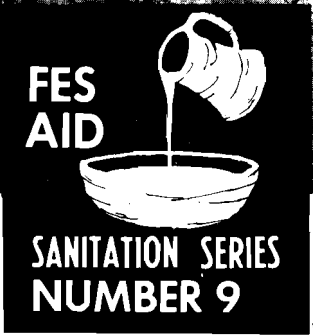


CARE FOR YOUR BABY



**AN AID TO
EXTENSION
AND VILLAGE
WORKERS
IN MANY
COUNTRIES**



Federal Extension Service, United States Department of Agriculture, in cooperation with Agency for International Development, U.S. Department of State

**This is for
YOU
The Home Economics Extension Worker
or Village Worker**

The information in this booklet is based on experiences of extension workers like yourself and health workers in many countries. You'll find ideas to help you teach mothers how to care for their babies.

Use this material in any way best suited to your needs.

BY KATHRYNE SHEEHAN HUGHES

Appreciation is expressed for assistance from: health, sanitation, home economics and information personnel of the Agency for International Development; specialists in the Federal Extension Service; and staff members of other agencies.

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Cover—The nurse is telling a Korean mother how to bathe her baby.

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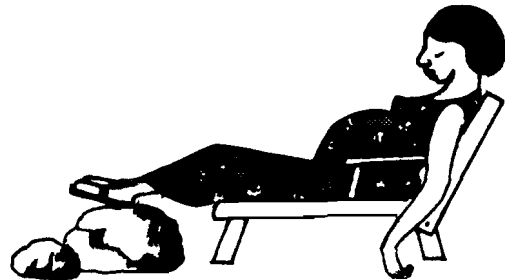
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GETTING READY FOR YOUR BABY

As soon as you know you are going to have a baby, go to a doctor, nurse, midwife, health worker, health center, clinic, or hospital if you possibly can.

They can tell you how to:

- take care of yourself
- plan for your baby's arrival
- take care of your baby



not lie down, try to rest with your feet up for a few minutes at least once a day.

YOU . . .

. . . should take good care of yourself while you are pregnant.

Eat the Right Foods

They will help you have a strong baby. Your doctor, nurse, or extension worker can tell you which foods are best.

Rest and Sleep

While you are expecting your baby, try to get plenty of sleep and rest.

Lying down for a while each day helps keep you from getting too tired. If you can-

Your doctor, nurse or health worker will probably tell you to keep on with most of the things you have been doing. But they probably will also tell you to avoid lifting heavy weights and pushing and pulling heavy things.

Bathe Every Day

If you bathe your body every day you will feel better. A clean skin is important to good health.

Avoid Disease

Take every precaution to keep well. If you become ill or feel something is wrong, try to see a health worker.

MAKE PLANS

You need to plan for:

- delivery
- clothing the baby
- a bed for the baby
- bathing the baby
- feeding the baby

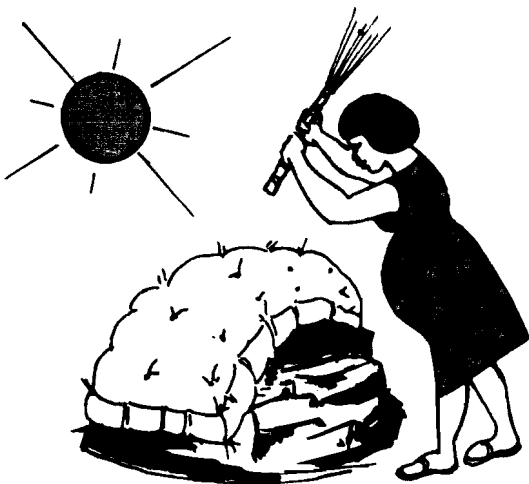


DELIVERY

You should plan ahead of time where your baby will be delivered.

If your baby will be delivered at home:

- Have the house clean.
- Brush the mattress or pad of your bed—air it in the sun.



- Wash or brush the blankets—put them in the sun.

- Prepare clean sheets. Wash them with soap and water and dry in the sun. Store them in a clean place until time of delivery.

- Prepare 12 rags about 45 centimeters or 18 inches square. Wash them in soap and water—hang in the sun to dry. Fold them and store in a clean place.

- Have clean clothes ready for yourself and the new baby.

