



Nurturing Your Journey

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A GUIDE FROM MY DOULA DAWN

The Baby Care *Guide*

Newborn to One Year, At a Glance

From feeding amounts to fever signs to what that cry actually means, this guide gathers the numbers and know-how you'll reach for again and again in the first year. Keep it somewhere handy — you'll flip back to it more than you'd expect.

WHAT'S INSIDE

- ✦ Feeding chart & wake windows by age
- ✦ Room temperature, layering & fever signs
- ✦ Cues, cries & calming techniques
- ✦ Bathing, nappy rash & cord care
- ✦ Holding, burping & first-year milestones

FEEDING & SLEEP

Feeding Chart & Wake Windows

✦ FEEDING CHART, BY AGE

0–1 months	30–60ml (1–2oz) every 2–3 hours, 8–12 feeds a day
1–3 months	90–120ml (3–4oz) every 3 hours, 6–8 feeds a day
3–6 months	120–230ml (4–8oz) every 3–4 hours, 6 feeds a day
6–9 months	210–240ml (7–8oz), 6 milk feeds a day, begin weaning
9–12 months	200–240ml (6–8oz), 3–5 milk feeds, plus half a cup of solid food 3–4 times a day & a healthy snack

✦ WAKE WINDOWS, BY AGE

1 month	30 min – 1 hr 30 min
2 months	45 min – 1 hr 45 min
3 months	1 – 2 hours
4 months	1 hr 30 min – 2 hr 30 min
5–6 months	1 hr 30 min – 3 hours
7–8 months	2 hr 15 min – 3 hr 30 min
9 months	2 hr 45 min – 3 hr 30 min
10–11 months	3 – 3 hr 45 min
12–13 months	3 hr 15 min – 4 hours

✦ **Dawn's Tip:** These are *ranges*, not rules. Watch your baby's cues over the clock, especially in those early wake windows where overtiredness sneaks up fast.

STAYING COMFORTABLE & SAFE

Temperature & Health Warning Signs

✦ BABY'S TEMPERATURE

Place the thermometer in baby's armpit, hold it against baby's body for about 15 seconds. Normal temperature is 36.4°C / 97.5°F.

Signs of a fever:

- ✦ Hot forehead, back, or stomach
- ✦ Sweaty or clammy
- ✦ Flushed cheeks

Baby is too hot (38°C+ / 100.4°F+):

- ✦ Damp hair, sweating
- ✦ Tummy feels hot or clammy
- ✦ Rapid breathing, heat rash

✦ **Dawn's Tip:** A high temperature or fever needs medical attention. Keep baby hydrated and don't hesitate to call your provider.

✦ SLEEPING TEMPERATURE & LAYERING

26°C / 78°F+	Light layer only
22–25°C / 71–77°F	One light layer plus a light swaddle
18–21°C / 64–68°F	Ideal room range. One layer plus a medium swaddle
15–17°C / 60–63°F	Extra layer plus a warmer swaddle

No hats or gloves indoors or while sleeping.

✦ HEALTH WARNING SIGNS

- ✦ **Choking:** Unable to cry, cough, make noise, or breathe.
- ✦ **Allergic reaction:** Rash, itchiness, or swelling on hands, feet, or face. Breathing may slow down. May also vomit or have diarrhea.

READING YOUR BABY

Cues, Cries & Calming Techniques

Crying is normal, it's how babies communicate. Here's how to read what's underneath it.

♦ WHAT THE CUES MEAN

Hunger:

- ♦ Licking lips
- ♦ Sucking on hands, tongue, or feet
- ♦ Rooting (turning head)

Fatigue:

- ♦ Mouth opening and closing
- ♦ Fussing, yawns, eye-rubs, ear tugs
- ♦ Moving head frantically
- ♦ Crying (a late sign)

Other cries:

- ♦ Continuous crying
- ♦ Want cuddles
- ♦ Over or under stimulated
- ♦ Too hot or cold
- ♦ Need winding
- ♦ Need changing
- ♦ Unwell

♦ 4 WAYS TO CALM YOUR BABY

1. Shushing

- ♦ White noise can help by blocking out other noises.

