

Your Guide to Be Happily Nested

Newborn Care & Infant CPR

For additional resources, class information and
more, visit:

nestedbaby.com

Important Things to Remember from Class

When to Call the Pediatrician:

| | |
|---|---|
| No urine or stool during the first 1-2 days home | Symptoms of illness: cough, diarrhea, pale skin |
| Fever >100.4 F or <97.5 F | A baby who cannot be comforted |
| Signs of jaundice: yellowing of the skin and eyes | Smelly drainage from umbilical cord |
| Rapid breathing rate (>60 breaths in 1 minute) | Lack of appetite or weak suck |
| Baby too sleepy to wake to feed | <i>Have pediatrician's numbers posted on the refrigerator and saved in both parent's cell phones.</i> |

CALL 911 IF

- Blue lips or face
- Trouble breathing, wheezing, grunting or harsh noises
- Baby has been shaken or thrown violently

To Do List Before Baby Arrives

- ☐ Choose pediatrician by 36 weeks
- ☐ Install car seat and have it inspected
- ☐ Have baby basics in your nursery (see list to the right)
- ☐ Be familiar with pregnancy and postpartum resources
- ☐ Get your Tdap and influenza shots to protect your baby
- ☐ Review and post CPR tips from the American Heart Association

Resource Links

[Pediatricians recommended by RHJN](#)

[Car seat inspection locator](#)

[RHJN pregnancy info](#)

[Postpartum resources](#)

[Tdap info from the CDC](#)

[Flu shot & pregnancy](#)

[Red Cross infant ready reference](#)

Important Baby Items for the Home

- ☐ Place for baby to sleep (not your bed!)
- ☐ Diapers, baby wipes, A&D or diaper ointment (zinc oxide as an active ingredient)
- ☐ Swaddle blankets, burp cloths, wash cloths
- ☐ Onesies and hat
- ☐ Thermometer for underarm or temporal/forehead, nail clipper, infant Tylenol or ibuprofen
- ☐ Breast pump and bottle supplies

Bring to the Hospital:

- ☐ Car seat (properly installed), going home outfit, swaddle blanket, baby book, cord blood kit for banking or donation (if applicable)

Don't over pack! The hospital will have diapers, wipes, onesies, hats and blankets.





Put this emergency contact info on your fridge:

| | |
|------------------------------------|--|
| Parent 1 Phone Number | |
| Parent 2 Phone Number | |
| Emergency Contact | |
| Poison Control's Phone Number | |
| Pediatrician Name & Phone Number | |
| Urgent Care Phone Number & Address | |
| Name & Address of Closest Hospital | |
| Our Home Address | |
| Medications | |
| Allergies | |

CPR and Choking Refresher

If you find a newborn (under 12 months) unresponsive or gasping begin CPR

1. Tap the baby's foot & shout to see if baby asleep
2. Yell for help and send someone else to call 911
3. Look for breathing or gasping of infant
4. Begin CPR
5. Chest compressions: push down 1 ½ inches with straight fingers across nipple line just below breast bone. Push hard and fast. Allow chest to rise in between compressions. Perform 30 chest compressions
6. Open the airway, hand on their forehead and under the chin (avoid neck) and give 2 breaths (cover baby mouth and nose with your mouth). Ensure chest rise
7. If you are alone, after 5 sets of 30 compressions and 2 breaths, call 911 yourself and then continue 30 chest compressions and 2 breaths till help arrives

If you find an infant choking or struggling to breath, initiate choking care

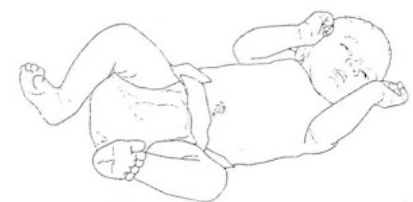
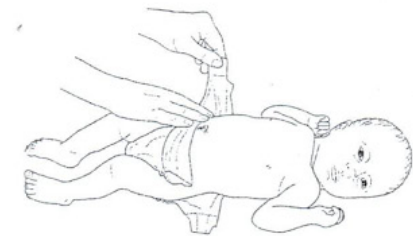
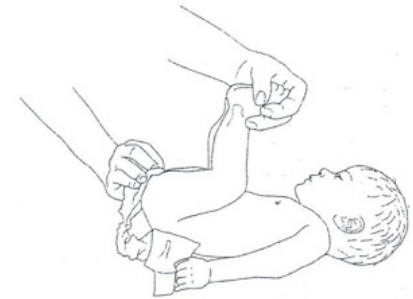
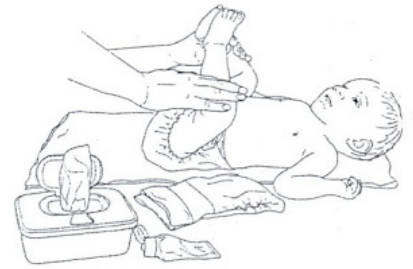
1. Take baby supported under their neck and hold baby with head lower, face down. Can lean them on your upper leg for support. Using a firm hand, gives 5 backhand blows to their mid back.
2. Turn them over face up and complete 5 chest compressions learned in CPR
3. Continue this cycle 5 back blows and 5 chest compressions until object is coughed up; if you can see the object you can remove
4. Do not go searching for the object as it can get pushed into their airway
5. If baby goes unresponsive - begin CPR and start with chest compressions
6. 30 chest compressions
7. 2 breaths and check mouth for choking object
8. If alone, call 911 after 5 cycles and walk to phone with baby in arms

Review the Red Cross Reference guide [here](#).

