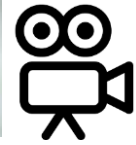


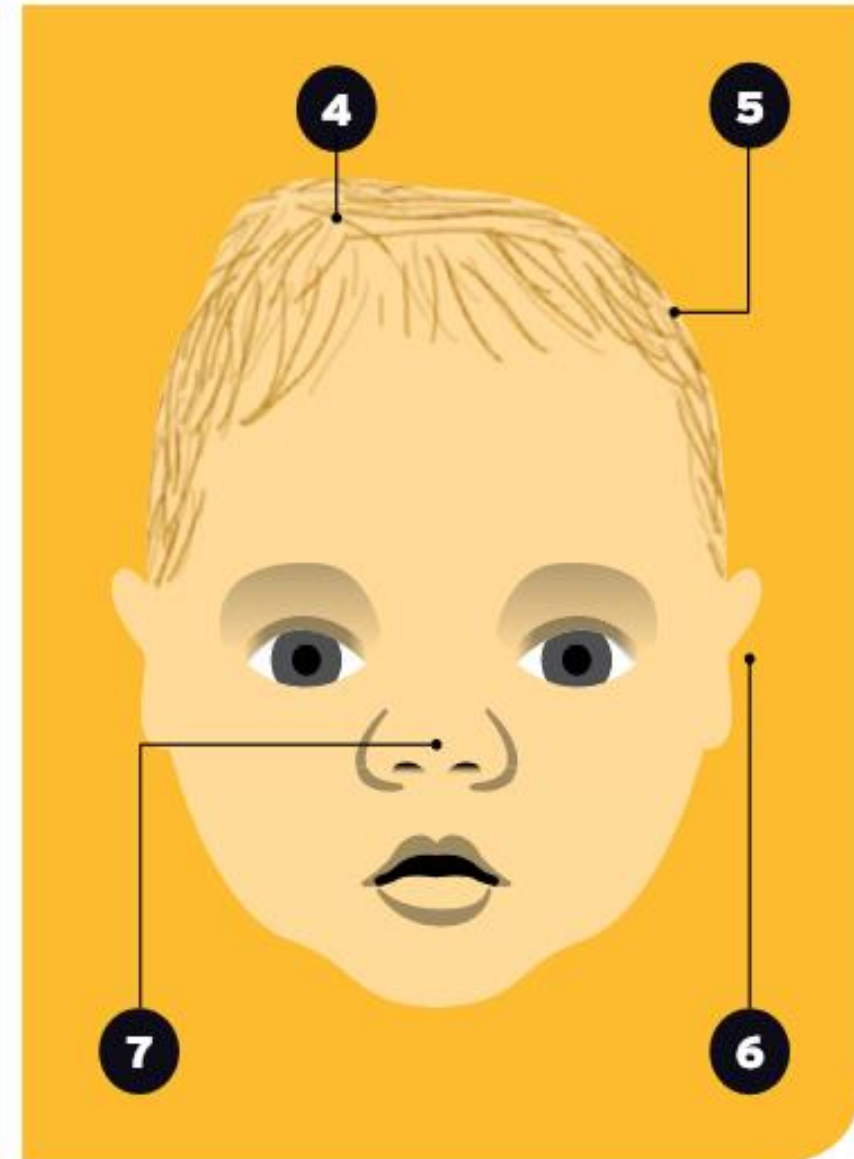
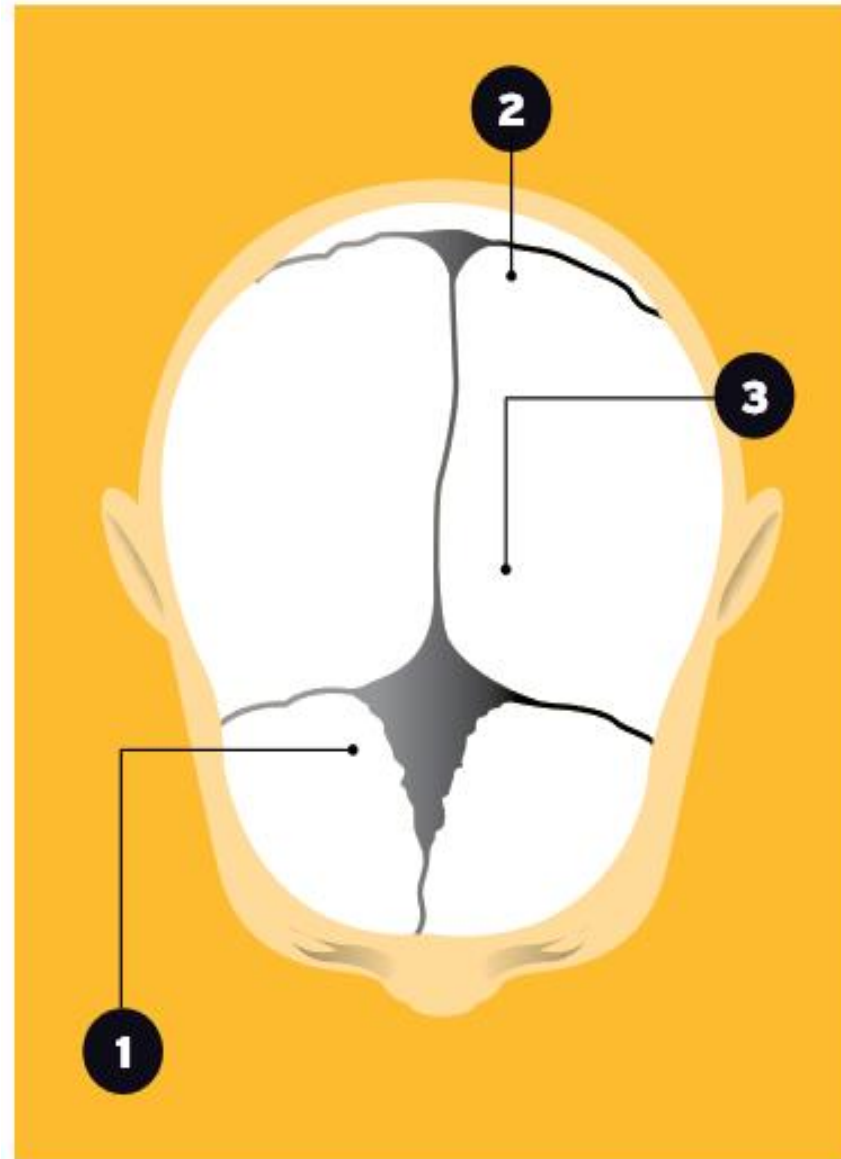


