

Newborn Care

Getting Ready to Learn about Newborn Care

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your baby's health. We may explain something more than once. We will be giving you information in small bits over several days. **If there is something you don't understand it's okay to ask us to explain**

What I Need to Learn About Newborn Care

By the time I leave the hospital I will be able to tell the staff:

1. How to care for my infant
2. When to call my doctor with any questions or concerns
3. The time and date of my baby's first follow-up appointment

The staff will use three questions to teach me about mother and baby care:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my disease and how to take care of myself.

What is my main problem?

I need to know how to properly care for my baby after discharge. The time after the birth of my baby is important. It is a time to adjust to my new baby and learn how to care for the baby.

What do I need to do?

I will be able to tell or show the staff how I will care for my baby

- Bath – See *Your Childbirth Experience*, page 131-132.
- Elimination/Circumcision Care – See *Your Childbirth Experience*, page 135-137.
- Cord Care – See *Your Childbirth Experience*, page 133.
- Temperature Taking – See *Your Childbirth Experience*, page 134.
- Pacifier Use
 - A pacifier should not be given to breast fed infants until they are 3-4 weeks old. The baby should be breastfeeding well before taking a pacifier.
 - Giving your baby a pacifier when he wants to eat will deprive him of receiving the food he needs to grow. Signs that he is hungry are when he has his mouth open and seems to be looking for a nipple. He may suck on his hands or fists when he is hungry.
 - If he takes a pacifier instead of nursing, there will be a decrease his stools. This also increases the chance of developing jaundice.
 - Research has shown that breastfed infants who use a pacifier in the first month of life do not breast feed as long.
 - Early pacifier use can cause the mother to have a lower milk supply.
- Bulb Syringe
 - I can use the bulb syringe to clear my baby's mouth and nose of spit up or extra mucous.
 - I will use carefully as suctioning too often or too roughly may cause the tissues inside the nose to swell.

- I will turn my baby's head to the side.
- Hold bulb syringe and squeeze to get air out.
- While squeezing the bulb, gently insert tip of syringe into sides of the mouth and gently release pressure on the bulb to suction out secretions.
- Squeeze secretions onto cloth.
- If needed, I can clean my baby's nose after mouth, following the same process.
 - Insert gently into nose about ¼ inch.
 - Each side of the nose may be suctioned if needed.
 - Squeeze secretions onto cloth.
 - Rinse bulb syringe before using again.
- Jaundice – See *Your Childbirth Experience*, page 133.
- Comforting – See Don't shake us...you might break us! See *Your Childbirth Experience*, page 160.
- Car Seat Requirements – Guide to Car Seat Safety brochure, See *Your Childbirth Experience*, page 151-153.
- Infant Sleep Safety – See *Your Childbirth Experience*, page 20-21. Remember the ABCs. Always place your baby Alone on its Back, in a Crib for every sleep. Car seats or other seats and carriers are not recommended for routine sleep. Swings and infant slings are also not recommended. Pillows, blankets, bumper pads, wedges or any other soft surface is not safe. Awake, supervised tummy time will help baby develop upper body muscles and help prevent the back of the head from getting flat. See *Your Childbirth Experience*, page 159.
- Smoking Never smoke in the home or in the car where the infant is present
- The importance of Newborn Screening – Michigan Newborn Screening Saves Babies brochure
- The importance of Hearing Screening – Early detection of hearing loss is important to baby's development
- Shaken Baby Syndrome – See *Your Childbirth Experience* page 160.

I will be able to tell the staff when I will call the doctor.

- Blue or pale colored skin
 - Increased yellow skin or eyes
 - If bottle feeding, eating less than 8 -12 times per day and taking less than an average of 1 -4 ounces per feeding in the first week
 - If breast feeding, eating less than 8 -12 times in a 24 hour period.
 - Baby has less than 3-5 wet diapers per day over the next 2-3 days
 - Baby has less than 3-4 stools per day over the next 2-3 days
 - Temperature greater than 100.0 degrees F when taken under the arm
 - If my baby's lips are blue, I will call 911
 - First doctor visit in 48-72 hours
- Date _____ Time _____

Why is this important to me?

I want my infant to grow, be healthy, and happy. I will be able to care for, love, and enjoy my infant. I will know how to care for my infant properly. I will know when to call the doctor. I will be able to keep my infant safe.

As part of my care and to help me understand how to care for my infant, I have received this education plan and:

- Your Childbirth Experience: Pregnancy and Newborn Guide
- Safe Sleep for your Baby: Protect Your Baby's Life
- Newborn Channel (Channel 7)
- Michigan Newborn Screening Saves Babies
- Guide to Car Seat Safety
- Don't shake us...you might break us!

Newborn Care Education Plan

Resources for Staff

- [Taking Your Baby Home: Caring for Your Newborn](#)- Nursing Reference Center Plus

Teaching Tools (Items given to the patient)

- [How to Hold Your Newborn Baby](#)- Nursing Reference Center Plus
- [How to Bathe Your Newborn](#)- Nursing Reference Center Plus
- [Caring for Your Newborn: When to Call Your Doctor](#)- Nursing Reference Center Plus
- [How to Change Your Newborns Diaper](#)- Nursing Reference Center Plus
- [Traveling with Your Newborn Baby](#)- Nursing Reference Center Plus
- Your Childbirth Experience: Caring for Yourself and Your Newborn
- Safe Sleep for your Baby: Protect Your Baby's Life
- Newborn Channel (channel 7)
- Michigan Newborn Screening Saves Babies
- Guide to Car Seat Safety
- Don't shake us...you might break us!

References:

- Association of Women's Health, Obstetric and Neonatal Nurses, & Johnson & Johnson Pediatric Institute. (2006). *The Compendium of Postpartum Care* (2nd ed.). Philadelphia: Medical Broadcasting Company.
- Mattson, S., & Smith, J.E.(Eds.). 2004. *Core curriculum for maternal-newborn nursing* (3rd ed.). St. Louis, MO: Elsevier Saunders.
- American Academy of Pediatrics (2011). Policy statement SIDS and other sleep-related infant deaths: Expansion of recommendations for a safe infant sleeping environment. *Pediatrics*, 128. 1030-1039
- American Academy of Pediatrics. (21011), April). Policy statement-child passenger safety. *Pediatrics*, 127, 788-793. Retrieved from <http://pediatrics.aappublications.org/content/early/2011/03/21/peds.2011-0213>

Always close each teaching session with the question, "What questions do you have for me?"

Approved by: Patient Education Council

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