

Getting to know your newborn



In the days after your **baby** is born the midwife will **check** them to see if there are any **problems**. This is the **newborn physical exam**.



The **umbilical cord** will be **cut** when your baby is born. It will take a week for the end of the umbilical cord to fall off the baby's tummy. You must keep the **tummy clean** and **dry**. If you see any **blood** or **puss** tell your **midwife**.



It is **normal** for babies to have **bruises** on their head. This is because it is squeezed when they are born. If you are worried about any bruises speak to your midwife.



It is **normal** for newborns to get **spots** and **rashes**. But if your baby is acting differently and has a rash you should speak to your midwife.



You should use **only plain water** to wash your baby for the first month.



Your **baby's private parts** may look **swollen** and **red**. This is **normal**.