



# 宝宝的护理

在医院及在家中



2018 年 4 月



## 宝宝出院的核对请单

完成下列事项后我的宝宝即可出院：

- 我已经读完宝宝护理手册、并打了勾。
- 登记出生的表格已填妥。
- 宝宝已完成出院前的体检。
- 宝宝已完成听力筛查。
- 宝宝已完成黄疸筛查。
- 宝宝已接受了乙肝疫苗。
- 宝宝已完成血氧筛查。
- 我了解宝宝的哺乳计划。
- 已安排好宝宝的复诊。
- 我知道有疑问或顾虑时与谁联系。
- 宝宝的汽车安全座椅已经准备好。
- 我已经准备好宝宝出院时穿的衣服。
- 宝宝出院的表格我已经签字了。

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不知道下一步该怎么做？我们有应用程序来解答。



**华大宝宝协助您为宝宝做好准备。**不论是有关怀孕期间的疑问、一周一周的过程、全是按照预产期为您量身订做的。可看录像带来了解妊娠、分娩、产后的护理、哺乳、及新生儿的照顾。及寻找华大医学系统内的医疗提供者、诊所等等。

**追踪门诊时间、及一切与宝宝相关的事宜！**以精密的追踪工具帮您掌握每一个细节。包括妊娠期间一直到宝宝一岁、您可以记录每一个预约、宫缩、疫苗的纪录等等。**华大宝宝**是您妊娠期间、及宝宝出生后的最佳伴侣。

**华大宝宝可以从苹果商店及谷歌播  
放下载的免费应用程序**



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## 如何使用这工作手册

### 宝宝的护理

生完孩子后、有很多事情要考虑！

我们希望您和您的亲人能了解情况、以便为在接下来的时日里作好准备。在华大医学 UW Medicine，我们致力于为您提供正确及有用的资讯。我们这样做的主要方式是：

#### 幻灯片

您的护士会协助您查看一些简短的幻灯片。

#### 工作手册

我们会为您提供分娩后对婴儿的护理、母乳喂养、自我护理等许多方面的一本工作手册。它们也附带有核对的清单、以便跟踪您在医院和家里时的状况。当您离开医院时、可把工作手册带回家、并在宝宝出生后的头几周内根据需要来参考。



*我们乐于为您服务！您有任何需要时、请告诉我们。*

每本工作手册在每个章节目录中都有一个复选框。阅读完每章、并与护士一起阅读完后、在框内打勾。

#### 告诉您的护士

您的护士是一个很好的资讯来源。他们将与您讨论您的护理以及回家后的期望。

#### 华大宝宝“UW Baby”的应用程式

当您在家有疑问时、此应用程式是非常有用的资源。可在手机上的应用商店中搜索“UW Baby”。

**准备好了？来，我们可以开始了！**





## 联系电话

### 您宝宝的诊所

如您对宝宝的健康有顾虑，请随时致电宝宝的诊所。如是在下班后，录音会告诉您该怎么做。

儿科诊所: \_\_\_\_\_

电话: \_\_\_\_\_

### 华大医疗中心的联系电话

#### 罗斯福诊所 (Roosevelt)

儿童护理中心..... 206.598.3000

儿科护士.....206.598.3030

#### 海景医疗中心 Harborview Medical Center (HMC)

家庭医生..... 206.744.8274

妇幼科..... 206.744.3367

#### 华大医学社区诊所 (UW Medicine Neighborhood Clinics)

电话联系中心..... 206.520.5000

要查寻您附近的华大医学社区诊所，请上下网站：

[www.uwmedicine.org/neighborhood-clinics](http://www.uwmedicine.org/neighborhood-clinics).

