



TOOLKIT 20 · MATERNAL & NEWBORN · TOOL 5 OF 5

# Essential Newborn Care — The First Hour and the First Day

*Warm, breathing, fed, clean, identified, protected: the checklist for every birth, and the danger signs card for the mother to take home*

| When             | Do                                                                                                                                                                                              | <input type="checkbox"/> |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Immediately      | Dry thoroughly with a warm towel; assess breathing while drying. Not breathing / gasping at 30 s → clamp cord, move to the resuscitation area, bag and mask ventilation within the first minute | <input type="checkbox"/> |
| 1–3 min          | Delayed cord clamping (1–3 min) unless resuscitation needed; clean cutting with sterile blade and tie/clamp                                                                                     | <input type="checkbox"/> |
| Immediately      | Skin-to-skin on the mother's chest, covered, hat on; no bathing for 24 h                                                                                                                        | <input type="checkbox"/> |
| Within 1 h       | Breastfeeding started; help with positioning and attachment; no other feeds                                                                                                                     | <input type="checkbox"/> |
| Within 1 h       | Identification bands ×2 (Tool 3)                                                                                                                                                                | <input type="checkbox"/> |
| Within 1 h       | Eye prophylaxis (tetracycline 1 % or per national protocol); vitamin K 1 mg IM                                                                                                                  | <input type="checkbox"/> |
| Within 1 h       | Weight, temperature, full examination; gestational age assessment                                                                                                                               | <input type="checkbox"/> |
| Day 1            | Vaccines: BCG, OPV0, hepatitis B birth dose                                                                                                                                                     | <input type="checkbox"/> |
| Day 1            | Cord care: keep clean and dry; chlorhexidine 7.1 % where nationally recommended; nothing else applied                                                                                           | <input type="checkbox"/> |
| Day 1            | Mother taught: exclusive breastfeeding, warmth, cord care, hand washing, the danger signs (below)                                                                                               | <input type="checkbox"/> |
| Before discharge | Examined again; feeding well; danger-signs card given; follow-up within 3 days                                                                                                                  | <input type="checkbox"/> |

## Danger signs — bring the baby back NOW

**Not feeding or feeding poorly · fast breathing (more than 60 a minute) or chest indrawing · fever or feels cold · fits · very sleepy, hard to wake · yellow skin in the first day, or yellow palms and soles · red or pus at the cord · vomiting everything · no urine for 24 hours**

Adapted from WHO Essential Newborn Care course (2022) and the WHO Safe Childbirth Checklist.

**ASF standards:** Hospital Standard 4 — newborn care; Standard 6 — discharge information (danger-signs card)