If your baby will be delivered in a maternity center:

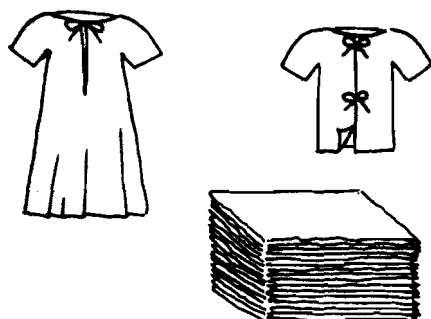
- Take clean clothes for yourself and the baby.
- Prepare them ahead of time by washing them with soap and clean water and drying them in the sun. Keep them in a clean place.

CLOTHING FOR THE BABY

You should have enough baby garments to change from wet to dry whenever needed.

Baby clothes should:

- be loose and full
- be made of soft, lightweight material
- be cool or warm as needed for the season
- be easy to wash
- have convenient openings



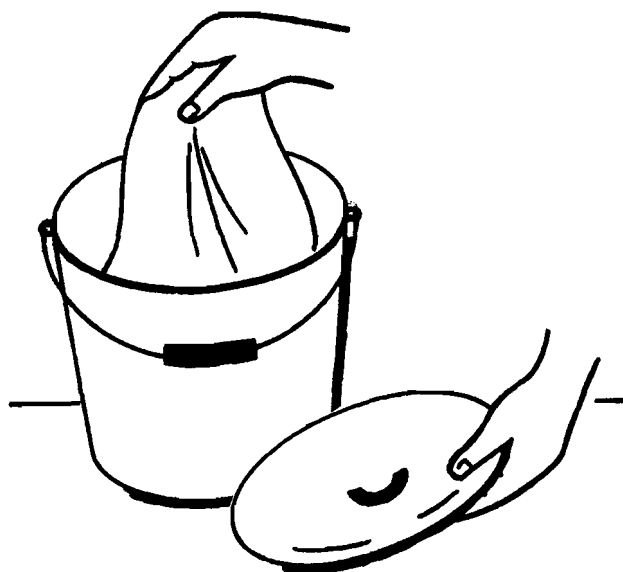
Shirts and gowns with back openings are easiest to put on small babies. Garments that tie rather than button are easier to handle. Clothing with a drawstring around the neck is dangerous.

Diapers

In some countries babies wear diapers. A diaper is a clean cloth fitted around the baby's body to catch excreta.

Change the baby's diaper as soon as it is wet or soiled.

Diapers need special care. Soak wet or soiled diapers in a pail of cold water. Cover the pail to keep out flies. You can use leaves, cloth, cardboard, or any other available material.



Scrape the bowel movement off the diaper before soaking it. Wash the diaper in hot water with a mild soap. Do not use lye or strong soap.

Rinse two or more times. Soap left in diapers may cause your baby's skin to chafe.

If your baby has loose bowel movements, it is safer to boil diapers.

Hang diapers to dry in the sun if possible. Sun helps destroy some germs.

In some countries when babies start walking mothers leave off diapers.

A BED FOR YOUR BABY

Babies should have their own place to sleep. They should not sleep with anyone because they may smother.

A baby needs a firm flat surface to sleep on. He should sleep in a quiet safe place protected from insects and animals. A basket, crib, hammock, or clothlined box may be used.

If you use a basket or box, keep it off the floor or ground. If you use a crib, be sure the bars are close together. This will keep your baby from getting his head caught.

If you paint the crib or box, use paint that is harmless to babies.

How to Make a Baby's Hanging Bed

You Will Need

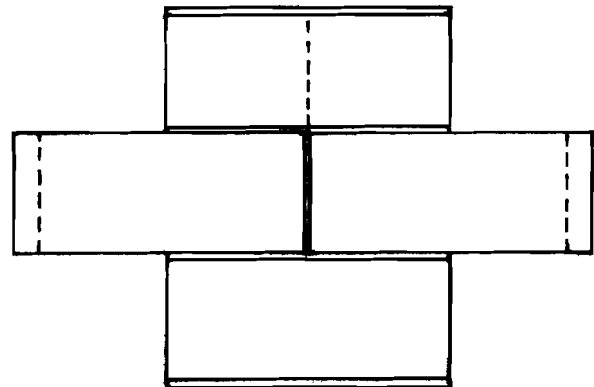
2 lengths of board 1 in. x 1 in. x 36 in.
2 lengths of board 1 in. x 1 in. x 15 in.
strong thread
2 round wooden rods 17 in. long
2 yards strong cord
4 pieces of strong cloth, such as canvas or denim, 36 in. x 15 in.
2 pieces of strong cloth 6 in. x 15 in.
nails $\frac{3}{4}$ and $\frac{1}{2}$ in. long
glue

Tools You Need

Ruler	Sandpaper
Pencil	Scissors
Saw	Needle
Hammer	

Sew 2 of the 36 in. x 15 in. pieces together using a flat fell seam to make a piece 72 in. long.

