

Initial Newborn Care for Healthy Baby

Baby needs to get the hepatitis B vaccine

To protect your baby against a deadly disease; All babies should get the first shot of hepatitis B vaccine shortly after birth. This benefit is to reduce the risk of getting the disease from mother or family members who may not know they are infected with hepatitis B.

Administer vitamin K injection

Because all babies are born with low levels of vitamin K. A nurse administers an injection of vitamin K to prevent bleeding (hemorrhagic disease of the newborn).

How to start breastfeeding

The first time you hold your newborn in the delivery room is a great time to initiate breastfeeding.

- At the beginning, colostrum will help protect your baby from infection.
- Your baby's tummy is very tiny, so she/he only needs a small amount to fill up.
- Her mouth should cover not just the nipple but as much of the areola (the darker part surrounding it) as possible.
- Don't panic if your newborn seems to have trouble finding or staying on your nipple.
- Breastfeeding requires patience and lots of practice.
- Don't hesitate to ask a nurse to show you what to do.



When to seek medical support for your baby

The following are urgent problems you need to inform nurse if your baby:

1. Makes jerky movements.
2. Turns blue or very pale.
3. Has quick difficult breathing.
4. Is very difficult to wake or unusually drowsy.
5. Have any skin rashes, especially red spots which do not fade and lose color when they are pressed.

Reference:

- Baby center United Kingdom; (2008). Breastfeeding for beginners. Retrieved January 2, 2019, from <https://www.babycentre.co.uk/a613/breastfeeding-for-beginners>
- Immunization Action Collation; (n.d.). Hepatitis B shots are recommended for all new babies. Retrieved January 2, 2019, from Hepatitis B Shots Are Recommended for All New Babies.
- National Institute for Health and Clinical Excellence. (2014). Intrapartum care for health women and babies. Nice Guideline. Retrieved from <https://www.nice.org.uk/guidance/cg55>
- Phillips, R. (2013). Uninterrupted skin-to-skin contact immediately after birth. Elsevier, 13(2), 67–72. Retrieved from https://www.medscape.com/viewarticle/806325_8
- Royal College of Obstetricians and Gynecologists; (2008). Working party report on maternity care in obstetrics and gynecology. Retrieved from <https://www.rcog.org.uk/globalassets/documents/guidelines/wprmaternitystandards2008.pdf>
- Stanford Children's Health; (2019). Care of the baby in the delivery room. Retrieved January 6, 2019, from <https://www.stanfordchildrens.org/en/topic/default?id=care-of-the-baby-in-the-delivery-room-90-P02871>

Al Wakra Hospital



4011 4444



4011 4769 | 4011 4640

© 2019 Hamad Medical Corporation



مستشفى الوكرة
Al Wakra Hospital

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Initial Newborn Care for Healthy Baby

The birth of a baby is a significant event in the life of his/her parents. For many mothers, the minutes after birth are full of emotion, including concern about the baby's condition.

So we would like to clarify the midwife's initial care procedures that are required to help babies adapt outside the uterus.



Umbilical cord clamping

- Two clamps are placed on the umbilical cord.
- Delayed umbilical cord clamping is usually performed 25 seconds to 1 minute after giving birth.
- It allows more blood to transfer from the placenta to the baby.
- The iron in the blood increases the newborn's iron storage which is vital for healthy brain development.

Providing warmth for the newborn

- Adjust temperature in the room to approximately 23°C to 25°C.
- Wrap the baby with warm blankets. A heat lamp can help prevent heat loss. Put on a baby's hat/cap.

Place the baby on the mother's chest or abdomen to have a skin-to-skin contact.



Early skin-to-skin contact

Skin to skin contact immediately after birth means putting the naked baby prone on the mother's bare chest or stomach after verbal consent, which lasts for at least an hour. It has the following positive effects on the baby:

- Less likely to cry.
- More likely to latch on (breastfeeding initiation).
- More likely to breastfeed exclusively longer.
- Have normal skin temperatures.
- Have more stable and normal vital signs.
- Have normal blood sugars level.

Newborn health assessment at birth

A doctor/midwife/nurse will evaluate the newborn immediately after birth by a scoring test called APGAR. It will evaluate the:

- Activity: Muscle tone
- Pulse rate
- Reflex irritability
- Appearance: Skin color

As per the score 7-10 – normal, 4-6 – need careful monitoring, 3 or below – immediate resuscitation.

Newborn physical examination at delivery suite:

- Full body assessment from head to toe.
- Measurement of baby's weight, length and head circumference.
- Check a newborn's skin,
- Listen to baby's heart and lungs, and check her/his abdomen and genitals.
- Assess the newborn's nervous system and reflexes.
- Check baby's body temperature, heart rate, and respiratory rate.



Identification bracelets

Before a baby leaves the delivery area, identification bracelets with identical numbers are placed on baby along with full name of the mother:

- Wrist with baby health number.
- Ankle with mother's health card number.

These should be checked each time the baby comes or goes from your room.

