BABY BOOK ISSUES

MORNING SICKNESS

- Morning sickness usually begins during the first month of pregnancy and continues through the 14th to 16th week (3rd or 4th month).
- Some women have nausea and vomiting through their entire pregnancy.
- Morning sickness does not hurt the baby in any way unless you lose weight, such as with severe vomiting.

CAUSES

- Hormone changes
- An enhanced sense of smell and sensitivity to odors.
- A sensitive stomach
- Stress.

PREMATURE BABIES

PREMATURE LABOUR

- Occurs when the fetus has been developing in the womb for 37 weeks or less.

- Norm – 40 but could be up to 42 weeks

- Premature birth occurs in between 8 percent to 10 percent of all pregnancies in the United States.
- Preemies weigh much less than full-term babies.

- http://www.ctvnews.ca/health/miracle-baby-micro-preemie-goes-home-after-spending-6-months-in-b-c-hospital-1.1731223

- They may have health problems because their organs did not have enough time to develop. Preemies need special medical care in a neonatal intensive care unit, or NICU.

- They stay there until their organ systems can work on their own.

- Source: http://www.nlm.nih.gov/medlineplus/prematurebabies.html

CAUSES

- Often, the cause of preterm delivery is unknown and not within the mother's control.
- However, sometimes it's caused by the mother's health conditions or lifestyle choices during pregnancy, such as:
- having diabetes
- hypertension
- heart or kidney problems

- an infection (particularly infections involving the amniotic membranes, and genital and urinary tracts)
- poor nutrition during pregnancy
- bleeding due to abnormal positioning of the placenta.
- preterm delivery can happen due to structural abnormality or overstretching of the uterus by carrying more than one fetus (twins, triplets, or more)
-

- using tobacco, alcohol, or illicit drugs during pregnancy.
- Preterm deliveries occur with greater frequency among women younger than 19 or older than 40, and among those with a previous preterm delivery.

FALSE LABOR

- Contractions aren't regular or rhythmic
- Contractions don't become stronger over time
- Contractions end with light exercise, such as walking.

- Can happen days or even hours before real labor starts.

INDUCING LABOR

- Can be done by using medication or puncturing the amniotic sac.
- This is done for various reasons such as:
  - Baby has been slow to develop or is still in the womb after 42 weeks (average is 40 weeks)
- Amniotic sac has broken but labor doesn't begin.

WHY WOULD I NEED TO BE INDUCED?

- You're approaching two weeks beyond your due date, and labor hasn't started naturally (postterm pregnancy)
- Your water has broken, but labor hasn't begun (premature rupture of membranes)
- You have an infection in your uterus (chorioamnionitis)
- Your baby has stopped growing at the expected pace (fetal growth restriction)
- There's not enough amniotic fluid surrounding the baby (oligohydramnios)
- You have diabetes
- You have a high blood pressure disorder
- Your placenta peels away from the inner wall of the uterus before delivery — either partially or completely (placental abruption)
- You have a medical condition such as kidney disease or obesity

- **What is an epidural?**

- An epidural is where painkilling drugs are passed into the small of your back via a fine tube.
- It is called a regional anesthetic, which means the drug is injected around the nerves that carry signals from the part of your body that feels pain when you're in labour.
- The result will be that your belly feels numb, giving you very effective pain relief.

- **How might an epidural affect my baby?**

- It may make your blood pressure drop, which can affect the flow of oxygen to your baby. You'll need to have a small tube, called an intravenous cannula, inserted into your hand or arm in case your blood pressure drops suddenly (NCCWCH 2007: 110; 115; Anim-Somuah et al 2005). Low blood pressure can be treated by fluids fed through the cannula to increase your blood volume.

- Epidural solutions contain the opioid, fentanyl, or a similar drug, which can cross the placenta. In larger doses (more than 100 micrograms), these drugs may affect your baby's breathing, or make him drowsy

PROBLEMS IN PRENATAL DEVELOPMENT

- Miscarriage – if the baby dies prior to the 20th week
- Stillbirth – if the baby dies after the 20th week

STAGES OF CHILD BIRTH

LABOUR LENGTHS

- Average is 16 hours but could be anywhere from 2-24 or more hours.

