



healthy beginnings

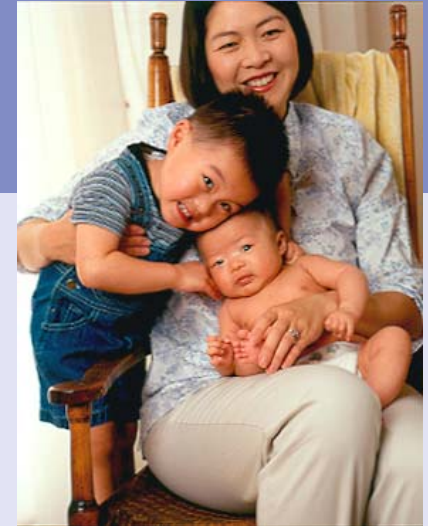
NEWBORN CARE GROUP VISIT

Welcome and *Congratulations!*

Kaiser Hayward and Fremont

Today's topics

- your hospital stay
- welcome to Pediatrics
- caring for your newborn
- caring for yourself
- Kaiser Permanente resources





Welcome to Pediatrics

Pediatric Clinic

- Routine appointments: Monday-Friday
- Urgent care: M-F evenings and weekends available
- Spanish, Hindi, Cantonese, Mandarin, Vietnamese speaking providers available.

Pediatric Advice Line

- 24 hours a day
- Hayward: 510-675-4050 and Fremont: 510-248-3050



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Finding the Right Pediatrician for Your Family

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- kp.org/mydoctor
- philosophy, availability, language
- advice from friends, neighbors, or relatives



Important phone numbers

Appointments/advice: Hayward: 510-675-4050
Fremont: 510-248-3050

Lactation advice: 510-784-2804

Support groups: Hayward: 510-784-4531
Mommy and Me group Fremont: 510-248-3455
La Leche League
Support for New Mothers



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Pediatric appointment schedule

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- 2 – 4 days
- 2 weeks
- 2, 4, 6, months
- 12 months
- 18 months
- 2 years
- schedule well check visits in advance

*Provider may opt for 9mo. and 15mo. appts, if necessary.



Immunizations



- Protect your child against many diseases.
- Vaccine risk is less than risk from disease.
- Hepatitis B is offered at birth.
- Other vaccines are given around 2 months.
- Additional information is given at the 2 week well check.
- More information: kp.org/mydoctor

Baby's Temperature

- Normal rectal range: 97.5 ° - 100.4
- Rectally is most accurate
- Use digital thermometer
- Dress your baby comfortably

Call if fever: rectal temp. over 100.4





Baby's Breathing

- Normal rate: Up to 60 breaths/min.
- May increase to 100 breaths/min. for short time
- Effortless, may be snorty
- Periodic breathing

Call if:

- Working hard to breathe
- Fast breathing for extended time
- Blue/purple/dusky color





Baby's tummy

- Stool frequency: once every feeding to once every few days
- Watery, soft, seedy, yellow stools (by 4th day)
- Tummy soft & not painful
- Spitting up is normal

Call if:

- Swollen/tensed tummy, painful to touch
- Bloody stool
- Frequent vomiting
- Red, swollen belly button area





Baby's Skin Color

- Babies of all ethnicities tend to be rosy or pink in color due to high red blood cell count.

Call if:

- Any other color: purple, blue, pale, yellow-orange



Summary: Signs of illness

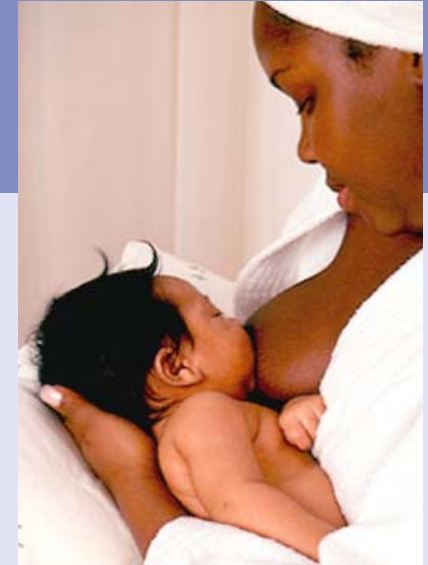
Call if:

