

Essential Newborn Care

Feeding, Touch, Safety practices, Hygiene...



SLEEP -Keep baby in sight while sleeping until 6 months old.



Hygiene - Bathing
No tub baths until cord comes off.
Newborns do not need a daily bath unless soiled by diaper.



Skin to Skin
Holding your baby skin to skin can help bonding and can be used comfort and calm the baby.

The Benefits of the Right Touch

There is research that is connecting touch and growth - touched babies thrive! When you are stroking, massaging and grooming infants they are being stimulated with growth-promoting hormones and also increase enzymes that make vital organs more responsive to the hormones the affect can me gaining weight, especially for premature infants. Touch is also good for the mind by enhancing neurological development resulting in nerve impulses traveling faster. Touch also improves digestion. Extra touch show enhanced secretion of digestive hormones making the digestive system more efficient. Research also shoes that extra touches enables better organization resulting in better sleep at night, fuss less during the day and relate better to caregiver interactions. Touch has also been found to help parents learn their baby's whole body reading their body language and understanding their cues. Touching your baby is one more step to learning about your baby.

FEEDING

Whether bottle or breastfeeding, feeding on demand is recommended

SAFETY

Baby should sleep on back on firm surface.
No blankets toys.
Secure baby in car seat

HYGIENE

Umbilical cord care.
Bathing.
Diapering.
Handwashing

Circumcision Daily Care

Clean the area gently with warm water and a soft cloth.

Avoid using soap or wipes on the incision site.

Apply a thin layer of petroleum jelly to protect the area and prevent sticking.

Change diapers frequently to keep the area clean and dry.

Keep the baby in a comfortable position, avoiding straddling or sitting on hard surfaces.

Monitoring for Complications:

Watch for signs of infection, such as redness, swelling, pus, or fever.

Check for any unusual bleeding or drainage.

Monitor for difficulty urinating or pain during urination.

Umbilical Cord Monitoring

Watch for a foul smell, yellow discharge.

Look for red skin around cord base.

Is baby crying when you touch the cord or skin next to the cord?

Car Seat Safety Tips



“Safety for newborns includes installing the car seat in the back/middle seat, using a rear-facing seat with a 5-point harness until at least age 2, installing the seat at a 45 degree angle, positioning straps at or below the level of the child's shoulders, and ensuring the chest clip is at the nipple level (NOT resting on the abdomen!) “
Level up RN

DIAPER CHANGING

1. Organize your changing station with supplies: diaper, wipes bottom cream if necessary. Set out your supplies before starting.
2. Secure your baby, keeping one hand on them at all times.
3. Use proper wiping technique. Wipe gently from front to back. Fold diaper under the umbilical cord to. Keep it dry.
4. Engage with your baby. Make good eye contact and talking and touch with positive bonding behaviors.
5. When finished with diaper and putting clothes back one; wash your hands.

