



NEW MUMS PROGRAM

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Looking after you
and your Newborn

For mothers of babies
0-5 months



Mission for Health



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Keeping Healthy... Your health...



Nutrition

The weight gained in pregnancy helps build energy reserves for your recovery and for breastfeeding. **After delivery, all mothers need continued nutrition so they can be healthy, active, and able to care for their babies.**

Whether you breastfeed or formula feed, you need to eat a healthy and balanced diet with vitamins and minerals.

By **eating more iron-rich foods** (e.g., green leafy vegetables, red meat, nuts) or by taking iron supplements you can help prevent anemia.

Anemia is common in women during pregnancy and after childbirth. It is generally caused by iron deficiency.

Vitamin C aids in the absorption of iron, so adding a source of vitamin C to your meal, such as a glass of orange juice, can also help.



Increasing Fluid Intake

Along with eating balanced meals, you should also increase fluids if you are breastfeeding. In fact, many mothers find they become very thirsty while the baby is nursing.

✦ Water, milk, and fruit juices are excellent choices for replenishing fluids.



Wellbeing

Every new parent soon learns that babies have different time clocks than adults. A typical newborn wakes every three hours and needs to be fed, changed, and comforted.

It's easy to become overwhelmed by exhaustion, just remember that it does take time to establish and cope with a new routine.

Tips for Combating Exhaustion

- ✦ In the first few weeks, **ask for help from family and friends**. Try to have your sole responsibility be feeding the baby.
- ✦ **Sleep when the baby sleeps**. This may be only a few minutes of rest at a time, but these minutes can add up throughout the day.
- ✦ Don't feel obligated to entertain. Enjoy visitors but don't play hostess.
- ✦ After the first two to three weeks, **introduce a bottle to breastfed babies** for an occasional nighttime feed, so someone else can feed the baby.



Continue to Exercise

In addition to trying to get enough sleep, keeping active can also help your wellbeing.

- ✦ Try to make sure you **continue to exercise**. This will help you feel more relaxed and able to cope.
- ✦ At the same time, **don't do too much too soon**. When you're tired, you may need to cut back on exercise.
- ✦ **Take exercise outdoors** if you can — for example, go for a walk with your baby.
- ✦ **A breath of fresh air can work wonders**.

Keeping Healthy... Your baby...

Breastfeeding

What You Ingest, Baby Does Too

Your breast milk is nature's perfect recipe for your baby's growth and development. This special blend of nutrients nourishes your baby and empowers your baby to fight disease during those vulnerable first weeks of life.

If you are breastfeeding, you are still "eating for two" - so keep these important tips in mind.

- ✦ Practice good nutrition and healthy behaviours. **Everything you eat and drink is passed along to your baby.**
- ✦ Be aware of your nutritional needs.
 - Getting enough **calcium and iron is particularly important**.
 - Remember that if you eat too little while breastfeeding, you may not produce enough milk.
- ✦ **Avoid regular consumption of alcohol** during lactation.
 - Alcohol passes through milk in less than an hour, and if the baby consumes it in large quantities it can retard his or her growth.
 - If you drink an occasional glass of wine or beer, wait until after a feeding session.
- ✦ **Stay away from tobacco**. Nicotine passes directly through breast milk to the baby.
- ✦ **Take no medication without first consulting your healthcare provider.**
- ✦ Eat food containing **folic acid** or take supplements.





Breastfeeding

Cleanliness While Breastfeeding

If you are breastfeeding, try to keep your nipples clean and dry to help prevent soreness and infections.

Try these special tips:

- ✦ If you use breast pads, change them when soiled and avoid using pads with plastic backings.
- ✦ **Let air get to your nipples as much as possible.** In addition, try to wear materials that allow air to circulate and moisture to evaporate.
- ✦ If your nipples become painful, ask your healthcare provider for advice.



