



Consorci Sanitari  
Alt Penedès-Garraf

# I have a baby at home: what I have to do?

The most important thing to take care of the baby is: lots of love, common sense and patience.



# Breastfeeding

Breast milk is the **best food for your baby**.

If you need more information you can consult the specific leaflet of “*Breastfeeding*” that you will find in one of the QR codes.

It is advisable to wait for breastfeeding to be established to start pacifiers.



## Recommendations for the prevention of the sudden infant death syndrome (SIDS)

Put the baby down to **sleep on his or her back**. The cradle must be free of pillows and dolls, and it is recommended that the baby **sleeps in the room with the parents** until 6 months old.

The **co-sleeping** is a risk factor for SIDS but we know that also facilitates the breastfeeding which, at the same time, acts like a protective factor. If you decide to make co-sleeping, it is advisable to do it safely.

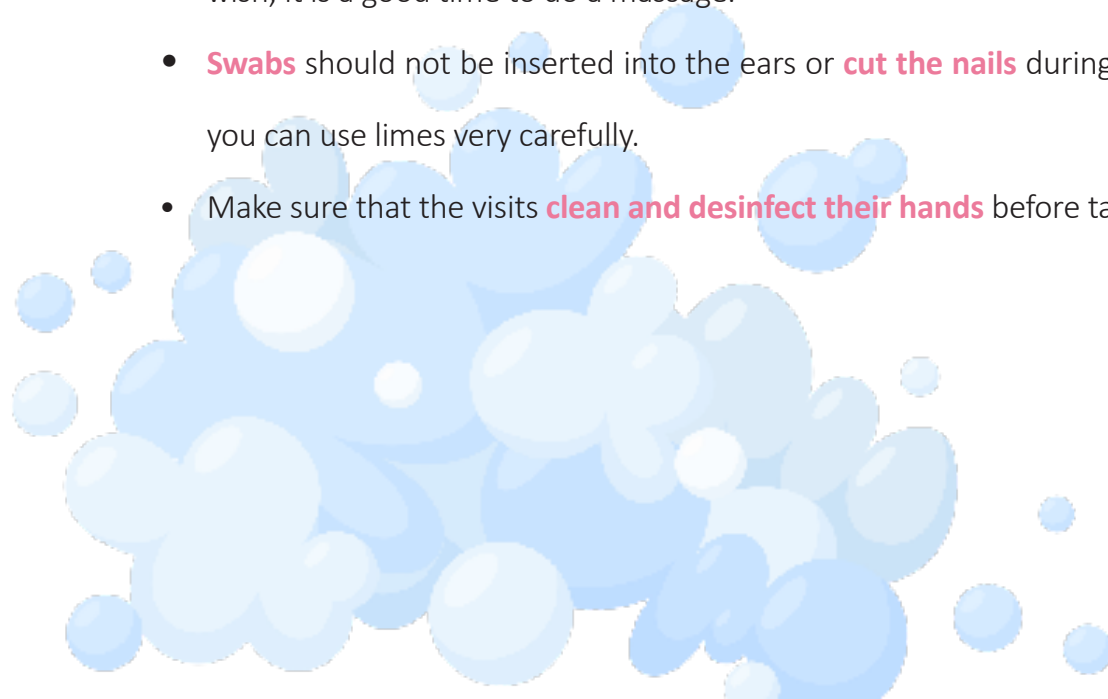
# Standards for a safe co-sleeping

- There is no clear evidence about the safety of the co-sleeping from 0 to 3 months old.  
What is clear is that is **safe and positive if it's done in a sidecar bed**.
- The mattress must be **plain and hard**. Don't use water or air mattress.
- Don't sleep in the **couch**.
- Make sure that the baby **cannot fall from the bed or get caught** in a hole.
- Don't use pillows, blankets nordics or dolls that can **cover his or her head**.
- **Never smoke** inside the room or sleep in the same bed if you are smokers.
- Don't cover too much the baby and **check the room temperature** (16-18°C), which can be overheated.
- Don't sleep with the baby if you consume **alcohol, drugs or medication** that change your level of consciousness and capacity of reaction.
- Don't do co-sleeping if you have a **disease that can reduce the level of consciousness**, such as diabetes or epilepsy.
- Don't allow **pets** to share the bed with the baby.



# Hygiene

- Always keep a **clean atmosphere**. Avoid tobacco, alcohol and other drugs.
- The **belly button must always be clean and dry**. If it smells bad and/or suppurates, see your Pediatric Service.
- The **bath** is a relaxation time. You can bath your baby after the umbilical cord falls. It can be daily or on alternate days. You have to use soap for babies and check the temperature of the water. It is recommended to wet the baby slowly and dry the skin folds. If you want to hydrate his or her skin, you can use natural oils or milks. If you wish, it is a good time to do a massage.
- **Swabs** should not be inserted into the ears or **cut the nails** during the first days but you can use limes very carefully.
- Make sure that the visits **clean and disinfect their hands** before taking the baby.



## Other recommendations

- You can carry the baby with **ergonomic baby carriers** that encourage bonding, promote breastfeeding and help maintain an active life. Remember that the neck does not have to be flexed and the nose must always be visible to whoever is carrying him or her.
- You should try to avoid both **cold and excessive heat**.
- It is advisable for the baby to be in a **quiet atmosphere** where there are not too many loud or annoying noises.
- You can **go for a walk daily**, at cooler times in summer and warmer times in winter.
- Avoid **crowds**, tobacco smoke and contact with people who suffer from infectious diseases.
- Never leave the baby **unattended**.



## I have a baby at home: what I have to do?

Consorci Sanitari Alt Penedès-Garraf  
Hospital Residència Sant Camil  
Ronda Sant Camil s/n  
08810 Sant Pere de Ribes  
Tel. 93 896 00 25  
[info@csapg.cat](mailto:info@csapg.cat)

