

HYGIENE AND CLEANLINESS

NEWBORN BATH:

- **Bath** may be given to the newborn every day or every other day.
- Make sure the water is warm enough (but not hot) for the bath.
- **Mild, unscented soap** is preferable.
- Reassure parents that **dry, peeling skin is expected** and resolves spontaneously.
- Using of **powder** after the bath is **not recommended** (clog skin pores with possible danger of inhalation).
- Make sure the **room is warm** and have all the bathing supplies ready before starting to undress the baby.
- Washing the body. Be sure to clean skin folds, especially **under the neck and chin** where milk can collect from dribbling.
- Put to baby in the water, wash baby's hair, **avoid** getting water in their eyes by cupping the hand across the forehead.
- When the bath is done, **wrap the baby in a towel** and dry him or her.
- Wipe the baby's face with water, and clean eyes from the inner to outer corner with **cotton and clean water**.
- The external parts of the ear may be wiped with a wet washcloth. Earwax naturally cleans baby's ear canal and should be allowed to come out on its own. **Never put cotton swabs in baby's ears.**



TAKING BABY TEMPERATURE:

- Regular temperature checks are not needed at home unless the parents are unsure whether the baby is over or underdressed or if worried that the baby may have a fever or is not acting normally.
- The baby's body temperature changes throughout the day; expect higher readings in the afternoon than in the morning. The baby's temperature may increase with activity or crying. Dress the baby as parents would dress.
- A normal temperature range for babies is :
 - Rectal: 36.6°C to 38°C
 - Armpit: 36.5°C to 37.5°C
 - Ear: 35.8°C to 38°C
- Make sure to use the same thermometer and method each time taking the baby's temperature.

CORD CARE:

- The baby's umbilical cord will dry and fall off 1 to 3 weeks afterbirth.
- Do not pull at the cord stump. The cord should be cover by a sterile gauze. 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 water. Gently pat the stump dry. This will prevent infection around the baby's cord stump.
- If any redness is noticed, odor or oozing from the cord, notify the doctor.
- When it falls off, it is normal to see a spot of blood on the diaper or clothes.



NASAL WASH:

- A nasal aspirator may be used to clear fluid from the baby's nose or mouth. This tool helps clear nasal secretions if the baby has a cold or remove milk if the baby spits up.
- Normal saline is used in case of blockage of the nose, to hydrate the secretions in order to be able to suction them.

CIRCUMCISION CARE NEWBORN MALE:

- Immediately following a circumcision, the baby's penis may appear slightly swollen around where the foreskin was removed. A penis that is healing normally may look very red at first with a yellowish.
- Over several days, this will disappear. The baby's penis should heal in 7-10 days.
- Most important is to keep the area as clean as possible. If particles of stool get on the penis, use warm water to clean the area.
- Signs of possible infection may include:
 - Redness that does not go away
 - A penis that is swollen
 - Crusted yellow sores or blisters
 - Foul smell

VOIDING AND STOOLING:

- Describe the difference between breast milk and formula stools:
Stools are yellow – green and firm to pasty in **formula feeding**.
Stools are bright yellow and loose in **breastfeeding**.
- Newborn normally voids 5 to 8 times per day which indicates an adequate intake.



DIAPER CHANGE:

- Wash the hands before and after changing baby's diaper.
- Never leave the baby unattended to go get anything outside the room or the changing table.
- Always wipe from front to back. Clean under all skin folds and between creases. Apply ointment or petroleum jelly as directed if the baby has a rash.
- Fold the diaper down if the baby's umbilical cord has not fallen off.
- **Girl:**
Wash from front to back. Wash from the clean area to the dirty one.
- **Boy:**
Wash penis and scrotum. Move scrotums to make sure all areas are clean.





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