

# 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 NAILS NEAT

Because infants explore with their hands, long nails can result in scratched faces. Keep nails short and smooth by clipping them when your baby is asleep. Gently push down on the skin above the nail when trimming, and smooth any rough edges with an emery board.



## LET FEET 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.



## PREVENT DECAY

Start good dental hygiene habits early. Wipe your infant's gums with a clean washcloth twice a day: after feeding in the morning and again before bed. When teeth appear, use a soft toothbrush and water to keep bacteria at bay.

