- Infant Feeding
- Baby Care
- Baby Behavior
- Newborn Sleep Cycle & Safe Sleep Practices
- Calming Your Baby
- When to Call Your Pediatrician
- Safety Tips
- Resources and Support Groups