




# Baby's First Winter

## CHECKLIST

### Wellness

- Wash hands
- Wash sheets weekly
- Clean toys 
- Avoid large crowds
- Keep sick guests away


### Skincare

- Moisturize often
- Limit baths 
- Use natural detergents
- Hydrate 

### Outdoor Dress

- Dress in layers
- Wear knit hat 
- Wear a coat
- Wear mittens 
- Limit time in cold

### Bedtime

- Use sleepsack
- Try fleece pjs 
- Use cap for newborns
- Monitor heat