

Birth of the baby

First cry:

- Immediately after delivery
- Clamping of the cord
- With tactile stimulation if needed

- ✓ Security bracelets are applied.
 - 2 on baby
 - One for mother
 - One for support person
- ✓ Epidural and foley catheter are removed once sensation has returned
- ✓ Peri-care- washing and pads applied
- ✓ IV discontinued or capped off.

Common emotions following delivery:

- Excitement
- Tearful
- Anxious
- Exhausted/fatigue
- Empty feeling
- No specific reaction
- Fascination with the baby and desire to hold
- Partner can experience the same emotions

Bonding:

Occurs immediately after the doctor has determined breathing status of the baby and is dried off

Skin to skin contact- usually one hour or more if no concerns about mom or baby

If concerns with either mom or baby the physicians/nurses will communicate and evaluate for treatment.

- Newborn Appearance:
- Shoulders narrow
- Abdomen protruding
- Hips small
- Arms and legs flexed
- Head- molded “cone head” due to baby conforming to mother’s pelvis and birth. Returns to normal shape in a few hours to a couple of days.
- Soft spots- small triangle shaped one near the back of the crown; closes around 6-9 months. Larger diamond shaped on the top of the head- closes around 18 months.

- Eyes: slate blue after birth. True color appears around 6-9 months. May have poor muscle control.
- Soft fine hair on the body (lanugo). Helps to protect the skin in utero. Disappears in a couple of weeks.
- Breasts and genitals are temporarily swollen due to mom's hormones.
- Skin: color initially bluish pink and improves to normal as breathing continues provided no concerning conditions exist. Color improves at the chest; face then moves outward to hand and feet leaving improved circulation. Slight purple/blue color may persist for 12-24 hours called acrocyanosis. The oxygen supply is focused on the major organs first.
- Vernix: a yellowish/white oily cream cheese-like substance acting as protection to baby's skin from the amniotic fluid.
- Milia: pimple-looking bumps on the nose, cheeks, or chin due to mother's hormones and will disappear.
- Umbilical cord: thick jelly-like substance (Wharton's Jelly). Clamped and then cut by the doctor after delivery of the baby. The support person may be offered to cut the cord.