English Antenatal Talk 2

Baby Care, Infant feeding & Neonatal Jaundice

Revised in Jan 2018

Points to Note before the talk starts:

1. Washroom location →

Please kindly note that there's no break time during the talk.

2. Fire Exit → Go out this room via rear door, the exit is at the left side of staff elevator lobby.

3. You can apply the Certificate of Attendance after completion of <u>ALL Antenatal Health Talk</u>. The application form could be taken from our staff in this talk or TYH OPD staff. The certificate will be mailed to you within one month of application.

Left side of

(this room)

front door

Right side of

rear door

(this room)

Please show this AN talk class record card to our staff during registration. You can apply the certificate of attendance after all AN talk classes were marked in this record card.

Points to Note before the talk starts (Con'd):

4. Video / audio recording is prohibited.



5. If you would like to know more information, please refer to the following link: http://www.obsgyn.hku.hk/antenatal_health_information



Queen Mary Hospital Obstetric and Gynecology Department

Antenatal Class 2- Baby Care

Outline- Baby Care

- Introduction
- Rooming-in
- Building love relationship with babies
- How to settle crying babies
- Infant feeding Breastfeeding and Bottle Feeding
- Sleep and Safety
- Clothing
- Baby Carrier Safe use of Slings
- Swaddling
- Baby Hygiene Diaper Change and Bath + video
- Elimination Stool and Urine
- Medication and Temperature taking
- Neonatal Jaundice
- Newborn Screening for Inborn Errors of Metabolism

When will the mother start to take care of baby?

Skin to Skin contact immediately after birth 24 hours rooming-in in postnatal ward Lots of Skin to Skin Contact



Bonding with your baby

Know more about Rooming-in

- What is Rooming-in?
 - Rooming-in refers to postnatal mothers and babies living in the same room for 24 hours, allowing unrestricted contact between mothers and babies
- Advantages of Rooming-in
 - Developing bonding
 - Increasing of successful breastfeeding rate
 - Understanding babies needs and behaviors
 - Enhancing parents confidence and responsiveness
 - Learning Skills in taking care of babies
 - Enhancing sleeping quality of both mothers and babies

We encourage loving relationship between parents and babies

- Give them a good start of life
- Help babies to grow up happy and confident
- Encourage high level of oxytocin of mother and baby
- Decrease levels of cortisol (Stress) hormones which encourages optimal brain development

The day you came into my life. I knew what my purpose was. To love and protect. with everything II have





How to develop loving relationship with babies?

- Ongoing skin to skin contact
- Be responsive to baby's needs e.g.
 feeding cues, soothing and comforting
- Not leaving baby to cry for prolonged periods



Responsive feeding

A happy mum and a happy baby





Infant feeding

Breastfeeding

- The natural and the best food for the newborn
- For more information, please join
 Breastfeeding Class



We support Breastfeeding! Our Baby friendly policy Natural birth Rooming in No teats or bottle

Advantages of Breastfeeding

- Natural food contains all nutritional needs of different maturity
- Easily digested and absorbed
- Provides the newborn with immunity against infection. E.g., otitis media, diarrhea
- Less likely to develop nappy rash and food allergy
- Encourage **brain development**
- Promote bonding



Advantages of Breastfeeding

• For mother:

- Encourage bonding
- Promote uterine contraction and reduce bleeding after delivery.
- Helps the mother to regain figure
- Decreases the chances of getting breast and ovarian cancer.
- Save money; save time





For more information and video please visit Queen Mary Hospital Website <u>http://www.obsgyn.hku.hk/antenatal_health_information</u> Video: QMH - How to prepare infant formula safety.mp4

Tips for Bottle Feeding

- Preparing bottle feeds –Sterilization
- Keep the teat full
- Burping your babies-Take short break during feed to burp
- Discard unused formula
- Go with Flow-respond to your baby's need
- Don't leave your baby alone to feed





Tips for Bottle Feeding

How to bottle feed?

- Make sure you sit comfortably
- Holding and make eye contact with baby as you feed
- Hold your baby fairly upright, support head, brush the teat against baby's lips, let them draw in teat when they open mouth wide



- Responding to babies' needs for comfort is hugely beneficial for brain development and makes for more confident toddlers.
- Parents should be supported in breastfeeding responsively and keeping their babies close to help them become happy, healthy and secure children and adults

Responsive feeding Supporting close and loving relationship Regardless of feeding mode, watch baby's cues instead of the clock → respond to hunger cues

Early Feeding Cues or "Im hungry."







