



# Living with your newborn baby!

Valuable information that you won't  
find in books.

# Congratulations on the birth of your baby!

Congratulations on the birth of your baby! We wish you and your family all the best, good luck and a wonderful time together!

In the near future you will have many new experiences and some questions will probably come up.

We will give you the most important information in a personal meeting, but we would also like to advise you in more detail if necessary. This brochure contains a wealth of information about living with your newborn.

Feel free to contact the nursing staff and pediatricians of our newborn ward at any time during your stay. Even after you leave, don't hesitate to contact us whenever you encounter any problems.

We wish you an enjoyable and peaceful time with your newborn family.



*Monika Resch*

**Assoc. Prof. Priv.-Doz. Dr. Monika Resch**  
Head of the Newborn Ward

and the entire newborn ward team  
of Goldenes Kreuz Private Hospital

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**A magic dwells in  
each beginning to  
protect and aid us in  
our living.“**

Hermann Hesse



# Useful information for the first days with your baby

## Breathing

Because maternal nourishment is no longer provided through the umbilical cord, your baby must become accustomed to taking over functions like breathing. Proper breathing is silent, you will not hear any whining or huffing. Your baby has pink lips and a rose-tinged face. Sometimes your baby breathes slowly and deeply, sometimes shallowly and quickly. This breathing pattern is called "periodic breathing".

## Body temperature

Your baby's body temperature will be measured after birth. If it is normal (36.5 to 37.5°C), further temperature checks are generally unnecessary. If your baby still has difficulty maintaining a steady body temperature, such as can happen with premature infants, the nurse will inform you about this. Take care to provide the right clothing and room temperature (see also the topics "Clothing" and "Sleeping and resting").



## Feeding your newborn

### Tips for the best start with breastfeeding

If you have decided to breastfeed your baby, you can find some tips here for the first few days.

Every newborn is unique and has an individual waking and sleeping rhythm. The frequency of feeding also varies as a result. Breastfeed your baby as needed. Generally speaking, your baby needs at least 8 to 12 feeding sessions in a 24-hour period.

We recommend that you breastfeed every 2 to 3 hours in the daytime. Many babies are still very tired in the first few days. If your baby sleeps longer than 3 hours, wake him or her up (change diaper, remove clothing, massage, skin contact).

To encourage lactation, it is advisable for your baby to nurse at the first breast until he or she seems satisfied (on average this takes about 15 to 20 minutes) before offering the second breast.

There will be phases when your baby wants to feed very frequently. This kind of "breastfeeding marathon", also called cluster feeding, is entirely normal. Babies will often follow this with longer phases of sleep (up to a maximum of 5 to 6 hours).

Find a comfortable breastfeeding posture and position your baby correctly. We would be happy to help you with this!

For skin care, you can leave your baby's spittle and some breast milk to dry on the nipple. At the start, allow the breast good air exposure. In other words, do not wear a bra. If necessary, you can also apply a thin coating of lanolin ointment (such as Lansinoh®) to the nipples. This does not have to be removed before breastfeeding. The Lansinoh® ointment is available in the newborn ward and can be obtained later from a pharmacy with no need for a prescription. Laser treatment of the nipples can also be useful.

Our dietitian would be happy to inform you about your own optimal nutrition while breastfeeding. You can make an appointment by means of the meal plan.



To support milk production, be sure to drink plenty of fluids (2 to 3 liters per day). You can request lactation tea from our ward staff at any time. Avoid sage and peppermint tea. These herbs can have a negative impact on milk quantity and reduce milk production.

If you have any questions or difficulties while breastfeeding, please contact the nursing staff. We would be glad to help you at any time.

### Be close to your baby when giving the bottle

If you have decided to bottle-feed your baby, consult your gynecologist, our pediatrician and the nursing staff of the newborn ward.

