



Newborn Care

NEWBORN CARE

WOMAN WITH SHORT BROWN HAIR

Bring him home for the first time was kind of exciting.

WOMAN WITH WAVY BROWN HAIR

Our experience in newborn care was definitely made easier by getting information ahead of time.

WOMAN WITH BROWN HAIR

The most overwhelming thing for me was the breastfeeding.

WOMAN WITH GREEN SHIRT

I was scared at first, wondering whether or not we'd be able to handle this huge responsibility.

NARRATOR

Having a baby is a rewarding and joyful experience. And taking proper care of your baby will be your new, number one responsibility. First, remember that while you're still in the hospital, the nurses and doctors are a great resource to help train you in what to expect when beginning your newborn care. They will give you great demonstrations on things like breastfeeding or ways to take care of yourself and your baby. Many hospitals have wonderful instructional literature that you can take home.

When you get home, there are a number of things you'll be doing that will become an important part of your newborn care routine.

CHRISTINE AVELAR

When you come home from the hospital it is one of the most exciting days of your life. You're bringing home your baby for the first time and there's lots of new things that you need to learn. But, most importantly, you need to learn how to feed your baby, diaper your baby, clean your baby, bathe your baby and monitor for signs of infection.

NARRATOR

Right from the start, seek help if you need to.

TIRZA GREER

Newborn care, I think, is certainly not only that of the mother. I think it's a family involvement. It's really a collective effort.

NARRATOR

Feeding your newborn is one of the most enjoyable and satisfying parts of parenthood. Some moms will choose to formula feed their babies. But, the preferred way to bond with your baby and give them all the best nutrients is breastfeeding.

BREASTFEEDING

AIMEE

I like to breastfeed because I think it's a nice bonding experience. It's cuddle time and I know he's getting the nutrition that he needs.

MOLLY

I love that I'm able to give him a feed so easily. And yet, he seems to really love the nurturing and closeness to be with me.

NARRATOR

Breastfeeding has so many wonderful benefits for both mom and her baby. As with any new skill, it might take you a few days or weeks to be completely comfortable with it. But, when you do, it's like no other experience.

TIRZA GREER

Breastfeeding is a wonderful benefit for mom's because it's the best source of nutrition that's available for a baby. Not only do you have milk that's always available, it's always the right temperature. It has all nutrients in there that basically are necessary for growth and development for your baby.

BETH IOVINELLI

Breastfeeding is the best way to feed your baby for various reasons. There's multiple health benefits. It helps to reduce the incidence of asthma, allergies, Juvenile Diabetes. The list goes on and on. And there's many benefits for mom as well. Moms who breastfeed are less apt to experience postpartum depression. It helps to control postpartum bleeding. There's decreases in breast and ovarian cancer. So there's many compelling reasons for mom to do it for her, as well as a choice that's great for the baby.

LYNN HIGGINS

And you're going to bring your arm around and hold her hiney. There. Now, watch her come in. That's perfect. And she did it.

NARRATOR

The best time for a mother to begin nursing her baby is in the hospital. The first milk that comes from the breast is called Colostrum. It is a thin, yellowish fluid that is easily digested and protects your baby from infection, but will provide the nutrition your newborn needs until your milk comes in 3-4 days after your child is born.

CHRISTINE AVELAR

If you're attempting to breastfeed for the first time as a new mom, the best advice is to grab your postpartum nurse and have her give you a hand in assistance with positioning for your first time breastfeeding your baby. There's several positions that we can use in teaching a mom how to breastfeed. There's a cradle hold, a football hold and a cross cradle hold. We can also teach mom how to breastfeed while lying down. And we'll work with mom on all these different positions used to breastfeed.

NARRATOR

After experimenting with these different positions, you will find the one that works best for you and for your baby. Whatever position you choose, it is important both you and your baby are comfortable and relaxed. You may find that it helps to use pillows for support. When you're comfortably in position, you're ready to have your baby latch on.

LYNN HIGGINS

Put your hand underneath like mine. Match my thumb. Way back so that Katie can get all this in her mouth. Perfect.

NARRATOR

This is when your baby holds the breast between the upper gum and the tongue and sucks on the nipple and much of the areola to draw out the milk. Many babies find the nipple easily and latch onto the breast right away.

