

### The Nest:

1. A carrier or box is well suited for a nest!
2. Be sure the sides are high enough so the babies don't escape.
3. Gather plenty of clean towels and blankets.
4. It is helpful to use a potty pad at the bottom of the nest, covered by a towel
5. Place a blanket on top of the towel and another loosely on top so the babies can burrow and cuddle.
6. It is crucial they are warm. Please keep them inside and out of any breezes.

### How to Help Baby Go Potty (This is important. They don't know how to do it on their own yet)

1. Place baby on steady surface with towel or blanket underneath them
2. Baby should be on all fours- gently wipe genital area with a wipe/toilet paper/tissue
3. Continue until baby pees, and until baby stops peeing or aim for 10-15 seconds
4. If anus is protruding or opening baby may also need to poop - continue rubbing area until baby poops (baby may not poop every time)
5. Once it appears baby is done dry baby if necessary
6. Now baby is ready to eat!

### How To Bottle Feed:

1. Place baby on your lap.
2. Keep baby on all fours, stomach down!
3. Express some formula so nipple is wet (first couple feedings until baby suckles well).
4. Gently push nipple into baby's mouth.
5. Baby will latch on and begin suckling.
6. Their ears will wiggle while they eat, especially really young ones!
7. When baby releases burp them - two fingers gently tapping on their back.
8. Once done offer bottle again, if refused baby is full and content!
9. If baby latches again let them eat, burp them again- baby is hopefully full and content now!
10. Bonding is important for animals too. If time permits hold baby by your heart, just cuddle baby until it falls asleep.
11. While cuddling baby, check nest blankets if they have been soiled change blankets prior to placing baby.
12. Place baby in their cozy nest until next feeding.

### Baby Intake- First Steps:

- Immediately make sure baby is warm.
- Help baby eliminate.
- Prepare a bottle & feed!
- After feeding burp baby!
- Check for fleas - mix a few drops of dawn original blue dish soap in warm water. Water should be soapy in a bowl big enough for your flea comb, comb baby - dip comb in soapy water, repeat until entire body has been combed. Wipe down baby with warm moist towel or wipes. Dry baby with towel. (Depending on how bad flea infestation is you may want to do this daily for a few days, fleas can be deadly to bottle baby!)
- Place baby in the nest.
- Based on age, set your alarm for next feeding.
  - 0-1 week old = every 1-2 hours
  - 1-2 weeks old = every 2-3 hours
  - 2-3 weeks old = every 3-4 hours
  - 3-4 weeks old = every 4-5 hours (weaning can start here)
  - Hours are flexible. Some babies can go longer if they eat plenty at each feeding. Pay attention to the time baby starts crying to either shorten or extend times between feedings. Each baby is a little different!

### Quick Tips:

- Some feeders find it helpful to keep a log! You can keep one as detailed or simple as you like. Sometimes it helps to check back on things, especially when tired! (Feeding time, poop/no poop, urine color, weight)
- Switching a baby to formula sometimes causes constipation. Babies may take two/three days before they poop. After the first poop try to get them to poop at least once a day. Poop will be a yellow/orange color, that's normal!
- After a few feedings pee should be light yellow, if it is brighter or orange baby is dehydrated. Mix formula with plain pedialyte until pee is a good color. Switch back to filtered water. Keep an eye on color, proper feeding should keep it a good color.
- Warm formula in bowl of very hot or boiling water. Check formula temperature on your inner wrist. Should be slightly warm on your skin.

### When to ask for help!

- Baby stops suckling.
- Baby is listless/lethargic.
- Stool color changes (bloody, white, green).
- Stool consistency changes (too hard, diarrhea).
- Urine changes color and you cannot fix it (bloody, orange, brown).
- If you have a concern, something seems off...it is better to ask someone just in case!