

Congratulations!

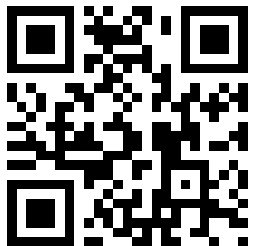
1st night @home

Instructions

We take care of you!

On the next page you will find the most important instructions for getting you through the 1st night.

(Click on the arrow)



Important: More information? Check your account at Babybalance.

Scan or click the QR-code for website Babybalance!



(You received details of your account by registration.)



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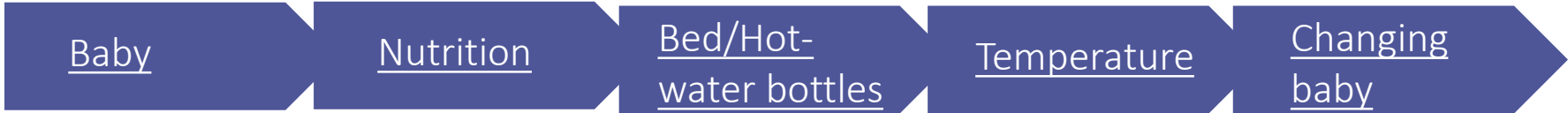




 [Start](#)

Instructions – 1st night

Always call your midwife if you have any questions which can't wait until next morning!



[Mother](#)

[Baby](#)



Click on the relevant topic in the bar above for more information and advice.





Instructions – 1st night

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Mother

Baby

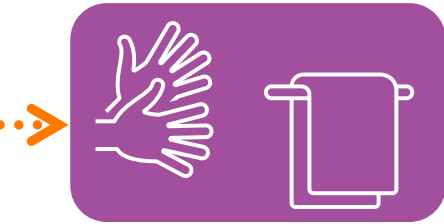
Nutrition

Bed/Hot-water bottles

Temperature

Changing baby

Wash your hands before every feeding moment and after every diaper change.





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Breastfeeding

- Initiate breastfeeding every 2 à 3 hours.
- Apply alternately (left/right) to the breast. You will start with the breast you finished with for the next feeding.
- Breastfeeding must not hurt! If so, then the baby doesn't have the nipple properly in their mouth.



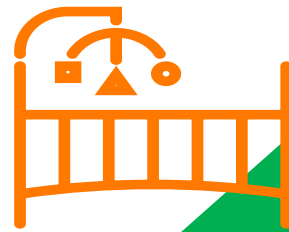
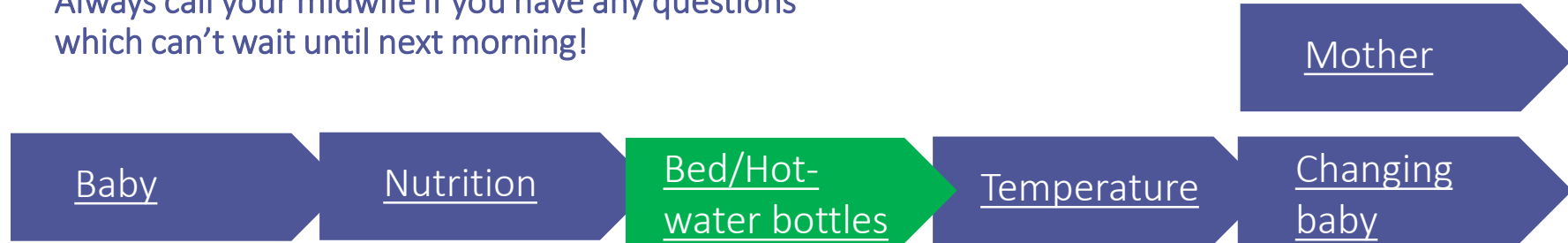
Formula

- 1 leveled scoop of formula (powder) of 30 cc lukewarm water ($\pm 37^{\circ}\text{C}$).
- Measure water into the bottle.
- Heat water in the microwave or mix boiled water with cold water.
- Make sure the nutrition in the bottle isn't too hot. Check this by dripping a drop of nutrition on the inside of your wrist.
- The baby may drink 10 to 20 cc every 3 hours.



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Bed

- Never put a (waterproof) protection cover in the bed of the baby.
- Remove Aerosleep (topper) from the bed as long as hot-water bottles are used.
- Use a sheet and a blanket for making the bed.
- Cover the bed briefly: baby's feet just barely touch the back of the bed, hydrophilic diaper under baby's head, once folded blanket that reaches the chin.
- Baby lies on back in bed, turn baby's head after every feeding.



