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## Program Guide

Effective September 25, 2017 - December 24, 2017

Television programming on baby care and postpartum topics available in your room, 24 hours a day.

### The First Few Days

6:00AM • 2:00PM • 10:00PM

 Recommended  
(check box)

 Watched  
(initial)

- |                          |       |  |
|--------------------------|-------|--|
| <input type="checkbox"/> | _____ | Comforting Your Crying Newborn (3:20 min.)                     |
| <input type="checkbox"/> | _____ | Newborn Screening: Saves Babies One Foot at a Time (4:00 min.) |
| <input type="checkbox"/> | _____ | Baby's First Test: Heart Disease Screening (6:00 min.)         |
| <input type="checkbox"/> | _____ | The Benefits of Skin to Skin Contact (4:00 min.)               |

### Well Baby Tips

6:30AM • 2:30PM • 10:30PM

- |                          |       |                                      |
|--------------------------|-------|--------------------------------------|
| <input type="checkbox"/> | _____ | Well Baby Visits (8:15 min.)         |
| <input type="checkbox"/> | _____ | Newborn Immunizations (5:00 min.)    |
| <input type="checkbox"/> | _____ | Cleaning and Healthy Air (4:50 min.) |
| <input type="checkbox"/> | _____ | Babyproofing (5:10 min)              |
| <input type="checkbox"/> | _____ | Keeping Baby Clean (4:20 min.)       |

### Healthy Mother

7:00AM • 3:00PM • 11:00PM

- |                          |       |  |
|--------------------------|-------|--|
| <input type="checkbox"/> | _____ | Postpartum Depression: You're Not Alone (12:00 min.) |
| <input type="checkbox"/> | _____ | Back in Shape (7:15 min.)                            |
| <input type="checkbox"/> | _____ | Yoga for Moms and Their Babies (2:00 min.)           |

### Your Baby's Body

7:30AM • 3:30PM • 11:30PM

- |                          |       |  |
|--------------------------|-------|--|
| <input type="checkbox"/> | _____ | Massaging Baby's Stress Away (2:00 min.) |
| <input type="checkbox"/> | _____ | Diapering 101 (4:30 min.)                |
| <input type="checkbox"/> | _____ | Baby Skin Care Tips (5:15 min.)          |
| <input type="checkbox"/> | _____ | Swaddling Your Baby (2:05 min.)          |
| <input type="checkbox"/> | _____ | Rooming In With Your Baby (2:36 min.)    |
| <input type="checkbox"/> | _____ | Sweet Dreams (6:00 min.)                 |

**Take our survey for  
a chance to win cash.\***  
**Text DIAPERS to 411-247**  
\*Qualified participants only.

### Going Home With Baby: Your Discharge

8:00AM • 4:00PM • 12:00AM

- |                          |       |                                 |
|--------------------------|-------|---------------------------------|
| <input type="checkbox"/> | _____ | Going Home Basics (9:30 min.)   |
| <input type="checkbox"/> | _____ | Taking Care of Mom (12:00 min.) |

### Going Home With Baby: Your Discharge

8:30AM • 4:30PM • 12:30AM

- |                          |       |                                   |
|--------------------------|-------|-----------------------------------|
| <input type="checkbox"/> | _____ | Caring For Your Baby (13:30 min.) |
| <input type="checkbox"/> | _____ | Keeping Baby Safe (10:00 min.)    |

### Taking Baby Home

9:00AM • 5:00PM • 1:00AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Newborn Care: Installing Your Car Seat (4:05 min.)      |
| <input type="checkbox"/> | _____ | Newborn Care: Car Seat Safety (4:10 min.)               |
| <input type="checkbox"/> | _____ | When a New Baby Comes Home (4:30 min.)                  |
| <input type="checkbox"/> | _____ | Infant and Child Safety in the Home (5:30 min.)         |
| <input type="checkbox"/> | _____ | Car Seats Aren't Cribs: Safe Sleep for Baby (2:14 min.) |

### Your New Family

9:30AM • 5:30PM • 1:30AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Partner's Role with Baby: Partner & Caregiver (5:10 min.) |
| <input type="checkbox"/> | _____ | Partner's Role with Baby: Bonding with Baby (4:40 min.)   |
| <input type="checkbox"/> | _____ | Working Together as a Family (5:00 min.)                  |
| <input type="checkbox"/> | _____ | The World of Parenting (4:30 min.)                        |

# Program Guide Effective September 25, 2017 - December 24, 2017

## Breastfeeding Made Easy

10:00AM • 6:00PM • 2:00AM

Recommended  
(check box)

