

1

2

3

4

5

6

7

8

9

10

11



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 8 - Closure session (8.4)

Newborn's care



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





Partners

POLIBIENESTAR
UNIVERSITAT DE VALÈNCIA

UNIVERSITAT DE VALÈNCIA
VALENCIA, SPAIN
www.uv.es


OXFAM
Italia

OXFAM ITALIA INTERCULTURA
AREZZO, ITALY
www.oxfamitalia.org/

PROLEPSIS
INSTITUTE

PROLEPSIS
ATHENS, GREECE
www.prolepsis.gr

IAT
Institute for Work and Technology

WESTFALISCHE HOCHSCHULE GELSENKIRCHEN,
BOCHOLT, RECKLINGHAUSEN
GELSENKIRCHEN, GERMANY
www.w-hs.de



connexions
ICT for Education and Social Impact

CONNEXIONS
ATHENS, GREECE
www.connexions.gr


RESET

RESET
CYPRUS
www.resetcy.com


media k

media k GmbH
Bad Mergentheim, GERMANY
www.media-k.eu

coordina
Strategy and Sustainable Results

COORDINA ORGANIZACIÓN DE EMPRESAS Y
RECURSOS HUMANOS, S.L.
VALENCIA, SPAIN
coordina-oerh.com


AMSED

AMSED
STRASBOURG, FRANCE
www.amsed.fr





Objectives

- Newborns sum-up
- Breastfeeding and feeding sum-up
- Sleeping habits sum-up.
- Newborns' applications sum-up.



[Source: Image by nuraghies on Freepik](#)



Competences

- ✓ Give a brief summary of the aspects seen during the sessions.
- ✓ Design a mental scheme of the concepts.



[Image by vectorjuice on Freepik](#)

Newborns

- Newborns are understood as a period (neonatal period), comprising the first 4 weeks of an infant's life, where rapid changes occur.
- Newborns are differentiated according to their gestational age:
 - Newborn at terms (between 38 and 42 weeks of gestation).
 - Preterm newborns (before 38 weeks of gestation)
 - Post-term newborns (after 42 weeks of gestation.)



Breastfeeding and supplementary feeding

- Breastfeeding is a process by which a mother feeds her newborn child through her breasts. However, breastfeeding may not be available or contraindicated for some mothers. In those cases, **pasteurized human milk** is recommended.
- It is recommended to gradually introduce supplementary feeding from 6 months of age onwards. A good option for supplementary feeding includes foods rich in protein, iron and zinc (ie. meat or fish).



Sleeping habits

- Establishing good sleep habits and routines in newborns is crucial for the baby's well-being, as sleep disturbances at an early age can have a negative impact on the baby's cognitive development, behaviour, health, and quality of life.
- Depending on the stage of development, a baby needs a specific number of sleeping hours to ensure proper growth
 - 4 - 2 months old → 12 - 16 hours
 - 1 - 2 year(s) old → 11 - 14 hours
 - 3 - 5 years old → 10 - 13 hours
 - 6 - 12 years old → 9 - 12 hours



Health applications on newborns

There are different types of applications:

- Daily records, sleeping habits... (My Baby - Baby Diary y Baby Tracker)
- Pediatric advice (Pediamécum AEP)
- Breastfeeding (Milk time - timer for nursing)
- Feeding (BLW Meals: How to Start Solids)



Provide Feedback & Discuss

- *Do you think this course has been **useful**?*
- *Do you think you will **use** any of the module apps?*
- *From your experience, do you consider that these applications **help to achieve** the objectives?*
- *Can you comment on any **positive experience** you have had with the application used?*





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed this
module!

