

Newborn 101 Resources

These are just a few of *my* favorite things...

I'm always adding more and I love learning so send me *your* favorite resources!

Baby Proofing

[Infant Safety](#)

[Sleep Safety](#)

[Infant and Child CPR Classes](#)

Baby Wearing

[Baby Wearing International](#)

[Becoming Mamas](#)

[You Tube Babywearing Videos](#)

Bathing

The Spa Bath DVD - available in my lending library [Spa Bath](#)

[Quick baby bath](#)

[Bathing Your Newborn](#)

Crying / Colic

[Crying and Colic Info](#)

[The Period of Purple Crying](#)

[The Happiest Baby on the Block](#)

[The 5 S's](#)

Newborn 101

[Benefits of Infant Massage](#)

[Cutting Baby's Nails](#)

[Diaper Changing 101](#)

[Dry Skin](#)

[Foreskin Care](#)

[Getting Extra Help](#)

[Normal Sleeping Behavior](#)

[Normal Weight Gain of Breastfed Infants](#)

[Swaddling](#)

[Umbilical Cord Care](#)

[Umbilical Cord Slideshow](#)

Sleep & SIDS

[Dr. James McKenna - Sleep Researcher](#)

[Sleep Safety Tips](#)

[Reducing the Risk of SIDS](#)

[Sleeping Behavior](#)