

SLEEPING TEMPERATURES



BABY TEMPERATURE

Place the thermometer in the groin, held with against baby's body for around 25 seconds.
36°C (96°F) Normal temperature
38°C (100.4°F) High temperature (seek medical attention)

Signs of a fever
 Irritability, lack of interest
 Sweaty or clammy
 Flushed cheeks

Signs that baby is too hot
 Crying, fuss
 Sweating
 Sunken fontanelle or forehead
 Flushed cheeks
 Rapid breathing
 Heat rash

IDENTIFYING WARNING SIGNS
Crying - Cries or cry, cough, make noise or breathe

Abnormal Breathing - May develop a rash, lethargic or swelling on hands, feet or face. Breathing may slow down. May also vomit or have diarrhoea.

Head Heat - Baby may experience pain or a headache. There may be a bump on their head and they may look pale.

HAPPY BATH TREATMENT

Change water
 Change water regularly.
 Use clean water.
 Wipe from front to back.

Use baby oil or natural oils (such as coconut) after the bath to keep the skin soft and hydrated.
 Avoid bubble baths & soaps.
 Bath water should be warm.

SURFING AND WINDING

It is important to burp babies during or after feeds.

Crying, wetted back and drawing legs up are the warning signs of trapped gas.

Over the shoulder
 Hold baby upright over their head, holding on over shoulder. The baby's feet will rest on your hand.

Getting on your hip
 Sit baby on your hip, supporting the arm and chest with one hand. Gently pat their back with your other hand.

Car seat
 Car seat should always be a gentle pat.

Treatment with back-patting back up from baby's navel after feeding for 15 minutes.

Don't massage tummy of trapped gas?
 Use baby oil then back and gently massage the tummy or rub baby's legs back and forth, then change a nappy.

CRIES & CRIES

Crying face
 Tucking of hands, tongue or feet
 Mouth opening and closing
 Wincing, turning head
 Flailing
 Moving head backwards
 Crying like adult

Contentment crying
 Tears
 Eye-closing
 Eye-blink

Other Cries
 Wail (cuddles)
 Cries or wails (abandoned)
 Toss feet or wail
 Head wincing
 Head-changing
 Grimace

Preventing something to look at or an object baby's hand into and take their stomach.

Calm Your Crying Baby
 To stop crying, hold baby in cradle or car. Hold baby in cradle.

Holding Your Baby
 To gain better control over baby's head and neck, hold your other hand under baby's bottom, supporting baby's chest to your chest.

BATHING BABY

Babies only need a bath 2 to 3 times per week.
 Dip your elbow into the water to test it. Bathwater feel warm, not hot but.
A bath thermometer should show 37°C (98.6°F)

1. Lay out everything you will need next to the bath.
2. Fill bath with 8-10cm of water (2-4 inches).
3. Lower baby gently into bath.
4. Clean baby's face with a washcloth or cotton pad.
5. Wash baby's body with your hand or a washcloth.
6. Wash baby thoroughly with clean water, removing any soap suds. Rinse with clean water over baby regularly so they do not feel cold.
7. Carefully wring out of the tub.
8. Immediately wrap baby in a towel or blanket and pat dry.

You will need
 Baby bath
 Soft hooded towel
 Wash cloth or cotton pads
 Bag for soapy water
 A gentle baby wash (optional)
 Clean disinfectant
 Changing mat
 Change of clothes

Pay attention to the warning and signs of baby's skin when feet are really get tinged



Newborn BABY CARE GUIDE

New Born Baby Care Guide

DP Hallahan



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klettereuropameisterschaft 2020 infos und live stream - Nov 22 2022

web apr 28 2019 bei den olympischen spielen 2020 in tokiyo werden erstmals kletterer dabei sein doch diese entscheidung hat in der scene nicht nur begeisterung hervorgerufen