### 哺乳方面的协助

华大医疗中心 UWMC 哺乳服务.....206.598.4628

罗斯福诊所哺乳辅导.....206.598.3030

西北医院亲哺团 NW Hospital Breastfeeding Group .....206.368.1882

### 服务部

出生证(华大医疗中心 UWMC Medical Records)..... 206.598.3478

教学 (育儿及安全) 好开始 Great Starts 举办..... 206.789.0883

社区护理专线 (Community Care Line)

(每日 24 小时护士专线) .....206.744.2500

华大医学健保及登记.....206.598.4388

打 911

## 何时该打电话

### 如宝宝有下列情况请打 911:

- 医疗上的紧急事故
- 发生了您觉得不能等待的问题，而宝宝的诊所已经下班。

### 如宝宝有下列情况请即刻与宝宝的诊所联系:

- 腋下体温高于华氏 100.4°度 (摄氏 38°度) 或更高。
- 脐带部位的皮肤发红或发热。
- 呼吸急促、呼吸困难、或持续几分钟的快速呼吸。
- 很难将宝宝唤醒来哺乳、太累或不想吃奶、缺乏警觉性，而且身体软绵绵的。

即刻与宝宝的诊所联系

### 需在 24 小时内与宝宝的诊所联系:

- 喂奶后似乎不满足，湿尿布、脏尿布的次数比您期待的要少。
- 24 小时内没能达到至少哺 8 次的母乳（或 24 小时内至少 6 次的喂奶瓶）。
- 皮肤或眼睛发黄。
- 喂奶时经常咳嗽或呛着。
- 呕吐绿色液体，一天内呕吐 2 次以上。或呕吐、及腹泻。

24 小时内与宝宝的诊所联系

如对宝宝的健康有任何疑问或顾虑、请随时与宝宝的诊所联系。下班后会有录音告诉您下一步怎么做。

诊所 Clinic Name

电话 Phone

请记住安排宝宝复诊的预约!

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# Baby Care

*In the hospital and at home*



*April 2018*



## **Baby's Discharge Checklist**

My baby can go home when:

- I checked off all the workbook chapters.
- The birth filing form is filled out.
- My baby had a discharge exam.
- My baby's hearing screen is done.
- My baby's jaundice screen is done.
- My baby received a hepatitis B vaccine.
- My baby's oxygen screen is done.
- I understand my baby's feeding plan.
- My baby's follow-up visit is planned.
- I know who to call when I have questions and concerns.
- My baby's car seat is ready.
- I have clothes for my baby to wear home.
- I signed my baby's discharge form.

# Table of Contents

## *Baby Care*

<i>Baby's Discharge Checklist</i>	<i>Inside front cover</i>
<i>How to Use This Workbook</i>	
<i>Baby's Day</i>	
<i>Milestones and Mementos</i>	
<i>Baby's Footprint and Birth Certificate</i>	
<i>Washington State Birth Filing Form</i>	

I have reviewed this chapter	My nurse did "teach back" with me about this chapter
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### **Section 1**

#### **My Baby's Care in the Hospital**

Your New Baby	<input type="checkbox"/>	<input type="checkbox"/>
Newborn "Safe 8"	<input type="checkbox"/>	<input type="checkbox"/>
Baby's Second Night	<input type="checkbox"/>	<input type="checkbox"/>
Late Preterm Infants	<input type="checkbox"/>	<input type="checkbox"/>
ID Bands and the Rectangle Wrap	<input type="checkbox"/>	<input type="checkbox"/>
Newborn Screenings	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B Vaccine	<input type="checkbox"/>	<input type="checkbox"/>

### **Section 2**

#### **Planning for Home**

Getting Ready to Take Your Baby Home	<input type="checkbox"/>	<input type="checkbox"/>
Car Seat Safety	<input type="checkbox"/>	<input type="checkbox"/>
Circumcisions at UW Neighborhood Clinics	<input type="checkbox"/>	<input type="checkbox"/>
When Your Baby Stays in the Hospital	<input type="checkbox"/>	<input type="checkbox"/>

### Section 3

## My Baby's Care at Home

Getting to Know Your Baby's Body



Keeping Your Baby Safe at Home



Period of PURPLE Crying



*Who to Call*

*Inside back cover*

*When to Call*

*Back cover*

## Wondering what's next? We have an app for that.



**UW Baby helps you prepare for your baby.** Find answers to your questions about what's happening during pregnancy, week by week, customized to your due date. Watch informative videos. Learn about pregnancy, labor and birth, postpartum care, breastfeeding and newborn care. Find UW Medicine providers, clinics and more.

