

## MOTHER & BABY CARE





*Congratulations on the arrival of your precious bundle of joy! As you embark on this incredible journey of parenthood, may each day be filled with love, laughter, and countless memorable moments.*

*Welcome to this educational booklet, designed by the Maternity Department to empower you with knowledge and insights that can enhance your understanding of the Mother and Baby Care.*

*Whether you are a first time mom or have some prior knowledge in this area, we have tailored the content to cater to various levels of expertise.*

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# Mother Care

The journey into motherhood is a profound and transformative experience that brings with it a myriad of joys, challenges, and adjustments. The postpartum period, often referred to as the "fourth trimester," marks a crucial phase where a woman's body, mind, and lifestyle undergo significant changes as she embraces her role as a new mother. A delicate balance between self-care, baby care, and adapting to a new routine characterizes this period.

# Mother's Lifestyle in Postpartum Phase

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- Adopt a peaceful rhythm of life during the first month after delivery.
- Avoid carrying heavy weights and doing hard work.
- Rest whenever you can, this will help you recover.
- Limit visitors, during this period you will be adjusting to your new life with your baby.
- Do not hesitate to ask for help.
- Avoid self-medications and refer to your doctor when you take multivitamins.
- Follow up with your doctor after delivery regarding contraceptive method, and when is the right time to return to physical exercises.

# Care in Case of Normal Vaginal Delivery

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- Observe your perineal scar: do the care 2-3 times/day especially after bowel movement with water and soap or an antiseptic, as prescribed by your doctor. Dry well.
- Notify your doctor if presence of redness, severe pain, pressure, fever, urinary problems or abnormal vaginal discharge.
- Normal vaginal discharge is as follows:
  - Dark or bright red blood that lasts for 3 to 4 days.
  - Pinkish brown discharge that lasts for 4 to 12 days.
  - Inform your doctor if you experience chills, pelvic pain, or having bad odor coming from your vaginal discharge.

# Care in Case of Caesarean

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- Observe your caesarean section wound, do the dressing as per your doctor's instructions.
- Inform your doctor if you notice redness, abnormal discharge, induration of your wound, or if you experience any fever.
- After a bath, dry the incision very well.
- Avoid tight clothes.



## Dietary Guidelines

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**In the postpartum phase, a woman's body undergoes significant changes as it adjusts from pregnancy to childbirth. Proper nutrition during this period is important for supporting healing and promoting milk production if breastfeeding.**

Here are some pieces of advice:

- ▶ Drink plenty of fluids to stay hydrated.
- ▶ Limit drinks with added sugars, such as soft drinks and fruit drinks.
- ▶ Try being physically active, pump milk before your physical activity or wait 2 hours before lactation.

- ▶ Limit caffeine intake. Drinking a moderate amount (1-2 cups a day) of coffee or other caffeinated beverages (like sodas) does not cause a problem for most breastfeeding babies. But too much caffeine can make a baby fussy or have trouble sleeping. You can take a decaf coffee instead of caffeinated coffee.
- ▶ Avoid alcohol.
- ▶ Consume adequate amount of dietary fiber found in fruits, vegetables, whole grains and legumes to ease digestion and prevent constipation.
- ▶ Get enough calcium from dairy products and/or fortified foods.
- ▶ Include in your diet good sources of iron such as lean meats, beans, and fortified cereals. It's also recommended to pair iron and vitamin C-rich foods to enhance absorption.



- ▶ Include in your diet plan foods rich in folate such as leafy greens, beans and fortified cereals.
- ▶ Ensure adequate intake of vitamins and minerals including supplements after discussing it with the doctor.
- ▶ Eating fish 2 to 3 times per week is beneficial for the development of the baby's brain. Pump your milk before eating fish or wait 2 hours before lactation. Try to avoid eating fish with high mercury levels like shark, mackerel and swordfish.
- ▶ Limit amount of saturated fats and processed food (fast food, fried meals, chips).

- ▶ Pay attention to your baby's reaction when you consume certain foods that might irritate them and avoid eating those foods directly before or during breastfeeding.
- ▶ Make healthy food choices and include foods from all food groups:
  - ✓ Fruits like apples, berries, oranges, mango, and bananas.
  - ✓ Vegetables like broccoli, sweet potatoes, beets, okra, spinach, peppers, edamame.
  - ✓ Grains like brown rice, oatmeal, bulgur, and whole-wheat bread.
  - ✓ Protein like lean meats and chicken, eggs, seafood, beans and lentils.
  - ✓ Low-fat or fat-free dairy – like milk, yogurt, cheese.
- ▶ Do not skip meals and try planning and preparing your meals ahead of time.