Mid Feeding Cues or "I'm Really Hungry!"







Late Cues or "I'm upset, please calm me."



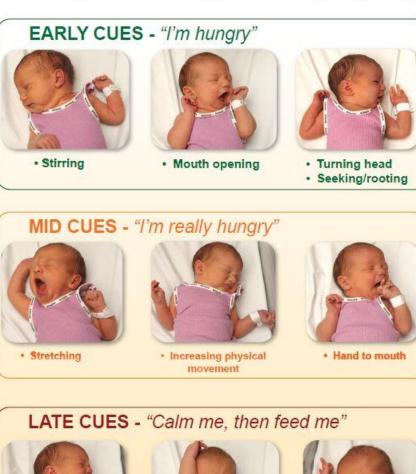






Baby Feeding Cues (signs)





· Agitated body

- Cuddling - Skin to Skin on chest

- Talking - Stroking movements

Time to calm crying baby

· Colour turning red

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Officer, email ip_officer@health.gid.gov.au, phone (07) 3234 1479.

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• Crying

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Baby Care - A Safe Crib

- The mattress must fit snugly, with no space for the baby's head to be stuck.
- The bars must be smooth, securely fixed, and the distance between each bar should be not less than 25mm (1 inch) and not more than 60mm (2.5 inches), so your baby's head cannot be trapped.
- The cot should be sturdy.
- The moving parts should work smoothly and not allow fingers or clothing to be trapped.
- Cot bumpers are not recommended as babies can overheat or get tangled
- Never leave anything with ties, such as bibs or clothes

Baby Care - Safe Sleeping Environment

- Babies should sleep on their backs Back to sleep and Tummy to play
- Use a firm and flat mattress
- Babies should sleep in the same room where you sleep but in separate bed near you
- Do not smoke during pregnancy or after baby is born
- Breastfeed babies have lower risk of SIDS
- Make sure baby's face is always clear and not being covered during sleep
- Do not overheat or overdress babies and always keep room well ventilated
- Make sure your babies is **fully immunized**

Baby Care - Safe Sleeping Environment

Should I share bed with my baby?

- Research has shown that sharing a bed with baby under the following circumstances can be DANGEROUS:
 - Either parents smokes after the baby is born
 - Use of soft mattresses, loose bedding or large soft pillow
 - Baby shares bed with someone other than his parents
 - Parents is very tired, sick, after drinking alcohol or taking drugs

Baby Position



Womb-like or cocoon which place baby in foetal position, safe?

Baby Care - Clothing

Perferrably 100% cotton
Wash before use
No loose or small items





Baby Care- Baby Carrier Safe Use of Baby Sling

 Video: Carry with care- How to keep your baby safe in a sling.mp4





Safety Tips of Using Slings

- 1. Keep the child's face **and nose and mouth uncovered**
- 2. Avoid the child being curled into the 'C' position where the child's chin touches the chest and blocks the airways.
- **3. Use with caution or seek medical advice**, if your babies have a cold or with low birth weight.
- 4. Reposition the child after breastfeeding to keep the nose and mouth clear.
- 5. Acknowledge that **some slings may be a safer** option than others such as those **that carry the baby in vertical position.**
- 6. Slings are best for carrying newborns **under 20 pounds** around the house or **for short distances.**

Baby Bathing

How to bath your baby.mp4



Delay First Bath

- Allow uninterrupted skin to skin contact
- Prolong skin to skin can protect baby from infection
- Prevent loss of heat and keep baby calm
- Facilitate baby to search nipple→ successful first breastfeeding



Tips for Baby Bath

- Never leave your baby unsupervised
- Make sure bathroom is warm
- Do not leave baby in tub when water is still running
- Make sure bath water comfortably warm Test it with inside of your elbow (Ideal temperature 37 degrees C to 38 degrees C, which is around body temperature)
- Fill the tub with only 2-4 inches of water



• Diaper Change

• Diaper Change 101- How to Change a Diaper.mp4



Have the new diaper ready before starting. They're hard to unfold one-handed. Unwrap it, undo the straps, and put it under the baby in case of a blowout.

Diaper

Changing

Tips

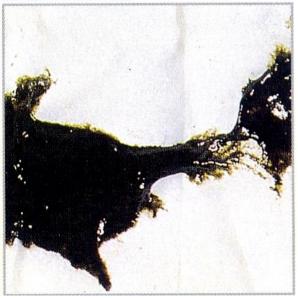
Velcro straps go in back. You'll bring these around and secure them across the front.