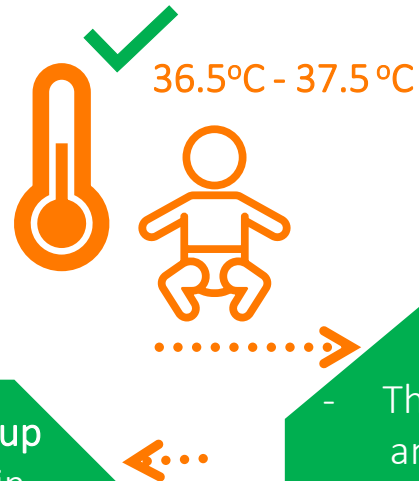
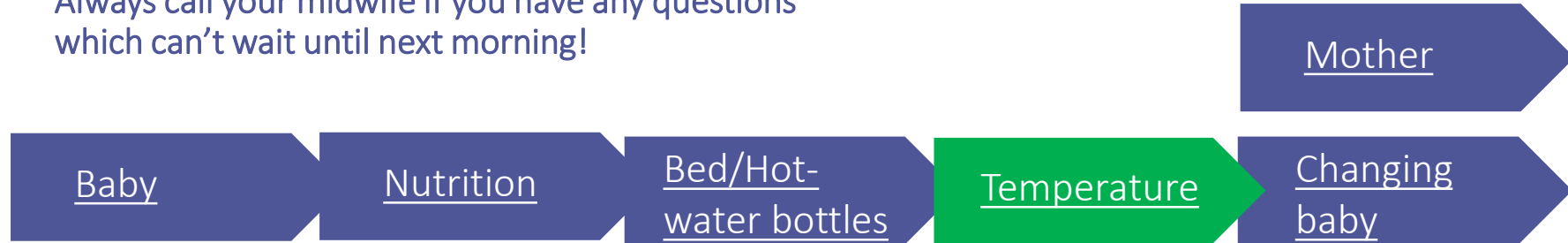
Hot-water bottles
Never fill a hot-water bottle with boiling water without supervision of a professional.

Check instructions on **Babybalance**.
(Scan or click on the QR-code above.)



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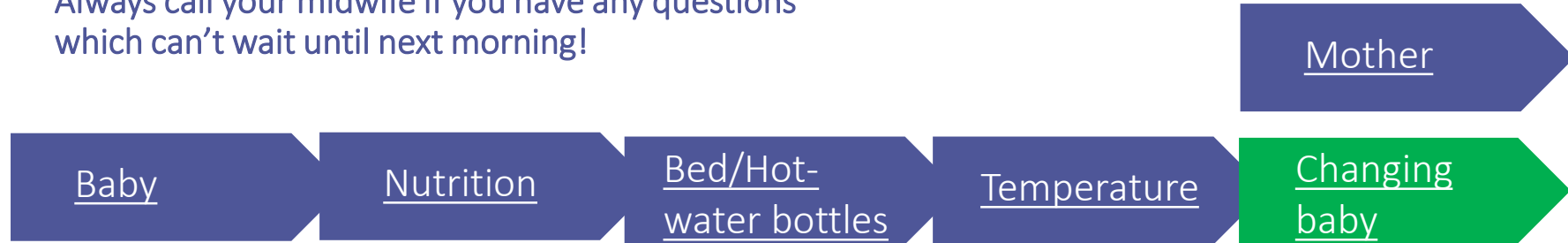
Possibly: Warming up the baby skin to skin. Undress the baby, leave diaper and baby's hat on. Place the baby bare on the bare upper body of one of the parents, place a duvet or blanket over the baby.

- The correct temperature of the baby is between 36.5°C and 37.5 °C.
- Make sure to temperature the baby at every feeding.
 - o Temperature between 36.5 °C and 37.2 °C → put the baby's hat on, make a hot-water bottle and put safely in the bed with the baby.
 - o Temperature above 37.2 °C → keep baby's hat on, remove hot-water bottle from the bed.
 - o Temperature under 36.5 °C or above 37.5 °C → call your midwife!



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Special details by changing diaper:

- Black, 1st, baby's poop is difficult to remove. Suggestion! After cleaning baby's bum, apply ointment/Vaseline on baby's bum.
- Baby's urine can be orange/red, these are urates. If you're in doubt, you can save the diaper.
- Girls can produce some slime from their vagina, possibly with some blood. It's called pre-menstruation, it's generally known and not alarming.



←- Change baby's diaper by every feeding.



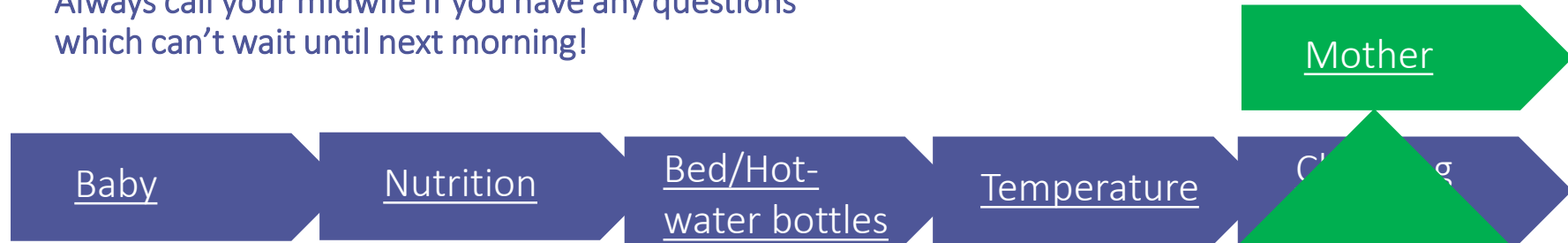
←- Please record baby's temperature, feeding times, diapers (urine and poop) in the [provided schedule](#).

←... - Special details by changing diaper.



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- Don't go to the toilet/bathroom alone on the 1st evening/night. Tiredness and blood loss can make you dizzy.



- Urinate before every feeding + rinse with water.



- You must have urinated within **4 to 6** hours after birth of the placenta.



- You can lose blood clots, even up to fist size. Are you losing **more than 2 large blood clots**? Call the midwife!



- Lot of blood loss, maternity pad is soaked **within a half an hour** → call the midwife!

