

2. Schedule of Home Visits for the care of the Newborn

The purpose of these visits is to ensure that the newborn is being kept warm and breastfed exclusively. Encourage the mother to breastfeed, discourage harmful practices such as bottle feeds, early baths, giving other substances by mouth, and to identify early signs of sepsis or other illnesses in the newborn.

- The newborn requires a visit immediately after birth (or within the first 24 hours), and on Day 2, if the baby is born at home.
- If the baby is born at a facility, persuade and support the mother to stay for at least 48 hours, and therefore, the first two visits are taken care of in the institution. However, if you are there with the mother, as a birth companion, then you could be of assistance to the nurse/ANM there.
- If the baby is born in a health facility, or at home, you should visit the baby on Days 3, 7, 14, 21 and 28.
Additional visits are needed for newborn babies which are LBW, born before term and are sick.

3. Examining the Newborn at Birth



Steps for you to take “just after” the baby is born

if the baby is born at home, or if you are present at the delivery,

1. Ask the mother about/observe the fluid after the waters break.
2. If the fluid is yellow/green, as soon as the head is seen (even before delivery of complete baby), clean the mouth of the baby with gauze piece.
3. As soon as the baby is born, note the time of birth and start counting time.
4. Observation of baby at birth or within the first 30 seconds and at 5 minutes after birth for movement of limbs, breathing and crying. The figure below will enable the assessment of whether the newborn should be recorded as a live or still birth. All six have to be “No” to declare a still birth. Even if one is “yes” the baby should be declared as live birth.
5. If there is no cry or a weak cry, if there is no breathing or weak breathing or gasping, this condition is called Asphyxia. If the baby is asphyxiated (does not breathe at birth), and there is no doctor or nurse, you should try to help and this skill is taught to you, in Module 7. However, in many such newborns, your efforts may not make enough difference and you should not feel bad or blame yourself for this. (Management of asphyxia will be taught in Module 7).