

Module 8 : Thermal Control

Session 2 : How to keep the newborn warm

Day : 3

Time Required : 1 hour and 35 minutes

Purpose

To provide ASHAs with the knowledge and skill required to help mothers protect the newborn's from getting cold immediately after delivery and in the first days after delivery.

Objective

At the end of the session the ASHA will be able to:

1. Explain and demonstrate how to keep a baby warm immediately after delivery and in the first days after birth.

Materials

- Keeping Baby Warm: Counseling Cards 18, 28, 29, 30
- Doll
- Dry towels
- List of “observations” of the care practices during delivery (List prepared during previous session.)
- Blackboard or white chart paper/flipcharts and markers
- Reading Material 1 : How to keep newborns warm

Preparation

- Obtain and keep ready the materials listed above.
- Prepare for a role play where one trainer is the TBA and the other is the ASHA (see #1 under Role Play Demonstration below).

Training Methods

Presentation and Discussion (1 hour)

Instructions to Trainers :

1. Have a brainstorming session with the ASHAs on how they would keep babies warm. Have them quickly come up with ideas and write all of these on the board or white chart paper.
2. Review the list while discussing the suggestions. After discussing, make a new list (similar to that in Content Box); add anything that has been left out and eliminate incorrect ideas after explaining why they aren't appropriate.
3. Explain that the baby **should be dried immediately** after it is born, even while the cord is still attached. The baby should be dried all over, including its head with a large dry towel. After drying, discard the wet towel and wrap the baby in a dry one. Then only should the cord be cut.
4. Explain that if placing the baby's **skin close to the skin of the mother** is possible, this should be done, and the baby **covered with a dry towel** or cloth. Putting the baby's skin in contact with the



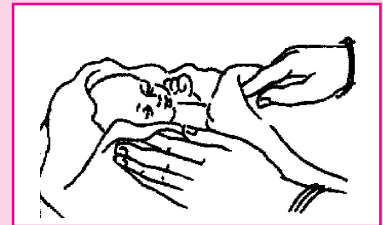
mother's skin is an effective way to warm the baby, and to stimulate the baby's interest in feeding, as well as in developing a bond between mother and baby. The baby should be kept covered as much as possible.

5. Explain that if placing the baby skin to skin with the mother is not acceptable then, the baby should be wrapped after being dried and placed on the mother's arms. The baby can be clothed at this time or after the first breastfeed.
6. Explain the following ways of keeping the baby warm:
 - **Initiating breastfeeding as soon as possible** ensures a good milk supply and helps the baby maintain its temperature. The nutrients in colostrum provide energy the baby requires to generate body heat.
 - **Putting a hat** on the baby, especially in winter months and rainy season, can save a lot of heat leaving from the baby's head.
 - **Delay bathing** the baby in winter months until the 2nd or even 3rd day; the whitish covering on the baby's skin can be wiped off and is harmless.
 - Before weighing the baby make sure that the room is warm, and especially in winters, the baby is wrapped up immediately after weighing.
 - Before delivery, make sure there is at least one soft cloth to wipe the baby, some clothes, and a cloth or quilt, to loosely wrap the baby in.
 - LBW and preterm babies are more fragile and need more care; this will be discussed in the next module. Babies who suffer from asphyxia or are sick are also at risk of hypothermia. This will also be further discussed in other modules.

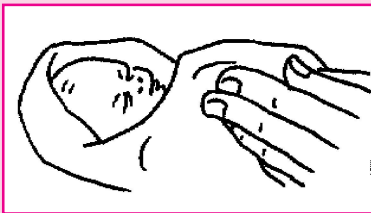
Content Box :

How to keep newborns warm

- ✓ Before delivery, warm up the room (warm enough for adults).
- ✓ Immediately after delivery, dry the baby.
- ✓ Put a hat on baby since a lot of heat could be lost through its head.



Drying the baby



Covering the baby



Baby properly clothed and wrapped in winters

- ✓ Place in skin to skin contact with the mother and cover or put clothes on the baby, wrap it up with a clean cloth, and place it close to its mother.
- ✓ Initiate early breastfeeding.



Keeping baby in skin to skin with mother

- ✓ Bathing for normal newborns:
 - It is best to wait until the 2nd day to bathe the baby.
 - If the family insists on bathing the first day, please ask them to delay for at least 6 hours to give the baby time to adjust to its new environment.
 - **For small and preterm babies, do not give a bath until the baby gains weight** (this could be few weeks) and weight of baby becomes 2,000 grams.
 - To keep a small baby clean, you can give an oil massage but making sure that the room is warm and the baby is not left uncovered for more than 10 minutes.
- ✓ Keep mother and baby together as much as possible in the first days after delivery.
- ✓ Keep baby loosely clothed and wrapped.
- ✓ If it is very warm outside, make sure the baby is not too heavily clothed and wrapped; the baby can also get too hot.

Review Actual Practice : Discussion (15 minutes)

Instructions to Trainers :

1. Take out the list of “observations during delivery” from previous session.
2. Discuss if the babies in the deliveries observed by the ASHAs were kept adequately warm. What could have been improved? Write down the responses of ASHAs on a white chart paper.
3. Ask what the ASHAs will do differently now that they can actively start taking care of the baby. *(Answer: Earlier the ASHA was only observing and examining; now she can also start making sure that the baby is warm, & assist the mother with breastfeeding, etc. She may talk to the mother about ways to keep baby warm during the antenatal visit using the appropriate counseling card: dry baby immediately after birth; put on a hat; wrap and give to mother to hold close to herself; help the mother with early initiation of breastfeeding; clothe the baby and loosely wrap it; advise on delaying bathing the baby.)*
4. Show the Keeping the Baby Warm Counseling Card (Number 18). This card is used during the antenatal visits, to explain to mothers and mothers-in-law the reason why it is important to keep babies warm, and the need to prepare for the delivery (enough towels, clothes, warm room, etc.). Also show the Cards 28, 29, 30 : how to keep babies warm, especially those babies who have low birth weight or are preterm.
5. Discuss any problems the ASHA may encounter and help work out solutions. These may perhaps include some tension between the TBA or mother-in-law and herself.

Role Play Demonstration (15 minutes)

Instructions to Trainers :

1. Perform a role play where one trainer is the TBA and the other is the ASHA. The role play starts once the baby is born. The trainers show the ASHA working with the TBA to quickly dry the baby with a towel, wrap the baby in a dry cloth, cut the cord, and place the baby close to mother for breastfeeding.
2. Discuss. Clarify any doubts.
3. Let each ASHA demonstrate the method of keeping the baby warm. Trainer should take notes on the

demonstration (what is good, what needs improvement, what are the feelings of ASHA).

Summary (5 minutes)

- Ask the ASHAs to tell you what they will do to maintain a newborn's temperature.
- Make necessary corrections and add missing information.
- Praise the ASHAs for their good work.

Evaluation of the session (during session)

Objective	Assessment Method	Output
Explain and demonstrate how to keep a baby warm immediately after delivery and in the first days after birth.	Questions and answers. Responses to role play simulation. Each trainee demonstrates how to quickly dry the baby, wrap it in a dry cloth and put it close to the mother.	What could be done to keep the babies warm – responses of ASHAs listed by trainer on a white chart paper. Notes of trainer when the ASHAs demonstrate keeping the baby warm (what is good, what needs improvement, what are the feelings of ASHA).