

# Newborn Care:

## How to properly hold a baby



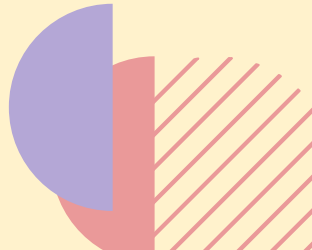
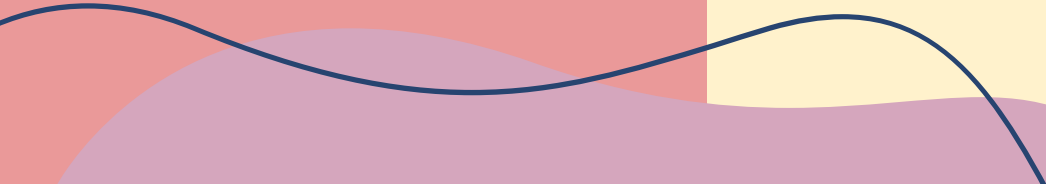



# Congratulations!



Congratulations to all the soon-to-be and new mommas! Starting this new journey can feel daunting, but I hope this presentation helps ease some of that nervousness.

This is for informational purposes only. For medical advice, diagnosis, consult a professional.



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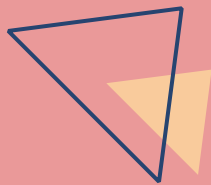
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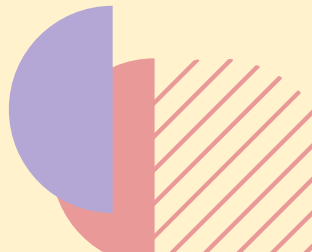
The different steps to getting a hold of it!





# 01 Why Its Important

Holding a baby isn't that hard, is it?



# Can it Really be that Hard?

There are so many ways to hold a baby depending on the circumstances. For example, there are differences from picking them up from their crib, breastfeeding, bathing, burping, or even comforting them.



# Why is it Important?

Depending on the position and even age, it is very much important:

- You want to be able to support their head or neck and know how to
- Making sure you take extra care of their fontanelles (their soft spots)
- How to pick them up from different positions, or even how to set them down without hurting them or yourself
- It is also important to know how to hold a baby properly to prevent injuries

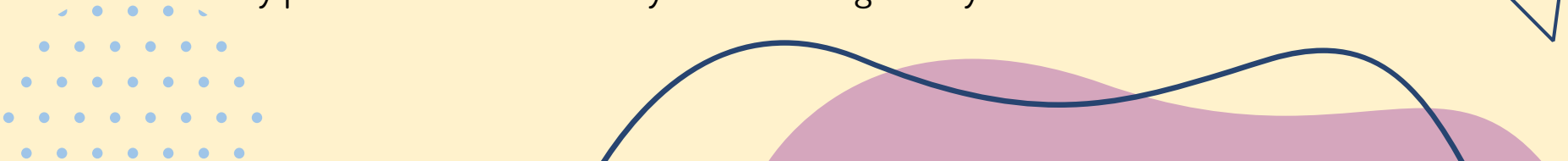




02

# Different Positions and Benefits

How many positions can there really be to holding a baby?



# How to Hold a Newborn/Picking up Your Baby

## Key Tip 1

Always make sure to support their neck and head as they often do not develop head control until they are 4+ months.

## Key Tip 2

Slide one hand under their neck and head and place your other hand under their bottom. Be sure to bend your knees so you don't throw your back out! And then scoop them straight into your chest when you have a good grip.

## Key Tip 3

Most cribs have adjustable mattresses, so keep it as high as need be, as long as it is safe and ;lower as they get older!







# Lying/Upright Position



## Benefit of Position

Allows for eye contact and to communicate with your child by smiling and talking, increasing their development and enhance their emotional security. Also helps in binding.

### Step 1

Cradle their head with one hand while resting their head against your chest

### Step 2

Use your other arm to support their neck while placing their head in the crook of your elbow. Support their bottom with your other hand



## Upright Position

Support their head and neck with one hand while resting them on your shoulder. Support your baby's bottom with your other hand

# Skin-to-Skin Contact



## What is it?

Involves placing your nearly naked baby (i.e., keeping diaper on) on to your bare chest with theirs touching yours.

## Benefit

Helps you bond to your little one but also helps regulate your baby's temperature, breathing, and heartbeat.

# Holding a Colicky Baby

## What is Colic?

This is a condition that refers to a period (usually their first three to fourth month) when an otherwise healthy baby cries inconsolably for more than three hours, more than three days a week, for three weeks or more.

