Newborn Care – CHO

Bowel movements/voiding

Meconium first several dirty diapers.

Black- sticky – tar like.

Slather coconut or olive oil on baby’s bum making clean up easier.

Bowel movements will change to blackish-green and then to yellowish curd like- breast fed babies over first 5 days.

3-5 diapers a day

Wet diaper

4-8 wet diapers a day

Feedings – Exclusive Breastfeeding

Breastfeed within 2 hours of birth

One long sleep then feed minimum ever 2 hours until birth weight is regained.

Feed on demand

Amount of milk and Stomach size

1st feeding = 5 drops colostrum

1st day .25 oz. a feeding – small marble

2nd day .46-.50 oz. a feeding

3rd day .96 oz a feeding- shooter marble

7th day 1.5-2 oz a feeding -walnut

Temperature

Take every 2 hours

Take under arm (axillary), place digital thermometer under baby’s arm parallel to body with tip in armpit but not touching arch. Hold for 3 minutes or until thermometer beeps. Add 1 degree to equal oral reading.

Temporal thermometer –follow instruction manual

IF temperature is <97.5 add one layer of clothes or place the baby skin to skin with parent

If >99.5 F unbundle

Recheck temperature in 30 minutes.

Newborns will usually not run a fever, but will be sick if temp is subnormal.

If temp doesn’t stabilize call midwife or pediatrician

Breathing patterns

Breathing may be irregular fast- pause- slower.

30-60 Breaths per min. is normal

Breathing should not be

Labored, grunting, raspy, gasping, whistling, or wheezing

Turning blue, or lethargic

Warning seek medical help immediately

Sleeping/awake patterns

Infant will be alert usually about first 1-2 hours after birth

Sleep 2-6 hours

Wake to eat and be alert

Sleep 1.5 to 2 hours.

Repeat wake sleep cycle

Will sleep up to 20 hours a day

MUST BE FEED EVERY 2 HOURS

High metabolism and small stomach needs nourishment.

Waken if baby sleeps more than 2 hrs.

Lethargic babies or high-pitched cry needs medical attention/observation.

Cord Care

Do not cover with diaper

Wipe with alcohol swab or witch hazel

Put goldenseal on to help it dry and heal

Falls off in 4-10 days.

Don’t pull on it or try to take it off

Skin care

Water only on bottom – no bath needed for 1st week

Dry bottom before diapering

Direct sunlight 3x a day for 5-10 minutes – will assist in bilirubin breakdown - jaundice

Coconut oil on skin when it starts to peel

ONLY put on baby skin what is high in nutrients.

Skins is highly permeable

If you would not eat don’t put it on baby

Bruising or bleeding seek medical care

Rashes

Cradle Cap- thick, yellow, crusty or greasy patches on a baby's scalp – rub oil on spot brush lightly- 0-6 mo.

Milia – white bumps on face disappear in few weeks – wash face with water

Baby acne – red or white bumps on forehead or cheek -benign leave alone

Heat rash – neck, axillary, groin, trunk – red bumps

Yeast infection (bottom)/Thrush (mouth)

Bright red spots where skin meets skin or white spots or patches in mouth – Remedies for yeast *Homeopathic Borax diluted baking soda or apple cider vinegar rinse for condition.* Needs attention.

Call Midwife or Seek medical attention if:

Bruising or bleeding

Vomiting blood or projectile

Lethargy – not able to waken baby

Shrill or high-pitched crying

Fever or unresolved Subnormal temperature

Refer to breathing patterns

Cyanosis (blue) – baby’s lips, or trunk turns blue

Redness or swelling around umbilicus

Call midwife if anything seems unusual or abnormal.

# References:

Davidson, L. L. (2008). *Maternal-Newborn Nursing Women's Health Across the Lifespan* (eighth ed.). Upper Saddle River, NJ, USA: Pearson Education, Inc.

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Varney, H. K. (2004). *Varney's Midwifery* (4th ed.). Sudbury, MA: Jones and Bartlett Publishers.