Breast Milk or Formula: Heating and Handling It Safely

When heating baby's milk, **always shake the liquid to even out the temperature**, and test it on top of your hand (not your wrist) before feeding. **Milk that's "baby-ready" should feel lukewarm.** Heating in hot water:



- ✦ Method 1: Place bottle under hot, running tap water until the desired temperature is reached. This should take one to two minutes.
- ✦ Method 2: Heat water in a pan. Remove the pan from heat and set the bottle in it until it's warm.
- ✦ Note: **Heating breast milk or infant formula in the microwave is not recommended.** Studies have shown that microwaves heat milk and food unevenly, which results in "hot spots" that can scald a baby's mouth and throat.



Bottle Feeding

You've probably heard of foodborne illness, which is spread through the food you eat — and infants are particularly vulnerable to it.

It's important to pay special care during milk preparation and when feeding your baby.

DOs When Feeding Baby

- ✦ With Bottles, follow the manufacturer's recommendations for preparing bottles before filling them with formula or milk and **observe "use-by" dates** on formula cans.
- ✦ **Transport bottles in an insulated cooler** when travelling with the baby. Cold temperatures (5°C or below) keep bacteria from multiplying.
- ✦ Discard any formula left out of the refrigerator or without a cold source for more than 2 hours!
- ✦ **Use frozen gel packs to keep bottles cold on long outings.**



DON'Ts When Feeding Baby

Making and Using Formula

Always follow the manufacturer's instructions and keep these safety issues in mind:

- ✦ **Don't make more formula than you will need.** Formula can become contaminated during preparation and bacteria can multiply to very large numbers.
 - If using powder formula, reconstitute immediately before feeding.
 - If using liquid concentrates or ready-to-feed products, follow label instructions provided by the manufacturer.
- ✦ **Don't put a bottle back in the refrigerator if the baby doesn't finish it.** Harmful bacteria from the baby's mouth can be introduced into the bottle during feeding, then grow and multiply even after refrigeration.





Keeping Clean... You...

Handwashing

Keeping your hands clean is one of the best ways to help stop germs from spreading.

Cleaning your hands helps get rid of germs you pick up from other people . . . from the surfaces you touch . . . and from the animals with which you come in contact.

When to Wash

- ✦ Before eating, during, and after handling or preparing food
- ✦ Before dressing a wound, giving medicine
- ✦ Before and after changing a nappy
- ✦ After contact with body fluids (like vomit, nasal secretions, or saliva)
- ✦ After you use the bathroom
- ✦ After handling animals or their toys, leashes, or waste

How to Wash

- ✦ Use antibacterial liquid or bar soap
- ✦ Rub hands together vigorously to make a lather, and scrub all surfaces, including under and around the nails.
- ✦ **Continue for 20 seconds!** It takes that long for the soap and scrubbing action to dislodge and remove stubborn germs
- ✦ Dry your hands using a paper towel or air dryer.

When Soap and Water Aren't Available . . .

Hand sanitizers are designed to kill germs on hands that are not visibly dirty, without the need for water or towels.

- ✦ Apply gel per label directions.
- ✦ Rub hands together briskly, including the front and back, between fingers, around and under nails until hands are dry.



Keeping Clean... Your baby...

Changing Baby

As a new mother, feeding and changing can seem to take up most of your time. Nappy changing may seem complicated at first, but all it takes is a little practice, of which you'll be getting lots!



General Guidelines

- ✦ Before you begin, gather a few supplies:
 - Clean nappy
 - Fasteners (if you are using cloth nappies)
 - Clean washcloth or baby wipes
 - Zinc cream (for rashes)
 - Changing pad or a spare cloth nappy for placing under your baby if you are not using a changing table
 - Use disinfecting wipes or spray to clean and sanitise the changing table or surface after each use.

- ✦ **Babies should never be left unattended, even for a second.**
- ✦ Give the baby something to look at while being changed ie mobile
- ✦ Once you are ready, unfasten the soiled nappy and hold your baby's legs up by grasping both ankles with one hand. Remove the soiled nappy and set it aside, out of baby's reach.

