

فقيه.

أكاديمية فقيه الطبية  
Fakeeh Care Academy

فقيه.

مجموعة فقيه للرعاية الصحية  
Fakeeh Care Group



## NEWBORN CARE AT HOME



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### AT FAKEEH CARE GROUP, WE PRIORITIZE PROVIDING EXCEPTIONAL CARE FOR YOUR NEWBORN AT HOME.

We hope you find the following tips and information both meaningful and helpful as you embark on this important journey.

#### Kangaroo Care:

Newborn should remain with his/her mother and be placed skin-to-skin (Kangaroo Care) to promote infant-maternal bonding and early initiation of breastfeeding.

#### Breastfeeding:

Is recommended because of its increased benefits for both the newborn and the mother compared with formula feeding, except when medically indicated. Newborn should be breastfed as soon as possible after delivery, preferably in the delivery room.

Primarily breastfeeding for the first 6 months, equivalent of 12-8 times per day, every 3-2 hours a maximum of the day and every 4 hours a maximum of the night, for 30-20 minutes during each feeding.

#### General Tips:

Burp the newborn during and after each breastfeeding to expel excess air and reduce reflux. Vitamin D (400 International Unit) is given once daily. It is recommended that the baby sleep on his back and on a solid surface, with the head and back elevated at a 30-degree angle to reduce reflux. Do not shake your baby too hard. Your baby may be disturbed at night due to hunger, wetness, hot or cold clothes, and sometimes to get cuddle.

#### Jaundice (yellowing):

Monitor your newborn for any yellowing in the skin color and the white of the eyes after hospital discharge. If you notice any abnormal yellowing, especially in the first 5 days, you must refer to the pediatrician.

#### Baby showering:

It is possible to bathe the newborn at any time, once or twice a week. Between baths, wash your baby's face regularly, clean his genitals and bottom every time you change his diaper. Avoid the bath directly after feeding to prevent vomiting. Maintain the cleanliness of the diaper and the skin folds. It is preferable to use a bathtub, a soap free of fragrances and mild warm water, and have towels and diapers ready for use after the bath. While bathing, support the head, neck and back of the baby. Use only water to clean the eyes, baby shampoo for the head once or twice a week, mild soap and water for the body. Clothes should make your newborn warm but not hot. Never leave your baby unattended, not even for a few seconds.



### Navel care:

It is recommended to keep the navel out of the diaper, dry, clean, away from the baby's waste. Wash your hands with soap and water before and after changing the diaper. If the navel gets dirty, clean it with soap and water, and then make sure to dry it with a clean cotton cloth. Studies have shown that it is not necessary to use alcohol swabs to clean the navel. The navel usually falls out on the seventh to tenth day. Monitor any signs of navel infection: redness, swelling, heavy secretions, or fever more than 37.5 degrees Celsius.

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### Acute colic

Is a term used to describe the condition of a baby who is crying bitterly despite all methods being used to calm him down. It begins approximately at the age of two to four weeks and ends when they complete three or four months of age. Your baby may take longer than usual to feed if he\she is in pain or upset.

If your baby cries bitterly but is otherwise healthy and feeding well, he\she is likely suffering from acute colic. You may notice the following:

- Frequent bouts of intense crying that are difficult to calm down.
  - Drawing his\her legs up to stomach and arching his\her back when crying.
  - Passing wind or gas while crying
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### Diaper rash:

Redness and irritation of the diaper area are common in infants. Keep the area clean and dry. Change the diaper as soon as it is full. Make sure to choose a type of diaper and cleaning products that are suitable for your baby's skin to avoid allergies to some types. Avoid tightening the diaper in a way that prevents air from passing through