

CARE OF THE NEWBORN IMMEDIATELY AFTER BIRTH

WORKSHEET ANSWER KEY

1. What does a baby need immediately to stay alive?

- *The baby needs to breathe easily.*
- *The baby needs to stay warm.*

2. What should do you for the baby immediately after birth? Put the steps in order.

- *Gently lift the baby and give it to its mother.*
- *Place the baby directly on the mother's skin between her breasts.*
- *Dry the baby with a dry towel or cloth. Toss that cloth away.*
- *Cover the baby with cloth or piece of dry clothing. Cover its head but leave room for it to breathe.*
- *If the baby's nose and mouth are oozing liquid, gently wipe the liquid away.*
- *If the baby isn't crying, rub its back or flick the soles of its feet to stimulate it.*

3. Does a baby need help breathing if it is crying?

Circle one: ~~YES~~ NO

4. Does a baby need help breathing if it is mostly pink but quiet and looking around?

Circle one: ~~YES~~ NO

5. Describe how you put a newborn skin to skin.

Lift the mother's clothing. If she is wearing a bra, remove it or move it up and over her breasts. Put the baby belly down right between the mother's breasts. The baby will turn its head to one side so that it can breathe. Dry the baby with a dry cloth or piece of clothing while it is warming on its mother. Toss that wet cloth away. Cover the newborn with a dry cloth or piece of clothing. Cover the head but make sure the face is uncovered so the baby can breathe.

6. List four ways newborns lose heat. Then, list one way to keep a baby warm based on each way to lose heat.

How a Newborn Loses Heat	How to Keep the Newborn Warm
1. Evaporation -A wet baby loses heat as its skin dries.	Dry the baby immediately after birth.
2. Conduction -A baby placed on a cold surface loses heat to the cold surface.	Put the baby skin to skin with its mother.

<p>3. Convection-A baby loses heat in a cold, drafty room.</p>	<p>Make the place of birth as warm and draft free as possible for the newborn.</p>
<p>4. Radiation- A baby loses heat to a colder surrounding room.</p>	<p>Make the place of birth warm for the newborn. The mother radiates heat through her skin to the newborn to keep the newborn warm.</p>