

BIRTH IN PLACE

CARE OF NEWBORN IMMEDIATELY AFTER BIRTH

- Have dry cloths ready to wipe the baby dry. Toss the wet cloths away from the baby.
- The baby might look a little blue when it's born. That will change when it cries. Put the baby skin to skin with its mother. The baby can rest on its belly on the mother's abdomen or her chest between her breasts.
- Cover the newborn with dry blankets or cloths. The baby's mother will keep it warm if it stays skin to skin.
- If the baby has fluid or mucous oozing from its nose or mouth, gently wipe it away.
- If the baby isn't breathing well or crying, you can rub its back with a dry cloth or flick the soles of its feet. Crying helps the baby breathe deeply and clear amniotic fluid out of its mouth and lungs.

How to help after the baby is born:

- Don't tug on the umbilical cord. The contractions will continue until the woman pushes the placenta out. This might take 5 to 30 minutes.
- Babies lose heat easily. Keep the baby covered. Make sure the covering is away from the baby's face so that it can breathe easily.

Babies lose heat in 4 ways: evaporation, conduction, convection and radiation. The table below explains heat loss and how keep the newborn warm.

1. Evaporation -A wet baby loses heat as its skin dries. Evaporating amniotic fluid takes heat with it.	Dry the baby immediately after birth with a dry cloth. Toss wet cloths away from the baby.
2. Conduction -A baby placed on a cold surface loses heat to the cold surface.	Put the baby skin to skin with its mother. Women use a lot of energy during labor and radiate it as heat. That heat warms the newborn.
3. Convection -A baby loses heat in a cold, drafty room. Cold air blowing over the baby takes cools the baby.	Make the place of birth as warm and draft free as possible for the newborn.
4. Radiation - A baby loses heat to a colder surrounding room. If you live in a home with a radiator, think about how the radiator loses heat the room making it warm.	Make the place of birth warm for the newborn. The mother radiates heat through her skin to the newborn to keep the newborn warm.

- If the baby is lip-smacking or opening its mouth and moving its head around, it might be hungry. If the mother wants to breast feed, she can put the baby's mouth right to the nipple and it will probably start sucking. New babies have reflexes that help them suck and swallow as soon as they are born.