



BABY CARE AT HOME

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Abstract

The essence of this scientific article is that there are general concepts of how to properly care for babies at home, proper observance of sanitary and hygiene rules, that is, about bathing the baby in the morning, the baby washing the bottom and many other details are given.

Keywords

Newborn baby, diaper dermatitis, vesiculopustulosis, crusted ulcer, dacryocystitis, physiological phimosis, hygienic procedures, urethra in girls

INTRODUCTION

After the baby arrives home, the neighborhood doctor and nurse will immediately take care of it for the first 3 days. Information about this was given in the topic of the tasks of the governor. Based on the recommendations given during this patronage, the baby is taken care of by his mother at home. At home, if possible, a separate room for mother and child or a separate corner for the child should be set aside in the room, and the lightest place should be chosen for this.

It is advisable to have a compartment for extra items and items in the room. The room should be kept clean and frequently ventilated. It is not allowed to smoke, wash and dry clothes in the room where the child lives. The child should sleep in a separate bed, the sides of which are protected by a net or a special fence. It is necessary to keep the child's linen separately, to ensure that it is always neat, and to wash it often (separately from that of adults). The baby is bathed daily with water heated to 37°C in a room with a temperature not lower than 22°C. The best time to breastfeed is in the evening, before the last feeding. The bottom of the child must be washed with warm running water every time after drinking or urinating. Nails are carefully removed with small scissors every 7-10 days.

MAIN PART

Make sure you have the following items for baby care at home:

- a jar with a wide mouth and a closable mouth for storing sterile napkins, bandages, cotton;
- a thermometer to measure the water temperature in the bathtub;
- bottle with sterile vegetable oil;
- a rubber balloon used for enema in a clean jar;
- a separate tub or bathtub for bathing the child;
- a bowl used to wash a child's diaper; - scissors, etc.

Taking into account that the child is susceptible to infections during infancy, it is forbidden to kiss the child's face and hands, and to allow sick people to approach him. If the child is taught to use a pacifier, there should be several pacifiers and they must be boiled and sterilized and kept in separate cups with a closed mouth. Everyone who takes care of the baby must follow the rules of personal hygiene. If there are young children in the house other than the baby, the child cannot be left alone with them. Feeding the baby should be done only by the mother herself or someone who can do it well.

Taking care of babies is a big responsibility and hard work. We've put together all the information you need to know about it. On the page, you will learn more about bathing, grooming, dressing, changing

diapers and issues that need to be paid attention to in terms of their health.

BABY SKIN CARE

- Birthmarks: hemangioma in children
- Baby skin care
- What is liqildok and what are its types
- Baby skin care: about the treatment of chafing
- Baby crying: what is colic?
- Shortening the baby's nails
- Dandruff on the child's head and ways to get rid of it
- Skin care: eczema and dryness
- Dandruff on the baby's head: choosing a shampoo
- General rules for baby care

CHILD HEALTH

- Immunization of children: a short list of necessary vaccines
- Fever in babies and children: recommendations and what to do
- What SIDS is and how to reduce its risk
- What to do to persuade the baby to take medicine
- Baby crying: what is colic?
- Finding a pediatrician: interview questions and recommendations
- Vaccination: children's vaccination calendar
- Visit to the pediatrician: routine check-up of a 2-month-old baby
- Baby massage
- We collect necessary medicines for children

What should be paid attention to during pregnancy for proper development and healthy growth of the child?

First of all, it is necessary to be very important to the child's skin. In the first days, the baby's skin can move. Alcohol-free cosmetic products intended for children should be used with caution and only for treating specific areas of the baby's body. The lotion should not be applied to the baby's face and skin.

It is best for mothers to use the same moisturizers for themselves and their babies. Another thing to pay attention to is her nails. Babies' nails are thin and sharp and grow very quickly. Therefore, they should be taken regularly, once a week. For this, you need to use children's scissors or a soft saw. It is better to try to take the baby's nails while he is sleeping.

Strong sunlight can have a negative effect on the baby's skin and cause health problems. Try to keep the baby in the shade or take it to another room when the sun is high. An umbrella over the stroller, a cap, a long-sleeved shirt and pants will protect your baby well from the sun.

In order for your baby to be comfortable and warm, it is necessary to put on one more layer of clothes than adults. Except for the hottest times of summer, it is enough for the baby to wear a T-shirt, diaper, and pajamas. Try on your child's arms and legs to check how comfortable the clothes are. If their skin is cold, put on another layer of clothing, if it's hot, reduce their clothing.