- Zoom – HIPAA compliant
- Group Format - Consent to participate
- Personal questions in a group format
- General advice – not Medical Advice
- Please “Mute” yourself–background noise- Show Video
- “Raise Hand” or wave or use the Chat Box
- Be respectful

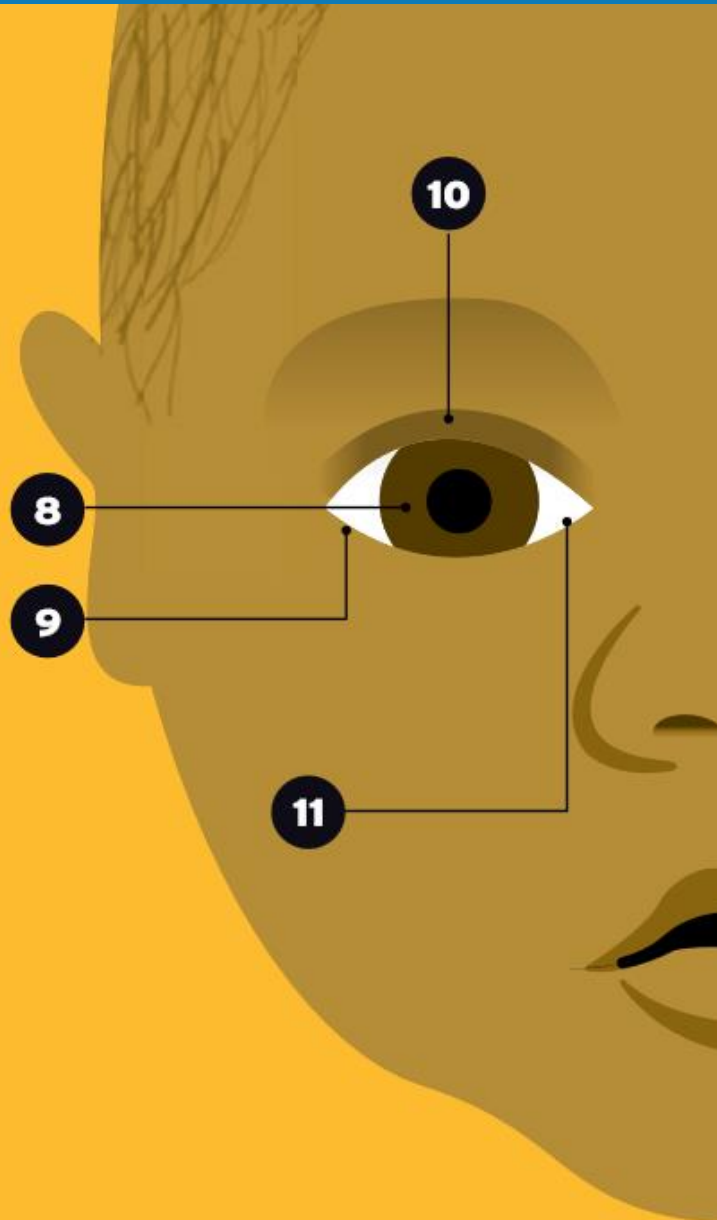
- Newborn body
- After baby arrives.....
- Bathing & body care
- Feeding baby
- Diapering and newborn pee and poop
- Healthy babies
- Preparing for discharge & when to call your baby's doctor



