

The First Golden hour & the first day - How we take care of a baby

With the scientific standards set by the American & Indian academy of Pediatrics, there are some mandatory protocols followed by Obstetricians & paediatricians to take care of a newborn baby as it comes to the world.

Let's see what we do routinely when baby is born,

- ☺ Any term baby which cries immediately after birth is put over the mother's Abdomen or chest to establish warmth by skin to skin contact and bonding.
- ☺ Delayed Cord clamping (after 30-60 mins) : it promotes transfer of extra 10-50 ml of blood and nutrients from mother to the baby.
- ☺ Clean (Amniotic fluid, blood) & dry the baby. White waxy layer called Vernix maintains the hydration & protects the baby skin, which can be left until they shed down in the next two days.
- ☺ Weight check & Head to Toe examination by a paediatrician to rule out any major anomalies (Choanal atresia, Cleft lip, cleft palate, spinal defects, imperforate anus, missing Umbilical blood vessel).
- ☺ Inj. Vitamin K given for all babies born in India.
- ☺ If the baby is fine, We dress the baby with a clean 100% cotton cloth & put the baby in mothers breast for feeding within 30 mins to 1hr after birth to promote early exclusive breastfeeding.



Be prepared for the golden hour :

- ☺ Labour is a demanding experience and your first reaction for birth may be a sense of relief that at last it's over. Give yourself at least half an hour so that the strain of labour fades away.
- ☺ As the nurse keeps the baby near you or over your chest, watch & hold your little one. The love and bonding will automatically start building in your brain as well as the newborn's brain. Beautiful journey of Motherhood begins.
- ☺ Breastfeeding the baby within half an hour of delivery is extremely useful, As it benefits you by stimulating your uterus to contract & reduce the amount of uterine bleeding.
- ☺ The first hour is best to start breastfeeding as the baby is awake & alert. Soon the baby will go into a deep sleep and then it may become difficult to start breastfeeding.
- ☺ Colostrum (Liquid gold) is Your Child's First Vaccine: Your first yellow milk is vital for baby's nutrition and protection against infection. The amount of colostrum & milk within the first couple of days may be very less, but do not worry. This quantity is sufficient for your child. It will gradually increase in the next week.
- ☺ After an hour of delivery, your baby will probably fall into deep sleep, giving you time to rest & family to celebrate. As a couple you guys have a very big job ahead of you, you are a parent now.

Welcome to the parenthood :

Discharge of the baby will be decided by the paediatrician.

Before discharge make sure that,

- ☺ Baby is taking breastfeeding properly and mother is confident.
- ☺ Baby is not having any medical issues like jaundice.
- ☺ Baby had passed Urine & stool (Most of the babies pass urine within 24 hrs of birth & pass stools within 48 hrs of birth. If not done the baby should be evaluated)

- ☺ 0 dose vaccination (OPV drops, Hepatitis B and BCG injection) given & next schedule advised.
- ☺ Hearing Screening has been done.
- ☺ Detailed Clinical examination is done by a Paediatrician.
- ☺ Weight, Length & Head Circumference of the baby checked & documented in discharge summary.
- ☺ Blood tests (Bilirubin, TSH, Blood grouping) done are normal.
- ☺ Basic Metabolic Screening (eg. Hypothyroidism, cystic fibrosis, G6PD deficiency). This is optional and done in a few private Hospitals.
- ☺ Know about Danger signs in newborn, Breastfeeding techniques, Newborn Home care, Vaccination plan, Mother's nutrition.

Hearing screening



Cardiac Screening



Head circumference measurement



Measuring length of a baby



BCG vaccination



You are ready to take your little baby home. Happy parenthood.

