

Newborn Teaching and Anticipatory Guidance

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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


