

# Well Baby Guide

A GUIDE TO WHAT IS NORMAL AND ABNORMAL DURING INFANCY

Presented by New Life Birthing Centers



# Sleeping Habits

Feeding and sleeping in the first week of life. Your newborn will sleep most of the time, waking up every few hours to feed. Most babies need to nurse every 2-4 hours, and they have around 8-12 feeds every 24 hours. Sometimes feeds might last up to an hour, especially if your baby is breastfeeding.

## Advantages of co-sleeping

- Parents often get more sleep.
- Breastfeeding during the night is easier when baby is nearby.
- Breastfeeding at night helps to maintain your milk supply.
- Sleeping in the same bed as your baby reduces the risk of SIDS by as much as 50%.
- Night nursing also tends to prolong the child-spacing effects of breastfeeding.
- No nighttime separation anxiety.
- Fewer bedtime hassles.
- Baby maintains better temperature regulation.





1. Place the tip of the thermometer in the centre of the armpit.
2. Tuck your child's arm snugly (closely) against their body.
3. Leave the thermometer in place for about 1 minute, until you hear the “beep”
4. Remove the thermometer and read the temperature.

# Temperature

A normal temperature in babies is about 36.4C-37.9 (97.5F- 99.3F). A high temperature or fever is usually considered to be a temperature of 38C (99.3F) or above. Your baby may have a high temperature if they: feel hotter than usual to touch on their forehead, back or stomach.

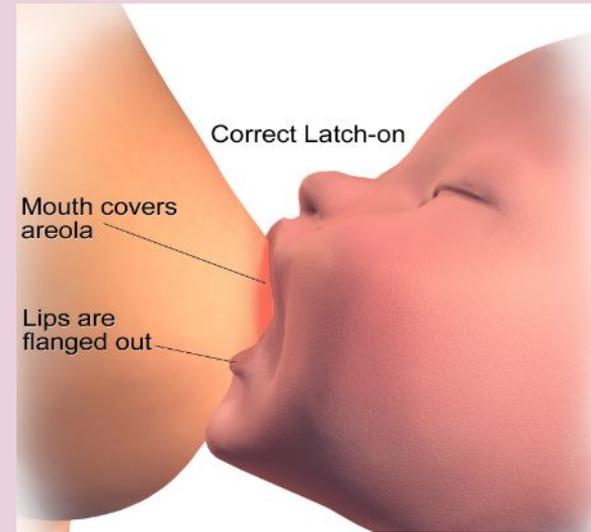
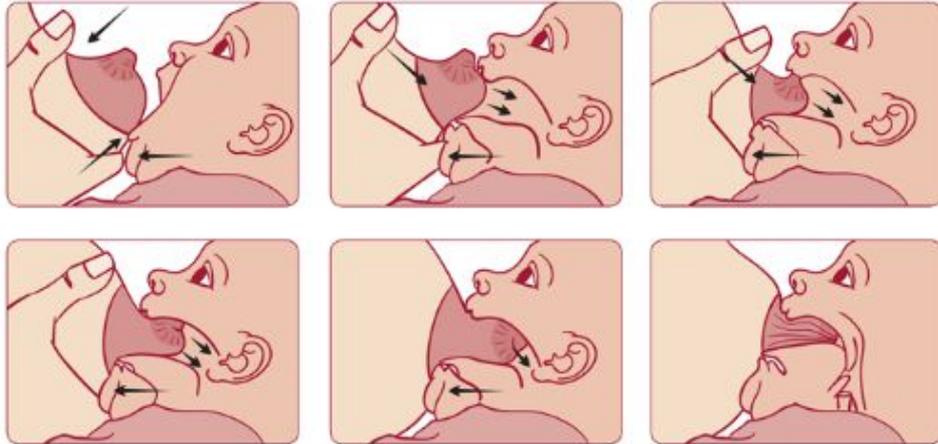
**A baby should ONLY have one layer more of clothing than the mother is wearing.**

**You never want your little one to be too hot! If your baby's overheating, she's likely to be uncomfortable, her sleep may suffer and she may get heat rash. But, there's an even more serious concern: Overheating can raise the baby's heart rate and breathing, and in extreme cases bring a risk of infant sleep death, also called SIDS.**



# Breastfeeding

Grasp the breast on the sides, using either a “C” hold or “U” hold. Make sure to keep fingers far from the nipple so you don't affect how the baby latches on. Aim the nipple toward the baby's upper lip/nose, not the middle of the mouth.



