

Let's talk about...

Helping Your Newborn in the Hospital

When a baby is in the hospital, it is important for them to bond with you. This helps them grow and learn.

About Newborns (Birth to 30 Days)

- **Vision:** They can see about 8 to 12 inches away.
- **Hearing:** Their hearing is fully developed.
- **Sounds:** They are starting to make “babbling” noises.

What Causes Stress:

- Loud noises or fast movements.
- Bright lights (they might blink or squint).

How They Show Stress:

- Crying.
- Putting their hands to their mouth.

How You Can Help:

(Helpful to coordinate with the nurse to make sure any of the ideas listed below are safe for your baby.)

- Hold and touch your baby often.
- When the baby is awake, look directly at them.



- Move slowly and keep the lights low.
- Speak in a soft, quiet voice.
- Read books, sing, or play soft music.
- Try “skin-to-skin” holding (holding the baby against your bare chest).
- Take short breaks to get fresh air and rest. This will be helpful for you and your baby.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>