Clean baby thoroughly

- ✦ For boys, it's a good idea **to place a clean nappy over the penis during changing.** Exposure to air often causes baby boys to urinate. When you're done cleaning the baby, **place the penis in a downward position** before fastening the clean nappy.
- ✦ If your baby's umbilical cord stump has not fallen off yet, fold down the waistline of the diaper to keep that area dry.



Changing Baby



- ✦ Using cotton balls, a wet washcloth, or baby wipes, gently wipe your baby clean from the front to the back.
 - **Never wipe from back to front, especially on girls, or you could spread the bacteria from the rectum forward.**
- ✦ You may want to lift the baby's legs to get a better reach. Don't forget the creases in the thighs and buttocks.
- ✦ Once you've finished wiping, pat your baby dry with a clean washcloth.
- ✦ Apply any cream or powder you're going to use.
- ✦ Thoroughly clean and **disinfect the changing surface** with a sanitising wipe or disinfectant spray.
- ✦ Always **wash your hands** well after changing your baby's diaper to prevent the spread of germs.

Using Disposable Nappies

- ✦ Open the nappy and slide it under your baby while gently lifting his or her legs and feet. Pull the nappy up between baby's legs. The back part with the adhesive strips should be about level with your baby's belly button.
- ✦ Raise the front part of the nappy up between your baby's legs, and onto his or her belly.
- ✦ Open the adhesive tabs, place them over the front of the nappy, and press them down firmly in place.

Disposing of Disposable Nappies

- ✦ Dispose of bowel movements in the toilet, and then throw the nappy in the bin.
- ✦ Empty garbage regularly (about once a day). Not only does this prevent a stinky nappy bin—it also prevents the growth of bacteria.



**Odour Tip:
A Note About
Disposable Nappies.**
To neutralize odours from used disposable nappies, spray disinfectant spray onto dirty disposable nappies in the bin.



Bathing Baby

When it's time to bathe your baby, get everything ready before you start! You'll need a **clean washcloth, towel, baby wash, clean nappy,** items you routinely use during a nappy change and **fresh clothes.**

Tip: bathe your baby before a feed to prevent spitting up during the bath.

Getting Ready for Bath Time

- ✦ Make sure the room is warm (approximately 24 °C)
- ✦ **Check the temperature of the water.** It should feel warm but not hot on the inside of your wrist or elbow.
- ✦ **NEVER leave the baby alone in the bath** or on a changing table.
- ✦ Be sure to clean and disinfect the tub after each bath.

Sponge Bathing

You'll want to sponge bathe your baby until the umbilical cord stump has healed. This usually takes one week to 10 days..

Use a mild wash that is gentle to both skin and eyes. This is especially important for newborns, who do not have fully developed blink reflexes or tear secretions.

Thorough hygiene is critical for protecting your baby from germs. Here are general guidelines for keeping baby clean.

“Pay special attention to your baby's umbilical stump as it heals.”

- ✦ Keep cord area clean and dry
- ✦ Keep nappy folded and under cord to allow drying
- ✦ Cleanse the cord area with water if it becomes soiled by urine or stool

- ✦ To keep your baby warm as you go, keep him or her wrapped in a towel, and uncover one area at a time.
- ✦ Using a soft washcloth and plain water, gently wipe your baby's entire face.
- ✦ Pay special attention to behind the ears and creases in the neck. Gently pat dry with a soft towel.
- ✦ To clean ears, use a damp washcloth and clean only the outer ear.
- ✦ Remove the nappy and lather a washcloth to wash the rest of your baby's body, washing the nappy area last.
- ✦ To clean the genital area, always wipe from front to back to keep bacteria from the bowel from spreading to the genital area. Rinse and gently pat baby dry. Apply lotions or creams from front to back too.





Bathing Baby

When your baby is about 2 to 8 weeks old, it's probably time for a small tub. A baby tub can sit in the kitchen sink or in the big tub, whichever is easier for you. After that, when your baby is able to hold his or her head up and keep his/her back straight, your baby is ready for the big bathtub.

- ✦ At first your baby may feel overwhelmed by the size of the tub. The sound and sensation of running water may be disconcerting, so fill the tub before putting the baby in. A couple of inches of water are all you'll need, and it will let your baby splash without feeling scared.

