

EXPERT Q&A WEBINAR: Baby Care for Adoptive Parents



EXPERT:
Nicole Mayer, RMA, RN, BSN

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*Basic Baby Care
For Adoptive Parents*

by

Nicole Mayer RMA, RN, BSN

Presentation Out Line

Meeting Your Newborn

Important Baby Items

Feeding and Burping Baby

Breast Feeding Via Lactation Induction

Elimination, Diapering, and Bottom Care

Reasons to Call Your Doctor

Bathing Your Baby

Cranky, Crying Baby

Preventing SIDS

References



MEETING YOUR NEWBORN

Appeal to your baby's sense

Avoid excessive eye contact

Leave the room as little as possible

Snuggle up

Be Patient with yourself, your spouse and your infant

Know your doctor before hand.





Important Baby Items

Diapers

Baby wipes

Clothing

Bottles/Nipples

Pacifier

Receiving Blankets

Burping Cloths

Alcohol Wipes

Infant Acetaminophen

Auto Mirror

Pack-n-play/Crib/Bassinet

Hand Sanitizer

A&D Ointment

Rectal Thermometer

Nasal Aspirator (Suction Bulb)

Aquaphor or Cetaphil Lotion

Mild Baby Soap

Bottled Water

Detergent



Feeding and Burping Baby

Your Baby is getting enough nutrition when:



- Steady weight gain
- Regular soft stools
- 6-8 wet diapers per day
- Seems generally happy and content especially when feeding



Breast Feeding



Via Lactation Induction

Elimination, Diapering, and Bottom Care



- Disposable vs. Cloth
- Keep Baby clean and dry
- Diaper rash cream and/or Baby Powder
- Avoid covering the umbilical cord and care
- Circumcision Care
- Pseudo Menses

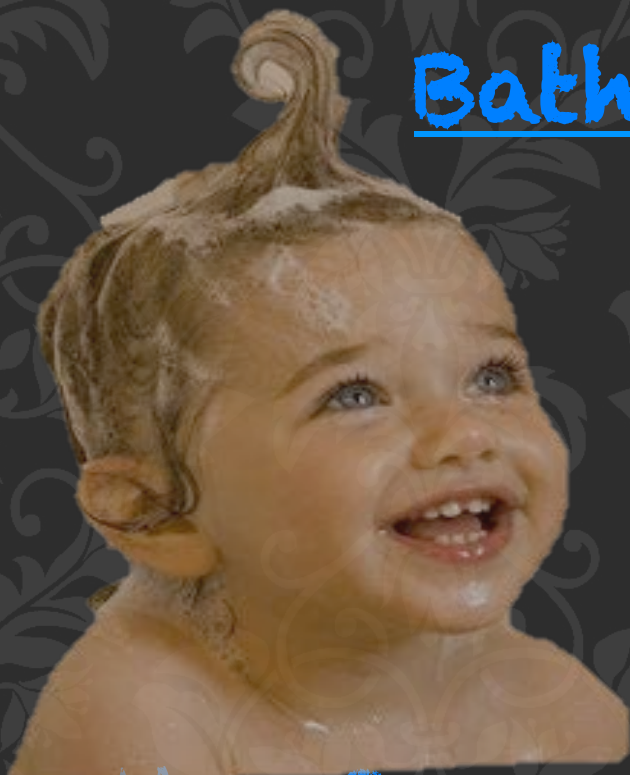




Reasons to call your Doctor

- ★ *Temperature : (98.6 is normal, but may vary in each child) Red, flushed appearance, irritable and listless*
- ★ *Diarrhea: Watery stools with mucus, with vomiting, not hungry or reluctant to feed*
- ★ *Vomiting: Excessive, persistent or forceful*
- ★ *Not feeling well: Noticeable changes in feeding pattern and listlessness*
- ★ *Skin Rashes: Red rashes, oozing or crusted sores, blisters, and severe diaper rash*
- ★ *Yellow Skin: Prolonged Jaundice after leaving the hospital*

Bathing Your Baby



- Warm Room
- Water Temperature
- Baby Safety
- From Head to Toe - Clean to Dirty - Every Fold, nook, and cranny
- Soap
- Drying and Temperature Regulation
- NEVER LEAVE BABY UNATTENDED



CRANKY, CRYING BABY

Why is my baby crying?

- Hungry
- In Pain
- Want to be held
- Tired
- Sucking – Self Soothing
- Wants stimulation
- Over stimulation
- Diaper change needed
- Too Hot
- Too Cold
- Need to be Burped or Gassy
- **COLIC**



Preventing SIDS

- ★ Firm Mattress and fitted sheet
- ★ Baby should NEVER sleep in your bed
- ★ Clear crib of clutter
- ★ Minimal blankets
- ★ Do not let baby over heat at night



Thank you

On behalf of *Adoptive Families Magazine*, I would like to Thank you for attending this educational session on *Baby Care for Adoptive Families*.

Baby Care Class for Adoptive Families

JONI MANTELL

Infertility Adoption Counseling Center

Baby Care Class for Adoptive Parents

Saturday: September 19th 2015

Time: 10:00 am – 12:30 PM

Location: Learning Center at Babies “R” Us

24-30 Union Square

East Manhattan, NY NY

<http://iaccenter.com/workshops/workshop-baby-care-Sept15.asp>

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