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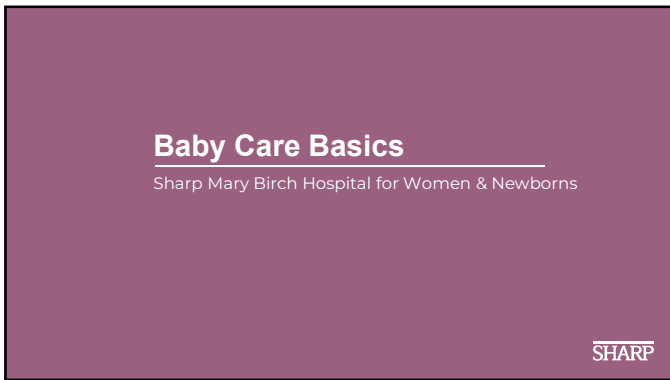
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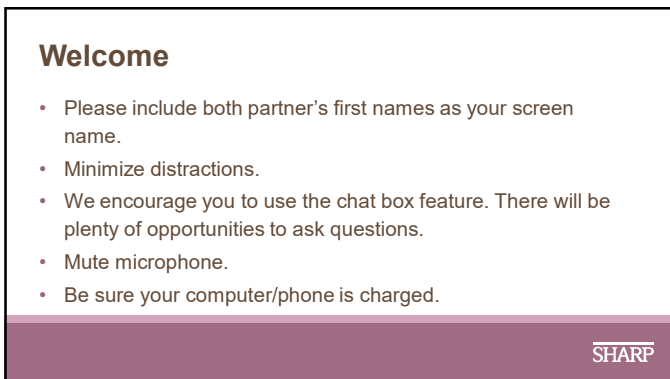
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**Sharp Mary Birch Hospital for Women & Newborns**  
 Educational Materials for Classes:



[Sharp.com/marybirchresources](http://Sharp.com/marybirchresources)

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**Class Outline**

- Selecting a Pediatrician
- Newborn Procedures
- Newborn Appearances
- Infant Feeding
- Baby Care
- Baby Behavior
- Newborn Sleep Cycle & Safe Sleep Practices
- Calming Your Baby
- When to Call Your Pediatrician
- Safety Tips
- Resources and Support Groups

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**Selecting a Pediatrician**

- Talk to friends and family for suggestions
- Insurance coverage
- Set up appointment to meet the M.D.
- Baby will be seen in the hospital
- Well baby visits
  - After hours, weekend appointments available
- Vaccines
- Circumcision rarely performed at hospital
- Sharp.com - "Find a Doctor" (1-800-82-SHARP)

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### Skin-to-Skin Contact



- Keeps babies warm and regulates temperature and glucose levels
- Facilitates bonding
- Helps babies latch on and breastfeed better
- Helps babies breastfeed longer
- Comforts babies so they cry less

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▶ Skin-to-Skin Care    ▶ Skin-to-Skin Care (With Captions)

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### Newborn Procedures



- Suctioning
- Apgar evaluation
- Weighing and measuring
- Antibiotic eye ointment
- Vitamin K shot
- Hepatitis B vaccine
- Screenings
- Hearing test

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### Newborn Appearance



Lanugo    Vernix    Milia    Newborn Rash

Stork Bite    Mongolian Spots    Head    Genitals

▶ Newborn Appearance    ▶ Newborn Appearance (With Captions)

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**Senses**



**How Senses Help Your Newborn**

- Teaches them about their environment
- Allows them to interact
- Facilitates bonding

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▶ *Newborn Senses*    ▶ *Newborn Senses (With Captions)*

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**Infant Feeding**



- Feed baby as soon as you notice hunger cues
- About 8 to 12 times in 24 hours, day and night
- Feed your infant as long as she is actively sucking and swallowing
- The more milk your baby takes, the more milk you will make
- Introduce bottles and pacifiers when breastfeeding is going well
  - Usually 3-4 weeks postpartum

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**Paced Bottle Feeding for Newborns**

- Slows down the flow of the milk to prevent overfeeding
- Allows your baby to be in more control over the feeding pace
- For formula fed newborns, your pediatrician will give you instructions. To avoid overfeeding, attempt to stay within the amount appropriate for your baby's age/weight.
- How to pace bottle feed:
  - Nipple half full
  - Hold baby upright
  - Give pauses

