


Calvary Hospitality Healing Stewardship Respect

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Calvary Hospitality Healing Stewardship Respect



Calvary Maternity Education Program

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3.5 Is this Normal?

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Baby Care – Is this Normal?

Birth Trauma


- Caput Succedaneum
- Forceps/Vacuum
- Cephalohematoma

Birth Marks

- Salmon Patches/Stork Bites
- Some will fade on their own
- Mongolian Spots

Vernix

- White Protective Coating many babies are born with, particularly earlier gestation




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Baby Care – Is this Normal?

Erythema Toxicum

- Ill-defined red blotches, may have a white or yellow dot in the centre
- Will resolve on its own within a few days



Mucousy

- Especially the first 24 hours
- May affect feeding
- Common to cough/spit up
- Can use suction if needed

Posits

- May occur with or without Mucous
- Difference between posit/vomit
- Note how much/frequency

Milia

- Blocked oil glands/small non inflamed cysts; will resolve on their own


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Baby Care – Is this Normal?

Breech – Leg positioning

- Depending on how long baby has been in the breech position and the type of breech (frank breech)
- Often self-resolve
- Hip ultrasound at 6 weeks



Talipes

- Refers to the turned position of feet at birth
- Often due to positioning in the womb
- Often self-resolving requiring no treatment
- Can be treated with physiotherapy if persists
- Ultrasound to check if structural after medical review if clinically indicated

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Baby Care – Is this Normal?

Urate Crystals

- Red/Orange in colour
- May be a little dehydrated – keep feeding and let staff know, it is a normal occurrence but we do monitor it

Dry skin/Peeling


- Especially in older gestation babies or younger babies once vernix is gone
- Red/Orange in colour
- May be a little dehydrated

Jaundice

- What is it?
 - Detailed in Postnatal Booklet
 - Their bodies are breaking down red blood cells and bilirubin is a by-product of this
- Signs and Symptoms
 - Skin colour
 - Sleepy
 - Low urine output
- Treatment
 - Feed
 - Phototherapy
 - Transfusion

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3.6 Baby Cares - General

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Baby Care – Holding and Handling

How to hold a baby

- Support the head and neck
- Comfortable position

Moving around

- Be careful changing positions (eg sitting to standing)
- Watch for baby making a jerky movement like throwing its head back

Premise of getting wind out

- Firm pressure on stomach

Burping a baby

- Wrap ready for bed
- Three positions
 - Baby in front/leaning forward
 - Over the shoulder
 - Over the arm

Other things that may help

- Warm wrap
- Massage
- Bath

Being nervous about handling your baby is normal – they only have one superpower

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Baby Care – Change a Nappy

How to change a nappy

- Wipe gently, their skin is soft
- Barrier creams are only necessary if red/irritated
 - Unless there is already redness or an issue, pat dry quickly after a bath and get nappy on! (Safety First)
- Keep Cord Clamp clear and out of nappy
- Picture at front (generally)
- Tabs firmly across to the centre

How to change a nappy

- Check leak guards are okay
- Wipe front to back for girls
- May have discharge from vagina
- Fold the penis down for boys



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Baby Care – Change a Nappy

When to change a nappy

- Before or half way through a feed
- Check nappy if baby is uncomfortable/unsettled
- Do not disturb and wake baby at every bowel sound heard, if babies are awake they have a theory they must be hungry, do not encourage them!



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Baby Care – Wrap a baby

How to wrap a baby

- Do not solve a problem you do not have
- If baby is comfortable and safe then the wrap is okay
- Keep wrap away from the face
- Firm around the body – elbows in
- How to wrap and baby and how firmly progressively decreases as they get older



[Red Nose – Safe Wrapping](#)

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Baby Care – Settling

Why is my baby crying?

Problem solve your baby, are they:

- Hungry
- Wet
- Uncomfortable
- Tired

Remember tired signs: (Jerky movements, frowning, staring off, yawn)

Support from your partner; video from [Raising Children Network](#)

What to do

If you have 'solved' your list, or baby is taking a moment to nod off, try some of the following:

- Cuddles
- Burping
- Going for a walk
- Skin to skin
- Sing to them
- Rocking or patting
- A warm wrap



And of course, take the opportunity to ask our staff for assistance, they may have another tip or technique for you to add to your collection!

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Baby Care – Bathing

When should I bath my baby?

- Anytime from Day 3 or 4
- Until about four months old, babies do not require daily bathing, every 3-4 days is sufficient
- Can be done in a bigger bath with siblings/adult and as a way of involving other children in the care of your newborn

Things to remember

- Until about four months old, babies do not require daily bathing, every 3-4 days is sufficient
- Check height of bath and ensure person bathing baby is not straining back etc
- Any entrance into the body is a potential source of infection – wipe once
- Temperature of bath – wrist

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Baby Care – Bathing

How to bath a baby

- Soaps are optional but not necessary
- One-handed hold
- Focusing on creases (neck/behind ears/thighs)
- Having everything ready for after the bath – maybe a hat

Baby Grace
Bath demonstration video in Mini Video Section



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Baby Care – Safe Sleeping

Since the SIDS and Kids safe sleeping campaign began in the early 1990s it has saved the lives of 7,500 Australian babies and reduced the rate of SUDI by 80%.

SIDS and Kids safe sleeping campaign is evidence-based information developed by researchers from across Australia and internationally.

Remember


- Sleep baby on back with head and face uncovered
- Avoid cigarette smoke
- No Alcohol or Drugs – including pain relief
- Safe cot in safe environment
- Sleep baby in cot or bassinette
- Sleeping in same room as parents

[Rednose](#)



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3.7 Baby Cares - Feeding

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Baby Care – Feeding

Is baby getting enough?

Breastfeeding

- Learn as much as you can beforehand
- Antenatal Expressing
- Position and attachment is the key
 - Skin to Skin
 - Tummy to tummy & Nose to Nipple
 - Nipple sitting on the soft palate
 - Most of the areola in babies mouth
 - "K" shape of lips
- Ask our staff for assistance with attachment early to help prevent damage
- [Raising Children - Breast Feeding in Pictures](#)
- [Raising Children - Breast Feeding for the First Six Months](#)



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Baby Care – Feeding

Is baby getting enough?

Bottle Feeding

- Bring your own formula, bottle sterilisers/equipment etc and staff can help you organise your feeding plan
- We can help you express at the hospital if you are giving your baby Expressed Breast Milk (EBM)

At Calvary John James, we support and advocate for breastfeeding. However we see our primary role to support and empower you; this is your body and your baby. As your advocate, we will support your feeding choices.



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Baby Care – Feeding

Is baby getting enough?

Breastfeeding Issues

- Ask your midwife or nurse for assistance
- Nutritive sucking versus comfort sucking
- Pain/damage
 - Breast feeding should not be painful
- Options such as Nipple Shields
 - Keep baby's nose clear



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Baby Care – Feeding

Is baby getting enough?

Breast Pump

- If you plan to use a breast pump at home you can bring your own in to hospital
- Staff can also assist you with using our pumps while you are here
- If you do not want to pump you do not have to
- Early pumping is for stimulation only not milk (for example baby is special care nursery or a history of low supply previously)



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