

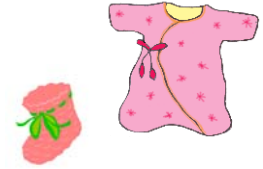
# Preparation for Your Newborn

It is understandable that parents feel anxious for the coming new member of the family. Do allow some more time to prepare for the new arrival. You may want to consult experienced relatives or the healthcare personnel in the Maternal & Child Health Centre who will help you adjust to your new role as parent.

## I. Preparation

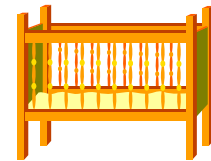
### 1. Baby's Clothing

- ☉ Clothes made of 100% cotton can prevent skin allergy.
- ☉ Woolen underwear is better worn between cotton clothes.
- ☉ Clothes in simple style with loose collars and sleeves are preferable.
- ☉ Shoes are not necessary and socks are good enough to keep warm.
- ☉ Have several large towels ready for wrapping the baby after bath and during sleep.
- ☉ Have cloth nappies or disposable nappies ready.



### 2. Baby Crib

- ☉ Choose a crib that meets safety standard:
  - The distance between the bars should be less than 6 cm;
  - The mattress should fit snugly within the crib;
  - The top crib rail should be at least 60 cm from the top of the mattress;
  - The crib should be finished with unleaded paint;
  - The boards should be solid and smooth with no cutouts.
- ☉ Babies do not need pillows. Do not place fluffy comforters, heavy blankets, stuffed toys in the crib with an infant. These can cause smothering.
- ☉ Never leave your baby unattended in the crib with the side-rail lowered. Make sure the side-rail is locked and would not be accidentally released before you leave.



### 3. Baby stroller

- ▶ Be sure that the stroller has brakes.
- ▶ Do not hang bags on the handles of the stroller.
- ▶ Use the seat belt and the harness to strap the baby in the stroller properly.



### 4. Baby car seat

- ☉ Use a baby car seat that meets safety standard when driving. Follow the manufacturer's instructions carefully when installing a car seat. Once the baby is in the harness, adjust the straps so that they fit snugly.

## II. General Baby Care

### 1. Feeding

- ⊕ When the baby cries, or sucks hastily, air will be swallowed and gathered in the stomach. Small amount of milk may spit up with the air from the stomach after feeding.
- ⊕ To decrease spitting up, you can try:
  - \* to increase the frequency of burping;
  - \* to hold the baby upright or elevate the head of the mattress after burping;
  - \* to avoid feeding the baby when he/she is too hungry or overfeeding him/her.
- ⊕ Hiccup is normal and common and will be gone after a while. Burping helps relieve your worry. Let the baby feed on the breast for a longer while or feed the baby with small amount of water may stop the hiccup.

### 2. Excretion

- Stool passed out in the first few days of life is dark green in colour and is called meconium.
- Formula-fed babies pass soft green, yellow, or greenish yellow stool more regularly and in larger amount than breastfed babies.
- Breastfed babies pass loose yellow stool more frequently than formula-fed babies sometimes after every feed. As they get older, they may pass stool in alternate day or once every few days. It is normal as long as the stool is soft and wet.



- ✦ When the baby has **diarrhea**, he/she will pass frequent and watery stool. There may be blood or mucus in the stool. Keep the nappy and bring the baby to the doctor as soon as possible.
- ✦ When the baby has **constipation**, the stool will look dry and hard. Check if the milk is prepared with correct proportion of water and powder; or the baby is too hot with too much sweating. If condition persists, bring the baby to the doctor. Do not use medication of any kind without consulting the doctor.

### 3. Nappy rash

Clean the buttocks with soft cloth soaked in warm water every time when you change the nappy. Apply a thin layer of Vaseline to help prevent nappy rash. Expose the buttocks in air for 10-15 minutes before wrapping the nappy can help the skin heal. If condition becomes severe, consult the doctor.

### 4. Home Environment

- 🏠 Keep windows open and maintain a comfortable room temperature.
- 🏠 Keep clean. Avoid using carpet.



### 5. Neonatal Jaundice

It is a normal physiological condition. The baby's skin looks lemon yellow after the first few days of life. This condition usually persists for 1-2 weeks. If the bilirubin level rises persistently, treatment will be required. Parents should bring their babies to the Maternal and Child Health Centre or Family Doctor for assessment after discharged from hospital.

### 6. Sudden Infant Death Syndrome (SIDS)

SIDS is the sudden unexpected death of a baby during sleep and usually occurs in the first 6 months. No cause of death is found. Although SIDS is rare in Hong Kong, it is important to prevent its occurrence by keeping the baby lying on his/her back and never wrap the baby too tight. Please refer to the pamphlet: "Protect A Baby from Sudden Infant Death Syndrome" for details.



### 7. Prevention of Infection

- ⊕ Keep the living environment clean and avoid going to crowded area.
- ⊕ Bathe the baby everyday and care of the umbilical cord.
- ⊕ Wash hands before and after touching the baby.
- ⊕ Bring the baby to the Maternal and Child Health Centre or Family Doctor for vaccination according to the immunisation schedule.

### 8. Others

- Newborns' neck muscles have not fully developed yet. Always remember to support the baby's neck with your arm or palm when holding the baby.
- Babies have different sleeping patterns. His/Her sleeping pattern will become more regular with time.
- The baby expresses his/her needs by crying. You should observe the reason for crying and respond immediately. When the baby feels safe and enjoys the tender loving care, bonding between he/she and you can be established.



## III. Choosing a Childminder

The childminder should be capable and understand the baby's needs and development. Even if your baby is taken care by a childminder, you should spend quality time with him/her. You should also maintain good communication with the childminder to come to agreement and to share the experience in taking care of the baby.