

Medical Care Applied to the Baby After Birth (page 18):

The baby's initial assessment is done in the delivery room after the umbilical cord is cut. This assessment includes the first examination for congenital diseases. Height, weight, and head circumference measurements are taken. Eye care is performed. A bracelet containing hospital registration information is placed on the baby's arm and given to you.

Vitamin K Administration:

- ❖ The amount of vitamin K that passes from the mother to the baby during pregnancy is insufficient, and the newborn cannot produce sufficient vitamin K. In cases of vitamin K deficiency, life-threatening haemorrhages can occur in the internal organs and brain of newborns. Therefore, vitamin K is administered to the baby after birth. Vitamin K administered after birth protects the baby from haemorrhagic diseases of the newborn and is of vital importance.
- ❖ Newborn jaundice is a common condition. You may notice yellowing of the baby's skin and eyes after birth. Excessively high levels of jaundice can cause deafness and brain damage. Therefore, if you notice jaundice in your baby, you should definitely consult your doctor.

Before leaving the hospital where you gave birth, make sure your baby has received...

- ❖ the Hepatitis B vaccine
- ❖ heel prick test
- ❖ hearing test
- ❖ congenital heart disease screening

...all of which should be administered to newborns.

Why is heel prick testing important?

- ❖ The heel prick blood sample taken from the baby allows for the early detection of diseases that can lead to intellectual disability, brain damage, and irreversible damage, and enables timely initiation of appropriate treatment to prevent negative outcomes.
- ❖ Newborn babies are screened for Phenylketonuria, Congenital Hypothyroidism, Biotinides Deficiency, Cystic Fibrosis, Congenital Adrenal Hyperplasia, and Spinal Muscular Atrophy (SMA) through the heel prick screening program. The baby's first heel prick test is taken before discharge from the hospital, and the second heel prick test is taken at the family health centre between 3-5 days after birth. You may be asked to provide blood again if necessary.
- ❖ In addition to these medical care and screenings in the first few days, the baby also undergoes an eye examination. Developmental hip dysplasia is assessed through hip examination and risk factors, and hip ultrasonography is performed when necessary. Your doctor, who has been monitoring your baby since birth and will initiate vitamin D and iron supplementation, will plan these procedures.

Feeding Your Baby:

- ❖ For the first 6 months, the only food your baby needs is breast milk.
- ❖ Breast milk is the best food for a baby, and every drop is precious. Breast milk helps establish an emotional bond between mother and baby. It develops the baby's immune

system and protects the baby from diarrhoea, respiratory illnesses, and allergies, while also protecting the mother from breast and ovarian cancer.

- ❖ When you start breastfeeding immediately after birth, your milk supply may be small. The amount of milk increases as the baby nurses more frequently. This thick, first milk, called "colostrum," is important as it is the first food given for the baby's health and development.
- ❖ The most important step in successful breastfeeding is self-confidence. Breastfeed your baby from the 6th month onwards, along with appropriate complementary foods, until at least the age of 2.

Newborn Care Tips:

- ❖ Umbilical Cord Care:
 - The umbilical cord will usually fall off on its own within 2 weeks after birth, as it dries. Keep your baby's umbilical cord dry and clean during this time. Do not apply anything.
 - If the umbilical cord becomes soiled with urine or stool, clean it with soap and water and dry it. Fastening the diaper below the umbilical cord can help prevent this. Consult your doctor if you notice any redness, discharge, bleeding, swelling, or a foul odour around your baby's umbilical cord.
- ❖ Help your baby release gas. After each feeding, hold your baby against your shoulder, gently stroke their back, and help them release gas. This will help them expel swallowed air and reduce colic.
- ❖ Wash and dry your hands before changing your baby's nappy, ensuring they are not cold. Always clean from front to back; you can use cotton or gauze moistened with warm water. Drying your baby's bottom afterward will help prevent diaper rash.
- ❖ Lay your baby on their back. Do not use a pillow.
- ❖ Your baby's first few days are primarily spent sleeping and feeding. Therefore, newborns do not need a pacifier.
- ❖ It is important to make baby clothes, blankets, and covers from soft, cotton fabrics that do not shed lint or dust. Objects that could harm the baby, such as safety pins or evil eye beads, should not be attached to the clothes. The baby should be dressed in clothing appropriate for the season, thick enough to keep them warm but not sweaty, and allowing for comfortable movement of their arms and legs.