

Pregnancy Visit #11

- How Do I Take Care of a Newborn?
- What Do I Do When My Baby Cries?
 - Newborn Screening
 - What Are Well Baby Visits?



Topics for Next Visit:

- Postpartum Care
- Postpartum Danger Signs
- Postpartum Depression

Why Do Babies Cry?

A baby crying is normal. Babies cry because they cannot talk. If a baby is fussy, sometimes you can figure out what is wrong and how to soothe them.

However, babies will have periods of inconsolable crying. No matter what you do, the baby will still cry. Most babies cry often: 80-90% of babies have crying spells lasting 20-60 minutes or longer, and most babies cry more at 6-8 weeks old than they do at birth. When babies cry, you may want to cry too...this is normal!

If your baby is fussy or crying, here are some possible reasons:

Possible Reason	What to do...
Hunger	Feed baby. Baby may be hungrier on some days. Offer the breast often if that helps to soothe baby.
Need to be close to people, touched, picked up, held, rocked	Hold, rock, dance with baby in your arms, sit together on a fitness ball or rocking chair. Talk and sing to baby. Take off shirt and hold baby skin to skin. Take bath with baby. Go for walk with baby in your arms in sling or in stroller. Lie down beside baby while you nurse. Massage, gently touch or talk to baby. Let someone else hold baby.
Pain or Discomfort	Pick up baby, comfort, change diaper, burp or rub baby's back. Changing baby's position may help.
Too Hot/Too Cold	Babies should be dressed the same as you are, plus one more layer of clothing. Baby should not be cool to the touch.
Tired or Over-Stimulated	Cuddle baby, turn lights off, and keep the surroundings quiet. Rocking baby gently can be soothing for both of you.
Needs a Change of Routine	Read, play, talk, sing to and hold baby every day. Change rooms so baby can look at different things. Take baby outside.
"Just Unknown"	In the first 5-6 months, it is normal for a baby's crying to increase in intensity, and you may not be able to make baby stop crying. Hold, rock, talk, walk, sing, bathe baby, massage, offer the breast, or try soothing music. Try to comfort baby, giving time for baby to respond to each thing you do.
Illness	If your baby's cry sounds different to you or baby cannot be soothed after trying everything, contact your healthcare provider.

Ways to Calm a Crying Baby



Babies cry. Some babies cry a lot.
What can you do when your baby starts to cry?

Hold your baby.

Babies love to be held. Holding baby may calm him. Try holding him in your arms, a sling, or a front-pack carrier.



Breastfeed your baby.

Babies like to breastfeed. It provides comfort as well as food.

Provide motion.

Babies like rhythmic motion. Try rocking, swinging, swaying, jiggling, dancing or driving in the car.



Turn on white noise.

Some babies are calmed by white noise. This could be a heartbeat, the rain, static between radio stations, or a vacuum cleaner. Some alarm clocks play white noise.

Ways to Calm a Crying Baby

Use music.

Soft, peaceful music can calm your baby. Try a lullaby. You don't have to sing well. Baby just loves to hear your voice.

Babies like other music too. Try many kinds of music. Babies have their own favorites. They might like jazz, country, classical, rock or rap.



Distract your baby.

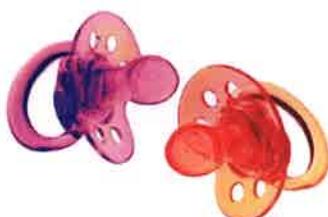


Play a game with your baby. Take a walk outside. Dance together. Give baby a bath. Distractions can turn a fussy baby into a happy baby.

Massage your baby.

Babies love to be touched and stroked. A massage can calm a fussy baby.

Try patting. Many babies love a gentle, rhythmic pat on their backs or bottoms.



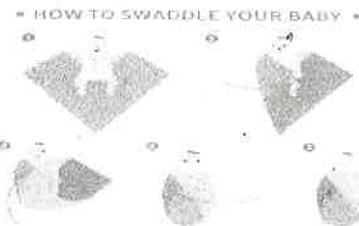
Give baby something to suck on.