Maintaining skin, eye and body contact while feeding your baby from a bottle helps your baby experience a sense of security and closeness. Your baby will be calmer and more comfortable. Continuously sharing a room with your baby (rooming-in) helps you identify your baby's signals more quickly and allows you to grow accustomed to each other. In just a few days, you will become an expert on your baby.

Naturally, we will assist you with any questions about feeding and preparing the infant formula. Whatever decision you make, it must be the right one for you. Only then will you and your baby both be satisfied.

During the initial time with your baby, tranquility is the most important thing. We recommend that visits from friends and family are kept short and not too frequent. Avoid stress and strain in general.

## Stool and urine

In the first few days, your baby will pass what is called meconium, a black and sticky substance. The stool will then change to the yellow color of digested milk.

Babies should produce stool and urine one or more times per day; please keep the nursing staff of the newborn ward informed of this. In the following weeks, breastfed infants may produce stool more rarely.

Along with increasing weight, the form of stool and urine produced by your baby are the best signs of adequate intake of nutrition. Our newborn diapers have indicator strips on the outside that turn turquoise green in the presence of urine.

# Care & well-being

## Body care

Please be as sparing as possible in the use of body care products. If you would like to use special care products, please inform the nursing staff of our newborn ward.

During the time at Goldenes Kreuz, your baby will be washed or bathed as required. You are also welcome to bathe your child yourself. Please make an appointment with the nursing staff on the newborn ward. Of course, your baby will also be given fresh clothes every day.

If your baby is with you at night, we ask that you bring your baby to the newborn ward in the morning (when the baby is awake) for a naked weighing.

If you have any uncertainties or questions, please do not hesitate to contact us at any time.

## Sleeping and resting

Here is a summary of a few important points:

- The sleeping area should not be too warm (18 to 20°C is the ideal range)
- Your baby should not be given thick blankets or cushions. A sleep sack would be ideal.
- The recommended sleeping position is on the back.

If you have any questions, you can consult the nursing staff of the newborn ward at any time.

Further tips can be found on the website of the "Safe Sleeping" advisory center at Vienna General Hospital.



# Important facts about your stay



## Rooming-in

If you require assistance, the newborn team is always ready to help you as quickly as possible.

During the day, you can come to the newborn ward for assistance with breastfeeding and diaper changing or other general questions about infant care any time from 6 a.m. to 10 p.m.

During the night, we would be happy to assist you in your room, and we always make rounds about every 4 hours to check that all is well. For children who spend the night with us in the newborn ward, we always strive to create a quiet atmosphere. If you come to the newborn ward at night, please use the night bell to the right of the door.

When you give your baby into our care, please discuss with us in advance whether we should feed the baby or bring him or her to you for breastfeeding.

You can feed your baby at any hour in the feeding room (Ward 3). You can also call us from there. To foster an ideal mother-child relationship, we recommend that you keep your baby near you as soon and as long as possible. Not only does this help you grow comfortable in caring for your baby, it also has other positive effects, such as with breastfeeding. Intensive bonding is particularly recommended during the first 24 hours.

## Safety

Please never leave your baby unsupervised on the changing table or lying in your bed. Even newborns are already very active. Even if you are stepping away very briefly, lay your child in the baby bed or ask someone to look after the child.

If you will be absent for a longer period (while showering, visiting the rooftop garden, cafeteria, etc.), please bring your baby to the newborn ward and inform the nursing staff. Please always use the baby bed to transport your baby around the ward.

If your baby is sleeping with you in your bed, please always place the infant on the wall side. If this is not possible, ask your nurse to put a railing on your bed. Also place a nursing cushion in front of the railing to make sure that nothing can happen to your baby. Or lay your baby in the baby bed when you would like to sleep.

Especially in the first few days after birth, your baby may throw up (swallowed amniotic fluid, blood) or choke on fluids. Please raise the baby up to make it easier to spit out the fluids. If you do not feel confident, please ring for the newborn nursing staff.