## Tips

- Baby's tend to be colicky when they are uncomfortable, and typically that is from tummy pain.
- You can try holding them close to your body, taking calm, slow breaths, which can have a soothing effect
- The football position works too. This is when your baby is tucked under your arm and lying along the side. The baby's head in in your hand, and their upper body is supported by your arm.



# Holding a Baby While Bottle-Feeding

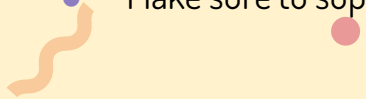
- Cradle your baby in a semi-upright position (this helps with swallowing) while supporting their head in the crook of your elbow and their inner body along your inner forearm
- Avoid feeding your baby when they're lying completely face flat, as this can create a choking risk. Don't let them fall asleep with a bottle, which can lead to ear infections and tooth decay.



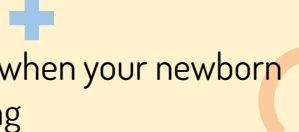


# Different Breast-Feeding Positions

## Cradle Hold

- Cradle your baby with the arm that's on the same side as the breast your baby will be nursing from
  - Rest their head in the crook of your elbow, facing your breast, with their body turned inward toward you
  - Make sure to support your baby's head
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## Cross-Cradle Hold


- Like cradle hold, but in the opposite arm you will be nursing from
  - Support your baby's head with your hand, place their bottom in the crook of your elbow, and use your other arm to support your breast from below. Have your baby's body turned inward toward you
  - This position is often used when your newborn is having difficulties latching
- 




# Different Breast-Feeding Positions



## Football Hold

- This position has you tucking your baby under your arm like a football
  - Hold your baby to your side at the same level as your waist and support their back with your arm
  - Tilt your head up toward your breast
  - Try this position if you've had a C-section, large breasts, or if you've given birth to twins and want to feed both babies at the same time
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## Side-Lying Position

- As you lie on your side, place your baby beside you and lift your breast up so that they have easy access to your nipple.
  - This position may be convenient during late night feeds
  - Another good position to try when you've had a C-section
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## Step 1

Hold your baby upright while you rest their head on your shoulder and support their head and back. Use your other hand to softly pat their back



# Holding a Baby to Burp

## Step 2

Sit your baby on your lap while you support their head, chin, and chest with one hand. Use your other hand to gently pat their back

## Step 3

Lay your baby in your lap on their tummy while you support their head so that it's higher than their chest. Use your other hand to gently pat or rub their back



# How to Hold a Baby When Bathing

- When bathing your baby, be sure to support their head with one hand while you use your other hand to guide them into the bathtub
- Make sure to keep most of their body and face above the water, and always keep a hand on them
- Don't leave your baby unattended not even for a second
- Use your free hand to gently wash your baby's body with warm water





The background is a light yellow color with various abstract shapes and patterns. There are large, wavy, purple shapes on the left and top. A small blue triangle is in the top right. A red plus sign is in the upper middle. A small orange circle with a green shadow is on the left. A blue triangle is on the left. Three green diagonal lines are in the bottom left. A rainbow-like arch is in the bottom left. A wavy orange line and a small red circle are in the bottom middle. A purple ring is in the bottom right.

# 03 Safety Tips on Holding a Baby

# Safety Tips for You

- You must make sure you pay attention to how you carrying yourself while holding your baby
- Weight of your baby as you hold them can increase your risk of injury or muscle imbalances, which can lead to pain

To properly carry and lift your baby:

- Keep your spine straight
- Keep your shoulder straight
- Keep your core straight and engaged

When picking up your baby from a lower spot like a crib or play mat

- Bend your knees to protect your back as you bend over
- Straighten your legs as you stand back up





# 04 How not to Hold a Baby

Is there really a wrong way to hold a baby?

# How Not to Hold and Handle a Newborn Baby

- Focus on your baby and avoid multitasking
  - For example, avoid handling hot drinks and cooking while holding your baby
- By focusing only on your child, it minimizes risk of accidentally dropping your baby or tripping
- Never shake your baby
  - If you are feeling frustrated, place them on their back in their crib, and take a couple of minutes to yourself
  - Re-enter when you're feeling calm and ready
- When transferring your baby to others, safest way to do so is to do it while the other person is sitting
- Ask anyone who handles your baby to wash their hands or use hand sanitizer first
- Make sure the person holding your baby always supports your newborn's head and neck
- Your baby should never be shaken or roughhoused with, which includes being jiggled on the knee or thrown in the air



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