Babies are comforted by sucking. Try your breast, a bottle, pacifier, baby's own fingers, a teething toy, or Daddy's pinkie.

THE 5 S's for soothing babies

-Babies cry to communicate!

-If baby is fed, burped, and has a clean diaper but continues to cry, try the 5 S's!



#1-SWADDLE

-Use the steps above to swaddle baby when he/she is crying. Stop swaddling when baby can roll over!

#2 SIDE/STOMACH POSITION

-Hold baby on his/her stomach, side, or on your shoulder.
-Do not place baby on side or stomach to sleep.

#3-SHUSH

-Babies miss the sound of the womb.
-This is similar to the white noise sound.
-Create a similar sound by continuously shushing your baby.



#4 SWING/SWAY

-Swing/jiggle in tiny fast movements
-Support baby's head and neck



#5-SUCKING

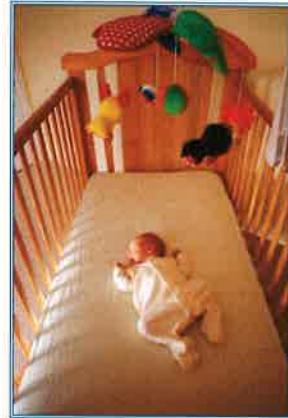
Sucking on pacifier, thumb, or breast helps soothe baby

Ways to Calm a Crying Baby

**If nothing works, take a break.
Put baby on her back in the crib.**

Walk away. Check on baby in 5 or 10 minutes.

**Call your doctor if nothing helps.
There may be a medical reason for the fussiness.**



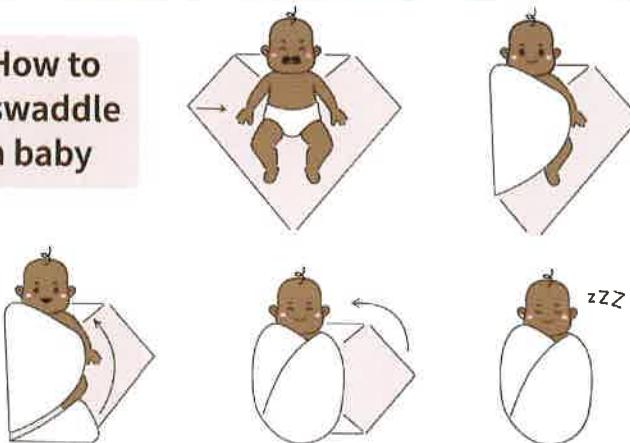
** On May 31, 2018, U.S. Food and Drug Administration (FDA) warned against the use of over-the-counter (OTC) teething products containing a pain reliever (benzocaine) that can cause serious risk to infants and children.

Safe Swaddling

Swaddling involves wrapping an infant with a blanket to help them stay warm, prevent them from overheating by not overdressing, support them to be comforted, and prevent their startle reflex from waking them. Parents can learn how to swaddle from experienced family and friends, your nurse home visitor, or from nurses in the hospital.

You may use a light blanket or swaddles with Velcro or zippers

How to swaddle a baby



Do **not** use weighted or too tight sleep sacks and swaddles

When to swaddle infants

- While they are sleeping on their back in their crib or bassinet
- If they need to be soothed

Avoid swaddling infant and placing on their side or stomach



When to stop swaddling infants

- As soon as the infant shows signs of trying to roll over or can roll over. This usually happens around 2 months of age, however every baby is different
- When swaddling is stopped, use sleep sacks with the infant's arms free or have them wear a onesie when sleeping

Holding Baby

Always support baby's head and neck.

Keep an arm or hand behind baby's back.

Be smooth and gentle. Avoid sudden, rough, or jerky movements.

Don't cook while holding baby.

Don't drink hot liquids while holding baby.

NEVER SHAKE YOUR BABY!

Try different holds. Find the ones you and baby like best.



Cradle

Hold baby in the crook of your arm.



Against the Chest

Cuddle baby against your chest. Snuggle baby's face against your neck or shoulder.



Sitting Up

Place baby's back against your chest. Put one arm under baby's bottom. Wrap the other arm over baby's chest.