Bathing Safety

Follow these general tips to keep baby happy and safe at bath time:

- ✦ Set your hot-water heater at 49 °C or lower.
- ✦ Put a nonslip tub mat on the bottom of the bath. You may also want to use a plastic bath seat. However, keep in mind that while this will give you an extra hand, it's not a substitute for keeping your eye on your baby at all times.
- ✦ Cover the bathroom floor with nonslip rugs.
- ✦ Fill the tub with only 2 to 3 inches for newborns and infants up to six months old, and never more than waist-high (in sitting position) for older children.
- ✦ Test the water temperature to be sure it's not too hot. Between 32°C and 38°C is ideal.
- ✦ From the very beginning, teach your child to sit in the tub at all times.
- ✦ Consider using a padded tap cover to prevent bumps and burns.
- ✦ Clean and disinfect the tub after bathing.



Keeping Clean... Your home...

About Germs

The main sources of germs in your home are usually people, pets, food, and water. Some germs like to live in warm, moist places and can multiply quickly in places where water and waste matter accumulate, such as in sinks, toilets, wet cleaning cloths, mops, and towels.



Bad Germs = Pathogenic Ones

Some germs can cause an infection and may have potentially serious consequences. Typically, these germs are called pathogens because they can cause illness.

These germs fall into these categories:

- ✦ Bacteria — such as Salmonella or E. coli, which cause foodborne illness.
- ✦ Fungi — such as Candida albicans, which causes thrush; or some mould, which can cause nasal stuffiness, eye irritation, wheezing, or skin irritation.
- ✦ Viruses - such as rhinovirus, which can cause the common cold or Rotavirus.

How Germs Are Spread

Germs are typically spread in one of three ways:

- ✦ **Direct Contact.** This is skin-to-skin contact, contact with infected people or animals, or contact with blood or other body fluids. **This highlights the importance of handwashing for everyone who comes in contact with your baby!**
- ✦ **Indirect Contact.** This happens when germs that are present in raw food or water and on animals are picked up on your hands and transferred to the mouth, eyes, and nose to cause infections.

Common contact points include:

- ✦ Contaminated surfaces like **dirty nappies**, surfaces that held raw food etc.



- ✦ Items used to clean, such as cloths and sponges, can also spread germs.
- ✦ **Through the air.** Some germs spread through the air, either carried on skin scales shed from the body or in tiny droplets expelled through coughing, sneezing, or talking. Your baby could pick up these germs by breathing them in.
- ✦ Germs that can be transferred this way include childhood diseases.



Controlling Germs: Cleaning vs. Disinfection

Cleaning and disinfecting are not the same thing. Cleaning removes germs from surfaces, whereas disinfecting actually destroys them.

Cleaning with soap and water to remove dirt and most of the germs is usually enough.

- ✦ While surfaces may look clean, many germs may still be lurking.

In some instances, germs can live on surfaces for hours — and even days.

- ✦ Disinfectants contain ingredients that destroy bacteria and other germs. Check the product label to make sure it says “Disinfectant”.

Cleaning in the Bathroom

Although toilet bowls are likely to contain germs, the risk of picking up germs directly from the toilet bowl is usually low.

In fact, the greatest risk of infection comes from surfaces that are frequently touched — like the toilet flush handle, toilet seat, taps and door handles. You should regularly clean and disinfect these surfaces using these guidelines:

- ✦ Clean and disinfect the toilet bowl as often as necessary to prevent the build-up of dirt and scum that can harbour germs and cause nasty odours.
- ✦ Clean up spills immediately, and disinfect these surfaces.
- ✦ Clean baths, sinks and showers regularly with a suitable product to remove all the soap scum that can harbour germs.
- ✦ Store toothbrushes where germs are unlikely to splash onto them. Rinse them after each use and store them dry.
- ✦ Keep the bathroom clean and well ventilated to prevent the growth of moulds.
- ✦ Wash your hands thoroughly after cleaning the bathroom.



