MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

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Module 8 - Teaching session (8.1)
Newborn's care

Partners

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Teaching Session: Content

Objectives

✓ To know basic information on newborn care.

✓ To know the importance of breastfeeding and types of breastfeeding

✓ To know basic information in complementary feeding

✓ To know health applications for the care of newborns

Co-funded by
the European Union

Competences

Learners will acquire basic knowledge about:

- ✓ Newborns and their characteristics

- ✓ The importance of breastfeeding and complementary feedin

- ✓ The importance of sleep habits.

- ✓ Learners will know the applications related to newborns and

    learn how to use them appropriately.

Image by vectorjuice on Freepik

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8.1.1
Introduction: Newborn baby

Objectives
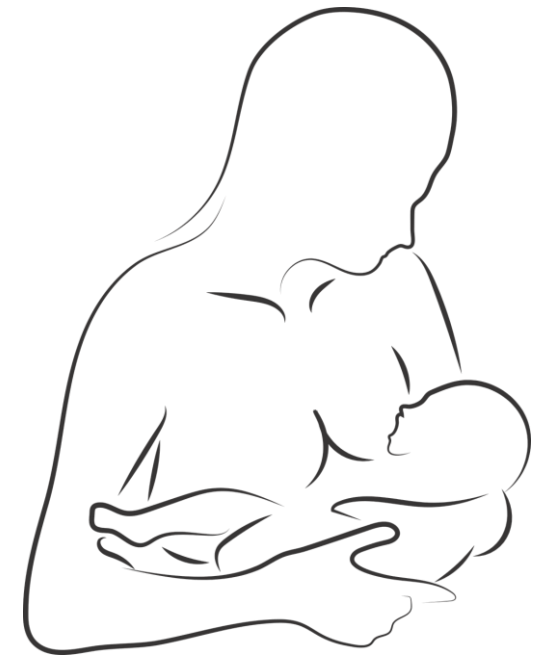
- The learners will learn about the newborns and their characteristics.

What are newborns

The newborn may also be called a neonate and is understood as a period (neonatal period), comprising the first 4 weeks of an infant's life, where rapid changes occur (MedlinePlus, 2021).

Source | Pixabay license

Types of newborns

Newborns are classified according to their gestational age, i.e. according to the duration of pregnancy. There are three types of newborns:
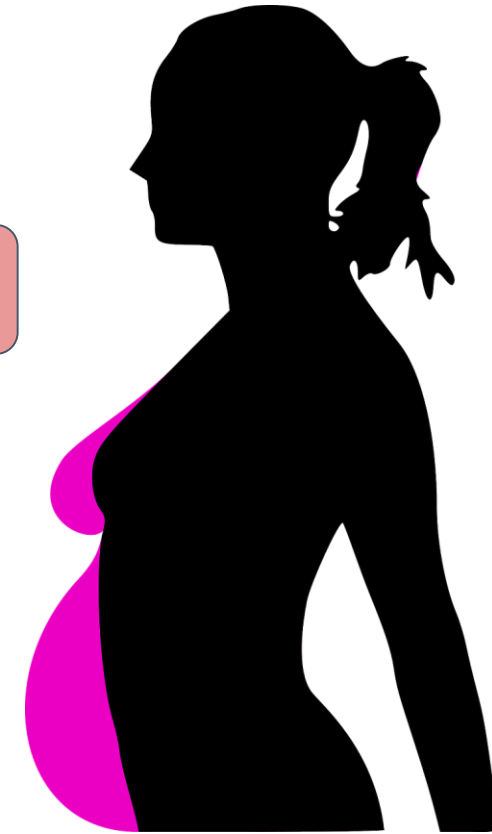
NEWBORNS AT TERM	PRETERM NEWBORNS	POST-TERM NEWBORNS
Born between 38 and 42 weeks of gestation (Cannizzaro and Paladino, 2011).	Born before 38 weeks of gestation (Cannizzaro and Paladino, 2011).	Born after 42 weeks of gestation.

Newborn characteristics

The following video explains the main characteristics of a newborn baby.

https://youtu.be/MAhav3V9KV8?si=v6ba3yC7-Gwn-8ra

8.1.2
Breastfeeding and Feeding

Objectives

- To understand what breastfeeding is and why it is so important.

- To know what alternatives there are breastfeeding and what foods can be used complement it at different ages.

Training content

- What is breastfeeding and what are its benefits?

- What are the alternatives to breastfeeding?

- Complementary feeding.

What is breastfeeding?

- Breastfeeding is a process in which the mother feeds her newborn child through her breasts (cuidateplus, 2016). This process is recommended for at least the first 6 months of the baby's life (Younger and Noble, 2022).

- Breastfeeding has a number of **benefits** for both the newborn and the mother (AAP, 2021).

Any questions regarding breastfeeding should be discussed with your pediatrician.

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Benefits of breastfeeding

NEWBORNS

Breastfeeding infants reduces their risk of some diseases (AAP,2021):

➢ Obesity or overweight
➢ Asthma
➢ Otitis media
➢ Atopic dermatitis
➢ Diabetes
➢ Coeliac disease...

MOTHERS

Breastfeeding also has a number of benefits for the mother, decreasing the risk of (AAP,2021):

➢ Breast, ovarian, endometrial and thyroid cancers
➢ Type 2 diabetes
➢ Rheumatoid arthritis
➢ Hypertension

Alternatives to breastmilk

- Commercially prepared infant formulas are an alternative to breast milk for mothers who choose to do so, although the WHO recommends breastfeeding whenever possible.

- Manufactured under sterile conditions, commercial formulas try to duplicate breastmilk by using a complex combination of proteins, sugars, fats and vitamins that cannot be created at home. Therefore, if you are not breastfeeding your baby, it is important to use only commercially prepared formula. (Kids Health, 2018)

Any questions regarding alternatives to breastmilk should be discussed with your pediatrician.

Complementary feeding

- It is recommended that to introduce complementary feeding gradually from 6 months of age onwards.

- The following video explains in which stages to start including some foods

> **Explanatory video complementary feeding**
> **https://youtu.be/97mOI52QqqY?si=IRcyIytEFpctHPlp**

Any questions regarding complementary feeding should be discussed with your pediatrician.