Find the centers of this long piece and the other two 36" x 15" pieces by folding them in half. Match the centers; pin the pieces together. Sew twice to make strong flat fell seams. Work away from the center so the material will stay even.



Instructions for making the bed are adapted from *House and Home Improvement in the Caribbean* by Elsa Haglund, FAO Home Economist.

Sew a small hem on the long outside edges of the two shorter pieces.

Sew a 6 in. piece of material across each end of the long piece, and make a 2 in. hem with the double thickness.

Sew the sides together at each corner. This forms the shape of the bed.

Notch the rods slightly about 1 in. from each end. Insert them through the end hems. Tie rope to the rods at the grooves. Hang the bed by these ropes.

A wooden frame in the bottom will give the bed shape and keep it open.

Cut 4 strips of wood to fit the bottom of the bed. Put a little glue on the joints, then nail them together to make a frame.

Use sandpaper to make a smooth, neat finish and cover the frame with a clean piece of old cloth.

Place the frame in the bottom of the bed. Make a mattress to fit the bed. It is now ready for your baby.

A mother in Colombia made this baby's bed.



BEDDING

You will need:

- mattress or pad
- waterproof material to protect the mattress
- sheets
- blanket
- netting to protect your baby from insects

A mattress or pad is put in the bottom of a baby's bed.

You can use local materials, such as grasses or corn husks, to make a mattress. Cut up the filling very fine to make it smooth. If it is rough, it will be uncomfortable for your baby.

Make the cover for the mattress of heavy washable material. Keep it clean and change the filling when it becomes soiled.

A clean adult-size blanket folded to fit snug and flat in the baby's bed makes a good pad. A blanket can be easily washed.

Do not use a pillow for a pad. It is too soft. Your baby's back needs firm support.

Waterproof material helps protect the mattress or pad. Soft, smooth leaves such as banana may be used under the baby's buttocks to protect the mattress.

Sheets for your baby's bed can be made from washable material such as muslin. You should have enough sheets for a change so they can be kept clean.

Blankets are needed to cover the baby. They can be cotton or wool depending on the weather.

Mosquito netting is a must. Insects can carry disease. They will also make your baby very uncomfortable.

AFTER YOUR BABY ARRIVES

BATHING THE BABY

Bathe your baby every day.

Try to bathe him at the same time each day.
Just before feeding is a good time.

Give the bath in a warm place out of drafts.
Do not put your baby in a tub until the
navel is healed. He may be sponged off with
warm water for the first few weeks.

Vietnam village women learn better ways to keep their babies clean.



Prepare for the Bath

First, wash your hands in hot water and soap.

The water for your baby's bath *must be clean*. Boil it at least 10 minutes, then let it cool.

While the water is cooling, gather together things you will need:

- mild soap in a covered dish
- clean, soft cloth for washing the baby
- clean towel
- baby oil—olive, coconut, etc.
- tub, pan or basin
- clean clothes for the baby
- clean pad or apron for your lap

Now test the water with your elbow. It should not be too hot nor too cold. It should be just warm.



How to Bathe Your Baby



Wash the eyes first with a clean piece of cloth wrung from clean water without soap. Wash from the corner near the nose outward. Then wash the ears, nose, and face with clear water without soap.

Soap the baby's head and rinse over the tub or basin. Be careful to keep soap away from the eyes. Dry the hair.

Make a good lather of soap. Rub this over the baby's body. Slowly put him into the tub of warm water, feet first.

In washing the body, be sure to wash the creases of the neck, arms, legs, and groin. Wash hands and feet, cleaning between fingers and toes.

After bathing, pat his body dry with a soft clean cloth.



FEEDING YOUR BABY



The best food for a healthy baby is a healthy mother's milk. But sometimes a mother is not able to breast feed her baby or she may not have enough milk.