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### Skin Care



**Infant Acne**

- Red or white bumps on forehead or cheeks
- Develops within the first 3 to 4 weeks and clears up within 3 months

**Cradle Cap**

- Scaly yellow or white patches on scalp
- Harmless, and usually clears up on its own in 6 to 12 months

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### Bathing Basics



- Gather supplies: towel, washcloth, mild baby soap if needed, and a diaper
- Water should be comfortably warm — around 95°F (35°C)
- Test the temperature of the water with your elbow
- Keep one hand on your baby at all times
- Never leave your baby alone near water

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Bathing and Dressing Bathing and Dressing (With Captions)

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### Umbilical Cord Stump Care



- Keep the cord stump clean and dry
- Fold diapers down
- Dress baby in loose clothing
- Don't pick at the cord stump
- Cord will fall off in a few weeks

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Cord Care Cord Care (With Captions)

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**Circumcision Care**

**Circumcised**

- Keep clean and dry
- Follow healthcare provider's instructions
- You might see a small amount of discharge

**Uncircumcised**

- No special care needed
- Don't force back the foreskin



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**Cord and Circumcision Warning Signs**

- Skin around the cord or circumcision is red, has pus, drainage, or a foul smell
- Baby cries if you touch the cord or circumcision areas
- You notice swelling or bright, red bleeding around the circumcision
- Baby doesn't urinate within 12 hours of the circumcision
- The circumcision isn't getting better, or your baby is ill
- Plastibell device slips down or doesn't fall off in 10 days

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**Dressing**



- Your baby can't regulate her body temperature
- No more than 1 extra layer than you would wear
- No hats indoors, only as needed outside
- One-piece outfits with wide necks and snaps can make diaper changes easier
- Choose soft, comfortable clothing

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### Diapering Basics



- Be prepared and keep it quick!
- You'll need a diaper, wipes, or a washcloth with warm water.
- Always keep one hand on her and use a safety strap when on high surfaces.
- Diapering on the floor is a safe option.
- Because you'll be changing so many diapers, it's handy to have several changing stations throughout your home.
- Diaper Rash

American Academy of Pediatrics (AAP)  
Does Not Recommend Baby Powder

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Diapering    Diapering (With Captions)

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### Safe Swaddling



- Keep the swaddle loose so she can bend her legs
- Make sure her hands reach her mouth
  - This is an important hunger cue
- Always put her to sleep on her back
- Stop swaddling before she could roll over.

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### States of Alertness



- Babies go through different states of alertness
- Variations of being asleep and awake
- Recognizing the different states helps you better respond to your baby's needs

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States of Alertness    States of Alertness (With Captions)

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### Sleep Patterns



- Sleeps as much as 16 to 18 hours per day
- Sleeps in 1 to 3 hour-long periods, sometimes shorter
- Baby won't sleep through the night at first, needs to wake to eat
- Keep daytime noise and light normal
- Make night feedings dark and quiet

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▶ Newborn Sleep Patterns    ▶ Newborn Sleep Patterns (With Captions)

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### Sudden Infant Death Syndrome (SIDS)

- Defined as the unexplained death of an infant in the first year
- Highest risk is between 2 to 4 months
- Usually occurs during sleep — putting baby to sleep on his back and having a safe sleep environment are both essential



#### Recommendations to Reduce the Risk of SIDS

- Regular prenatal care
- Offering a pacifier at bedtime and naptime. (for breastfeeding babies wait until breastfeeding is firmly established)
- Avoid smoke, nicotine, alcohol, marijuana and illicit drugs during pregnancy and after birth
- Breastmilk has been proven to lower the risk of SIDS
- Immunized according to the AAP & CDC guidelines
- Do not use heart or breathing monitors in the home to reduce SIDS, unless ordered by your healthcare provider
- Supervised Tummy Time is encouraged for short period of time while your baby is awake
- Tummy time can start soon after hospital discharge increasing the duration to at least 15-30 minutes by 7 weeks of age.