We ask for your understanding that children under 10 years old are not permitted in the newborn ward in order to protect newborns and premature infants from infectious illness. Mobile phones are also not permitted because they can cause disruptions in the monitoring instruments.

If you or your visitors acquire an infection with sniffing, coughing, fever blisters, chickenpox, etc., please inform the newborn team immediately.

## Contact person

For security reasons, the team of the newborn ward may only hand your baby over to you or to persons named by you during the initial consultation.

If a person unknown to us will be picking up your baby, please inform us in advance using the nurse call system.

# Medical examinations during your stay

## Pediatrician visits

Pediatrician visits take place daily. Your baby will be routinely examined after birth plus a check-up on the 4th day. In case of anything unusual, your baby will be treated by a pediatrician at any time, as needed.

We will inform you in good time whether and when your child has been scheduled for the pediatrician visits. If you wish to consult a physician in the meantime, we are here to assist you at any time.

## PKU test

The "PKU test" is an important metabolism test that has been routinely performed on all newborns in Austria since the sixties. This test now screens for a total of 20 conditions for which effective treatments exist in the case of early detection (cystic fibrosis, hypothyroid, etc.).

At Goldenes Kreuz, this test is performed on the 3rd day. If you wish to return home before this time, the test can also be performed earlier (as of 36 hours).

A few drops of blood are taken for the test with a prick on the heel and then transferred to a filter paper. The test is then sent to the metabolic laboratory of the pediatric clinic of Vienna General Hospital. Written information on the test results is provided only in the event of pertinent findings. You do not have to make an appointment for this test, it is performed routinely.

For more detailed information, we will provide you with the folder "Newborn Screening" from the Medical University of Vienna.

## Hip ultrasound

The hip ultrasound is performed on request on Monday, Wednesday and Friday mornings in the newborn ward.

This should take place within the 1st week of life and is generally checked again in the 6th to 8th week. We ask that you submit the completed registration form to the newborn ward.

