

# MOTHER AND BABY CARE ON FIR SQUARE

SUPPORT AND TEACHING TOPICS	TEACHING BY RN/IDP (DATE & INITIALS)	COMMENTS
<p><b><u>SELF CARE</u></b></p> <ul style="list-style-type: none"> <li>• Getting enough rest/sleep</li> <li>• Waking up for feeds</li> <li>• Use of Sedatives</li> <li>• Healthy eating</li> <li>• What to do when feeling overwhelmed</li> <li>• When and how to ask for help</li> </ul>		
<p><b><u>BABY CARE</u></b></p> <ul style="list-style-type: none"> <li>• Baby bath</li> <li>• Skin and nail care</li> <li>• Diaper change/cord care</li> <li>• Giving medications</li> <li>• Baby clothes and supplies</li> </ul> <p>Baby Feeding:</p> <ul style="list-style-type: none"> <li>• Safe feeding practices</li> <li>• Knowing when your baby is eating enough</li> <li>• Signs of dehydration</li> <li>• Breastfeeding</li> <li>• Pumping and storing breast milk</li> <li>• Preparing formula</li> </ul> <p>Comforting Baby:</p> <ul style="list-style-type: none"> <li>• Baby cues</li> <li>• Withdrawal symptoms</li> <li>• Swaddling, vertical rocking, baths</li> <li>• Self soothing behaviors</li> </ul>		
<p><b><u>Safety and Health</u></b></p> <ul style="list-style-type: none"> <li>• Safe sleeping guidelines</li> <li>• Positioning for sleep</li> <li>• Knowing when your baby is sick</li> <li>• Emergency phone numbers</li> <li>• Community resources</li> <li>• Immunizations</li> <li>• Doctor appointments</li> </ul>		

To be completed with parents/caregivers/foster parents prior to baby discharge.