BETH IOVINELLI

Once your baby's latched on – and a good latch means that the baby's mouth is open wide, she has a firm grip on the breast, she's pulling, she's not just nuzzling. Let's just sneak his hand down there. Tickle that upper lip. Wait for him to open. And then tuck as much in there as possible. Beautiful. Wonderful.

BETH IOVINELLI

So she wants to feel a nice tug. Nothing that's uncomfortable. If the mom feels pinching or biting, she needs to remove the baby quickly so that she doesn't do any damage to the nipple to prevent soreness. Mom may hear some swallowing and that's very reassuring for the mom to hear that drinking sound, because that means that the milk is being transferred from the breast into the baby's belly.

NARRATOR

After latching on, a newborn can take up to 30 minutes to feed. Allow the baby to finish nursing on one side and then offer the second side at each feeding.

BETH IOVINELLI

Once you're done with the feeding, you want to burp the baby. You can hold the baby up on your shoulder to burp her, or sit her up and gently burp her. And then swaddle the baby, and then help her settle down to go to sleep.

CHRISTINE AVELAR

In general, most breastfed baby's feed approximately every 2-3 hours. But, if you do see hunger cues earlier than that, please act on them. You do not want to let your breastfed baby go more than three hours without feeding.

NARRATOR

We've just shown you why breastfeeding is such a rewarding experience. When we come back, we'll show you some other feeding options. Breast pumping and formula feeding.

BREAST PUMPING**CAROL**

It was important for me to pump, that my baby had breast milk, rather than formula. I'm lucky enough that I have the time available to pump. So, really, there's no excuse why I shouldn't.

NARRATOR

Another method of feeding your newborn when breast feeding all the time isn't an option is to use what's called a breast pump. A pump allows you to express your breast milk and then transfer it to a bottle to feed your baby. Pumping is a great way for back to work mom's to continue to give their newborns the nourishment of breast milk. Many women will pump at work when they are away from their baby. But, will still nurse their baby when they get home. Pumping can also be a good way to get dad involved in feeding your newborn.

BETH IOVINELLI

One of the wonderful things about pumping your milk while you're away from the baby is your way to stay connected with the baby. Storing breast milk is pretty easy. For mom's that are pumping and are going to be at work, they can just bring a small cooler bag and transport it home and put it in the refrigerator. Breast milk can be in the refrigerator for 5-7 days and in the freezer for 3-6 months.

FORMULA FEEDING**NARRATOR**

For many mom's, for one reason or another, are finished breastfeeding, or who were not able to or choose not to breast feed, there is the option to feed your baby with formula. Many babies are formula fed at one time or another. There are some things you need to be aware of when you make that choice.

CHRISTINE AVELAR

Sometimes it's not possible for a mom to breast feed. And if that's the case, formula feeding is an option. With regards to formula feeding, you might want to have a conversation with your pediatrician as to what formula he or she recommends that your baby use. Formulas come in three different formulations. They come in a ready prepared form. They come in a powder and a liquid concentrate that needs to be diluted with water. You need to be very careful to read the product instructions with regards to preparation of the powder and the concentrated formula. Never microwave a baby's

bottle, because it can sometimes cause warm spots in the bottle that can potentially burn your baby. The way to reheat a baby's bottle safely is to use warm water.

NARRATOR

Feeding times for a formula fed baby varies. Try feeding your baby about 2-3 ounces of formula every 3-4 hours. You will need to increase the amount of formula as your baby grows. The first time you use the bottle, sterilize it in boiling water. And after that, be sure to always rinse the bottles and nipples after every use and then wash them in hot, soapy water. Using a bottle brush can help loosen milk that sticks. The next task you'll be finding yourself doing quite a bit is giving the baby a warm, comforting bath. When we come back, the proper way to bathe and diaper baby.

BATHING/DIAPERING

AIMEE

I think my favorite part is just bonding with him. I think you need to take every opportunity to bond and make things fun. And bathing is one of those things that it can be fun.

BATHING YOUR BABY

NARRATOR

Bath time is a good time for you and your baby to get to know each other. It's also a good time for your partner or other helpers to take part in caring for the new baby.

AIMEE

With regards to bathing, we recommend that a baby is bathed just about every 2-3 days or so. The first few baths that the baby will have at home will be sponge baths, until the baby's umbilical cord falls off. And that's generally around 7-10 days.

