



### Guidance that you should give to the family

- Keep the baby clothed from the very first day. In winter, cover the baby with a blanket.
- Do not bathe a baby until its weight is 2000 gm.
- Ensure that mother's nails are cut and that her hands are washed every time the baby is breastfed.
- After returning from the toilet, all family members must wash their hands with soap before touching the baby.
- High risk babies should be breastfed after every two hours.
- If baby is not suckling milk, squeeze the breast milk in a small bowl and then feed the baby with a spoon.
- The weight of high risk babies should improve every week from second week. If this does not happen, counsel them to consult you.
- Ask them to call you immediately if the baby develops any of the following: All limbs become limp, stops feeding, has chest indrawing, has fever, and is cold to touch.

### What should you do if the baby is at high risk?

- Increase the number of home visits after delivery from 5 to 13.
- A daily visit, if possible, for the first week.
- Once every three days until the baby is 28 days old, and if the baby is improving once on the 42<sup>nd</sup> day.
- Weigh the babies on Day 7, 14, 21, 28. Babies who weigh less than 2300 gm on the 28<sup>th</sup> day have a higher risk of dying. If the baby is not gaining weight, refer the baby to the hospital.
- Explain the high risk issues to the parents and family (see box above).
- Provide specific care as per the problem but in general, keep the baby warm and breastfeed more often every two hours.
- For poor breastfeeding, observe the mother breastfeeding. Ensure proper latch on and positioning. Encourage the mother so that she is motivated to feed the baby well. Counsel the mother that she should not give other liquids or feeds.
- If on Day 28 the weight is less than 2300 gm or weight gain in 28 days is less than 300 gm, then you should continue to visit once a week in the 2<sup>nd</sup> month and take the weight every week.
- Fill home visit form for high risk baby (**See Annexe 1 for the form**)