1. Fontanel
2. Molding of head
3. Caput
4. Cephalohematoma
5. Scalp/hair
6. Folded ears
7. Flattened nose

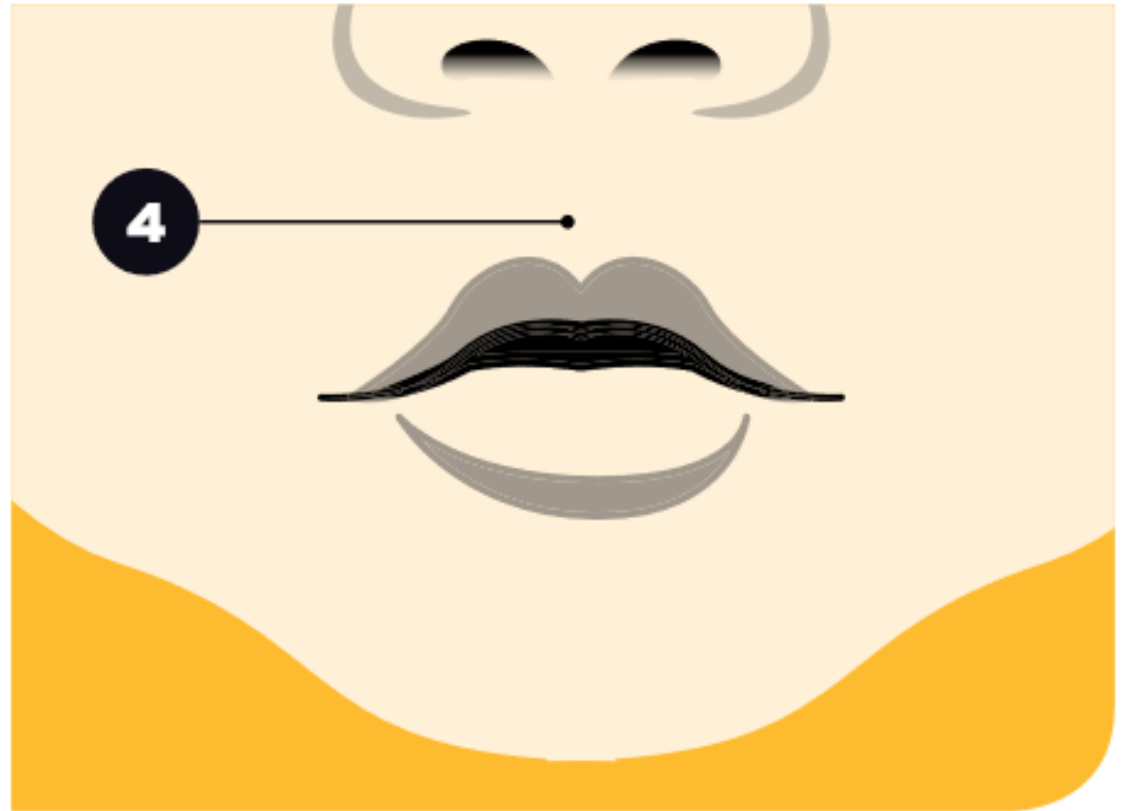
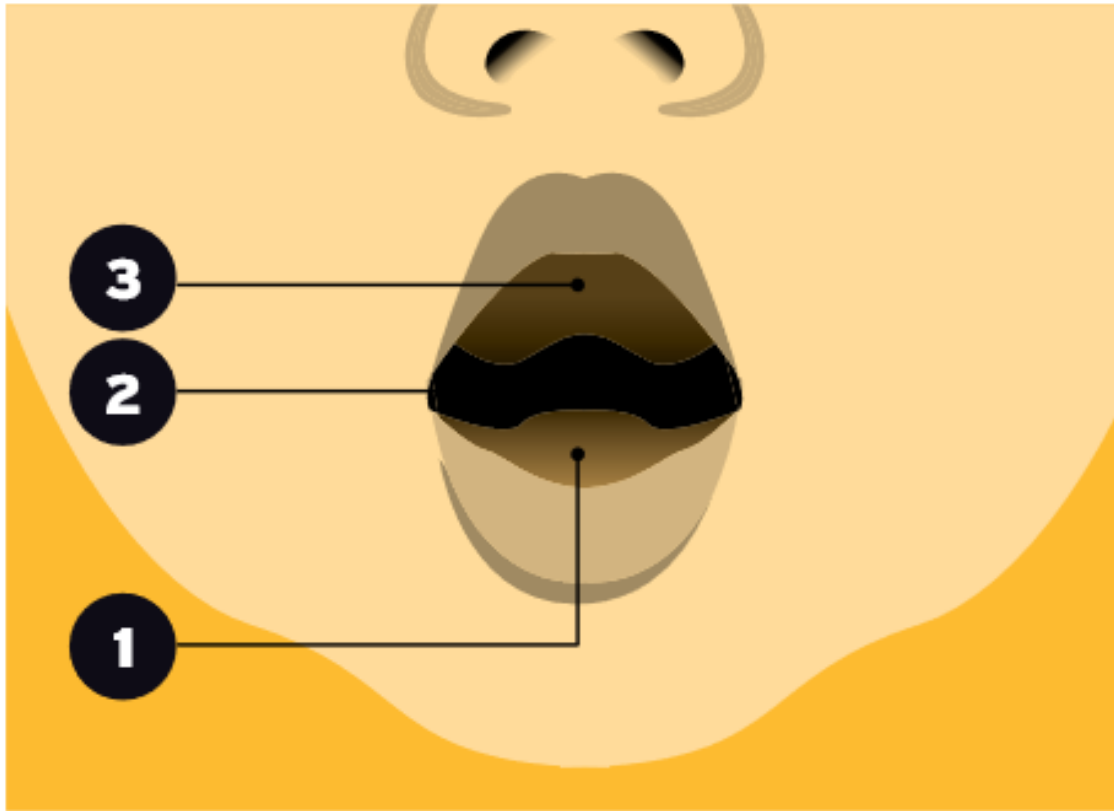






Newborn Eyes:

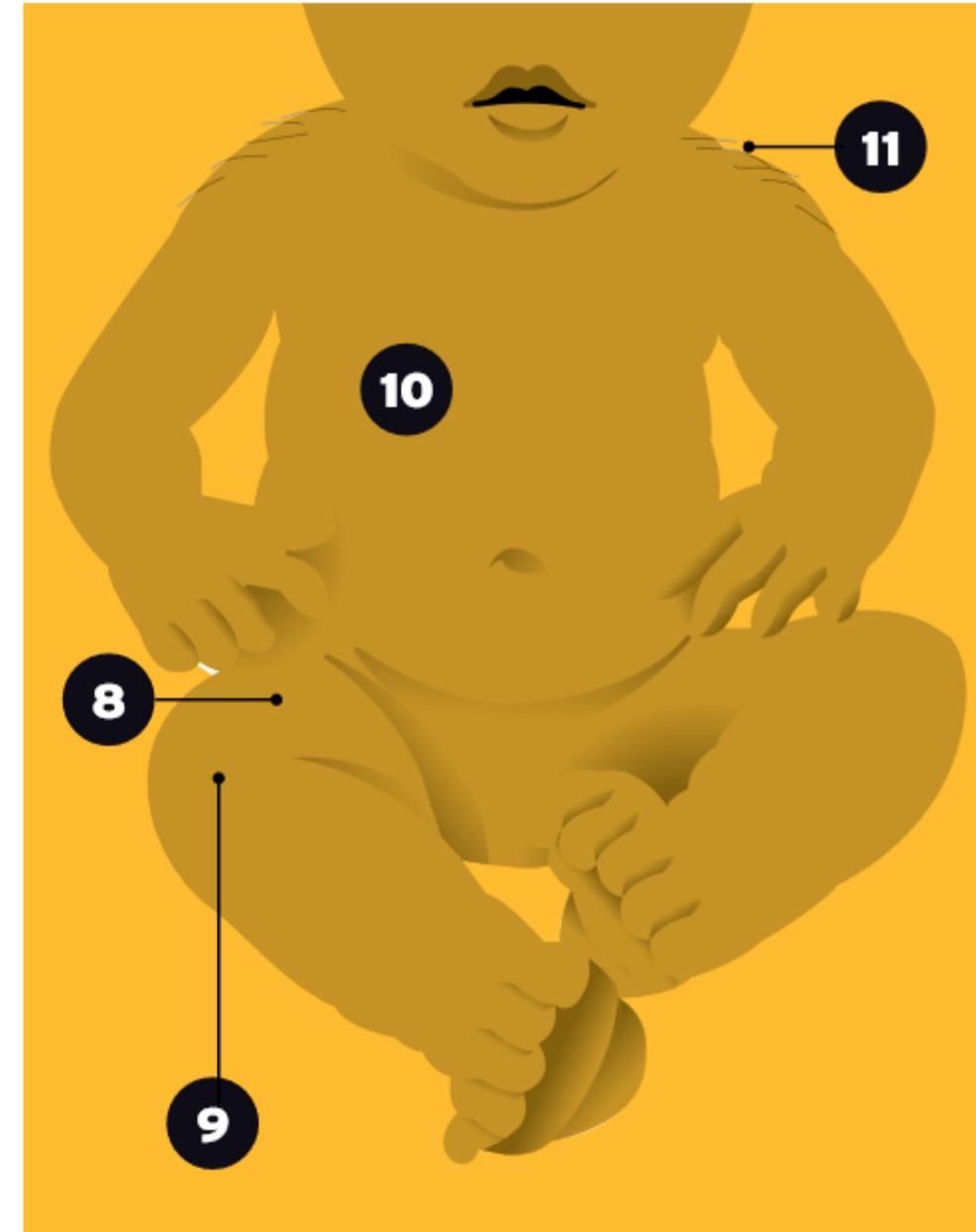
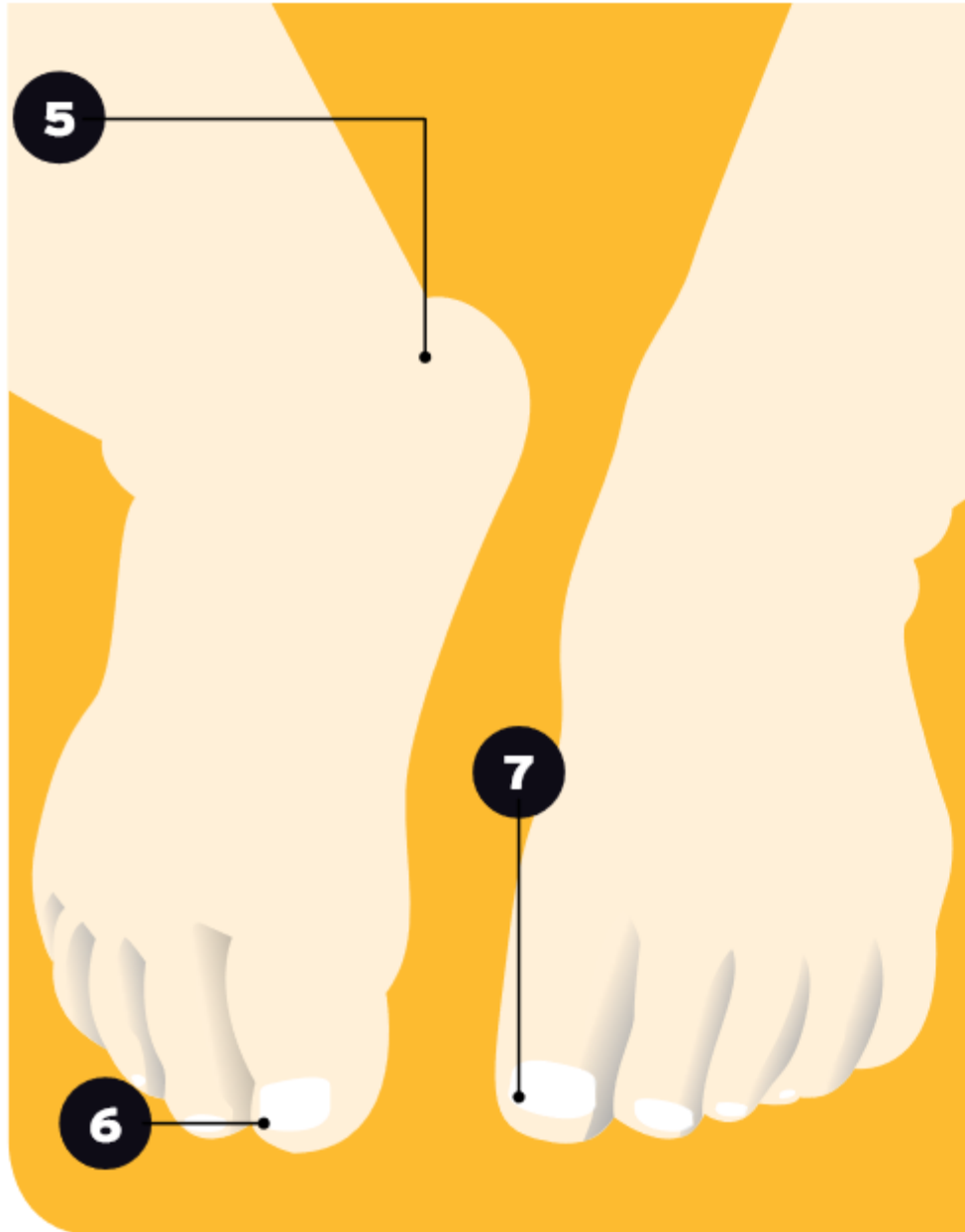
- 8. Eye color
- 9. Hemorrhages of the eye
- 10. Swollen lids
- 11. Blocked tear duct

