Baby Care Basics

“For you created my inmost being; you knit me together in my mother’s womb.”

Psalm 139:13
Objectives

➢ Physical Characteristics
➢ Physical Care
➢ Common Concerns
Vernix
Vernix
Lanugo
“What’s all the fuzz about?”
Acrocyanosis
Moulding
Swollen Eyes
Cephalohematoma
Milia
Sucking Callouses
Dry skin
Cradle Cap
Erythema Toxicum
aka Flea Bite Rash
aka Newborn Rash
Swollen Breast Tissue
Mucous Discharge
Swollen Testicles
Stork Bites
Suctioning
Umbilical Cord - Delayed clamping
Bracelets
Footprints
Newborn Routines

Radiant Heat Warmer
Vital Signs

Newborn Routines
Newborn Routines
Blood Glucose Monitoring

Newborn Routines
Newborn Routines
Delayed Bathing

Newborn Routines
What does a safe sleep environment look like?

- Alone
- Crib sheets fit tightly over mattress
- On a firm mattress
- In a safe, infant bed
- Not too hot
- On his back
- “Feet to foot”
- No secondhand smoke
- No pillows, stuffed animals, toys or bumper pad
- If a blanket is used, it is tucked in and only as high as the baby’s chest
- No heavy or loose blankets

Positioning - Safe Sleep
Circumcision

https://www.healthychildren.org/English/ages-stages/prenatal/decisions-to-make/Pages/Circumcision.aspx
Circumcision

Plastibell
Breastfeeding

➢ Skin to Skin
➢ Magical Hour
➢ Feed “on cue”
➢ 8 or more in 24
- Bayou Mom’s Support Group
- LLL
- Bayou Region Breastfeeding Moms FB page

Support
Burping
Elimination
“Scoop on Poop”
➢ Up to 10% loss
➢ BW @ 2 weeks
➢ Double BW @ 4-6 months
➢ Triple BW @ 1 year

Weight
Baby Manicures
"I never worry."
Said no parent ever.

Common Concerns
Immunizations
Rashes
Jaundice
Bent Legs & Feet
Ear Infections
Crying
Colic facts

"Despite decades of research the cause of infantile colic remains uncertain"

Fact #4

Colic
Colic
Calming your baby

➢ Skin to Skin
Calming your Baby

➢ Swaddling
Calming your baby

➢ Baby Wearing
Infant Safety?
NEWBORN RULE #1

DO NOT COME TO VISIT IF YOU ARE SICK-
IF YOUR KIDS ARE SICK—or if you think you are getting sick. Period.

someecards user card
Car Seat Safety-App
Baby proof home
Just Say No
Fever
keep calm and call the doctor
Ducks in a Row
“So look for peace, love, beauty, order, harmony unconditionally. Find them in the baby and in yourself. Enjoy being together. Together enjoy being.”
– Polly Berrien Berends
A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for.

Super Simple Parenting