

IMMEDIATE CARE OF THE NEW BABY AT BIRTH

PREVENTION OF HEAT LOSS

- Whether the baby is born in the hospital or at home, the room temperature must be between 21-25^oc
- Switching off of fans and turning off the air conditioner and closing curtains reduces the radiant heat loss to window.
- Drying the baby at birth e.g. using the olive oil and wrapping the baby in dry cloth or towels.
- Delivering the baby and placing the baby on the mother's abdomen.
- Covering the baby's head with a cap.
- Bathing the baby with hot water and in a warm room.
- Hot water bottle can be wrapped in a blanket and placed in the baby's cot.

CLEARING THE AIRWAYS

-Apgar Score

A-Appearance

P-Pulse (heart rate)

Grimace -(response to stimuli)

Active- (tone)

Respirations

These are the things we do for all your babies immediately after delivery. In medical terms we call it **RESUSCITATION**.

Oxygen is given when necessary.

CUTTING THE CORD

The umbilical cord is the lifeline of the fetus in the womb and the baby in the first few minutes after birth.

The cord should be thoroughly paid attention to. Before cleaning the baby's cord, you should make sure your hands are washed and dried with a clean hand towel. Immerse or dip the cotton wool in methylated spirit, squeeze out the excess liquid and use the cotton wool to clean the umbilical cord from inside outside in a stroke. The cleaning of the cord should be 2hourly or at each changing of the diapers.

NOTE-it is very important to keep the cord and the umbilicus dry at all time because if it is wet or damp, it can lead to the invasion of bacteria's thereby causing infection to the baby e.g. Tetanus.

BREAST FEEDING

AT BIRTH: Though rarely done in Nigeria, the baby can be put to breastfeeding immediately after birth as this can help with early separation of the placenta.

But, if the baby has problems during delivery, it may take few hours before anything can be given to the baby i.e. breast milk, water or baby formula.

Weighing: Babies are weighed at birth and at subsequent visit to know the development of the baby.

Vitamin K is given to prevent bleeding disorders.

SUBSEQUENT CARE OF THE NEW BORN (PARENTS AND RELATIONS)

From the hospital immediately after birth, parents and relations are allowed the freedom to hold their babies. This helps to promote what is called parent-baby relationships as love for the baby develops from there or more love is showered on the baby. At this the baby feels very welcome into the world.

AT HOME

The baby should be kept warm but not over warmed as these can cause elevation in temperature and heat rashes and other skin problems

SLEEPING

Baby is to sleep in a very quiet and warm environment to allow them sleep for appropriate hours, if the environment is not quite enough, the baby will cry all the time.

FEEDING

BREAST FEEDING-Mothers are encouraged to put baby to breast as this is a means of preventing diarrhea as it is the best means of ensuring good hygiene.

ADVANTAGES OF BREAST MILK

- It is already prepared.
- It is at the right temperature.
- It promote immunities
- It contains all the food nutrients.

The nipples should be cleaned with cotton wool and clean water; olive oil can also be used to remove crust or dirt from the nipple and areola. Please do not use any anti-septic to clean the nipples.

- Baby should be fed in a quiet and warm room.
- Mother should not be in a hurry when breastfeeding the baby.
- Put baby to both breast at each feeds.

BOTTLE FEEDING

- Sterilization of all feeding utensils should be done.
- Clean procedure should be adapted before and during preparation of bottle feeding.
- Instructions of baby formular must be followed to prevent underfeeding and promote the adequate nutrients in the baby formular so as to prevent diarrhea and malnutrition's.

BATHING AND DRESSING

Babies should be bathed in a warm room with the right temperature of the water.

Dresses should be worn according to the weather, both outside and inside the room.

CIRCUMCISION

The plastic bell on the cap of the penis should not be tampered with. Handle the baby as normal as possible, do not apply anything in the circumcision. The plastic bell will come off on its own when the wound heals in 2-3 days.

HOLDING THE BABY

Babies should be loved with kisses, hugging, talking and singing.

In caring for new born and older babies, a lot of love and patience are required.

SHOULD YOU NOTE ANYTHING ON YOUR BABY DURING THIS STAGE, PLEASE DO NOT HESITATE TO VISIT YOUR HOSPITAL!