

Parents Guide For Newborn Baby Care



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Abstract

Newborn babies in Brisbane need constant care. Even though, at this point in their lives, eating, pooping and sleeping dominate their entire day, they can be quite demanding of your attention! And as a parent in Brisbane, you want to make sure they're always comfortable, well-fed and happy. The first few months will see you trying to decode their cries. Is it colic, is it something serious, or do they just want to be cuddled a little? If you read on, you'll find a solution on how to care your newborn baby in Brisbane!

1. Introduction

We are here with this new and the latest PDF that may be very helpful and informative for you in Brisbane. If you are going to become a parent or your newborn baby has arrived in your life, then you need to explore this PDF right now. This PDF deals with the easy and simple guide that you need to follow to care for your newborn baby in Brisbane. Let's get started.

2. First Hours With A Newborn? Get A Bouncer

A lot of my friends in Brisbane have had babies lately. It got me thinking about the one piece of advice they probably haven't heard yet: get a bouncer.

As in, post one at the door of your hospital room so you can bond in peace.

Without one, instead of surrendering to fatigue, sleep and quiet snuggly time with your newborn, you will be woken by all manner of visitors. Someone will show up to talk about breastfeeding and to yell at you if you are trying to do it but not doing it right.

Maybe you'll appreciate that visit. But then someone else will show up and want to report the first person, because that person had it all wrong.

Everyone will have opinions on your swaddling technique, and whether the baby should be wearing a hat--from actual nurses to the person who comes in to throw your newborn's Social Security application or cord blood information form on your bed.

Then, at some point, a photographer will insist, less than truthfully, that he is under hospital orders to take a photo of your beautiful bundle, squishy head and all, at a point in life when your beautiful bundle looks nearly identical to all the other beautiful bundles in the hallway.

But the worst intrusion of all could be of your own doing. Maybe, in a sort of pre-birth delirium, you aren't really focusing on how drained you and your baby will be, and how hard it is to keep one's breasts covered if one is learning to nurse. So maybe you're considering inviting a chosen few to make their adorations while you are still in the hospital.

That's what I did, and I regret it.

For some reason, after my son was born--only my husband and my mother-in-law were allowed at my bedside during the birth, which worked out wonderfully--I thought it made sense to invite a few other relatives who happen to live nearby to stop by the hospital.



These visits don't have to be bad; in fact, most of them went fine. But then, less than a day after my 9.6-pound son made his way out of my body, sans epidural, one of my well wishers, who is generally a reverent sort, made a particularly loud, unseemly entrance.

"Ha! You have your baby, and I have mine!" he bellowed as he strode across the threshold of my birth/recovery room, brandishing a newly purchased Palm PDA, still stuck in its plastic cocoon. He was fresh from Best Buy, and proud of it. If he was joking, it was lost on me.

After a swift glance at my son, he wondered if we could help him open his 'baby' (perhaps he was hoping to use the scissors that cut the umbilical cord?) and whether my husband, the proud father, might show him how to use it. My husband suggested that perhaps they could discuss the matter later.

From there, we moved on to a few minutes of appropriate oohing and aahing over my son, who thankfully had managed to remain asleep throughout the adoration of the Palm.

But then, instead of bowing quickly and quietly out of the room, my guest paused to talk. For over an hour his booming voice filled the room with nothing-to-do-with-my son. Worse, I could not follow the National League playoffs, which I normally wouldn't watch, but wanted to because I was too catatonic to do anything else while my son slept. Several times I pointedly asked my husband to increase the volume; my guest took no hint.

Even a decisive yank on my little privacy curtain had no effect.

It gets worse: At one point my guest announced his intentions to "powder his nose" in the bathroom, which most of us know is never the most pleasant part of the birth suite. Apparently unaware of this, my guest pooh-poohed my protests. He seemed intent on using it until I managed to scream out an explicit-enough warning that caused him to shudder and redirect his steps.

In the end I had to ask him to leave, which he politely did.

And then I wondered: Why did I set myself up for this? Why would any woman invite spectators to her after-birth? Is this part of some sort of hosting gene that just doesn't know when to switch off?

Bottom line: If I had to do it again, I'd skip the visitors, unplug the phone and let someone else deal with the paparazzi and breast-feeding coaches.