Face Down

Lay baby along your forearm. Baby's arms and legs straddle your arm. Baby's head rests against your arm.



Face Up

Lay baby on your knees. Baby's feet press against your tummy.

Why Use a Pacifier?

Babies need to suck. Many babies have a strong urge to suck. It is very strong in the first four months.

Why use a pacifier?

- The AAP says that a pacifier can reduce the risk of SIDS.
- A pacifier can comfort a crying baby.
- A baby without a pacifier may suck a thumb instead. When baby is older, it can be hard to break the thumb-sucking habit. It may be easier to wean baby from the pacifier.



Introducing a pacifier

Not all babies like a pacifier at first.

- Introduce the pacifier when baby is content. Baby may reject the pacifier if you first offer it when he/she is upset.
- There are many types of pacifiers. Try different materials and shapes. You can find one that baby likes. (*Be sure all pacifiers have at least two ventilation holes in the base.*)
- When you put the pacifier in baby's mouth, wiggle or tap it. This triggers baby's urge to suck.

Pacifier tips

- Keep it clean. Wash the pacifier often. Dirt can collect in the joints of the pacifier.
- Check it. Watch for any cracks or tears in the nipple or base. If it cracks, throw it away.
- Do not use a pacifier clip or any kind of string to attach a pacifier to baby's clothes. Strings are a choking hazard.
- Do not offer pacifier to replace or delay meals. Only offer it when you are sure baby is not hungry.
- For breastfed infants, delay pacifier introduction until 1 month of age to ensure that breastfeeding is firmly established.





Never Shake a Baby!



Never Shake a Baby!

It doesn't matter how upset you feel. Do not grab or shake the baby. This will not stop the crying. It can cause severe injury or even death.

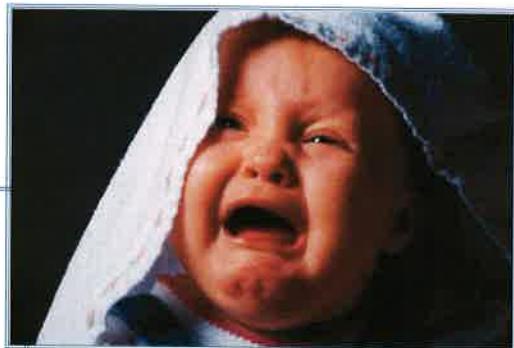
What is Shaken Baby Syndrome?

Shaken Baby Syndrome is a brain injury. It happens when someone shakes a baby, often to stop the crying. Shaking a baby can cause bleeding inside the brain. This can happen from just three hard shakes. Shaking a baby can lead to:

- Death
- Brain damage
- Mental retardation
- Blindness
- Paralysis
- Seizures
- Developmental delays

Never Shake a Baby!

You may be stressed, tired, angry or upset. But you must never, ever shake a baby. Do not strike a baby's head. Shaking a baby can kill or cause severe injury.





Never Shake a Baby!



Play gently with baby.

Avoid:

- Tossing baby into the air
- Jogging with baby on your back or shoulders
- Bouncing baby roughly
- Swinging baby on your leg
- Swinging baby around by the ankles
- Spinning baby around

Signs & Symptoms of Shaken Baby Syndrome

- | | |
|--|---|
| <ul style="list-style-type: none">• No pulse• Constant crying• Stiffness• Sleeping more than usual• Unable to wake up• Seizures | <ul style="list-style-type: none">• Dilated pupils• Decreased appetite• Throwing up• Difficulty breathing• Blood spots in eyes• Can't nurse or eat |
|--|---|



Getting Help

IF YOU FEEL YOU CAN'T COPE, HELP IS ONLY A PHONE CALL AWAY.

Call the Childhelp Hotline. 24 hours a day, 7 days a week.

1-800-4-A-CHILD (1-800-422-4453). All calls are anonymous and confidential.

If baby is hurt for any reason, go to the emergency room or call **911**.



What Will Baby Look Like?

The head is the largest part of baby's body. It may look misshapen. This is normal. It is caused by the soft skull bones moving during delivery. Baby's head should look normal in a few weeks.

