

ADDITIONAL STEPS REQUIRED IN COLD CLIMATES...

when there is no heat, electricity, or hot water

- ✂ Maintain a backup system (generator and fuel or coal that can keep at least two rooms warm).
- ✂ Seal all holes and cracks in the windows. Add curtains if possible. Keep doors closed to reduce drafts.
- ✂ To benefit from mother's body heat, keep newborn close to mother's body instead of wrapped and alone in self-standing cradle.
- ✂ For the moments when separated from the mother, keep newborn clothed and wrapped loosely and warmly.
- ✂ Use kangaroo method for premature and low birth weight babies, and for normal weight full term babies.
- ✂ Postpone weighing and unnecessary exams that expose the newborn to cold.
- ✂ Avoid bathing the baby before discharge from the maternity.
- ✂ Counsel the mother on maintaining warmth for her baby, and discharge the mother and newborn early to a warmer home environment.



NEWBORN HYPOTHERMIA: A NEWBORN NEEDS TO STAY WARM!

- ✂ A newborn needs to stay warm, and maintain a body temperature of 36.5° to 37.5° C to stay safe. Newborns can become too cold in warm and cold climates.
- ✂ A newborn baby cannot generate, maintain, or regulate body temperature well, especially if born too small or before the due date.
- ✂ A newborn needs a warmer room or environment than adults. A naked newborn exposed to a room at 23°C suffers heat loss similar to a naked adult in a room at 0°C.



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TO KEEP THE NEWBORN WARM...

- ☞ Maintain warm delivery and post partum rooms to at least 25°C, and keep doors and windows closed to avoid draft. This is warmer than what is comfortable for adults.
- ☞ Place the newborn skin-to-skin on the mother's chest or stomach immediately after birth; or skin-to-skin on the father or other relative, if the mother is not able.
- ☞ Dry the newborn with a warm and dry cloth while skin-to-skin on the mother—immediately after birth.
- ☞ Cover the baby—while skin-to-skin on the mother—with a blanket, and place a cap on baby's head.
- ☞ Postpone bath with water until the 2nd or 3rd day of life.



- ☞ Replace cold or wet clothes or nappies with warm dry ones.

- ☞ Put the newborn to the breast to suck immediately after birth and every 2 to 3 hours a day and night whenever the baby wants, without supplementation with water, glucose, milk or other liquids or foods.



- ☞ Keep newborn close to the mother's body as much as possible, and in the same room as the mother, for 24 hours. When a newborn does not have skin-to-skin contact, wrap the baby in several layers of loose clothing and blankets—one or two more layers than adults in the same temperature.
- ☞ Examine newborn in the warmest room with close presence, or in the arms of the mother. Avoid unnecessary examinations or procedures that expose the newborn.
- ☞ Use kangaroo method for premature and low birth weight babies.
- ☞ If newborn transport is required, transport with skin-to-skin contact. If this is not possible, transport the newborn wrapped loosely in several layers and held in arms, or in a transport device.