3. Bizarre Facts About Newborn Babies That Doctors Don't Tell You

Babies can't taste salt, don't shed actual tears, and are missing kneecaps! Here, more weird facts about our littlest humans.

They can't taste salt

Young babies are born with a well-developed sense of taste, but not for salt. Studies show that babies can't taste salt until they're about four months old. They can taste other flavors as well as adults can, especially sweet, bitter, and sour flavors (which might explain all the "baby tastes lemon" videos on YouTube), and maybe even better: some studies indicate that babies actually have more taste buds than adults do.

They cry ... but don't shed tears

Newborns cry an awful lot, but they can't shed tears: they don't have functional tear ducts until they're between three and twelve weeks old. (They can, however, produce "basal tears," the nonemotional tears we produce constantly to keep our eyes moist.) Don't miss other secrets your child's pediatrician won't tell you.

They have no kneecaps

Really! Well... sort of. If you X-ray a baby's legs, you likely won't see anything where the kneecaps should be, or if you do, it'll just be small, smudgy spots. Reason: all bones start off as cartilage, and they harden, or ossify, over time. Kneecaps take an especially long time to form (from three to five years) and because cartilage doesn't show up on X-rays, babies appear to have no kneecaps. That lack of hard kneecaps is a good thing, because the spongy tissue serves to absorb some of the abuse toddlers take during their crawling months and from their frequent falls.

They have more bones than adults do

Way more: about 300, compared to our paltry 206. The reason is related to why they lack real kneecaps: some of a baby's separate bones fuse together into single bones as they ossify in the months and years after birth. Example: the skull starts off as several separate bones that fuse together into one large bone by about the age of two.

They menstruate

While still in the womb, babies are exposed to high levels of the female hormone estrogen. At birth, when the baby becomes "disconnected" from mom, as it were, those estrogen levels fall rapidly and in girls can cause what is known as pseudomenstruation, similar to menstruation in young and adult women. (Sharp drops in estrogen and related hormones are in fact what triggers menstruation in adult women.) Mothers unaware of this phenomenon often freak out when they see a little blood in their babies' diapers, but it's very common and happens in about a quarter of all female babies, usually in the first seven days of life.



They lactate

The drop in hormone levels that causes pseudomenstruation can also cause galactorrhea, a phenomenon in which newborns develop tiny breast buds, and actually lactate, producing tiny amounts of milk from their nipples. It can happen in boys as well as girls. Like pseudomenstruation, it's not dangerous or uncommon, occurring in about 5 percent of all newborns, and can persist for up to two months. (In old European folklore, milk from the breasts of newborn babies was referred to as "witch's milk" and was thought to have magical powers.)

They've drunk their own pee

Babies start urinating in the womb just a few months after conception. Where does it go? They drink it! More precisely, the urine mixes with the amniotic fluid surrounding the baby in the uterus. And by the third trimester of pregnancy, a fetus swallows about a liter of amniotic fluid every day. Since a fetus does not need hydration or nutrition in the womb (that comes from mom via the umbilical cord) experts say this serves mostly as practice for swallowing and digestion. This means that every last one of us spent several months of our lives drinking our own pee. (Fetal pooping is rare.. .but it does happen sometimes. And that's all we're going to say about that.)

They can remember what they tasted in utero

As we told you earlier, newborn babies cannot taste salt, but they can taste other flavors, and they can taste those flavors while they're still in the womb, starting from about four or five months into pregnancy. Amniotic fluid is believed to be affected by the food the expectant mother eats, which, in turn, is believed to affect a baby's flavor preferences after birth. If a pregnant mom eats a lot of garlicky foods, for example, the baby will taste that in her amniotic fluid in the womb, and will have a good chance of being drawn to garlic-flavored foods after birth.

They're hairy

Sometimes babies are born with just a few tufts of hair on the top of their heads, or a fine "peach fuzz" all over their tiny domes. This isn't what we're talking about. As it develops in the womb, a baby's entire body becomes covered in a thin layer of hair called lanugo. Child development experts say that the hair helps regulate a body temperature in utero. So, if your baby is born looking like a werewolf-in-training, don't worry: it's perfectly normal. The hair will gently fall out on its own over the first few weeks of the newborn's life. If your baby wasn't born covered in lanugo, well, it already fell off toward the end of gestation, and the baby ate it.

