



SMART PARENTING *for* CHILD

Dr. Godbole's Chiranjeev Child Development Center

Newborn Jaundice

For Newborns, things are Different and yet Normal

Physiological jaundice:

Jaundice, which simply means 'yellow', is common in newborn babies. It results from a normal body chemical called bilirubin derived from the normal breakdown of red blood cells.

Newborn babies have more blood at birth than adults, and a liver that is not as efficient as adults in removing bilirubin from blood. As a result, this extra bilirubin builds up in the blood and is called physiological jaundice. It appears in first 3-4 days and disappears within 14 days. Physiological jaundice is not harmful and usually disappears without any medical treatment.

There are other cases of jaundice that may call for treatment:-

Mongolian spots: These bluish patches are normal in neonates and disappear within 5 - 6 months. Skin peeling and tiny papules on face are also common, though they should be differentiated from rashes due to oil/ soap allergy.

Frequent stools: Yellowish, frequent loose motions after every feeding are common and pose no health problem if the baby is active, passing urine frequently and gaining weight properly.

Vomiting: Due to incompletely developed gastro-esophageal sphincter and excess air ingestion, babies vomit or/& regurgitate frequently. But if weight gain is good and baby is content with feeding, there is no need to treat.

Eye discharge: Tears are normally drained from eyes, through nasolacrimal duct (a tube connecting eye and nose) into the throat. But in neonates the duct is ill developed as a result of which 'eye discharge' is common in first 3 months. Simple washing with cotton swab soaked in clean water is enough. In early days, baby's body rhythms feeding, sleep, motion & micturition are extremely irregular. Patience and perseverance is just what is needed.

It is good to be 'Observant', but worse to be 'Overanxious'