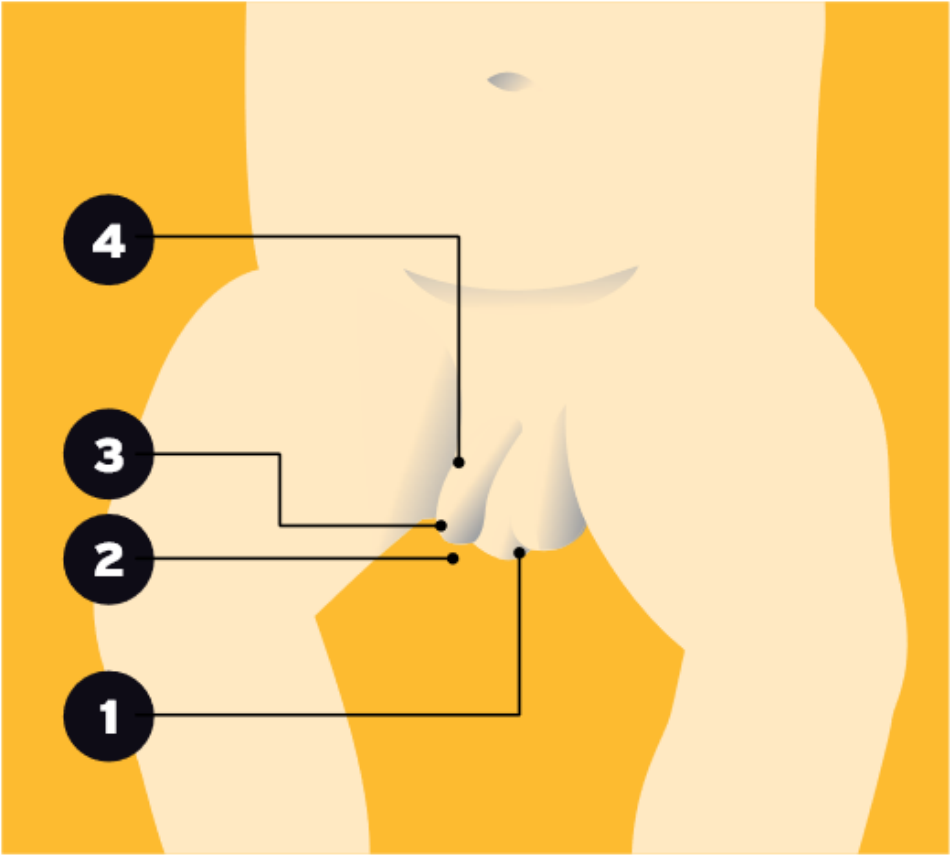


1. Tongue
2. Teeth
3. Epithelial pearls
4. Sucking callus or blister

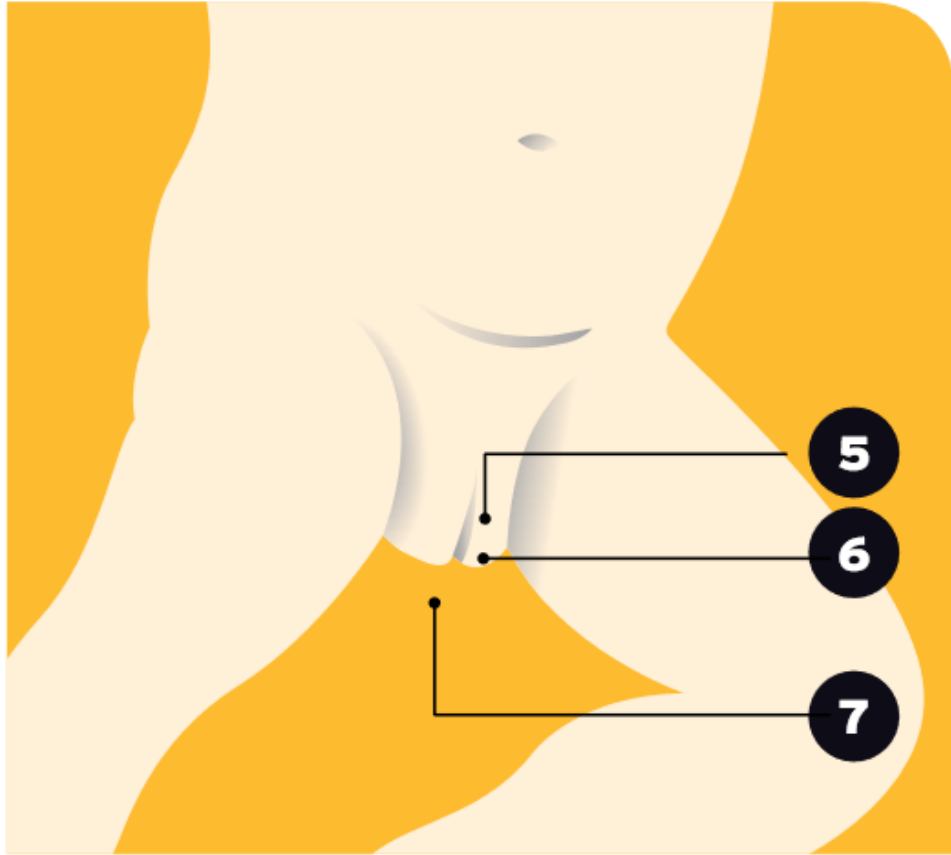
Feet, Legs, & Torso

- 5. Foot direction
- 6. Long second toe
- 7. Ingrown toenails
- 8. Tight hips
- 9. Curved legs
- 10. Swollen breasts
- 11. Body hair





- 1. Testicles
- 2. Scrotum
- 3. Foreskin
- 4. Erections



- 5. Labia
- 6. Hymenal tags
- 7. Vaginal discharge

Swollen Breasts & Genitalia

Infants may develop swollen and red genitals during passage through birth canal.

This may be due to increased hormones or prolonged labor. Fluid can also accumulate in some areas with loose tissue, such as the vagina and labia.

This swelling eventually decreases.



After baby arrives



Five categories used to check your baby's health immediately after birth.

