

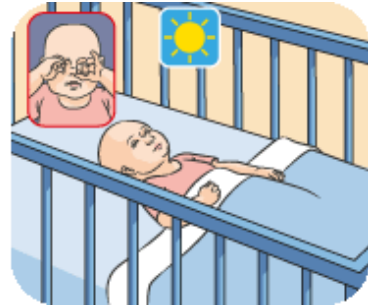
# Newborn baby routine: an example



Feed your baby.



Play with your baby.  
Change his diaper if  
it's wet or soiled.



When your newborn  
shows tired signs, put  
him in his cot to sleep.



About 2 to 3 hours  
after the last feed, feed your  
baby. Generally,  
newborns need to be fed  
every 2 to 4 hours.



Play with your baby.  
Check the diaper to see  
if it's wet or soiled.



About 2 to 3 hours  
after your baby's last sleep,  
look for tired signs.  
When you see them, put  
your baby in the cot to  
sleep.



About 2 to 3 hours  
after the last feed,  
feed your baby.



Check your baby's  
diaper. Change it if it's  
wet or soiled. Try  
to keep noise and light  
to a minimum.



About 2 to 3 hours  
since your baby's last  
sleep, put him in the  
cot to sleep.