Watched  
(initial)

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Breastfeeding Overview (6:00 min.)                        |
| <input type="checkbox"/> | _____ | Latching On and Removing Baby from the Breast (4:10 min.) |
| <input type="checkbox"/> | _____ | Overcoming the Challenges of Breastfeeding (5:00 min.)    |
| <input type="checkbox"/> | _____ | Breastfeeding and Back to Work (1:40 min.)                |
| <input type="checkbox"/> | _____ | Hand Expression in Breastfeeding (5:10 min.)              |

## Baby Safety

10:30AM • 6:30PM • 2:30AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Preventing Shaken Baby Syndrome (5:00 min.) |
| <input type="checkbox"/> | _____ | SIDS and Safe Sleep (10:00 min.)            |
| <input type="checkbox"/> | _____ | Infant CPR (4:30 min.)                      |
| <input type="checkbox"/> | _____ | Choking Prevention Skills (5:00 min.)       |

## Newborn Care

11:00AM • 7:00PM • 3:00AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Diapering and Dressing Your Newborn (4:40 min.) |
| <input type="checkbox"/> | _____ | Bathing Your Newborn Baby (2:40 min.)           |
| <input type="checkbox"/> | _____ | Safety Tips (5:30 min.)                         |
| <input type="checkbox"/> | _____ | Sleeping (4:40 mins.)                           |
| <input type="checkbox"/> | _____ | Common Health Concerns (5:20 mins.)             |

## Caring For Your New Baby

11:30AM • 7:30PM • 3:30AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Infant Milestones & Care: Birth to 3 Months (5:10 min.) |
| <input type="checkbox"/> | _____ | Your Newborn's Appearance (3:50 mins)                   |
| <input type="checkbox"/> | _____ | Juggling Your Work and Family (4:30 min.)               |
| <input type="checkbox"/> | _____ | Mommy Don't Smoke (3:00 min.)                           |
| <input type="checkbox"/> | _____ | Childcare and Your Baby (3:45 min.)                     |

## Breastfeeding: Steps for Success

12:00PM • 8:00PM • 4:00AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Breastfeeding Your Newborn (4:50 min.)                      |
| <input type="checkbox"/> | _____ | Breast Milk Production and Benefits (4:15 min.)             |
| <input type="checkbox"/> | _____ | Helpful Strategies for Successful Breastfeeding (4:50 min.) |
| <input type="checkbox"/> | _____ | Common Breastfeeding Positions (5:50 min.)                  |

## Baby Basics

12:30PM • 8:30PM • 4:30AM

- |                          |       |                                       |
|--------------------------|-------|---------------------------------------|
| <input type="checkbox"/> | _____ | Jaundice and Your Newborn (4:15 min.) |
| <input type="checkbox"/> | _____ | What Baby Hears (4:15 min.)           |
| <input type="checkbox"/> | _____ | Your Baby's Oral Health (4:15 min.)   |
| <input type="checkbox"/> | _____ | Safe Sleep for Babies (4:30 min.)     |
| <input type="checkbox"/> | _____ | Soothe Your Baby (2:40 min.)          |
| <input type="checkbox"/> | _____ | When to Call the Doctor (2:15 min.)   |

## What Parents Need To Know

1:00PM • 9:00PM • 5:00AM

- |                          |       |  |
|--------------------------|-------|--|
| <input type="checkbox"/> | _____ | Understanding Why Babies Cry (4:45 min.)           |
| <input type="checkbox"/> | _____ | Circumcision: What You Need to Know (3:15 min.)    |
| <input type="checkbox"/> | _____ | Power of a Parent's Touch (2:30 min.)              |
| <input type="checkbox"/> | _____ | Handling Stress with Breastfeeding (2:00 min.)     |
| <input type="checkbox"/> | _____ | How to Take Your Newborn's Temperature (3:00 min.) |

## Postpartum And Recovery

1:30PM • 9:30PM • 5:30AM

- |                          |       |   |
|--------------------------|-------|---|
| <input type="checkbox"/> | _____ | Changes in Your Body After Delivery (4:40 min.) |
| <input type="checkbox"/> | _____ | Your Physical Recovery (5:50 min.)              |
| <input type="checkbox"/> | _____ | Postpartum Nutrition (5:30 min.)                |
| <input type="checkbox"/> | _____ | Emotions (4:30 min.)                            |
| <input type="checkbox"/> | _____ | Your Follow-up Appointment (4:30 min.)          |