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### Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

#### Sleep Location and Surface

- It is recommended that infants sleep in the parent's room close to the parent's bed, but on a separate sleep surface designed for infants for 6 months. The American Academy of Pediatrics (AAP) does not recommend bed sharing.
- Do not put your baby to sleep in a car seat, stroller, swing, infant carrier or sling.
- Use a firm, flat, non-inclined sleep surface to reduce the risk of suffocation or entrapment.
- Avoid overheating (keep room about 70°F)

#### Baby's Position and Bedding

- Baby should be placed on the back to sleep.
- Keep soft objects, such as pillows, comforters and loose bedding away from the infant's sleep area.

#### Sleep Clothing

- Hats are not recommended beyond the first hours of life
- Dressing in layers is preferred over blankets to keep baby warm. Wearable blankets can be used.
- Swaddling is no longer appropriate once your baby exhibits signs of rolling over.
- It is recommended that weighted swaddles, sleepers or blankets are not placed on or near sleeping babies

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▶ SIDS    ▶ SIDS (With Captions)

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### Baby Communication



There's too much going on!

My diaper's wet!

I learn to trust you when you respond to my cries. You are not spoiling me!

I'm hungry!

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### Learn Your Baby's Cues

- Watch your baby to learn her cues.
- Cues are the movements and sounds your baby makes to communicate
- Cues help you know if your baby is tired, overstimulated, hungry, or ready to play.

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### Why Babies Cry



#### Crying Is Instinctual for Babies

- To communicate a need
- To relieve stress
- To block unwanted stimulation

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Why Babies Cry

Why Babies Cry (With Captions)

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### Why Babies Cry

- Did you miss your baby's hunger cues?
- Does the baby need to be burped?
- Is the diaper wet or dirty?
- Are the clothes wet or uncomfortable?
- Is it too cold or warm?
- Is the baby overstimulated?
- Is baby sleepy?
- Does the baby need to be comforted?



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### Comfort Techniques

- Hold her close skin to skin
- Wear her in a baby carrier
- Let her suck on your breast or finger
- Talk or sing to her
- Provide white noise
- Make shushing noises
- Movement
  - Rock, sway, go for a walk, or use a bouncy seat

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### Coping With a Crying Baby

- Take deep breaths, text a friend
- Ask for help when you need a break
- If you start to feel out of control, put your baby in a safe place, like a crib, and walk away until you feel calm
- Call a parent hotline



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Coping With a Crying Baby



Coping With a Crying Baby (With Captions)

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### When to Call Your Baby's Pediatrician

- Baby's temperature is under 97° or over 100°
- Less than 6 wet diapers per day
- Less than 3-5 stools per day
- Very hard or very watery stools
- Forceful vomiting
- Redness, swelling, pus, blood, or foul odor from cord or circumcision site
- Green or yellow eye discharge
- Crying with abdominal distress
- Feeding problems
- Yellow skin color (jaundice)

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### Taking Baby's Temperature



#### How to Take an Axillary Temperature

- Place the tip in the middle of armpit
- Hold arm firmly until thermometer beeps
- A temperature of 99°F or higher indicates a fever

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### Car Seats



- Check the expiration date and know its history
- Carefully follow your vehicle's owner manual and the car seat manual
- Install the seat before your due date
- The middle of the back seat is usually the safest placement — never install in a front seat with an active airbag
- Don't add anything that didn't come with the car seat

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### Other Baby Safety Tips



- Use safety straps on all changing tables, infant seats, swings, and car seats
- Supervise your baby with pets and siblings
- Never leave your baby alone, unless you place her in a safe place, like a crib
- Visit recalls.gov to check equipment safety

American Academy of Pediatrics (AAP)  
 Recommends: Bug and Sun Safety

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### Sharp Mary Birch Hospital for Women & Newborns Resources

- Breastfeeding class
- Childbirth Preparation class
- Infant CPR
- Grandparenting Class
- Family Home Care class before leaving hospital
- New Beginnings Boutique
- Virtual Postpartum Support Group
- Virtual Breastfeeding Support Group

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### Class Evaluation

Please take the time to fill in this brief evaluation of your Baby Care Basics class. This survey will take 1-2 minutes to complete. After you submit it you'll receive a link to order your free First Five New Parent's Kit.



Thank you. We appreciate your feedback!



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