

CARING FOR A NEW-BORN



1. Have you ever held a baby? How did you feel?
2. What do you think a baby needs in the first days of life?

1. **Match the words with their meanings:**



newborn



diaper



rash



swaddling



bonding

a baby less than 28 days old

wrapping a baby in a light blanket

creating a close emotional connection

red or irritated skin

baby's underwear for pee and poop

2. Read the text and decide whether the statements are true or false.

A newborn baby is a baby less than 28 days old. It needs gentle care. Always support the baby's head and neck — the muscles are not strong yet. The baby must be kept warm and dry. The ideal skin temperature is about 36.5–37.5 °C. Dry the baby after birth and keep it skin-to-skin with the mother. Handle the baby slowly and quietly. Avoid loud noise and bright light.

The baby should sleep on its back on a firm surface with no pillows or toys. This helps prevent sudden infant death syndrome. Swaddling is a technique of wrapping the baby in a light blanket. It can help a baby feel safe and sleep better. But do not wrap the hips too tightly. Change diapers often and clean the skin gently with warm water. If the skin gets red, use a protective cream and give the baby some diaper-free time.

1. Babies can hold their heads by themselves.
2. The safe sleep position is on the stomach.
3. Swaddling can help babies feel calm.
4. Diaper rash can be treated by using barrier creams.
5. Noise and strong light help babies sleep better.

3. Complete the sentences with these words:

neck – diaper – warm – rash – swaddle – noise

1. Always support the baby's _____.
2. Too much _____can stress the baby.
3. Change the _____when it's wet.
4. Keep the baby _____after a bath.
5. A red _____means the skin is irritated.
6. Some parents _____the baby in a blanket.

LIVEWORKSHEETS

BREASTFEEDING



1. Why is breastfeeding important?
2. What can make breastfeeding difficult for some mothers?

1. **Match the pictures with these words**

hold the baby – skin-to-skin – feed – burp – cuddle







2. Read the text and decide whether the statements are true or false.

Breastfeeding means feeding a baby with milk directly from the mother's breast. Health experts recommend exclusive breastfeeding for the first six months of life — this means no other food or drink, not even water.

Mothers are encouraged to start breastfeeding within the first hour after birth and to feed their babies whenever they are hungry, day and night. Breastfeeding protects babies from many illnesses, including diarrhea, infections, and allergies. It also helps mothers recover faster after birth and can lower the risk of breast cancer and diabetes.

To make breastfeeding easier, mothers need a calm, comfortable space and enough time. Family members and nurses can help by offering water, healthy food, and emotional support.

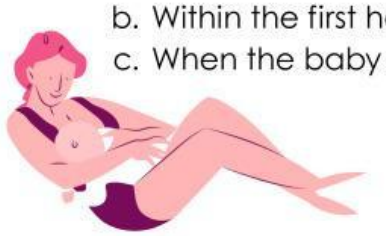
During breastfeeding, mothers should avoid smoking, alcohol, and unnecessary medicines. Gentle skin-to-skin contact, soft talking, and eye contact help the baby stay calm and continue feeding. In this way, breastfeeding not only gives babies the best nutrition but also strengthens the emotional bond between mother and child.

1. What does exclusive breastfeeding mean?
   a. Feeding the baby only breast milk
   b. Giving milk and water
   c. Feeding the baby with formula milk

2. When should mothers start breastfeeding?
   a. After one week
   b. Within the first hour after birth
   c. When the baby starts crying loudly

3. How does breastfeeding protect babies?
   a. It keeps them warm
   b. It helps them sleep
   c. It prevents many illnesses

4. Which health problems can breastfeeding help prevent in mothers?
   a. Cancer and diabetes
   b. Flu and sore throat
   c. Toothache and back pain




LIVEWORKSHEETS