

A close-up photograph of a woman with long, dark, wavy hair smiling warmly at a newborn baby. The baby is lying down, looking up at the woman. The woman is wearing a white top. The background is softly blurred, showing a light-colored wall and a hint of a plant.

Chapter 8

PREPARING FOR YOUR NEWBORN

In this chapter you will learn about:

- Your baby's appearance after birth
- Newborn procedures and screenings
- Keeping your baby safe

SKIN-TO-SKIN CONTACT

GOLDEN HOUR



- At birth, your baby will be placed directly on your chest.
- The connection of your bare-skinned baby lying directly on your skin is called skin-to-skin contact.
- This initial snuggling has very important health benefits.

FOR BOTH VAGINAL
AND C/S
BREASTFEEDING OR
BOTTLE FEEDING

Soothes and calms you and your baby.

- Helps your baby regulate their temperature, heart rate, breathing and blood sugar.
- Enhances bonding.
- Supports breastfeeding.
- Helps your uterus contract.



[CLICK HERE!](#)

PROPER POSITION FOR SAFE SKIN-TO-SKIN CONTACT

- You should be semi-reclined or upright and alert, or have an alert adult at the bedside helping.
- Your baby is high up on your chest in a “kissable” position and laying in the middle of your chest.
- Your baby’s head is turned to one side with mouth and nose visible and chin in a neutral position (not slouched).
- Your baby’s arms and legs are flexed-in tight to the side of his body.

WHAT YOU CAN EXPECT RIGHT AFTER THE BIRTH OF YOUR BABY

APGAR SCORE

The Apgar test is a quick and simple test to evaluate your baby's well-being at 1 minute and again at 5 minutes after birth. Your baby scores points in the 5 areas outlined in the chart below. Most healthy babies average a score of 7 to 9.

Five Areas Evaluated	Points Given for Apgar Score		
	0	1	2
Heart Rate	Absent	Under 100	Greater than 100
Color	Blue to pale	Body pinking – feet and hands blue	Pink
Breathing	Absent	Not regular	Crying/good rate
Muscle Tone	Absent/flaccid	Some movement	Active movement
Reflexes	No response to stimulation	Grimace	Sneeze or cough – responds to stimulation

NORMAL NEWBORN APPEARANCE AT BIRTH



- As your baby emerges and is placed skin to skin, you may notice a few things.
- Your baby is wet and slippery!
- Will be covered with vernix caseosa.
- May have bluish tinged hands and feet.
- May have a cone shaped head.



COLOR

- Skin color will look bluish-gray at birth. This is normal!
- As your baby breathes and oxygen starts to circulate throughout their system you will notice their skin, lips, mucous membranes and nail beds becoming pinker.

