

## **BABY CARE**

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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.

### **BABY CARE FUNDAMENTALS AND NECESSARY TREATMENTS**

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 rash, often with heatstroke, staphylococcal infection can be added to blanket dermatitis) skin layers on the background of inflammation, develop on the neck, buttock), crusted ulcer (pemphigus, characterized by the appearance of many purulent elements and various rashes appear on the trunk, 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 cornea becomes red, the eyelashes "stick" after sleep, and discharge is observed in the inner corner of the eye.



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 eyelid, 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.

However, be careful: during hygiene procedures, you should not move the foreskin, 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.

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.

#### CHANGING THE DIAPER

At first glance, there is nothing difficult about changing diapers, especially if this procedure is performed by an experienced mother or child nurse. However, trying to change a diaper for the first time can be difficult for a young mother, as a result, even though the baby has a diaper, his clothes get wet. In addition, if there is no experience, it will be very difficult for the mother to remove diapers after defecation without soiling herself and the baby.



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