

#### d. Learning proper hand washing

You must make sure that your hands are washed properly with soap before touching the baby. You should also teach the mother and family members to wash their hands before touching the baby.

(Please see Annexe 7 for skills checklist for hand washing)

#### e. Learning how to measuring temperature

You should measure the temperature of the newborn using a special thermometer to see if the body temperature is normal or if baby has hypothermia (colder than normal).

(Please see Annexe 8 for skills checklist for measuring temperature)

#### f. Learn how to weigh the new born

- Baby should be weighed within two days of birth.
- It is important to weigh the baby after birth because babies may require special care on the basis of the birth weight.
- It is better to use a special colour-coded weighing machine meant just for weighing newborn which records the weight as green, yellow or red.

(Please see Annexe 7,8 & 9 for skills checklist)

- ◆ If the baby's weight is "in the green zone: baby's weight is normal and can be managed with normal care as described above.
- ◆ If in the yellow zone, the baby is mildly under weight, but can be managed at home with extra care as given below. (below 2.5 kg but above 1.8 kg).
- ◆ If in the red coloured zone, this means that the baby is very small and must be referred to the health centre. These babies also need extra care as given below.  
(less than 1.8 kg)

#### g. Learn how to take care of babies less than 2.5 kg

Babies whose weight is in the yellow or red zone are small and require extra care as follows:

- Provide extra warmth.
- Family should ensure.
  - ◆ Baby is wrapped well with thin sheets and blankets.
  - ◆ The head is covered to prevent heat loss.
  - ◆ The baby is kept very close to the mother's abdomen and chest.
  - ◆ Warm water filled bottles wrapped in cloth may be kept on either side of the baby's blankets, when not being kept close to the mother's body.
  - ◆ The baby must be fed more frequently.