When you cannot breast feed your baby, go to your doctor, nurse, or health worker to learn what to feed your baby.

As your baby grows he will need other foods. Your doctor, nurse, or health worker will tell you when to add such foods as fruit juices, cereals, eggs, and other solids to the baby's diet.

His food, water, and eating utensils must be kept clean.

Many stomach upsets are caused by harmful germs in water or food which is not clean. It is not safe for your baby to eat leftover food.

Before you feed your baby, wash your hands with soap. Be sure your clothing is clean. Covering your dress with a clean apron is a good practice.

If possible, wash your breasts and nipples with mild soap and clean water before feeding the baby. Be sure all soap is rinsed off. Wipe off the nipples after each nursing.

When you are feeding your baby in any other way than from the breast, the easy way is with a spoon from a small bowl or cup. They are easier to keep clean than bottles and nipples.

Never touch your baby's food with your hands or mouth.

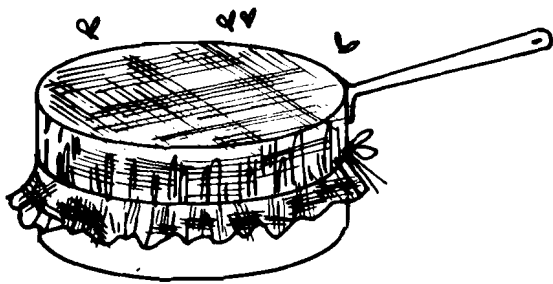
A Jordanian mother feeds her baby orange juice.

Water

In addition to milk, your baby needs water.

Boil water in a clean pot for at least 10 minutes. Then let the water cool before you give it to your baby.

When water is cool, store it in the container you boiled it in or in another clean container. If you pour the water into another container, pour it while it is hot.

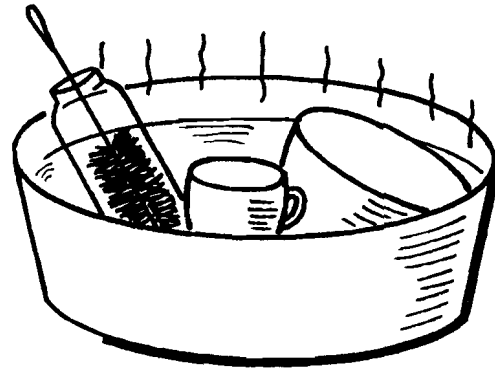


Put a tight-fitting cover over the top of the container so no flies or dirt can get into it. Store the boiled water in a cool place.

Care of Baby Dishes

Any dishes and utensils used in feeding your baby must be washed and boiled.

Rinse soiled dishes and utensils with cold water. Wash with soapy water.



Place the dishes and utensils in a pan. Cover with water. *Boil for 10 minutes.* Boiling will kill germs and make dishes safe for your baby.

Drain the dishes. Let them dry in the air if you can protect them from insects and dirt. Avoid touching the insides or rims of dishes and spoons. Cover well and store in a clean place.

Bottles and nipples need special care. Use a brush to clean the insides of bottles. If you do not have a brush, put a little sand or a few pebbles in the bottle. Then fill the bottle half full of water. Shake it well. Remove the water, pebbles, or sand. Rinse.

Turn rubber nipples inside out and wash. Now the bottles and nipples can be washed and boiled the same as other dishes and utensils for the baby.



This baby is being examined at a clinic.

BABY HEALTH

Make every effort to take your baby to the doctor or clinic for regular examinations.

The doctor or nurse may give injections to protect your baby from disease. Ask them to do this.

Keep everything that touches your baby clean—his clothing, food, dishes, water, and bedding. This will help to keep him healthy and happy.

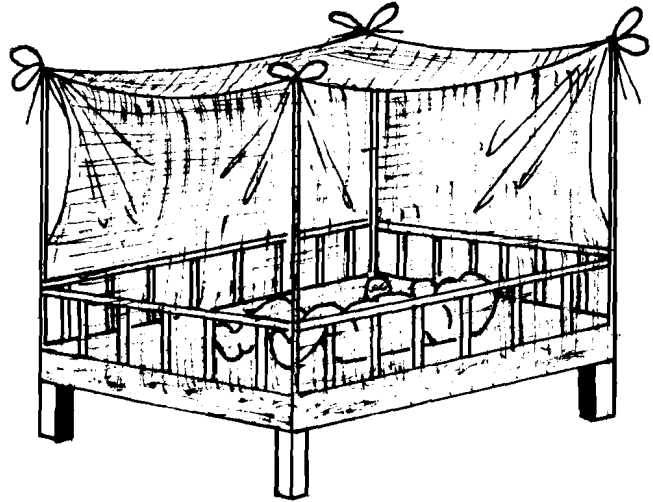
Keep sick people away from your baby. Do not kiss him if you are sick or have a cold.

