



Tips for Newborn Parents

- **Sleep**
 - Newborns up to 3 or 4 months old need 14-17 hours of sleep in a 24 hour period. If possible, try to sleep when the baby sleeps.
- **Feeding**
 - Breastfed babies should eat as much at this age as they want. Most newborns nurse around every 2-3 hours a day.
- **Weight**
 - Surprisingly, babies usually lose weight the first couple days after birth. No to worry though, all that weight will return in the following weeks.
- **Vaccines**
 - Vaccines are safe and effective for your newborn! They help prevent many diseases.
- **Confidence**
 - Any child is different. Don't compare your newborn to anyone else's child. If you have an questions/concerns reach out to your pediatrician.

Car Seat Safety

Car seats are very important for the safety of children. Here are some reminders when hunting for car seats.

- **Buying the right car seat**
 - Your baby needs to be in a rear facing car seat until they're around two years old.
- **Installing your car seat**
 - You could either use the seat belt or the lower anchors of the car seat to secure it.
- **Getting the right fit**
 - A proper fitting car seat is very important! A properly fit harness gives the best protection possible for your child.
- **When to change car seats**
 - Always keep an eye on the label to determine if your child is still within the age, height, weight limit for the specific car seat.

Children spend a lot of time in the car, so it's very important that they have a proper fitting car seat.

