

BABY'S HOME

Every new baby must adapt himself to his new surroundings, just as you and I would have to do. For this reason the first 24 to 48 hours at home should never be expected to be "smooth sailing." Both you and the baby will fare better if you will allow ample time to adjust to the new circumstances and to one another. You may take the baby outside, if the weather is nice. Don't have too many visitors! Excessive fatigue can rob you of much of the joy of caring for your new baby so try to take a little nap when your baby goes down to sleep after feedings.

Room Temperature

Try to keep an even, comfortable temperature in the baby's room (*about 70°*). On hot days, provide ventilation. On cold days, check on your baby occasionally to see that they are covered enough to be warm and comfortable. Windows may be opened as long as the room temperature does not fall below 65° to 68°.

Bassinet or Crib

Your baby's mattress should be firm and flat and have a waterproof cover. No pillow should be used. Cover the mattress with a quilted pad and a soft baby sheet (*fitted, not loose*). Use one or two cotton blankets. Never leave or use any plastic bags in a crib or bassinet.

Clothing

Your baby does not require any more clothing than an adult. Dress him according to the room temperature. Some babies are allergic to certain materials, so watch for rashes in clothing contact areas.

Outdoors

In Southern California, a fairly good rule to follow is that babies may be taken out after 2 weeks of age. For the first month or so try to avoid crowded places where your new baby could easily catch an illness. Sunshine is beneficial, but exposing the baby directly to the sun's rays is not advisable. Also, be careful of reflected sunlight (*i.e., poolside or at the beach*). Babies can develop severe sunburn in a very short time.