ACROCYANOSIS

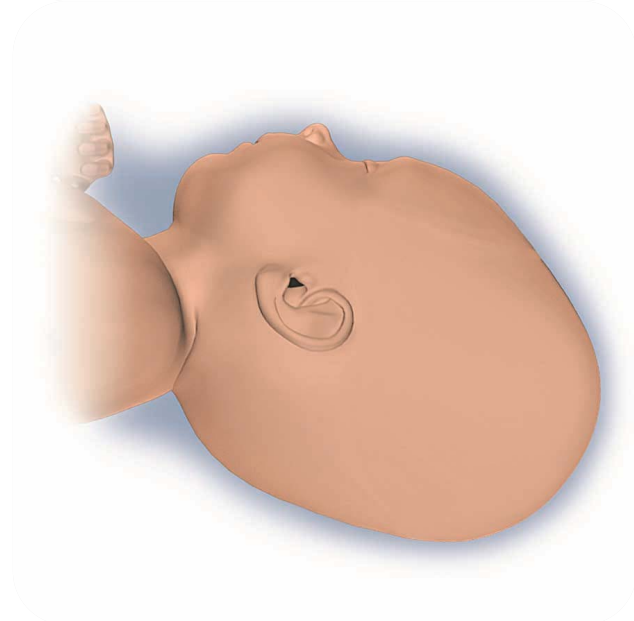
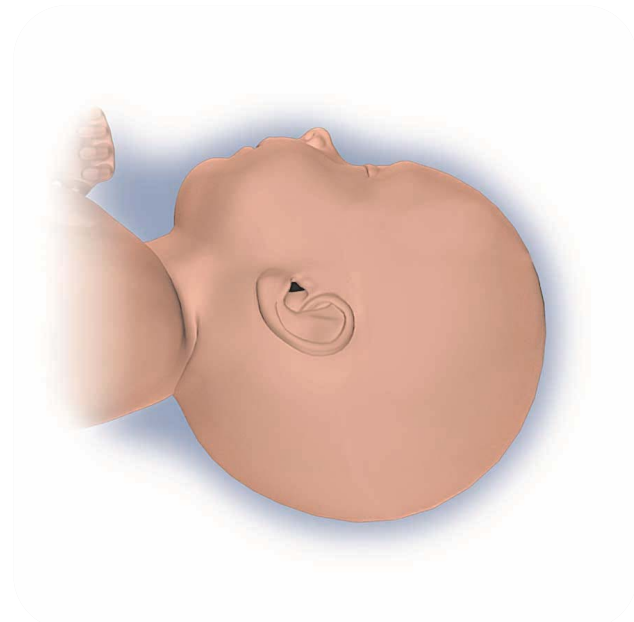
- Hands and feet may appear to be bluish or purple in color at birth.
- It also is normal!

MOLDING

You may notice at birth, that your baby's head looks out of shape.

This is referred to as molding.

You don't need to do anything in order to "shape" your baby's head. It will round out in a day or so.



FONTANELLES

- You will notice two areas known as soft spots on your baby's head.
- There is one at the top and one at the back where the skull bones have not yet grown together.
- These spots are called fontanelles.

VERNIX

Your baby may be covered in a thick, white, cheesy coating called vernix.

- Protects your baby's skin.
- Keeps your baby's skin from becoming wrinkled.
- If vernix is present, this coating gets absorbed into the skin quickly after birth.



NEWBORN SKIN FEATURES

- **Lanugo** – Fine, soft protective hair that covers the baby inutero.
- **Eyes** – Will be bluish-gray in color. Following birth, they can see 12 inches.
- **Milia** – Also known as infant acne. Clogged pores that are best left alone.





NEWBORNS AND MATERNAL HORMONES

- Baby boys may have swollen breasts and genitals.
- Baby girls may have swollen breasts and labia. She may even have a little blood-tinged mucus in her diaper.
- This is normal and due to your hormones.
- After a few days the swelling will go away.

NEWBORN SKIN FEATURES



- “Stork bites” – Reddish spots typically found on the forehead, chin and nape of the neck. NOT birthmarks and will fade with time.

MONGOLIAN SPOTS



- Flat birthmarks that are very common among dark-skinned babies of Native American, African, Asian, or Hispanic descent.
- They can be deep brown, slate gray, or blue-black in color.
- These spots are sometimes mistaken for bruising.
- They are usually found on the shoulders, lower back or buttocks area and will often fade after the first year of life.

NEWBORN PROCEDURES

**Done in the
Birthing Room**

- Suctioning
- Cutting the cord
- APGAR score
- Weight, length and head circumference

**Often done at first
Pediatrician visit**

(Can be done in birthing room if
you want)

- Identification
- Foot print
- Antibiotic ointment
- Vitamin K
- Hep b

**Done before
discharge**

- Genetic screening
- Hearing test
- Cardiac assessment
- Pulse Oximetry



EYE TREATMENT

- Antibiotic ointment, such as erythromycin, is applied in the infant's eyes within the first hour after birth to kill or weaken bacteria, especially gonorrhea.
- If left untreated, gonorrhea can cause eye damage and blindness.
- This ointment also offers protection against less serious types of pink eye caused by the sexually transmitted infection chlamydia, or by other bacteria.