PLACENTA, UNBILICA CORD AND AMNIOTIC SAC-DON'T WRITE THIS

- The placenta is an organ attached to the lining of your womb during pregnancy.
- It keeps your unborn baby's blood supply separate from your own blood supply, as well as providing a link between the two. The link allows the placenta to carry out functions that your unborn baby can't perform for itself.
- The placenta is connected to your baby by the umbilical cord. Your baby is inside a bag of fluid called the amniotic sac, which is made of membranes.

- **What does the placenta do?**
- Oxygen and nutrients pass from your blood supply into the placenta. From there, the umbilical cord carries the oxygen and nutrients to your unborn baby. Waste products from the baby, such as carbon dioxide, pass back along the umbilical cord to the placenta and then into your bloodstream, for your body to dispose of them.
- The placenta produces hormones that help your baby grow and develop. The placenta also gives some protection against infection for your baby while it's in the womb, protecting it against most bacteria. However, it doesn't protect your baby against viruses.

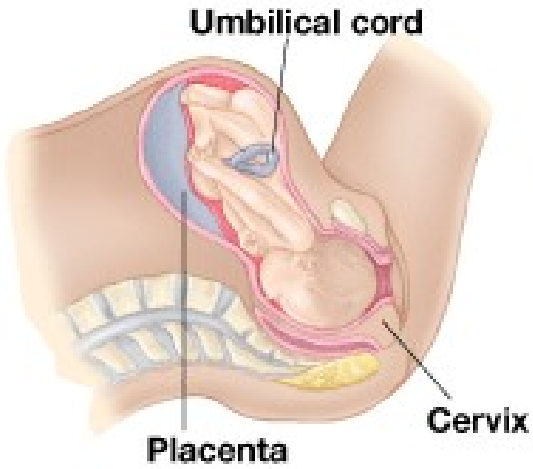
- Alcohol, nicotine and other drugs can also cross the placenta and can cause damage to your unborn baby.
- Towards the end of your pregnancy, the placenta passes antibodies from you to your baby, giving them immunity for about three months after birth. However, it only passes on antibodies that you already have.

First stage: The time of the onset of true labor until the cervix is completely dilated to **10 cm**.

Second stage: The period after the cervix is dilated to **10 cm** until the baby is delivered.

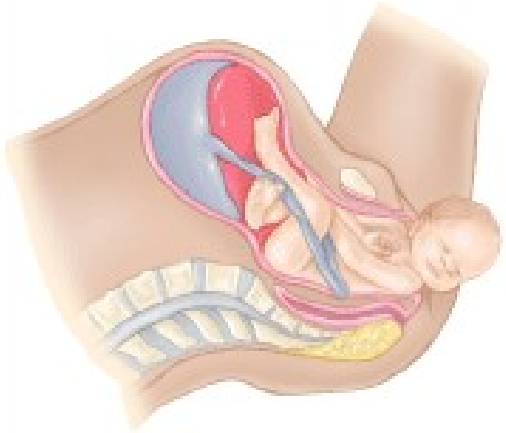
Third stage: Delivery of the placenta.

Stage 1



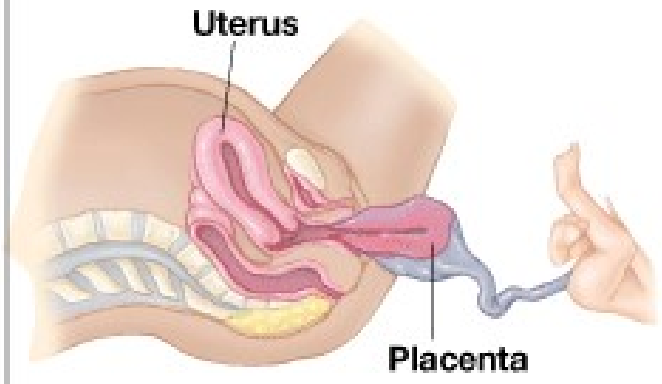
Uterine contractions initially occur every 8 to10 minutes and last 30 seconds. Toward the end of labor, contractions may occur every 2 minutes and last as long as 2 minutes. As the contractions increase, the cervix, which separates the uterus from the vagina, becomes wider, eventually expanding to allow the baby's head to pass through.

