

# Bringing your newborn home: How to prepare

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# What do you feel

- Excited
- Happy
- Proud of
- Anxious
- Fearful
- Worrying, wondering and frustrated

Relax, be prepared!



First thing: No need to say

➤ Name:

- Angela, Sophia, Nancy.....
- Jonny, David, Max.....

# Things to buy to go home






# Breast feeding

- Breast feeding on demand in the nursery of NYPQ and Flushing hospital  
24 hours room in: Only get one bottle formula at a time per request  
No formula on discharge: Prepare some formula at home
- The advantage of breast feeding  
For your baby: Secretory IgA, calcium, protein matter..... in breast milk  
For yourself: Contraction of uterus , weight control, contraception.....  
For both of you: Bonding between you and your baby,



# How to perform breast feeding

- Frequency of breast feeding
  - Position of breast feeding
  - Place of breast feeding
  - Time to discontinue breast feeding
- 

# Things to buy for feeding

- Breast pump



# Things to buy for feeding

- ▶ A few bottles and sterilizer





# Things to buy for feeding

➤ Formula



# Things to buy to wear

- Different swaddles
- Soft cloth
- 100% cotton



# Things to buy to use

## ➤ Diapers



# Things to buy for skin care

➤ Vaseline



# Things to buy for diaper rashes

- ▶ Zinc oxide cream



# Multiple purpose

- Alcohol pads



# Multiple purposes

- Q tips



# Things to buy to comfort babies

➤ Pacifier





# Things to buy to check temperature

- ▶ Thermometer



# Things to buy to care nostrils

- Nasal saline drops




# Things to buy to care nostrils

- Nose aspirator





# Know the basic about your newborn

- Feeding
  - Bowel movement
  - Wet diapers
  - Color
  - Activity
  - Vision
  - Hearing
- 

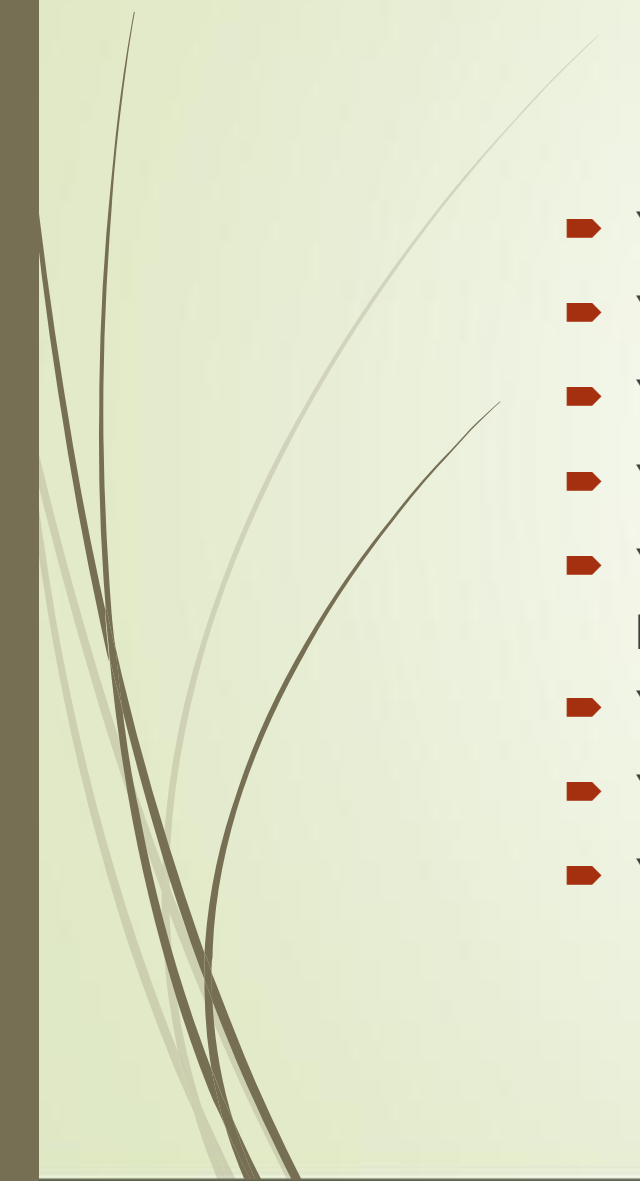


# Choose a pediatrician for your baby

- Can he/she understand your culture?
- Which hospital does the pediatrician use?
- Do they accept your insurance plan and how does the office process billing and claims?
- What are the qualifications of the pediatrician? Is he/she board certified?
- Does he/she communicate with you well?



# When to call baby's pediatrician

- ▶ Your baby have a hard time breathing
  - ▶ You notice blueness or a darkness on the lips or face
  - ▶ Your newborn has a fever, younger than 2 months  $>100.4$  F
  - ▶ Your newborn's body temperature has dropped and poor feeding
  - ▶ You see signs of dehydration (less than 3 to 4 wet diapers in a 24-hour period)
  - ▶ Your baby's belly button or circumcision area looks red and oozing
  - ▶ Your newborn's jaundice does not decrease by the fifth day
  - ▶ Your baby is crying a lot or appears sluggish
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Congratulations and good luck!

