



## Basic Care Techniques for Newborn and Infants

*Because babies are at an early stage of development, they require special care to keep their skin, hair, nails and other body parts healthy and strong. In this activity, we will use an infant care training manikin to demonstrate proper techniques for routine care in the first year of life.*

### Questions

1. Who has a baby brother or sister at home?
2. Do you help care for the baby? What do you help with?

### Bathing

1. Sponge bath—for first few weeks before umbilical cord falls off, circumcision/navel heals.
  - a. Undress. Leave diaper on, wrap in towel, expose only areas that you are washing.
  - b. With wash cloth/sponge, clean behind ears first. Then neck, elbows, knees, between fingers & toes. Make sure to get creases under arms, behind ears, around neck.
  - c. Save hair for last. Tilt head back and clean hair with wet cloth/sponge (water only).
  - d. Remove diaper & clean belly, bottom & genitals. Wash girls front to back. If boy is circumcised, don't wash penis until foreskin healed. If uncircumcised, leave foreskin alone.
  - e. Pat baby dry.
2. Tub bath
  - a. With wash cloth/sponge, wash face & hair. Protect eyes with hand across forehead.
  - b. Gently wash body w/ water & small amount of soap.
  - c. Keep baby warm by pouring warm water over chest.
  - d. Pat baby dry. Apply lotion to moisturize.
  - e. Diaper baby & wrap in towel, covering head.

## Bandaging/Nail Cutting

1. Nail cutting
  - a. Keep nails trimmed once or twice a week to keep baby from scratching themselves or others.
  - b. Hold baby secure and steady in well-lit area (sleeping baby is OK). Hold palm and finger with one hand and cut with other—rounded baby scissors or baby clippers. Filing down with emery board is also OK.
  - c. OK if nails bleed slightly. Apply sterile gauze pad. Do not use adhesive bandage.
2. Bandaging
  - a. Cuts and scrapes may bleed a lot because baby skin has lots of blood vessels near surface. Stay calm.
  - b. Apply firm pressure with clean cloth for 15 minutes. If bleeding doesn't stop, call a doctor.
  - c. Wash your hands.
  - d. Wash wound with soap and water. Antibiotics are not necessary.
  - e. Apply vasoline/petroleum jelly to wound to keep it from drying out and to speed up healing process. Once or twice a day.
  - f. Adhesive bandages can be removed by baby and are a choking hazard. Use Telfa bandage/non-stick pad.
  - g. Apply broad spectrum SPF 30 containing zinc oxide or titanium dioxide every two hours to prevent scarring.

## Changing Diaper

1. Wash your hands.
2. Place baby on clean flat surface.
3. Keep one hand on baby so they don't roll away. Never leave them unattended.
4. Distract baby with bright-colored toy to stop squirming. Talk/sing to baby.
5. Undo dirty diaper. Hold baby's legs with one hand. Pull down front of diaper with other hand.
6. Use mild wipe or wash cloth to clean baby, wiping front to back to prevent urinary tract infection.
7. If baby has diaper rash, use cotton squares and warm water to clean.
8. Pat bottom dry.
9. If boy, keep cloth or clean diaper over penis so he doesn't pee on you.
10. Lift legs with one hand and pull dirty diaper out. Slide clean diaper underneath.
11. Fasten diaper. Adhesive tabs should be level with belly button.
12. If boy, make sure penis is facing downward so he doesn't pee on you.
13. Diaper should be snug, but you should be able to fit two fingers between diaper and waist. If umbilical stump is still there, fold front of diaper down.
14. Dispose of dirty diaper (methods vary).