Baby's eyelids may look puffy. This is normal.

Newborns can see objects close to them. They may not be able to focus well. So their eyes may look out of line sometimes.

Many babies hold their hands closed in a fist. Try putting your finger in baby's hand. Baby will hold on to your finger.

The tips of baby's fingers and toes may look bluish gray. This is normal. After the first day, hands and feet should look pink.

Baby's face may have tiny white dots. The dots are called milia. Milia are normal. They will go away in a few weeks. No treatment is needed.

Some babies have newborn acne. This is normal. It should clear up in a few weeks.



Newborns hold their arms and legs in a flexed position. That is how they were positioned in the womb.

Baby's breasts and genitals may look swollen. This is caused by hormones from birth. The swelling will go down in a few days.

Baby's umbilical cord will be clamped after delivery.

The umbilical stump will look dark. It should be dry. It will fall off in 1-3 weeks.

Jaundice

Fill in the blanks. Your Nurse Home Visitor will help you.

Newborns may develop jaundice after birth.

Newborns have a lot of red blood cells. Inside these cells is bilirubin.

The liver gets rid of extra bilirubin.

A newborn's liver is not fully developed. Extra bilirubin builds up.

This makes the skin and eyes turn yellow.

Use these words:

Developed

Red

Liver

Jaundice

Yellow

Bilirubin

What are the signs of jaundice?

Before leaving the hospital:

- A blood sample is taken from baby's foot to test baby for jaundice.

At home, call the baby's doctor if you see these signs:

- Yellow skin
- Yellow eyes
- Very sleepy
- Not eating well

For dark-skinned babies, check the eyes. Yellowing of the skin is harder to see.



How is jaundice treated?

Baby will have lab tests to check bilirubin levels.

Baby may need extra fluids, which may also include intravenous immunoglobulin (IVIg) to decrease jaundice. Some babies need phototherapy.

Phototherapy is like a baby tanning bed. The special lights help baby's body get rid of the bilirubin.

- A baby on phototherapy needs an eye cover. This keeps the lights from hurting baby's eyes.
- Phototherapy is often given in the hospital. It can sometimes be given at home.



Cradle Cap

What is cradle cap?

Many babies get flaky, yellowish skin on their heads. It is called cradle cap. It is very common in young babies.

Cradle cap is like baby dandruff. It won't harm your baby.



What do I do about it?

You can:

- choose to do nothing. Cradle cap goes away as baby gets older.
- use a soft brush to gently remove the flakes.
- shampoo babies hair more frequently using a mild baby shampoo

** If the condition persists or baby gets flaky, yellowish skin on other parts of the body talk to your pediatrician.

**Baby oil on this part of the scalp can increase the scale build up especially on the soft spot on baby's head – so avoid using baby or olive oil on cradle cap.



Circumcision



Circumcision is when a doctor removes the foreskin of the penis. If your baby is a boy, you need to make a decision about circumcision. Think about reasons to do it. Think about reasons not to do it. Ask your nurse if you have questions. You can decide whether or not to have your baby circumcised.

Choosing to Circumcise	Choosing Not to Circumcise
<p>Reasons some parents choose to circumcise:</p> <ul style="list-style-type: none"> • For medical reasons, including: <ul style="list-style-type: none"> ○ A slightly lower risk of urinary tract infections. ○ A lower risk of getting cancer of the penis. (This type of cancer is very rare.) ○ A slightly lower risk of getting sexually transmitted infections. This includes HIV, the virus that causes AIDS. ○ Easier genital hygiene. • For social reasons. Parents may choose circumcision because other men in the family are circumcised. • For religious or cultural reasons. Some groups practice circumcision for religious and cultural reasons. 	<p>Reasons some parents choose not to circumcise:</p> <ul style="list-style-type: none"> • A fear of the procedure risks. Complications are rare and usually minor. They may include bleeding, infection, cutting the foreskin too short or too long, and improper healing. • A belief that the foreskin is needed to protect the tip of the penis. • A belief it can affect sex. Some feel that circumcision makes the tip of the penis less sensitive. This might cause a decrease in sexual pleasure later in life. • A belief that proper hygiene can lower health risks. Boys can be taught proper hygiene. This can lower their chances of getting urinary tract infections, cancer of the penis, and sexually transmitted infections.