## Perineal Rehabilitation

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**A leak of few drops of urine while sneezing, laughing or coughing is normal and it usually improves within weeks. Refer to your doctor to consult with a physiotherapist to start perineal rehabilitation exercises when possible.**

## Mood Changes

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New mothers experience postpartum "baby blues" after childbirth, which commonly include mood swings, crying spells, anxiety and difficulty sleeping.

Baby blues usually begin within the first 2 to 3 days after delivery and may last up to 2 weeks.

In the meantime:

- Take good care of yourself.
- Share your feelings.
- Ask your partner, loved ones or friends for help.
- Seek medical attention if your symptoms worsen.



# Breastfeeding

**Exclusive breastfeeding provides babies with the optimal nutrition they need and enhances the bond with their mothers.**

## Breast Care

- ▶ Do your daily bath and personal hygiene.
- ▶ Wear a bra and put breast pads to prevent milk leak.
- ▶ Dry your breasts well to prevent cracks.
- ▶ Put a drop of maternal milk on your nipple after every breastfeeding.
- ▶ Avoid breasts engorgement by doing the following:
  - ✓ Breastfeed your baby frequently.
  - ✓ Massage breasts with hot water.
  - ✓ Pump the excess of milk using you milk pump.

## Breastfeeding your Baby

- ▶ Start to breastfeed your baby during the first hour after delivery (Golden Hour).
- ▶ The colostrum is the first milk, and it gives immunity to the baby.
- ▶ Breastfeed your baby when he/she shows signs and cues of hunger and on demand.
- ▶ Breastfeed your baby 8 to 12 times per 24 hours and make sure to empty the breast before giving the other one.
- ▶ Breastfeed your baby for a duration of 15–20 minutes on each breast.
- ▶ Make sure to breastfeed your baby from both sides.
- ▶ Burp your baby before giving him/her the next breast.
- ▶ Pump your breasts after breastfeeding: empty breasts mean more milk.

### Baby Feeding Cues Signs



Mouth Opening



Hand to Mouth



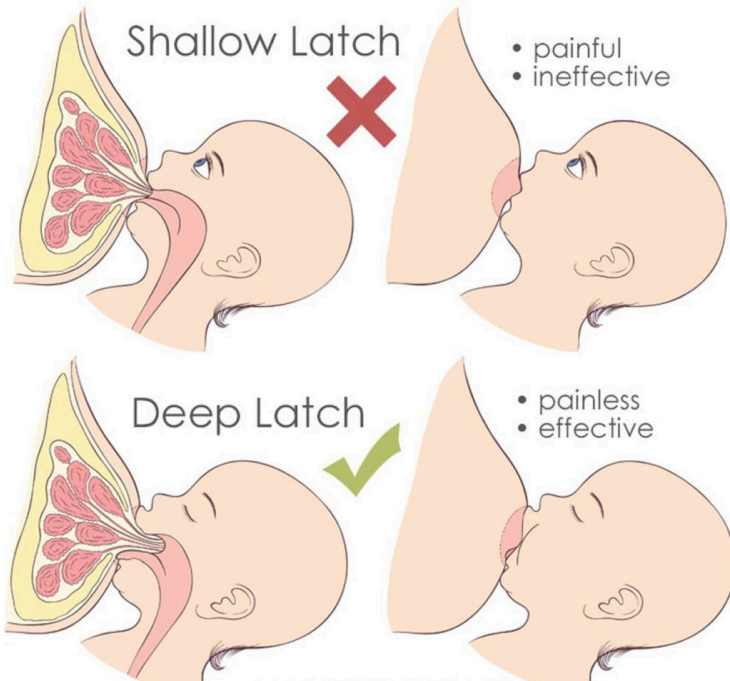
Crying

# Breastfeeding Positions

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In this booklet, we will explore various breastfeeding positions and provide insights into the essential element of latching.

## Latching Position



- Use a sandwich hold to achieve a better latch on.
- Gently squeeze the breast to shape it like an oval that fits deeply in your baby's mouth.

