

Childbirth Education Session Three

Toowoomba Hospital



Contents

- The first 2hrs
- Postnatal recovery
- Caring for a newborn
- Transitioning to a family





First 2 Hours

- Skin to skin is important in first hour or two.
- Stabilises baby's temperature, blood sugar, breathing, keeps them calm
- Helps with breastfeeding
- Important for bottle-feeding mums too
- Dads can do too



First 2 Hours

- Bonding with baby
- Observe
- Feeding baby
- Weighs and measures
- Injections



Newborn Injections

Vitamin K	Hepatitis B
Vitamin K is needed to help the blood clot and to prevent bleeding.	The recommendation in Australia is that all babies are immunised soon after birth. This is called universal vaccination.
Newborns can be deficient in vitamin K and be at risk of developing bleeding in the brain	The primary reason for universal vaccination is that women may not know they are infected
Administered as either a single dose injection at birth or three doses orally at birth, day 3-5 and at 4 weeks.	Offered as a hepatitis B vaccine for your baby before you leave hospital but to be fully vaccinated, your baby will need further doses up to the age of four.



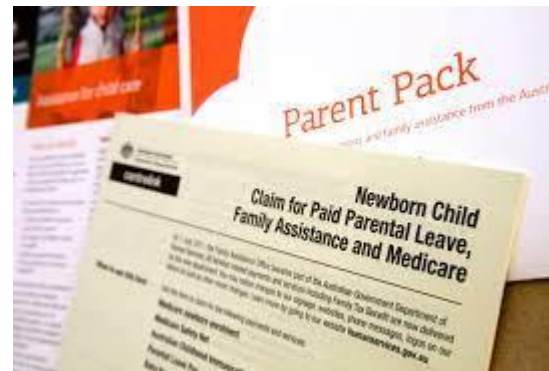
Personal Health Record

- After the birth the midwife will commence your baby's personal health record.
- They will record all the important information about baby from birth and your hospital stay.
- You will need to take the “red book” with you to all GP and child health appointments so they can record your baby's progress.













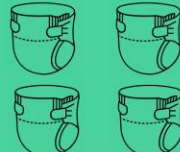







Important Documents

- Before you leave hospital you will be given a Parent Pack which will contain a signed newborn child declaration to give to Centrelink and Medicare.
- It also contains instructions on how to register your baby. This is when you declare your baby's official name. You must register your baby within 60 days of birth.
- These documents are not replaceable so you must keep them safe.
- While in hospital your baby will be identified using the mother's surname.

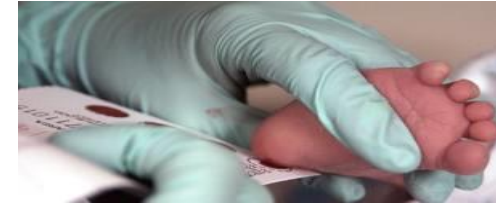


Establishing Breastfeeding

	Day 1	Day 2	Day 3	Day 4	Day 7
Input  = feed	 - every 8 hrs	 or more	 or more	 or more	 or more
Stomach Size	 2-10mls per feed	 15-30mls per feed		 45-60mls per feed	
Output Wet Nappies					
Output Dirty Nappies	 1-2	 1-2	 3-4	 4 or more	 4 or more
Feeding Cues	Early Cues: Wiggling, rooting, licking movements, mouth opening Mid Cues: Fussing, stretching, hand to mouth Late Cues: Crying				

Procedures for baby – first few days

- Hearing screening
- Neonatal screening
- Jaundice & blood sugar tests

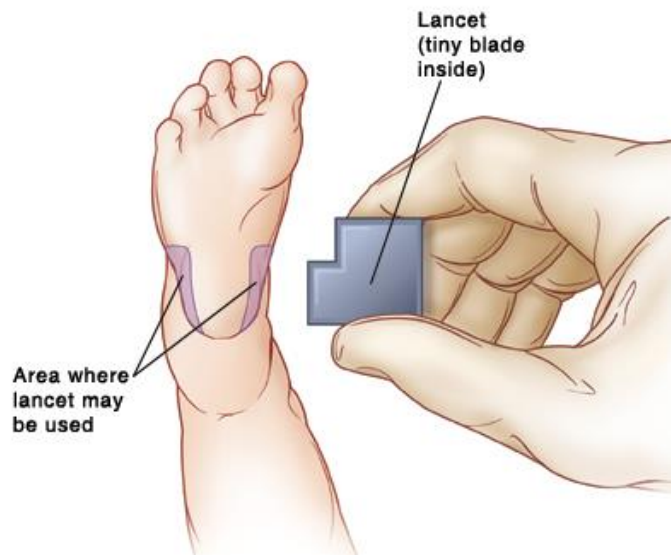


Neonatal Screening Test



- Performed at 48-72 hours of age
- This test screens for:
 - congenital hypothyroidism
 - cystic fibrosis
 - amino acid disorders e.g. Phenylketonuria (PKU)
 - fatty acid oxidation disorders
 - other rare metabolic disorders.

