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,
	Umbilical cord care,
00:10	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.
	Avoid sudden jerky movements of the baby's neck.
02:05	All these may cause internal injuries to the baby.
02:14	We will now learn about Umbilical cord care at home.
	When the baby is in the mother's womb, the umbilical cord is the baby's lifeline.
02:18	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,		
	Pus,		
03:32	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		
	tie any bandage on the baby's umbilicus after the cord has fallen.		
	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.		
	In some cases, newborns may need to be awakened frequently so that they are fed enough,		
04:46	especially the smaller, premature babies.		
	Incase a baby, healthy or premature, does not seem to be interested in sucking then		
04:57	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.		
	Do not apply soap on baby's genital area.		
05:44	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.		

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	/	so, be sure to alternate the position of the baby's head each night - first right, then left and on.
09:04 This brings us to the end of this tutorial.	7 Thi	is will prevent the development of flat spot on one side of the baby's head.
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Thanks for joining.