Caring for Your Baby

How do I dress my baby?

- Your baby generally needs one more layer of clothing than you are wearing.
- Do not put too many clothes or blankets on your baby.
- The usual clothing is a diaper, undershirt, sleeper, and a light weight blanket or sweater.
- Cotton clothing is best and safest – it is soft and non-flammable.
- When you take your baby outside, place a hat on your baby's head for protection and for baby's body heat control.
- To check if your baby is too hot, place your hand on the back of his/her neck. Your baby should not be sweating.

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