Circumcision

If you choose to circumcise...

Baby can be circumcised a day or two after birth. It is usually done in the hospital before baby goes home.

- A local anesthetic is used to reduce the pain.
- After the circumcision, follow the doctor's instructions for care. The penis should heal in about 1 week. Call your doctor if:
 - Redness, swelling, or bleeding increases
 - Baby doesn't urinate normally within 6-8 hours after procedure
 - Yellow discharge/coating around head of penis lasts longer than a week

If you choose not to circumcise...

- Your son's foreskin will separate from the tip of the penis usually by 5 years old, sometimes it takes longer.
- Until the foreskin fully separates, do not try to pull it back. Forcing it back may cause pain, bleeding and tears in the skin.
- Once it separates, occasionally clean underneath the foreskin:
 - Gently pull back foreskin from end of penis, rinse underneath with soap and warm water, then pull foreskin back over penis.
 - By puberty, your son should clean beneath his foreskin as part of his daily hygiene routine.

After thinking about health benefits/risks and your own religious, cultural, and personal preferences, the choice to circumcise is between you and your partner!



Cord Care

Newborns have an umbilical cord stump. It's easy to take care of. Keep it clean and dry. It will fall off soon.

What is it?

Baby's bellybutton starts out as an umbilical cord stump. It's what's left after the umbilical cord is cut after birth.

The stump changes color as it dries. It goes from yellowish-green to brown to black. It usually falls off after a week or two.



How do I take care of it?

Keep it clean and dry. A normal cord doesn't need any special treatment.

Let the stump get some air. It will dry more quickly. Don't cover the stump with baby's diaper. Fold down the top of the diaper.

Stick with sponge baths.

Cords need to dry up before they fall off. Don't bathe baby in a tub yet. Until the stump falls off, give baby a sponge bath instead.

Let the stump fall off. All cords slowly fall off on their own.

Don't pull off the stump. Not even if it's only hanging on by a thread.

The cord stump should dry up and fall off by the time baby is about 3 weeks old. Often your doctor or nurse will give you cord care instructions when you are discharged from the hospital. Follow the instructions in your discharge papers.

What if it gets infected?

It's normal to see a little crust or dried blood. Call the doctor if the stump is:

- Red and swollen
- Bleeding
- Oozing yellowish pus
- Smelling bad
- Hasn't fallen off by the time baby is 6 weeks old

Newborn Senses and Reflexes

Senses

Seeing	<p>Newborns can only see things that are about 8-10 inches. This is about the distance from your face to your baby in your arms.</p> <p>Newborns can see light and dark. They don't see all colors yet. They like black and white patterns.</p>	
Smelling	<p>Babies have a good sense of smell. Babies like the smell of their own mother more than other smells.</p>	
Hearing	<p>Newborns can hear loud and soft noises. Many newborns prefer higher-pitched voices (like mom's).</p>	
Tasting	<p>Babies like sweet tastes more than sour or bitter tastes.</p>	
Touching	<p>Babies like to be held. It helps them feel more secure. Cuddle your baby close. Touch your baby. This helps keep your baby calm.</p>	

Newborn Senses and Reflexes

Reflexes

What is a reflex?

Root	If baby's mouth or cheek is touched, her head turns toward the touch. This helps her find breast or bottle to eat.	Suck	If the roof of baby's mouth is touched, he starts to suck. This helps him eat.
Moro	This is also called the startle reflex. If baby is startled, she throws out her arms and legs. This reflex lasts 5 to 6 months.	Tonic Neck	When baby's head is turned to one side, the arm on that side stretches out. The other arm bends up at the elbow. This reflex lasts 6 to 7 months.
Grasp	When the palm of baby's hand is touched, he closes his fingers. This reflex lasts a couple of months.	Babinski	If the sole of baby's foot is stroked, the big toe bends back toward the top of the foot. The other toes fan out. This reflex lasts about 2 years.
Step	This is also called the walking reflex. Baby looks like she is walking when held upright with her feet on the floor.		

