Remember to come back for follow-up care with baby as scheduled.

Bring your Family Monitoring Form and the baby’s health passport (with record of birth and discharge weight and immunizations).

At the follow-up visit, the health care provider will check on your baby and advise you about continued care.

Steps for skin-to-skin positioning.

Caring for Small Babies at Home

This leaflet is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Every Preemie—SCALE and do not necessarily reflect the views of USAID or the United States Government.
Prevent infections in your baby.

- Everyone touching the baby should wash hands with soap and water:
  - Before touching the baby
  - Before and after feeding the baby
  - Before and after changing nappies
  - After using the toilet
- Baby’s face, neck, and nappy area should be cleaned daily.
- All feeding cups should be washed with clean water after each use and stored with a cover.
- Baby should receive immunizations as recommended by health care provider.
- If directed by your health care provider in areas with malaria, your baby should sleep under a treated mosquito net every night.

Breast milk is the best and only recommended food for small babies.

- Your baby should feed every 2-3 hours.
- Use the Family Monitoring Form to track number of feeds.

Monitor your baby and check for danger signs.

- Use the Family Monitoring Form to record your baby’s condition.

Immediately bring your baby to the health care facility if you see any danger signs.

- Trouble feeding
- Too hot or too cold
- Change in color or signs of infection
- Trouble breathing
- Less movement
- Convulsions/fits

Keep your baby warm at all times.

- Your baby should be kept in continuous skin-to-skin contact for at least 20 hours each day.