

## **NEWBORN CARE**

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The newborn baby is one of the most wonderful gift of the almighty to the parents. Appropriate & correct informed newborn care will ensure trouble free period with most effective growth & development of neonate. The following points are for healthy neonate who did not require any NICU stay and have weight above 2.5kg.

### **FEEDING**

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

Initial thin milk (Colostrum) is extremely useful & contains immunological factors.

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

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

Baby to be demand fed.

Feeding interval could be 1.5 to 4 hours.

### **CARE OF SKIN**

Keep it dry and clean. (Avoid diapers)

Sponging to be done until umbilical cord present once it falls bathing can be started.

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

Do oil massage daily with non irritant and warm oil like coconut..Do not put oil in nose & ears.

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

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

### **CARE OF EYES**

Do not apply kajal or use rose water.

Contact doctor in case of eye discharge .

### **CARE OF UMBILICUS**

Keep it clean dry & outside the diaper.

Do not put any ointment, cream or powder.

### **MAINTAIN TEMPERATURE**

Always ensure warmth of hands and feet.

Do not under or over cloth the baby.

### **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.

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.

### **IMMUNIZATION**

As per National / IAP schedule

### **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.

Abnormal movements ; excessive crying .

Please report to Neonatologist /Pediatrician for any doubt or difficulty in neonatal care.

DO THYROID SCREENING (TSH) BLOOD GROUPING & OAE BEFORE DISCHARGE

**WISH YOU HAPPY PARENTING.**



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