4. How To Prepare Your Home To Welcome A New Baby

Whether your baby arrives in a few weeks or months, the need to prepare your home to welcome it is strong among to-be parents. Women can even feel the natural urge called 'Nesting' to clean and organise their homes. It is a natural instinct during pregnancy, and usually, mothers exhibit nesting behaviour when the arrival of their baby is close.

However, expectant fathers can also feel the urge to prep for the baby's arrival. If you have a baby on the way, aim to create a neat and tidy environment for the newborn, as it won't have a fully functioning immune system. Dirty surroundings can cause many health problems in babies, such as respiratory infections, diarrheal diseases, meningitis etc.

Therefore, deep clean the house yourself or with professional help.

Renters must hire experienced end of lease cleaners in Brisbane for bond cleaning and getting a complete bond refund. However, if you are not ending/starting a tenancy and need to generally prepare your home to welcome a new baby, follow the tips below.

Empty & Clean An Area For Baby

If you have room to set up the nursery for the new baby, make sure to empty and clean it at least three months before the due date. Do the same when the baby shares a room with a sibling. You must have a separate baby area where it can feed, sleep and play without risks of injury or diseases.

Sort room contents and get rid of unwanted, broken or old things to make room for baby furniture, essentials and accessories. Dispose of trash, donate things you don't want and keep the remaining item in other rooms or a storage unit. After the area for the baby's nursery is empty, do the following.

- Dust the lights, fans and other fixtures
- Wipe surfaces, shelves, cabinets, cupboards etc.
- Clean windows and doors, including tracks and frames.
- Vacuum carpets or sweep/mop hard floors.

Visualise & Set Up The Nursery

Babies must have a room to nurse, play and interact with loved ones. Additionally, they need a safe sleeping environment, as newborns are at a higher risk of Sudden Death Syndrome (SIDS) when they sleep in the same bed with adults or children.



Therefore, you must set up the nursery immediately after emptying and cleaning the area where the baby will stay. Start by visualising the nursery you want with themes, colour schemes etc. Once you have the design and décor sorted, create a list outlining things you will need to set up the room. Here are some essentials to get.

- Crib, cradle or bassinet
- Wardrobe, clothing containers and shelving units
- Glider rocking chair (for parents or caregivers)
- Different types of lights
- Diaper bin and changing table
- Laundry basket with lip

Deep Clean The House

While your baby will spend the majority of its initial time in the nursery, you must deep clean the entire house to make it safe for the baby. Sanitise and disinfect household areas to improve indoor air quality and keep illness-causing germs at bay.

Make a house cleaning checklist to streamline your work and complete tasks within a stipulated time. To deep clean your house, you must:

- Remove cobwebs, dust, dirt and grime from ceilings, walls and other neglected areas.
- Wash windows and clean blinds.
- Dust every light, fan, electronic and fixture top to bottom.
- Wash bedding, laundry, hand towels, bath towels, etc.
- Wash baby clothes, socks, mittens, innerwear etc.

- Clean and disinfect the kitchen sink, countertops, cabinets, garbage disposal, oven, dishwasher etc.
- Sanitise and disinfect the toilet, washbasin, bathtub, shower area and bathroom floors.
- Wipe mirrors and glass surfaces.
- Clean walls and wipe baseboards
- Vacuum carpets. Hire professionals if the carpets are heavily soiled.
- Deep clean upholstery, curtains, cushion covers, table covers, etc.
- Spot-clean, then sweep and mop floors
- Vacuum and clean outdoor areas to avoid dust, allergens and other contaminants when you arrive with the baby.

Get Rid Of Mould & Pests

Mould and pests indoors are serious issues as they compromise household hygiene and are dangerous for newborns. Also, no one should live in a house with mould or pest infestation, which is why inspect your house for mould if it smells musty or if there are black, green or brown spots on surfaces/fixtures.

Additionally, check for droppings, insect wings, wood dust, scurrying noises, and other signs of pests.