VITAMIN K

- Vitamin K helps with blood clotting.
- Babies are born with only a small amount of vitamin K, so they're at risk for vitamin K deficiency bleeding (VKDB).
- Bleeding can develop spontaneously from an unknown cause or there may be an underlying disorder causing the bleeding.
- An injection of vitamin K is given in the baby's thigh within an hour after birth.



NEW YORK STATE MANDATED PROCEDURES

- Newborn Genetic Screening
 - Tests for genetic diseases that don't show outward symptoms, but need immediate treatment
- Vitamin K injection
- Eye ointment

OPTIONAL PROCEDURES

- Hepatitis Vaccine
 - Recommended by the CDC to be given as part of the recommended childhood immunization schedule & given before discharge

IDENTIFICATION OF THE NEWBORN

- Baby will be given 2 bracelets that have the same number on them after birth.
- Foot printing may be done.
- Electronic security device called a “HUGS” is placed on the infant’s ankle.
- Your nurse will take all of the baby’s vital signs.
- Your baby’s healthcare provider will come and do the initial physical exam.



The slide features a decorative background with several overlapping circles and a thick ring. A large, thick purple ring is on the left, partially overlapping a light pink circle on the right. In the top-left corner, there are two overlapping circles, one solid pink and one with a pink dotted pattern. In the bottom-right corner, there is a light orange curved shape. The text 'NEWBORN SCREENINGS' is centered within the white space of the purple ring.

NEWBORN SCREENINGS

- Metabolic screening
- Hearing screening
- Pulse Oximetry
- Daily Jaundice screening



METABOLIC SCREENING

- A blood test that identifies rare developmental, genetic, and metabolic disorders.
- If detected early, many of these disorders can be treated before serious health problems occur.

HEARING SCREENING

Of every 1,000 babies born, it is estimated that 1 to 3 will have serious hearing loss. Hearing screening is becoming a common practice.



PULSE OXIMETRY



- A test used to measure how much oxygen is in your baby's blood.
- Helpful in detecting some congenital heart diseases in newborns.

JAUNDICE

Jaundice, which simply means “yellow,” is common in newborn babies. It causes a yellow appearance of the baby’s skin and eyes and results from a normal body chemical called bilirubin.



[CLICK HERE!](#)

If you see yellow skin and possibly yellow eyes in your newborn, call your healthcare provider for instructions immediately.



PHOTOTHERAPY

- The baby will be placed under a special light wearing only a diaper and special eye protection.
- Another option for treatment is a fiberoptic blanket under the baby.
- The light and blanket are sometimes used together.
- The bilirubin levels will be checked by a blood test to ensure the treatment is working.
- Treatment can be done in the hospital or even at home.



WHAT HAPPENS IN THE NURSERY?

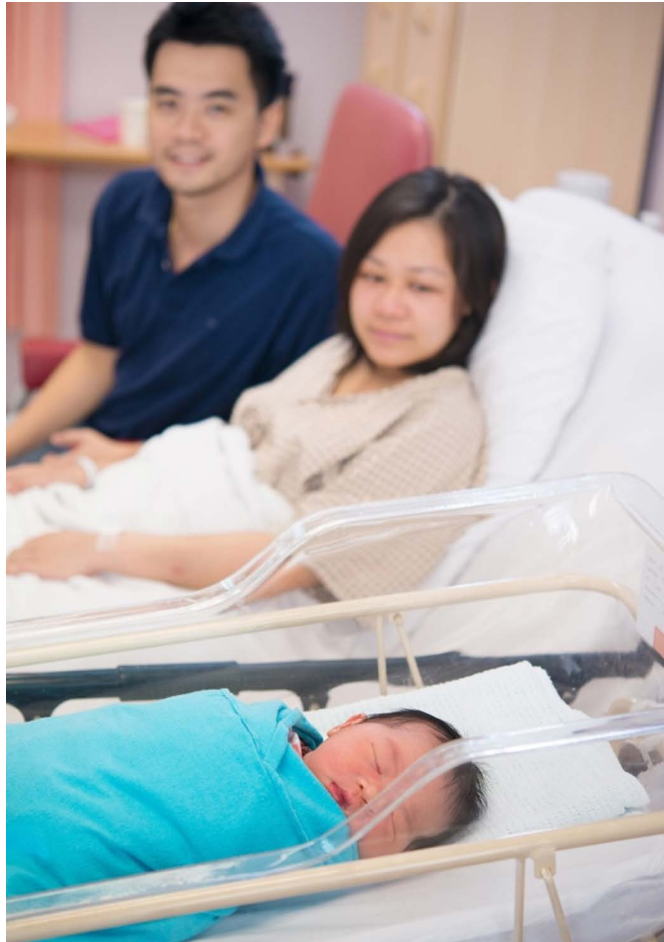
- The nursery is a place for **observation** for newborns who show signs of needing **extra support**.
- For **procedures** such as circumcision.
- Most everything else can be done at your bedside.

