



Newborn Care

The birth of a baby is an important event in life and often brings families together to celebrate the newborn arrival into this world. It is necessary to consider some details to maintain safe and health of the baby and the parents at home. Before allowing visitors or letting others near the baby, it's important to take precautions to lower any risk of spread COVID-19 and other contagious diseases.

If you plan to have visitors

- Do not allow those who are sick.
- Set up an area for people to wash their hands upon arrival.
- Make sure they wear masks and stay 6 feet away from you and the baby.



How to carry a newborn?

- Newborns do not have a strong immune system, so washing your hands before holding them is vital to avoid infecting them with any virus or bacteria.
- Newborn physical vulnerability may be a cause for concern. To make sure you're holding the baby properly, support the baby's head and neck with one hand and the rest of the body with the other.
- Never shake a baby. Shaking can cause serious brain damage and even death.

Newborn baby feeding

Newborn babies need to eat every 2 to 3 hours to get the energy and nutrients they need to stay healthy and wellbeing. The different forms of infant feeding:

- **Breastfeeding-** Breastfeeding is beneficial for both baby and mom. Helps the body recover after childbirth and balance mom's hormones.



On the other hand, breast milk contains a balanced amount of nutrients that strengthen the immune system and help the proper development of the baby. If for some reason the baby is unable to grab on, you can pump the breast milk and give it to the baby using a using a small tube or bottle.

- **Formula Milk-** There is a wide variety of formulas with the right combination of vitamins and minerals to meet the baby's nutritional needs. Formula milk is an option for babies whose mothers cannot or choose not to breastfeed.

Diapering

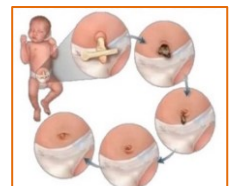
Before you change the diaper, have everything you need on hand: a clean diaper, baby wipes, and diaper cream. Babies' skin is very sensitive and can be easily irritated if the diaper stays wet. For this reason, it is recommended:



- Once you notice that the diaper is dirty, change it as soon as possible.
- Clean the area gently with baby soap and water, or with baby wipes.
- Apply a layer of cream to prevent diaper rash. The red rash on the skin disappears within a few days with warm baths and creams. If the dermatitis continues for more than three days, consult the pediatrician.
- If you use cloth diapers, they should be washed with fragrance-free detergents.
- Leave the baby without a diaper for a while during the day to ventilate the skin.

Umbilical Cord Care

When the baby is born, the umbilical cord is cut, leaving a tissue on baby's belly button that should dry up and fall off during 5 to 15 days after birth.



It is important:

- Keep the umbilical cord area clean and dry.
- Do not immerse the baby in a bathtub with water until the cord has fallen off.
- Let the cord fall off naturally.
- Do not pull the tissue of the umbilical cord, even when it is just hanging by a thread.
- Prevent the diaper from rubbing against the umbilical cord to prevent irritation and infection.

Common problems in newborns:

- Colds, coughs, fever, and vomiting.
 - Skin problems, such as diaper rash.
- Many of these problems won't necessarily cause complications, but it's important to pay attention to them, how to take care of your baby when he or she is sick, and how to recognize the warning signs.

Call the pediatrician or take the baby if you have:

- Unusual breathing
- A bluish color blue or dark color appears in the skin, lips, or fingers
- High fever
- If the base of the umbilical cord becomes red, swollen, infected or notice signs of infection in the circumcision area
- Yellowish skin color
- Constant refusal to feed



Newborn and infant development

Babies do not develop at the same rate as other infants. Your baby may arrive early in some areas and a little later in others. If you are concerned about possible delays, consult your pediatrician.

Sudden Infant Death Syndrome

Refers to the sudden and unexplained death of an infant under one (1) year of age. Although the causes of this syndrome are not known, the risk can be reduced by placing the baby on his/her back while sleeping.

The crib should be free of blankets, teddies, and pillows. In addition, it is recommended to change the position of the baby's head several times during the night and share the room with the infant for the first 6 months.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

- <https://espanol.cdc.gov/coronavirus-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
- <http://www.nlm.nih.gov/medlineplus/spanish/infantandnewborncare.html.nlm.nih.gov/medlineplus/spanish/breastfeeding.html>
- <https://kidshealth.org/es/parents/guide-parents.html>
- <https://www.healthychildren.org/Spanish/ages-stages/prenatal/delivery-beyond/Paginas/bringing-baby-home.aspx>

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