



# PROMOTING CARE



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## HOW WAS THE PROMOTING CARE PROJECT BORN?

My name is Márcia, I am a nurse and I work in a small town in the countryside of the state of Rio de Janeiro.

Throughout my professional experience, I have observed the mother-child difficulties of «**first-time mothers**», especially when caring for newborns.

When I began my extension course, I had the opportunity to create a **tool** to help these mothers and give them a support network on this issue



So, let's learn a few things about caring for a newborn during those first days...

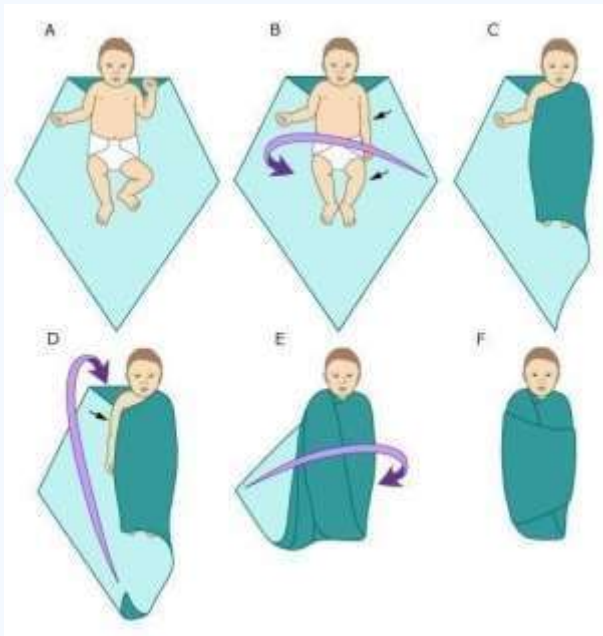
# What you will find here...

- Colic relief
- Baby swaddling technique
- Heimlich maneuver
- Types of crying
- Support network
- Post partum
- Vaccines
- First tests
- Changing clothes
- Types of baths
- Caring for the umbilical stump
- Changing diapers
- Nursing
- Newborn care during the pandemic

- COLIC

“Practices to relieve abdominal pain include recommending that breastfeeding mothers stop drinking cow milk as a first method of treating colic in breastfed babies, using natural pain relief practices such as Shantala, hand massages with essential oils”

- BABY SWADDLING TECHNIQUE



- “HEIMLICH MANEUVER”

Education workshops take place during meetings promoted by the healthcare clinic nurse and several resources are used, such as: several types of media, folders, pamphlets, posters, excerpts from newspapers and magazines, group dynamics and discussions.

Group talks for pregnant women are important for knowledge exchange and close relatives of the pregnant woman can participate to create a mutual learning environment.

- POST PARTUM

“Puerperium is the post pregnancy period that involves several changes to the woman’s body and recovery times can be different, considering the individuality of each person. In addition to physiological changes, there may also be emotional and social changes that involve the woman and her family and that require the attention of healthcare services and the woman’s social circle.” Difficulties with emotional status and issues related to depression or baby blues, lack of partner/spouse, financial deficit, NB (newborn) care.

- SUPPORT NETWORK

“The support network for a woman going through puerperium extends much beyond professional care, it is based on each woman’s social circle and includes her family and friends.”

- CLOTHES

*“The baby’s clothes must be washed separately with neutral laundry soap.”*

- TYPES OF CRYING

*“There is evidence of a myriad of types of crying in babies that are acoustically distinct and indicate the specific needs of that baby.”*

- VACCINES  
Hepatitis B;  
BCG;

- FIRST TESTS  
Eye Test;  
Hearing Test;

# BATHS

Bathing is a hygiene activity that promotes general skin circulation and gives a feeling of comfort.

WHO recommends giving a newborn's first bath within 24 hours after the birth, to keep the protecting layer called vernix caseosa on the skin.

- SUNBATHING;
- OFURO BATHS;
- DISADVANTAGES OF BATHING;
- LANUGO (BABY BODY HAIR)
- MILLIA (WHITE CYSTS)
- MONGOLIAN SPOT (PURPLE)



Caring for the  
umbilical stump.

CARING  
FOR THE  
UMBILICAL  
STUMP



# CHANGING DIAPERS



From 6 to 8 diapers of urine  
in 24 hours

## Baby Poop Guide



### GREENISH BLACK

Usually, a baby's first poops are really dark, resembling tar



### GREEN

As soon as the baby begins to digest milk, poop begins to turn green



### YELLOW

Breastfed babies tend to have yellow poop due to the fat content in breastmilk



### LIGHT GREEN

Babies who have only been breastfed once or who drink formula



### BROWN

Poop begins to turn brown when the baby starts eating solids.



