



# SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

## Cord – Eye – Ear - Skin care



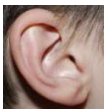
**Skin care:** Please do not try any fancy; medicated; perfumed oils, soaps, creams and powders on your baby's tender skin. A good daily bath with clean, warm water is ideally enough for your baby.



**Hair care:** Keep head clean, dry and dandruff-free. Do not apply excess oil to the anterior fontanel (*Talu*). It may cause fungal infections. Oil massage helps as insulation, but not for closure of the anterior fontanel (*Talu*). Do not use medicated shampoos and soaps.



**Eye care:** Applying Kajal in the eyes is not recommended. It could be harmful to the baby. Just wipe each eye from nose outward with a cotton ball dipped in water. Use a fresh cotton ball for each eye. If there is a persistent watering/ tear from eyes, then lightly massage outer side of nose adjacent to the inner edge of eye.



**Ear care:** Wipe away dirt and fluff from behind the ears. Never poke anything into baby's ears. Only wipe the outer part of ear. No oil drops please. Your baby is not a sewing machine.

**Cord care:** The umbilical cord will fall off by itself after 1-4 weeks and heal as a scab. Do not pick at it, cut it, or pull it off. You need to allow it to fall off on its own. Keep it clean and dry. If there is discharge with a foul odor, surrounding skin redness, or fever, report it to your baby's doctor immediately.

**Genital care:** Clean the genitals with water regularly, from front to back (especially in girl child) to avoid infections. White discharge or even bleeding is common and normal in girls. Change the diaper frequently.

**Give a little love to a baby and you get a great deal back! - Ruskin**