Why is a deep and correct latch so important? When the baby is latched correctly they are able to compress the milk ducts in the breast and remove the appropriate amount of milk. This will lead to proper weight gain and growth and development. A shallow latch leads to decreased milk intake.

# FOREMILK AND HINDMILK

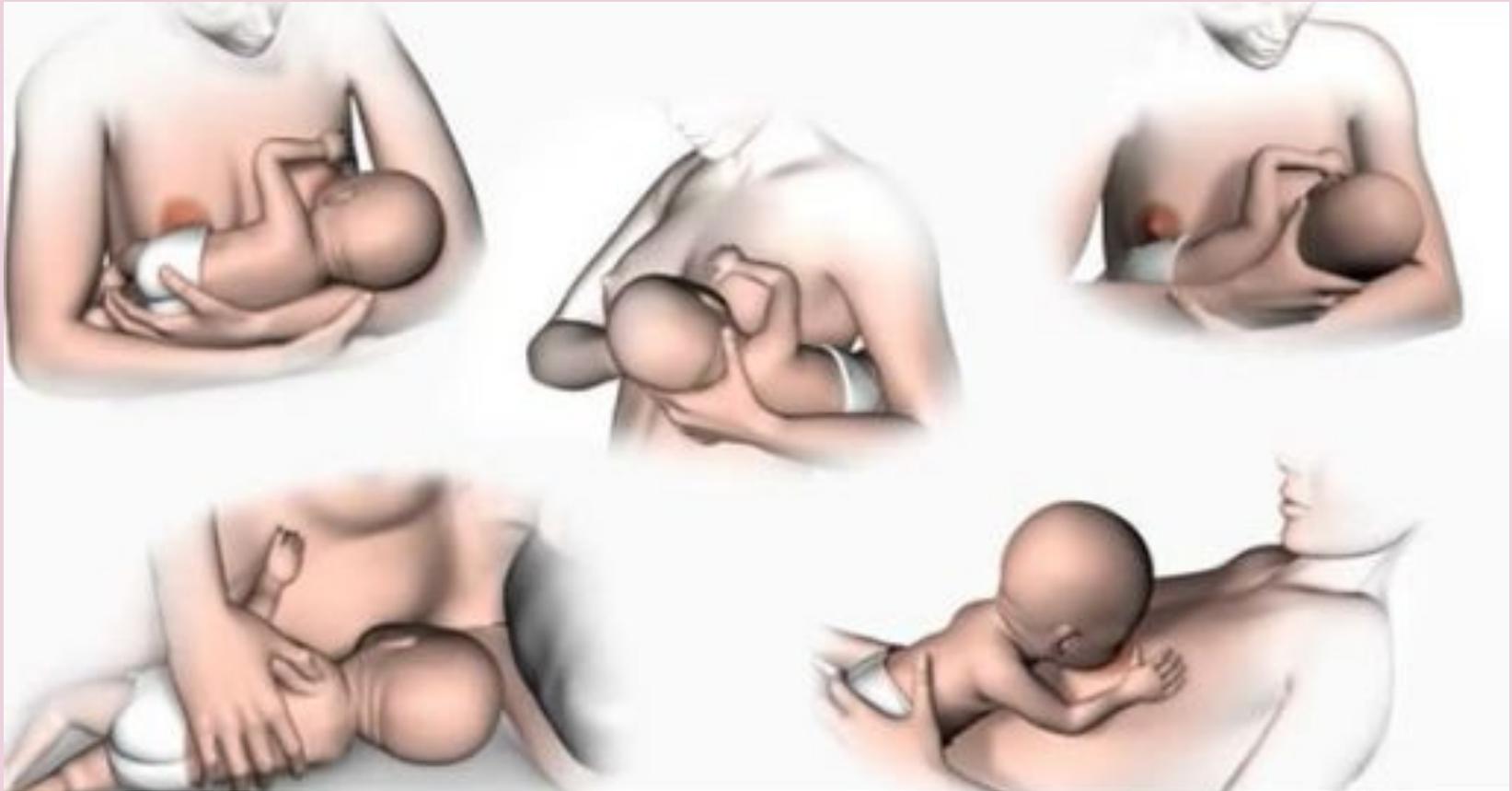
While there are two different names for the two types of milk, there's no magic moment when foremilk becomes hindmilk. As the baby breastfeeds, the increase in fat content is gradual, with the milk becoming fattier and fattier over time as baby becomes closer to draining the breast.