### OTHER COLORS

The color of poop can vary due to types of ingested food, medicine and supplements

**COLORS YOUR  
PEDIATRICIAN SHOULD  
KNOW ABOUT**



Black



Green



Red

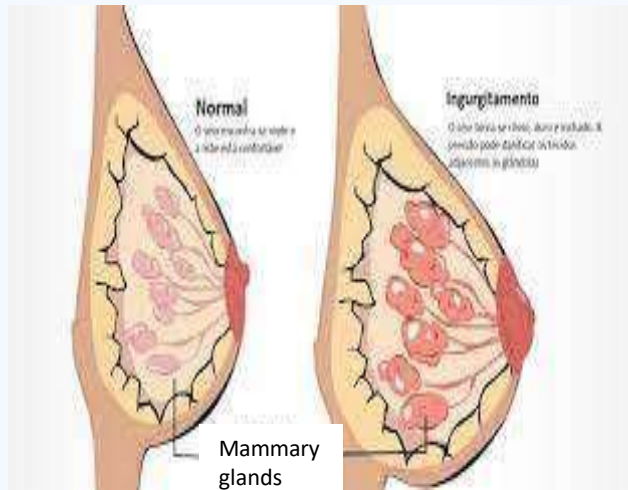


White

## BREASTFEEDING POSITIONS



THE BEST BREASTFEEDING POSITION IS THE ONE WHERE MOM AND BABY ARE COMFORTABLE



## NURSING

### COLOSTRUM

### HYPERLACTATION (breast preparation)

### MATURE MILK



### A newborns' stomach

Day 1 5-7 ml The size of a cherry	Day 3 22-27 ml The size of a walnut	Week 1 45-60 ml The size of a peach	Month 1 80-150 ml The size of a large egg

# What is the required newborn care during the pandemic?

- *Keep areas well ventilated and windows open;*
- *Always keep surfaces in your house clean;*
- *Sanitize hands well with water and soap and rubbing alcohol;*
- *Avoid house guests, especially the ones with respiratory symptoms;*
- *Avoid public spaces, travelling and contact with other children*



# For further information access the links below:

- <https://edoc.ufam.edu.br/bitstream/123456789/3172/1/INFORMATIVO%20.pdf>
- [https://www.scielo.br/scielo.php?pid=S0104-07072020000100212&script=sci\\_arttext&tIng=pt](https://www.scielo.br/scielo.php?pid=S0104-07072020000100212&script=sci_arttext&tIng=pt)
- <https://ufam.edu.br/noticias-destaque/1330-informativo-traz-os-cuidados-necessarios-com-recem-nascidos-e-criancas-durante-a-pandemia.html>
- [https://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S0103-21002020000100408#:~:text=A%20OMS%20recomenda%20promover%20o,fun%C3%A7%C3%A3o%20antimicrobiana%2C%20a%20hidrata%C3%A7%C3%A3o%20da](https://www.scielo.br/scielo.php?script=sci_arttext&pid=S0103-21002020000100408#:~:text=A%20OMS%20recomenda%20promover%20o,fun%C3%A7%C3%A3o%20antimicrobiana%2C%20a%20hidrata%C3%A7%C3%A3o%20da)
- [http://www.me.ufrj.br/images/pdfs/protocolos/enfermagem/banho\\_no\\_recem\\_nascido.pdf](http://www.me.ufrj.br/images/pdfs/protocolos/enfermagem/banho_no_recem_nascido.pdf)
- <https://www.cordvida.com.br/blog/entenda-a-importancia-do-banho-de-sol-para-em-recem-nascido/>
- <http://institutonascerc.com.br/wp/banho-de-sol-para-recem-nascidos-entenda-a-importancia/#:~:text=Para%20que%20a%20vitamina%20D,ap%C3%B3s%20as%2016h%20da%20tarde.>

- <https://www.healthynewbornnetwork.org/hnn-content/uploads/Cuidados-ao-Recem-Nascido-Manual-de-Consulta.pdf>
- <http://www.iff.fiocruz.br/index.php/8-noticias/314-apojadura>
- [OLIVEIRA GONZALES SCHWANTES, N.; DE SOUZA ROGÉRIO, R.; DE FÁTIMA LEITE LOURENÇO, L.; AMANTE DE SOUZA, W. G. ; VALCARENGHI, R. V. . A percepção da puérpera sobre os cuidados recebidos pela sua rede de apoio. Global Clinical Research Journal, \[S. l.\], v. 1, n. 1, p. e4, 2021. DOI: 10.5935/2763-8847.20210004. Disponível em: https://globalclinicalresearchj.com/index.php/globclinres/article/view/10. Acesso em: 1 abril 2021.](https://globalclinicalresearchj.com/index.php/globclinres/article/view/10)
- [Santos AST, Góes FGB, Ledo BC, Silva LF, Bastos MPC, Silva MA. Demandas de aprendizagem de famílias sobre cuidados pós-natais de recém-nascidos. Texto Contexto Enferm \[Internet\]. 01 maio 2021.](#)
- <http://hdl.handle.net/10316/94584Braz.J.of.Develop.,Curitiba,v.5,n.11,p.25889-25911> nov. 2019 ISSN 2525-8761 25903
- [Avaliação do conhecimento materno sobre manobra de Heimlich: construção de cartilha educativa. Cuid Enferm. 2020 jul.-dez.; 14\(2\):219-225.](#)

- <https://www.bertopolis.mg.gov.br/noticias/fique-em-casa>
- <http://nomundodamaternidade.com.br/2012/06/o-choro.html>
- <https://pediatriadescomplicada.com.br/2014/09/20/higiene-do-bebe-cuidados-com-o-coto-umbilical/>
- <https://www.gestacaobebe.com.br/como-trocar-a-fralda-do-bebe-corretamente/> <https://br.pinterest.com/pin/746612444460645731/>
- <https://guiadobebe.com.br/tecnicas-e-posicoes-para-amamentar/>
- <http://nomundodamaternidade.com.br/2012/06/amamentacao.html>
- <http://pueritia.com.br/fases-do-leite-materno/>
- <http://baudem menino.com.br/voce-sabe-qual-o-tamanho-do-estomago-do-recem-nascido/>