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mothercare

Newborn Care

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LLH HOSPITAL

a burjeel holdings company

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ABU DHABI & MUSAFFAH

Dear Mom,

We understand that you may be preoccupied right now - but trust us you also need to prepare yourself for post-delivery self-care. The first few weeks after childbirth can be overwhelming. Expect a lot of physical and emotional changes. It's time for you and your baby to head home. Please review the information provided below that will help you with a smooth transition. These special safety instructions will keep your baby safe healthy at home.

Happy reading!

Diaper care

- Change your baby's diaper if it gets wet or soiled.
- Clean your baby's diaper area with plain, warm water, wet cotton balls, or a moist, soft cloth. Use baby wipes or soap only if necessary.
- Clean from the front to back and between skin folds.
- Allow the skin to air dry or gently pat it dry with a clean soft cloth.
- If there is any nappy rash, keep the diaper area uncovered. The Exposure to air can help healing the rash.
- After cleaning, apply a diaper rash or "barrier" cream. Creams with zinc oxide are preferred because they form a barrier against moisture.

If you use cloth diapers, use cotton cloths. Wash them properly and air dry.

If the diaper rash continues for more than 3 days or seems to be getting worse, consult your doctor — it may be caused by a fungal infection that requires a prescription.

Jaundice

Jaundice, or the yellowish discoloration in a newborn baby's skin and eyes, is commonly seen 3-8 days after birth. Watch out for the following signs and symptoms:



- Your baby's skin or eyes turn yellow.
- Poor feeding or sleepy behavior.
- Passing small amount of urine.

To prevent Jaundice:

- Breastfeed your baby often, at least 8 to 12 times every day.
- You may place your baby in warm sunlight for around fifteen minutes every day. If possible, the baby's skin should be exposed to sunlight.(not under hot sun! preferably early morning)
- If the symptoms increase, consult your baby's doctor immediately to expose the baby to fluorescent light.

Vaccination

Vaccines are recommended for very young children because their immune systems are not yet mature. Vaccines protect the body against subsequent infections or diseases. Here's what you need to remember:

- Keep a record of the vaccinations.
- It is important to keep your baby's schedule for Well Baby checkups.
- Make sure that your baby is getting vaccinated on the due dates.
- Discuss with your baby's doctor if there's any allergic reaction or fever after receiving a vaccination.

Growth and Development

During the first year, your baby will grow rapidly. The birth weight should ideally double by sixth month and triple by the time he/she turns 1 year old. For the first 6 months, infants grow about an inch per month. Talk, read, and sing to your baby: even if it seems like they're not listening, their sharp little brain is taking everything in!

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Hand Washing

- Always wash your hands before touching the baby.
- Instruct visitors to wash their hands before touching the baby.
- Always wash your hands before and after changing his/her diaper.
- Always wash your hands before breast feeding or expressing.

Intake vs. output

- Approximately 8-12 feedings per day.
- Approximately 6-8 wet diapers per day.

Cord care

- The umbilical cord will fall off within 1-2weeks.
- Keep the cord stump clean and dry.
- Keep the cord area clean with water.
- Ensure the cord is not covered by diaper.

Limit Visits

Visits outside the home should be limited to hospital, for first few weeks, especially if your baby was discharged during winter months.



Home safety

- Don't allow anyone to smoke around the baby.
- Children should always be supervised when they are around the infant.
- Include siblings in the care and joy of the newborn.

Sudden infant death syndrome (SIDS) is the sudden unexpected death of an infant less than one year of age, most happen between 2-4 months of age.

Important recommendations to prevent Sudden infant death syndrome:

Back to sleep. Place your baby to sleep on his or her back.

Use a firm and flat sleep surface, such as a mattress in a safety-approved crib covered by a fitted sheet with no other bedding, do not put soft objects, toys, crib bumpers, or loose bedding under baby, over baby, or anywhere in baby's sleep area.

Do not let your baby get too hot during sleep
Dress your baby in sleep clothing, that doesn't require additional covers. Keep the baby's face and head uncovered during sleep, the wrap should be below shoulder level.

Have your baby sleep in your room. Ideally, your baby should sleep in your room with you, but alone in a crib, bassinet, or other structure designed for infants, for at least six months, and, if possible, up to a year.

Do not smoke during pregnancy, and do not smoke or allow smoking around your baby or in your baby's environment

Breast-feed your baby: Breastfeeding for at least six months lowers the risk of SIDS.

Don't use baby monitors and other commercial devices that claim to reduce the risk of SIDS: - The American Academy of Pediatrics discourages the use of monitors and other devices because of ineffectiveness and safety issues.

Immunize your baby. Some evidence indicates immunizations can help prevent SIDS.

Follow up appointments

- Vaccinations.
- Newborn screening.
- Hearing Test.

When to seek Medical Assistance

- If the baby has any breathing difficulty.
- If the baby refuses 2 or more feedings.
- At the time of breastfeeding, your milk supply diminishes in 5 days.
- Signs of infection, such as a discharge from the baby's eyes, umbilical cord or circumcision.
- Colour changes to the skin such as a yellow, very pale or dusky bluish hue.
- The body temperature rises to greater than 99.4 F/37.5°C under the baby's arm.
- If the baby is unusually sleepy, hard to wake up, or cries constantly.
- If the baby vomits for 2 or more consecutive feedings.
- Less than 5 wet diapers in 24 hours.
- If the baby suffers from Diarrhea.
- White patches appear around the baby's mouth that cannot be wiped away.
- Bulging or sunken soft spot (fontanel) on top of the baby's head.

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