A

Appearance

Skin color

P

Pulse

Heart rate

G

Grimace

Reflexes

A

Activity

Muscle tone

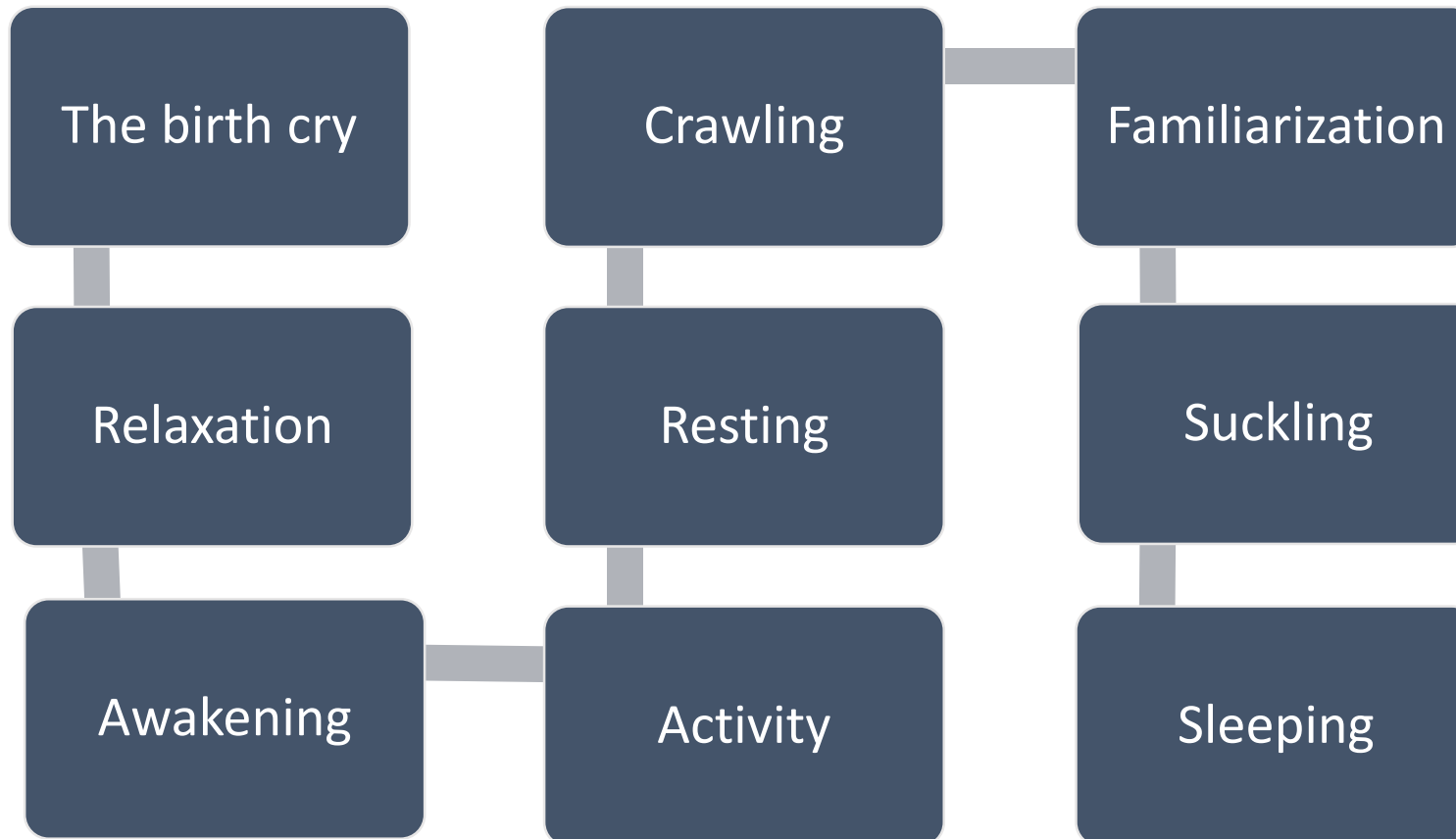
R

Respiration

Breathing rate and effort

9 Instinctual Stages of Newborn Behavior

Predictive behaviors during the first golden hours after baby is placed skin-to-skin with birthing parent.





- Waxy white coating
- Protects and moisturizes
- Massage into skin after birth – protective for baby



- Eyes & thighs
- Measurements
 - Weight, length, head, & chest
- Infant security
 - Bracelets & alarms
 - Transport in bassinet
 - Newborn photograph

Benefits of delaying the first bath.



Baby's First "Sponge" Bath



- Wash “gunk” out of hair
- Cord care – wait for umbilical cord to fall off before tub bath
- Cord can take up to 3 weeks to fall off



Bath items

- Wash cloth
- Cotton balls
- Safety Q-tips
- Towel
- Warm room
- Tear-free shampoo/body wash
- Bulb syringe
- Nail file

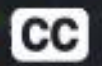
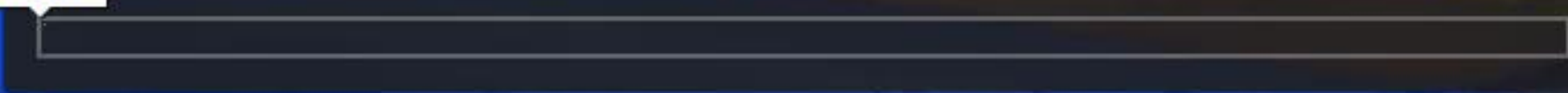
Safety Considerations

- Keep baby
 - Safe – head above water
 - Warm – water and room temp
 - Clean – top to bottom
- Equipment
 - All bath items within arms reach





02:54



UCLA Health is committed to providing and promoting compassionate, inclusive, and equitable care throughout our health system.

We encourage you to share your preferred pronouns and terms for infant feeding such as chestfeeding.



Responsive Feeding

- Feeding frequently – “8 or more times in 24”
- Learn feeding cues
- Respond to all feeding cues
- Learn fullness cues

1. EARLY CUES: “I’m hungry”



Stirring



Mouth opening



Turning head
Seeking/rooting

2. MID CUES: “I’m really hungry.”



Stretching



Increasing movement



Hand to mouth

3. LATE CUES: “Calm me, then feed me”



Crying



Lots of movement



Color turning red





Calm crying baby before feeding
Cuddling, skin to skin on chest,
talking, stroking

Look for early feeding cues

Counting diapers

Assessing your newborn's feedings

	Day one	Day three	Day seven	Day ten
Baby's stomach size	1/2 Tablespoon	2 Tablespoons	1/4 Cup	2.5 - 5 ounces
				

	Day one	Day two	Day three	Day four	Day seven
Wet diapers	1	2	3	4	At least 6
					

	Day one	Day two	Day three	Day four	Day five
Number of soiled diapers	1	2	3	4	4
Color and texture	Sticky black 	Brownish 	Greenish yellow 	Dark yellow soft 	Yellow liquid seedy 



Monitoring diapers

- Watch for consistent and frequent urine and stool
- Count diapers during first week
- Video “Diapering Baby”



Newborn Poop

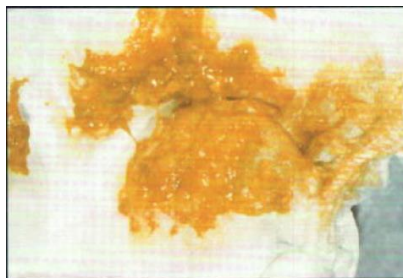
Newborn poop changes color and consistency during the first week of life.



The baby's first poop is black and sticky.



