

Congratulations on your newborn and welcome home!

To make sure you will be able to take care of your newborn baby during the first night at home we listed some important information for you. Our maternity nurse will guide you through this list by phone if you wish. To use this possibility, you can reach us 24/7 at 0900-5593555.

You can also find instruction videos on our website:

<https://www.zorgboog.nl/kraamzorg/voorlichtingsfilmpjes>

Points of interest during the first 24 hours after childbirth

Mother

Blood loss: It is normal to bleed in the first days, this is called discharge, the color will be fresh red at first. It is also common to pass blood clots, don't be alarmed because these can be the size of a fist. In case the blood flow is too heavy (2 maternity pads completely soaked within half an hour) do not hesitate to call the midwife.

Urine: Try to wee every two to three hours even if you don't feel any urge. If you empty your bladder regularly, it will help the uterus to contract better and limit bleeding. For hygienic reasons and to comfort the pain and burning sensation we advise you to rinse with lukewarm water during/after urinating.

Contractions: You can feel afterpains after the delivery. These are caused by contractions of the uterus. You can take 1 pill of paracetamol, with a maximum of 4 times a day. Paracetamol does not do any harm to breastfeeding but does relieve the pain. Always discuss this with the midwife first.

Sleep: It is normal if you barely sleep, or not at all, the first night. Giving birth gives you extra energy, which makes you very alert.

The baby

Sleep: After birth, your baby needs to recover from the delivery. It will possibly sleep a lot. Newborn babies have enough reserves to get through the first 24 hours without feeding.

Temperature: Newborns cannot regulate their temperature yet, therefore, they often need a hot water bottle in their bed. Put the bottle on top of the blanket and cover it with an extra blanket. Put the top down at the end of the bed to prevent the baby from burning in case it leaks. You'll find more information on the use of hot water bottles on the website: kinderveiligheid.nl

The temperature of the baby should be between 36.5 and 37.5 degrees Celsius. Check the temperature (rectally) with every feeding with a digital thermometer.

<36.0°C

Call the midwife, put the baby skin on skin wearing only a diaper and a bonnet, and cover the baby and the parent.

Otherwise, put the baby in bed with a hot water bottle (no boiling water but hot water from the tap). Put the bottle on top of the blanket, covered by an extra blanket or towel. Put it top down in the bed to prevent burning.

Use a bonnet on the baby's head and dress it warmer.

Check the temperature again after about an hour.

<36.5°C

Put the baby skin on skin wearing only a diaper and a bonnet and cover the baby and the parent.

Otherwise, put the baby in bed with a hot water bottle (no boiling water but hot water from the tap). Put the bottle on top of the blanket, covered by an extra blanket or towel. Put it top down in the bed to prevent burning.

Use a bonnet on the baby's head and dress it warmer.

Check the temperature again after about an hour, if it isn't 0.5 degrees higher; call the midwife.

>36.5°C en <37.5°C

Put the baby in bed with a hot water bottle (no boiling water but hot water from the tap). Put the bottle on top of the blanket, covered by an extra blanket or towel. Put it top down in the bed to prevent burning.

You can put a bonnet on the baby's head if you want.

>37.5°C

Reduce warmth

Take bonnet off and use less clothes.

Remove hot water bottle.

>38.0°C

Remove the source of heat and check the temperature again after 1 hour. Call the midwife in case the temperature doesn't go down.

Pee/Poop: The baby needs to pee within 24 hours and poop within 48 hours. The first wet diapers can contain an orange-colored sediment. The first feces is called meconium, it's almost black and very sticky. Change the diaper regularly; with every feeding for instance.

Spitting up/Nausea: Your baby can feel nauseous during the first 24-48 hours. This can be caused by swallowing blood and/or amniotic fluid during birth. Don't be alarmed when your newborn starts gagging or spitting up; the color can be brown because it's old blood from the delivery. If this happens you can help the baby lose the mucus by turning it on its side.

Position: Put the baby to sleep on its back. The room temperature should be between 18 and 20 degrees Celsius. If possible, let the baby sleep in your own room, but not in your bed.

Umbilical cord stump: It is normal if the umbilical cord stump bleeds a little. Call the midwife in case it starts bleeding more, with droplets.

Breastfeeding: Go to the toilet before you start nursing, this will reduce the afterpains. To get the breastfeeding running it is okay to try feeding often; this will increase the milk production. Because the milk production has to get started, there won't be a lot of milk in the first 2 days. At first, your body will make colostrum, which contains important nutrients for the baby's immune system. A newborn has enough reserves to get through this period. It is even possible your baby sleeps through the first night, don't be alarmed if this happens. Make sure the baby latches on properly: the nipple should be in its mouth completely together with the areola.

Formula: Offer the newborn 10 to 15 cc every 3 to 4 hours. It is okay to have more time between feedings at night, but no longer than 6 hours. Always check the temperature of the formula before giving it to the baby. The baby might not be very interested in eating because of possible nausea within the first 24-48 hours; never force the feeding but just offer it.

Crying: Your baby can get upset and cry because it is used to being close to you. Try to comfort it by holding it close. If it won't stop crying, check if it's hungry, has a wet/dirty diaper, or is too warm/cold.

Call the midwife in the following situations:

- In case of emergency or serious doubt you can call the midwife at any moment, even at night.
- The mother's temperature is 38 degrees or higher.
- Heavy blood loss (2 maternity pads soaked completely within half an hour)
- The baby is grunting.
- The baby's temperature is below 36 or above 38 degrees.

We wish you a happy maternity period.