Stage 2



The baby's head starts to move through the cervix and birth canal. Typically lasting around 90 minutes, the second stage ends when the baby has completely left the mother's body.

Stage 3



The child's umbilical cord (still attached to the neonate) and the placenta are expelled from the mother. This stage is the quickest and easiest, taking just a few minutes.

WHAT IS THE NORMAL PROCESS OF LABOR?

- Stages of Labor:

- First stage is the longest. Uterine contractions begin about 8-10 minutes apart and last for 30 seconds. This time shortens as the baby approaches the transition from uterus to birth canal through the cervix.

- Second stage lasts about 90 minutes and is when the baby travels through the vagina and exits the mother's body. An episiotomy is a small incision made to increase the size of the opening of the vagina to prevent tearing of the vaginal walls.

- Third stage labor is the delivering of the placenta and umbilical cord. This stage happens quickly.

CHILD BIRTH

- http://www.youtube.com/watch?v=BgZ5z6RB06c

PHYSICAL APPEARANCE AND INITIAL ENCOUNTERS

- The baby is covered by vernix, a thick, greasy substance that covers the entire infant and assists with a smooth passage through the birth canal.
- The infant is also covered in fuzz, called languno, which soon disappears.
- Bonding of parent to infant has its strongest components at this moment after birth. This may have effects on relationship strength during life.

INITIAL EVALUATION OF THE NEW BORN

- Immediately upon birth, a professional health care worker will do a visual inspection then employ the Apgar Scale.
- This Apgar Scale measures:
  - appearance
  - pulse
  - grimace
  - activity
  - and respiration at one minute and five minutes after birth to assess any immediate issues.
- If anoxia (a restriction of oxygen) occurs for a few minutes, brain damage could occur

APGAR SCALE

- Your practitioner will do this quick evaluation one minute and five minutes after your baby is born.
- http://www.babycenter.com/0_the-apgar-score_3074.bc
- Newborn care
- http://www.babycenter.com/0_what-happens-to-your-baby-after-delivery_182.bc?page=3

- **Activity (muscle tone)**
  0 Limp; no movement
  1 Some flexion of arms and legs
  2 Active motion
- **Pulse (heart rate)**
  0 No heart rate
  1 Fewer than 100 beats per minute
  2 At least 100 beats per minute

- **Grimace (reflex response)**
  0 No response to airways being suctioned
  1 Grimace during suctioning
  2 Grimace and pull away, cough, or sneeze during suctioning
- **Appearance (color)**
  0 The baby's whole body is completely bluish-gray or pale
  1 Good color in body with bluish hands or feet
  2 Good color all over
- **Respiration (breathing)**
  0 Not breathing
  1 Weak cry; may sound like whimpering, slow or irregular breathing
  2 Good, strong cry; normal rate and effort of breathing

CESAREAN BIRTH OR C - SECTION

- This method is used when complications arise.
- For example:
  - Lack of normal progress during labour
  - Baby is in distress or turned in the wrong direction
  - having multiple babies