Change early, change often. It seems like a chore but your little one will be happier for it. Modern diapers are marvels of technology, but they have limits. Flanges out! Otherwise you're asking for a blowout. Run your finger along each thigh to be certain of it.

If you don't want to get peed on: 1. Be fast. The less time your baby is exposed to cool air, the better your chances. Get that new diaper on!

Elimination

- Bowel Movement
- Meconium Dark green color
- Urination







stool in changing stage after taking milk



Stool of formula milk feeding

• Minimum number of bowel movements expected per 24-hour period in the first six months

Time Period	Bowel Movement (minimum)	Color & texture
Day 1	1	Black, tarry
Day 2	0-1	Black, tarry
Day 3	1	Green Transitional
Day 4	4	Green or yellow
Day 5	3-4	Yellow, loose
Day 6	3-5	Yellow, loose
6 weeks +	Range from 1 every 7-10 days, to 3-5 per day or more	Yellow, loose

Elimination – Urination 1 wet diaper and urine that is reddish-Baby' Birth Day orange Day 2 2 wet diapers and urine that is pale orange/pinkish Day 3 3 wet diapers and urine that is yelloworange Day 4 4 wet diapers and lemon-yellow urine 6-8 wet diapers and urine is light yellow Day 5

Medication

 Avoid over the counter meds



Temperature taking

- Normal range for oral 36.5°C-37.5°C
- For ear (tympanic) temperature is 36.8°C to 38.1°C
- For armpit (axillary) temperature is 36.2°C to 36.9°C



Baby Care – Burping

- Babies swallow air as they feed or cry which makes them uncomfortable
- Gently tap baby's back

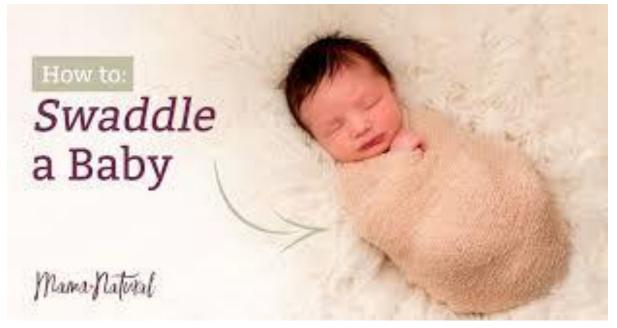




Video: Newborn Burping Techniques.mp4

Baby Care – Swaddling

 The cozy wrapping allows your baby to feel safe and secure, potentially helping to soothe baby



Video: How to swaddle your newborn baby.mp4

Neonatal Jaundice

It is the yellowish discoloration of the body tissues, including skin, mucous membrane, sclera of the eyes within the first month of life.

It is due to the deposition of bilirubin .

Causes:

1. Physiological jaunice

- High level of fetal haemoglobin
- Short life span of fetal red cells
- Immature liver

2.G6PD Deficiency

If jaundice is severe, it will damage brain tissue causing convulsion, deaf, mental retarded and death. Hence early detection is important.

How to diagnose?

- 1. Through clinical feature
 - yellow discoloration of the skin and sclera
 - baby is weak and lethargic
 - the baby does not suck well

With the use of jaundice meter
 Take blood for serum bilirubin



Treatment phototherapy exchange transfusion



Newborn Screening for Inborn Errors of Metabolism (IEM)

- IEM consent form will be distributed during hospital admission, either parent can sign consent.
- Baby blood will be taken after 24 hours of life
- Staff will acquire mother's verbal consent before taking baby to collect Dried Blood Spot (DBS) sample.
- Screened positive cases will be informed for further investigation
- No news is good news





Gentle Reminder

- Please fill out the feedback form and give back to our colleagues.
- 2. If you would like to know more information and AN talk video, please refer to the following link:

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http://www.obsgyn.hku.hk/patient_information (QR code can be downloaded from our reception counter)

Certificate of Attendance – 3. The application form could be taken from our staff in this talk or TYH OPD staff. The certificate will be mailed to you within one month of application.





Reference

• American Academy of Pediatrics

- <u>https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-</u>
 <u>Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx</u>
- Health Children.org
 - https://www.healthychildren.org/English/ages-stages/baby/Pages/default.aspx
- NHS choices Your health, Your Choice Pregnancy and baby guide
 - <u>http://www.nhs.uk/Condition/pregnancy-and-baby/Pages/what-you-need-for-baby.aspx</u>
- Baby product, safety advice and warning; The Queensland Government
 - <u>https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/product-safety-for-consumers/safety-advice-and-warnings/baby-products/</u>