NARRATOR

During a sponge bath, start by bathing the baby one area at a time. To avoid giving your baby a chill, keep baby wrapped in a towel or blanket, exposing only parts being actively washed. Soon, the baby will be ready for a tub bath. Before you start the bath, make sure that the water is comfortable for your baby. Warm, but not too hot. You can test it by running the water on the inside of your wrist. Also, before you begin, it's important to gather towels, washcloths, cotton balls, mild soap, clean baby clothes and any other items that you'll need. Support the baby securely and drop them gently into the basin with enough water to keep them warm. But, do not immerse them. Never leave your baby alone in the tub, not even for a second. Start by washing your baby's eyes using clear water and a corner of the washcloth or a cotton ball. Wipe gently from the nose outward. Do not use soap near the baby's face. Next, wash your baby's face, neck and outer ears. It is important not to clean any further into the ears. Do not use Q-tips. Don't forget, have fun with the baby. It's a great way for her to relax and begin her love affair with bath time. Next, wash the baby's hair. Gently massage the top of the baby's head with warm water. Then apply a small amount of mild soap or baby shampoo. Rinse again with warm water before drying. Using a clean washcloth, wash the neck, chest, tummy,

back and extremities with mild soap. Pay attention to the folds of skin around the neck and underarms and the genital areas.

TIRZA GREER

It's very important to know that with girls, you want to wipe down and away. And, for little boys, especially if they have been circumcised, you just want to make sure that the wound is cleaned and healing very well.

NARRATOR

Finally, wrap your newborn in a towel when you are done with the bath to keep warm. Be sure not to use baby lotion and powder. They are not necessary and can irritate a baby's skin and lungs. After the baby is clean and rinsed, lift her gently into a towel and dry her thoroughly. Okay. Now, it's time to diaper the baby.

DIAPERING YOUR BABY

NARRATOR

Believe it or not, diapering is a great time to be with your baby. Most babies will need changing 8-10 times a day. If you're using a changing table, organize all of your supplies within easy reach. Some mom's prefer cloth diapers. But, most will use a clean, disposable diaper and wipes. And an ointment or petroleum jelly if the baby has a rash. Again, never leave the baby alone wherever you decide to change her. Remove the soiled, wet diaper by releasing the tabs at the waste and remove by swiping the diaper back through the legs. Use a damp wipe to clean the genital area from front to back, towards the baby's buttocks. This may take several wipes to get thoroughly clean. But, it will help prevent uncomfortable diaper rash from forming. Put a clean diaper on the baby by pulling the front up between the legs. Hold it in place while you fold the sides in toward the center and fasten with the tabs. Don't forget to praise the baby.

NARRATOR

Diaper changing is also a good time to clean your newborn's umbilical stump, as well as to care for your newborn's circumcised penis.

Try to keep the umbilical cord stump dry. If it does get soiled, clean it with soap and warm water and pat dry. You can also use special umbilical cord diapers or simply fold down your diaper to keep the stump from rubbing.

NARRATOR

To care for your son's circumcised penis, apply ointment on a gauze pad and place over the tip of the penis at each diaper change for 4-5 days until the redness subsides. When we come back, we'll discuss what to do with a crying baby and other issues that relate to your baby's health and wellness.

CRYING BABY

AMY

Most of the time I trust my instincts. But, there are times when she's crying and crying and I have my doubts.

NARRATOR

It always takes a while to get used to the sound of your baby crying. It can be incredibly frustrating not knowing what your baby really wants or why they seem so uncomfortable.

DR. MARVIN WANG

Babies cry because that is their means of talking to you. They don't have voices or have any verbal ability at this point. So, they have very basic needs for which they need fulfilled. And crying is their means of telling you how they want those needs fulfilled.

NARRATOR

Because crying is really the only way your newborn can communicate their desires to you, different cries can be a signal for something baby physically needs.

DR. MARVIN WANG

Things that parents should think about are whether they are hungry, whether or not they're cold or too hot. Their clothing may be too tight or maybe even too loose. That they do, maybe, want to be swaddled.

NARRATOR

A crying baby may be feeling uncomfortable. Change your newborn's diaper. Hunger could be a reason why your newborn is crying. Try nursing your baby or offering a bottle to your baby. Gas bubbles might also be a cause, so burp the baby to help relieve the discomfort. Since babies sometimes cry because they're lonely, you might try picking them up and walking them.

