

EVERYDAY NEWBORN CARE

Bathing & Hygiene



Newborns don't need daily baths — **2–3 times a week** is plenty until they're mobile and messier. Over-bathing can dry out delicate skin.

Newborn hygiene



Sponge baths: until the umbilical cord stump falls off (typically 1–2 weeks); switch to tub baths after.



Water temperature: warm, not hot — test on your inner wrist first.



Cord care: keep the stump clean and dry; fold nappies below it; it will darken and fall off on its own.



Nails: trim carefully with baby nail scissors or a file when baby is calm or asleep.

Cradle cap: it is perfectly normal, gentle scalp massage with a soft brush during bath time usually helps.



Never leave your baby unattended in water — even for a few seconds.

When to Call a Doctor

Most newborn quirks are normal. This list exists for the exceptions — trust your instincts, and use this as a quick check when something feels off.



Fever: rectal temperature of 38°C (100.4°F) or higher in a baby under 3 months — call right away.



Dehydration signs: fewer wet nappies than usual, sunken soft spot, no tears when crying.



Breathing: rapid, laboured, grunting, or blue-tinged lips/skin



Prolonged inconsolable crying: that doesn't respond to any soothing over an extended period.



Poor feeding or weight gain: refusing feeds, very few wet/dirty nappies, not regaining birth weight by 2 weeks.



Jaundice: yellowing of skin or eyes that's spreading or worsening after day 3–5.

Book a consultation

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This brochure is for informational purposes only and does not constitute medical advice. Please consult a qualified healthcare professional for guidance specific to your child.