YOUR BABY IS WITH YOU

Having your new baby with you while in the hospital is called *rooming in*. This will enable you to become familiar with:

- Feeding cues
- Sleep patterns
- Changing diapers
- Soothing baby
- Unlimited skin-to-skin time!





BENEFITS OF ROOMING-IN

- Facilitates feeding as you learn your baby's feeding cues.
- Your baby cries less and you can soothe them quickly.
- You make more breast milk, as breastfeeding occurs early and often.
- You get more rest.
- You gain confidence in caring for your baby while experienced staff is available.
- Your baby can be monitored easily.

Circumcision

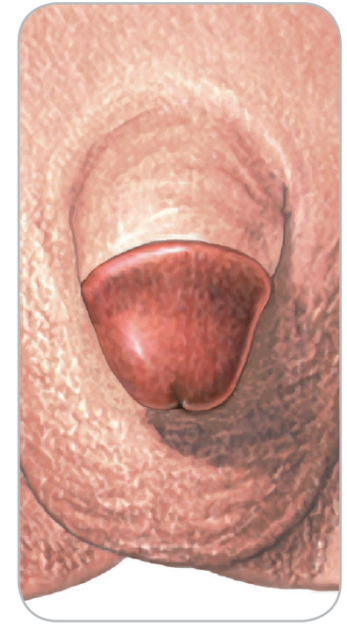
- Circumcision is the removal of the foreskin that surrounds the head of the penis.

Do your homework!

**American Academy of Pediatrics
Circumcision Policy States:**



Uncircumcised



Circumcised

“Although health benefits are not great enough to recommend routine circumcision for all male newborns, the benefits of circumcision are sufficient to justify access to this procedure for families choosing it and to warrant third-party payment for circumcision of male newborns. Parents ultimately should decide whether circumcision is in the best interests of their male child. The medical benefits alone may not outweigh these other considerations for individual families.”

WHAT ARE THE BENEFITS?

- Easier hygiene.
- Slightly lower risk of urinary tract infections.
- Decreased risk of sexually transmitted infections.
- Lower risk of penile cancer.

WHAT ARE THE RISKS?

- Bleeding and infection.
- Pain.
- Side effects from anesthesia.
- The foreskin might be cut too short or too long.
- The foreskin might not heal properly.

CONTACT YOUR BABY'S HEALTHCARE PROVIDER IF:



- There is any unusual swelling, smell, oozing or bleeding.
- Your baby does not urinate normally within 6 to 8 hours after the circumcision.
- Bleeding doesn't stop.
- The redness around the tip of the penis gets worse after 3 to 5 days.
- Yellow discharge lasts longer than a week.

WAYS TO REDUCE RISK OF SIDS

- Put healthy infants on their backs when putting them down to sleep at nighttime or naptime.
- Since the American Academy of Pediatrics (AAP) recommended that all babies be placed on their backs to sleep in 1992, deaths from SIDS have declined dramatically.

