

01- Overview

NEWBORN CARE FUNDAMENTALS

Build the Essential Knowledge and Practical Skills for Safe Newborn Care

The Newborn Care Fundamentals course by **First 28 Newborn Academy** is a comprehensive foundation program designed for individuals who want to develop essential knowledge and practical skills in caring for healthy newborns.

The course covers newborn development, basic anatomy and physiology, feeding, hygiene, bathing, diapering, safe sleep, newborn handling, soothing, observation, common newborn concerns, safety, emergency awareness, communication, professionalism, and family-centred care.

Students complete structured theoretical learning, practical skills training, a 30-question multiple-choice knowledge assessment, and five written essay assessments.

WHAT YOU WILL LEARN

By completing this course, you will develop a strong foundation in:

- Understanding the healthy newborn
- Newborn anatomy and physiology
- Newborn adaptation after birth
- Normal newborn behaviour and reflexes
- Newborn observation and documentation
- Breastfeeding fundamentals
- Formula-feeding fundamentals
- Responsive bottle feeding
- Burping and feeding support
- Diapering and personal hygiene
- Umbilical cord care
- Newborn bathing
- Newborn skin care
- Safe newborn handling and positioning
- Newborn soothing techniques
- Newborn sleep and safe sleep practices
- Swaddling principles
- Early newborn development
- Recognizing common newborn concerns
- Identifying newborn warning signs
- Infection prevention
- Newborn safety
- Emergency awareness and escalation

- Parent and family communication
- Professional boundaries
- Confidentiality and ethical care
- Documentation and handover
- Working within scope of practice

COURSE MODULES

Module 1 — Introduction to Newborn Care

Understand the neonatal period, the importance of the first 28 days, the basic needs of newborns, the role of the caregiver, professional boundaries, and scope of practice.

Module 2 — Understanding the Healthy Newborn

Learn normal newborn appearance, behaviour, vital observations, elimination, skin characteristics, movement, and normal newborn variations.

Module 3 — Newborn Anatomy, Physiology & Transition

Explore the basic respiratory, cardiovascular, gastrointestinal, renal, neurological, and thermoregulatory systems and how newborns adapt after birth.

Module 4 — Newborn Assessment & Observation

Learn how to observe, document, and communicate changes in a newborn while understanding the limits of a caregiver's scope of practice.

Module 5 — Newborn Feeding Fundamentals

Learn breastfeeding fundamentals, formula feeding, feeding cues, positioning, responsive feeding, bottle hygiene, burping, feeding documentation, and feeding safety.

Module 6 — Diapering, Hygiene & Personal Care

Develop practical skills in diaper changing, newborn hygiene, infection prevention, skin observation, and umbilical cord care.

Module 7 — Newborn Bathing & Skin Care

Learn how to safely prepare for and perform a newborn bath, maintain water safety, handle the baby safely, and provide appropriate basic skin care.

Module 8 — Newborn Sleep & Safe Sleep

Understand newborn sleep patterns, sleep cues, settling, safe sleep environments, appropriate sleep surfaces, bedding safety, overheating prevention, and other sleep-related safety principles.

Module 9 — Handling, Positioning & Soothing

Learn safe newborn handling, head and neck support, transfers, positioning, skin-to-skin care, soothing techniques, and shaken-baby prevention.

Module 10 — Newborn Development & Behaviour

Learn about newborn reflexes, sensory development, early communication, bonding, attachment, tummy time, and developmentally appropriate interaction.

Module 11 — Common Newborn Concerns

Develop an understanding of common newborn concerns such as jaundice, reflux/spitting up, gas, stool changes, diaper rash, skin changes, crying, feeding concerns, and other common observations.

Module 12 — Newborn Safety & Emergency Awareness

Learn essential newborn safety principles, emergency recognition, appropriate escalation, choking awareness, respiratory emergencies, injury prevention, and when emergency assistance is required.

Module 13 — Communication With Parents & Families

Learn professional communication, respectful family-centred care, handover, documentation, confidentiality, cultural sensitivity, and appropriate reporting of concerns.

Module 14 — Professionalism & Ethical Newborn Care

Understand professional conduct, boundaries, confidentiality, safeguarding, scope of practice, documentation, accountability, and the importance of seeking professional assistance when required.

PRACTICAL TRAINING

Students will have the opportunity to develop and demonstrate practical newborn-care skills, including:

- Hand hygiene
- Preparing a newborn-care station
- Safe newborn handling
- Head and neck support
- Newborn positioning
- Feeding preparation
- Safe bottle feeding
- Burping
- Diaper changing
- Umbilical cord-care principles
- Newborn bathing

- Basic skin care
- Dressing a newborn
- Safe swaddling principles
- Preparing a safe sleep environment
- Newborn soothing
- Basic newborn observation
- Feeding and elimination documentation
- Handover and communication
- Recognizing situations requiring escalation

ASSESSMENT

Students are assessed through three main components:

1. Knowledge Assessment

A 30-question multiple-choice examination covering the core learning objectives of the course.

2. Practical Assessment

Students demonstrate selected newborn-care skills using a structured practical competency assessment.

3. Written Assessment

Students complete five scenario-based essay questions demonstrating their understanding of newborn care, safety, communication, professional judgement, and appropriate escalation.

Students must meet the academy's minimum requirements for all assessment components to successfully complete the course.

WHO SHOULD TAKE THIS COURSE?

This course is suitable for:

- Aspiring newborn caregivers
- Nannies
- Childcare professionals
- Domestic staff caring for newborns
- Aspiring maternity nurses
- Aspiring newborn care specialists
- Newborn-care beginners
- Parents and caregivers seeking structured newborn-care education
- Individuals preparing for advanced newborn-care training

No previous professional newborn-care experience is required.

WHAT YOU RECEIVE

Upon enrolment, students receive access to:

- Structured online course lessons
- Educational presentations
- Instructor-led learning
- Demonstration materials
- Student learning resources
- Newborn-care checklists
- Practical skills guidance
- Knowledge assessments
- Practical assessment
- Written assessment
- Course completion requirements
- Certificate upon successful completion

COURSE COMPLETION

Successful students must complete the required learning activities and meet the academy's assessment requirements.

The course is designed as a foundation for individuals who wish to continue developing their professional newborn-care knowledge and skills through advanced education.

IMPORTANT

Newborn Care Fundamentals is an educational training program. It does not replace medical, nursing, midwifery, or other licensed healthcare education and does not authorize students to diagnose, prescribe, or independently manage medical conditions.

Students are expected to work within their level of training and scope of practice and to seek appropriate professional assistance whenever a newborn's condition is concerning or outside their role.

CONTINUING EDUCATION

Newborn Care Fundamentals provides the foundation for further professional development through advanced newborn-care education offered by First 28 Newborn Academy.

Future advanced programs may include:

Newborn Care Specialist Training Program

and

Professional Maternity Nurse Training Program

Students are encouraged to complete foundational training before progressing to advanced professional programs.