

Advise for essential care for the neonate at discharge

Feed breast milk

- Breast milk is the best and is the only food baby needs for first six months
- Mother needs to breastfeed day and night, at least eight times in 24 hours
- Mother need to take nutritious meals and should drink lots of clean water
- For a small baby who finds difficult to suckle, express breast milk and collect in a clean cup to feed the baby with a paladai, cup or spoon

Keep clean

- Wash your hands with clean water and soap before every feed and after visiting toilet and handling baby's faces / urine
- Keep the surroundings clean
- Keep the cord stump clean, do not apply anything on cord

Keep warm

- Keep the baby well wrapped in a clean dry cloth or blanket(in cold season)
- Cover baby's head with part of cloth/ blanket or put a cap on the head
- Keep the room warm avoid direct draught of air
- Keep next to mother for warmth, it promotes lactation and mother-baby bonding
- Encourage KMC for Low birth weight babies

Counsel and educate the mother and family

- Build confidence of the family in taking care of baby at home
- Ensure that the family understands importance of administering prescribed medicines for the whole duration
- Educate mother when to report for follow up after discharge
- Educate mother when to report early if there is worsening of conditions at any time after discharge
- Educate mother for signs of well baby feeds on breast, active behavior, pink extremities and trunk & extremities are warmth to touch
- Ensure baby is gaining weight on follow up
- Advise for timely immunization