

**CARE OF THE BABY AT BIRTH (DURING FIRST HOUR OF BIRTH)****The basic needs of a baby at birth**

- Warmth
- Normal breathing
- Mother's milk
- Protection from infection

**Clean delivery (WHO's six cleans)**

- Clean attendant's hands (washed with soap)
- Clean delivery surface
- Clean cord-cutting instrument (i.e. cord scissors)
- Clean string to tie the cord or cord clamps
- Clean GS towel to wrap the baby
- Clean cloth to cover the mother.

**Preventing Hypothermia at delivery**

- Ensure the delivery room is warm (26°C to 28°C), with no draughts.
- Dry the baby immediately; remove the wet cloth.
- Wrap the baby with a clean dry towel.
- Keep the baby on mother's chest in between the breasts with skin to skin contact.
- Postpone bathing / sponging for 24 hours

**Keeping radiant warmer ready**

- Clean the radiant warmer / incubator properly before use.
- Switch on the mains.
- Put the baby sheet on the bed. Arrange all the necessary items near the bed.
- Put the radiant warmer on the manual mode with 100% heater output so that the temperature of all items likely to come in contact with baby are warm.
- Switch to skin mode with desired setting after baby is brought under warmer.

**Immediate care of the umbilical cord – steps in clamping and cutting**

1. Put the baby on mother's chest or on a warm, clean and dry surface close to the mother. (warm dry clean GS towel)
2. Change gloves.
3. Umbilical cord must be clamped after 1-3 minutes of birth (delayed cord clamping).
4. Umbilical cord should be clamped / tied by a sterile commercial clamp, sterile tie tightly around cord at 2 cm to 5 cm from the abdomen.
5. Cut between the ties with a sterile pair of scissors.
6. The cord should be inspected frequently during the initial few hours after birth for early detection of oozing of blood from the cord. If blood oozes, place a second tie between the skin and the first tie.
7. Do not apply any substance (antiseptic, etc) to the stump.
8. Do not cover or bandage stump; leave stump uncovered.
9. Cord usually falls after 4-10 days.
10. After the stump is fallen, it should be cleaned with soap and water.

### Advantages of skin-to-skin contact immediately after birth

- Keeps the baby warm
- Calms mother and baby and regulates breathing and heart rate
- Colonise the baby with the mother's normal body bacteria
- Reduce infant crying, thus reducing stress and energy used
- Allows the baby to find the breast and self-attach to start feeding
- Facilitate bonding between the mother and her baby
- Stimulate oxytocin reflex

### Preventing hypothermia after delivery

- Keep the baby clothed and wrapped with head covered.
- Minimise bathing especially in cool weather and for small babies.
- Keep the baby close (bedding in ) to the mother
- Use kangaroo care for stable LBW babies and re-warming stable bigger babies.
- Teach the mother how to recognise hypothermia, how to avoid it, and how to re-warm the baby. Mother should ensure that baby's feet are warm to touch

### How to identify danger signs

- | <b>Parameter</b> | <b>What to look for?</b>  |
|------------------|---|
| • Handling       | Good cry, good colour, good tone. (poor handling – weak cry, moderate tone) |
| • Breathing      | Listen for grunting, look for fast breathing and chest in-drawing           |
| • Warmth         | Using your hands, check to see whether baby's feet are cold to touch.       |
| • Colour         | Evaluate the colour of the trunk and extremities (feet and hands)           |