



Keeping the Newborn Warm

A newborn baby needs to be kept warm. A baby whose temperature is below normal is said to be suffering from hypothermia.

A baby with hypothermia finds it difficult to suckle at the mother's breast and is not able to feed properly. Such a baby also has a higher risk of infections. In some cases, hypothermia may also lead to death.

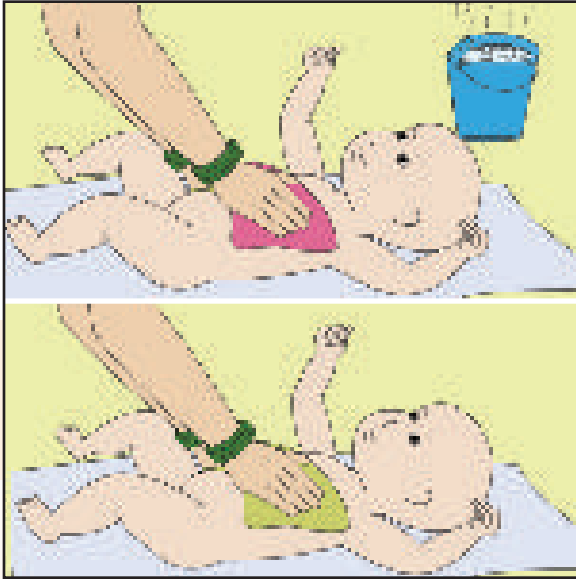
The first sign of hypothermia is cold feet. Then the whole body becomes cold. By checking the baby's temperature you can find out if she is suffering from hypothermia.

This book tells you how to prevent hypothermia. It also tells you what to do if a baby's temperature falls below normal. There is also information on what to do if the temperature becomes too high.



The delivery room should be comfortably warm (warm enough for adults).





The baby should be dried immediately after delivery. First clean the baby with a soft, moist cloth; then wipe gently with a soft, dry cloth.



The baby's head should be covered with a cap, since a lot of heat could be lost through the baby's head.





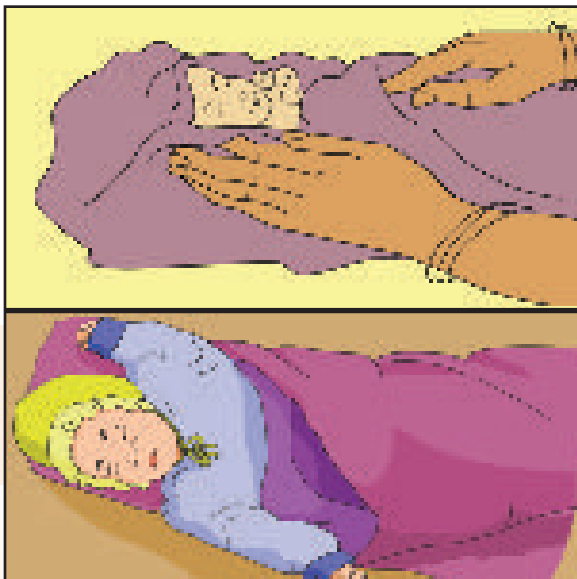
The skin-to-skin contact method helps to keep a newborn warm.





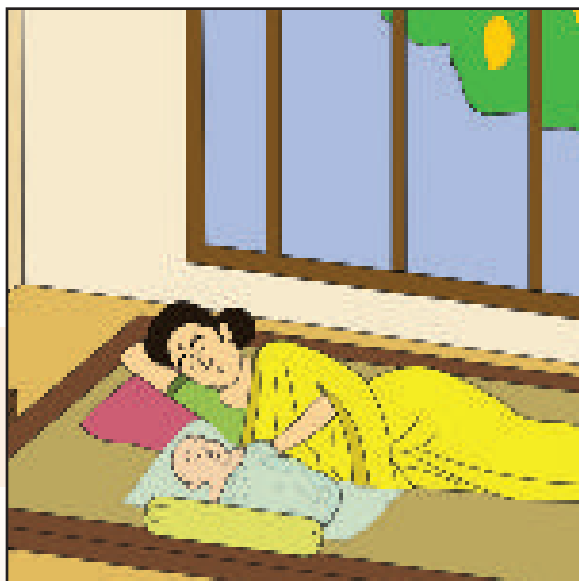
The mother should breastfeed the baby often.





The baby should be clothed and wrapped in a clean cloth. Woollen clothing may be necessary in cold weather.





If the weather (or the room) is very warm, make sure the baby is not wrapped or covered too heavily.



Re-warming a Cold Baby

If a baby's temperature falls below 97 degree F (36.1 degree C), the following steps will help to increase temperature.





- Increase the room temperature (by closing windows if there is a chill air blowing in or by lighting a fire with some ventilation maintained).
- Make sure that the baby's clothes and blankets are not wet or cold.



Warm a piece of thick cloth. Make sure the cloth is not too hot. Then place the baby in skin-to-skin contact with the mother, and place this warm cloth on the baby's back. When the cloth cools, replace it with another warm cloth. Keep doing this until the temperature rises.



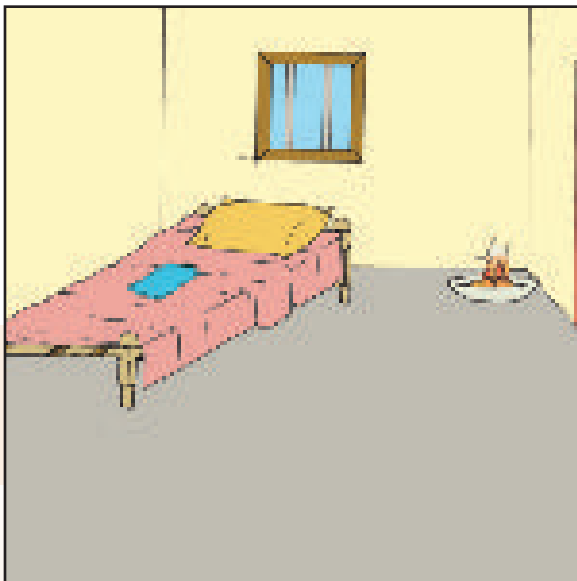


Dress the baby. Put the baby in a warm bag. Keep the baby close to the mother.



Follow the same steps if the baby is too cold (temperature is below 95 degree F or 35 degree C). In addition also take the following steps to increase temperature.





A baby in a hospital can be taken to the newborn corner which has some heating arrangements.

At home, warm a bed using hot water bottles or a warm stone. Remove these articles when the bed is warm enough. Then put the baby on this warm bed.