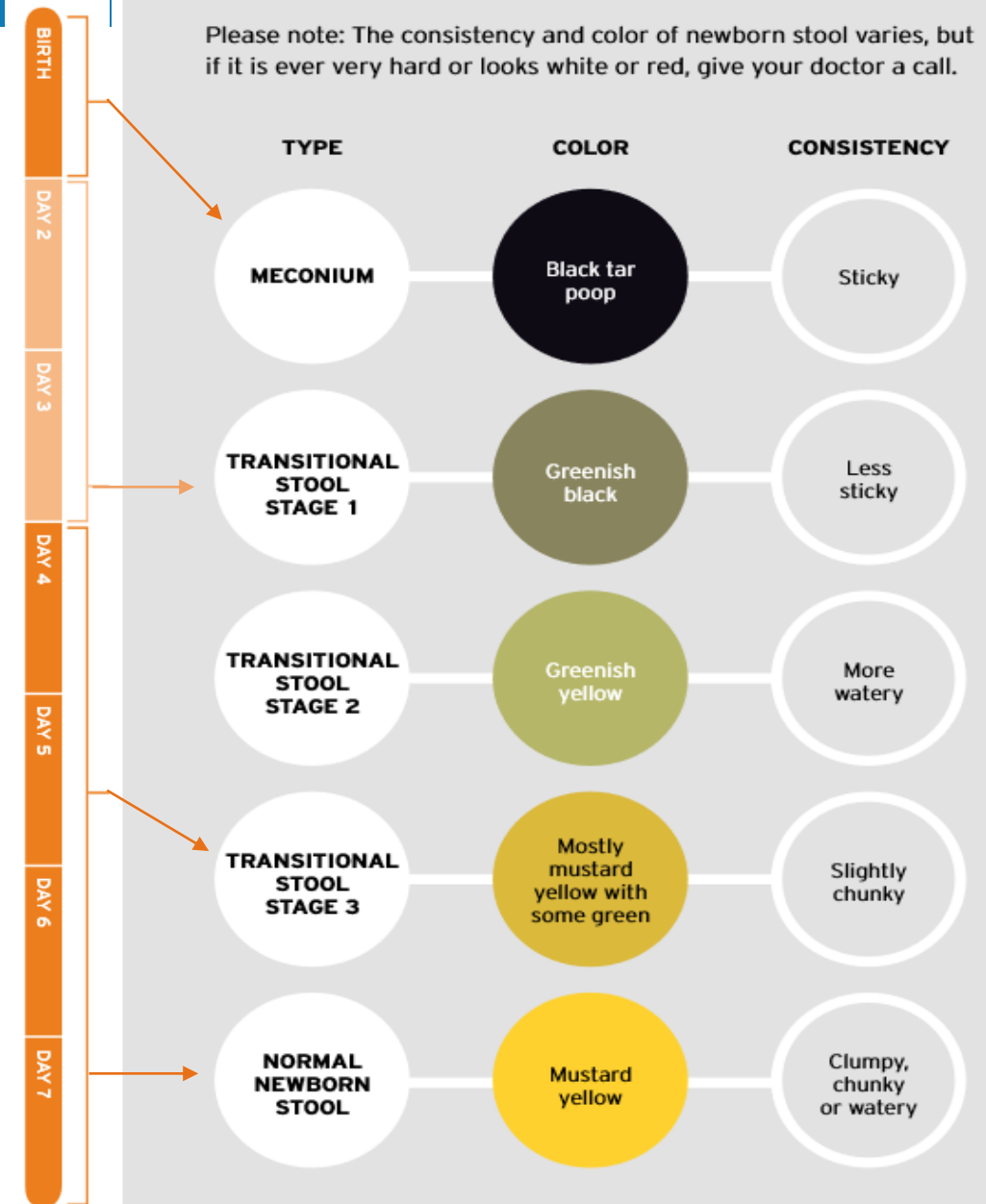
The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.

Types of Newborn Poop

Please note: The consistency and color of newborn stool varies, but if it is ever very hard or looks white or red, give your doctor a call.



There are a few important care tips if a circumcision has been performed.

- Elective procedure
 - Notify your OB – Not all providers may perform this procedure
- Diaper change
 - Gauze with petroleum jelly (pure- no perfumes)
 - 5 days – raw skin to light pink skin





Choosing a Pediatrician

We strongly encourage you to choose your baby's pediatrician before you are admitted for delivery.

For a list of UCLA pediatricians near you, go to uclahealth.org or call 800-825-2631.





Visits during the first year

- 24-48 hours after discharge from hospital
- 2 weeks and/or 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

When choosing your pediatrician, ask what their office vaccination policies are.

In the hospital your baby can receive their first Hepatitis B vaccine.



Your care team in the hospital will monitor feeding, baby's weight, and pee and poops before discharge home.

They will provide a hearing screen, collect lab work, monitor for jaundice, and perform a congenital cardiac screening as well.

Your care team will also review of the following signs for when to call your pediatrician after you are home.



Jaundice – Eyes/skin become yellow or orange



- Some babies at higher risk
- Know your baby's risk
- Babies poop out extra bilirubin
- Watch baby's skin and whites of eyes
- Monitor feedings and diapers
- Labs drawn during hospital stay

- 100.4F (38C) or greater
- Breathing unusually fast
- Working hard to breathe, head bobbing, flaring nostrils
- Persistent cough
- Vomiting repeatedly
- Umbilical cord looks infected
- Not enough wet/dirty diapers
- Changes in baby's behavior
 - Lethargic – limp, doesn't wake to feed
 - Poor feeding
 - Cries constantly, is not comforted



Class 2 – Baby Behavior

- The 4th Trimester
- Normal Newborn Behavior & Physiology
- Realistic Expectations
- Crying
- Holding and carrying baby
- Sleep