Cleaning In the Kitchen

4 Simple Steps to use for preventing foodborne illness:

1 CLEAN: Wash hands and surfaces often

- ✦ Wash your hands with warm, soapy water for 20 seconds before and after handling food. Washing hands is one of the most important actions parents can take to prevent foodborne illness in their children.
- ✦ In addition, wash your cutting boards, dishes, and other surfaces with hot, soapy water after preparing each food item and before going on to the next food.

2 SEPARATE: Don't cross-contaminate

- ✦ Never place cooked food on a plate that previously held raw meat, poultry, or seafood.

3 COOK: Cook food to proper temperatures

4 CHILL: Refrigerate Promptly

- ✦ Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours or sooner.



Preventing Foodborne Illness — Kitchen Tips

- ✦ **Cutting Board Cleanliness Tip:** why not use separate cutting boards for fresh fruit/vegetables, and one for raw meats, poultry, and seafood.
- ✦ **Throwing Germs Away:** Use sanitising wipes to clean up kitchen surfaces. Then, throw the germs away! If cloth towels are used, launder them often, using hot water.
- ✦ **Disinfect:** Periodically disinfect kitchen countertops using a kitchen disinfecting product.



Flooring and Furniture

Usually, floors and furniture contain low risk for the spreading of germs but here are some general cleaning guidelines to help keep a clean and healthy home — especially in preparation for letting babies lie on the floor.

- ✦ Vacuum carpets and soft furnishings to pick up dust, dust mites and other debris.
- ✦ Clean hard surface floorings to remove dust, dirt, and visible mould growth.
 - You should only have to disinfect these surfaces if they have become contaminated by body fluids.
 - Use disposable paper towels to remove spills of body fluids, then clean and disinfect the surface.
 - Use an all purpose disinfectant cleaner to help clean and disinfect your floorings and other surfaces.
- ✦ Remember to wash your hands after cleaning.

A Special Note about Clean Floors for Baby

Disinfection of floors should only be needed where there has been a spill of body fluids (vomit or faeces).

However, keep in mind that when young children and babies crawl on the floor, they are at higher risk of infection.

- ✦ Before putting your baby on the floor, check that the area has been recently vacuumed or washed, and disinfected if necessary.
 - You may find it easier to cover the floor with a play-mat that you can disinfect whenever it gets dirty.
 - Also, check that there are no small, loose objects that your baby could choke on, or any other hazards.



Keeping Safe

Setting up Your Nursery

When it comes to your baby's safety, the equipment, supplies and toys you choose for your baby's room are important. Follow these suggestions for a safe and well-equipped room for the baby.

The Cot

Design:

- ✦ Check the Cot fits within the Australian Safety guidelines
- ✦ There should be no design cutouts in the headboard or footboard.
- ✦ There should be no missing or broken hardware or slats.

Safety:

- ✦ Make sure you always raise the cot railing and secure it properly.
- ✦ Keep cot away from windows to prevent exposure to cords from curtains or blinds.
- ✦ Monitor what you put in the cot. Large stuffed animals or bulky blankets are hazards.

The Mattress

- ✦ Use only mattresses designed for the cot.
 - You should not be able to fit more than two fingers in the space between the mattress and cot.
- ✦ Adjust the mattress level as your baby grows. This is critical in preventing your child from falling out of the cot. Start lowering the mattress no later than when your child begins to sit with little assistance.

Change Tables or Mats

Whether you use a change table or any sturdy surface for a change area, keep these safety guidelines in mind:

- ✦ If you place your baby on any raised surface, keep one hand on the baby to prevent him or her from falling off.
- ✦ The best place to change a nappy is on a waterproof changing mat (or a clean towel) on the floor.
 - You can protect the mat with paper towels, which you should throw away after each use.
- ✦ If a changing table is used, it should have a railing on all sides
 - Have nappies and other items handy, but keep them out of your child's reach.





Toys – which ones

Toys – which ones

Toys are an important part of any child’s development . . . but safety is a critical aspect of any toy or game.

