

Congratulations on the birth of your baby and welcome home!

It can be exciting to be at home with a newborn baby for the first time. This document contains some advice and schedules to support you during this time.

Advice for the mother:

- Take it easy and stay hydrated. Drink a large glass of water at every feeding.
- Wash your hands before and after caring for yourself and the baby.
- Change your postpartum pad after every trip to the toilet. It's normal for your pad to be filled with blood every 3 hours. In addition to bright red blood, you may also pass clots as large as a fist. You should not have more than two clots of this size. If you feel like you're losing more blood than this, contact your midwife.
- Urinate before every feeding. Rinsing with lukewarm water during and after urination can relieve discomfort. If you can't urinate, contact your midwife.
- Stitches can be painful or sensitive. An ice pack can provide relief, but never place it directly on the skin. Use a washcloth to wrap the ice pack before applying it to the skin.
- If you have painful afterpains or discomfort from stitches, you can take 2 tablets of 500mg paracetamol every 6 hours.
- Try to get some rest during the first few days, even during the day between feedings.
- Measure your temperature every day, preferably rectally. If it's $>38^{\circ}\text{C}$, contact your midwife.

Advice for the baby:

Temperature:

- Measure the baby's temperature at every diaper change. The baby's temperature should be between 36.5°C and 37.5°C .
If the temperature is:
 - 36.5°C or lower: Warm up your baby through skin-to-skin contact, covered with (woolen) blankets and a hat, or use 2 hot water bottles and put on a hat. Measure the temperature again after an hour. If it's still too low, contact your midwife.
 - 36.6°C – 37°C : Use 1 hot water bottle and a hat.
 - 37.1°C – 37.5°C : No hot water bottle, no hat.
 - 37.5°C or higher: Remove the heat source and measure the temperature again after an hour. If it's still too high, contact your midwife.
- Place your baby on their side and turn on the thermometer. Gently insert the entire silver-colored tip of the thermometer into your baby's anus and a little further. Wait until the thermometer finishes measuring and record the temperature in the chart below.
- Weigh the baby every day. Choose a specific time of day and undress the baby completely. If you don't have a maternity nurse, it's important to rent a scale for this purpose. Also, report the baby's weight to the midwife every day.

How to prepare a hot water bottle:

Place the metal hot water bottle in the sink and fill it until it overflows with boiled water. Tighten the cap securely. Be cautious: it's hot! Roll the hot water bottle back and forth on a tea towel and check for leaks. Place the hot water bottle on top of the blanket, a hand's width away from your baby. This ensures that the baby cannot come into contact with the hot water bottle. Cover it with a blanket so that the heat stays in the crib.

Feedings:

- In the first 24 hours, a baby still has enough reserves from the womb, so feeding is often not necessary. However, it's essential to start offering breastfeeding or formula feeding.
- If you're breastfeeding, feed on demand, and nurse your baby at least every 2 to 3 hours, as this promotes milk production. If latching is difficult, try stimulating your breasts with your hand. If you think there's insufficient milk production, consult your midwife.
- If you're formula feeding, also feed on demand and provide 10 ml on the first day. On the second day, give 20 ml per feeding, and so on. Follow the instructions on the packaging to prepare the formula. Drop a few drops of milk on the inside of your wrist and check if the temperature is not too hot.
- After each feeding, try to burp the baby by holding them upright on your shoulder and gently patting or rubbing their back.
- Your baby may feel queasy due to the birth. Sometimes they may vomit (rust-colored) mucus. This is normal. You can hold the baby upright or place them on their side so they can expel the mucus more easily. A queasy baby may have less appetite, which is not a problem, but keep trying to offer them feeds regularly.

Making the baby's bed:

- Always place your baby in their own crib, on their back, and turn their head to the side to prevent choking. Making the crib short means:
 - The baby's feet are close to the foot end.
 - The sheets reach the baby's shoulders, and the head is free.
- Ensure the room temperature is between 18°C and 20°C. We recommend placing the crib in your room. Do not open windows or use a fan/air conditioner when the baby is in the room.

Changing diapers:

- Change the diaper at every feeding. If a diaper has stayed clean, it doesn't necessarily need to be changed.
- You can tell if a baby has urinated when the yellow stripe on the diaper turns blue. Initially, the urine can be concentrated (dark yellow), but it becomes clearer later. Sometimes, you may also see small orange/red spots in the diaper. These are urates and are normal in the first few days. Girls may have a small amount of vaginal bleeding in the first few days; this is called pseudomenstruation and is not a cause for concern.
- A baby's poop can change color during the first week. It starts as black, then turns green, brown, and later mustard yellow. The color of the poop provides information about how well the baby is feeding. Therefore, also note the color of the poop.
- Change the diaper at every feeding and keep track of the diapers in the table below. Also write down how much or how well your baby has eaten. Attached are some schedules for the first few days.