8.1.3
Sleeping habits

Objectives

- The learners will learn about the importance of sleep habits.

Importance of sleeping habits

- Establishing good sleep habits and routines in newborns is very important, as sleep disturbances from an early age have a negative impact on the baby.

- Failure to establish good sleep routines from an early age can affect the cognitive development, behaviour, health and quality of life of both children and parents (Martins et al., 2018).

- Getting the recommended hours of sleep helps improve newborns' attention, as well as learning, memory and emotional regulation (AASM, 2016).

Recommended Sleeping Hours

Depending on the different stages of development, babies need the recommended hours of sleep in order to develop properly (AASM)

Explanatory video sleeping hours
https://youtu.be/se00vkpziuU?si=NlNFrPjhLLB5-CvA

4-12 months	- They should sleep between <u>12 and 16 </u>hours a day. - Naps are included
1 - 2 years	- They should sleep between <u>11 and 14 </u>hours a day. - Naps are included
3 - 5 years	- They should sleep between <u>10 and 13 </u>hours a day. - Naps are included
6 - 12 years	- They should sleep <u>9 to 12 </u>hours a day.

Any questions regarding sleeping habits should be discussed with your pediatrician.

8.1.4
Health applications on newborns

Objectives

✓ To be able to differentiate between each of the applications for newborns.

✓ To know how to use them properly.

Training content

- What are the health applications on newborns?

- Which are the objectives of each application?

- What are their characteristics?

What are the health applications on newborns?

- These applications are intended to help new parents in the care of newborns. In this module, we will show applications focused on the following topics related to newborn care:

  ➢ Daily logs

  ➢ Feeding

  ➢ Paediatric advice

  ➢ Sleep habits

  ➢ Breastfeeding

These applications do not replace consultations with paeiatricians. They should only be used as a complement.

Apps for Daily Records, Sleep habits…

My Baby - Baby Diary:

IOS: https://apps.apple.com/es/app/mi-beb%C3%A9-diario-del-beb%C3%A9/id1439575933

Baby Tracker

ANDROID:

https://play.google.com/store/apps/details?id=com.nighp.babytracker_android&hl=es&gl=US

My Baby - Baby Diary

This application assists parents in monitoring their baby's development, focusing on:

- Feeding

- Diaper changes

- Sleep habits, activities and mood changes.

- Changes in size and weight.

It is only available for IOS.

- IOS: https://apps.apple.com/es/app/mi-beb%C3%A9-diario-del-beb%C3%A9/id1439575933

My Baby - Baby Diary

1

Once you enter your baby's information, the application takes you to its home page, where you can record all relevant tracking related to sleep, feeding, diaper changes...
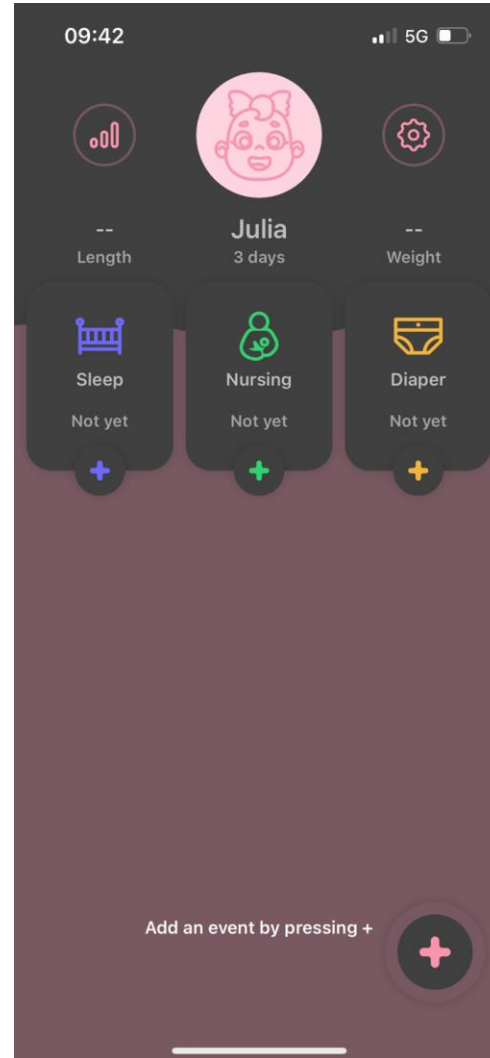
My Baby - Baby Diary

Here is an example of how you can register your baby's sleep habits.

