



*Advice On
Born Care*



Advice On Baby Care

Neonatal Jaundice

Yellowish tinge on the face and upper part of trunk starting on day 2 – day 3 gradually increasing and then falling over a period of one week. Some babies may have high levels of serum bilirubin during this time which needs to be treated with phototherapy. If unattended, such high level may lead to brain damage for the child.

Normal urination pattern of newborn babies

Must pass urine within 48 hours of birth. Normal baby may pass urine every half an hour or only 4-5 times a day the first weeks of life. Some babies may cry before passing urine due to discomfort of a full bladder.

Normal stool pattern of neonates

Passes the first stool within 24hours. The stools are black and tar-like in appearance during the first 2 or 3 days. For the next 1 to 2 days the stools are greenish in colour. Later, the stools in a breast fed baby are golden yellow and semi loose in consistency. May pass small amount of stools every time there is passage of wind or soon after every feed. Frequency may be as much as 8-12 stools per day or even more. As long as the stools are not watery, do not contain blood or mucus, the baby is gaining weight and is not otherwise unwell, no treatment is required. Sometimes, newborn babies may pass stools once in 3-4days. If stools are of normal consistency and appearance, usually there is no cause for concern.

Baby vomiting after feed

All babies throw up some amount of curdled milk soon after feeds. Swallowed air is expelled out of the stomach along with ingested milk. Good burping after each feed will take care of this problem.



Burping

In addition to sucking milk, a baby also tends to swallow air. Excess air swallowed by him during his feed, especially while drinking breast milk, is released.

Normal sleeping pattern for newborn babies

Babies sleep an average of 16 hours a day. Sleeping pattern will evolve only after the child is one year old. It is normal for a baby to stay awake at night and sleep more during daytime for initial couple of days. It's perfectly okay to start the fan or even the AC if it is too hot.

Colic

It is because of swallowed air during feeds and inadequate burping. The air passes from the stomach into the intestine giving rise to pain and discomfort. These results in colic, for relief, hold the baby in the 'burping' position. Do not give any kind of medication (including gripe water) until you consult your doctor.

Normal temperature in babies

It is about 36.5° C. The bulb of thermometer should be placed vertically in axilla, so that it is between arm and chest wall. Keep the thermometer for at least 3 minutes. There is no need to add 1° C this temperature. Never place thermometer in the mouth of a baby.

Normal room temperature for baby

The mother should feel slight warmth but not discomfort. Heater/blower/air conditioner can be switched on , with keeping in mind the that the room should be comfortably warm for parents. If room thermometer is available, environmental temperature around 26° C is advisable for term, healthy neonates.

Giving water to the baby

Breast milk contains 97% water and it is sufficient for babies. No water is required till 6 month of age.



Care of the new born skin



Gentle cleaning



Maintenance of hydration and moisturization



Prevention of friction and maceration in the body fold



Protection from irritants

Bath of the new born

WHO guidelines mention that the initial bath for the new should be given 6 hours after birth. Birth weight of the baby should be preferably 3Kg. Bathing makes the baby calmer and quieter than washing with cloth or sponge. The tactile stimulation that occurs during bathing provides a pleasurable experience for the baby and promotes the bonding between the baby and the parent or the care giver.

How to give bath

- Should be given in a warm room.
- Temperature of the bath water should not exceed 37° C.
- check the temperature of the water before placing the baby in the bath.
- If tub bath is given the depth of the water should be 5cm up to the hip of the baby.
- Bath tubs may be a potential source of infection hence they must always be disinfected.
- Bath duration should not exceed 5 minutes in order to prevent over hydration of the skin which may lead to easily fragility of the skin and decrease threshold for injury.



*Infant
Skin Care*

Diarrhoea

- ★ Give more Fluids, Soups, Fresh Fruit Juices, Tender Coconut Water, Curds, Banana, Potatoes, Cooked Apple, Sago Porridge
- ★ Feed in small Quantities Every 5-10 Minutes.
- ★ In case of Breast feeding, Continue to do so.
 - Watch For
 - ♥ Decreased urine output
 - ♥ Drowsiness
 - ♥ Severe Vomiting
- ★ In such case, hospitalize baby immediately.