How to Change a Diaper

Before you take off the dirty diaper, have your clean diaper ready and several wipes pulled out. Keep diaper creams within reach. Place the baby on a surface that is soft. It may get soiled, so a washable surface, such as a changing pad with a cover is best. Often you will get poop leakage as the baby kicks and moves. Always keep one hand on your baby at all times to prevent falls from changing tables.

1. Lay your baby down on a changing pad and have wipes and diaper cream within reach.
2. Unfasten the dirty diaper, but do not take it away yet. Open the front half to see what's inside. Hold your baby's ankles to lift his bottom off the changing pad. If there is poop, then you can use the front half of the diaper to wipe the poop away. Always wipe from front to back. If you have a boy, you may want to put a wipe on the penis so he does not spray you while you are cleaning.
3. Tuck the front part of the soiled diaper under his bottom so that the clean outside of the diaper is under him. Finish wiping any pee or poop off the skin using diaper wipes while still holding his legs. If you have a girl, clean any poop out from the vaginal area and always wipe front to back. If you have a boy clean any poop from the penis. Lift the legs up higher to wipe the buttocks clean. Remove the soiled diaper and fold in any used wipes.
4. Put the clean diaper opened up underneath bottom. Apply any creams at this tie. Fold up the front half of the diaper, and fasten the side strips to the front. You want it secure so there is no leakage, but not so tight as to cause rubbing. If you have a boy, you may want to position penis downward so that he does not pee up and out of the diaper.
5. If your baby still has the umbilical stump, then fold down the top edge of the diaper so that it does not rub or irritate the stump.





How to Give a Sponge Bath

Before you undress your baby, get all your supplies together and get the bath water ready. You will need a towel, wash-cloths, mild baby soap, baby shampoo, cotton balls, a clean diaper and clean clothes. Many newborns will cry during their first baths because they do not like being naked or wet. You can minimize their discomfort by keeping them mostly covered by a washcloth until you are ready to wash that body part. For safety always keep at least one hand on your baby when bathing her.

1. Lay the towel flat on soft surface. Fill a nearby sink or small bowl with lukewarm water. It should be a little cooler than what you would bathe in.
2. Undress the baby and wrap her in towel. Keep the diaper on until you're ready to wash the diaper area to minimize change of mess.
3. Work your way from the head down to the toes. Start with wiping your baby's closed eyes with a damp cotton ball or washcloth. Wipe gently outward from the bridge of the nose towards the ears.
4. Support your baby's head with one hand while you dampen the washcloth in the water. Squeeze out excess so it's damp not dripping. Wash the rest of your baby's face including ears. Focus on cleaning behind the ears and within folds of outer ear. Just use plain water, no need for soap on face.
5. Next wash his hair. Only needs to be done once or twice a week. Put a little baby shampoo on damp washcloth and rub into hair. Then use second washcloth with only water to wash away soap. If you have too much soap on your baby's head, you can hold her head and pour small amounts of water on scalp to rinse. Hold tight so baby does not fall or hit her head.
6. Continue cleaning with just water, focusing on neck, chest, belly. Avoid umbilical stump area, try to keep dry. Focus on cleaning little creases and fat folds.
7. To wash her back, roll baby onto side and clean one side at a time.
8. Cover the upper part of her body with towel to keep warm & dry, next clean legs and feet with wash-cloth.
9. Now remove diaper. Wash the genitals with a little baby soap.
 - If you have a boy who is not circumcised, pull the foreskin back gently just as far as it goes. It may not pull back very far.
 - If your son is circumcised, clean the area gently as it's likely still healing.
 - If you have a girl, gently clean between the labia (folds of skin in vaginal area) to remove any stool. No need to remove all the mucus, girls produce a fair amount of vaginal mucus in the first week.
 - Clean buttocks last. Do this just as you would a diaper change. Lift legs and clean around anus and buttocks with mild soap and washcloth.
10. Pat baby completely dry then dress in clean diaper and clothes. No lotions or oils should be applied during first 2 weeks of life.

How to Give a Regular Tub Bath

Do this only once the cord has fallen off and the belly button appears dry, ranging from 10 days to 2 weeks of age. This is a two person job until you feel confident.

Use a baby bathtub designed for newborns or you can use a clean sink lined with a big baby sponge or thick towel.

1. Just as with the sponge bath, gather all your supplies before you undress your baby. You'll need washcloths, towel, mild baby soap, shampoo, cotton balls, a clean diaper and clean clothes.
2. Fill the sink or tub with about two inches of warm water. It should just be lukewarm - approximately 90 F. You can use a bath thermometer to test.
3. Gently lower your baby into the water, feet first. Make sure she has complete head & body support and that her head is well above water level.
4. Always keep one hand on her while bathing. NEVER leave a baby alone in a bathtub - this is a drowning risk.
5. Wash your baby the same way you did the sponge bath, only this time wash the belly area.
6. Rinse soap & shampoo away promptly to avoid drying or irritating her skin. Avoid giving prolonged baths and letting your baby sit in soapy water for long periods of time.
7. When done, make sure that the towel is close to the tub. Lift her out of tub using good head support. Wrap her in the towel, pat her dry, and then apply lotions if needed (only after two weeks of age.) Put on her diaper and dress her in clean clothes.



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For any questions, email us at:
info@nestedbaby.com.

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