First, click on the "+" button. Then, add the time your baby went to sleep and the time they woke up.
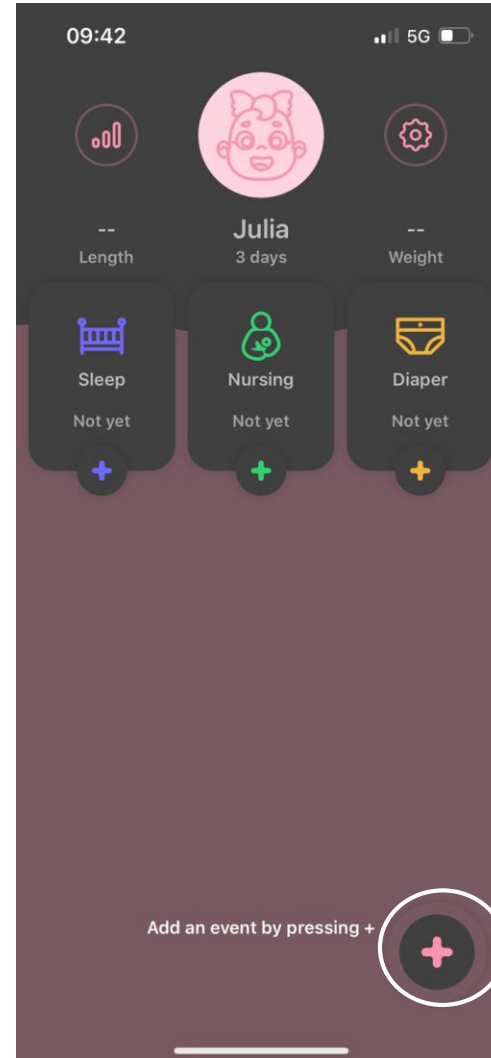
You would follow the same process for breastfeeding and diapers changes.
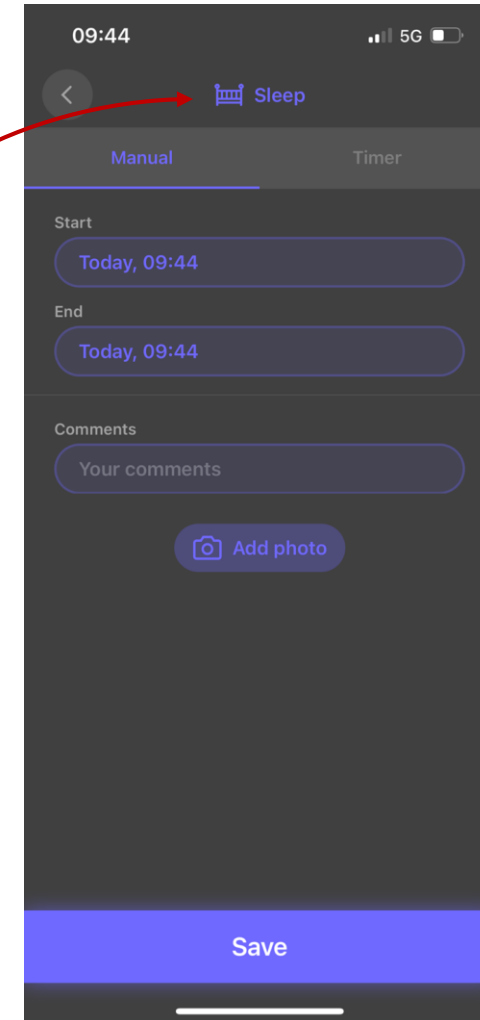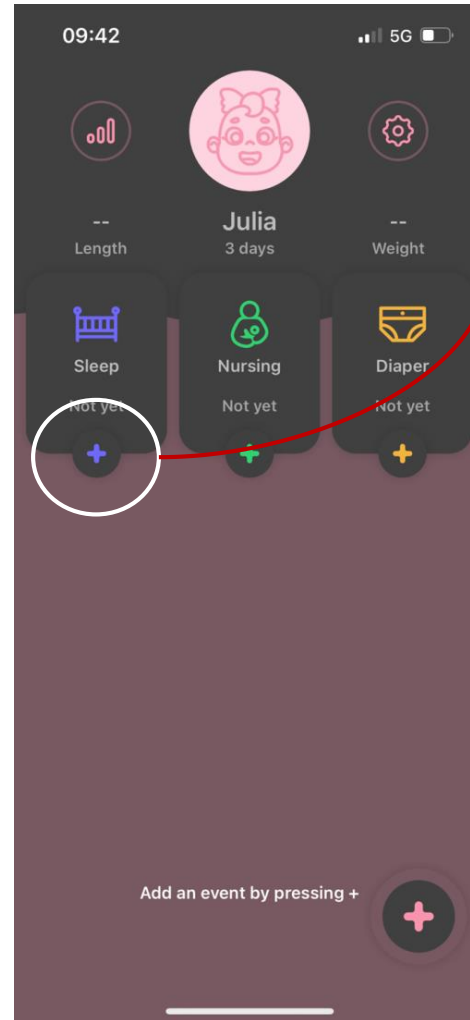
My Baby - Baby Diary

2

Another important aspect is that, in addition to recording those three essential habits, you also have the option to record other day-to-day things, using the same process as described previously.
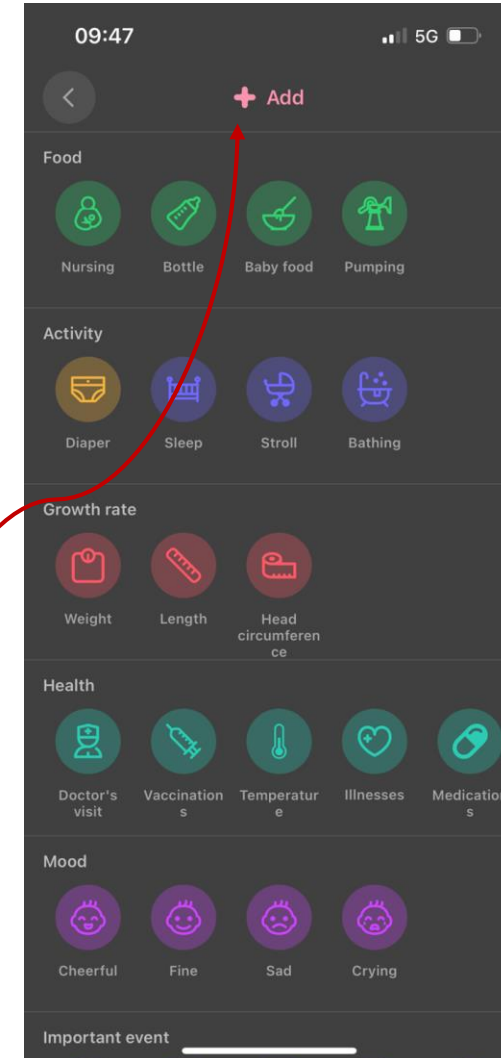
Apps for Pediatric advice

Pediamécum AEP:

IOS: https://apps.apple.com/es/app/pediamécum-aep/id1469867687

ANDROID:

https://play.google.com/store/apps/details?id=com.pediamecum.app&hl=en_US

Pediamécum AEP:

