

**SHARP** Grossmont Hospital



**Welcome!**  
**Baby Care Basics**

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**Welcome**

- Please include both partner's first names as your screen name.
- Familiarize yourself with the platform
  - Different views
  - Microphone
- Minimize distractions.
- We encourage you to use the chat box feature. There will be plenty of opportunities to ask your questions.
- Mute microphone.
- Be sure your computer/phone is charged.

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**Class Outline**

- Selecting a Pediatrician
- Newborn Appearance
- Baby Behavior
- Calming your Baby
- Newborn Sleep Cycle
- Safe Sleep Practices
- When to Call your Pediatrician
- Resources

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## Have you chosen your baby's pediatrician yet?

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### Selecting a Pediatrician

- Talk to friend 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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Any questions?



Skin-to-skin contact, newborn procedures and appearance all coming up next.

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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

▶ 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



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### Newborn Appearance



Milia      Newborn Rash

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### Newborn Appearance



Stork Bite      Mongolian Spot

*Newborn Appearance*

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### Newborn Appearance



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

▶ Newborn Senses ▶ Newborn Senses (With Captions)



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Any questions?



Hands on!  
Feeding,  
diapering,  
bathing,  
dressing,  
swaddling all  
coming up next.



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## Infant Feeding



- Feed baby soon as you see hunger cues
- About 8-12 times in 24 hours, day and night
- Feed as long as she is actively sucking and swallowing
- The more milk your baby takes, the more milk you make
- You may 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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### Hunger Cues



- Moves arms and legs
- Makes sucking motions
- Smacks lips
- Brings hand to mouth
- Roots
- Cries (a late sign of hunger)

▶ Hunger Cues ▶ Hunger Cues (With Captions)



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### Burping Your Baby



- Put a cloth under his chin
- Hold him while he's sitting in your lap
- Support his chest and chin with one hand, and gently pat his back with the other
- Once he has better head and neck control, you can hold him against your chest

▶ Burping ▶ Burping (With Captions)



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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

Bathing and Dressing

Bathing and Dressing (With Captions)

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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.

AAP Recommends: No Baby Powder

▶ Diapering

▶ Diapering (With Captions)



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## Changing Stations

- Because you'll be changing so many diapers, it's handy to have several changing stations throughout your home.
- If your home has multiple levels, you may want to consider having a changing station on each floor.
- A well-stocked changing station has diapers, wipes, lotions, and extra clothes.



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## Diaper Rash

### How to Treat Diaper Rash



- Use ointment recommended by doctor
- Expose bottom to fresh air
- Change wet or dirty diapers often
- Detergent, soaps, diapers, or wipes can affect babies with sensitive skin
- If diaper rash persists or is very uncomfortable, call healthcare provider



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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



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 & Circumcision Warning Signs

- Skin around the cord or circumcision is red, has pus, drainage, or a foul smell
- Baby cries if you touch 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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## SEE YOU SOON!

- Any Questions?
- See you back in 5 minutes

SITVP

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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 keep an eye on a swaddled baby.
- Always put her to sleep on her back.
- Stop swaddling before she could roll over (at around 8 weeks).

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Any questions?



States of Alertness  
Newborns Sleep Cycle  
Safe Sleep Practice  
Tummy Time  
Baby Behavior  
coming up next.

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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.

▶ States of Alertness ▶ States of Alertness (With Captions)



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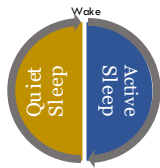
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## Newborn Sleep Cycle



- Wake easily
- Sleep less deeply
- Wake for night feedings
- Have mostly REM (active sleep)
- Have short sleep cycles



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## Sleep Patterns



- Sleep as much as 16 to 18 hours per day
- Sleep 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

▶ 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
- Vaccines, breastfeeding, and a smoke-free environment also reduce the risk of SIDS
- Avoid overheating (keep room about 70°F)

SIDS SIDS (With Captions)




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### Safe Sleep Environment



- Always put your baby on her back to sleep until she is 1 year-old
- Use a firm, tight-fitting mattress and new crib
- Put nothing in the crib or bassinet except your baby
- Use wearable blankets or sleep sacks
- Keep your baby in the same room as you (but not in the same bed) for at least 6 months, and ideally, for 12 months




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### Tummy Time



- Strength
- Eye-Hand coordination
- Balance
- Rolling over (3-5 months)
- Flat spots
- 20 minutes a day




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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.



Take Note!

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Any questions?

Coming up next...  
Crying and Comforting Your Baby

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## Why Babies Cry



### Crying Is Instinctual for Babies

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



Why Babies Cry



Why Babies Cry (With Captions)




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## Why Babies Cry

### The "Why Babies Cry" Checklist

- |  |   |
|--|---|
| <input type="checkbox"/> Did you miss his hunger cues?         | <input type="checkbox"/> Is he too cold or warm?        |
| <input type="checkbox"/> Does she need to be burped?           | <input type="checkbox"/> Is she overstimulated?         |
| <input type="checkbox"/> Is his diaper wet or dirty?           | <input type="checkbox"/> Is he sleepy?                  |
| <input type="checkbox"/> Are her clothes wet or uncomfortable? | <input type="checkbox"/> Does she 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, bouncy seat




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## Coping With a Crying Baby

### Coping Tips

- 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



Coping With a Crying Baby



Coping With a Crying Baby (With Captions)




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Any questions?



When to call your Pediatrician and Infant Safety is coming up next.




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## When to call Your Baby's Pediatrician

- Temperature 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



Taking Baby's Temperature



Taking Baby's Temperature (With Captions)



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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



Infant Car Seats



Infant Car Seats (With Captions)



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## Hot Car Safety



- Heat stroke happens every year to children left in a hot car
- The inside of a car can reach dangerous temperatures quickly
- Never leave a child alone in a car, even if you expect to come back soon



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### Other Baby Safety Tips



AAP Recommends: Bug and Sun Safety

- 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](http://recalls.gov) to check equipment safety



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### Sharp Grossmont Hospital Resources

- Breastfeeding Class
- Childbirth Preparation Class
- Infant CPR
- Participate in Hospital to Home class before leaving hospital
- Virtual Postpartum support group offered weekly
- Virtual Breastfeeding support group offered twice a week



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