The first bathing process may be uncomfortable, difficult, and your child may cry. But he gets used to it quickly and starts to enjoy bathing. You need an assistant for the first dip. Bathe the baby in a warm room, and have a dry towel nearby to wrap him. Test the temperature of the water with your elbow, it should be pleasantly warm. Most importantly, hold the baby with one hand at all times and never leave him alone in the bath. It is not necessary to take a long bath, it is enough to wash off dirt and dead skin. Wash all parts of the baby's body in turn, paying special attention to the affected areas. Check behind the ears, between the hands and toes, underarms and heels. Natural oils on the scalp can make hair sticky. Therefore, when washing the head, use children's shampoo that does not irritate the baby's eyes. To prevent the baby from sitting in soapy water, wash his head at the end of the bath, do not apply soap to his face and hands.

Why does the baby's skin turn red?

Redness of the skin on the back and thighs is observed in almost all babies. The best way to treat it is to find out the cause of the redness and prevent it from happening again. The causes of diaper dermatitis are: weakening of the skin due to moisture, the effect of enzymes, that is, food enzymes contained in feces, the effect of ammonia in the mixture of feces and urine.

Consult a pediatrician in the following cases!

If the redness is very strong and does not go away within a few days. In such cases, the baby may have fungal dermatitis and it requires special treatment. Remember that fungal dermatitis usually starts after taking antibiotics that kill bacteria.

The body temperature of a newborn baby is 35-37 degrees. Over time, his body temperature will be around 36 degrees. The temperature of the room where the baby lives should be 20 degrees.

Some young mothers feel real panic when they are alone at home with their baby. In order to avoid such a situation, mothers should clearly know and imagine how to take care of a newborn after leaving the maternity hospital and what to do.

The skin of a newborn baby is very thin, weak and sensitive, so improper skin care often quickly leads to its infection and the development of infectious-inflammatory diseases.

The most common inflammation of the skin in babies is blanket dermatitis (redness and soreness), but if the skin reaction is accompanied by an infection, vesiculopustulosis (purulent rashes, often with heatstroke, staphylococcal infection can be added to blanket dermatitis) skin layers on the background of inflammation, develops on the neck, buttock), crusted ulcer (pemphigus, characterized by the appearance of many purulent

elements and the appearance of various rashes on the skin of the body, limbs and large skin layers diseases such as ladi) may occur.

In order to avoid such discomforts that require serious treatment, it is necessary to follow the rules of baby skin care.

BATH THE BABY IN THE MORNING

It is necessary to wash the baby in the morning (wash the face, clean the eyes, nose, ears). A newborn baby's nasal passages are very narrow, and a very small amount of mucus or crusting is considered sufficient to cause nasal breathing disorders. Therefore, the task of the mother is to clean the baby's nose every day. A baby's eyes also require daily care. If the rules of hygiene are not observed, conjunctivitis - inflammation of the mucous membrane of the eye - may develop, in which the redness of the cornea, "sticking" of eyelashes after sleep, discharge in the inner corner of the eye is observed.

Non-observance of basic hygiene rules can lead to the development of infant dacryocystitis - inflammation of the lacrimal sac due to the incomplete opening of the nasolacrimal duct before birth and the addition of infection.

WASHING THE BABY'S BOTTOMS

Boys are born with a foreskin, a layer of skin that completely covers the head of the penis. In newborns, there is a narrowing of the marginal sphincter, which is called physiological phimosis, and it passes by itself when the child reaches 3-5 years of age. There are sebaceous glands that produce a special secretion inside the marginal fold. If the mother does not wash the baby's diaper often enough, bacteria can accumulate under the foreskin, which in turn causes the development of balanoposthitis, inflammation of the glans penis.

But be careful: do not move the foreskin during hygiene procedures, as this can cause the glans penis and the foreskin to fuse together. In order to protect the child from such unpleasantness, it is necessary to wash the baby after every defecation, if there is no defecation, then every 2-3 hours.

CONCLUSION

These hygiene rules also apply to girls. The special features of the structure of the genitals of newborn girls are that the labia do not cover the entrance to the vagina well, and the vagina has an alkaline environment, which helps the infection to enter easily. In addition, the urinary tract (urethra) in girls is very short, if the rules of hygiene are not followed, pathogenic microorganisms can enter there, the inflammation easily rises up, and the baby develops urethritis (inflammation of the urinary tract), cystitis (inflammation of the bladder inflammation) develops.

In order not to be afraid of washing the baby under the tap water, it is better to study the theory of the process in advance, and even practice on a doll.

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