

Birth at Carlo Poma

Here starts the most amazing adventure of your life



Dipartimento Materno Infantile > Percorso Nascita



Carlo Poma

Sistema Socio Sanitario



Regione
Lombardia

ASST Mantova

Dear parents,

We would like to give you some information to help you understanding what happens after the birth of your child.

Immediately after birth, the mother and the baby are kept under medical observation in the delivery room. These moments are important for them to get to know each other and for the mother to try to attach the baby at the breast. Mothers, don't worry if you find it difficult, this is the first time for both of you and a midwife or a nurse will be available to help you.

After approximately two hours, you and your baby will be brought to the maternity ward (ostetricia) and there you and your baby will always be together.

The bonding that mother and child had during the pregnancy will continue and evolve. Through continuous proximity, the comfortable and welcoming body of the mother will facilitate the baby's development and growth.

The 'mother-newborn baby' approach is referred to as rooming-in and extends over 24 hours. This means that the mother will be together with her baby all the day and all the night long, in order to promote the bonding and especially the breastfeeding.

In case of difficulties, the “nido” staff and the midwives will be happy to help you in managing your baby within your room, in order to preserve the bonding between you two.

In case the mother suffers from pathologies or physical problems, the baby can stay at the “nido” while the mother recovers.



Healthcare professionals

- Nido nurses:
they wear white trousers and a blue top
with a little rabbit on the pouch.
- Midwives:
they wear a white uniform with pink stripes
- Doctors:
they wear a white uniform and a white coat
- Nurses / midwives
they wear a white uniform
- Oss (operatore socio sanitario)
they wear a white uniform with yellow stripes

The organization of the day

The mother will bring the baby to the nido between 9 and 10, where the paediatrician will examine the baby.

The mothers who are scheduled to be dismissed from the hospital on the day will be received first, and they will have a detailed discussion to explain the dismissal letter.

The baby will be examined in the room in case the mother cannot physically reach the nido (i.e. because she was subjected to C section).

Cutaneous bilirubin (to diagnose jaundice), oxygen saturation and cardiac rhythm will be checked during the medical examination.

An audiometric test and a metabolic screening will be performed during the morning. The metabolic screening will be performed after 49 hours from the birth. Before this, the baby needs to be fasted for one hour and a half or two hours (see the signed informed consent form for more info).

The dismissal letter will be given at the nido between 12, 30-13,30 to one of the parents, who will have to present an ID proof and will have to sign the medical records of the baby.

All the babies will be examined again within

7 days after the dismissal.

A paediatrician will remain available to answer further questions you may have throughout all the day, likewise the nido staff will help you to evaluate the breastfeeding, change the nappy and give support to all your requests.

The staff will invite you to join educational activities (individual or group activities according to the ward's schedule) between 15 and 16, in which the umbilical cord care, the first bath and everything related to breastfeeding will be explained.



Breastfeeding

The best food for newborn babies is the maternal milk, as it contains the correct quantity and quality of all the nutrients needed for their development.

It is useful to attach the baby to the breast as soon and as frequently as possible after the birth. During the first days the baby may ask to be fed every two-three hours: you can meet his/her request with brief feeds, in this way he/she will be satisfied and you will increase the production of milk.

Breastfeeding needs time, calm and energy. Three conditions that may seem impossible at the beginning. After some time, the maternal body will adapt to the baby's rhythm, the baby will be more relaxed and satisfied and breastfeeding will become simpler.

In the first days, several babies don't attach immediately to the breast and they are very sleepy. However it is important not to worry or give up, it is necessary to be patient and to seek advice.

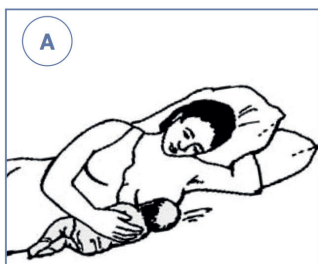
Before attaching the baby at the breast, the

mother needs to carefully wash her hands, clean her breasts with water and dry them. During the breastfeeding the breast is kept into the free hand and the areola is kept between the thumb and the index, the mother helps the baby to grab the nipple with the mouth, and a part of the areola should also be included.

The milk feed should last approximately 30 minutes (15 per breast). As the majority of milk is ingested in the first 5 minutes of the suction, it is useless to feed the baby for longer time.

