

In this Topic Area you have covered:

3.1 The postnatal checks of the new-born baby,

3.2 Postnatal care of the mother and baby

3.3 The developmental needs of children from birth to five year

Apgar score a score given to evaluate the physical condition of a new-born on assessment of their vital signs.

Indicator	0 Points	1 Point	2 Points
A Appearance (skin color)	Blue, pale	Pink body, blue extremities	Pink
P Pulse	Absent	Below 100 bpm	Over 100 bpm
G Grimace (reflex irritability)	Floppy	Minimal response to stimulation	Prompt response to stimulation
A Activity (muscle tone)	Absent	Flexed arms and legs	Active
R Respiration	Absent	Slow and irregular	Vigorous cry

- Physical checks**
- Fontinelle- soft spot
 - Eyes: cataracts
 - Feetwebbing/talipes
 - Fingers: webbing/parlmer creases
 - Hips: dislocation
 - Heart: murmur
 - Testicles: moved to scrotum after birth
 - Heel Pick Test: sickle cell disease/cystic fibrosis

- Skin Checks**
- Vernix
 - Lanugo
 - Stork Marks (salmon Patches
 - Strawberry Marks (Infantile haemangiomas)
 - Flat brown patches (café au lait)
 - Black or brown moles (congenital moles)

Knowledge Organiser OCR Child Development RO57

TA3: Understanding postnatal check, postnatal provision and conditions for development



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|---|--|--|
| Sleeping <ul style="list-style-type: none">• Position to prevent SIDS (sudden Infant death syndrome) | | Hygiene and Cleeanliness <ul style="list-style-type: none">• Bathing• Topping and tailing• Changing a nappy |
| Feeding <ul style="list-style-type: none">• Breast Feeding: lactation• 'Breast is best'• Bottle Feeding: Expressing and making a bottle feed | | Socialisation <ul style="list-style-type: none">• Promoting Positive Behaviour• Parents and carers handle bad behaviour• Safety |

- Mothers Postnatal Health**
- To ensure a woman's recovery after birth:
- 1.Eat a suitable diet
 - 2.Sleep! Not get over tired
 - 3.Not worry too much about domestic chores
 - 4.Relax for a while each day
 - 5.Find the energy to play, talk to her baby and take out
 - 6.Do stretches to tighten tummy muscles again

Post natal provision – how they support the mother	
Father <ul style="list-style-type: none">• Paternity leave• Care for mother• Household tasks• Care for baby – Change nappies – bonding• Support feeding choices• Spend time at home• Check visitors	Midwife (10 days after birth) <ul style="list-style-type: none">• Feel the uterus is returning to its pre pregnancy size• Check any stitches• Take blood pressure readings• Give advice• Help with feeding• Check for post natal depression• empathy• reassurance• positive attitude
Family <p>Give space Give advice Help with babysitting older children Distraction Encourage getting out Bringing supplies</p>	Health visitor <p>ensure mother & baby are healthy Check baby is making normal progress Give advise on feeding Advise mum on attending baby clinic Discuss immunisations Help & guidance with emotional problems Put mother in touch with other mothers locally</p>



Centile charts:
showing the expected pattern of growth of a healthy baby, against which comparisons can be made.

- Baby Clinic**
- Development checks 6 weeks, 8 months, 18 months & 3 1/2 years
 - record of baby's progress- height, weight
 - advice with problems- weaning, feeding, rashes
 - advice about immunisation
 - parents meet & get to know other parents & children

- Mothers postnatal exam – by GP**
- 6 weeks after birth
 - Make sure Mum is generally healthy
 - e.g. blood pressure/ weight/ urine
 - the uterus is returning to normal and no discharge
 - using an internal pelvic exam
 - Check mental health and wellbeing
 - Contraception advice