Blood Glucose Level Testing



- Reasons for testing
 - birth weight is less than 10th percent
 - birth weight is greater than 90th percent
 - preterm
 - mother has diabetes (type 1, type 2, gestational)
- Glucose Levels tested every 4-6hours pre-feed for 24 hours.
- BGLs need to be above 2.6mmol/L
- Ways to prevent hypoglycaemia
 - Feed baby within the first 30-60mins
 - Keep baby warm
 - Feed baby at least every 3 hours



Holding and Picking Up Baby

- Always support the baby's neck and head.
- Place one hand under the head and the other under the bottom.
- Bring baby up close to your chest.
- Take your hand that is under baby's bottom and move it across to support neck and then place the other arm around baby's body.



Activity: What's wrong with my baby?



Settling a Crying Baby



- Is baby hungry?
- Is baby uncomfortable?
- Is baby tired?
- Does baby need a nappy change?
- Is baby sick?



Settling Your Baby

5's Happiest Baby on the Block

The 1st S: Swaddle

Swaddling imitates the snug packaging inside the womb and is the cornerstone of calming. It decreases startling and increases sleep.

1



The 2nd S: Side or Stomach Position

This "S" can be activated by holding a baby on her side, on her stomach or over your shoulder..

2

The 3rd S: Shush

White noise helps a baby sleep. In the womb the sound of the blood flow is a shush louder than a vacuum cleaner

3



The 4th S: Swing

While slow rocking is fine for keeping quiet babies calm, you need to use fast, tiny motions to soothe a crying infants. Many call this movement the "Jell-O head Jiggle."

4



The 5th S: Suck

Many fussy babies relax into a deep tranquility when they suck. Many babies calm easier with a pacifier.

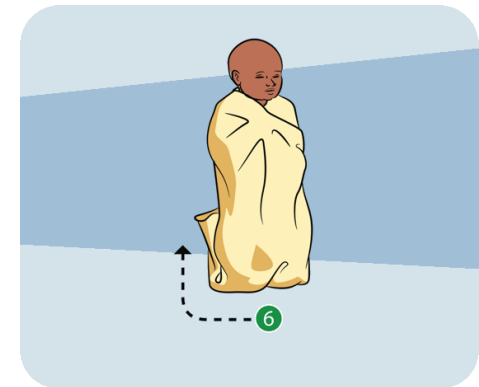
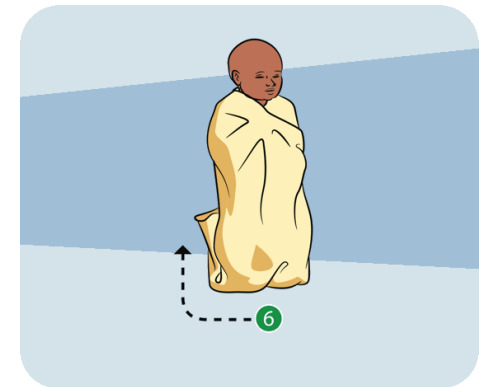
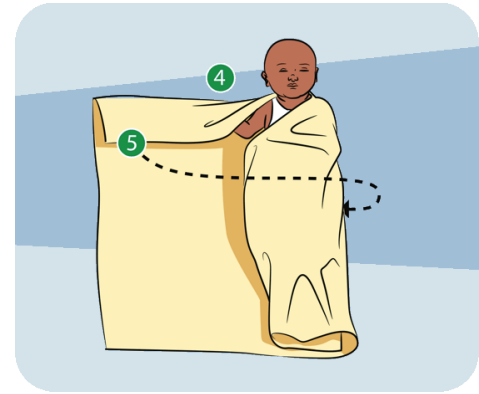
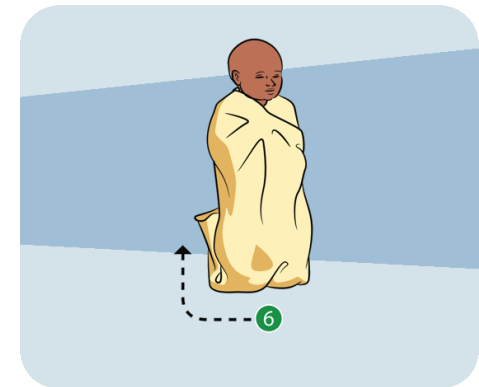
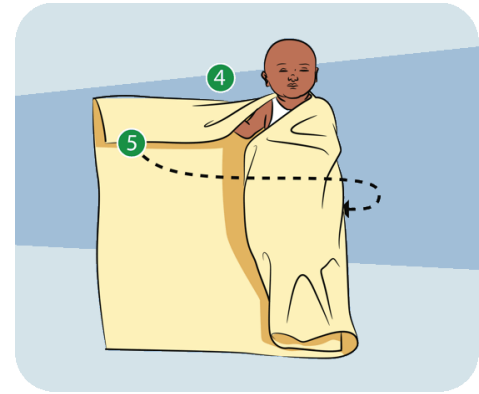
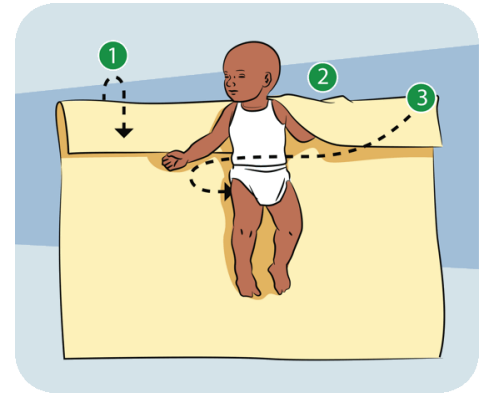
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CHICAGO
family
DOULAS

