

View programs at www.TheNewbornChannelNow.com, use password

Program Guide

Effective December 25, 2017 - March 25, 2018

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.) |

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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.) |

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

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|--------------------------|-------|--|
| <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.) |