SLEEP – RELATED DEATHS

- Sleep-related deaths from other causes, however, including suffocation, entrapment and asphyxia, have gone up.
- The safest place for your baby to sleep is on a separate sleep surface designed for babies to be close to the parents' bed.

AAP STATEMENT

- The AAP has given recommendations for a safe sleeping environment.
- <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>,
<http://www.cdc.gov/sids/aboutsuidandsids.htm>

See the hand-out
labeled “How to
keep your sleeping
baby safe”



WHAT DOES A SAFE SLEEPING ENVIRONMENT LOOK LIKE?

- Use a firm sleep surface, such as a mattress in a safety approved crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskins or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Make sure nothing covers the baby's head.
- Always place your baby on his back to sleep, for naps and at night.
- Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

SHAKEN BABY SYNDROME



- If you are a parent of a new baby, there may be times when you will become frustrated and maybe even angry when your baby cries.
- You may have tried everything to comfort them, but nothing seems to help.
- You are not getting any sleep and you may be very frustrated.
- **No matter how you feel, do not shake your baby!**

SHAKEN BABY SYNDROME OR ABUSIVE HEAD TRAUMA



SIGNS AND SYMPTOMS OF SHAKEN BABY SYNDROME INCLUDE:

- Shaken Baby Syndrome (SBS) or Abusive Head Trauma (AHT) is what happens when a baby is violently shaken.
- The movement of the baby's head back and forth can cause bleeding and increased pressure on the brain.
- A baby's neck muscles are not strong enough and the brain is too fragile to handle this "whiplash" motion.
- Irregular, difficult or stopped breathing.
- Very fussy.
- Seizures or vomiting.
- Hard to feed.
- Hard to stay awake.
- No smiling or vocalization.
- Not able to focus or track movement with his eyes.

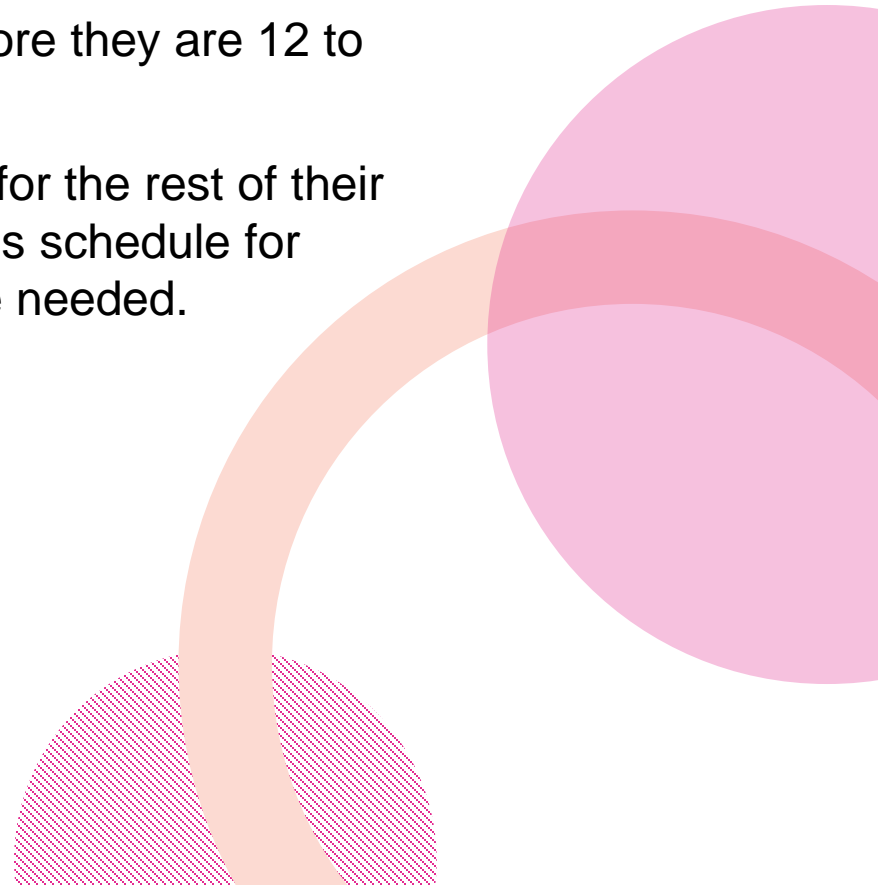
CALL YOUR HEALTHCARE PROVIDER IF:




- Changes in baby's skin color.
- Changes in baby's "normal" eating routine.
- Changes in baby's wetting or stooling habits.
- Changes in baby's behavior or sleep patterns.
- Fever of 100.4 F or more.
- Difficulty breathing.

