

5 Things To Know About Caring For Infants



1. Check-ups

Infants will have multiple well-baby visits before their first birthday to ensure they are growing effectively. You should expect to fill out various forms, answer questions about your child's growth, and ask any questions you may have to your doctors. All questions are encouraged.



2. Health



You can help protect your baby's health by staying up to date on all vaccines, such as the whooping cough vaccine, and ensuring you have clean hands whenever caring for an infant to prevent the spread of disease.

3. Sleep

Learning the ABCs of safe sleeping will help you and your child sleep better and stay safe.

Alone -> sleeping by themselves

Back -> sleeping on their back instead of their tummy

Crib -> sleeping in only cribs without any extra blankets, toys, or pillows



4. Safety



Besides making your house safe for your child, there are other things you can do to keep them safe. For example, your baby should travel in a rear-facing car seat.

5. Growth Opportunities

To ensure each child has an equal start to a successful life, caregivers can follow these 5 Basic principles: 1) maximize love, manage stress; 2) talk, sing, & point; 3) count, group, & compare; 4) explore through movement & play; 5) read & discuss stories.