**Track appointments, baby kicks and more!** Capture every kick with the interactive tracker tools. You can record appointments, contractions, immunization records and more, during pregnancy and through your child's first year. UW Baby is your pregnancy and newborn care companion.

UW Baby is a free app available at:



## How to Use This Workbook

### *Baby Care*

There is a lot to think about after you give birth!

We want you and your loved ones to feel informed and ready for the hours and days ahead. At UW Medicine, we are committed to giving you correct and helpful information. The main ways we do this are:

#### **Slideshows**

Your nurse will help you access some short slideshows.

#### **Workbooks**

We will provide you with workbooks covering many aspects of self-care after giving birth, baby care, and breastfeeding. They include checklists to keep track of how things are going while you are in the hospital and at home. When you leave the hospital, take the workbooks home with you and refer to them as needed for the first weeks after your baby's birth.



*We are here to help! Please tell us if there's anything you need.*

The Table of Contents for each workbook has check boxes by each chapter title. Please check off each chapter as you finish reading it and have gone over it with your nurse.

#### **Talks with Your Nurses**

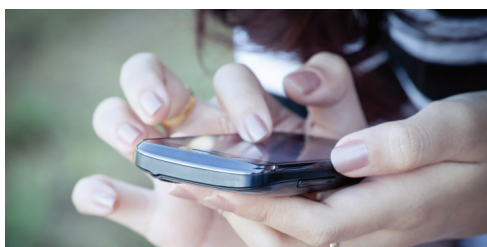
Your nurses are a great source of information. They will be talking with you about your care and what to expect when you go home.

#### **UW Baby App**

This app can be a very helpful resource when you are at home and have questions. Search the app store on your phone for "UW Baby."

*Ready? Let's get started!*





## Who to Call

### Your Baby's Clinic

Call your baby's clinic any time if you have concerns about your baby's health. If it is after hours, a recording will tell you what to do.

Your pediatric clinic: \_\_\_\_\_

Phone: \_\_\_\_\_

### UW Medicine Clinics

#### Roosevelt

Pediatric Care Center ..... 206.598.3000

Pediatric Nurse ..... 206.598.3030

#### Harborview Medical Center (HMC)

Family Medicine ..... 206.744.8274

Women & Children's Clinic ..... 206.744.3367

### UW Medicine Neighborhood Clinics

Call Center ..... 206.520.5000

To find a UW Medicine Neighborhood Clinic near you, visit [www.uwmedicine.org/neighborhood-clinics](http://www.uwmedicine.org/neighborhood-clinics).

### Breastfeeding Help

UWMC Lactation Services.....206.598.4628

Roosevelt Lactation Consultant ..... 206.598.3030

NW Hospital Breastfeeding Group .....206.368.1882

### Services

Birth Certificates (UWMC Medical Records).....206.598.3478

Classes (Parenting and Safety) at Great Starts ..... 206.789.0883

Community Care Line

(Nurse Consult 24 hours a day) .....206.744.2500

UW Medicine Insurance and Registration .....206.598.4388



# When to Call

## Call 911

### Call 911 if your baby:

- Is having a medical emergency.
- Has a problem that you feel cannot wait and your baby's clinic is closed.

## Call your baby's clinic right away

### Call your baby's clinic right away if your baby has:

- An underarm temperature of 100.4°F (38°C) or higher.
- Red or hot skin around their belly button.
- Shortness of breath, a hard time breathing, or is breathing fast for several minutes.
- A hard time waking up for feedings, is too tired or not interested in eating, is rarely alert, and is floppy.

## Call your baby's clinic within 24 hours

### Call your baby's clinic within 24 hours if your baby:

- Does not seem satisfied after feedings and has fewer wet and dirty diapers than you expect.
- Is not breastfeeding at least 8 times in 24 hours (or not bottle feeding at least 6 times in 24 hours).
- Has yellowish skin or eyes.
- Coughs or chokes a lot during feedings.
- Vomits green liquid, vomits more than 2 times in a day, or vomits and has diarrhea.

**Call your baby's clinic at any time if you have questions or concerns about your baby's health.** If it is after hours, a recording will tell you what to do.

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Clinic Name

Phone

**Remember to make your baby's follow-up clinic appointment!**

UW Medicine