

Newborn/ Postnatal Care

Some Tips and Tricks





Congratulations!

Congratulations to all the soon-to-be and new mommas! Starting this new journey can feel daunting, but I hope this presentation helps ease some of that nervousness.

This is for informational purposes only. For medical advice, diagnosis, consult a professional.



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01

Coming Home!

One of the most exciting parts!

Magic Hour!

- The first hour (or longer) after birth should be spent skin-to-skin with your baby!
- Baby is soothed and bonding
- Baby's temp, breathing, and heart rate begins to regulate
- If circumstances make it impossible to hold baby, that is okay – you can prioritize it as soon as you can!



After Birth: Newborn

- As soon as your baby is born, your medical team will monitor your baby to ensure that they are doing well
- In addition, medical procedures and/or tests may be offered to your baby in the first hours or days
- You may wish to discuss these procedures with your medical team in advance to help you decide what is best for your baby

Some tests include:

- **Apgar test:** A routine evaluation of the baby's heart rate, breathing, colour, muscle tone, and reflex response
- **Vitamin K injection:** Helps blood clotting and prevents serious bleeding
- **Hepatitis B vaccine:** Provides long-term protection against the disease
- **Universal newborn hearing screening:** Detects permanent hearing impairment
- **Newborn screening test:** screens for rare genetic conditions

Fostering a Parent-Child Relation

There are many different ways of fostering a positive relationship with your child, and it starts when they are young:

- Creating a positive environment
 - One full of love
 - Full of support
 - Full of trust
- Be available to and for them
- Validate them and their feelings, even if they're just a baby

There are so many things that you can do, but doing your best and showing up is important too!



Safe Sleeping

Sleeping on a Surface

- Room share for 6-12 months
- Always put your baby on their back for sleeping
- Use a flat, firm mattress
- No pillows, blankets, or stuffed animals
- Tightly fitted sheet
- No gaps between the mattress and sides
- No loose, soft bedding, bumper pads pillows or toys

Safe Crib, Cradle or Bassinet

- Check for a label that shows the date it was made – if it does not have a label, it may not be safe
 - It is not recommended to use a crib older than 10 years old
- Always follow manufacturer's guidelines on putting together and baby's age, weight limit, and development milestones
- Check regularly to ensure hardware is tight and not damaged
- Never use a drop-side crib
 - Hardware can break and the drop-side can detach, making a space between the side and the crib mattress.



Safe sleep when Travelling

- Place your baby to sleep in a crib, cradle, or bassinet if possible
- Bassinet attachments for playpens are an option when travelling
 - They are safe for sleep until your baby starts rolling over or reaches the attachment's weight limit – whichever comes first
- Playpens are not recommended for unsupervised sleep because they are not as durable as cribs
 - If a play pen is used:
 - Be sure to set it up in accordance with manufacturer's instructions
 - Position it away from blind/curtain cords and electrical cords – which babies can strangle on
 - To prevent suffocation, never add an extra mattress or padding to a playpen
 - Keep it free of soft items, bedding and toys while your baby is sleeping





Not Recommended for Sleep

Bed-side Sleeper

- These attach to an adult bed
- Babies can get trapped in the space between the bed and the bed-side sleeper

Baby Nests

- These are things like nursing pillows. These products increase a baby's risk of suffocation
- They should never be used in a crib, cradle, or bassinet, or on an adult bed for a baby to sleep in.

Sleep Surfaces that are not Flat

- Inclined sleepers, baby hammocks and crib wedges, should not be used – even for babies who spit up a lot.
- These products can cause your baby to move into a position where they cannot breathe






Not Recommended for Sleep pt.2

Highchairs

- Things like high-chairs, baby swings, bouncers, strollers, and car seats are made for babies, but not for sleep. Sleeping in a sitting position can cause your baby's head to fall forward, which can make it hard to breathe.
- Make sure to take your baby's snowsuit, raincoat, jacket, and other outerwear one indoors to reduce the risk of suffocation or overheating

Sofas or Armchairs, etc.

- These increase a baby's risk of falling or being trapped and suffocated
 - The risk is even higher if the baby shares the surface with an adult or other child
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Overheating

Clothing

- Your baby is safest when they sleep in simple, fitted sleepwear – like a sleeper
- It should keep your baby comfortable at room temp, so they do not get too hot

Blankets

- They do not need blankets when they sleep
- When babies move their arms and legs, they can make the blanket cover their head
 - This can cause them to overheat or suffocate
 - If you can use a blanket for your baby, make sure it is thin and lightweight

Sleep Sacks

- If you use one, make sure it is the right size for your baby
- If it is too big, your baby can slip down inside the sack, which can cause overheating or suffocation
- If it is too tight, your baby may not be able to move their hips and legs freely, which can be dangerous, especially if they roll onto their tummy

02

Everyday Essential Care






Skin Care: Cradle Cap

What is it: Neonatal dandruff, also known as seborrheic dermatitis, is extremely common but the cause isn't fully known. It tends to occur in areas rich in oil glands in the first three months of life.

