

Daily baby care

- There are many baby care skills that you will have to develop as a parent. Give yourself some time to master it.

Nail trimming

- When your baby is born, he may have rather long fingernails that will need to be cut - so he doesn't scratch himself. The hospital staff may do this for you once, but after you go home you have to do it yourself. So you may want to bring a pair of baby clippers with you to the hospital & seek the skill with the staff for the first time.
- To cut your baby's nails, gently push down on the finger's skin to pull the nail away from the skin as you cut. If you do nick his fingers, use a gauze pad to stop the bleeding.
- Tip: Try to sneak in nail cutting while your baby is asleep.

Cleaning his nose

- Cotton swabs and rolled-up tissue can irritate the delicate inside of your baby's nose. If your baby is really stuffy, suction out the mucus with a baby nasal aspirator. Saline drops may soften the mucus first.
- Cradle your baby or sit him up. Squeeze the bulb and insert the tip into one nostril. Release the bulb and draw the mucus out. Rinse the bulb and repeat.

Moisturizing & Powder

- Though it's necessary to keep the skin of the baby soft & supple, please use any baby moisturizing cream twice a day. Powdering the baby is not necessary unless you want to smell the baby smell!

Cleaning the Nappy area

- Use only cotton balls & warm water to clean the soiled nappy area.
- **A definite NO to WET TISSUE..**
- Try using diapers only at night and during waking hours use cotton triangles.