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Pack 121

Type: Spot radio

September 2022

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**Hygienic practices for baby care**

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**Notes to broadcasters**

Taking care of a baby requires paying attention to his or her hygiene. This involves actions designed to prevent infections and infectious diseases in babies. This kind of care applies to breastfeeding and feeding newborns and infants and to their household environment, their clothing, and their body.

These spots cover the following topics :

1. Exclusive breastfeeding for newborn babies
2. Clothing choices!
3. Baby's cutlery and containers
4. Seasonal fruits and vegetables for the baby
5. Protecting babies from germs
6. Hygiene during the baby's bath
7. How to protect your baby's skin!
8. Baby's intimate hygiene
9. Storing baby food safely!
10. Baby's hygiene and living environment
11. A suitable diet for the baby
12. Taking care of your baby's clothes

The spots are 15-60 seconds long. They can be aired several times during the day and throughout the program schedule. They are designed to inform pregnant women, women who have already delivered, and the general public about necessary hygienic practices when caring for newborns and infants.

**Spot #1: Exclusive breastfeeding for newborn babies**

**NARRATOR:**  For the first six months after birth, the baby should be exclusively breastfed. The mother should breastfeed the baby day and night as needed. She should always ensure that her breast is clean before offering it to the baby.

This can be done by washing the breast and letting it air dry, or gently cleaning it with a towel. Also, wash your hands properly before feeding the baby or expressing milk into a container.

Breast milk is essential for babies and hygiene is vital to their health. Please pay attention to it!

**Spot #2: Clothing choices!**

**SFX:** KNOCKING ON THE DOOR

**NAFISSA:** Come in! The door is open.

**DAVID:** How are you? I've come to see my beloved niece.

**NAFISSA:** She's here. She just fell asleep.

**DAVID:** Why is she dressed like that? It's extremely hot. These clothes are not appropriate in the heat. She's all sweaty and her clothes are soaked with breast milk and drool. Have you thought about germs?

**NAFISSA:** But if I don’t make her wear these clothes now, she will never be able to wear them.

**DAVID:** You should always be mindful to make sure your baby's clothing is adapted to the season.

**NARRATOR:** For your baby's well-being, make sure your clothes are clean and well-suited for each season.

**Spot #3: Baby's cutlery and containers**

**AWA:** Honey, please! Help me pour the baby's porridge into a bowl. I left it on the stove.

**TOM:** Okay!

**AWA:** Why did you put it in a plastic bowl?

**TOM:** You asked me to bring you the porridge, didn't you?

**AWA:** Yes, but plastic cutlery and containers can be sources of contamination. They contain substances that can migrate into food when they come into contact with hot food. And these molecules remain in the food even after it cools.

**NARRATOR:** Prolonged heating of plastic causes it to deteriorate and for micro-particles to migrate into food. These could cause illness. Choose glass, stainless steel, or ceramic materials to serve your hot food.

**Spot #4: Seasonal fruits and vegetables for the baby**

**CHILD:** Mom, what are you cooking? It smells good!

**MOM:** Thank you, sweetheart. I'm making a fruit jam and a seasonal vegetable salad for your little sister.

She just turned six months old.

**CHILD:** But why does she have to eat seasonal fruits and vegetables?

**MOM:** Because they protect the body and help to keep it healthy.

**NARRATOR:** Give your baby seasonal fruits and vegetables when they reach six months of age. They contain vitamins and minerals that improve the functioning of the baby’s immune system.

**Spot #5: Protecting babies from germs**

**FRED:** Hello, my darlings. Come on in! Your daddy is back.

Where is my little princess?

**OMAR:** She's with Mama.

**FRED:** I missed her so much! I'm going to take her in my arms and kiss her.

**OMAR:** Wait! You've just come from the garage and your hands and clothes are stained with motor oil. You need to wash your hands with soap and water first, and wipe them clean before you pick her up.

**NARRATOR:** Babies are sensitive and their immune systems are not fully developed. Before holding them, wash your hands thoroughly with soap and water. Then wipe them dry to get rid of germs that could harm the baby's health.

**Spot #6: Hygiene during the baby's bath**

**NARRATOR:** Before you wash your baby, wash your hands properly. Here's how to wash your baby's face and head.

First, gently wipe a clean, wet cotton ball or cloth over your baby's eyelids and eye area. Then, because babies’ skin and face is very sensitive, run a wet cotton ball over the outer earlobe and the edges of the ears to clean them thoroughly.