Oil Massage

This can be done for newborn babies everyday. Apply 10-15ml of vegetable oil over the body below neck and massage the baby with gentle strokes for few minutes and let it dry over the period of few hours. Bathing or wiping can be done after 3- 4 hrs.

Oil Massage helps :

- ♥ To keep the baby warm.
- ♥ To prevent infection.
- ♥ To promote bonding between mother and baby.
- ♥ To improve weight gain.

Why do babies cry?

Most parents nowadays expect babies to behave like adults from the time they are born! Every crying they think has a medical reason, and most of them want a medicine to help the baby to stop crying!

Babies require timely attention and constant contact with their mothers. They try to convey their feelings through the only language they know. Crying is not always a call for food.

What can make a baby cry?

- When the baby is hungry
- If she is uncomfortable
- If she is feeling hot or cold
- If she/he is ill
- Baby may just want to go out, as she is bored with the same environment
- If she has colic - this problem is so exaggerated that most babies are on anti-colic medications nowadays.
- Evening colic is very common between 6 pm to 11 pm



Fever

Definition

Temperature of 100° F or more measured with digital thermometer kept in the ARMPIT. If your baby has been wearing warm clothes or sleeping with blankets then undress the baby and wait for 5-7 min before taking the temperature so as to get the correct temperature and not false reading due to warm clothes.

Is fever bad:

NO...It is a body defense mechanism to fight against the germs so it's natural body protective mechanism.

Baby feels warm: Is it fever

Never give your baby any medicine without actually measuring their temperature. If on touching, the baby feels warm, please confirm fever with thermometer and give medication.

Infant head feels warm rest body fine

The head of small babies, usually less than 1 year, feels warmer than their bodies. This does not indicate fever. It is normal. Babies head has the largest surface area in the body therefore the heat loss from the head is more so it feels warm. They don't need to be given any medicine for it.

Higher the fever more serious is the infection

You can have high fever in viral infection also so high grade fever does not always mean serious infections.

Cover the baby and no bath

Most common and the worst of all the Myths. When your child has fever do not make them wear lots of clothes or put blankets on top. It will increase the temperature further. Make them wear a light dress which will help them cool down and also give them a bath which is very refreshing.

Fever should come down and stay down:

If your baby is uncomfortable with fever then give your baby fever medicine like paracetamol or ibuprofen . These medicines keep the fever down but it might come back again but it does not mean that your baby has a serious infection. Fever coming back again is very common in 1st 24-48 hour of illness.



Things to do when your child has fever:

- Temperature of 100° F or more measured with digital thermometer kept in the ARMPIT. If your baby has been wearing warm clothes or sleeping with blankets then undress the baby and wait for 5-7 min before taking the temperature so as to get the correct temperature and not false reading due to warm clothes. medicine for it.
- If you baby is active alert and playful despite having fever you can continue the medicine and just given them lot of liquid and a good bath which will help to bring the temperature down.
- Give Paracetamol drops, syrup or Tablet depending on the age and weight of your child. You usually Start with three times a day and if needed can give every 6 hourly also
- Give the medicine 30-40min to act and if still the fever is there you can wipe your baby with normal tap water especially armpits and groin area. NOT WITH ICE COLD WATER
- If the fever goes down but comes back again it does not mean that the medicine is not working
- Paracetamol is a safe drug with fewer side effect and has got fever controlling action.
- Do not worry too much if your child is eating a little less than usual. Your child is unwell so their appetite is decreased which is normal. Let them decide what and how much to eat. DO NOT FORCE FEED.



Red Flags

Take your baby to the doctor immediately if you find any of the below mentioned signs, which might indicate a more serious cause of fever.

- ♥ Your baby is very sleepy and not taking feeds.
- ♥ Lips look dry and has passed less urine as compare to their usual days.
- ♥ Having vomiting and Headache both at the same time.
- ♥ Crying while passing urine, itching in the area of urine, increase in the number of passing urine.
- ♥ Your child is very sleepy and difficult to wake up.