When you have a cold, you may protect your baby by tying a large handkerchief or clean cloth over your mouth and nose.

Let your baby have plenty of fresh air and sunshine but be careful that he does not get sunburned.

At the beginning, he should not be left in the direct sun for more than a few minutes. Later he can play in the sun for longer periods of time.

Always protect the baby from flies, mosquitoes, and other insects. You may use loosely woven cloth such as mosquito netting



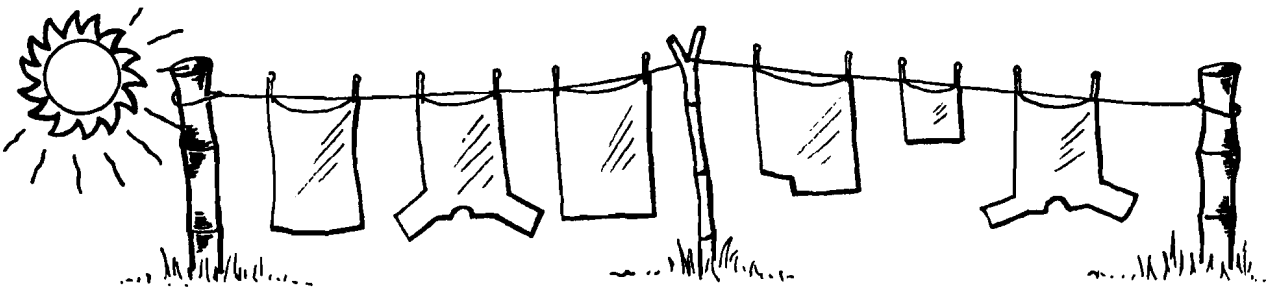
The net should be supported so it does not come down close to the baby and smother him.

Do not keep covers or sheets over the baby's face. Keep bedding dry.

Care for Your Baby's Clothing and Bedding

Keep clothing and bedding clean. Wash them thoroughly in clean water and mild soap. Rinse well. Hang in sunshine to dry.

Do not boil wool things. Boiling causes them to shrink. Use warm water. Dry in a clean shady place.



PLAY EQUIPMENT

A Play Pen

In many countries families build play pens of bamboo or wood for their babies.

When your baby is in a play pen, it is easier to keep him clean and he is safer. Animals such as dogs and chickens cannot get to the baby. The pen can be moved to different parts of the house or yard while you do your work.

How to Make a Play Pen

You Will Need:

36 pieces of bamboo or wood for upright posts on the sides of the pen, 20 in. long x $\frac{1}{2}$ in. in diameter.

8 pieces of bamboo or wood for corner posts, 26 in. long x 2 in. in diameter.

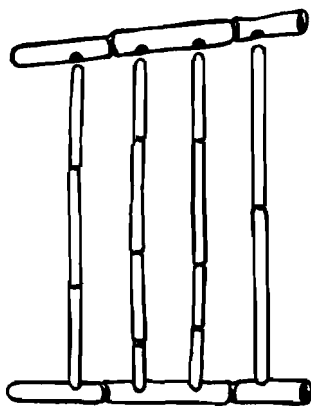
8 pieces of bamboo or wood for bottom and top rails, 40 in. long x 1 in. in diameter.

8 hook and eyes, or heavy twine, raffia, or other tying material to fasten corners together.

What to do:

Measure even spaces for 9 upright posts on each rail. Bore holes just large enough so the posts will fit snugly.