Gently clean the nose, like the ears, with wet cotton. Use a new cotton ball for each nostril. Clean the baby's face with a suitable gel. Finally, wipe the neck, the back of the ears, and the rest of the body with a wet towel.

Follow these steps systematically to keep your baby clean and healthy!

**Spot #7: How to protect your baby's skin!**

**FATIMA:** Doctor! Look at my baby's skin. She has itches and burns.

**DOCTOR:** Your baby has a hypersensitive skin that affects one in three children. This hypersensitivity can overreact to things like heat, cold, and wind.

**FATIMA:** How can I protect my child's hypersensitive skin?

**DOCTOR:** Avoid exposing her to products or other substances that can damage the skin.

**NARRATOR:** When washing your baby, use non-toxic gels, creams, and soaps that are non-irritating. You can also use moisturizing creams such as shea butter to protect your baby’s skin.

**Spot #8: Baby's intimate hygiene**

**SFX:** BABY CRYING

**MARIE:** Saly, my baby is not well. I've been giving him the breast, but he refuses. He's all agitated.

**SALY:** Check his diaper.

**MARIE:** It's full! I haven't changed him for hours.

**SALY:** That's why he's so upset.

**NARRATOR:** Change your baby's diaper every time they urinate or relieve themselves. Before changing the diaper, clean the baby and choose non-irritable cloth diapers. Then, wash your hands with soap and water after each contact with the baby's urine and stool.

Babies are fragile beings. Take care of them!

**Spot #9: Store baby food safely!**

**OUMOU:** Zeynab, please help me! My baby keeps throwing up and her stool is very watery.

**ZEYNAB:** What did you give her to eat?

**OUMOU:** The porridge I left on the table since yesterday.

**ZEYNAB:** I can't believe it! She is showing symptoms of food poisoning.

**OUMOU:** It's true that after I served the porridge, it tasted different. And there was mould all around the bowl and on top of the porridge.

**ZEYNAB:** (WORRIED, ANGRY) How could you give your child poorly preserved food? You need to see a doctor very quickly to avoid the worst.

**NARRATOR:** Food is essential for a baby's growth. Even in an emergency, parents should avoid giving contaminated food to their newborn. It is crucial to ensure that food is well-preserved for the baby's well-being.

**Spot #10: Keeping baby’s home hygienic**

**ROBERT**: Flora, I see that you have a lot of pets and other animals in your home. And they are always in contact with your baby.

**FLORA:** That’s ok. These animals are harmless. They won't hurt him.

**ROBERT:** But your baby needs a clean and healthy environment. You know that, right?

**FLORA:** Of course I do.

**ROBERT:** Then make sure your pets are vaccinated and healthy. If not, your baby is at risk of infection or developing allergies.

**NARRATOR:** Be careful! Unvaccinated or sick animals and their droppings are sources of infection and disease for your baby.

Be prepared.

**Spot #11: A suitable diet for your baby**

**CLARA:** What a nice smell! What are you cooking, Myriam?

**MYRIAM:** Vegetable soup for my little princess.

**CLARA:** Stop joking!

**MYRIAM:** I am not joking. I made this soup from freshly-picked organic vegetables and I prepared it hygienically to keep my baby healthy.

**CLARA:** Don't you think it's a little early to be giving your baby soup?

**MYRIAM:**  Don't worry, she'll be seven months old soon.

**NARRATOR:** From six months of age, you can introduce other foods into a baby's diet. You must also ensure that the baby receives at least a minimum number of meals every day, depending on their age. And above all, breastfeed your baby until he or she is two years old or more.

This is important! Good hygiene should always be a priority when feeding your baby.

**Spot #12: Taking care of your baby's clothes**

**SIRA:** Hey, Awa! You seem to be doing laundry all the time!

**AWA:** My dear, a baby's well-being depends on the cleanliness of the clothes they wear.

**SIRA:** You are absolutely right. Babies are very fragile.

**AWA:** That's why it’s so important to always make sure their clothes are clean and avoid the risk of infection.

**NARRATOR:** A baby's well-being is important. Parents should make sure their baby's clothes are clean. Parents, make it a priority!

**Acknowledgements:**

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