# Other Breastfeeding Positions:



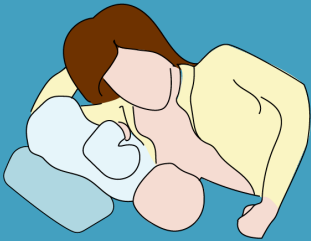
Baby Standing



Baby Sitting



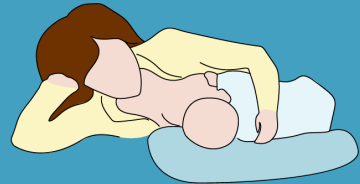
Out of Hand



Knave



Twins



On the Pillow



Sling



Cradle



Lying

# Benefits of the Mother Milk for the Baby

- ▶ It is the best source of nutrition, it's also ready and economic.
  - ▶ It contains DHA which is essential for the growth and functional development of your baby's brain.
  - ▶ It is important for the physical and emotional development of the baby.
  - ▶ It contains antibodies that help your baby have a strong immune system and protect him/her from infections.
  - ▶ It reduces the risk of ear infection, gastroenteritis, necrotic enterocolitis in premature babies, and allergies.
  - ▶ It lessens the risk for your baby to develop serious diseases such as diabetes type I, obesity, asthma and sudden infant death.
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# Benefits of the Breastfeeding for the Mother

- ▶ You can breastfeed anytime and anywhere.
- ▶ It reduces the risk of postpartum bleed and loss in postpartum phase.
- ▶ It helps you lose weight.
- ▶ It reduces the risk of breast and ovarian cancer.
- ▶ It protects you from osteoporosis.
- ▶ It enhances the emotional bond between you and your baby.



# Handling and Storage of Breast Milk

Storage Location and Temperatures			
Type of Breast Milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to <b>4 Hours</b>	Up to <b>4 Days</b>	Within <b>6 months</b> is best Up to <b>12 months</b> is acceptable
Thawed, Previously Frozen	<b>1–2 Hours</b>	Up to <b>1 Day</b> (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within <b>2 hours</b> after the baby is finished feeding		



# Baby Care

The arrival of a newborn into the world heralds a time of wonder, tenderness, and boundless possibilities. Caring for a newborn is a journey that involves discovering the nuances of their needs, learning to interpret their cues, and embracing the awe-inspiring process of watching them grow.

# Baby Bath

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■ ***Ensure a safe and calm environment.***

■ ***Wash your hands before and after providing care for your baby.***

- Bathe your baby every day or every other day, make sure the water is warm enough: between 34°C and 37°C. Test the water temperature by soaking your elbow or your wrist.
- Make sure the room is warm and have all the bathing supplies ready before starting to undress your baby. You should be fast during bathing to avoid your baby from getting cold.
- With the palm of your hand, gently start washing your baby's skin and make sure to clean skin folds, especially under the neck and chin where milk can collect from dribbling.
- Wash your baby's hair and avoid getting water into his/her eyes.
- Wrap your baby in a towel and dry him/her very well, insisting on skin folds.

# Face Care

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- Wipe your baby's face with clean water.
- Clean the eyes from the inner to the outer corner with a cotton or with a clean cloth soaked in distilled water.
- Use normal saline in case of blockage of the nose, to hydrate the secretions.
- Use the nasal aspirator (bulb suction provided to you in the hospital) to clear fluid and secretion from your baby's nose or mouth.
- Wipe the external parts of the ear with a wet washcloth; never put cotton swabs in your baby's ears.

# Cord Care

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**The umbilical cord will dry and fall off 1 to 3 weeks (7 to 15 days) after birth.**

- Gently pat the stump dry, use a sterile gauze with an antiseptic chlorhexidine 0.2% that you can get from the pharmacy.
- Fold the front of the diaper down below the cord stump, if the cord becomes soiled with stool or urine; wash it off right away with soap and water.
- If you notice any redness around the umbilicus, oozing or odor from the cord, you should notify your baby's pediatrician immediately. These are signs of infection which needs to be treated.

# Circumcision Care

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- Keep this area as clean as possible. If stool particles get on the penis, use warm water to clean the area.
- Do not use diaper wipes on the circumcision site.
- If there is a dressing on the circumcision site, put a new/clean one every time you change your baby's diaper for the first 2 days.
- The circumcision wound should heal in 7-10 days.
- A penis that is healing normally looks very red at first with a yellowish discharge.

# Physiologic Jaundice

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**Physiological jaundice develops in most babies by their second or third day of life and disappear after 10 days.**



- Observe your baby's skin coloration and inform your baby's pediatrician if you think that your baby is having jaundice.
- Make sure that your baby is not oversleeping. Babies shall not sleep more than 4 hours during their first 3- 4 weeks of life.
- Feed your baby on time, every 3 hours and on demand, it will let him/her to get rid of the bilirubin excess. Excess of bilirubin in their blood may cause them jaundice.
- If your baby is drowsy, he/she appears with yellow skin, his/her urine are too yellowish; Call your baby's pediatrician immediately. Your baby might need to get a blood test for bilirubin levels and a treatment in the hospital.

## Urine and Stools

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- Babies normally void 5 to 8 times per day, which indicates an adequate intake.
- Stools are yellow/green and firm to pasty in formula feeding.
- Stools are bright yellow and loose in breastfeeding.