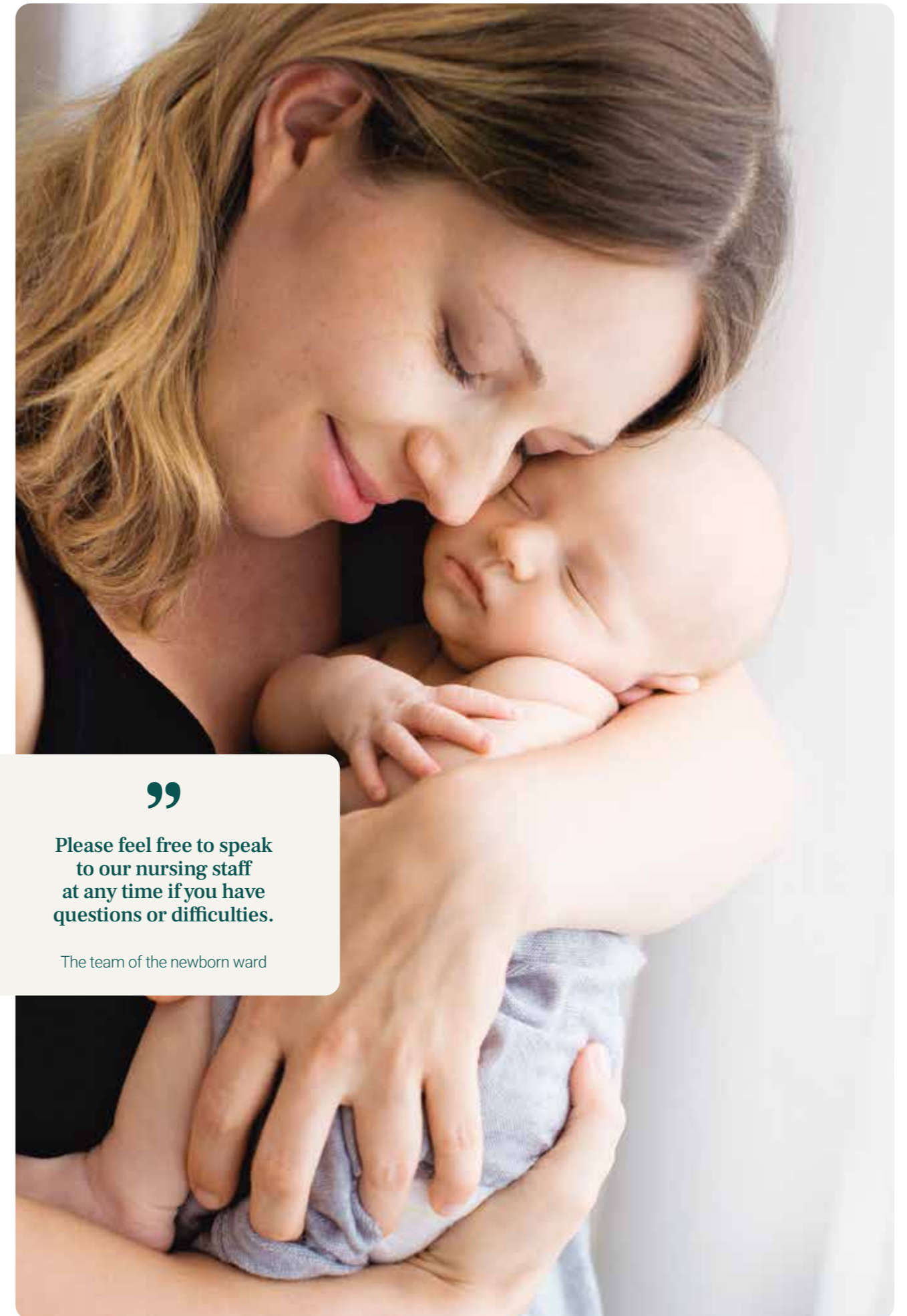
## Hearing screening

On a routine basis, we offer a hearing screening to all our newborns on the ward. Hearing problems can be detected already in the first week of life using the special equipment of our consulting ENT specialist.

For more detail information, please contact our nursing staff.



# Orientation plan



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Please feel free to speak  
to our nursing staff  
at any time if you have  
questions or difficulties.  
The team of the newborn ward

# Your first days at home

## Pediatrician

Please schedule an appointment with your pediatrician in the first 7 to 10 days (no later than 4 weeks) after birth. This will include a weighing to make certain that your baby is receiving enough nourishment and a check of your baby's navel. It also offers you a chance to ask any questions you may have.

Your baby should have returned to his or her birth weight after about 10 to 14 days. The current weight at discharge can be found on the mother-child health passport (section "Newborn examinations in the first week").

If your baby has a health problem and your pediatrician cannot be reached (Sundays, nights, holidays), please contact a pediatric outpatient center, such as St. Anna, Klinik Ottakring, Klinik Landstraße, Klinik Donaustadt, Vienna General Hospital (See important addresses, page 18)



## Navel

The remainder of the umbilical cord generally falls off during the second week. It is possible that the navel may bleed or weep somewhat. If you are unsure about anything, please contact your pediatrician.

## Bathing

As long as the remainder of the umbilical cord has not yet fallen off, we recommend that you bathe your baby one or two times per week.

Bath additives are generally not necessary. You can add a few drops of almond oil to the bath water. In the case of very dry skin, you can add a moisturizing additive and use sunflower cream (the recipe can be obtained from the newborn ward).

Medicinal baths should only be used after consultation with your pediatrician.

### Tips for body care:

**Bath water temperature:** Between 37 and 38°C

**Umbilical cord:** Dry well with a clean diaper after bathing

**Skin and skin folds:** Dry well after bathing and check once daily

## Changing diapers

As already discussed and practiced at the hospital, always clean the genital area from front to back. If your baby produces a large amount of stool, take care with girls that you always clean between the labia and that nothing enters the vagina. For boys, carefully clean the penis, if dirty, but do not pull back the foreskin. If the skin is intact, no protective cream is generally required.

