



Baby Care

**Antenatal & Postnatal
Health Education
for mothers and fathers**

**HMG-Dubai
The Maternity Team**



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Thank you
The Maternity Team



Care of your baby

1. Tips for baby care
2. Bottle care





Tips for baby care

Taking care of your baby for the first 2-3 weeks can be overwhelming. These tips will make the process clearer and will put your mind at ease.

*Bath your baby every 2-3 days.

*Prepare before you start bathing:

- Room temperature between 23-24 degrees.
- Do not put the bath or changing table directly under the AC
- All baby care products within range - baby wash/shampoo, nappies, clothes, towels, facecloth/cotton wool, baby lotion

There is no "hands free" option!

*Never put your baby in a bath when the water is still running

*Always test the water before putting your baby into the bath - use your elbow or a thermometer (37-38 degrees Celsius).

*Do not fill the tub completely 10-15 cm only.

*When you wash the body, put the soap on first then place the baby in the water

*Avoid soap on your baby's hands

*Keep exposure to a minimum - wrap your baby in a towel when he/she is not in the bath, or when you are cleaning the head/face

*Work from the head down - start with the hair, then face then body

*Focus on the folds - neck, arms, groin area

*The nappy of your baby should be the last thing you remove and the first thing you put back on.

*Choose products, soap/shampoo/lotion for babies, without colorants and perfumes - babies' skin is very sensitive.

*Baby clothes should be washed before use, specifically if in contact with skin. Use a hypo-allergic detergent (no need for a baby specific detergent) if your baby shows signs of skin irritation

*Babies should not be in direct sunlight for the first 6 months

*Babies are dressed the same as parents, with 1 extra layer

*Use an Emory board / nail file to shorten your babies nails.

www.healthychildren.org

STEPS IN BATHING YOUR BABY

Start

1. Prepare the area
2. Remove the clothes - leave the nappy on.
3. Wrap in a towel

Hair

4. Hold the baby in a "football hold",
5. Wet the hair, apply shampoo and wash. (Hold the baby at a downward angle to prevent shampoo to come into the eyes)
6. Rinse the shampoo off and dry the head.
7. Clean the face - cotton wool or face cloth.
8. Make sure that you clean the eyes from the inside to the outside corner



Body

9. remove the nappy, put a small amount of soap in your hands then apply to the body.
10. Support your baby on your non-dominant wrist, encircle the baby's arm with the thumb and finger.
11. Rinse the baby well.
12. Take the baby out of the tub, wrap in a towel and dry.
13. Put the nappy on.
14. Dress the baby.

Changing diapers, cord care, diaper rash

Changing a diaper cannot be done in one minute. You need to take the time to prepare. See changing a diaper as an exclusive moment with your baby, it is the perfect time to talk, sing a song, or play a funny game. This will also make your baby more willing to lay still for a moment when he/she is older.

*Prepare your changing area

- Clean diapers
- Wipes
- Barrier cream (if needed)
- Clean clothes (if needed)

*Be aware that some babies pass urine when you start cleaning, try to keep the area covered as much as possible

*Girls are cleaned from top-to-bottom (from the front to the back)

*With boys you need to make sure you lift and clean everything

*New diaper - tabs should be at the back, open the diaper completely, open the edges in the middle as well.

*Lift your babies bum by *gentle pulling both legs*, never one leg.

*Upon applying the diaper, make sure the edges from behind are falling over the bum, this will prevent leakage. (see below picture)

*Use barrier cream only when there is nappy/diaper rash



Cord care

*If the umbilical cord has not yet fallen off, fold the diaper over to keep to cord open

*Clean the cord with soap and water - no ointments, powders needed.

*Make sure it is dry and exposed to air.

DIAPER RASH PREVENTION

*Change to diaper/nappy as soon as it is wet or soiled

*Clean thoroughly - avoid scented and alcohol based wipes

*Expose the bum to air as much as possible

*Use barrier cream only when there is nappy/diaper rash





BOTTLE CARE

Regardless of what method of infant feeding you choose, taking care of the bottle is very important as an insufficient cleaning can harm your baby. The following steps will allow you to be safer.

Cleaning

Take the bottles apart and use one of the following methods to clean.

- Dishwasher: Rinse the bottle under running warm water and place the bottles in the dishwasher. Run a hot water cycle, wash hands before removing the bottles from the dishwasher and store the bottles. (If the bottles are not completely dry, place them on a clean dishcloth to air dry)

- Wash by hand: Wash your hands, rinse under running water, use a separate clean basin to wash (not directly in the sink), place all items in the basin, fill with hot water and soap, scrub items using a clean brush (only used for infant items), rinse under running water, allow to air dry (place on a clean unused dish towel or paper towel), clean brush and basin well after use, allow to air dry.

Wash your hands before preparing feeds and before feeding. Wash and rinse the top of a formula-can before opening and make sure that the can opener, mixing cups, jars, spoons and other equipment are all clean.

Sanitize (for extra protection)

For infants below 3 months sanitize all items used at least once a day. Before sanitizing, make sure items (including bottle brush and basin) are cleaned using one of the methods above.

- Boil: put items in a pan, put over heat, bring to a boil, boil for 5 minutes, remove with clean tongs, allow to air dry (clean dishcloth or paper towel)

- Steam: Use microwave or plug in steam sanitizer, follow instructions

The above methods can be used for all products used for baby (pacifier, breastpump)

Storing

Once all items are completely dry, wash your hands and put items together.

Store your bottles in a closed cabinet, used for storing clean dishes

TIPS

Note: If you use a dishwasher with hot water and a heating drying cycle (or sanitizing setting) to clean infant feeding items, a separate sanitizing step is not necessary.

For extra germ removal, sanitize feeding items at least once daily. Sanitizing is particularly important when your baby is younger than 3 months, was born prematurely, or has a weakened immune system.

Daily sanitizing of feeding items may not be necessary for older, healthy babies, if those items are cleaned after each use.



Preparing Formula

Water use

If you are unsure about the water source you are using for preparing formula, boil water for 1 min, then let it cool down. Use within 30 minutes. If you use bottled water, have a look at the amount of sodium in the water, as this can vary from brand to brand. Low content of sodium is always better.

Preparing

Follow the instructions on the formula container on preparation. Test the temperature of the prepared formula milk on the inner side of your wrist.

No need to warm formula, but if you do, do not use a microwave, place the prepared bottle of formula in a pan of warm water. Do not dilute formula with extra water or put extra formula powder in a bottle.

Storing of prepared formula

Formula milk must be discarded within 1 hour after feeding your baby. Prepared milk, but not given yet can be stored in the refrigerator for 24 hours.

Unopened formula powder containers should be stored in a cool, dry and indoor space.

www.cdc.gov/nutrition/infantandtoddlernutrition/
Healthy Children.org: Sterilizing and Warming Baby Bottles Guide
WHO: Safe Storage and Handling of Powdered Infant Formula Guidelines
WIC: Infant Formula Preparation

