



Baby care and Going Home Class 5

PLEASE TYPE YOUR FULL NAME AND DOB
IN CHATBOX FOR CLASS ATTENDANCE

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**THE
ROTUNDA
HOSPITAL**
DUBLIN

Before you go home.... Mum

Postnatal Midwives Check

To be seen by obstetrician if you had a C-Section

Prescription will be given if needed

Plan for follow up appointments (GP Check up @ 6 weeks postnatal, GTT, DCU etc. if needed)

Before you go home.... Baby

Newborn Clinical Exam

Hip Check (please let paediatrician know if there is any family history of hip dysplasia)

Hearing check

Ensure all questions answered

NBSS or Heel prick Test

This test is performed when baby is between three and five days old

Either you Midwife or PHN will perform this test

What are we testing for?

Cystic Fibrosis

Phenylketonuria

Galactosemia

Glutaric Aciduria Type 1

Adenosine Deaminase Deficiency Severe Combined Immunodeficiency (ADA-SCID)

Congenital Hypothyroidism

Maple Syrup Urine Disease

Homocystinuria

Medium chain acyl CoA dehydrogenase deficiency (MCADD)



Top Tips for Heel prick Test

Ensure your baby has nice warm feet (pop a pair of socks on the night before)

Maybe give your baby a little foot massage to encourage blood flow

Feed your baby as this will both comfort and distract baby

Or... Skin to skin to keep baby nice and calm and relaxed.

Leaving the hospital...

Ensure baby is warm enough

Transfer to car in their carseat or pram

www.rsa.ie for advice re: Child Safety in Cars

Midwife will remove security tag



Baby Care

Baby bath

Changing nappies

Cord Care

Skin (NB Rash, Milk spots, dry skin, baby massage)

Safe Sleep



Baby Bath

How often? Once a week

Correct water temp? Body Temp: approx. 37°C

Plain water for first 6 weeks

How often? Once a week for first 6 months

What do you need? Bath (or sink), towel x2, clean nappy, sponge or cotton wool, fresh outfit



Baby Bath – Top Tips

Cold water first, then hot.. To avoid retention of heat

Bath @ hip height

Second set of hands

Ensure you have everything you need



Skin Care



Dry Skin



Newborn Rash



Milia (Milk spots)

Cord Care

Day 1-2



Day 3-5



Day 7-10



Cord Care – Top Tips

Fold nappy to let the air at the cord

No need to clean the cord

It will fall off after approx. 1 week

No nerves in the cord

Link in with GP, Public Health Nurse or Maternity Hospital if concerned



Changing nappies – Top Tips

How often? Wet nappies... change when baby is awake next for a feed
Dirty nappies... change as soon as you know about them

Role of moisture indicator strip: To help you identify wet nappies in early days

What to use when cleaning baby? Why? Warm tap water and cotton wool/pad

1) Nicer on their skin 2) No residue 3) Less expensive

Little boys: Always ensure penis pointing into nappy

Little girls: Always clean from front to back (to prevent infections)

Wet and dirty nappies-what to expect?



1 - 2 DAYS



3 - 4 DAYS



5 - 6 DAYS



7 - 28 DAYS

Safe Sleep

A - Alone

B- on their Back

C- in a Cot, in your room for at least 6 months

Safe Sleep for your Baby Reduce the Risk of Cot Death

°C 20 18 16
°F 68 65 60

Ideal room temperature for your baby is in the range 16–20°C.

Key Points

- Always place your baby on their back to sleep.
- Don't smoke during pregnancy.
- Don't smoke or allow anyone to smoke in the home or in the car.
- The safest place for your baby to sleep at night is in a cot in your room.
- Place baby with their feet to the foot of the cot.
- Make sure the baby's head stays uncovered when asleep.
- Don't let your baby get too hot.
- Keep the cot free of soft objects and anything loose or fluffy.
- Don't fall asleep in bed with your baby if you or your partner smoke or have taken alcohol, drugs or medication that makes you sleep more heavily. Don't fall asleep in bed with your baby if they are less than three months old, were born prematurely or had a low birth weight (less than 2.5kg or 5.5lbs when born).
- Breastfeed your baby, if possible.
- Never fall asleep with your baby on a sofa or an armchair.
- If your baby seems unwell, get medical advice early and quickly.

