

Best Start – Prenatal Education Program

Newborn Care & Safety

best start
meilleur départ
Resource Centre/Centre de ressources

by/par health **nexus** santé



Newborn Characteristics

- Molding
- Fontanelles
- Lanugo
- Eye colour
- Skin
- Vernix
- Cradle cap



Newborn Characteristics

- Stork bites
- Swollen genitals
- Swollen breasts
- Umbilical cord
- Reflexes

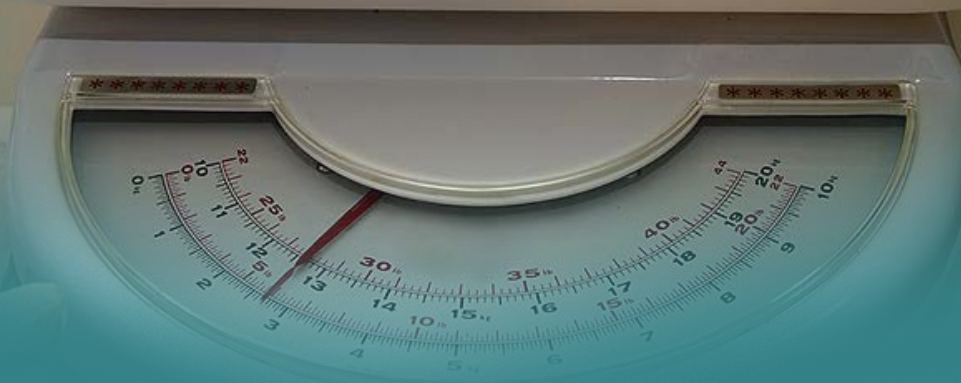


Skin-to-Skin



Newborn Care after Birth

- Apgar
- Blood work
- Weight
- Height
- Vitamin K
- Eye drops



Newborn Screening Ontario



Ontario Infant Hearing Program



Circumcision



Immunization Schedule for Ontario



www.ontario.ca/vaccines

Seeing a Health Care Provider

Take your baby to see a health care provider when your baby:

- Gets a well baby checkup and needs to be immunized.
- Has a fever.
- Appears jaundiced (yellow in colour).
- Has a rash that won't go away.
- Has signs of dehydration.
- Has vomiting or diarrhea.
- Shows any other signs that he/she may be sick.



Baby Care Activity – Baby Care Grab Bag



Diapering and Bathing

Diapering

- Wash hands before and after diapering baby.
- Keep one hand on baby.
- Wipe from front to back
- Girls: clean the folds of labia.
- Boys: clean under the scrotum, foreskin does not need to be pulled back.

Bathing

- Choose an area that is safe and easy to bathe baby (baby bathtub, sink, or basin).
- Bath water should be warm, not hot. Test the temperature with your wrist or elbow.
- Keep one hand on baby.
- Wash eyes and face first, without soap.
- Clean from cleanest to dirtiest.

Baby Care Activity – Baby Olympics



What's wrong with this picture?



Safe Sleep Environment



Preventing Flat Head



Prevent flat head from developing by:

- Alternating head of the bed
- Alternating mobile placement
- Avoid long periods in car seat or stroller
- Supervised tummy time

Crib Safety



Health Canada
Santé Canada

Your health and safety... our priority.
Votre santé et votre sécurité... notre priorité.

Crib Safety

Safety Tips

The crib:

- Look for a label on the crib that shows when the crib was made.
- Check the crib often to make sure the frame is solid. Tighten loose screws regularly.
- Check the crib to make sure the sides lock into place.

The mattress:

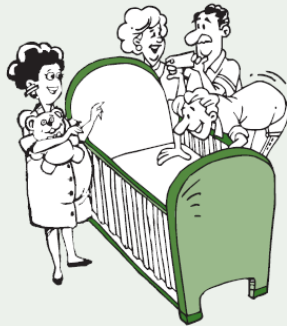
- Make sure the mattress is tight against all four sides of the crib.
- Replace the mattress if it is not firm or if it is worn-out.
- Move the mattress down to its lowest level as soon as the baby can sit up.

Baby safety:

- Lock the sides into place after putting the baby in the crib.
- Never tie the baby in the crib and do not let the baby wear a necklace or a soother on a cord around the neck.
- Place the crib away from windows, curtains, blind cords, lamps, electrical plugs and extension cords.
- Health Canada recommends that soft mattresses, pillows, comforters, stuffed toys and bumper pads not be used in cribs.
- Always supervise babies when they are using toys and bottles.

Cribs made before September 1986 are dangerous. They do not meet current standards. It is illegal to sell, import or advertise these cribs.

Cribs that were made before September 1986 or without a label are not safe for use.



FOR MORE INFORMATION,
contact Product Safety, Health Canada:

1-866-662-0666
cps-spc@hc-sc.gc.ca

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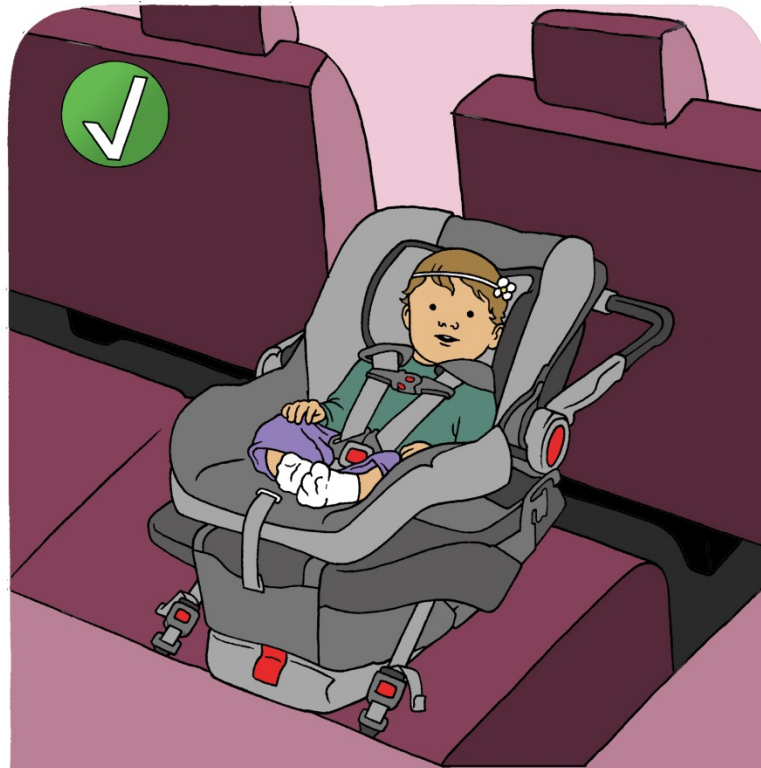
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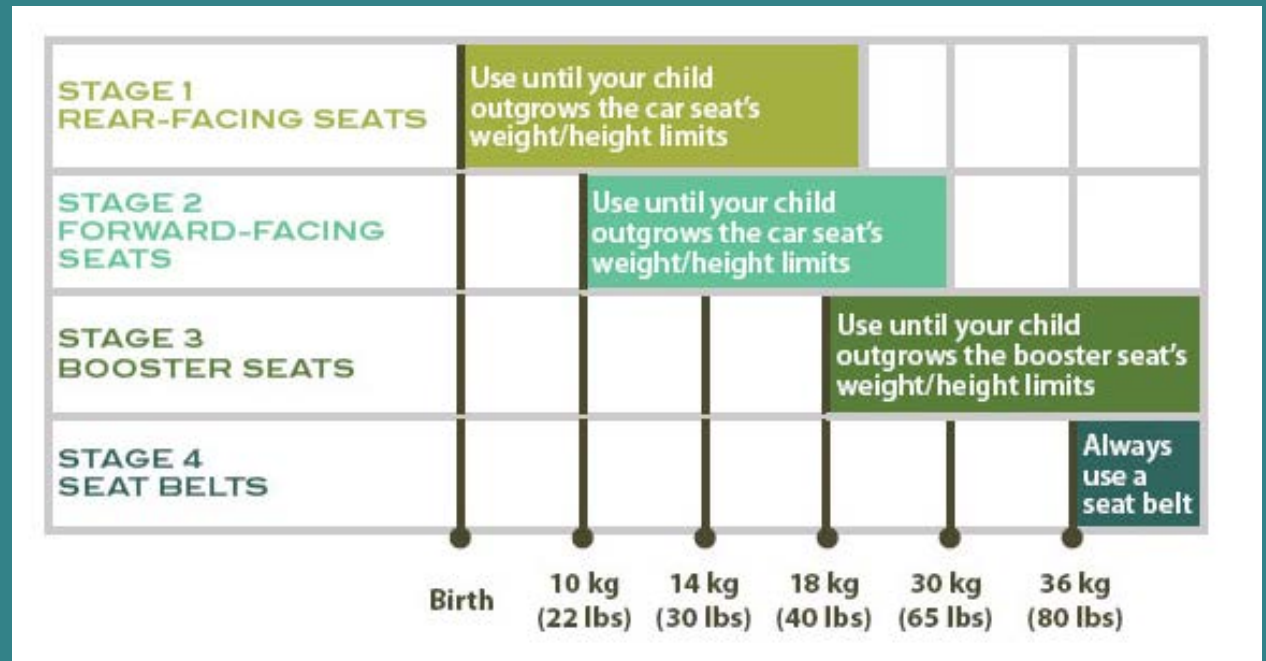


Car Seat Safety



Every time your child travels in a car, make sure your child is securely buckled into the right seat for their age, weight and height, in the back seat. Position the handle according to your car seat manual.

Car Seat Stages



FOR MORE INFORMATION,
contact Transport Canada
www.tc.gc.ca or 1-800-333-0371

Crying is Communication



Ways to soothe your baby:

- Feed your baby.
- Change your baby's diaper
- Burp your baby.
- Change your baby's position.
- Rub your baby's back.
- Hold your baby skin-to-skin.
- Check that your baby isn't under-dressed or over-dressed.
- Talk and sing to your baby.
- Play soothing music .
- Rock your baby.
- Go for a car ride.
- Take your baby for a walk in a stroller.
- Give your baby a warm bath and massage.

Sleep Readiness Cues



- Quietness
- Loss of interest
- Crying
- Fussiness
- Yawning
- Rubbing of the eyes

Senses



Attachment

- Respond to your baby's needs.
- Hold your baby skin-to-skin.
- Play with your baby.
- Talk to your baby.
- Listen to your baby.
- Watch for cues and respond.



Ways to Promote Attachment



Growth and Development (0-3 months)



Video



For More Information

- Best Start Hubs
- Baby's Breath www.babysbreathcanada.ca
- Canadian Pediatric Society - www.caringforkids.cps.ca
- Health Canada – Product Safety
- Parenting programs
- Health care provider
- Healthy Babies Healthy Children Program
- Public Health Agency of Canada - Safe Sleep
- Local public health department
- Ontario Early Years and Family Centres
- The Period of Purple Crying - www.purplecrying.info
- Transport Canada - Car Seats

The information represents the best practice guidelines at the time of publication. The content is not officially endorsed by the Government of Ontario. Consult your health care provider for information specific to your pregnancy.



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www.beststart.org

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