



# Baby Care 101

Wouldn't it be nice if infants came with care instructions? Master the basics with these tips.



## Go Head to Toe

To bathe your infant, use a soft cloth to wash baby's face first. Then work downward, finishing with the diaper area. To prevent dry skin, use mild soap only when needed. Limit baths to three days a week.



## Keep Them Neat

Everything about your infant is growing fast—including their fingernails! Keep nails short and smooth by clipping them when your baby is asleep. It's easier on you and safer for your little one.



## Prevent Decay

Start good dental hygiene habits early. Wipe your infant's gums with a clean washcloth. When teeth appear, use a soft toothbrush and speck of toothpaste to keep harmful bacteria at bay.



## Let Them Free

Baby shoes are cute. But they have the potential to restrict infant foot development. Let your baby go barefoot whenever possible. Pull out shoes to protect their feet when walking outside or on rough surfaces.



## Trim When Ready

Your baby's first haircut is a big event—whether at home or at the hair salon. The timing is up to you. Cutting your little one's hair doesn't affect how fast or thick it will grow in the future.