chicagofamilydoulas.com

Swaddling Your Baby

- Wrapping soothes some babies.
- It can help them to settle and sleep.
- Wrap babies from birth **until they can roll onto their tummies** (4-6 months).

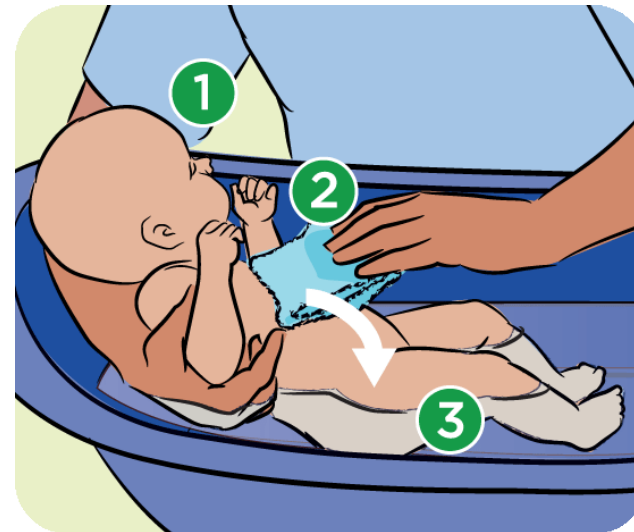


Baby's First Bath

Fill bath with water that is 37 to 38 degrees Celsius.

Use one hand to support head and shoulders and use other to support body.

Wash baby's face first, then the neck and body and then the bottom last.



How does your baby communicate with you?

- If they want your attention they may:
 - Give you eye contact
 - Turn their head to look at you
 - Reach out
 - Babble or squeal
- When they have had enough of something:
 - They might turn their head away
 - Arch their back
 - Cry
- When they are tired they will:
 - Yawn
 - Rub their eyes or ears
 - Jerk their arms or legs about



Safe Sleeping

making up baby's cot

Sleep baby in a
safe cot in parents'
room for the first
6-12 months of life



Use a **safe cot**
that meets the
current Australian
Standard AS2172



Use a **safe
mattress: firm,
clean, flat** (not tilted
or elevated), right
size for the cot