For redness on the buttocks, please apply a healing cream or ointment (e.g.: Inotyol). If the redness persists or worsens, please contact your pediatrician.

**PLEASE NOTE: Never leave your baby alone on the changing table!**

## Clothing

In the first month, your newborn requires a bit more warmth. If your baby's skin feels warm between the shoulder blades, this indicates a proper body temperature. Sweating means that your baby is too hot.

Fully developed newborns do not need a head covering or mittens while in the home. Cool hands and feet do not mean that your baby is cold overall. In the case of cold feet, you may put socks on your baby.

## Taking walks

Your baby may spend time outdoors immediately after leaving the hospital. Fresh air is very important for you and your baby. Always dress your baby appropriately for the temperature. Rule of thumb: Your child should wear one more layer than you do.

When it is **cold**, you should apply a wind and weather cream or lipid-based ointment to your baby's face. When it is **sunny**, apply sunscreen (from the pharmacy) and stay in the shade with your baby (sunscreen should be used here as well).

Avoid taking walks immediately after bathing your baby (risk of catching cold!).

## Advice on how to carry your baby

Our certified advisers can give you comprehensive and competent advice on how to use baby slings and other ways to carry your baby. This information will be provided to you at discharge.



# Nutrition & hygiene

Continue feeding your baby as before. Have your baby weighed regularly, and watch for regular elimination. A well-fed child has at least 6 wet diapers in 24 hours and produces stool at least once per 48 hours.

At about 3 to 6 weeks and 3 months, your baby can expect a growth spurt. Your baby may be somewhat more restless at these times and require more milk. Breastfeed your baby more frequently, and drink more fluids so that you will also produce more milk.

## Breastfeeding

Treat yourself to plenty of peace and quiet to ensure that breastfeeding goes well at home. Be sure to eat a regular and balanced diet. If necessary, you can borrow a breast pump from us at any time. This can be very helpful with engorgement or if you would like to have breast milk in reserve.

The pumped breast milk will keep for 72 hours when stored in a sterile, tightly sealed bottle in the refrigerator (at 4°C). Please place it in the refrigerator as quickly as possible after pumping. You can also freeze breast milk in the freezer at -18°C. For fully developed newborns, the frozen breast milk can be kept frozen for 6 months, for premature babies 3 months.

Thaw frozen breast milk slowly, and warm it in a water bath or bottle warmer.

If not used, discard any warmed breast milk.



If you take ill, you can generally continue to breastfeed without concern. If you have to take medications, consult with your gynecologist, your general physician and/or pediatrician.

If you would like assistance with breastfeeding at home, we would be happy to advise you! This information will be provided to you at discharge.

## Sore nipples

### Causes

- Poor breastfeeding position
- Nursing technique and poor sucking behavior (tongue frenulum)
- Too little air exposure
- Prolonged dampness due to nursing pads
- Possibly thrush (fungal infection) on the breast

### Remedies

- Change breastfeeding position
- Ensure that your child is well positioned and sucking correctly
- Clipping of the tongue frenulum (can be performed during your stay with us or afterward)
- Allow some milk to dry on your skin
- After breastfeeding, apply a thin coating of Lansinoh® cream to the breast
- Multi-Mam compresses
- Allow the nipples to air dry more often
- In case of thrush, please consult your gynecologist and pediatrician (possible fungal infection on the baby – white flecks on the tongue and cheek mucous membranes)
- Possibly laser treatment
- Replace nursing pads regularly
- In case of severe pain or bloody nipples, contact a midwife or breastfeeding consultant

## Engorgement

Breast engorgement can occur at any time during the breastfeeding period. It is not necessary to pause or stop breastfeeding.

