

SaturDATE
WITH
ARIF

(Achieving Resilient & Inspiring Families)

& Masjid
AL-ISTIGHFAR

present

Post-Natal
life.

What must husbands know?



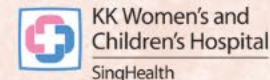
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Troubleshooting Newborn Issues - A survival guide

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What we will cover today

1. How to carry and swaddle baby - Live Demo
2. How much milk should my baby drink?
3. What is normal for baby poop?
4. Why does my baby cry so much?
5. Should I sun my baby to prevent jaundice?
6. How do I clean the umbilical cord?
7. Must I bring my baby to hospital when there's a fever?
8. What is safe sleep for babies?
9. How can I travel safely with my baby?
10. Q&A

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Swaddling

A baby is shown swaddled in a yellow blanket. The baby's legs are held straight out and pressed against the baby's body, which is an incorrect and potentially harmful swaddling technique.

Incorrect ✗

A baby is shown swaddled in a yellow blanket. The baby's legs are bent at the knees and held out to the sides, away from the baby's body, which is the correct and safe swaddling technique.

Correct ✓

- Swaddling should be snug around chest but loose at hips and knees to avoid worsening any *hip dysplasia*
 - High risk of death if a swaddled baby rolls to the prone position.
 - When an infant exhibits signs of attempting to roll, **swaddling should no longer be done**
-

Breastfeeding

WHO recommends **exclusive breastfeeding for the first 6 months**, followed by **complementary food with breastfeeding until 2 years and older**



“Mothers may breastfeed their children for two complete years for whoever who wishes to complete the nursing (period)”

Surah Al-Baqarah 1:233

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KK Women's and
Children's Hospital
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Majlis Ugama Islam Singapura
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TEMASEK
FOUNDATION

Fathers' role in breastfeeding and infant sleep is key, study finds



By Jackie Wattles, CNN

Updated 10:04 AM EDT, Fri June 16, 2023



New research:
Educating fathers on
breastfeeding and breast milk
increases the rate and continuity
of exclusive breastfeeding

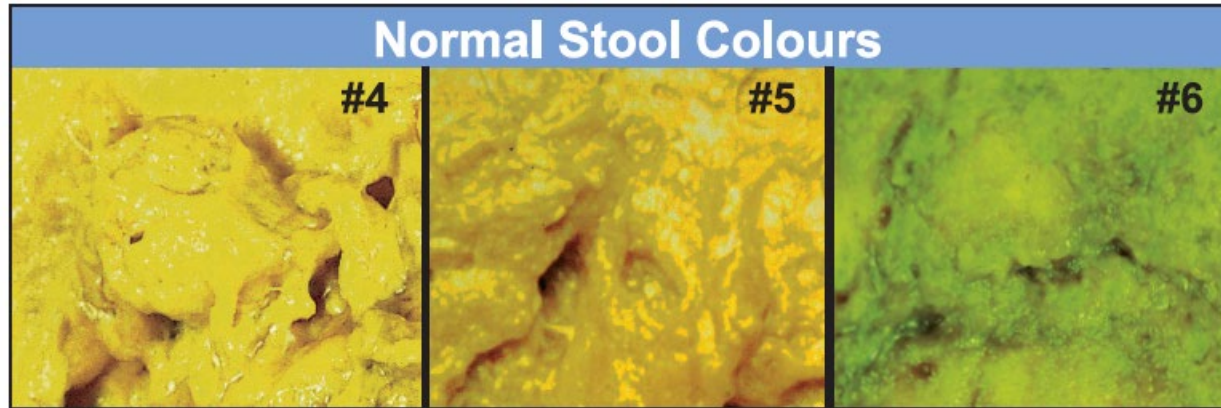
Panahi F et al.,
BMC Health Serv Res. (2022)



“Fathers can play an active role, ensuring mothers have food to eat and a comfortable place to breastfeed, and they can help with other household work to give moms the time and space to breastfeed their child.”



What is normal for baby poop?



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Why is my baby crying?



Try to identify some common causes:

- **Hunger:** Before a baby cries, some hunger cues → sucking fists, turning towards breasts, rooting (making sucking motions with mouth)
- **Soiled diaper, nappy rash**
- **Too hot or too cold:** Baby may appear uncomfortable, jittery, flushed or sweaty.
- **Overstimulation:** Baby is tired but cannot sleep, and is frustrated.
- **Illness:** If baby feels very warm, check the temperature.

Infantile colic: Persistent crying > 3 hours per day, \geq 3 days a week, usually starting around 1 month old

What can I do to soothe my baby?

