

- Increased susceptibility to infections.
- Increased risk of death, especially in LBW and pre-term babies.

How can you tell if a baby is hypothermic?

- The early sign is cold feet.
- Then, the body becomes cold.
- The best method is to measure the baby's body temperature.

(This skill has already been taught to you)

How to keep newborns warm

- Before delivery, warm up the room (warm enough for adults).
- Immediately after delivery, dry the baby.
- Put a cap on the baby since a lot of heat could be lost through its head.
- Place in skin-to-skin contact with mother.
- Cover or put clothes on the baby, wrap it up with clean cloth, and place it close to its mother.
- Initiate early breastfeeding.
- Bathing for newborns:
 - ◆ It is best to wait until the **second day to bathe the baby. One should wait seven days in case of LBW baby.**
 - ◆ If the family insists on bathing the first day, please ask them to delay for at least six hours to give the baby time to adjust with its new environment.
 - ◆ For small and pre-term babies, do not give a bath until the baby gains weight (this could be few weeks) and weight of baby become 2,000 gm.
- To keep a small baby clean, you can give a light oil massage but making sure that the room is warm and the baby is not left uncovered for more than 10 minutes. **DO NOT** pour oil into any orifice, like the nose or ears at any time.
- Keep baby loosely clothed and wrapped.
- If it is very warm outside, make sure the baby is not too heavily clothed and wrapped; the baby can also get too hot.
- Wherever possible, insist on referral to a facility that is managing sick newborns. If this is not immediately possible, begin the following steps:

Warming