IMMUNIZATIONS

- Immunizations, also called shots or vaccinations, protect your child against many diseases that can be prevented.
- These vaccinations can begin at birth. Your child will need several other vaccinations before they are 12 to 18 months old.
- They will continue at different times for the rest of their life. Follow your healthcare provider's schedule for when your child's immunizations are needed.



HOME SAFETY

- Never leave your baby alone on changing table or sofa
 - Set your water heater for 120 degrees or less
 - Use a new crib that meets standards established in 2011
 - Look for the JPMA certification seal on all baby equipment and keep up to date on recalls at www.jpma.org
 - Never leave baby in tub unattended
 - Post emergency numbers where they can be seen and in cell phone (Poison Control and pediatrician number in cell phone)
 - **Poison Control # 1-800-222-1222**
- 

PETS AND YOUR BABY

- Prepare your pet for baby's arrival
 - Bring item of clothing baby has worn home from the hospital
 - Wash pet in baby soap
 - Make arrangements for pet to stay home if possible
 - Let pet explore baby's room supervised
 - Never leave pet alone with new baby
 - Remember to find time to still meet pet's needs.





This may sound crazy, but get down on your hands and knees and crawl around your house..... This is the perspective your crawling baby will have. You will see the hazards first hand.





Safety Latches

SMOKE DETECTORS AND CO2 ALARMS



Check batteries every year and
replace the devices every 10 years



CAR SAFETY

For more information, visit:
www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Updates-Recommendation-on-Car-Seats.aspx



CAR SEATS



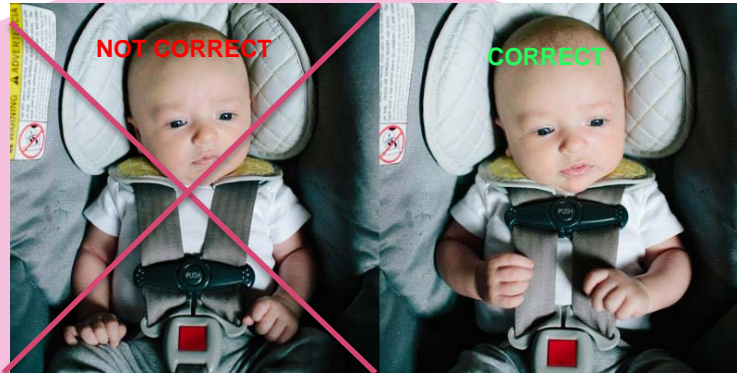
Must be age appropriate, be compatible with your vehicle and installed correctly



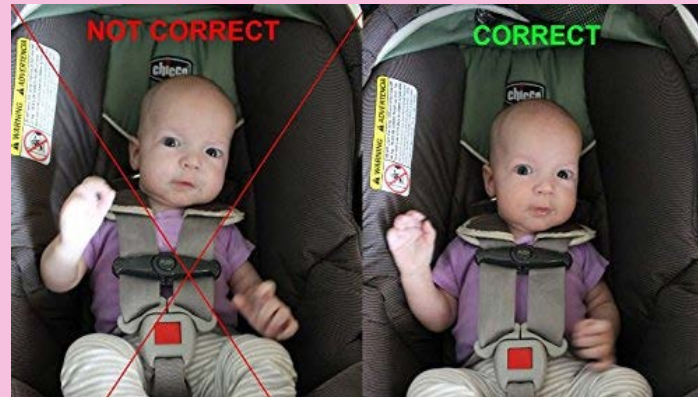
Do not let your infant sleep or nap in the car seat.

