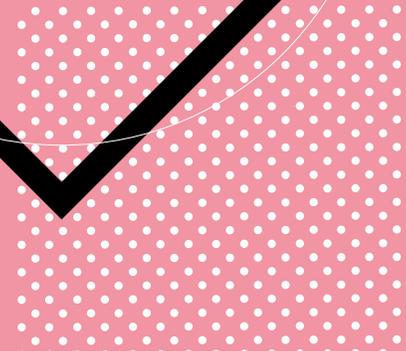
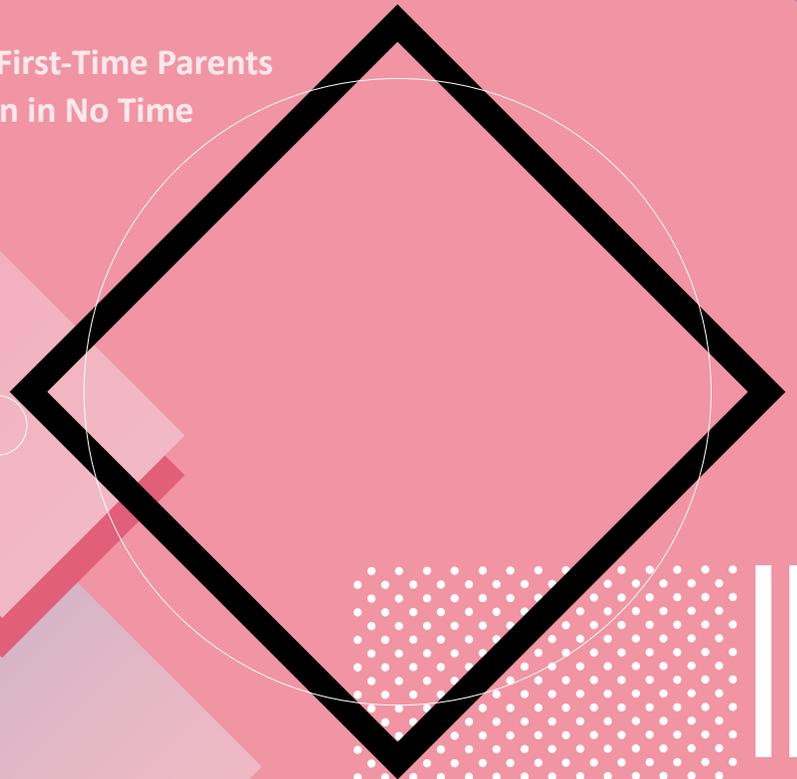




Information Sheet for First Time Parents



These Tips Can Help Even the Most Nervous First-Time Parents to Feel Confident About Caring for a Newborn in No Time



Getting Help After the Birth

While in the hospital, talk to the experts around you. IN AL-Adan Hospital there are Dietitians and lactation consultants who can help you get started Breast feeding or else. Nurses also are a great resource to show you how to hold, burp, change, and care for your baby.

Relatives and friends often want to help too. Even if you disagree on certain things, don't dismiss their experience. But if you don't feel up to having guests or you have other concerns, don't feel guilty about placing restrictions on visitors.

Handling a Newborn

Wash your hands (or use a hand sanitizer) before handling your baby. Newborns don't have a strong immune system yet, so they're at risk for infection. Make sure that everyone who handles your baby has clean hands.

Support your baby's head and neck. Cradle the head when carrying your baby and support the head when carrying the baby upright or when you lay your baby down.

Never shake your newborn, whether in play or in frustration. Shaking can cause bleeding in the brain and even death. If you need to wake your infant, don't do it by shaking - instead, tickle your baby's feet or blow gently on a cheek.

Make sure your baby is securely fastened into the carrier, stroller or car seat. Limit any activity that could be too rough or bouncy.

Remember that your newborn is not ready for rough play, such as being jiggled on the knee or thrown in the air.

