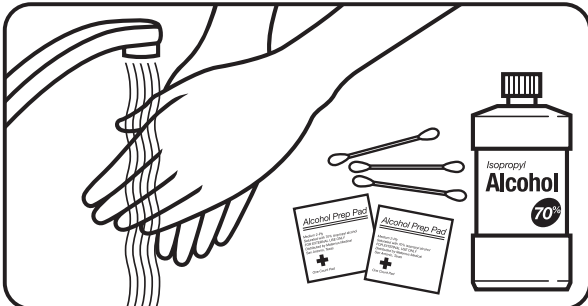


ABC's of Cord Care

Clean my cord 4 times a day - during diaper changes is a good time! Keep cleaning the area even after the cord has fallen off until there are no more secretions and it looks like a normal belly button.

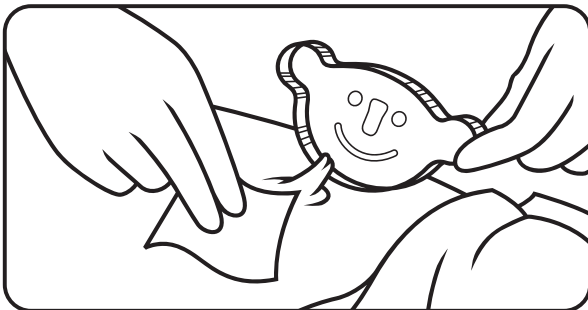
A. Before You Begin...

Remember to wash your hands! You will need alcohol pads or rubbing alcohol and cotton swabs.



B. Cleaning...

Don't worry - it doesn't hurt! It's okay to gently grasp and move my cord. I might cry and squirm like I do during a diaper change. Using an alcohol soaked pad or swab, gently wipe away all secretions and dry blood. Wipe around the entire base of the cord and finish by cleaning the cord itself.

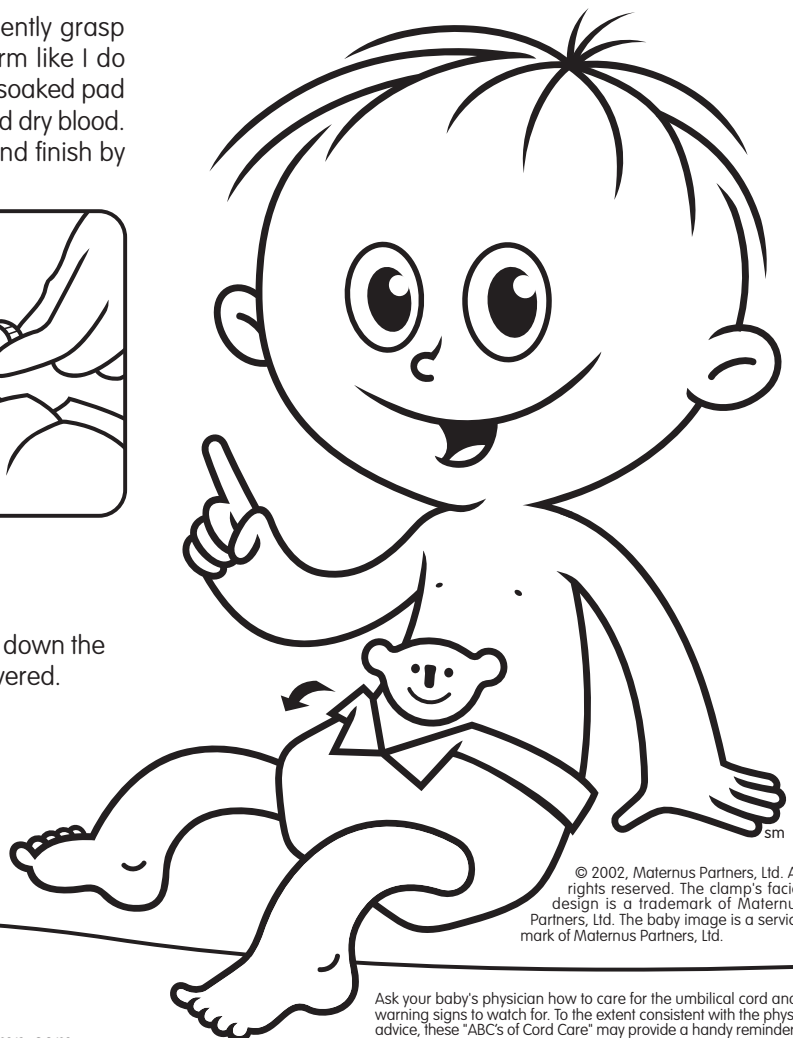


C. Finishing Up...

My cord likes to breathe and stay dry! Turn down the edge of the diaper so that the cord isn't covered.

Call the doctor if you notice:

- significant bleeding,
- pus or foul smelling drainage,
- redness of the skin,
- fever or other signs of infection,
- any other unusual circumstances.



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Ask your baby's physician how to care for the umbilical cord and what warning signs to watch for. To the extent consistent with the physician's advice, these "ABC's of Cord Care" may provide a handy reminder of the typical ways to care for your baby's umbilical cord.