  - Surgical incision in the mother's abdomen.
  - 6 weeks recovery

- http://www.babycenter.com/2_inside-pregnancy-labor-and-birth_3658872.bc

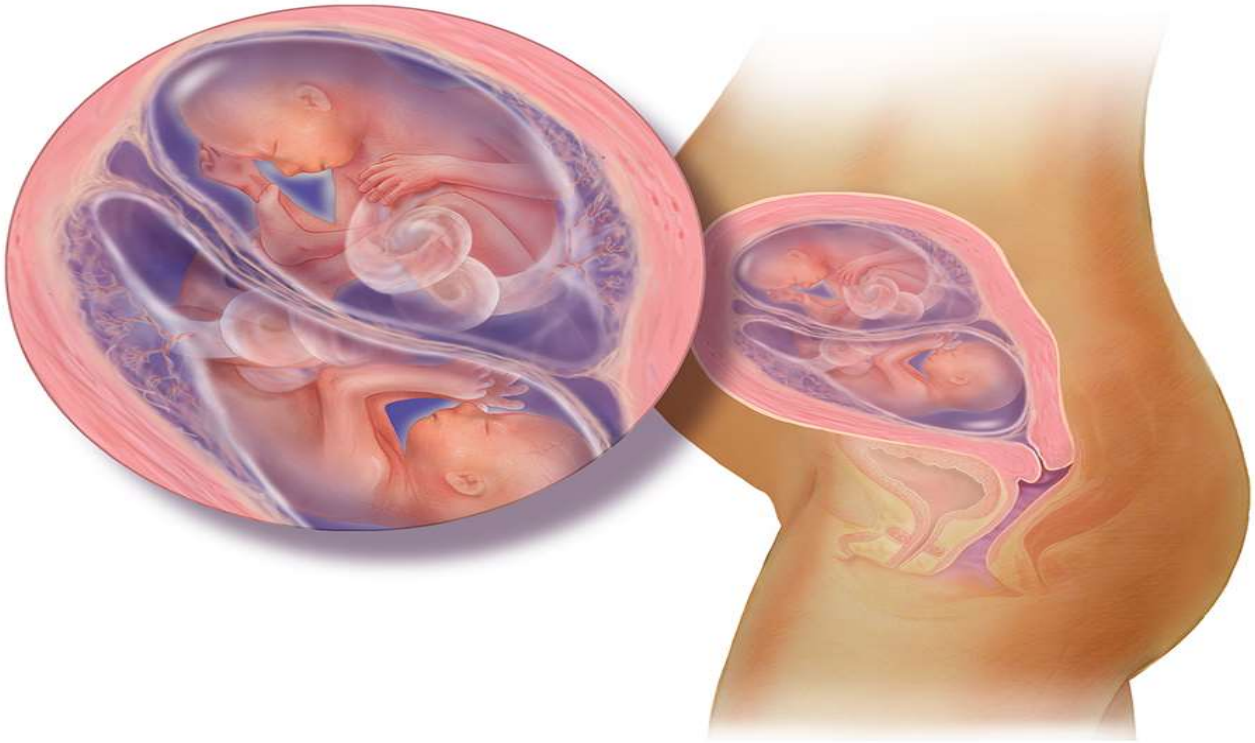
- Forceps and vacuum
- http://www.babycenter.com/2_vacuum-and-forceps-during-birth_3656512.bc

TWINS

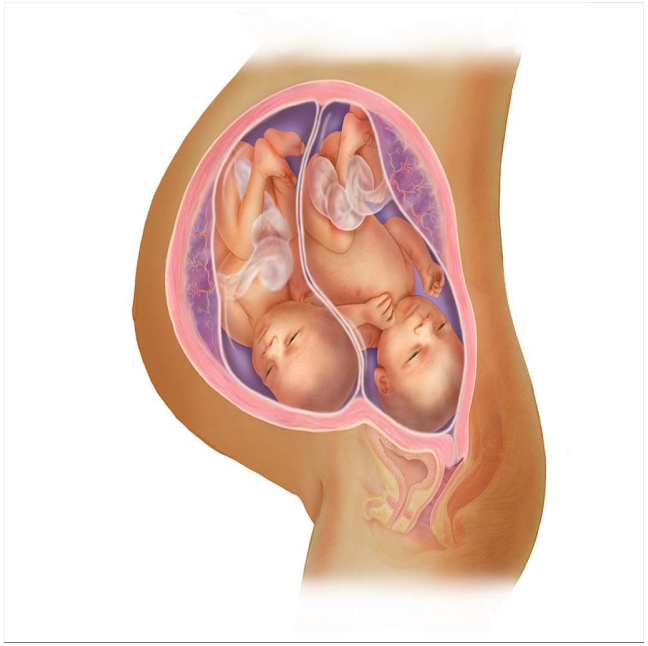
- Conception of twins is caused by one of a few reasons. You have either ovulated two eggs that have been fertilized by two separate sperm.
- You are undergoing fertility treatments (in which case, your doctor will have already spoken to you about the possibility of multiple birth).
- Or, you have ovulated one egg that has been fertilized by one sperm and then spontaneously split in half.

