



WHY DO YOU NEED FOLLOW-UP VISITS?

- We need to keep track of your baby's development and physical/ medical wellbeing.
- To help the doctor assess of growth & development.
- Early diagnosis and management of illness.
- Create awareness on rising health issues.



PLEASE SCAN FOR THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
 Dental Centre • Dermatology • ENT • General Surgery • Insurance
 Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
 Obstetrics & Gynaecology • Orthopedics • Patient Affairs



TAKING CARE OF YOUR NEWBORN



Digital Version



Congratulations on your new baby! Your bundle of joy is here, and we know you are all excited. And yes, we also understand the fact that as new parents, you may have a lot of queries and concerns pertaining to your baby's health and wellbeing.

TAKING CARE OF YOUR NEWBORN: HERE'S WHAT YOU NEED TO KNOW

BREAST FEEDING IS THE BEST

- Breast milk is the best food you can give to your baby. Make sure you give your baby only breast milk (exclusive, on demand feeding- day and night) for the first six months.



- Breast provides ideal nutrition for your baby and contains antibodies that fight viral and bacterial infections.
- Make sure you supplement breast milk with other food only after the first six months, unless instructed otherwise by the doctor.
- Breast-feed your baby till 2 years of

age or beyond; the benefits last for many years.

- Babies do not understand the sleep-wake cycle; you can help set the rhythm by adjusting the noise levels and lights accordingly.
- Make sure you burp the baby after every feed to reduce the occurrence of colic pain.

KEEP YOUR BABY WARM & COMFORTABLE

- Your newborn needs to be kept warm and cosy, especially to ensure proper weight gain.
- Put on a soft, clean, dry dress; wrap gently in soft, clean blanket/ cloth; cover the head with a cap; put on socks and mittens.
- Keep the room warm and cover your baby with a warm blanket- or just hold the baby's skin against yours.
- Don't over-wrap or use too many layers of cloth as too much of warmth can lead to increase in body temperature.

CORD CARE



- Always keep the umbilical stump dry and clean. Dry the area around the stump gently with a clean towel after washing/ bathing.
- There's no need to apply any ointment or powder.
- Tie the diaper under the stump to allow

it to heal faster.

- Always wash your hands before and after cord care.

THE SAFE WAY TO CLIP NAILS



- Your baby's fingers and toes are very tender; make sure you clip the nails gently and carefully.
- Use a safe baby nail clipper.
- Clip the nails gently while your baby is asleep.
- Keep a gentle but firm hold on the baby's hand while you clip the nails.
- Cut fingernails along the curve of the finger.
- Cut toenails straight across.
- Don't cut too close to the skin to avoid nicks.
- You can use mittens to cover your baby's fingers- this will prevent scratches.

EYE, EAR & NOSE CARE

- To clean your baby's eyes, use a clean cotton ball/ pad soaked in clean, warm water.
- Clean the corners of the eye and wipe gently from the inside corner to the outside.
- Use a fresh cotton pad for the other eye.
- You don't need to clean the nose and ears unless there's something sticking on the skin and needs to be wiped off.

- If you notice that your baby has nose block that disturbs feeding or sleep/ difficulty in breathing, please seek medical advice.

GENITAL CARE

- Make sure you keep your baby's genital area clean and dry.
- Use soft cotton nappies more as frequent use of diapers may lead to rashes.
- Change the nappy immediately if soiled.
- Wash thoroughly with water after passing urine/ stool.
- Dry well with a soft, clean cloth.
- Avoid perfumed and alcohol wipes.
- While travelling, make periodic checks to see if the nappy is wet.
- Change the nappy at regular intervals.
- Give your baby some nappy-free time to allow the skin to breathe and prevent nappy rash.
- Wash your baby's cloth separately with a mild detergent.

GENTLE CARE FOR YOUR BABY'S SKIN



Your baby's skin is extremely delicate; please make sure you get good care of it.

- Do not give baths until the umbilical stump is dry and falls off.
- You may give sponge bath to other areas and not to wet the cord till it falls.
- Use a mild, dermatologically certified soap to bathe the baby.

- Do not apply oil till one month of age.
- Do not rub oil into the skin roughly.
- Do not use cosmetic creams/ powders/ oils; use only if directed by the doctor.
- Wrap up well and breast feed.

TRADITIONAL PRACTICES YOU SHOULD AVOID

- Alternative medicines must be avoided completely.
- No pre-lacteal feeds should be given.
- Don't give water/ honey/ gripe water etc. to babies, especially those below 6 months of age.

WHEN DO YOU NEED TO SEEK MEDICAL HELP?



- You should get expert medical consultation without delay if you notice the following symptoms/ anything abnormal:
 - Does not eat well.
 - Decrease in activity levels.
 - Faster breathing.
 - Yellowish discoloration of the skin.
 - Abnormal movements.
 - Fever.
 - Foul smelling umbilicus/ redness around the umbilicus.
 - Skin pustules.
 - Bleeding from the umbilical stump.