



To give your baby a healthy start;

It is important that the mother starts having skin-to-skin contact with her baby shortly after birth.

Make sure that your newborn has a hearing test before leaving the hospital.

Contact the respective Family Health Center for another heel prick even the test has already been done at the hospital.



Navel Care

The navel and the area around it must be kept clean and dry to protect the baby from tetanus and other germs.

Do not apply anything on it unless your doctor tells you otherwise.

Do not tamper with or touch the umbilical cord.

Avoid covering the umbilical cord by keeping the diaper below the belly button.



Bathing your Baby

Wipe your baby clean with a cloth until the cord falls off.

It is recommended to bathe the baby every day or every other day after the cord falls off.

Bath water temperature should be 37-38 degrees.

Feed your baby only breast milk for the first six months and continue breastfeeding until the age of two and beyond.

If you observe at least one of the following symptoms in your baby,
CONTACT THE NEAREST HEALTHCARE FACILITY.

Blue lips

Not latching

Jaundice

Excessive and frequent vomiting

Three or more watery stools per day

Rapid breathing or periodic
breathing

Skin pulling in between the ribs or
under the ribcage with each breath

Redness, itching, discharge, bleeding,
and swelling in the navel

Spasms in the arms and legs

High fever or cooling of the skin



**Healthy
babies
should also
be checked
regularly**

**You can have your
baby checked FREE
OF CHARGE in all
Ministry of Health-
affiliated healthcare
facilities.**

This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre**
for more information and support



www.sihhatproject.org



[sihhatproject](https://www.youtube.com/sihhatproject)



This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

**GIVE YOUR
BABY A
HEALTHY START**

