**Newborn Nursery Anticipatory Guidance:**

Everything is important. HOWEVER, new families are tired, it is important to try to get a few KEY things across about infant care.

The best way people learn anything is to actively engage in it – so making it conversational will be most effective.

Additionally - Each attending may also have a different style, so observe them doing this at the beginning and see what works best for you.

***You can introduce the topic “So now I’d like to give you some tips and reminders about care of the newborn”***

Based on the needs of the patient, you can tailor the following information:

**Normal newborn care**

* Feed every 2-3 hours. Wake the infant up on schedule until birth weight has been regained
* Write down babys output – goals are noted in the booklet. Notify your pediatrician if output is below normal.
* **Umbilical cord** falls off around 7-10 days. Until then keep it dry and above the diaper. No alcohol application needed. Sponge bathe infant only - do not submerge area until after the cord has fallen off and healed.
* **Skin care**: Avoid lotions, creams or oils unless directed by a doctor. Avoid direct sunlight during summer, especially between 10a-4p
* **For baby girls,** there may be some thick white discharge or even bloody discharge the first few days. This is a mini-period as the baby is clearing maternal hormones from the delivery. It is normal to have, and to not have.

**Illness in the Newborn:**

* **If baby appears sick, lethargic, feeding poorly, or is off, take a rectal temperature. Must got to ED for temperature below 97⁰ or greater than or equal to 100.4⁰**
* Increasing jaundice or yellowing of the skin can be normal (especially of the face, and chest), but too much can be problematic. Notify your doctor if you notice the baby’s arms/hands/lower legs are beginning to turn yellow, feeding poorly, or lethargic.
* The best way to prevent illness is by encouraging good hand washing (soap/water or hand sanitizer) prior to handling the baby. Advise not to let others touch/kiss the baby’s hands/lips, since they can get their hands to their mouths and ingest germs.
* Vaccines also prevent illness. Encourage TDAP booster for all family members/caregivers. Flu vaccine for all >6 months old in the home during October-March, and COVID 19 vaccines.

**If family ‘refused HBV**’ **you can use these prompts to help encourage vaccination**:

* ***“I see the hepatitis B vaccine has not yet been given to the baby, would you like it now or before you are discharged?”*** If not, ask why not, and if they have questions about the vaccine. Can assure them it is since use vial without preservatives. Document conversation in your note. If they consent, you will need to reorder vaccine.
* Other talking points:
  + - “Hepatitis B is very transmissible, lives on surfaces up to 7 days, and many people do not realize they have it. It is associated with liver failure and liver cancer. To protect your baby, I’d like to offer it again.”
  + “Most of the pediatricians in the area agree with the American Academy of Pediatrics recommendations to give it within the first 12-24 hours of life/prior to leaving the hospital to best protect the baby

**Safety:**

* **Back to Sleep (SIDS prevention) & the ABCs**.  Baby sleeps **alone** in the **crib** or bassinet on his/her **back**, no pillows or stuffed animals on a FIRM mattress. Never in bed with a sleeping adult.
  + Support person can help keep nursing moms awake, or remove baby from mom if she falls asleep
* **Car seats:** Parents must have one before leaving the hospital. **Should be a 5 point harness, that is rear facing until at least the age of 2,** but ideally to continue until the infant outgrows rear facing car seat based on manufacturers recommendations.
* **Smoke Exposure**: Second hand smoke increases the risk of SIDS and Asthma.
  + Opt to Quit referral in Ad Hoc section of Power chart – if interested, family member can sign up for this NYS Quitline ‘

**Follow-up appointment made at discharge:**

* Infants younger than 24 hours, follow up within 24 hours of discharge.
* Infants 24 to 48 hours of age, follow up within 48 hours of discharge.
* Infants older than 48 hours, follow up within 72-96 hours of age.

Reviewed by C. Foy 5/2024