**Sleep baby
on back**



Keep **head and
face uncovered**



Position baby's
feet at the bottom
of the cot



Tuck blankets in
firmly or use a safe
baby sleeping bag



Do not use

pillows, doonas,
soft toys,
cot bumpers,
or lambswools
anywhere in
the cot



Do not put

your baby
to sleep on
a water bed
or bean bag



**Breastfeed
baby**



**Keep baby
smoke free**



**Safe sleeping
environment
night and day**

For further information on Safe Sleeping, use of Portable Cots and to check if your mattress is compliant with the new Voluntary Standard AS/NZS 8811.1:2013 Sleep Surfaces – Test for Firmness - talk to your midwife, child and family health nurse, doctor or contact Red Nose on

1300 998 698 | rednose.com.au
education@rednose.com.au



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saving little lives



Mums After the Birth

- Vaginal bleeding- period like bleeding. Starts off bright red and then changes to brown and eventually pink. Can last up to 6 weeks.
- Perineal stitches- dissolvable stitches that take 2-3 weeks to heal. Best to keep clean and dry. Change your pad regularly.
- Caesarean wound- dressing removed on day 7-10. Wound left to dry and should heal by 6 weeks.
- Hospital stay- 48 hours after a vaginal birth. 48 to 72 hours after a caesarean birth.

Improving Your Postnatal Recovery

- Daytime rest is essential for new mums.
 - Rest when your baby and other children are resting.
- Lie flat when you rest to help with the swelling
- An ice pack can help with pain, swelling and healing in the early days after the birth.
- Try to avoid lifting other children, lots of wet washing, prams, shopping bags and other heavy things.



Improving Your Postnatal Recovery

- Take care of your pelvic floor. Avoid straining when you have a bowel movement – take your time, lean forward with a straight back, and relax.
- Have high-fibre cereals, fruit and vegetables, and extra water
- Do gentle exercises for your pelvic floor and abdominal muscles. This will make you more comfortable and improve your bladder control
- Return to exercise slowly, and avoid intense or heavy exercise. Also avoid exercises that strain your pelvic floor and abdominals for at least 12 weeks.



Postnatal Depression



- After birth your hormones will change and many new mums will experience baby blues.
- Mums can get emotional and feel overwhelmed. This can be made worse due to sleep deprivation and postnatal recovery.
- This lasts for the first week or two.
- If it lasts longer please speak to your GP at your 6 week postnatal check up.
- Men can suffer PND too.

Becoming a Family



Ways Dads Can Assist Mums

- Take baby for a walk to give mum a break
- Preparing dinners
- Bring Mum water and food when she is breastfeeding.
- Help to settle baby
- If baby is bottle feeding, assisting with feeds.
- Taking turns at getting up to baby at night.
- Doing the grocery shopping
- Helping around the house

Bonding and Interacting with Your Baby

- Cuddle baby close to the left side of your chest so baby can hear your heartbeat.
- Look into your baby's eyes and use facial expressions when you speak.
- Read to baby
- Chat to baby throughout the day. Naming things around you. Eg. Look at the duck, it goes "quack".
- Smiling at baby helps their brain grow.



Relationship Changes

- After your baby arrives, your life will be structured around baby and their routines.
- Now that you are both getting less sleep you may find that you and your partner are more easily annoyed or irritated.
- You may feel helpless or frustrated if your baby is difficult to settle
- You may feel like you have less freedom.
- You may feel stressed about providing for your family

What can help?



- Before baby arrives negotiate roles within the family. You can use the worksheets on the website whatwerewethinking.org.au
- Plan your time in advance and be flexible
- In the early days, you and your partner might spend quality time together at home. You can build up to going out by yourselves.
- You can make the most of time to yourself by planning short activities and trying to be in the moment

Work/Life Balance

- Finding the right work/life balance can be difficult.
- Ask other dads you know about how they balance work and family.
- Find out about family-friendly policies at your workplace, and discuss flexible work options with your manager.
- You may be eligible for 2 weeks partner pay from the government.
- Decide with your partner about when you should take leave from work after baby arrives.
- It's what you do with the time you have that really matters. For example, 15 minutes of play with your child while you're paying complete attention to him is better than 30 minutes of play while you're distracted by work calls, TV or something else.



Becoming Parents Activity

- Divide into two groups
 - Mums to be
 - Partners/Support people
- Question: How is life going to change for your partner?
 - Physical change
 - Emotional change
 - Social change
 - Financial change
 - Practical change

Community support services

- Extended Midwifery Service
- General practitioner
- Lactation consultant
- Australian Breastfeeding Association
- Child health
- Perinatal mental health nurse
- 13 HEALTH



Question Time