How to treat: Most cases of cradle cap require nothing more than gentle washing and observation and clear up on its own. Petroleum jelly or olive oil can help relieve some of the crusting.

When to call pediatrician: if crusting persists or gets worse over time, your pediatrician may prescribe an antifungal cream or shampoo






Skin Care: Diaper Rash

What is it: Skin irritation marked by red inflamed patches or bumps on baby's buttocks and genital area. Fungal infections can cause diaper rash. Another common cause is skin inflammation caused by exposure to stool and urine. Harsh soaps, sweat, moisture, or diapers that are too tight can also cause a rash or worsen an existing rash

How to prevent: change diapers often and as soon as the baby urinates or has a bowel movement. Wash your hands before and after you do so. Always dry baby's skin thoroughly. Applying petroleum jelly or zinc-oxide based cream with each diaper change can be helpful. Never use talcum powder. Avoid perfumed baby wipes or wipes that contain alcohol. Keep the diaper loose. An antifungal or mild corticosteroid cream used for short periods can speed up healing.

When to call: IF the rash doesn't get better within a few days, spreads further, becomes oozy or if your baby develops fever – a sign of infection – it's time to see a doctor. A fungal infection should be suspected in all babies taking antibiotics, which can disrupt the balance between good and bad bacteria and cause yeast overgrowth






Skin Care: Milia (Milk Spots)

What is it: Common skin condition that causes small white bumps (cysts) under the surface of your skin. Can be found around eyes, face, cheeks, eyelids, nose, arms, legs, inside mouth, genitals, chest.

How to treat: Typically, does not need treatment and will go away on its own as it is harmless

When to call pediatrician: when you're concerned or unsure of what it is





Skin Care: Erythema Toxicum

What is it: a benign condition that affects most newborns in the first days and weeks of life. Hallmark signs of the condition are yellowish papules surrounded by red skin on the face and trunk, upper arms and thighs

How to treat:

Typically, no treatment is needed. The rash will clear up on its own within a few weeks

When to call the pediatrician: If your baby has signs, an exam can confirm the diagnosis and provide reassurance





Skin Care: Skin Products

Less is more

- Babies don't need an elaborate skin care regimen and barely any products
- Keep bathing to a minimum to avoid stripping the skin of its protective natural oils
- A bath twice or three times a week is sufficient


Bland and Simple

- Baby skin is highly absorbent so it's critical to use fragrance-free, hypo-allergenic products
- Avoid perfumes and dyes, which can seriously irritate newborn skin
- Extra fragile preemie skin warrants special attention
 - Premature skin does not hold moisture well, which makes it thinner, drier, and breakage-prone. It is recommended applying petroleum jelly daily to lock in moisture and strengthen the skin's barrier function





Skin Care: Sunscreen

- Avoiding sun exposure is the best protection – physical barriers like clothing, hats, and stroller covers anytime you take baby out.
 - Sunscreens, generally harmless should be avoided when possible because FDA has not studied safety in infants under 6 months
 - If sun exposure cannot be avoided, opt for fragrance free, hypo-allergenic sunscreens that list zinc oxide and/or titanium dioxide as active ingredients as these two ingredients block UV rays
 - Chemical sunscreens with active ingredients like octocrylene, avobenzone, octinoxate, mexoryl, and octisalate, tend to absorb and “disarm” UV rays before they can damage the skin
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Umbilical Cord care

- **What is it:** The umbilical cord is a tube-like structure that provides oxygen and nutrients to the fetus during pregnancy. After birth, the umbilical cord is cut and a short piece is left on the baby's belly button. This is called the umbilical cord stump → stump will dry up and fall off on its own within a few weeks.
- Keep the cord stump clean and dry
- Topical application of antiseptics is usually not necessary unless the baby is living in a highly contaminated area
- Normally it falls off after 5-10 days
- Wet diapers can increase the risk of infection
- **When to call the pediatrician:** the cord hasn't fallen off by one month of age
 - You notice any signs of infection
- When the cord falls off, you might see a small pink area in the belly button – this is normal and new skin will grow over it
- **Signs of infection:** foul-smelling, yellow drainage, redness, swelling, or tenderness of the skin around the stump, bleeding from the end of the cord or the area near the skin, moisture on the cord

Care of Eyes

Materials Needed

- Cotton Swabs
- Sterile water

Each eye should be cleaned using a separate swab

How to do it

Eye should be cleaned at birth and once every day using sterile cotton swabs soaked in sterile water

Keep an eye out for

The eye should be observed for redness, discharge or the excessive tearing from early detection of problems and prompt management

Crying and Soothing

Do all the steps

Check all the steps you've done: have you changed their diaper, are they fed, have they napped? Go through their typical routine to see if anything is different.

