

# CARE OF THE NEWBORN



**Must feed mother's first milk within 1 hour of birth**



**To keep the newborn warm, cover his/her head and body all the time**



**Wash hands before touching the newborn, before breastfeeding and after cleaning his/her feces**



**Do not put anything on the cord stump to avoid infection**



**Do not bathe immediately after birth. Do as advised by the doctor**

**A baby weighing less than 2.5 kg at birth is considered as low birth weight baby.**



**Special care is required for managing the low birth weight baby. Proper cleanliness, breastfeeding and Kangaroo Mother Care (KMC) are required.**

## KANGAROO MOTHER CARE

- ✓ The mother should first wipe her chest and breast thoroughly with a clean wet cloth.
- ✓ The newborn should keep wearing a cap, gloves, socks and nappy.
- ✓ Place the weak newborn between the mother's breasts and turn its face to one side to allow it to breathe properly.
- ✓ Cover both the mother and the newborn with a thick warm sheet or blanket according to the weather.



**For more information, contact Self Help Group member of your area.**