

Caring for your newborn

Vitamin K

Soon after birth, your midwife will offer to give your baby vitamin K. This is to prevent a rare but serious blood disorder, and can be given by injection or oral drops. If you opt for oral drops your baby will need to receive further doses. Speak to your midwife if you're not sure if your baby will need this.

Vitamin D supplementation is recommended for all breast fed babies from birth. You can ask your midwife or health visitor about how to get these vitamins and what the correct dosage is.

For more information visit:

- www.nhs.uk/conditions/pregnancy-and-baby/pages/vitamins-for-children.aspx

The umbilical cord

After your baby is born, their umbilical cord will be secured with a plastic clip. The cord will then take between three to ten days to dry out and drop off. It is normal for the cord to be slightly sticky and smelly as it dries out. The area can be cleaned with plain water if necessary.



If you notice any bleeding from the cord or redness on your baby's abdomen, tell your midwife, health visitor or GP.

Skin care and bathing

A newborn's skin is delicate and sensitive, and the use of any creams, lotions or cleansers should be avoided for at least the first month. Babies may have dry skin after birth, and this is nothing to worry about. When bathing, it is best to use plain water and only a very mild and non perfumed soap if required.

For more information visit:

- **NHS Choices:** www.nhs.uk/conditions/pregnancy-and-baby/pages/your-baby-after-birth.aspx