Hire professional cleaners who offer reliable bond cleaning Brisbane to remedy these issues when ending a lease agreement. Alternatively, avail mould remediation or pest control service to solve these issues before your baby arrives.

Welcoming a new baby is the best feeling for parents. However, your home must have the essentials and a ready nursery to make the experience exciting and not stressful.

Therefore, use the guide above to prepare your home to welcome a new baby. Also, remember to seek professional assistance from experienced bond cleaners in Brisbane when vacating a rental property or avail a professional house cleaning service when you cannot deep clean your home.

5. Caring for your baby

The amount of advice you receive as a new parent can be overwhelming in Brisbane.

Every parent's journey through the first years of their child's life is different, and it is important to remember that what works for other parents may not work for you and your baby.

Confidence in caring for your baby takes time, patience and practice. The information and resources here offer support for your journey, whether this is your first or fourth baby.

Development

Your baby is like a sponge, soaking up all of the sounds, imagery, tastes and touch sensations in their new world. These experiences help your baby develop and grow.

You can help them understand their new world by creating routine. It is best to take cues from your baby about when they need to feed, play and sleep. Trying to do each of these activities at similar times throughout the day, and in a predictable order, can help your baby feel settled and secure.

- Personal health record (red book)
- Your guide to the first 12 months
- Parents evaluation of development status

- Ages and Stages – Development activities for infants
- First 5 Forever
- Music and my baby at home



Sleep

Safe sleeping

It's important for babies to sleep in a safe position to reduce the risk of Sudden Unexpected Death in Infants (SUDI) including Sudden Infant Death Syndrome (SIDS).

Sids and Kids – Tummy Time (PDF)

- Sids and Kids – Baby's head shape information sheet (PDF)
- Safe sleeping for babies (PDF)
- Rednose.com.au

Settling your baby

Once you know how to put your baby down to sleep safely, it is important to introduce consistent sleep and settling patterns.

The Ellen Barron Family Centre has developed a video series on 'responsive settling' strategies to help your baby sleep while introducing a bedtime routine.

Nutrition

Good nutrition is essential to give your baby the best possible start in life.

During the first 6 months, breast milk provides all the nutrition your baby needs and helps protect them against infection. Breast feeding does not always come easily, and it is completely normal for some mothers to have support from their hospital care team.

For more information, view our fact sheets on breast feeding and bottle feeding.

Baby's first foods

Our Baby's first foods resources offer parents and carers advice on infant nutrition, the importance of exclusive breastfeeding to around 6 months old, and when to introduce complementary foods.

6. Newborn Baby Care – Important Tips for Parents

The first few months with your newborn can be chaotic and overwhelming for first-time parents in Brisbane. You will get all kinds of contradicting advice from everyone about newborn baby care. Deciding what advice to follow in regards to newborn care can be confusing. Caring for a newborn is exhausting and challenging, but it is also one of the most wonderful and rewarding experiences of your life.

Tips to Take Care of Newborn Baby

Taking care of a newborn is obviously a challenge when it is your first time. So, here are ten ways that will assist you in taking care of a newborn baby in Brisbane:

1. Feeding

It is very important to feed the baby on time. A newborn has to be fed every 2 to 3 hours, which means you need to nurse her 8-12 times in 24 hours. An infant should be fed only breast milk for the first 6 months. Breast milk contains vital nutrients and antibodies that are required for a baby's survival and growth. Nurse the baby for 10 minutes at least. Hold the breast near your baby's lips until she latches on firmly and starts sucking. If the baby has latched on correctly, the mother will not experience any pain in her nipples. The breast should feel less full once the baby is done the feeding. This is an indication that the baby is getting enough milk. In case breast milk is not an option, feed the baby with a doctor-recommended formula. The baby should get 60 to 90 ml of formula per feeding.

2. Burping

Once the baby is fed, she needs to be burped. Babies swallow air while feeding, which causes gas and colic in their tummies. Burping expels this excess air, thus aiding in digestion and preventing spit-ups and stomach colic. Gently hold the baby against your chest with one hand. Her chin should rest on your shoulder. Pat or stroke her back very gently with your other hand until she burps.

