

ESSENTIAL TIPS ON NEWBORN CARE

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The newborn baby is one of the most wonderful, sought after gift of the almighty to the parents. Appropriate & correct informed newborn care will ensure trouble free period with most effective growth & development of infant & unique envious experience & pleasure to the parents, attendants & other family members. If right instructions are not adhered to or parents are not educated on the subject, it may result in one of the most tiring & trying periods for all involved. The following are a few scientific & useful advisories on the subject.

FEEDING

First feed must be only Breast milk (No pre-lacteal: honey, water, tea, etc.)

Initial thin milk (Colostrum) is extremely useful & enough for the baby.

Exclusively breast feeds for six months. (no top/ bottle feed)

Maintain correct feeding position.

Feeding time could be 10-15 minutes.

Feed from both breasts every time (Start from other breast after emptying the first)

Start from alternate breast.

Do burping after each feed (atleast for 10 minutes).

Keep baby in prone (Lying on stomach) and shoulder 30-40 degree elevated position after each feed.

Baby to be demand fed.

Feeding interval could be 1.5 to 4 hours.

Breast feeding to be continued irrespective of sickness/ treatment of mother or baby.

CARE OF SKIN

Keep it dry and clean. (Avoid diapers)

Daily bath/ Sponging to be done, ensuring prevention of cold insult.

Avoid soap or use mild non irritant, odorless neutral or mild acidic soap.

Do oil massage daily with cheap, sterile, easily available, non irritant and warm oil like coconut, groundnut, mustard oil etc., with washed, dried & warmed hands.

Do not use any medicated oil irrespective of brand.

Wash your hands with soap and water before doing baby massage.

Do not apply powder, cream, cosmetics & sprays etc.

Put on soft, porous cotton clothes.

Clothes should be rinsed very well in water to remove any residual caustic.

Do not put any residual antiseptic in water (Dettol).

Report to doctor in case of any abnormal rash, pustule, abnormal yellow, blue or red coloration of skin.

CARE OF EYES

Wash eyes frequently with fresh water.

Do not routinely use eye drop, it may be harmful.

Do not apply kajal or use rose water.

Contact doctor in case of eye discharge

Mild watery discharge from eyes only needs washing with clean fresh or boiled cooled water and may be massage on inner side of eye at root of nose as per doctor's advice.

CARE OF UMBILICUS

Keep it clean and dry.

May clean it with methyl spirit swab once or twice daily till navel has healed completely.

Do not put any ointment, cream or powder.

MAINTAIN TEMPERATURE

Always ensure warmth of hands and feet.

Practice Kangaroo Mother Care (KMC) & Kangaroo Father Care (KFC)

Do not under or over cloth the baby.

Palms and soles must remain pink and warm.

PROTECTION FROM INFECTION

Avoid taking baby to crowded indoor places.

Avoid contact with someone with cold, cough and active infection.

Not to kiss the baby on face.

Encourage anyone who comes in contact with baby to wash his hands.

Minimal & only required people to touch the baby.

SUPPLEMENTATION

Vit D drops (400 IU/day) to be started early, to be given for 1 year.

Iron drops: 2-3 mgs/ kg per day, after three months of age till 1 year

Do not give Gripe water, Ghutti and other brand tonics etc.

Report to doctor in case of refusal of feeds, undue regurgitation and distension of stomach or windy baby, don't drug the baby on your own (Gas problem)

IMMUNIZATION

As per schedule.(available in the department)

NOT TO PANIC IF

Slightly increased frequency of golden colored stools.

Prepuccial skin cannot be retracted.

Umbilicus is more protuberant.

Slight whitish or bloody discharge from vagina.

Large sized breasts: never squeeze to take out so called milky secretion.

CONTACT YOUR MEDICAL ATTENDANT IF

Baby not looking well

Sudden changes in baby's usual behavior.

Increased sleepiness, Increased irritability.

Poor feeding.

Breathing difficulty, Cough

Blueness around lips, mouth or eyes.

Fever, temperature over 100 degree F.

Cold and pale baby

Vomiting or diarrhea.

Not passed urine for longer than twelve hours.

No bowel movement for longer than four days.

Please report to Neonatologist /Pediatrician (SMI Hospital) for any doubt or difficulty in neonatal care.

WISH YOU HAPPY PARENTING.