



Caring for Your Baby

Nails

How do I take care of my baby's nails?

- The easiest way to trim baby's nails is when he/she is sleeping. Use an emery board to file your baby's nails for the first few weeks.
- Once the nails grow beyond the nail bed (after a few weeks), you can use nail clippers with a rounded edge or blunt nail scissors. Cut the nails straight across, near the end of the nail, as you hold the skin away from the nail so you don't damage the nail beds.
- It is not a good idea to bite or chew off baby's nails – germs & bacteria from your mouth could lead to infection in the baby's finger.
- Avoid covering baby's hands with mittens. When they put their hands to their mouths, they may be indicating a feeding cue or soothing themselves.

