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New Mothers, Infants, and Children

1. Explain the growth of home care for new mothers and infants

True or False

1. _____ Most new mothers stay in the hospital for several days to a week after childbirth.
2. _____ Bed rest is ordered if a woman shows signs of early labor.
3. _____ Home health aides may be needed when an expectant mother is put on bed rest by her doctor.
4. _____ New mothers today are generally more energetic when they come home than women in the past.
5. _____ Bed rest may help prevent labor from starting before the baby is ready to be born.
6. _____ Natural childbirth has been increasing in popularity.

2. Identify common neonatal disorders

Short Answer

List three common neonatal disorders.

3. Explain how to provide postpartum care

Fill in the Blank

Use this list of words and phrases to fill in the blanks in the following sentences.

bathing	Cesarean section
diapering	episiotomy
feeding	housekeeping
lactation	lochia
monitor	pink
red	

1. An incision sometimes made in the perineal area during vaginal delivery to enlarge the vaginal opening for the baby's head is a(n) _____.
2. The home health aide may need to monitor the amount and color of the new mother's _____, which is the vaginal flow that occurs after giving birth.
3. Basic care for the baby includes _____, _____, and _____.
4. The home health aide may be required to do light _____ to help the new mother.
5. A surgical procedure in which the baby is delivered through an incision in the mother's abdomen is called a _____.

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- A simple line drawing of a baby lying on its back, held by a person's hands. The baby's arms are crossed over its chest, and its legs are slightly bent. The person holding the baby is shown from the chest down, with their hands supporting the baby's head and back. The drawing is minimalist, using only black outlines on a white background.

1. _____



2. _____



3. _____

6. Describe guidelines for assisting with feeding a baby**Multiple Choice**

1. If the baby does not latch onto the nipple right away, the mother should stroke his
 - (A) Toes
 - (B) Elbows
 - (C) Cheek
 - (D) Forehead
2. Many professionals recommend that mothers try breastfeeding for _____ week(s) before deciding whether to continue or stop.
 - (A) Five
 - (B) Ten
 - (C) One
 - (D) Two
3. Powdered formula is sold in
 - (A) Crates
 - (B) Cans
 - (C) Sterilized pitchers
 - (D) Covered plastic bowls
4. The cheapest formula is usually
 - (A) Ready-to-use
 - (B) Concentrated liquid
 - (C) Powdered
 - (D) Ready-made
5. A good position for breastfeeding is
 - (A) Lying face down on the bed
 - (B) Sitting upright in a comfortable chair
 - (C) Rocking rapidly in a chair
 - (D) Bending over the crib
6. Before feeding, the home health aide should check the temperature of the formula on her wrist. It should feel
 - (A) Warm
 - (B) Hot
 - (C) Cold
 - (D) Boiling
7. The mother can break the suction of a nursing baby by
 - (A) Pulling down the baby's ears
 - (B) Putting her finger in the baby's mouth
 - (C) Sucking on the baby's toes
 - (D) Shaking the baby
8. Which of the following is best for bottle-fed newborns?
 - (A) Whole milk
 - (B) Infant formula
 - (C) Fruit smoothies
 - (D) Skim milk

7. Explain guidelines for bathing and changing a baby**True or False**

1. _____ The home health aide should wear disposable gloves when changing or bathing a baby.
2. _____ Leaving a diaper off for a few minutes when changing the baby can help prevent diaper rash.
3. _____ The proper way to test a baby's bath temperature is by dipping the baby's hand in it.
4. _____ Moisture contributes to diaper rash.
5. _____ It is okay for the home health aide to take both hands off the baby if it is for less than a minute.
6. _____ Children generally wear diapers until they are 8 to 12 months old.
7. _____ Newborns will need between 8 and 12 diaper changes in 24 hours.
8. _____ The home health aide should apply baby powder to the baby's body after giving the baby a bath.
9. _____ It is a sign of a medical problem if a newborn baby has a loose bowel movement with every feeding.
10. _____ Babies should be changed frequently to avoid diaper rash.

8. Identify how to measure weight and length of a baby

Multiple Choice

- When weighing a baby, the home health aide should
 - Keep one hand on the baby at all times
 - Step back from the scale after the baby is on it so as not to interfere with an accurate measurement
 - Place the scale on the floor to see if the baby will crawl onto it
 - Stand the baby up on the scale for an accurate weight
- How can a baby's length be determined?
 - By standing the baby up against a wall, making a pencil mark at the top of his head, and measuring the height of the mark
 - By holding the baby against the home health aide's leg and measuring how high the baby's head reaches
 - By placing the baby on paper, making pencil marks at the head and heel, and measuring the distance between the marks
 - By putting the baby on a standing scale and lowering the measuring rod until it rests flat on the baby's head

9. Explain guidelines for special care

Matching

- ___ Apnea
 - ___ Circumcision
 - ___ Oxygen
 - ___ Umbilical cord
- The cord that connects the baby to the placenta
 - The removal of part of the foreskin of the penis
 - The state of not breathing
 - Given to some babies who have breathing problems; considered a medication

Name: _____

10. Identify special needs of children and describe how children respond to stress

Short Answer

- List some examples of physiological needs that children have.

- List an example of a mental need that children have.

- List four examples of emotional needs that children have.

- List five reasons that children may experience stress.

5. List five factors that influence the way in which children respond to stress.

6. In what ways might school-age children react to stress?

7. In what negative ways might adolescents react to stress?

11. List symptoms of common childhood illnesses and the required care

Fill in the Blank

1. _____, cleaning, and disinfection are the best ways to prevent infection.

2. Frequent loose or watery bowel movements are called _____.
3. Children with diarrhea may experience _____, thus doctors may recommend electrolyte-replacement drinks.
4. In general, children should not be given _____, because it has been associated with some serious disorders.
5. Treatment for a fever includes acetaminophen or ibuprofen or a lukewarm bath or _____.
6. Doctors usually recommend that children resume their normal, well-balanced diet within _____ hours of having diarrhea.
7. Rest and _____ are recommended for fevers.
8. Too much acetaminophen can cause _____ damage.

12. Identify guidelines for working with children

Scenarios

Read the following scenarios and decide how to respond.

1. Zack and his older brother Lee have just returned home from school. Zack is upset because he did not win a prize for his science project, but his brother did. He cried at school, and some of the other kids made fun of him. He becomes visibly distressed again as he relates this story to the home health aide at his home. What would be the best response by the home health aide?

2. The home health aide notices that Doug has been withdrawn all afternoon. He did not go outside to play after school, and at dinner, he refuses to eat anything. He makes comments such as "Nobody cares about me." What would be the best response by the home health aide?

13. List the signs of child abuse and neglect and know how to report them

Short Answer

1. Psychological abuse of children includes

2. Sexual abuse of children includes

3. Child neglect is