## Prevention and Treatment of Diaper Rash

- Wipe from front to back and never in the opposite direction.
- Clean all skin folds and between creases.
- Apply ointment or petroleum jelly as directed by your baby's pediatrician.

# Baby's Feeding Items Cleaning and Sterilization

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**If your baby is bottle-fed, you should clean and sterilize used bottles, until your baby is three months old or as directed by your baby's pediatrician. When you sterilize feeding bottles and pacifiers, you kill off harmful bacteria. It helps keep your baby safe from infections and diarrhea.**

## Steps for Feeding Items Cleaning and Sterilization:

- Use a washbasin, bottlebrush and sponge dedicated only to clean your baby's feeding items.
- Disassemble the bottle-feeding parts and clean them with water and soap.
- Never place the bottle-feeding parts or pacifiers directly in the sink. Germs present in the sink can be harmful for your baby.
- Use a clean bottlebrush and small teat brush to clean the fiddly inside bits.
- Rinse each piece of bottle feeding parts and equipment well from detergent using cold water.
- Apply the bottle's parts to sterilize them in the sterilizer.



# After Sterilization

- Wash your hands before manipulating sterilized nipple and bottle.
- Use sterile tongs when handling the sterilized bottle part.
- Assemble feeding bottles on a disinfected surface.
- Assembled sterilized bottles are kept sterile for 24 hours in the refrigerator.
- Use a new sterile nipple and bottle for each feeding.
- Verify the formula concentration on the box when preparing milk.
- Prepare your baby's bottle on a clean surface.
- If some formula is left in the bottle, throw it after 30 minutes of the feed.



1



2



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4

# Baby Burping

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Burp your baby when:

- Switching breasts.
- In the middle and at the end of the feeding bottle.
- After feeding.
- Note that sometimes the baby does not burp, and may spit up when burping; this is normal.



## Prevention of Abdominal Colic

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**No colic are present before one week of life. Your baby may have abdominal colic when he/she cries for a very long time, for no obvious reason, more than 3 hours a day or more than 3 days a week.**

In case of abdominal colic:

- Use a bottle that keeps your baby from swallowing too much air, like the full vented bottle. Ask your pharmacist to assist you in choosing the right one.
- Put the baby in sitting position during feeding.
- Feed your baby while holding him/her in your arms.
- Give your baby a warm bath.
- Massage your baby's belly.
- Never give your baby any hot beverages, herbs or medications available in the pharmacy without consulting your baby's pediatrician.



# Baby's Temperature and Clothing

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- Regular temperature checks are not needed at home unless you are not sure whether your baby is over or under dressed, or if you suspect that your baby may have a fever.
- Your baby's body temperature changes throughout the day; expect higher temperature readings in the afternoon than in the morning.
- Dress your baby as you would dress. Do not over dress your baby.
- A normal temperature ranges per mode of measurements are:
  - ▶ Rectal: 36.6°C to < 37.9 °C
  - ▶ Armpit: 36.5 °C to 37.4 °C
- Make sure to use the same thermometer and method each time taking your baby's temperature.
- Call your baby's pediatrician immediately or bring your baby to the emergency room (ER) if you notice a high grade fever > 38 °C.

# Screening Test

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**This test is usually done 24 hours or more after birth. A blood sample is taken from your baby's heel through a small needle prick. If there are any concerns, you will receive a call from the hospital within 1 month.**

## Additional Precautions and Measures for your Baby's Safety

Welcoming a newborn into your home is a time of boundless joy and newfound responsibilities. As you embark on this journey of parenthood, ensuring the safety and well-being of your baby becomes a top priority. To create a nurturing and protective environment, it's essential to implement a series of safety measures designed to safeguard your newborn's vulnerable stage of life.



- Do not expose your baby to smoking and sick people.
- Do not allow people to kiss your baby on their face or hands, this could transmit serious diseases to your baby that his/her immune system can't fight back yet.
- Never leave your baby unattended. Babies can move and fall even at their first weeks of life.
- During bathing: make sure that you have all needed supplies within reach to avoid leaving your baby unattended to get them.
- Use the car seat when you go out with your baby; never hold him/her in your arms while in the car.
- The American Academy of Pediatrics, recommends a safe sleep environment to reduce the risk of all sleep-related deaths. This includes supine positioning; use of a firm, non-inclined sleep surface; room sharing without bed sharing; and avoidance of soft bedding and overheating.

## **Follow up with Pediatrician and Home Medication**

- Follow up with your baby's pediatrician after 15 days.
- Give Vitamin D at home as prescribed by your baby's pediatrician.



# LAU Medical Center

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