You can't tell how much fat your baby has received from the length of a feed. Some babies take a full feed in five minutes while others take 40 minutes to get the same amount. As long as your baby is breastfeeding effectively and gaining weight, you can let him decide how long to feed for and he will get all the fat he needs.

If it important to remember that the baby should nurse at least every 2 hours and one side until it is empty and then switch to the next side, that way you can ensure the baby is getting both the fore and hindmilk.



The breast milk the baby gets at the beginning of a feeding session is called the “foremilk,” which is more watery and high in volume but low in fat, almost like soup. Foremilk is very hydrating.. As the feeding progresses, the fat content of the milk rises steadily as the volume decreases. The milk near the end of the feeding is low in volume but high in fat and is called the “hindmilk.” It is similar to peanut butter. It is very fattening and filling.



# Breastfeeding Positions

# Umbilical Cord

**Infected umbilicus - notice the pus inside the umbilicus.**



**Infected cord - notice the red around the umbilicus.**



**Normal drying cord.**

**Umbilical cord care in newborns. When your baby is born the umbilical cord is cut and there is a stump left. The stump should dry and fall off by the time your baby is 5 to 15 days old.**

**Do NOT pull on the cord, let it fall off by itself. Do not put anything on the cord unless directed by a doctor. At any sign of infection contact New Life immediately.**

# Breathing

In most cases, babies' irregular breathing habits are nothing to worry about. While sleeping, newborns may do what's called periodic breathing: They breathe progressively more quickly and deeply, then more slowly and shallowly, then pause for up to 15 seconds. They start up again with progressively deeper breaths.

This is common – especially among preemies – and will evolve into a more mature pattern of breathing, with occasional sighs, in the first few months of life.

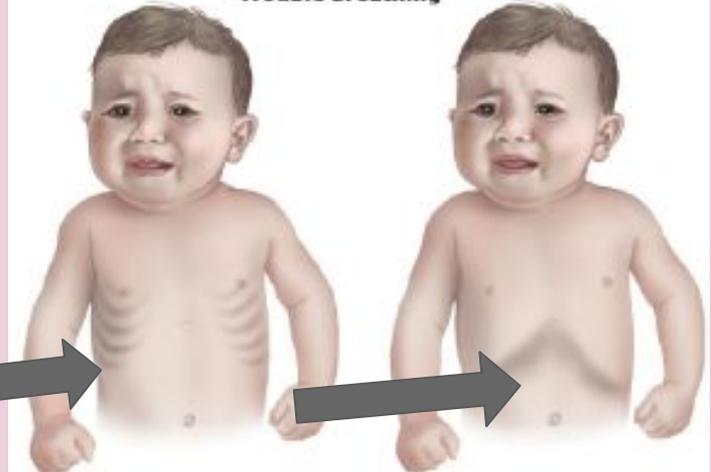
Hiccups are another common habit of newborns that can be persistent but normal. Your baby may also experience sneezing, this is completely normal. Your baby needs clean fresh air - make sure the baby is NEVER around smoke, dust or cold wind.

If our baby's chest looks like this when he breathes, call New Life right away.

**Normal**



**Trouble breathing**



# Skin Tone



**Normal Coloring**

**It's also not unusual for a baby's hands and feet to be mildly bluish. But if his lips, tongue, whole face, or the trunk of his body turns dark or distinctly blue, it's a sign that he may be in danger. Call New Life immediately!**

**Normal Bruising**



**Not Normal Coloring**



**Although bruises are a common consequence of childbirth, not all babies are born with bruises. If a newborn has extensive bruising, it is a clear indication that they endured a particularly stressful passage through the birth canal which caused birth trauma. Common sites include the head, neck, and shoulders.**

# Bowel Movements



Meconium stools are the large dark, black or greenish-black, thick, tarry, sticky bowel movements that newborn babies have during their first two or three days after birth. Meconium is made up of cells and substances that line the digestive tract during pregnancy.



