

Jockey Club S.A.T.H. Project for Healthy Families


NEWBORN CARE



Congratulations to your newborn! It can be anxious for taking up new role as parents. Here are some health tips on general newborn care.

Follow-up at the Maternal and Child Health Centre

SCAN ME

- After discharge from the hospital, register with the **Maternal & Child Health Centre (MCHC)** in your living region and arrange follow-up for your newborn for growth monitoring, physical exams, immunization, etc.
- You are advised to book the appointment **by phone in advance.** 

Scan this QR code for the list of MCHC in Hong Kong and their corresponding address and phone number.



Care of cradle cap:

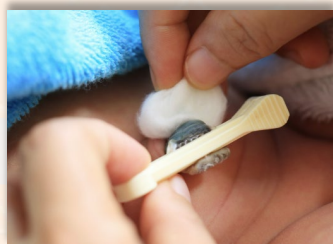
- The cause is not completely clear. Usually appears when the baby is around 3 weeks to 3 months old.
- You may apply **olive oil on baby's scalp** and leave for about **20 minutes** to soften the thick scales. Then wipe the scales off gently with cotton swabs.
- Shampoo the baby's hair and **use a comb to clear away the patches adhered to the hair.**



Care of the umbilical cord:



- Keep it **clean** and **dry**. Clean the base of the cord whenever you see any discharge.
- Usually separates between **5 – 10 days** after birth (May take 3 weeks or longer for some babies)
- A few drop of blood on the nappy around the time the stump falls off is normal. Clean it regularly until it is dry.



1. Soak a cotton bud with **cool boiled water** to clean the base of the umbilical cord gently. Use a **new** cotton bud for each swab.
2. Repeat until it is thoroughly clean.
3. Finally, swab and clean the cord stump.



- **Do not** use any dressing to cover the umbilicus
- **Do not** apply any medication such as oil or ointment
- Bring your baby to **MCHC or family doctor** if there is any **signs of cord infection** (E.g. having reddened skin around the base of the cord, foul smelling or collection of pus.)
- Bring your baby to **A & E** in case of **severe bleeding** from the cord.