What Should Baby Wear?

Dress your baby like you are dressed.

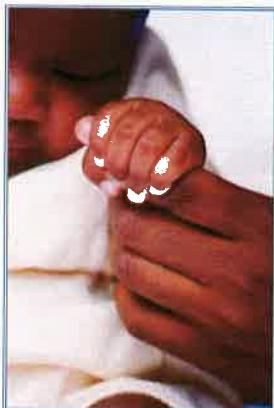
If you are wearing...

- Short sleeves
- Long sleeves
- Jacket or coat



Baby should wear...

- Short sleeves
- Long sleeves
- Jacket, coat or blanket



Touch your baby.

Do baby's hands and arms feel too cool?

Add a layer of clothes.

Do baby's hands and arms feel too warm?

Remove a layer of clothes.

Not sure if baby is too warm or too cool?

Take baby's temperature under the arm. Normal temperature is between 97 F and 99.5 F.



Don't overdress baby.



Babies can get overheated.

This creates a higher risk for SIDS.

Changing Baby's Diaper

Gather your supplies.

You'll need:

- A clean diaper
- Baby wipes
- Rash cream



To change baby, you could use:

- Changing table
- Bed
- Couch
- Floor

Where will you change your baby?



Clean up baby.

- Hold baby's ankles.
- Gently lift baby's bottom.
- Wash baby's bottom from front to back with the wipes.
- Remove soiled diaper.

TIP

For boy babies; Use a wipe or clean diaper to cover his penis. When baby is exposed to cooler air or the cooler wipe – he might urinate again so a cover will keep you and baby protected!

Put on a new diaper.

- Put clean diaper under baby's bottom.
- Apply diaper rash cream if needed.
- Fasten diaper snuggly.
- Dress baby.
- Dispose of soiled diaper.



Changing Baby's Diaper

Wash your hands.



Clean your hands with soap and water. You could also use hand sanitizer.

How often will baby need a diaper change?

At first...

- Most babies have at least six wet diapers each day.
- Most babies have at least five dirty diapers each day.
- In the first 24 hours, baby's stool will be greenish-black.

Later on...

- There are fewer dirty diapers as baby gets older. Some babies have a few dirty diapers each day. Some babies only have a dirty diaper every two or three days.
- Breastfed babies have loose, yellow stools.
- Bottle-fed babies have soft, yellowish-brown stools.



Diaper Rash



Oh no! My baby has a diaper rash!

Babies get diaper rash. It is a normal part of being a baby.

You can treat diaper rash. You can reduce the chances of diaper rash. But all babies sometimes get a rash.

To reduce chances of diaper rash:

- **Change baby's diaper often.** Change dirty diapers right away.
- **Try other brands.** A new brand of diaper might fit better. It might rub less. This lessens the chance of rash.
- **Wipe well.** Be sure baby's bottom is clean at every change.
- **Use unscented wipes.** Scented wipes can irritate baby's skin.
- **Use diaper rash cream.** Rash cream protects baby's skin.



Treating diaper rash:



- **Clean baby's bottom.** Use warm water or wipes to gently clean baby's bottom. Gently dab or pat sore areas.
- **Air it out.** Leave the diaper off for a while. This helps dry out the rash. (Lay baby on a towel to catch accidents.)
- **Use plenty of rash cream.** The rash cream treats the rash. It also protects baby's skin to prevent a new rash.
- **Give it a day or two.** It takes time for the rash to clear up.

Call baby's doctor if:

- The rash doesn't go away or gets worse after 2-3 days.
- The rash has blisters or pus-filled sores.
- The rash is bright red with red spots or sores.
Especially if baby is taking an antibiotic.
- Baby has a fever with the rash.
- The rash is very painful.



Giving Baby a Bath

How often does baby need a bath?

During the first year, baby only needs two or three baths a week. A bath each day could dry out baby's skin.

Wash baby's face often. Clean baby's genital area at each diaper change.

What supplies do I need for baby's bath?

