**Physical Characteristics and Needs**

**of a Newborn Study Guide**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_**

**Circumcision**

1. The removal of the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* on the penis.
2. This surgery is the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Jaundice**

1. Causes the baby’s skin and eyes to look *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. The *\_\_\_\_\_\_\_\_* inability to remove the *\_\_\_\_\_\_\_\_*from the body fast enough.
3. The baby might be producing *\_\_\_\_\_\_\_\_\_\_\_\_\_* billirubin.
4. Billibrubin: Substance produced by the breaking down of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Head**

1. The baby’s head may be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* as a result of its journey through the birth canal.
2. May appear *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for its body.
3. The head is *\_\_\_\_\_\_\_* of the baby’s total size.
4. An average of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* at birth.

**Fontanels**

1. This is the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* between the bones of the *\_\_\_\_\_\_\_\_\_\_\_\_\_*in an infant where it is not fully *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* together.
2. Fontanels allow for *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. A child’s brain size can *\_\_\_\_\_\_\_\_\_\_\_\_* in the first *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of life.

**Eyes**

1. Caucasian Babies
   1. Born with *\_\_\_\_\_\_\_\_\_\_\_\_\_* eyes.
   2. Will go through several *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in the first few months.
   3. Darken to their final color between *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Darker-skinned Babies
   1. Born with *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* eyes.
   2. Stay brown or turn another *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, such as a deep green.
3. May notice the baby looks cross-eyed.
   1. A newborn’s eye muscles are *\_\_\_\_\_\_\_\_\_*at birth.
   2. Over the next few weeks eye muscle strength will improve and the baby can better *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Hair**

1. Some babies are born *\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Others are born with a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Most newborn hair will *\_\_\_\_\_\_\_\_\_\_\_\_\_*, and the hair that replaces it may be totally different in texture and color.
4. In babies who do not have much hair, you may see a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* under the soft spot at the back of its head.

**Skin**

1. Vernix
   1. A thick *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* covering.
   2. It helps to *\_\_\_\_\_\_\_\_\_\_\_\_\_*the baby’s skin while in the uterus against:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. Becoming wrinkly from the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      3. Highly *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Milia
   1. “*\_\_\_\_\_\_\_\_\_\_\_\_\_*” found over the baby’s forehead, nose and cheeks.
   2. Plugged immature *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*in several weeks.
3. Lanugo
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that cover the baby’s face and body.
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* within a few weeks after birth.
4. Stork Bites
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* on the baby’s face and neck.
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* during childhood.
5. Mongolian spots
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* on the baby’s lower back or bottom.
   2. More common on *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* children
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* during childhood.
6. Very *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to temperature changes.
   1. Too cold – May appear *\_\_\_\_\_\_\_\_* with slightly bluish hands and feet.
   2. Too hot – *\_\_\_\_\_\_\_\_\_\_\_* may develop.
7. Underlying *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* show through the new delicate skin, giving it a pinkish or reddish tone.
8. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* because the baby just spent nine months in fluid and now is exposed to dry air.
9. Skin becomes a little *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* right after birth.
10. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* isn’t quite developed yet, so when the baby sleeps, the hands and feet may look bluish.

**Breathing**

1. The *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* may be round or stick out slightly.
2. The baby’s breathing is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* breathing.
3. Babies *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and use stomach muscles to help breathe.
4. May notice *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* between some breaths.
5. The rate of breathing is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* times a minute.
6. The baby’s heart rate is rapid at *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* times a minute.

**Chest**

1. The breasts of boy and girl babies may look *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. The hormones that cross the placenta during the last two weeks before birth cause the breasts to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the breasts.
4. The enlarged breasts *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in about two weeks.

**Umbilical Cord**

1. Sticky material will collect at the base of your baby’s cord stump until it *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Genitals**

1. Genitals are the sex organs you see *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the body.
2. There may be some *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* around the genitals.
3. The hormones in a girl may cause the baby to have *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. She may also have slight *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, commonly known as a false period.

**Feet**

1. Arms and legs may *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and are held close to the body.
2. Most newborn babies’ hands are in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Legs may appear *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and the feet might look *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* because they have rotated inward due to being curled up snugly in the womb for nine months.
4. After about 6 months, they’ll relax into a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. The arms and legs may also appear *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for the body because of their bent appearance.
6. This is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
7. By *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, the arms and legs stretch out.

**The Newborn’s Senses**

1. Babies can hear *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* noises at birth.
2. Loud noises may cause your baby to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Soft noises may help to *\_\_\_\_\_\_\_\_\_\_\_\_\_* your baby.
4. The baby quickly learns the difference in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. The baby will turn its head to a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, especially mom’s and dad’s voice.
6. When showing baby’s objects, hold them *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* from their face.
7. Hold a baby 12 inches from your face when talking or playing with them so that they can *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
8. Newborns can *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* at birth.
9. Babies will be able to taste *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* milk.
10. Avoid *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and do not smoke around a baby.
11. A newborn enters the world with virtually *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
12. They can’t hold their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* on their own.
13. Their movements are mostly *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

**Behavior**

1. The newborn baby will spend a lot of time *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. A baby may be very alert and *\_\_\_\_\_\_\_\_\_\_\_* at you, or be very quiet and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*right after birth.
3. Think of it as after *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. A baby may fuss briefly, make *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, or even smile.
5. When awake, your baby’s behavior may range from *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
6. When the baby is quietly alert, this is the best time to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to the baby.
7. Crying is a response to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
8. A baby needs to be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
9. Babies have an emotional need for *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.