

Time	Narration
00:00	Welcome to the spoken tutorial on Basics of newborn care.
00:05	In this tutorial, we will learn- How to handle a newborn,
00:10	Umbilical cord care, Feeding and burping a newborn,
00:15	Diapering and diaper rash and
00:20	Sleeping pattern of a newborn.
00:23	The entire family gets excited upon the birth of a newborn and everyone wants to see the baby and hold the baby.
00:34	Therefore it is necessary to set some key rules while handling a newborn baby.
00:40	Newborns don't have a strong immune system. This makes them prone to infections.
00:47	To protect the baby from infections it is important to have clean hands before touching or holding the baby.
00:57	To clean the hands, wash with soap and water and dry well using a clean dry cloth before holding the newborn.
01:06	Now comes the first thing to learn which is how to hold a baby.
01:11	Hold the baby by supporting her head and neck with one hand and bottom with the other hand.
01:19	To lay a baby down, always support the baby's head and neck and hold her bottom as well.
01:26	On the other hand, to wake a sleeping baby up, do the following -
01:31	Tickle the baby's feet or lift and support the baby in a sitting position or gently touch the baby's ear.
01:42	Always remember that a newborn baby is sensitive.
01:47	Some precautions to be taken while handling a newborn are - The newborn is not ready for rough play.
01:55	Therefore, do not jiggle the baby on the knee or throw her in the air.
02:00	Never shake the newborn, whether in play or in frustration.
02:05	Avoid sudden jerky movements of the baby's neck. All these may cause internal injuries to the baby.
02:14	We will now learn about Umbilical cord care at home.
02:18	When the baby is in the mother's womb, the umbilical cord is the baby's lifeline. However, it is no longer needed once the baby is born.
02:29	Within a few minutes after birth as soon as the cord stops pulsating, it is clamped.
02:37	By the time the baby goes home from the hospital the cord begins to dry and shrivel.
02:44	The cord falls off by itself in about one to two weeks.
02:50	Please note that the umbilical cord may be a place for infection to enter the baby's body.
02:57	Hence, it is essential to take care of it properly.

03:02	For that, please remember baby's cord should be kept dry and exposed to air.
03:09	Only sponge baths should be given until the cord falls off.
03:14	The cord should be kept on the outside of the baby's nappy or can also be folded down to the top edge of the nappy.
03:24	Please consult the baby's doctor if there is - Bleeding from the end of the cord or the area near the skin,
03:32	Pus, Swelling or redness around the navel,
03:36	Signs that the navel area is painful to the baby
03:41	and if the cord has not fallen off by one month of age.
03:46	Sometimes it might also happen that there may be a small amount of blood when the stump is about to fall off and also after the cord falls off. But this should be stopped quickly.
04:01	Remember, never pull the cord off.
04:04	Also, do not apply any cream or powder or
04:08	tie any bandage on the baby's umbilicus after the cord has fallen.
04:13	For the nutritional aspects of the newborn care we will discuss how to feed the baby.
04:20	The newborn should be breastfed within 1 hour after delivery.
04:25	Exclusive breastfeeding is recommended for the first 6 months.
04:30	Additionally, the mother should provide adequate skin to skin contact to the baby and observe the hunger cues of the baby.
04:40	All these points have been discussed in other tutorials of the same series.
04:46	In some cases, newborns may need to be awakened frequently so that they are fed enough, especially the smaller, premature babies.
04:57	Incase a baby, healthy or premature, does not seem to be interested in sucking then the mother should consult the doctor or health worker.
05:09	While breastfeeding, babies often swallow air which can make them fussy.
05:15	To prevent this, make the baby sit and burp after every feed.
05:20	It has been explained in another tutorial of the same series.
05:25	Next is diapering. After each bowel movement or if the cloth nappy is wet- lay the baby on her back and remove the dirty nappy.
05:37	Use water and soft washcloth to gently clean and wipe the baby's genital area.
05:44	Do not apply soap on baby's genital area. Whenever wiping a girl, wipe her from front to back to avoid a urinary tract infection.
05:55	The mother or caregiver should always thoroughly wash hands before and after changing the nappy.

06:02	Sometimes it could happen that a baby may suffer from diaper rash.
06:08	Diaper rash is a common concern. Typically the rash is red and bumpy and will go away in a few days with warm baths,
06:18	some diaper cream and at times without any diaper or nappy on the genital area.
06:25	Most rashes happen because the baby's skin is sensitive and becomes irritated by the wet nappy.
06:33	To prevent or treat diaper rash, change the baby's nappy often especially after bowel movements.
06:41	Gently clean the area with a soft cloth and water. Avoid using wipes as sometimes this can be irritating.
06:50	Apply a very thick layer of diaper rash or "barrier" cream.
06:55	Creams with zinc oxide are preferred as they form a barrier against moisture.
07:02	Wash the baby's nappy using dye and fragrance-free detergents.
07:08	Let the baby stay without a diaper or a nappy for part of the day. This gives the skin a chance to air out.
07:17	Incase, the diaper rash continues for more than 3 days or seems to be getting worse, please consult the doctor.
07:27	It may be caused by a fungal infection that requires a prescription.
07:33	In the end, let's discuss about baby's sleeping pattern.
07:38	Babies sleep for around 14 to 16 hours or more, in a day.
07:43	Newborns typically sleep for a period of 2–4 hours.
07:48	Many newborns have their days and nights mixed up.
07:52	They tend to be awake and alert at night and sleepy during the day.
07:58	One way to help them sleep more at night is to keep minimum stimulation at night. Example: keep the lights low by using a night lamp and during the day time try to keep her awake a little longer by talking and playing with her.
08:16	The mother or caregiver should remember that a baby should always be on her back while sleeping.
08:24	This reduces the risk of sudden infant death syndrome.
08:30	For other safe sleeping practices, avoid using the following items in their crib - Blankets, Quilts, Sheep skins, stuffed toys and pillows.
08:44	All these can suffocate the baby.
08:47	Also, be sure to alternate the position of the baby's head each night - first right, then left and so on.
08:57	This will prevent the development of flat spot on one side of the baby's head.
09:04	This brings us to the end of this tutorial.

	Thanks for joining.
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