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Care of Newborn

Patient name: _____ Admission: _____

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I. The caregiver can list an infant's basic needs.

- A. Feeding
- B. Sucking pleasure
- C. Warmth and comfort
- D. Love and security
- E. Sensory stimulation

II. The client can explain how to properly handle a newborn infant.

- A. Support your baby's head and neck. Cradle the head when carrying the baby. Support the head when carrying the baby upright or when laying them down.
- B. Be careful not to shake your newborn. Vigorous shaking can cause bleeding in the brain and even death.
- C. Be sure to securely fasten your baby into the carrier, stroller, or car seat.
- D. Newborns are not ready for rough play, such as being jiggled on the knee or thrown in the air.

III. The caregiver can list general information tips for feeding the infant.

- A. Feeding should be done "on demand" (when baby is hungry).
- B. Signs that babies are hungry include
 1. Moving head from side to side
 2. Opening mouth and sticking out tongues
 3. Placing hands and fists to mouth
 4. Opening their mouths and puckering their lips as if to suck
 5. Nuzzling against mother's breasts
 6. Showing rooting reflex
- C. Breastfeeding
 1. Mother should be eating a well-balanced diet and drinking at least eight glasses of fluid per day. Avoid smoking and use of caffeine and alcohol.
 2. Breastfeeding promotes bonding.
 3. Nipples should be cleansed carefully once a day, not using soap.
 4. Breast pumps or hand expression of milk can be used.

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5. Infant should be burped after 4 to 5 minutes on each breast.

6. Infant should take vitamin supplements as recommended, including fluoride.

D. Bottle feeding

1. Formula is available in liquid, concentrate, or powder.
2. Read instructions and prepare different forms of formula per directions.
3. Never prop a bottle because of possible aspiration and lack of human contact.
4. Keep the infant in an upright position, and place on his or her right side after feeding.
5. Bottles and formula should be sterilized the first 5 months.
6. Infants need to be burped after each ounce of formula and at the end of the feeding.

E. Burping methods

1. Hold the baby upright with head on parent's shoulder. Support the baby's head and back while gently patting the back with your other hand.
2. Sit the baby on your lap. Support the baby's chest and head with one hand and gently rub his or her back with the other hand.

IV. The client can explain how to change the newborn infant's diaper properly.

- A. Make sure that you have all supplies within reach so that you will not have to leave your baby unattended on the changing surface.
- B. Plan on needing appropriately 10 diapers a day or 70 diapers per week.
- C. Place the baby on his or her back and remove dirty diaper. Using wipes, gently cleanse the baby's genital area.
 1. When removing a boy's diaper, do so carefully because exposure to air may make him urinate.
 2. When wiping a girl, wipe her bottom from front to back to avoid a urinary tract infection.

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3. If baby has rash or irritation, apply ointment.
4. Always remember to wash your hands after changing a diaper.

V. The caregiver can demonstrate proper technique for bathing the infant.

- A. For the first year of life, the baby can be bathed two to three times a week. More frequent bathing may be drying to the skin.
- B. Make sure that you have all supplies within reach so that you will not have to leave your baby unattended.
- C. Make sure that the room where you are bathing is warm and has no drafts.
- D. Use warm water (not hot), and test the water temperature with your elbow or wrist.
- E. Use unscented baby soap and shampoo.
- F. Use a soft baby brush to stimulate baby's scalp and manage potential cradle cap.
- G. Use only water when bathing around the face. Soap may be used for the rest of the body.
- H. Take care to cleanse the creases under the arm, behind the ears, and around the neck and genital areas.
- I. Pat dry, and then diaper and dress baby.

VI. The caregiver can demonstrate cord care.

- A. Do not bathe infant in the tub until naval area is well healed. Umbilical cord falls off in 1 to 4 weeks.
 - The navel heals completely in 1 to 4 weeks.
- B. Clean cord area daily, and apply a drying agent as ordered.
- C. Do not try to remove the cord.
- D. Notify the physician if any bleeding, discharge, or foul odor is present.

VII. The caregiver can demonstrate circumcision care.

- A. Wash the area with warm, soapy water.
- B. The circumcision heals in 1 to 2 weeks.
- C. Report any bleeding, foul odor, or failure to heal.

VIII. The client can explain sleep basics for the newborn.

- A. Newborns sleep about 16 hours or more a day.
- B. Place babies on their backs to sleep.
- C. Remove fluffy bedding, quilts, sheepskins, stuffed animals, and pillows from crib.

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IX. The caregiver can describe normal elimination.

- A. Stools may be greenish brown or yellowish brown.
- B. Stools usually move several times per day.
- C. Notify nurse or physician if there is blood in the stool or if no bowel movement in several days.

X. The caregiver can list measures to meet emotional needs of the infant.

- A. The infant needs to be cuddled and held and talked to frequently.
- B. Sensory stimulation, such as music, mobiles, and so forth promotes awareness.
- C. Infant massage is important.

RESOURCES

Kangaroo Care/Cleveland Clinic
www.clevelandclinic.org

National Institute of Child Health and Human Development
www.nichd.nih.gov/

National Maternal and Child Health Clearinghouse

Health Resources and Services Administration

U.S. Department of Health and Human Resources
888-Ask HRSA (888-275-4772)
www.ask.hrsa.gov/MCH.cfm

La Leche League International
www.lalecheleague.org/

Women, Infants, Children Program
www.fns.usda.gov/wic/

International Association of Infant Massage
www.iaim.ws/home

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