Birth Cert and Child Benefit



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

- Where to collect?** Lombard Street, Wicklow Town, Naas, Navan and Drogheda
- When to collect?** 2-3weeks post birth (you may need to make an appointment online)
- Who/What to bring?** Photo ID and €20 charge
- Child benefit-1st Tues of every month:** €140 p/month
€210 p/month per twin

Role of the GP

Your GP is your general health and family support

Baby 2 and 6 Week Check-ups (included with combined care programme)

Mum 6 Week check up

Under 8 Free GP Care (available to all children. Not means tested)



What to do if concerned

My Child booklet has a great Chapter on common ailments

If concerned and within GP hours call GP

If concerned. out of hours:

If you are concerned and baby is <2 weeks old : Phone Maternity Hospital and follow guidance

If you are concerned and baby is >2 weeks old: Phone Childrens Hospital and follow guidance

When to call an ambulance? Have Eircode to hand



Role of Public Health Nurse

Your PHN will perform any heel-prick checks, weight checks and jaundice checks in the community, under instruction of your maternity hospital

Feeding Support

Developmental Check-ups (see My child 0-2 booklet)

General Support From birth until approx. 4 years old

Review My Pregnancy, My Child 0-2 and My Child 2-5 Booklets as appropriate



Vaccinations

Due at 2, 4, 6, 12 and 13 months

Will be administered by GP Practice Nurse

Parents make vaccine appointments with GP secretary

Free vaccination programme in Ireland

Info on Vaccines in My Child 0-2 booklet

Primary Childhood Immunisation Schedule

Babies born on or after 1 October 2016



Age	Vaccination
2 months	Visit 1 6 In 1+PCV+MenB+Rotavirus 3 Injections+Oral Drops
4 months	Visit 2 6 In 1+MenB+Rotavirus 2 Injections+Oral Drops
6 months	Visit 3 6 In 1+PCV+MenC 3 Injections
No Rotavirus vaccine on or after 8 months 0 days	
12 months	Visit 4 MMR+MenB 2 Injections
13 months	Visit 5 Hib/MenC+PCV 2 Injections

Remember to give your baby 3 doses of liquid infant paracetamol after the 2 and 4 month MenB vaccines.

1. Give 2.5 mls (60 mg) of liquid infant paracetamol at the time of the immunisation or shortly after.
2. Give a second dose of 2.5 mls (60 mg) 4 to 6 hours after the first dose.
3. Give a third dose of 2.5 mls (60 mg) 4 to 6 hours after the second dose.

 Remember five visits to your GP (doctor) www.immunisation.ie

Return of Fertility

How soon after delivery will I ovulate?

Potentially anytime from 2 weeks

How soon can I resume intercourse?

Whenever both partners feel ready being mindful that perineal sutures / abdominal wounds will take approximately 6 weeks to fully heal.

Contraception Choices

Great HSE Contraception Booklet on Rotunda Parent Education Resource Page (Class 5 resources)

Important to discuss contraception with GP at 6 weeks check up

BREASTFEEDING & CONTRACEPTIVES find my method

Did you know that you can use **hormonal contraceptives** while breastfeeding?

Contraceptives you can use right after birth:

- Shot
- Implant
- Mini-pills
- IUD

Contraceptives you can use 3 weeks after giving birth:

- Pills
- Ring
- Patch

Cervical check

When is it due and how often?

- 25 Years of age +
- Every 3 years

How can I register for cervical check?

www.cervicalcheck.ie



Postpartum Mental Health

Time line is key: 0-2 Weeks: likely to be baby blues
2 weeks – 1 year : likely to be postpartum MH illness

If you feel that 'all is not right', acknowledge this and talk to someone you trust

'A bad day is normal, a bad week....or two is not'

Support Network within The Rotunda

Contact Details Ph: 01-8172541 or 0876714086

Role of partner: On top of everything else they are doing....

Physical support (Keeping the show on the road E.g. Cooking, Cleaning, Washing clothes etc)

Emotional support (To each other really.... As this is new for everyone)

Motivational support (Again, to each other: These superwomen... And super men need to be told how fantastic they are doing)

Adjusting to Parenthood

'The plan is, there is no plan'

Discuss roles before baby arrives

'Teamwork makes the dream work'

Sleep

And 'trust yourself... you know more than you think you do'



A close-up photograph of a baby lying on its stomach, peeking out from under a white blanket. The baby has a joyful expression with its mouth open and eyes looking towards the camera. The background is a plain, light color.

Any Questions?