This application provides users with a quick and easy way to access documented data commonly used in pediatrics.
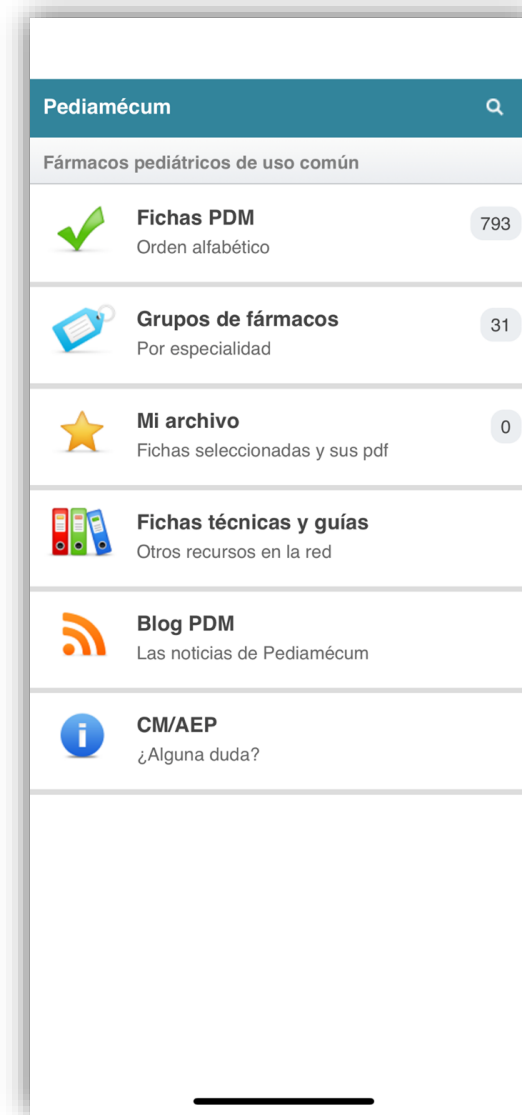
It is available for both IOS and ANDROID:

- IOS: https://apps.apple.com/es/app/pediamécum-aep/id1469867687
- ANDROID: https://play.google.com/store/apps/details?id=com.pediamecum.app&hl=en_US
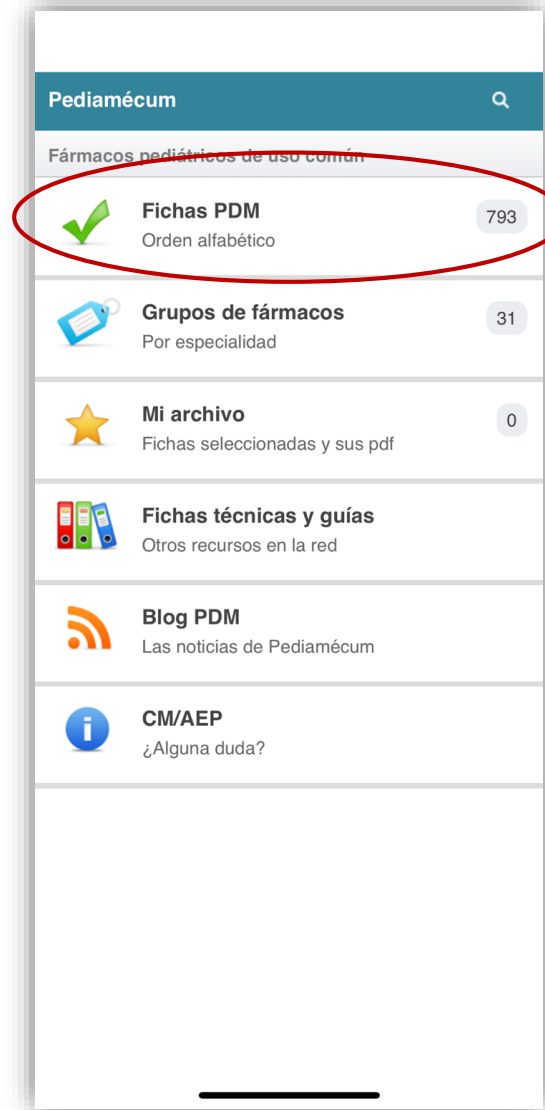
Pediamécum AEP:

1

Once the application is downloaded, several sections will appear on the main screen, all of them related to different aspects of interest in pediatrics.
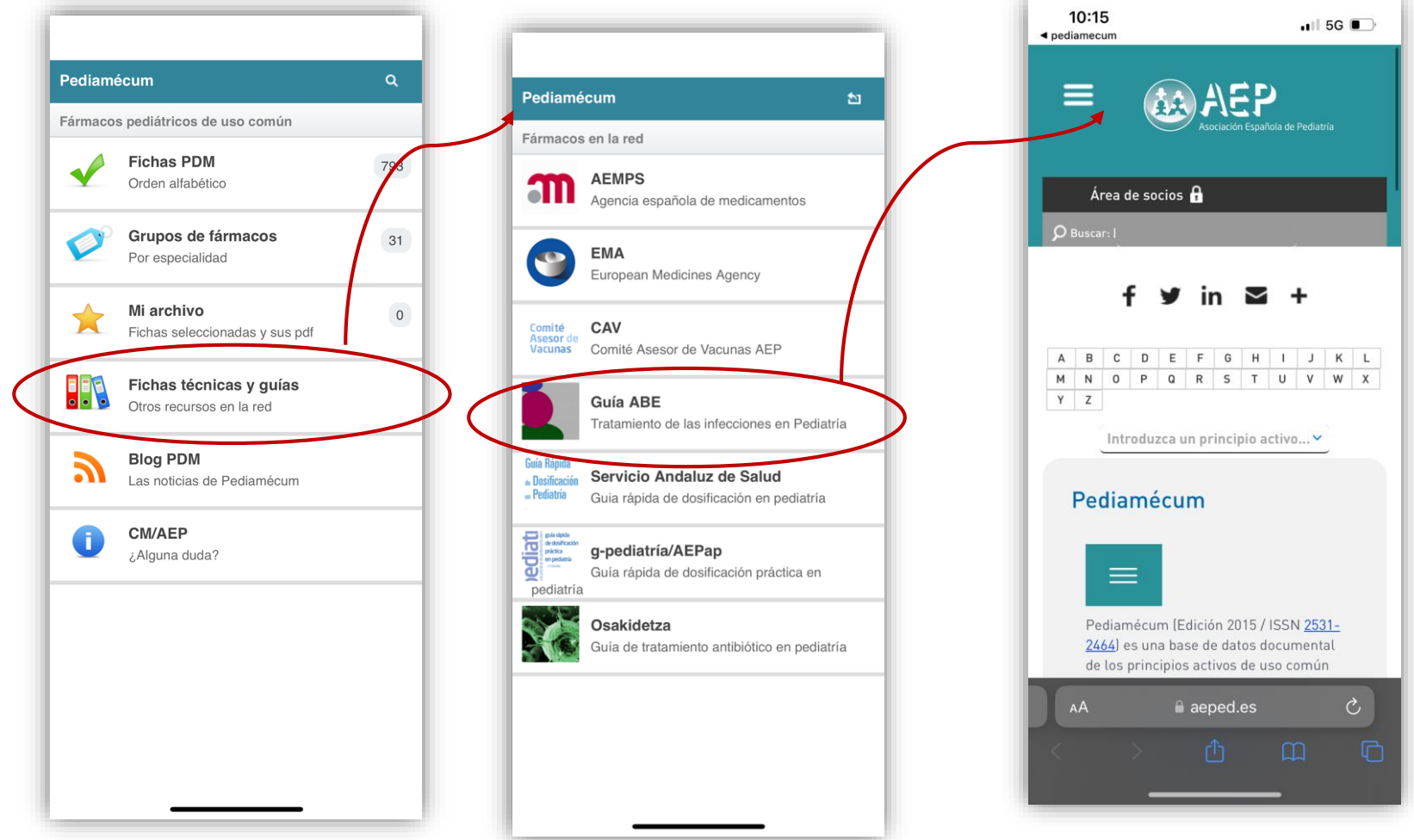
Pediamécum AEP:

2

The first two sections focus on different medicines and drugs, providing up-to-date information about them.

Pediamécum AEP:

3

This application also offers links to other relevant webs and sources of information.

Apps for Breastfeeding

Milk time - timer for nursing:

IOS: https://apps.apple.com/us/app/milk-time-timer-for-nursing/id1092964544

ANDROID:

https://play.google.com/store/apps/details?id=com.mocology.milktime&hl=es&gl=US

Milk time - timer for nursing

This application helps parents track breastfeeding, milk production, milk pumping...

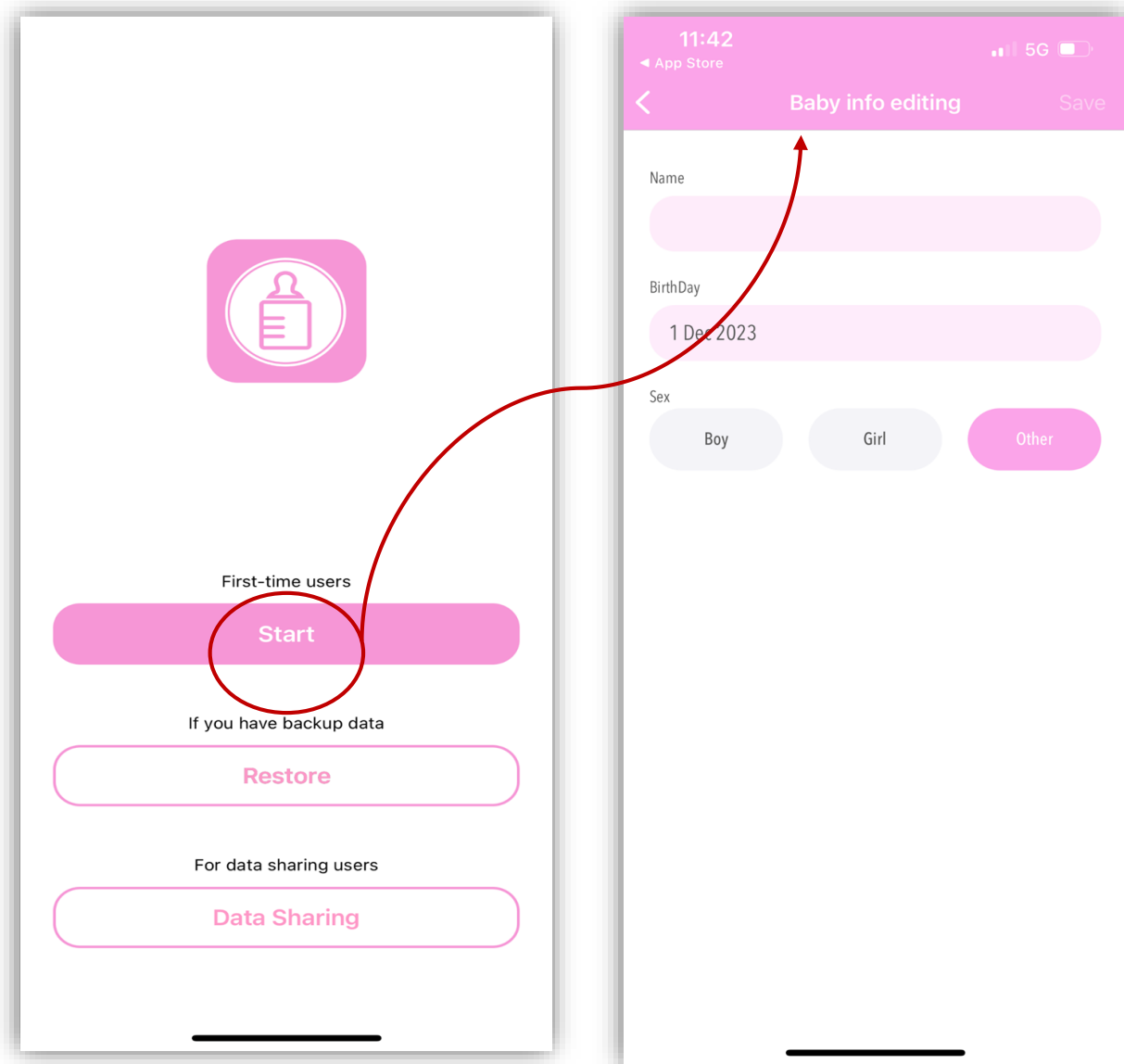It is available for both IOS and ANDROID:

- IOS: https://apps.apple.com/us/app/milk-time-timer-for-nursing/id1092964544

- ANDROID:
  https://play.google.com/store/apps/details?id=com.mocology.milktime&hl=es&gl=U

Milk time - timer for nursing

1

Once the application is downloaded, you need to enter your baby's information

First-time users

Start

If you have backup data

Restore

For data sharing users

Data Sharing

11:42
◀ App Store

Baby info editing   Save

Name

BirthDay

1 Dec 2023

Sex

Boy   Girl   Other

Milk time - timer for nursing

2

Once the information is uploaded, the application takes you to its home screen, where you can start tracking different aspects related to your baby.
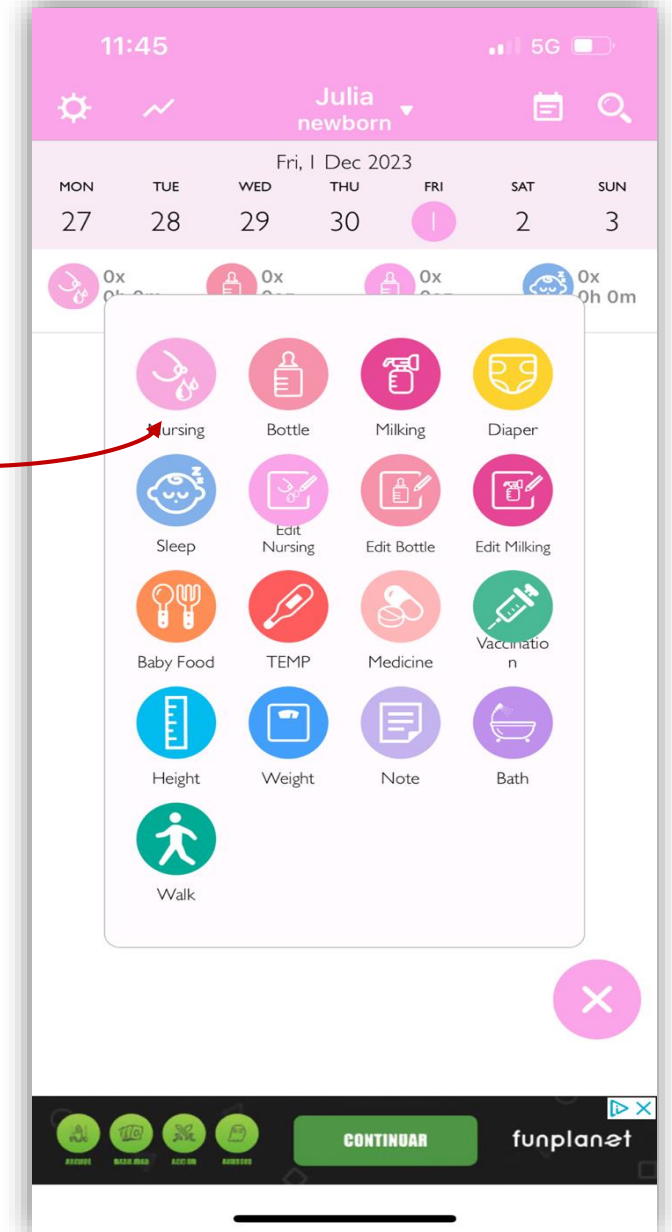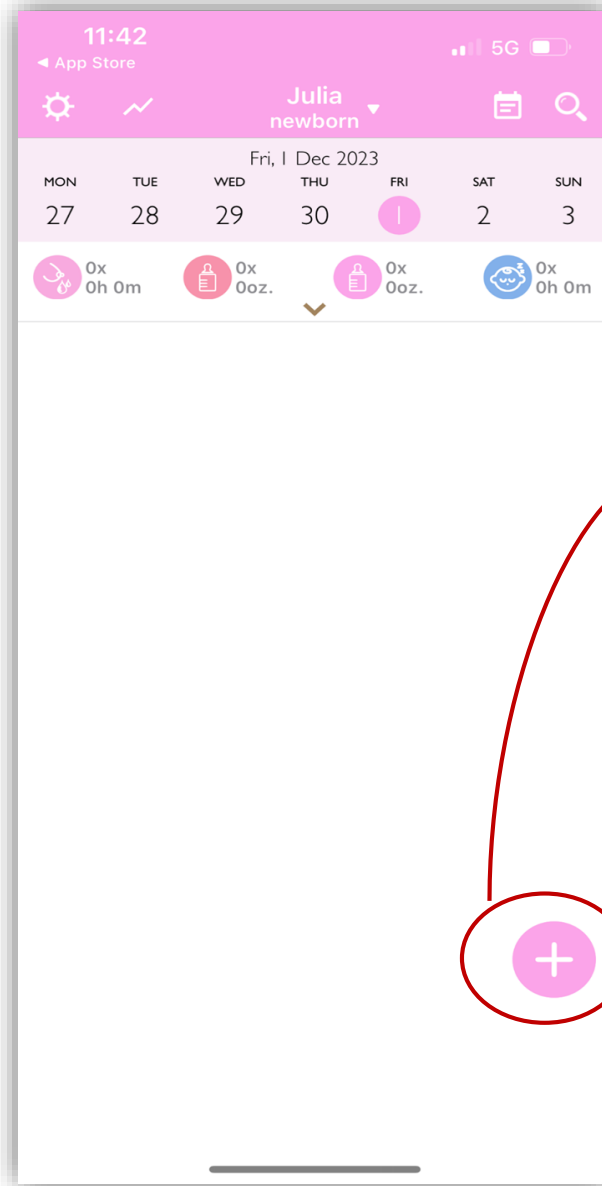
Milk time - timer for nursing

Here is an example:

1. You click on "milking" and it takes you to another section, where you can register the new tracking information.
2. You register the new information.
3. You repeat the same process with all other sections.
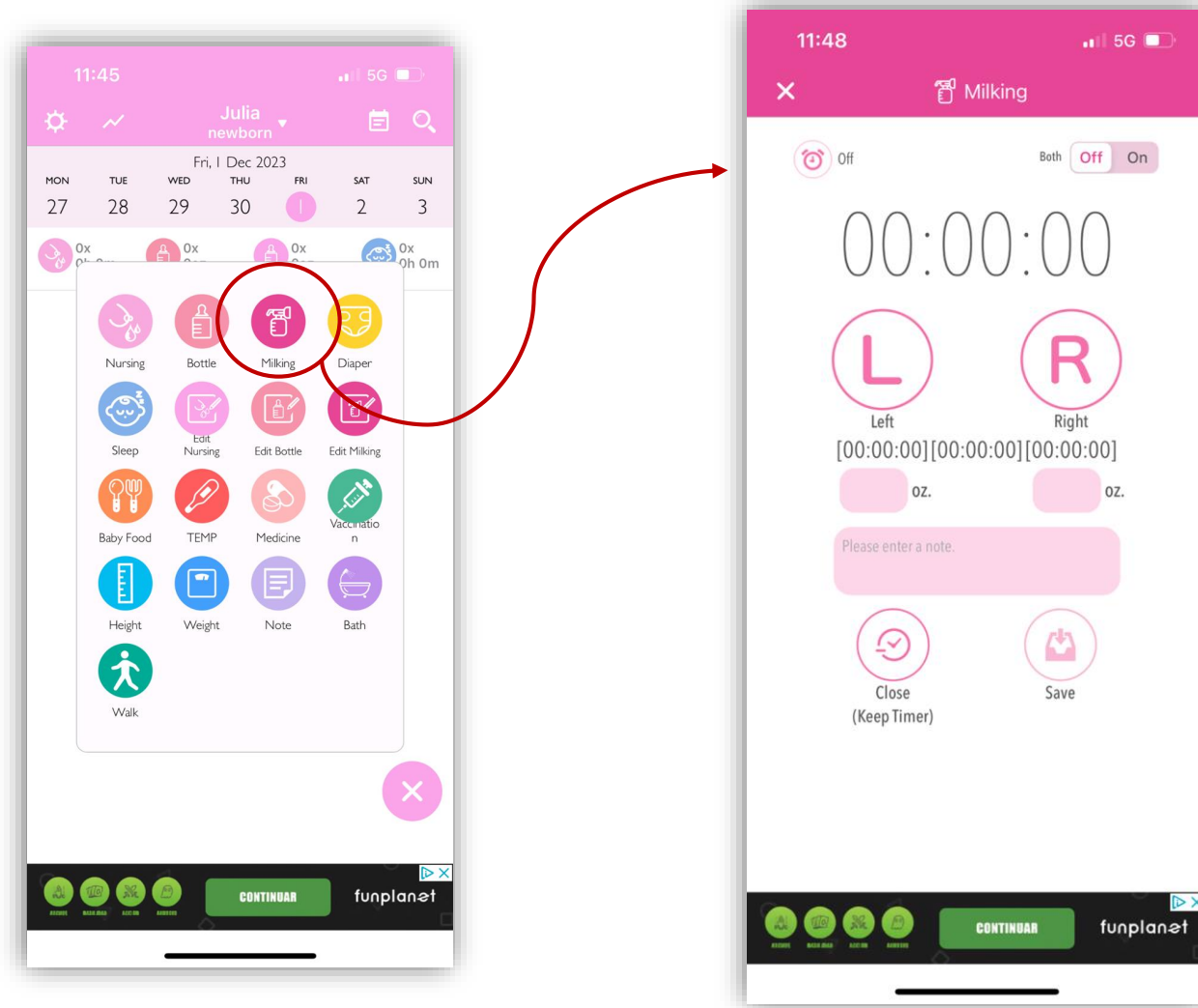
Apps for Feeding

BLWMeals: How to Start Solids:

IOS: https://apps.apple.com/hn/app/blw-meals-how-to-start-solids/id1540196240

ANDROID:

https://play.google.com/store/apps/details?id=com.n51951dd8177.app&hl=en_US

Milk time - timer for nursing

This application teaches parents how to safely prepare a variety of foods for babies and introduce them to solid foods.

It is available for both IOS and ANDROID:

- IOS: https://apps.apple.com/hn/app/blw-meals-how-to-start-solids/id1540196240

- ANDROID:

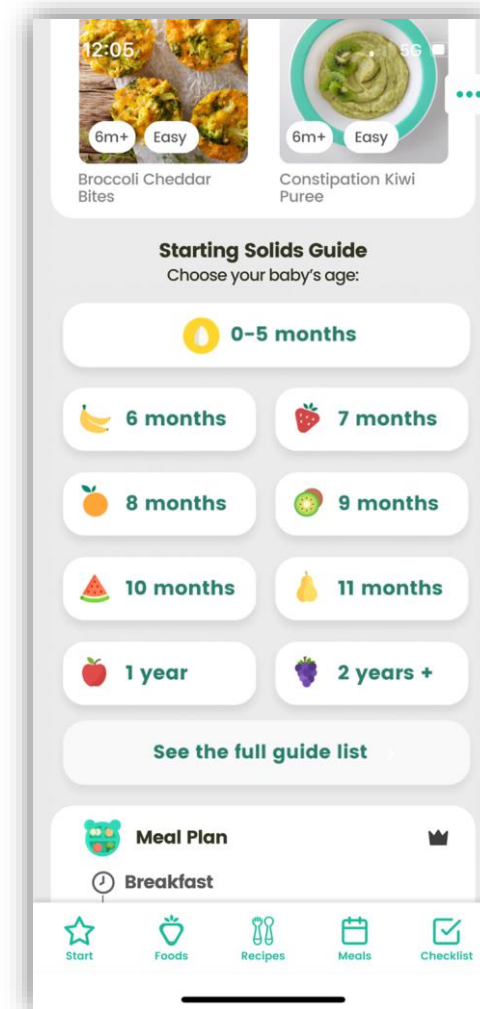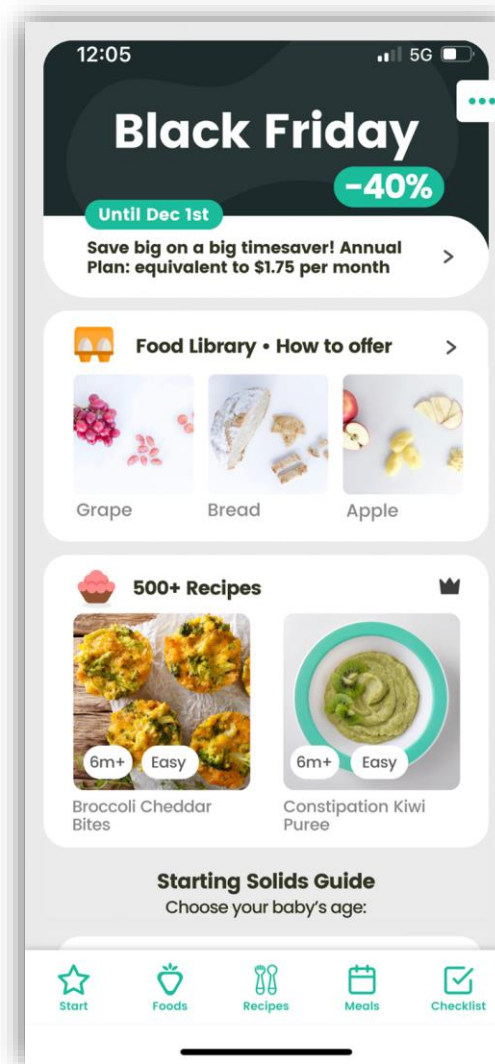 https://play.google.com/store/apps/details?id=com.n51951dd8177.app&hl=en_US