White Noise

White noise can mimic the sounds a baby heard in the womb. You can use a white noise machine or app, but make sure it's not too loud.

Rock or Walk

Calming motions can help soothe a baby.

Different Positions

There are a variety of different positions that can help soothe a baby. For example, when a baby's tummy is upset, they tend to like more pressure on their tummies, so the football position is a great alternative.

How many ounces does baby need?



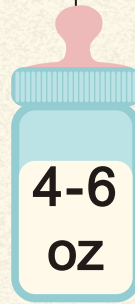
One week

Feeding happens
about every 2 hours



1 month

Feeding happens
about 2-3 hours



3 months

Feeding happens
about every 3-4
hours



6 months

Feeding happens
about every 3-4
hours

03

Baby Bathing





Tips to Bathing a Newborn

Frequency

Newborns only need a bath 2-3 times a week. You can also give them a “top and tail” on other days

Top and tail = washing your baby’s face, neck, hands, and bottom using bowls of warm water rather than

Water Temp

The water should be lukewarm
Ideal temp is close to their own body temperature (around 37-38 degrees Celcius)

Supplies

Gather all your supplies before undressing your baby. You’ll need mild baby cleanser, soft washcloths, and a baby bath towel. Make sure to get the “problem areas” like under the neck, and folds where things like milk can





Tips to Bathing a Newborn pt.2

Safety


Never leave a baby alone in the bath, even in shallow water

Cord Care

Don't fill the tub with water until the umbilical cord separates. Instead, you can give your baby a sponge bath with a wet washcloth

Hair

If your baby has hair, you can wash it with a gentle baby shampoo. Wash your baby's hair last so they don't have to sit in soapy water.





Tips to Bathing a Newborn pt. 3

Skin


Newborns have delicate skin, so you can use a damp washcloth to wipe down their body and face during the first few weeks

First Bath

It's recommended to wait a few days after birth before giving your baby their first bath

Moisturizing

When bathing a newborn, you can use a baby lotion that is designed for babies and is free of toxins that may irritate the skin. You can apply a small amount of lotion to the baby's body and gently massage it in to help





04

Newborn Health

Newborn Health and Medical Check-ups



Initial Check

- Doctor/midwife will examine the newborn within the first 24 hours and then again within the first 24-72 hours
- Exam includes baby's weight, length, and head circumference, and checking for signs of jaundice
- Will also assess the baby's nervous system and reflexes, and perform screening tests

Newborn Screening

- Dried blood sample usually taken from the baby's heel within 24-48 hours after birth.
- Screening includes things like Critical Congenital Heart Disease and Biliary Atresia


Subsequent Checkups

- Babies should have regular checkups at 2, 4, 6, 9, 12, and 18 months, 2 years, and then once every year until the age of 6
- After that, children should see the doctor at least once every year until the age of 18

Vaccines

- Vaccines are also an important part of a newborn's health care
- Some babies may receive the RSV or meningococcal vaccine

First Office Visit

- Usually takes place between 3-5 days after birth
 - Doctor will check the baby's vision, hearing, and reflexes, and perform a physical exam
 - Will also discuss the baby's eating and sleeping habits, and how the home environment might affect the baby
- 

Baby vaccination card

Age	Vaccines					
At birth	Hep B dd / mm / yyyy					
2 Months	Hep B	RV	DTaP	Hib	PCV13	IPV
4 Months	RV	DTaP	Hib	PCV13	IPV	
6 Months	Hep B	DTaP	Hib	PCV13	IPV	Flu
12 Months	Hib Booster	PCV13	MMR	Varicella	HepA	

When to Call the Doctor

- Temp is below 97.8F (36.5C) or above 100.4F (38c)
- Any signs of breathing difficulties
- Crying is ongoing and nothing can soothe baby (may be colicky)
- Vomits or has signs of diarrhea (stool that is foul smelling or contains mucus/blood)
- Yellow tint to eyes or skin
- Baby is not peeing and pooping as expected
- Baby is lethargic or showing signs of dehydration
- Baby has any signs of infection in eyes, umbilical cord, or circumcised penis: redness, pus, green/yellow mucus, foul smell
- Other concerning signs

The best care for your baby

01

Love

Give them all the love you could ever give!

02

Nurturing

Nurture them to the best of your abilities!

03

Attention

Try to give them all the attention in the world!

04

Nutrition

Feed them the best you can!

08

Well-being

Bond with them the best you can and don't forget to take care of yourself!

07

Activities

Come up with different fun activities you can do for each age stage!

06

Check-ups

Make sure you go to all the check-ups needed or consult a doctor when need be!

05

Safe

Make them feel safe!



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