



Basic Care

Name _____

Hour _____

Video Worksheet

Directions: Answer the following questions as you watch “Taking Care of Baby: Basic Care.”

1. Describe how to lift a baby.
2. Describe how to hold a baby.
3. Describe the important tips for diapering a baby.
4. What are two tips to keep in mind when bathing a baby?
5. When can you give a baby a tub bath?
6. Explain how to test the temperature of the bath water.

7. What are the benefits of “well-baby” medical appointments?

8. Give three reasons you might call a doctor for your baby.

9. Describe how you would take a baby’s temperature.

10. What is used to give medicine to an infant?

11. Why is breastfeeding recommended for feeding a baby?

12. Give three tips for bottle-feeding a baby.



Basic Care

Teacher's Answer Key

Directions: Answer the following questions as you watch “Taking Care of Baby: Basic Care.”

1. Describe how to lift a baby.

Supporting the head and neck with one hand and holding the babies bottom with the other hand or grasping under babies armpit and wrapping your hands on the back of the babies neck for support.

2. Describe how to hold a baby.

Hold in the bend of your arm or a “football-style” hold, supporting the neck and head.

3. Describe the important tips for diapering a baby.

Locate a safe place to diaper the baby.

Clean the baby carefully.

Wash your hands well after changing the baby.

4. What are two tips to keep in mind when bathing a baby?

Gather all equipment before you begin bathing the baby.

NEVER leave the baby unattended.

5. When can you give a baby a tub bath?

You can give a baby a tub bath after the umbilical cord has fallen off.

6. Explain how to test the temperature of the bath water.

The best way to test the temperature of the bath water is with your elbow. If it feels hot, it is too hot for the baby.

7. What are the benefits of “well-baby” medical appointments?

Your doctor will check your baby’s height and weight.

To keep your baby immunized against diseases.

To become more aware and educated about your baby’s care.

8. Give three reasons you might call a doctor for your baby.

If your baby is vomiting, has a rash or has a temperature.

9. Describe how you would take a baby’s temperature.

With an auxiliary thermometer (an under the arm thermometer).

10. What is used to give medicine to an infant?

A dropper or a syringe.

11. Why is breastfeeding recommended for feeding a baby?

Breastfeeding provides the perfect mix of nutrients, boosts the baby’s immune system, is inexpensive and is always available.

12. Give three tips for bottle-feeding a baby.

Be sure the baby forms a good seal around the bottle with his or her mouth.

Do not mix up more than 1-day’s worth of formula at a time.

Wash bottles and nipples well, using a bottle-brush after each use.

Burp the baby after each 1-2 ounces.

Never feed a baby cow’s milk.



Name _____

Hour _____

Video Worksheet

Nurturing Care

Directions: Answer the following questions as you watch “Taking Care of Baby: Nurturing Care.”

Calming

1. Describe five techniques you can use to calm a baby.

2. What are the symptoms of colic?

Playtime

3. Give several suggestions for effective play with a baby.

4. Why is it important to talk to babies?

Safety

5. Identify five general safety concerns when caring for a baby.

6. Where is the safest place to put the baby's car seat?





Teacher's Answer Key

Nurturing Care

Directions: Answer the following questions as you watch “Taking Care of Baby: Nurturing Care.”

Calming

1. Describe five techniques you can use to calm a baby.

Have a calm, confident approach.

Provide movement and walk with the baby.

Provide a distraction and talk to the baby.

Hold the baby, cuddle, and swaddle.

Play soft, soothing music.

2. What are the symptoms of colic?

A period of uncontrolled crying and the baby pulls his or her legs up to the chest.

It is usually outgrown by 3 months.

Playtime

3. Give several suggestions for effective play with a baby.

Hold something bright in front of him/her.

Show contrasts like black and white.

Use different textures, shapes and colors.

Talk, sing, and make noises.

4. Why is it important to talk to babies?

Babies learn to talk and communicate based on what their caregivers say to them and how much they are talked to.

Safety

5. Identify five general safety concerns when caring for a baby.

Never leave a baby unattended on a surface without protective side rails.

Keep dangerous items in a high closed cupboard.

Cover electrical outlets.

Keep purse out of babies reach.

Keep dangling cords out of babies reach.

Never use a plastic bag as a mattress cover.

Keep all small objects out of your babies reach.

Keep the baby out of direct sunlight.

6. Where is the safest place to put the baby's car seat?

In the center of the back seat.

