

FIRST DAY OF BIRTH

Vernix is a creamy, waxy white substance that covers a baby's body at birth. Parents may be taken aback by just how much vernix is on their baby and may be in a rush to have it -removed.

- ✓ **Vernix protects your baby's skin** and has some germ-fighting capabilities.
- ✓ **Vernix acts as a natural moisturizer** for baby skin, and also has **antibacterial** qualities.

Birthmarks are common for newborns—many will be born with one kind of birthmark or another. However, any birthmark your baby has should be checked out by your pediatrician.

After birth, your baby may be covered in a fine hair called lanugo. Some babies can be quite hairy, but it's nothing to be alarmed about. "Some parents may notice it and become concerned that their baby will grow up to be 'very hairy' but it will resolve in a couple of weeks as well.

Infants are often born with blue hands and feet, and it's usually not something when they take a bath.





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