- rectal temperature over 100.4 F or less than 97.5 F
- breathing fast (over 60 breaths a minute)
- very sleepy (4 hours or more) or not eating well
- frequent coughing or vomiting
- behavior change – fussy or lethargic
- fewer wet diapers
- redness, swelling or foul smell around umbilical cord or circumcision
- abnormal or change in skin color





Breastfeeding



American Academy of Pediatrics recommendations:

- *exclusive* breastfeeding for first 6 months
- continue breastfeeding for at least 12 months, and thereafter for as long as mom and baby desire.
- feed on cue, at least 8 – 12 times per day
- pacifier use only after breastfeeding is established (at least 1 month)
- vitamin D supplement within first 2 months



Qualities of Breastmilk

- Perfect food
- Easy to digest
- Free food
- Contains antibodies
- Reduces risk of infections and certain diseases for baby
- Reduces risk of certain diseases for the mother



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We are Baby-Friendly Certified



Breastfeeding

- Avoid water or formula unless medically necessary.
- Call for help:
 - Lactation warmline: 784-2804
 - Pediatric Appointment and Advice line: 675-4050



Hospital routine

- skin to skin holding and bonding
- breastfeeding
- Apgar Score
- infant security
- medicines
- hearing and screening tests
- birth certificate and social security number
- early parenting



Hearing and Screening Tests

Hearing Screen

- done in Mom/baby unit by a hearing specialist

Blood test for over 60 rare conditions:

- collected after birth
- processed at CA state laboratory
- results usually given at 2 week check up



Normal newborn appearance



- vernix
- head
- cephalohematoma
- milia (infant acne and red spots)
- skin
- swollen breast tissue, labia, scrotum
- “stork bites”
- mongolian spot
- meconium
- color



Newborn characteristics



- shivering chin
- startle reflex
- throat sounds and sneezing
- crossed eyes
- hiccups
- nasal congestion
- cold hands and feet



Crying



- responding to cries will not “spoil” your baby
- babies cry to communicate
- responding to baby’s cries teaches trust
- when to call for advice



Calming a fussy baby



- skin-to-skin
- feed
- swaddle, shh-ing, suck
- motion - rocking, swaying, walking
- car ride
- calming sounds - running water, soft music
- find ways to stay calm



Newborn care

- bathing
- diapering
- feeding
- soothing
- taking a temperature
- cord care/circumcision care
- nail care



Keeping your baby safe

- Never shake or spank a baby.
- Safe sleep area for baby.
- No smoking around baby.
- Wash hands before holding baby.
- Use a car seat for every ride.
- Sun protection.
- Lower water heater setting.
- Flu and Pertussis vaccines for family members.





Sleep



American Academy of Pediatrics recommendations:

- place baby on his/her back to sleep
- firm sleep surface
- no soft objects or loose bedding in crib
- bumper pads (well-secured, thin, firm, and not “pillow-like”)
- tucked blankets
- sleep in same room, but separate beds
- pacifier at nap or bed time (after breastfeeding established) when baby is 1 month old
- use a fan for ventilation



Local car seat check information

- 7 out of 10 children in safety seats are not **buckled in properly**.
- **Properly installed child safety seats** reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers in passenger cars (nhtsa.dot.gov).
- 1-866-Seat-Check or **seatcheck.org**
- List **local resources** for car seat check/installation.

Caring for yourself

- enlist and accept help
- limit visitors
- sleep when baby sleeps
- plan simple healthy meals
- exercise moderately
- find someone to talk to
- baby blues / postpartum depression
- create a support network



How to support the mother

- **Participate in baby's care:**
holding, soothing, diapering, bathing, burping, reading, dressing, talking
- **Household support**
- **Model good health**





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Kaiser Permanente Resources



- kp.org
- [Healthy Babies Online Newsletter](#)
- [Newborn Care Videos](#)
- Health Education Department
- *Kaiser Permanente Healthwise Handbook*



Today we talked about...

- how to recognize signs of illness
- preventing illness through immunization
- keeping your baby safe
- feeding, soothing, bathing and diapering
- creating a support network
- resources