



# Early Moments

The first minutes, hours and days of a new infant's life are crucial to overall health, well-being and parental attachment. Meeting the physical and emotional needs of an infant and family are the most important part of the postpartum period.

## References:

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Rubin, R. (1984). *Maternal identity and maternal experience*. New York: Springer. The Period of PURPLE Crying. Accessed online October 12, 2017. <http://purplecrying.info/>

Vik, T. et al. (2009). Infantile colic, prolonged crying and maternal postnatal depression. *Acta Paediatrica*, 98(8); 1344-1348.

## Additional Resources for Newborn Care:

First Five California Activities for Healthy Child Development: <http://www.first5california.com/>

KidsHealth by Nemours: A Guide for First Time Parents <http://kidshealth.org/en/parents/guide-parents.html>

March of Dimes Health Topics: Baby - <https://www.marchofdimes.org/>

Medline Plus: Infant and Newborn Care - <https://medlineplus.gov/infantandnewborncare.html>

NANN Baby Steps to Home - <http://babystepstohome.com/>

Safe Kids Worldwide Infant and Child Safety, including Car Seat Safety: <https://www.safekids.org/>

Zero to Three: Early Development & Well-Being - <https://www.zerotothree.org/early-development>

# Newborn Early Moments:



## **Warmth** *Body temperature influences oxygen consumption, metabolic rate and blood sugar levels.*

- Immediately after birth, dry the stable infant with warm blankets and place skin to skin with the mother.
- A preheated radiant warmer should be available in the event of newborn resuscitation.
- Ensure the infant is wearing a hat.
- Ambient temperature in newborn care areas should be 72-78 F.



## **Feeding** *Nutrition is essential to growth, hydration and preventing common newborn conditions such as jaundice.*

- Kangaroo Mother Care and frequent breast stimulation help establish feeding patterns and build confidence.
- Nurses and Lactation Teams monitor breast feeding techniques, infant feeding ability and growth patterns.
- Glucose gel can be used to treat mild hypoglycemia without interfering with breastfeeding.



## **Calming** *Successful feeding, bonding and attachment are highly influenced by an infant's behavioral state.*

- Containment is a simple way to increase behavioral state organization in the newborn.
- Proper containment involves bringing the infant's arms to midline, flexing the hips and tucking the legs in toward the abdomen. This mirrors intrauterine positioning, which is familiar and comforting.
- Demonstrating proper containment to parents is a key nursing intervention.



## **Skin Care** *Newborn skin protects against insensible water loss, bacterial invasion, and absorption of chemicals.*

The Association of Women's Health, Obstetrical and Neonatal Nurses (AWHONN, 2013) recommends:

- Use of a mild baby wash with a neutral or mildly acidic pH
- Bathing by rinsing or immersion rather than rubbing
- Use of diaper balms with fewer ingredients
- Bathing no more frequently than every other day
- Use of emollients in some populations (e.g., atopic dermatitis) to seal in hydration

# Attachment and Bonding



## **Physical Touch** *The root of maternal/infant attachment requires physical contact between parent and child.*

- Holding and physical touch by the mother and father should be encouraged.
- For fathers, attachment to the infant may sometimes not begin until physical acquaintance occurs post-birth.
- Kangaroo Mother Care supports the parent and infant physically and emotionally after birth.
- Infant massage calms the infant while encouraging touch by the mother or father.



## **Face to Face Time** *Strengthening the maternal/infant bond post-birth first involves en face positioning.*

- Post-birth, dry the stable infant with warm blankets, dress in a hat and place en face with the mother skin to skin.
- Kangaroo Mother Care supports breastfeeding, provides warmth and containment and facilitates en face positioning.
- Educate parents as to the visual capabilities of a newborn and encourage face to face time while holding.
- Vocalization and eye contact occur naturally with face to face time and can enhance the parent-infant bond.



## **Connection** *Parents may need help connecting the “infant in the womb” with the “infant in the crib” after birth.*

- Reassure parents of the familiarity of their voices, heartbeats and touch to their new baby.
- To validate the mother’s pregnancy journey, inquire about her experience as well as attributes of the baby that she recognizes.
- Acknowledging infant characteristics such as strong legs can elicit memories of vigorous baby kicks. Noting specific wakeful periods reminds the mother of the infant’s sleep habits in utero.



## **Empowerment** *Parents may consciously or subconsciously seek feedback on parenting behaviors & decisions.*

- Intentional sitting, eye contact and dialogue validate parental concerns.
- Affirm parental physical and emotional skills, such as diaper changing technique or calming abilities.
- Verbally recognizing parental strengths demonstrates open communication and may inspire parents to discuss uneasiness or fears.
- Be mindful of one’s own verbal tone, body language and handling of the infant, as parents may mimic both healthy and unhealthy behaviors when at home.

# DandleLION Cares about Early Moments

Here are ways you can support new babies and their parents with our products:



## Warmth

A hat is recommended at birth as all infants are at risk for hypothermia. The **DandleLION Thermal Hat** keeps heat from escaping with a quiet Polyethylene Liner (DEHP and latex free) encased between two layers of soft yarn.



## Calming

Containment in a flexed, midline position increases behavioral state organization in the newborn.

**DandleWRAP Stretch** can be used to provide calming containment for newborns, including late preterm infants (LPIs) and NAS babies. Phototherapy often precludes traditional swaddling. The **DandleROO Lite** offers comfort during phototherapy while allowing up to 73% of phototherapy to reach the skin. In babies whose bilirubin is too high for any covering, the **Cozy Cub** or **Dandle PAL** can be used to provide containment while allowing full light exposure.

The **DandleLION KISSES**, a 24% sucrose solution that is organic, sterile and preservative-free, is a non-pharmacological strategy for calming babies during routine painful procedures.

## Skin Care

Newborn skin readily absorbs topical products. Using skin care with healthy, organic ingredients is important.

DandleLION is proud to offer organic, pH neutral skin care products including **Bubbly Wash Shampoo** and **Body Cleanser**, **Silky Cream** emollient for moisturizing, **Diaper Balm** for diaper rash, and quick-absorbing **Nurturing Oil** for calming infant massage.