- ✦ Choking causes one-third of all toy-related deaths — most often from balloons.
- ✦ Children younger than age 3 are at the greatest risk of choking because they tend to put toys in their mouths.

Buying Toys . . .

- ✦ Read labels to make sure the toy is appropriate for your child’s age . . .
- ✦ And read the label for safety features, too.
 - Stuffed toys should be washable.
 - All toys should be painted with lead-free paint
- ✦ Avoid buying toys intended for older children that may have small parts and pose a choking hazard.
 - Make sure squeeze toys, rattles, and teethingers are large to avoid becoming lodged in your baby’s mouth or throat.
- ✦ Look for toys that are sturdy and well constructed.
 - Young children like to pull and twist toys, and often try to put them in their mouths.
 - Make sure that toy eyes, noses, buttons, and other parts that could break off are securely attached.
- ✦ Avoid toys with cords or long strings. These present a strangulation hazard to very young children, as cords or strings can get wrapped around the neck.



Immunization



Until your baby’s immune system is fully functional, he or she is highly vulnerable to infectious diseases. Immunizations are generally given in this early stage of life.

Talk to your healthcare provider about proper immunizations for your baby, and any questions you might have about vaccine safety.



First Aid

Babies are extremely vulnerable to accidents. They are too young to assess safety risks, they lack coordination and balance and they need to explore and learn about the world around them.

Emergencies do happen so be prepared so that you can act quickly, rather than having to search for information or supplies when time is of the essence.



First Aid Kits

Be ready for emergencies by preparing first aid kits in advance. That way you’ll have everything you need close at hand.

- ✦ Keep a first aid kit in your home and car. Also take it on holidays.
- ✦ Choose containers for your kits that are roomy, durable, easy to carry, and simple to open.
- ✦ Create an Emergency Contact sheet and keep one by the phone.
- ✦ Give a copy to those who may be caring for/sitting with your child.

Step 1: Stocking Your First Aid Kit

Every first aid kit should contain:

- ✦ adhesive tape
- ✦ alcohol wipes or ethyl alcohol
- ✦ allergy medications
- ✦ antiseptic solution
- ✦ bandages: adhesive (in several sizes)
- ✦ blanket (stored nearby)
- ✦ calamine lotion
- ✦ cold packs (disposable, instant cold)
- ✦ emergency phone numbers
- ✦ first aid manual
- ✦ Hydrocortisone cream (1%)
- ✦ ibuprofen
- ✦ safety pins
- ✦ thermometer
- ✦ disinfectant spray
- ✦ antibiotic cream
- ✦ antiseptic wipes
- ✦ gauze, sterile
- ✦ prescription medications
- ✦ scissors (sharp)
- ✦ tweezers

Step 2: Storing and Maintaining Your First Aid Kit

- ✦ Store first aid kits in places that are out of children’s reach but easily accessible for adults.
- ✦ Check the kits regularly. Replace missing items or medicines that may have expired or used

In Case of Poisoning

- ✦ If you have a poisoning emergency, call the Poisons Information Centre at once on 13 11 26 right away.
- ✦ If the victim has collapsed or is not breathing, call 000.

CPR: In Case of Emergency

- ✦ Every parent should know how and when to administer CPR. CPR can save a baby’s life by restoring breathing and circulation until emergency medical technicians arrive on the scene.
- ✦ CPR classes are offered by the Red Cross and St Johns
See <http://www.stjohn.org.au/>



Mission for Health

We know your family means everything to you.
You'll do anything to help keep them happy and healthy.
We believe that health depends on the choices we make
every day at home, in our community.

That's why we have started a mission for health. The mission
is fueled by passion and backed Dettol's expertise in disinfection
and hygiene. From the products they make, to the education
they provide, it's all for health.

Dettol is doing more for Mums

Dettol are committed to the education of health
and wellbeing for new Mums and their babies.
They offer online information that can help you prepare
for your newborn's arrival and future baby care needs.

Visit: dettol.com.au/missionforhealth

Look out for further guides
for the next phase in your babies life...