### Signs of engorgement

- Individual or cord-like lumps spread over the breast
- Pressure-sensitive areas
- Reddening, possibly fever

### Causes

- Insufficient emptying of the breast
- Poorly positioned bra or constricting carrying aids
- Prolonged periods between breastfeeding
- Stress
- Sore nipples
- Poor sucking behavior

### Prevention

- Good, varied breastfeeding positions
- Correct, regular breastfeeding
- Allowing yourself breaks to rest

### Treatment

- Frequent breastfeeding
- Breast massage
- After breastfeeding, lay a curd cheese poultice or cool pack on the affected region and leave it on the breast for as long as possible
- Plenty of rest

You should note a significant improvement within 24 to 48 hours. If this is not the case or if you also have a fever, please contact your physician. Engorgement can lead to inflammation of the breast (mastitis). The symptoms are the same as for engorgement. The difference lies in the intensity of the pain, reddening and fever.

With mastitis, the breast is emptied by breastfeeding or pumping, **not massaging**.

An antibiotic treatment is usually required (the medications used are safe for breastfeeding). A breast inflammation does not require you to stop breastfeeding.



## Weaning

The time to wean your baby depends on you, your baby and your personal life circumstances.

During the first 6 months, breast milk is the ideal nourishment for your baby. If you have any questions, please contact your pediatrician or your breastfeeding consultant.

## Gassiness

If your baby suffers from gassiness (swollen stomach, crying with kicking, strong need to nurse), please try to remain calm.

### The following measures may be helpful:

- Lay a small, warm cherry pit pillow on the stomach – not on the bare skin!
- Stomach massage with baby tummy oil, applied in clockwise circles
- Foot reflex zone massage
- Warm relaxation bath
- "Airplane position": Baby lying on stomach on your lower arm, cherry pit pillow on back.

Try to allow your baby to burp frequently while feeding. Please consult your pediatrician before administering any medications to reduce gassiness.

## Stool & digestion

Fully breastfed children can produce stool every few days as often as 8 times daily. The stool can be very liquid and may contain fibers, while the color may vary between yellow, green and black.

Formula-fed children typically have somewhat more solid stool that is produced less often.

## Hygiene at home

Pacifiers, bottles and bottle nipples should be regularly cleaned and then boiled (place in boiling water for about 5 minutes) or vaporized. Washing in a dishwasher is not sufficient.

If you use nipple shields or a breast pump, carefully clean the pump glass and breast shield after every use and then boil or vaporize. These measures prevent the transmission of germs.

Clean your hands well before breastfeeding. Clean changing surfaces carefully after changing diapers. Disinfectants are not necessary at home.

## Oleovit D3 and Vitamin K drops

As of the 8th day, your baby receives two drops of vitamin D per day for healthy bone growth (rickets prophylaxis, promotes calcium deposition in the bones). This vitamin is administered for the entire first year. Always place these drops directly in your baby's mouth.

Your baby has also already received two doses of vitamin K drops (Konakion), an important vitamin for blood coagulation. Another dose will be given by your pediatrician in the 4th to 6th week.

# Child car seat

A special child safety set is required to transport your child safely in a car. You can also borrow one from Goldenes Kreuz (more information is available at the gynecology and obstetrics information desk). Make certain that the product you select has been tested by experts and complies with the required safety regulations.

Your baby should not remain in the safety seat for too long. Schedule breaks on long drives, and take your baby out of the seat to stretch his or her spine.



