

Super Speciality Paediatric Hospital & Post Graduate Teaching Institute, Sector-30, Noida

Department of Neonatology-MRH

Care of a normal newborn

1. All newborn should be exclusively breast feeding till 6 months of age. No water, honey, ghutti etc. should be given to the baby.
2. The breast milk produced in the first 3 days after delivery (colostrum) is less in amount and is very rich in nutrients and protective factors which provide immunity to the baby. Although this colostrum is less in amount but it is a concentrated form of milk and sufficient for the baby.
3. To ensure good milk output in mother, the baby should be allowed to suck at the mother's breast regularly every 1 ½ to 2 hours for a minimum of 20 minutes.
4. Hygienic rearing practices should be followed.
 - a. Babies >2.5 kg can be given a bath daily especially in summer months.
 - b. No kajal should be applied in the eyes.
 - c. Oil should not be instilled in the nose or ears of baby.
 - d. The umbilicus should be kept clean and dry. Nothing should be applied on the umbilicus like antibiotic powder, GV paint, spirit or oil/ghee.
 - e. The mother should also take care of her personal hygienic.
5. Baby should be dressed accordingly to the season. The baby should be covered well in the winter seasons and should wear cap, socks and mittens. In the summer season the baby should wear light clothing and should be kept in a cool environment.
6. The baby should receive BCG, OPV (Zero dose) and Hepatitis B (Birth dose) at birth. The next vaccination is due at 1 ½ months of age.

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7. The parents should be careful about certain danger signs (red flags) in the baby. Presence of any of these could be a sign of disease in the baby. Immediate consultation should be sought if any of the danger signs is present. Consultation should also be taken even if a danger sign is not present, but the parents feel that the baby has a problem.

Some of the danger signs are: -

1. Baby is dull or lethargic.
2. Not accepting feed well.
3. Baby appears blue or pale or palms and soles are yellow.
4. Baby has difficulty in breathing or has fast breathing.
5. Bleeding from any site.
6. Baby has abnormal movements.
7. Baby has abdominal distention.
8. Excessive vomiting
9. Baby is crying excessively.
10. Baby has fever or feels cold.
11. Foul swelling discharge from umbilicus.