- **Make sure all of baby's comfort needs are met**
- **Swaddling** - provides newborns with a sense of security and comfort
- **Massage**
- **Change in stimulation** - Dim the lights, go to another room or try taking baby for a ride in the car/stroller.
- **Cuddle or rock**
- **Soothing Sounds**

Avoid leaving baby to “cry it out”.

NEVER shake your baby to make him stop crying!
Shaking can cause internal bleeding and brain damage.



Should I sun my baby to prevent jaundice?

- **Jaundice: Yellowish discolouration** of newborn's skin & eyes
 - Excess pigment (**bilirubin**) circulating in blood that is not cleared from body by "immature" liver
- Most babies don't need treatment – clear by 10-14 days of life
- If tests show high levels of bilirubin in blood, doctors may advise admission for treatment (phototherapy)
- The most serious risk of untreated severe jaundice is brain damage (kernicterus) and resultant cerebral palsy
- **Sunning a baby does not reduce or prevent jaundice**
 - Can cause problems like sunburns or dehydration

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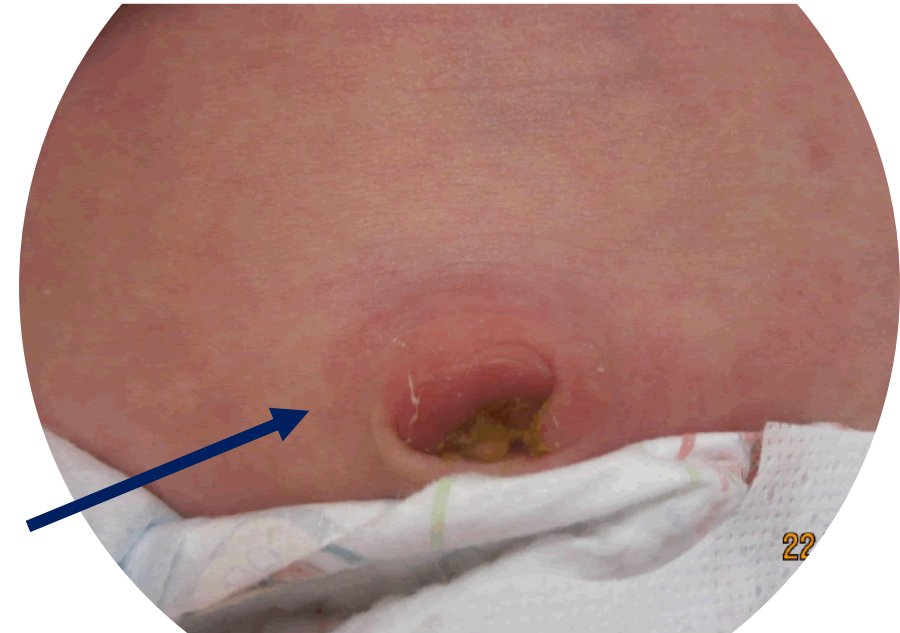
How do I clean the umbilical cord?

Cleanse area regularly with cool boiled water

Anti-septic solutions/cord spirit not required

Cord clamp should be left in place until cord separates

Umbilical cord usually separates from baby 7-10 days after birth



Omphalitis

Must I bring my baby to the hospital when there is a fever?



Measure the axillary (armpit) temperature
in babies < 6 mths old

- Young babies < **3 months old** with fever should be seen by a doctor
- Generally, admission would be advised, especially if **fever is $\geq 38^{\circ}\text{C}$**
- Immune system still “immature” and **serious bacterial infections must be excluded**

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ABCs of Safe Sleep

A

Alone

Not with other people, pillows, blankets, stuffed animals

B

Back

Not on the tummy or sides

C

Crib

Appropriate crib or bassinet
Not on adult bed, sofa or any other soft surface



Appropriate crib/bassinet

- Fixed side rails
- Safe slat distance
- Firm mattress that fits cot snugly
- Tight fitting sheet



**Nothing should be in the crib
(except your baby!)**

Room sharing but NOT bed sharing



- For at least the first 6 months, ideally until 1 year of age
- Can decrease the risk of SIDS by as much as 50%
- Also easier for you to feed, comfort, and watch your baby

Preventing “flat” or asymmetrical head shape:

Special pillows, wedges, head positioners etc. are not recommended for safe sleep

Tummy Time!



**“Back to Sleep. Tummy to Play.
Every time. Everyday.”**





Sarong Cradles

- Strongly discouraged
- Risk of falls and head injuries
- *Shaken baby syndrome* if rocked too vigorously

A bit about Car Safety...

- Ensure appropriate car seat is prepared for baby's journey home from hospital (and beyond)
- Do not take your baby out of the car seat when still on the road, even if he/she is crying. **Safety first!**



**Birth to 2 years –
REAR-facing car seat,
placed in the backseat**



**No obstructions,
seat belt well-fitted**

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