# Important contacts

## Pediatric outpatient centers in Vienna

### Klinik Landstraße

Pediatrics and adolescent medicine outpatient center  
1030 Wien, Juchgasse 25  
(Entrance: Boerhaavgasse 13/ground floor, on right)  
T +43 1 711 65-2611

### St. Anna-Kinderspital

1090 Wien, Kinderspitalgasse 6  
T +43 1 401 70-2100

### Klinik Ottakring Emergency Pediatric Outpatient Center

1160 Wien, Flötzersteig 4  
T +43 1 491 50-2810

### Klinik Donaustadt Emergency Services

Pediatrics and adolescent medicine outpatient center,  
24-hour emergency services  
1220 Wien, Langobardenstraße 122  
T +43 1 288 02-4350

### University Department of Pediatrics and Adolescent Medicine, Vienna General Hospital, E5

24-hour outpatient center  
1090 Wien, Währinger Gürtel 18–20  
T +43 1 404 00-32290

### Klinik Favoriten

Emergency outpatient center for children and adolescents  
1100 Wien, Kundratstraße 3  
T +43 1 601 91-0

### Klinik Floridsdorf

Pediatric emergency outpatient center (24 hours)  
1210 Wien, Brünner Straße 68, 1210 Wien  
T +43 1 27700 2660

## BABY-CARE Outpatient Center

Klinik Favoriten  
1100 Wien, Kundratstraße 3  
T +43 1 601 91-2680  
(advance notice by telephone required!)

## SIDS Outpatient Center

University Department of Pediatrics and Adolescent Medicine at Vienna General Hospital  
“Safe Sleeping” advisory center  
1090 Wien, Währinger Gürtel 18–20  
T +43 1 40 400-30920  
sicheres-schlafen@akh-wien.ac.at  
Registration: appointment by telephone  
T +43 1 40 400-30920

## Poisoning Information Center

Vienna General Hospital  
1090 Wien, Währinger Gürtel 18–20  
T +43 1 406 43 43-0 (emergency calls)  
www.goeg.at

## Breastfeeding advice

**La Leche-Liga Breastfeeding Consultants**  
www.lalecheliga.at

### VSLÖ – Association of Breastfeeding and Lactation Consultants

Austria's IBCLC  
www.stillen.at

## Parent advice centers in Vienna

There are many parent advice centers in Vienna, each staffed with a physician, a social education specialist and a social worker. Advisory services: Medical and social services for your child; proper nutrition; child development; proper child care; vaccinations.  
www.wien.gv.at/gesundheit/beratung-vorsorge/eltern-kind/beratung/elternberatungsstellen.html

## Parent-child centers

City of Vienna's Office of Children and Family  
www.wien.gv.at/menschen/kind-familie/servicestellen/familienzentren.html  
Services: Information, consulting, registration for the diaper backpack, infant playdates, play and creativity groups, conflict consulting, recovery gymnastics and much more:

### Locations

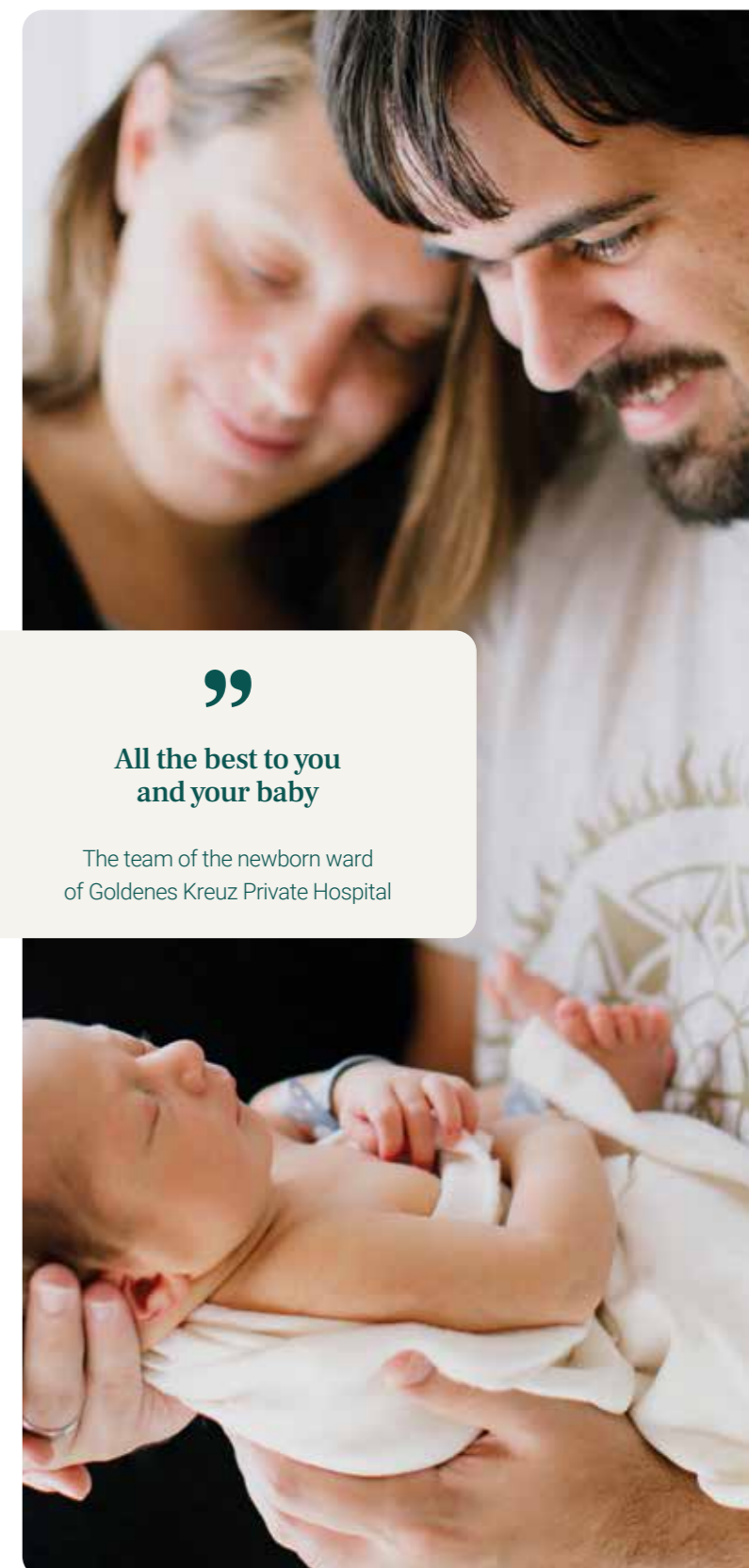
**1060 Vienna**, Mollardgasse 8  
T +43 1 4000-06894  
**1100 Vienna**, Katharinengasse 16  
T +43 1 4000-10894  
**1110 Vienna**, Wilhelm-Weber-Weg 4/3  
T +43 1 4000-11894  
**1120 Vienna**, Darnautgasse 10  
T +43 1 4000-12900  
**1160 Vienna**, Huttengasse 19–21  
T +43 1 4000-16894  
**1200 Vienna**, Dresdner Straße 43  
T +43 1 4000-20894  
**1210 Vienna**, Franz--Jonas-Platz 12  
T +43 1 4000-21894  
**1220 Vienna**, Simone-de-Beauvoir-Platz 6  
T +43 1 4000-22894  
**1230 Vienna**, Rößlbergasse 15  
T +43 1 4000-23894

## Parent-Child Center Vienna

1080 Wien, Piaristengasse 32  
T +43 664 730 356 14  
www.elternkindzentrum.com  
office@elternkindzentrum.com  
Services: Parent-child courses, book tips, mother-fatherchild gymnastics, baby sitters and much more.

## Parents forum

Information and communication platform for parents  
www.elternforum.at



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All the best to you  
and your baby

The team of the newborn ward  
of Goldenes Kreuz Private Hospital

**Privatlinik Goldenes Kreuz**  
Lazarettgasse 16–18 · 1090 Wien  
T +43 1 40 111-0 · [verwaltung@goldenes-kreuz.at](mailto:verwaltung@goldenes-kreuz.at)



[www.goldenes-kreuz.at](http://www.goldenes-kreuz.at)

