

# Points To Remember When Holding Your Baby



The baby's head should be free to turn and breathe.

Keep skin-to-skin contact to bond and keep the baby warm.



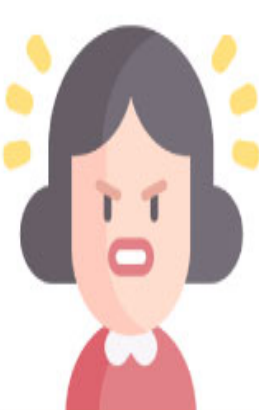
Use a sitting position if you are nervous or lack strength.

Do not hold the baby while cooking or carrying hot items.



Use an infant support pillow when holding the baby for longer periods.

Do not show negative emotions when holding a baby.



Use both hands to hold the baby when climbing stairs for safety.