AMY

I would tell mom's when their baby is crying, you should really pick the baby up. Because, the longer baby cries by itself, the longer it's going to take the baby to calm down.

BETH IOVINELLI

Babies do cry a lot, and when new moms are feeling very tired and hormonal and overwhelmed, sometimes the crying can feel like it's starting to get to you. If you're feeling stressed, it's important to have some support. Hand the baby off to your partner or to a friend who's there and go take a bath or go take a walk or go lay down for a little while.

NARRATOR

If you have tried the techniques that we have discussed and your baby continues to cry, talk with your pediatrician to be sure there is no medical cause for the crying. It is important that you do not shake a baby. Even a gentle shaking can result in severe injury

or death. Remember, crying is a natural way the baby is communicating to you. So, be patient and know that the crying won't last forever.

KEEPING BABY WELL

NARRATOR

There are some key things you need to keep your baby health and well. When you put your baby to sleep in a crib, make sure they sleep alone on their back, which we know helps reduce the risk of SIDS. Because of the danger of suffocation, all pieces of lose fabric should not be in their bed including bumpers, toys and other loose articles of clothing. Taking your child to the pediatrician for routine well visits are all important to your baby's health.

GRACE LEE

Vaccinations are one of the most effective preventive interventions we have available in the US. They protect your children against death, against severe disease and its complications. It's one of the easiest things out there available that we can do to keep our children healthy.

NARRATOR

If your baby isn't feeling well and feels warm to the touch, you need to check your newborn's temperature. The American Academy of Pediatrics recommends using a digital thermometer in homes with children. You can screen your baby's temperature first by placing it under their arm. However, the rectal temperature is preferred because it is more accurate. Many physicians may ask for a rectal temperature to help determine next steps with your child. To begin, use an alcohol wipe to sterilize the end of the thermometer before and after taking your child's temperature. Before inserting, add some petroleum jelly. Use one hand to hold your baby still and the other to insert the thermometer about a quarter to a half inch into the rectum. It is important not to insert the thermometer too far. Another important way to keep your baby healthy is germ control. Always wash your hands before caring for your newborn. Do not be afraid to ask family members and friends to do the same before you hand your child to them. It's also important to be aware of all the things you need to consider to keep your baby safe.

KEEPING THE BABY SAFE

NARRATOR

One of the things parents can never take for granted is the safety of their children. Newborn care begins with a safe home.

CARRIE KELLY

Safety is a top priority. Most of the injuries that happen for children and babies happen within the home. And it's where you spend most of your time. So, it's important to make each room as safe as possible for the child. Whether it be the child's room, the kitchen, the playroom – you want to look at each room from the child's perspective and eliminate as many hazards as possible. Parents need to think about having gates at the top and bottom of the stairs. They want to keep any potential poisons out of reach, such

as cleaning supplies, medicines, cosmetics. Look at electrical safety. Look at outlets. Look at potential falls, whether you need gates or window guards. Look at bath safety and look at the bathroom in terms of water and what you have in the cabinets. There are many doors you want to keep your child away from. One option is a doorknob cover. I use something called a top of door lock. Parents should be thinking about safety from the minute they bring their baby home from the hospital.

CAR SEAT SAFETY

ELISSA

She's the most precious thing in my life. If she's not correctly installed in her car seat, if we were ever in a crash, her life can be in danger. And that's serious.

NARRATOR

The car is another place where safety needs to come first.

LORRIE WALKER

Car seats are really important to use for infants and children.

NARRATOR

As soon as your baby leaves the hospital, you'll be required to use a rear facing car seat positioned in the back seat of the car. There is a specific car seat for every stage of your child's growth and development.

LORRIE WALKER

For those baby's that are 5 pounds or more, they will use what's called an infant seat, which faces rear, or a convertible seat, which can be used rear facing.

NARRATOR

It's critical for your baby's safety that car seats are installed properly to protect your baby in an accident. If you aren't sure, get your seat checked by a trained professional. Always use a car seat when transporting your baby.

Becoming a new parent is a wonderful and challenging experience filled with many rewards. Using the techniques discussed in this program will help you to learn to take good care of your baby.

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