

Newborn Teaching and Anticipatory Guidance

Instructor: Janet Mendis, MSN, RNC-NIC, CNS

Outline: Janet Mendis, MSN, RNC-NIC, CNS

Summer Morgan, MSN, RNC, CPNP

• UC San Diego Health System •



Goals

- ✦ Teach parents how to provide safe daily physical care for their infants
- ✦ Help parents provide a safe environment for their babies
- ✦ Acquaint parents with developmental tasks for their infants
- ✦ Assist parents to increase their self-confidence while improving their knowledge and skill of infant care.

Parent Assessment

- ✦ Readiness to learn
 - ✦ Pain
 - ✦ Fear and worry
 - ✦ Exhaustion
 - ✦ Acceptance of child
- ✦ Current knowledge
- ✦ How does the parent / family prefer to learn?
 - ✦ Methods of teaching
 - ✦ Language
 - ✦ Family participation
- ✦ What does the family need to know?

Teaching Methods

- Demonstration and return demonstration
- Discussion
- Role modeling
- Videos
- Written materials



*Consistent Information

Environment of Learning

- ✦ Non-threatening
 - ✦ Who should be in the room
 - ✦ How should information be shared
- ✦ Comfortable setting
 - ✦ Timing
 - ✦ Location
- ✦ Culturally and linguistically acceptable

Infant Care Topics

- Positioning and handling
 - Awake and sleeping
 - Car seats
- Bathing and Hygiene
 - Frequency
 - Procedure
 - Soaps and lotions
- Elimination
 - Bowel and bladder norms

Infant Care Topics

✦ Feeding

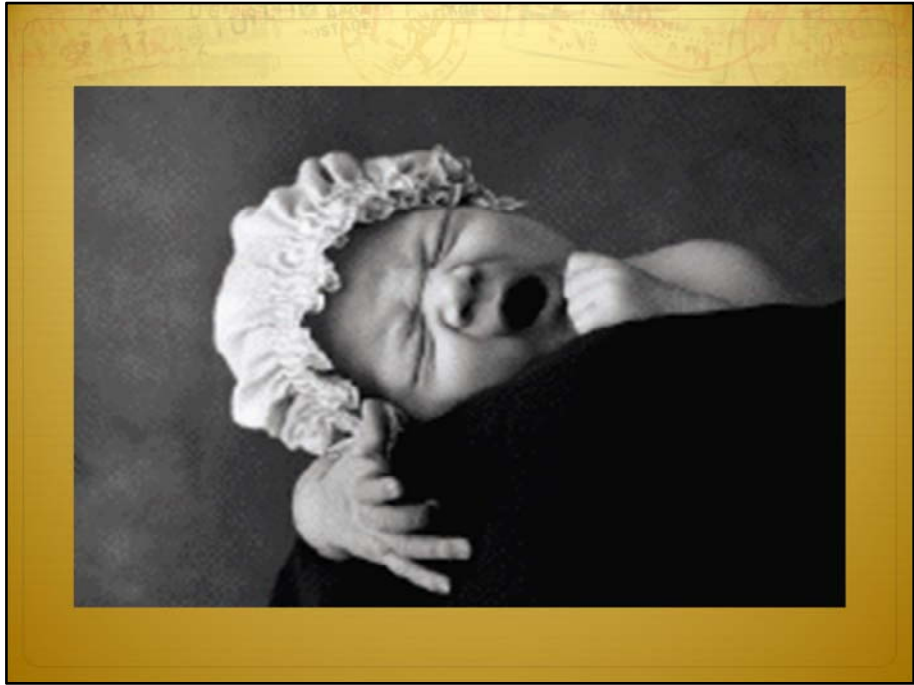
- ✦ Breastfeeding Support
- ✦ Alternate feeding options
- ✦ Safety concerns
- ✦ Pacifiers and non-nutritive sucking
- ✦ Assessing signs of dehydration



Infant Care Topics

- ✦ Sleep and Activity
 - ✦ Behavior states
 - ✦ Deep sleep
 - ✦ Active sleep
 - ✦ Drowsiness
 - ✦ Quiet Alert
 - ✦ Active Alert
 - ✦ Crying
 - ✦ Comfort
- ✦ Monitoring infants temperature





When to Call the Doctor

- ✦ Temperature (< 97.4 or > 100.5° F)
- ✦ Vomiting
- ✦ Frequent, watery, loose stools
- ✦ Redness or discharge from umbilicus
- ✦ Irritability or inconsolability
- ✦ Lethargy
- ✦ Change in color
- ✦ Difficulty breathing
- ✦ Difficulty feeding



Safety Issues

- ✦ Use of bulb syringe
- ✦ SIDS/Sleeping positions
- ✦ Car seats
- ✦ Child proofing the home and nursery
- ✦ Fall prevention
- ✦ Bath safety
- ✦ Toys and pets
- ✦ CPR
- ✦ Anger management (shaking)
- ✦ Immunizations and well-baby check ups

Sudden Infant Death Syndrome (SIDS)

✦ Risk factors:

- ✦ Prone sleeping position
- ✦ Sleeping on soft surfaces
- ✦ Maternal smoking during pregnancy
- ✦ Overheating
- ✦ Young maternal age
- ✦ Late or no prenatal care
- ✦ Prematurity & low birth weight
- ✦ Male sex



Physical and Developmental Tasks

- Sensory Development
 - Auditory, smell, touch, taste, visual
- Physical Development
 - Weight gain
 - Gross motor skills
 - Fine motor skills
- Behavioral Development



Community Resources

- ✦ Hospital based
 - ✦ Infant follow-up clinic
 - ✦ Lactation Support
- ✦ Community based
 - ✦ Parenting classes
- ✦ Church based
- ✦ Healthcare Provider