TWINS

- Each baby has her own amniotic sac and umbilical cord.



TWINS



IDENTICAL TWINS

- Identical twins (monozygotic) occur when a single egg, fertilized by a single sperm, splits into two identical halves. Two separate babies with identical DNA are formed.

- Identical twins are always the same sex and blood type. They almost always share the same placenta but may also have two separate placentas. Depending on when the egg splits usually determines if identical twins will share the same placenta, and/or chorions and amnions.

- When the egg splits within the first two days after it has been fertilized, the resulting identical twins will likely have separate placentas, chorions, and amnions (sacs).

- Most often the egg will split *after* two days, which then results in twins sharing a placenta but maintaining separate sacs.

- Rarely, when the split occurs late enough, the result is twins sharing every element, including the same sac (A very high risk pregnancy due to umbilical cord entanglement And even rarer still, a particularly late split will likely result in conjoined twins.

FRATERNAL TWINS

- Fraternal twins (dizygotic) occur when two separate eggs are fertilized by two separate sperm.
- Two separate babies with no more in common than siblings born at different times are formed.
- Fraternal twins can be the same sex and/or blood type.
- They always have separate placentas, but their placentas may fuse together during the course of pregnancy and appear as one at birth.
- Twins that are male and female and/or have different blood types can easily be determined as fraternal.
- Lastly, fraternal twins may be due to hereditary influences.

- While identical twins happen for no apparent reason, fraternal twins come about due to a number of factors, like hyper-ovulation, age of the mother, fertility treatments, and hereditary influences.

BABY BOOK NOTES PART 2

Postnatal period

THE HOSPITAL STAY

- The neonatal period
  - The first month after the baby is born.

- The hospital stay may vary from 24 hours to five days.

HEART MURMUR

- Innocent childhood heart murmurs usually go away on their own, although some people have them their whole lives. These murmurs require no treatment.
- the noise may be vibratory or rumbling, humming, swishing, gurgling, or even musical.
- In some cases, the noise is caused by blood flowing faster or in greater amounts than usual through the heart and vessels. That can happen when your baby has a fever, for example, or if he's anemic or has an overactive thyroid.
- http://www.babycenter.com/0_heart-murmur-and-other-concerns_10880.bc

HOLE IN A BABIES HEART

- If a baby is born with something wrong with the heart they are said to have a congenital heart defect. The term 'hole in the heart' usually means that there is a defect in the wall between two of the heart's chambers.

- A hole between the ventricles is known as a ventricular septal defect or VSD.

- VSDs are quite common, varying from tiny defects no bigger than a pinhole in size to much larger ones.

JAUNDICE

- A condition that occurs in over 50 % of newborns, causes the baby's skin and eyes to look slightly yellow.

- Cause: when the liver can't remove bilirubin, a substance produced by the breakdown of red blood cells.

- The baby's body may be producing too much of this by product or the liver is not able to remove it quick enough.

- If left untreated, jaundice can damage the nervous system.
- Phototherapy, use of ultraviolet light, to help the liver do its job.

BONDING

- Forming Emotional ties between parents and child.
- Bonding helps a baby's brain development.

- Simple bonding interactions such as holding, rocking, or singing to a baby help strengthen the development of the baby's brain.

WAYS TO BOND WITH A BABY

- Use a baby carrier
- Sing or read to the baby
- Routines
- Let the baby handle you
- Playing with the baby

POSTNATAL CARE OF THE MOTHER

- Physical Needs
  - Rest
  - Exercise
  - Good nutrition
  - Medical checkups

EMOTIONAL NEEDS

- Baby blues
  - The baby blues are thought to be linked to hormonal changes experienced by mothers two to four days after having their baby.
  - It's likely to be somewhere between five and eight moms out of every 10.
  - The baby blues are not an illness, and usually last for just a few days.