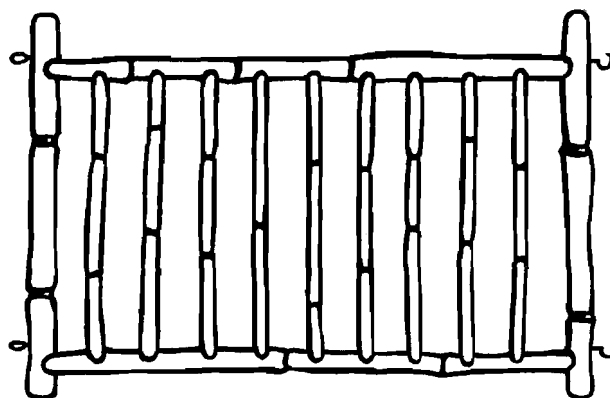
Put posts in the holes in the bottom rail, then put on the top rail to form one side of the play pen. Repeat for the other 3 sides.



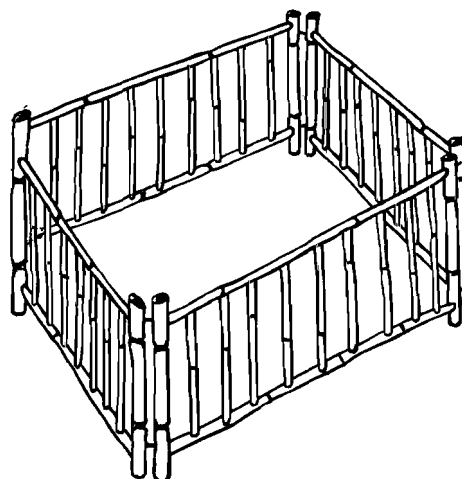
Bore holes for the top and bottom rails in the corner posts. Attach hooks to these 4 corner posts—top and bottom. Attach eyes to the other 4 posts so the hooks can be fastened into them.



Join a side of the play pen to two corner posts—one with hooks and one with eyes. Be sure the hooks point out of the pen so your baby will not hurt himself on them. It should look like this. Repeat the other 3 sides.



Hook the 4 sides of the play pen together. It will look like this.



If you do not have hooks, tie the corner posts together. It will work just as well. You can make a wood floor or use a mat to keep your baby off the floor or ground. The floor of the pen should be washable. Keep it clean.

Toys

You can make soft toys at home. Stuffed animals and dolls can be made of scraps of material. They should be washable.

Make them strong so the baby cannot pull off parts and put them into his mouth.

Very small toys are dangerous. The baby may put them into his mouth and swallow them.

Avoid sharp and pointed toys. They can hurt your baby.

DEMONSTRATIONS

Show how to:

Make a baby bed.

Make baby clothes.

Make a wall pocket, line a basket to hold baby clothes, or make a cupboard out of a box.

Sterilize baby dishes.

Prepare juice for the baby.

Make a mosquito net or screen for the baby's bed.

Bathe a baby.

Prepare to deliver a baby at home.

Launder diapers.

Prepare safe water for the baby.

—Practice your demonstration until you can do every step without hesitation.

—Use only equipment and materials available to the village families.

—Arrive at your meeting place ahead of the women and arrange all materials for your demonstration neatly and in the order you will use them.

—Plan for your audience to be seated so that everyone can see and hear easily.

—Use visual aids in your demonstration if they will help to make your presentation clearer.

—Ask one of the women to assist you. This helps to develop leadership.

Suggestions to Help You Give a Good Demonstration

—Prepare yourself carefully

—Know more about the subject than you plan to teach.

—Outline your demonstration step by step and write down exactly what you will say at each step.

Evaluate your own demonstration.

(1) Did the women learn how to do what you demonstrated?

(2) What evidence was given that the women plan to carry out this practice in their homes?

(3) How could this demonstration be improved?



For Healthy Mothers and Babies

Mothers must

- **take care of themselves while pregnant and after the baby is born**
- **prepare the home for baby's arrival**

Babies need to

- **be kept clean**
- **sleep alone in a clean place**
- **wear clean clothes**
- **eat clean healthful food**
- **drink safe water**

BOOKS TO HELP YOU

- *Red Cross Home Nursing*—American National Red Cross, Washington D. C. Published by Doubleday and Co., Inc., N. Y. 1951.
- *Prenatal Care*—U. S. Department of Health, Education and Welfare, Social Security Administration, Children's Bureau Publication No. 4.
- *Infant Care*—U. S. Department of Health, Education and Welfare, Children's Bureau Publication No. 8.
- *When Your Baby Is On the Way*—U. S. Department of Health, Education and Welfare, Children's Bureau Publication No. 391.
- *Healthy Mothers and Babies—The Pregnant Woman*—South Pacific Commission, Box 5254 C.P.O., Sydney, NSW, Australia.