3. How to Hold Your Newborn

It is very important to ensure that you are supporting your baby's head and neck with one hand while holding her. This is because her neck muscles are not yet strong enough to hold up the head independently. The backbone is also still growing and becoming stronger. The neck will be able to support the head on its own only after 3 months of age. So pay attention to supporting your baby's head and neck while taking care of a newborn baby.



4. Umbilical Cord Stump Care

An important aspect of newborn baby care in the 1st month is caring for the umbilical cord stump. Give bath 2-6 hours after birth with lukewarm water in a healthy newborn. Keep the navel area clean and dry. Keep the baby's diaper folded down so that the stump can dry. Disinfect your hands before handling the navel area. To clean, use a damp cloth and dry with a clean, absorbent cloth. Look out for signs of infection in the cord-stump area. If there is redness, swelling, smelly discharge or pus, and bleeding in the navel area, take the baby to a paediatrician.

5. Diapering

Changing diapers frequently is an important aspect when taking care of a newborn baby after delivery. If your baby is getting sufficient breast milk or formula, she will wet at least 6 to 8 diapers in a day, along with regular bowel movements. Change her diaper frequently, as soon as it feels full. You may even have to change it at least 10 times a day. To change a dirty diaper, you will need a changing sheet, gentle diaper wipes, diaper rash cream or baby powder and fresh diapers. In order to prevent UTI, wipe your baby girl from front to back rather than back to front. And let your baby remain without a diaper for a few hours each day.

6. Bathing

Bathing a newborn is a delicate task. The bath is usually given 2-6 hours after birth in a healthy term baby weighing more than 2500 g. However, bathing can be delayed in certain situations such as winter. In a low birth weight infant, bathing should be delayed until the cord has fallen off. You should start bathing the baby 2 to 3 times a week after the cord stump dries and falls off. Make sure you have all the bathing and changing supplies ready before you take the baby for a bath. Bath time just before bedtime helps babies sleep more soundly. You will need an infant bathtub, lukewarm water, mild baby soap or body wash, a washcloth, soft towel, baby lotion or cream, new diaper, and fresh baby clothes. Get your partner or a family member to help, so that one person can hold the baby's neck and head above the water while the other bathes the baby. Use soap sparingly. Clean the baby's genitals, scalp, hair, neck, face, and any dried mucous that has collected around the nose with the washcloth. Rinse

your baby's body with lukewarm water. Once this is done, dry the baby's body with a soft towel, apply lotion and put on a fresh diaper and baby clothes.

7. Massaging

Massaging is a great way to bond with your baby. It also helps in soothing the baby to sleep and in improving blood circulation and digestion. Spread a small quantity of baby oil or lotion on your hands. Next, gently and rhythmically stroke her body. Maintain eye contact with the baby and talk to her when massaging her body. A good time to massage the baby is before her bath.

8. Handling Your Newborn

There are a few things to keep in mind when playing with your baby. Never shake your baby as her internal organs are delicate and can be damaged by vigorous shaking. Do not throw the baby up into the air, as this can be dangerous. Always disinfect or wash your hands before handling the baby, as their immune systems are not fully developed, and they are vulnerable to infections. Ensure that your baby is fastened securely in a stroller, car seat, or baby carrier if you are taking her out. Make your baby lie on her tummy every day for a short while. This will make her neck and back muscles stronger. It will also improve her vision, as she will need to look up and sideways to see.

9. Sleeping

Newborns need to sleep for about 16 hours a day in the first 2 months. They usually take naps that are 2 to 4 hours long and wake up if they are hungry or wet. As the baby needs to be fed every 3 hours, you may need to wake her and feed her. Do not worry in case she does not follow the ideal newborn sleep pattern. Every baby is different and has a different sleep cycle. You should also remember to alternate your baby's head position while she is sleeping. This prevents the formation of flat spots on the head. Make sure you put the baby to sleep on her back to avoid suffocation. A mother should try to take naps along with the baby. She can also use the time to have a bath or eat a meal peacefully while her baby is asleep.

10. Trimming Nails

Newborn nails grow very fast. The baby may scratch her own face or body with her hand movements. Hence, it is important to keep the baby's nails trimmed. As the nails of a baby are soft, so use baby nail clippers. Try and trim the nails gently when the baby is asleep. Do not trim it too deeply as the nails are very tender and it could be painful for the baby. Do not trim the edges of the nails as this will cause ingrown nails.