SUDDEN INFANT DEATH SYNDROME (SIDS)

- From a scientific perspective, the term Sudden Infant Death Syndrome refers to the sudden and unexpected death of an apparently healthy infant, one whose death remains unexplained even after a complete post mortem investigation that includes a full autopsy.

- In reality, SIDS is not a diagnosis. It simply refers to a group of infants who, although they looked healthy, died suddenly and for no apparent reason. In other words, the cause of death cannot be established.

- it can strike without warning, usually in seemingly healthy babies.
- Most SIDS deaths are associated with sleep (hence the common reference to "crib death") and infants who die of SIDS show no signs of suffering.

REDUCING THE RISK

- Maternal smoking, as well as the inhalation of second-hand smoke, is discouraged.
- It is also recommended that babies sleep on their backs.
- Breastfeeding is recommended as well.

DRAMATIC BIOLOGICAL CHANGES IN NEWBORNS' EARLY LIFE REVEALED BY NEW RESEARCH

- https://www.youtube.com/watch?v=CfKG7uDdpH0

COLIC

- Colic is a term that used to describe uncontrollable crying in a healthy baby
- It is common for newborn babies to cry from about two to four weeks of age and is usually over by the time they are three or four months old (CKS 2009, Patient UK 2007).

- All babies cry. A newborn baby can cry for about two hours a day (Crotteau et al 2006).

  Signs:
- he has frequent bouts of intense and inconsolable crying (CKS 2009, NHS 2009)
- he pulls his legs up to his tummy and arches his back when crying (CKS 2009)
- he passes gas when crying (NHS 2009)

- A colicky baby usually cries in the late afternoon and evening.
- Experts have suggested other possible causes: a baby's nervous system is still maturing and unsettled (CKS 2009, Lucassen 1998)
- a baby is suffering from painful gas (Deshpande 2009, NHS 2009)
- a mom smoking during pregnancy or smoking around her baby(Canivet et al 2008, Reijneveld 2000, Shenassa et al 2004)
-

SPITTING UP

- Spitting up is the mild vomiting or regurgitation of food, milk, and saliva that can occur in infants. Spitting up is not forceful and does not contain large amounts of food and fluids.

- Spitting up is very common among normal infants. About 40% of infants spit up on a regular basis, and almost all infants spit up at least once in a while.

- Spitting up usually occurs right after feeding or burping. The spit up fluid may look just like the formula or milk that was just fed or may appear slightly curdled.

SLEEP

- newborn babies doesn't know the difference between night and day. She needs to sleep and feed around the clock to grow and develop correctly, so night and day don't matter much to her anyway.

- newborns will sleep about 16 to 18 hours out of every 24. A newborn usually sleeps two to four hours at a time and wakes up hungry.

- She needs to eat around the clock at first but will gradually sleep more at night and less during the day

- Breastfeeding helps hormones to reorganize sleep patterns to match the baby's. These hormones will help the mother avoid sleep deprivation if you give yourself a chance.
- By 2 months old-
  - Babies at this age sleep a little less than they did as newborns, about 15 to 16 hours on average.
  - sleep will be mostly at night and the baby will stay awake much longer during the day

IMMUNIZATION

- The vaccines protect against:

- diphtheria
- Haemophilus influenza type b
- measles
- mumps
- rubella
- polio
- tetanus
- whooping cough (pertussis)
- hepatitis B

Baby's may also be offered a vaccine against varicella (chickenpox), rotavirus, some forms of meningitis, and influenza (flu).

-

DETAILED DESCRIPTION

- Diphtheria
- Haemophilus influenza type b
- measles
- mumps
- rubella
- polio
- tetanus
- whooping cough (pertussis)
- hepatitis B
- may also be offered a vaccine against varicella (chickenpox),
- rotavirus,
- some forms of meningitis
- pneumococcal infections
- influenza (flu)

VACCINATION-IMMUNIZATION

- https://www.youtube.com/watch?v=_J3LDHIqzpM
- https://www.youtube.com/watch?v=meYyfwETLg4&t=9s