



Neonatal Care



The word “Neonate” suggests Newborn and “Neonatal Care” refers to the right approach of taking care of your newborn baby. If you are a first-time mother, you might feel concerned about taking care of a newborn. Remember that you are not alone! Many new mothers feel unprepared when bringing their babies home from the hospital. During your hospital stay, ensure you ask the nurses to guide you with the right approach of essential baby care. Moreover, ensure you know about breastfeeding basics and take the help of a lactation consultant. Do not hesitate to take the help of your family members who already have experience taking care of a baby. This might help you gain confidence and guide you to do the right things for your baby.

Dear new parents, be comfortable with certain newborn basics:

- **Holding your baby by supporting its neck**
- **Changing your baby’s diaper**
- **Bathing your baby**
- **Dressing your baby**
- **Feeding and burping your baby**
- **Techniques to soothe your baby**



- Please do not shake your newborn while playing or in frustration, to avoid any jerks, because it may increase the risk of either bleeding or death.
- Avoid rough play with the baby such as jiggling the baby or throwing the baby in the air.

- If they do not feel comfortable after this, ensure you contact your nearest physician to exclude any health problems that might be troubling your baby.
- Try rocking and singing to your baby.
- Try giving your baby a warm bath.
- Hold your baby in your arms or sway them.
- Use comforter blankets to keep them warm.
- Play soft music that might help distract them.
- If you are breastfeeding, let them suckle at your breast.

Handling your baby:

- Wash hands before handling your baby. Ensure you sanitise to avoid infection-related risks. Remember to encourage everyone handling the baby to wash or clean their hands.
- When you are carrying the baby upright or when you are laying it down, support the baby's head and neck

Soothing your baby:

All babies cry and the reasons why they cry are many! Commonly, babies cry because of hunger, wet nappy, wanting a cuddle, feeling too hot or too cold, being tired or bored.

There are times when it may be difficult to control your baby's crying and they cannot be easily comforted. Here are some tips to help soothe your baby:



Bathing your baby:

Giving your baby a mild soapy bath three times a week will keep them clean and prevent skin rashes and drying. If your baby is warm and sweaty, plain water baths every day can be considered. Bath time for your baby is supposed to be a pleasurable and learning experience.

As a caution you should always verify the temperature of the water before bathing your baby. Also remember not to bathe your baby in extremely deep water, and the most important step is to never leave your baby alone while having a bath.

After the bath,

- Dry your baby well and dress him/her as they tend to nap after a warm bath.
- Brush and comb your baby's hair.
- Avoid using chemical-based oils and lotions for the baby.

Although you may feel anxious while you handle a newborn at first, remember that as more weeks pass by, you will become considerably more experienced at handling your baby and caring for him/her.



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This is general information issued in public interest.
Please contact your doctor for more details.

Diapering your baby:

The newborn skin is lovely and unique; it protects the baby from bacteria and germs and helps them maintain an average temperature. While taking care of your baby, knowing about diapering is an essential aspect since you may change as many as 3000 diapers in your baby's first year of life!

Here are some tips for you to ace at diapering:

1. Clean the genital area with warm water.
2. Always swipe the diaper area from front to back.
3. Always wash your hands before and after changing the baby's diaper.
4. Avoid using baby powder or talcum powder in your baby's diaper.
5. Never use alcohol-containing wipes to clean your infant's bottom.
6. Diaper rash can occur in a baby if the urine or stool has stayed for too long on their sensitive skin. You can apply a layer of petroleum jelly after each diaper change until the rash is gone. You can also try the diaper rash cream containing zinc oxide that will help you protect your infant's skin.

