

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings

Ranked among the
nation's best in five
pediatric specialties



Supporting a Newborn in the Hospital

When a newborn baby is in the hospital, bonding and attachment are important for their growth. Focusing on the child's needs helps their learning and coping skills while in the hospital. Below are ways you can support your newborn while they are here, although please check in with the bedside nurse to ensure these are medically safe to provide.

Some tips to keep in mind:

- Stay involved in your newborn's care as much as possible with diaper changes and feedings.
- Touch and hold your newborn. Skin-to-skin holding is important so they can feel your heartbeat.
- Your newborn's most developed sense is their sense of smell. Scent is the foundation for attachment and bonding. If interested, ask your newborn's nurse to talk with you about a "scent heart."
- Provide "shushing" sounds, either with your voice or with a white-noise sound maker. Babies hear these types of sounds in the womb and can be calmed by them after birth.
- Sing to your newborn or play quiet, calming music. Read to your newborn so that they hear your voice.



- When your newborn is awake, try to spend time face to face, which is important for a baby's development.
- Use natural lighting when your newborn is awake and darken the room when they are sleeping. This will help normalize your newborn's sleep-and-wake cycles.
- When your newborn cries, try to soothe them as quickly as possible so that they know comfort and help are on the way.
- You cannot take care of your newborn if you are not taking care of yourself. Try to take short breaks from your newborn's crib-side for some fresh air and rest.

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