Transitional stools come by the time your baby is three to five days old. These stools are a little looser, more greenish-brown in color, and are the "transition" to regular milk stools on about day six.



The normal stool of a breastfed baby is yellow and loose (soft to runny) and may be seedy or curdy. After 4 – 6 weeks, some babies stool less frequently, with stools as infrequent as one every 7-10 days. As long as baby is gaining well, this is normal.

# Genitalia

Many newborns, both boys and girls have swollen breasts and or genitalia. They may have a milky discharge from their nipples. In newborn girls there is often a clear or whitish vaginal discharge, that may be tinged with blood. This is referred to as a “mini menstrual period”. These features are perfectly normal, and are caused by mothers female hormones that cross the placenta just before birth, and are present in the baby’s bloodstream. They will disappear within a few weeks. Don’t try to squeeze any discharge from the breasts, this can irritate them or cause infection. If you have concerns about any discharge or swelling contact New Life.

**Swollen Labia**



**Swollen Scrotum**



**Swollen Breasts**



# Diaper Changing

The normal stool of a breastfed baby is loose (soft to runny) and may be seedy or curdy.

Wet diapers: In the early days, baby typically has one wet diaper for each day of life (1 on day one, 2 on day two...). Once mom's milk comes in, baby should have 5-6+ wet diapers every 24 hours.

You do want to change him/her every 2 to 3 hours, but it is not necessary to wake a baby to change a wet diaper.

New Life offers cloth diapers for you to use and return and exchange for a larger size as the baby grows bigger.

If your baby forms a red rash in the diaper area contact New Life so we can provide you will a natural cream and powder.



Cloth diapering is better for the environment, less expensive and does not expose your baby to all the chemicals in disposable diapers.

# Bathing Baby



It is important to delay the first bath until at least 48 hours after birth or more. This allows the baby's skin absorb all of the vernix(white sticky stuff) on the skin.

There is no need to bathe daily. As this may dry out your baby's skin. Until the umbilical cord is healed, you need to wash the baby with a warm cloth.

A bath 2-3 times a week is enough to keep your newborn clean. But if your baby really likes baths, you can bath him once a day. Bathing more than this can dry out your baby's skin.

## Benefits of delayed bathing:

**Reduced risk of infection:** Babies are born covered in a white substance called vernix, which is composed of the skin cells your baby made early in development. Vernix contains proteins that prevent common bacterial infections. Think of vernix as a sort of natural antibacterial ointment. Your baby is born covered in this anti-germ barrier.

**Stabilized infant blood sugar:** Bathing a baby too soon after birth can cause low blood sugar. Here's why: in the first few hours after birth, a baby has to adjust to life outside the uterus, including losing the placenta as a source of blood sugar. Bathing causes crying, stress and the release of stress hormones. Stress hormones can cause a baby's blood sugar to drop, which can make a baby too sleepy to wake up and breastfeed, causing the blood sugar to drop even more.

**Improved temperature control:** Giving a baby a bath too soon can cause hypothermia. Inside mom it was about 98.6 degrees, but most babies are born in rooms that are about 70 degrees. In the first few hours after birth, a baby has to use a lot of energy to keep warm. If a baby gets too cold, he or she can drop their blood sugar or have other complications.

**Improved breastfeeding:** Studies show more breastfeeding success when moms are allowed to stay skin-to-skin with babies and this time is not interrupted by medical "procedures" or a bath.

# Conclusion

When we discharge you, your baby is examined and a postpartum visit is scheduled for 2 days from the birth. New Life will track your newborn's progress in the next 6 weeks by doing weight checks, measuring your baby's head and length and listening to the baby's heart and breathing. If you have any questions or concerns in the next following days please contact New Life immediately. We are here to help you adjust to life with your new little one and we are here to make sure you and your baby are safe and healthy.



*Congratulations!*