- | | |
|---|---|
| <ul style="list-style-type: none"> • Washcloth • Baby wash and/or shampoo • Towel • Baby lotion • Clean diaper | <ul style="list-style-type: none"> • Baby tub (or you could use a sink) You can also bathe baby in an adult tub and your nurse can show you how to do this safely • Clean clothes |
|---|---|

How do I give baby a bath?

- Add 2 – 3 inches of water to tub.
Water should be **warm but not hot**.
- Undress baby.
- Place baby in tub.
- Wash baby's hair and face. Rinse.
*Be sure to wash the neck and behind the ears.
Dried milk can collect here!*
- Wash baby's arms, legs, stomach and back.
Rinse.
- Wash baby's genitals. Rinse.
- Wrap baby in a towel. Pat baby dry.
- Put on a clean diaper.
- Apply lotion if baby's skin is dry.
- Dress baby.

Never leave baby alone in the tub! Not even for a moment.

Baby can drown in even a few inches of water. If you must leave the room, wrap baby in a towel and take baby with you.



My Growing Baby



How much should my baby eat?

Age	How much in 24 hours?
0 - 3 months	<ul style="list-style-type: none"> • Breastfed babies: Nurse 8 - 12 times • Formula fed babies: Drink 24 - 32 ounces
4 - 6 months	<ul style="list-style-type: none"> • Breastfed babies: Nurse 5 - 7 times • Formula fed babies: Drink up to 32 ounces

How fast should my baby grow?

Age	How much?
0 – 1 month	<ul style="list-style-type: none"> • Weight: Gain about 4 - 7 ounces a week • Length: Grow about 1 inch a month
2 – 6 months	<ul style="list-style-type: none"> • Weight: Gain about 1 - 2 pounds a month • Length: Grow about 1 inch a month
7 – 12 months	<ul style="list-style-type: none"> • Weight: Gain about 1 pound a month • Length: Grow about $\frac{1}{2}$ inch a month



Remember many healthy babies might stop gaining weight or may even lose a little weight for a little while. If a baby doesn't gain weight from one well-baby exam to the next, the doctor may be concerned.



What is a growth spurt?

A growth spurt is a short time when baby grows very fast. Baby may be fussy and extra hungry! It can vary, but growth spurts often happen around:

- Between 1 and 3 weeks
- Between 6 and 8 weeks
- 3 months
- 6 months
- 9 months

If baby is extra hungry, feed on demand! Feed baby whenever he or she is hungry.

My questions...

What Are Newborn Screenings?



What are newborn screenings?

Every newborn baby is tested for certain illnesses. Screening lets doctors find & treat any problems early.

How is newborn screening done?

Newborn screening is a simple blood test. Your baby's heel will be pricked to take a small blood sample. This blood sample is sent to a lab.

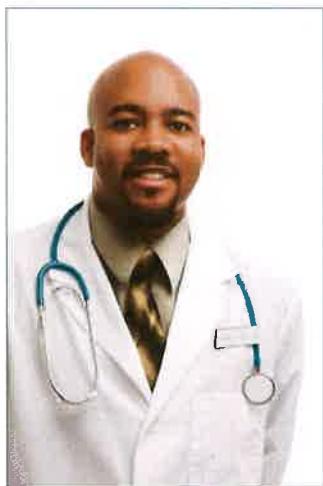


How do I get the results?

Ask your baby's doctor how and when you will get the test results.

The tests results are often normal. If the test result is not normal, try not to panic. **Failing the screening test does not mean your baby is ill!** It just means that your baby needs more tests.

Extra testing may show that your baby does not have any problems. If there is a problem, the doctor can explain more.



What Are Well-Baby Visits?



What are well-baby visits?

Well-baby visits let the health care provider (PCP) check on baby. Your PCP wants to be sure that baby is healthy and growing well.

Prenatal History

Family History

Vital Signs

Measurements

- Length
- Weight
- Head size

Development

- Motor skills
- Mental skills

Shots

Laboratory tests

Head-to-toe exam

- Head
- Ears
- Eyes
- Nose
- Mouth & Throat
- Neck
- Skin
- Back
- Heart & Lungs
- Belly
- Hips, legs, & arms
- Genitals