SAFE BUCKLING PRACTICES

No heavy clothing
under the straps



Buckle must
be in the
proper
position



CAR SEAT INSTALLATION STATIONS



NICU and Postpartum Floor staff can help show you *how* to position your infant into the seat. (*They cannot do it for you*)



National Highway Traffic Safety Administration

SELECTING A CHILDCARE PROVIDER

- Credentials- Licensed vs. Private
- Full time/part time/ occasional
- Hours- Traditional or shift
- Days- Flexible or fixed
- Sites- Day care center, Private home, your home
- Family members- regular or occasional child care
- Utilize local Child Care Council for recommendations and/or review of current childcare.

DECREASE *YOUR* DISTRACTIONS

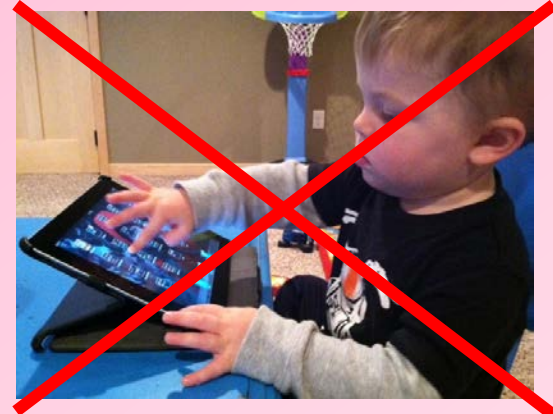


**Don't let your
screen time
interfere with
your
parenting
time.**



LIMIT SCREEN TIME

American Academy of Pediatrics Recommendations include VERY limited screen time for children under 2



New Father or Partner

The role of the father or partner goes beyond emotional and physical support during pregnancy and birth

There are many ways for fathers/partners to be involved with their new baby:

- Snuggling skin-to-skin
- Burping baby
- Changing diapers
- Bathing baby
- Playing with baby
- Taking baby for a walk
- Wearing your baby





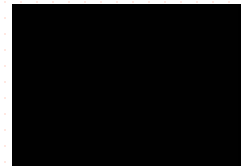
ENJOY YOUR JOURNEY!

Each baby is unique. A great deal of how you nurture and love your child comes naturally. Please know that parenting is a process that requires you to constantly learn. You will discover new skills and insights along the way that will allow you to learn what works best for you, your baby and your family.

SPONGE BATH

Supplies needed for bath:

- Changing mat
- Baby bath towel
- Cotton balls
- Baby soap OR a natural Oil like olive or coconut
- Baby shampoo
- Diapers
- Clean clothes



When to give a baby the first tub bath is a matter of debate. It is still general practice to advise parents to sponge bathe baby until the cord falls off and circumcision heals. Please check with your healthcare provider that is caring for your baby and follow the directions that are given to you on tub bathing.



Traditional digital
used for oral
(Children) or
rectal/axillary
(infants)



Ear scan
Not for
infants
under 6
months



Forehead



Infrared for Baby
Adult or Child

THERMOMETERS

Prices range from about \$3.00 to \$50.00

How to take a temperature

- Wash your hands



- Use a clean thermometer



- Place a new plastic cover over the tip



- The thermometer will beep when it reaches the temperature



- Remove the plastic cover and clean with alcohol or wash with warm water and soap



- For a young child or baby, place the thermometer under the arm



- Rectal Temp: lubricate the tip and insert it only until the silver tip is past the anus, no further.



Normal and elevated Temperature ranges

Location	Normal	Elevated	Call Dr. (Not 911)
Mouth, under tongue (Older children and adults)	98.6	99.5	103
Arm pit (Infants and young children)	97.6	98.5	102
Rectal (Infants and young children)	99.6	100.4	103
Ear (Over 6 months)	98.6	99.5	103
Forehead (Follow instructions on packaging)	97.6	98.5	102