Milk time - timer for nursing

1

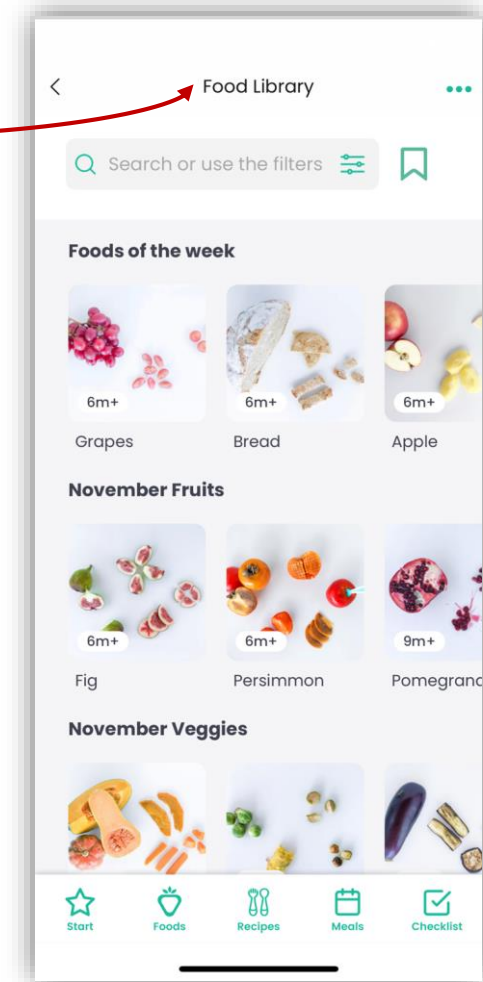Once you download the app and accept all terms of use, it takes you to the main screen.
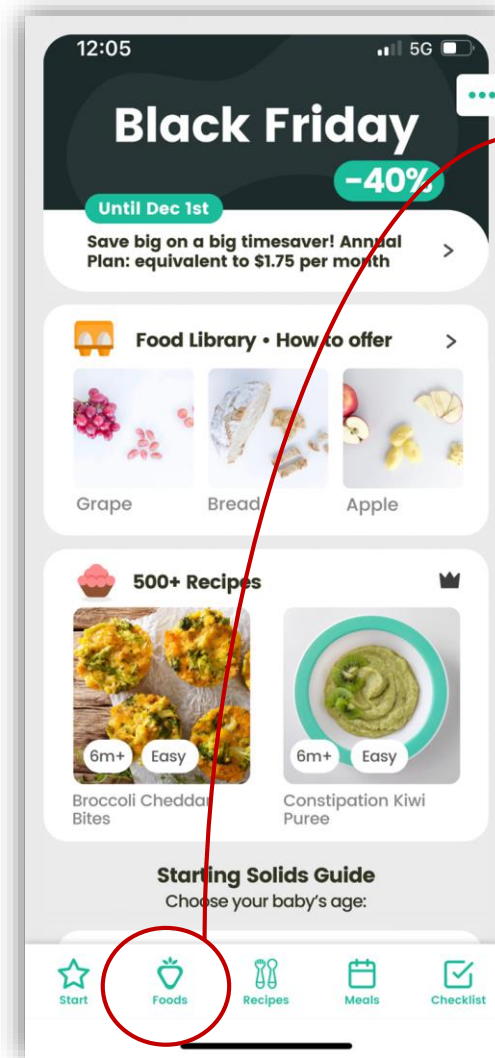
An important asset of this application is that it provides information on the foods that should be introduced to your baby's diet at different ages.

Milk time - timer for nursing

2

The app also offers a list of foods and gives you ideas for recipes suitable for your baby.

Evaluation Questionnaire

The module enhanced my knowledge of the subject matter *(1 minimum, 5 maximum)*				
1	2	3	4	5

I would recommend this module to others *(1 minimum, 5 maximum)*				
1	2	3	4	5

I am satisfied with the module overall *(1 minimum, 5 maximum)*				
1	2	3	4	5

References and further readings

- KidsHealth.Parents.BreastfeedingvsFormula Feeding. 2018. https://kidshealth.org/en/parents/breast-bottle-feeding.html
- Younger, J., y Noble, L. (2022). Policy Statement: Breastfeeding and the Use of Human Milk. *American Academy of Pediatrics, 150*(1). https://doi.org/10.1542/peds.2022-057988
- World Health Organisation. Premature births. https://www.who.int/news-room/fact-sheets/detail/preterm-birth

Congratulations!
You have completed the teaching session of this module!