BURMESE - PARENT GUIDE TO THE FIRST WEEK OF LIFE

**First Days of Life: Tips for Parents**

- **Temperature**: Ensure the baby’s room is kept at a consistent temperature of 36.8°C to 37.3°C (98°F to 99°F) to prevent fluctuations.
- **Crib**: Use a firm and tight-fitting crib when necessary.
- **Clothing**: Dress the baby in clothes appropriate for the room temperature and ensure the baby is adequately covered and warm.

**Birth to Two Weeks: Tips for Parents**

- **Breastfeeding**: Encourage breastfeeding within the first hour after birth. Ensure the baby is latched on properly.
- **Cord Care**: Care for the baby’s umbilical cord by keeping it dry and clean.
- **Diaper Changes**: Change the baby’s diaper after each bowel movement or every 6 hours.

**Two to Four Weeks: Tips for Parents**

- **Health Check**: Schedule the baby’s first health check-up by 1 month of age.
- **Vaccinations**: Attend all recommended vaccinations on schedule.
- **Sleep**: Establish a routine sleep schedule to help the baby get adequate rest.

**Additional Information**

- **Baby Check**: Ensure the baby’s weight, length, and head circumference are monitored.
- **Safety**: Ensure the baby’s safety by keeping them away from hazards and keeping the environment secure.

*This guide is intended for educational purposes only and should not replace professional medical advice. Please consult with a healthcare provider for specific guidance.*

**Note**: This guide was compiled from various sources, including the Royal Women's Hospital in Melbourne. For the latest and most accurate information, please consult with a healthcare provider.

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