New parents should seek help from family or friends so that they can rest and take care of themselves too. First-time parents of a newborn can be quite perplexed about several aspects of newborn baby care. This article will help new moms care for their newborns with confidence.

6. Green Baby Care and Cleaning Tips

Babies sure take up a lot of time. There's the feeding, the clothing, the rocking, the consoling. They're also incredibly messy. Still, you probably wouldn't dream of bringing harsh cleaners into your baby's nursery, or cleaning the assorted toys, pacifiers, and hygiene products with them. Our green cleaning kit is great for keeping most of baby's things clean, sanitary, and smelling fresh.

Baking soda is the star of the show when it comes to the general cleaning of your children's belongings. Safely clean the crib and baby mattress by wiping them down with a damp sponge sprinkled with

baking soda. Changing tables and playpens are more great places to use baking soda. Be sure to rinse thoroughly!



For green cleanups on the go, mix up a baking soda and water solution in a small, closeable spray bottle. Take this bottle with you on outings and you'll be ready for nearly anything.

Baking soda on a damp sponge is also a great way to clean any metal, plastic, or vinyl surface on strollers, car seats, and high chairs. Just be sure to wipe and rinse thoroughly.

First up, see how to care for baby toys in a green way.

Toy Care

Baby toys can get grungy and smelly in no time flat. Clean noncloth toys in the same way you would the crib and mattress, with a damp sponge or cloth sprinkled with baking soda, making sure to rinse and dry thoroughly. For cloth toys, just sprinkle them thoroughly with baking soda and let sit for 15 minutes. Then brush or vacuum off the baking soda with a handheld vacuum.

Toy Cleaning Time-Saver

It can be a real pain to hand clean each of your child's toys. Cut down the time spent cleaning by herding a bunch of small stuffed animals into a large plastic garbage bag and sprinkling in a generous amount of baking soda. Close the bag up so nothing flies out and give it a good shake, getting all the animals covered in baking soda.

Odor Patrol

You can eliminate lingering odors in cloth strollers or car seats by sprinkling them with baking soda. Wait 15 minutes and then vacuum thoroughly.

It probably goes without saying that you can keep a diaper pail smelling fresh if you cover the bottom with baking soda. Sprinkle a little baking soda on top each time you add a new diaper to the pail.

Rugs

You can clean and deodorize any of baby's accidents on your rug or carpet by first soaking up as much of it as possible using a sponge or rag. Afterward, sprinkle the area with baking soda and let it dry. Vacuum after drying.

Combs and Brushes

Give baby's personal hygiene tools -- including baby combs and brushes -- a good cleaning by filling your bathroom sink with water and adding 1 teaspoon baking soda. Swish the combs and brushes around in the water, rinse well, and dry.

Baby Bottles

Clean and deodorize baby bottles by filling them with warm water and adding 1 teaspoon baking soda. Close and shake vigorously, then rinse and clean as usual.

Bottle nipples and bottle brushes can be freshened up overnight by soaking them in a mixture of 4 tablespoons baking soda per 1 quart hot water. Drain, rinse, and clean as normal in the morning.

Baby Laundry

Having a baby around the house generally means having mountains more laundry to do -- including your own, which has been spit up on quite often. To keep spit-up stains at bay, dab them as soon as possible with a damp washcloth that has been dipped in baking soda. The odor will be controlled, and the stain won't set before you have a chance to wash your clothes.

Even though many parents have not adopted eco-friendly techniques for themselves, when it comes to baby's laundry, they use only all-natural and nontoxic products. In addition to that, you can reach for the baking soda to give your laundry soap or detergent of choice an added boost. Just add 1/2 cup baking soda to your soap or detergent for cleaner clothes that are good for the earth and for your baby.

For new parents who are being showered with baby clothes: First, enjoy it while it lasts! Next, remove any chemical residues that the clothes may carry by washing everything with mild soap and 1/2 cup baking soda. Rinse thoroughly.

8. Conclusion

Newborn babies require proper care. If you want to become a responsible parent, then you should know how to take care of your newborn baby. So, follow this guide and start your new journey with your newborn baby in Brisbane.

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