2. Fresh Air

- ♦ Stepping outside with baby, or running a tap, can instantly calm them.

3. Snuggle & Swaddle

- ♦ Helps baby feel warm and secure, replicating the womb.

4. Sucking

- ♦ Providing something to suck on can steady heart rate and relax them.

♦ **Dawn's Tip:** Stay calm. Infant crying is normal, and it isn't a reflection of your parenting. Some days it just takes longer to figure out what they need.

EVERYDAY CARE

Bathing Baby & Nappy Rash Care

Babies only need a bath 2 to 3 times a week. In between, you can "top and tail" your newborn daily, washing face, neck, hands, underarms, and nappy area with warm, moistened cotton pads. A bath thermometer should show 37°C / 98.6°F. Dip your elbow in first, it should feel warm, not hot.

✦ BATHING STEPS

- ☐ Lay everything you'll need next to the bath
- ☐ Fill the bath with 8–10cm (3–4 inches) of water
- ☐ Lower baby gently into the bath
- ☐ Wash baby's face & body with your hand or a washcloth, paying attention to creases and folds where dirt easily gets trapped
- ☐ Rinse baby thoroughly, ensuring you pour the water frequently to keep them warm
- ☐ Wash hair at the end so baby doesn't feel cold
- ☐ Carefully lift baby out of the tub
- ☐ Immediately wrap baby in a towel and pat dry
- ☐ Dress baby in a warm room, free from draughts

✦ NAPPY RASH TREATMENT

- ✦ Change wet or soiled nappies within 10 minutes.
- ✦ Give baby 10 minutes of nappy-free time daily.
- ✦ Apply nappy cream if required.
- ✦ Do not use soap, lotions, or powder on the affected area.

HANDLING BABY

Holding, Burping & Cord Care

✦ HOLDING YOUR NEWBORN

- ✦ Slide one hand under baby's head & neck.
- ✦ Place your other hand under baby's bottom.
- ✦ Bring baby close to your chest.

✦ BURPING & WINDING

It's important to burp baby during or after feeds. Crying, an arched back, and drawing legs into the tummy are all signs of trapped gas.

Over the shoulder:

- ✦ Hold baby upright with their head resting on your shoulder. Pat baby's back with your other hand.

Sitting on your lap:

- ✦ Sit baby on your lap, supporting the chin and chest with one hand. Gently pat their back with your other hand.

✦ **Dawn's Tip:** Cup your hand slightly for a gentler pat. To prevent milk from coming back up, keep baby upright after feeding for 15 minutes. If gas is still trapped, lay baby on their back and gently massage the tummy, or rotate their legs back and forth like riding a bike.

✦ UMBILICAL CORD CARE

- ✦ The umbilical cord stump usually turns black and falls off within 5 to 15 days after birth.
- ✦ Keep the navel area clean and dry to prevent infections.
- ✦ Avoid soaking the stump in water; use "top and tail" baths instead of shallow baths.
- ✦ For quicker healing, dress baby in loose clothing to expose the stump to air and keep it free of moisture.

THE FIRST YEAR

Milestones, Month by Month

Every baby moves at their own pace, these are general ranges, not a checklist to race through.

1-3 months	May respond to loud sounds, may lift head, may begin to smile
4-6 months	May roll over, may sit with support, may reach for objects
7-9 months	May recognize voices, may sit unsupported, may begin to crawl
10-12 months	May pull to stand, may say "mama" or "dada," may walk with adult help

♦ **Remember:** *All of this is meant to help you feel prepared, not perfect. Trust your instincts, and don't hesitate to reach out to a professional with any health concerns.*

Work with Dawn: Visit mydouladawn.com to book a free 15-minute call or get the Newborn Sleep Blueprint.