During the feed, the most comfortable position should be adopted, which allows the mother to relax and the baby to eat more easily (see figures).

sdraiata



a culla



incrociata



rugby





Una poppata al rallentatore



1 Per iniziare, mettilti comoda!



2 La lingua e il labbro inferiore entrano per primi in contatto col seno nel punto più lontano possibile alla base del capezzolo



3 Quando apre la bocca, attaccalo al seno!



4 Mentre poppa, vedrai il mento fare su e giù e lo sentirai deglutire; non deve fare male!

Forma e Volume dello Stomaco di un Neonato



Mixed feeding

When the maternal milk is insufficient, it has to be supplemented with artificial milk.

The mother will still have to attach the baby to the breast first, in order to stimulate the production of milk and to keep the bonding between mother and baby. The paediatrician will decide whether to introduce artificial milk or not.

Sterilization

During the first months the baby bottles and nipples have to be washed and sterilized every time after being used. The sterilization is obtained by boiling the items (for 20 minutes) or by immersion in a solution containing antiseptic substances (for 90 minutes), which has to be changed every day.

The maternal diet

The diet of a mother who breastfeeds must be varied and complete of all nutrients. It is not true that certain foods increase the production of milk, the best method is to rest, drink a lot of water and be emotionally calm. There are no forbidden foods, if the correct amount is eaten. Spiced food is allowed during breastfeeding, provided that the mother has been eating it during the pregnancy. In such cases, the baby will be used to these flavours.

Coffee, tea, chocolate, Coca Cola, wine and beer must be eaten in small quantities and only during meals.

Smoking is strictly prohibited during breastfeeding.

Wellbeing of your baby

Neonatal posture

The safest sleeping position for babies is supine, meaning resting on their backs (belly up). Avoid them sleeping on their belly or on their side. This will prevent the occurrence of SIDS (Sudden Infant Death Syndrome). The causes of SIDS are still unknown. However it has been shown that adopting a safe sleep position, using a dummy (after the first month of life) and breastfeeding all significantly reduce the occurrence of SIDS.

How to tell your baby is healthy

- 1) Your baby wets at least two nappies in the first 48 hours of life. The number of wet nappies should increase to up to six a day after the 5th day of life.
- 2) Your baby sucks and swallows regularly by moving their lips and jaw.
- 3) Your baby is feeding eight or more times a day
- 4) Your baby is satisfied after feeding
- 5) Your breasts are softer after feeding
- 6) Your baby is gaining weight

SEGNALI PRECOCI - "Ho fame"



- Mi muovo



- Apro la bocca



- Giro la testa di lato, cerco il seno

SEGNALI INTERMEDI - "Ho molta fame"



- Mi stiracchio



- Mi muovo sempre di più



- Porto la mano alla bocca

SEGNALI TARDIVI DI FAME -

"Aiutami a calmarmi, poi nutrimi"



- Piango



- Mi agito



- Divento rosso

È il momento in cui calmare il bambino che piange:

- Coccionalo
- Tienilo in contatto pelle a pelle sul petto
- Parlagli
- Accarezzalo



Baby care and bath

Umbilical cord care

This medication must be performed at least once a day or whenever the umbilical cord stump appears dirty and wet after the nappy change. The root of the stump must be wrapped with a dry and sterile gauze and the whole stump must be covered with another gauze. Everything is kept together by wrapping the gauzes with an elastic net.

Bath

The baby can have an immersion bath (once a day) after the umbilical cord stump falls off. Before that, the baby can be showered using the tap in the sink, and the stump has to be dried carefully and immediately after. During the bath it is important to check the temperature of the water (36-37 degrees) and the grip of the baby, which must be stable and steady. At the end of the bath, the baby has to be gently towelled.



Before the dismissal

Safe dismissal

Dear mothers, we offer you a service that guarantees the possibility to receive support and assistance from our professionals once you come back home with your baby.

This is an opportunity to look after your child knowing that you can have help from qualified staff.

How to access the service

The staff of the hospital will explain you the service and will invite you to fill out the form for adhering to the service called "At home together" ("a casa insieme") which will be sent to the family clinic.

The days after the dismissal you can contact, or being contacted by, the clinic midwives.

Visiting hours

(every day)

The fathers have access between 11 and 21;
the other visitors:

between 13,30 and 14,30

between 19,30 and 20,30

In order to safeguard the hygiene of the baby, no more than two visitors per mother are allowed in the room.

We wish you a pleasant stay in our ward and we hope to offer you help and support during your new adventure of being mother.