Bonding and Soothing

For infants, the attachment contributes to their emotional growth, which also affects their development in other areas, such as physical growth. Children thrive from having a parent or other adult in their life who loves them unconditionally.

Begin bonding by cradling your baby and gently stroking him or her in different patterns. Both you and your partner can also take the opportunity to be "skin-to-skin," holding your newborn against your own skin while feeding or cradling.

Babies, especially premature babies and those with medical problems, may respond to infant massage. Certain types of massage may enhance bonding and help with infant growth and development. Many books and videos cover infant. Be careful, however – babies are not as strong as adults, so massage your baby gently.

Babies usually love vocal sounds, such as talking, babbling, singing, and cooing. If your little one is being fussy, try singing, reciting poetry and nursery rhymes, or reading aloud as you sway or rock your baby gently in a chair.

Some babies can be unusually sensitive to touch, light, or sound, and might startle and cry easily, sleep less than expected, or turn their faces away when someone speaks or sings to them. If that's the case with your baby, keep noise and light levels low to moderate.

Swaddling

which works well for some babies during their first few weeks, is another soothing technique first-time parents should learn.

Proper swaddling keeps a baby's arms close to the body while allowing for some movement of the legs.

Not only does swaddling keep a baby warm, but it seems to give most newborns a sense of security and comfort. Swaddling also may help limit the startle reflex, which can wake a baby.



Here's how to swaddle a baby:

*Spread out the receiving blanket, with one corner folded over slightly.



*Lay the baby face-up on the blanket with his or her head above the folded corner.



*Wrap the left corner over the body and tuck it beneath the back of the baby, going under the right arm.



*Bring the bottom corner up over the baby's feet and pull it toward the head, folding the fabric down if it gets close to the face.



*Wrap the right corner around the baby, and tuck it under the baby's back on the left side, leaving only the neck and head exposed. To make sure your baby is not wrapped too tightly, make sure you can slip a hand between the blanket and your baby's chest, which will allow comfortable breathing. Make sure, however, that the blanket is not so loose that it could become undone.



*Be sure not to wrap too tightly around the hips. Hips and knees should be slightly bent and turned out. Wrapping your baby too tightly may increase the chance of hip dysplasia.

*Babies should not be swaddled after they're 2 months old. At this age, some babies can roll over while swaddled, which increases their risk of sudden infant death syndrome (SIDS).

Diapering

Your baby will dirty diapers about 10 times a day, or about 70 times a week.

*Before diapering your baby, make sure you have all supplies within reach so you won't have to leave your infant unattended on the changing table. You'll need:

**a clean diaper

**diaper cream

**diaper wipes (or a container of warm water and a clean washcloth or cotton balls)

After each bowel movement or if the diaper is wet, lay your baby on his or her back and remove the dirty diaper. Use the water, cotton balls, and washcloth or the wipes to gently wipe your baby's genital area clean. When removing a boy's diaper, do so carefully because exposure to the air may make him urinate. When wiping a girl, wipe her bottom from front to back to avoid a urinary tract infection. To prevent or heal a rash, apply ointment. Always remember to wash your hands thoroughly after changing a diaper.

Diaper rash:

is a common concern. Typically the rash is red and bumpy and will go away in a few days with warm baths, some diaper cream, and a little time out of the diaper. Most rashes happen because the baby's skin is sensitive and becomes irritated by the wet or poopy diaper.

To prevent or heal diaper rash, try these tips:

*Change your baby's diaper often, and as soon as possible after bowel movements.

*Gently clean the area with mild soap and water (wipes sometimes can be irritating), then apply a very thick layer of diaper rash or "barrier" cream. Creams with zinc oxide are preferred because they form a barrier against moisture.

*If you use cloth diapers, wash them in dye- and fragrance-free detergents.

*Let the baby go undiapered for part of the day. This gives the skin a chance to air out.

*If the diaper rash continues for more than 3 days or seems to be getting worse, seek a medical advice please - it may be caused by a fungal infection that requires a prescription.