

Abstract

The bachelor thesis „Awareness of Newborn Care among Women “ is divided into theoretical and practical parts. The theoretical part deals with four major topics. The first topic describes the physiological development of the newborn and the adaptation of the different organ systems to the extrauterine environment. The second deals with neonatal hygiene and the importance of vernix in the first days of life. Other topics include newborn sleep and comfort.

The practical part focuses on the awareness of women in newborn care, using a quantitative questionnaire survey. The questionnaire was distributed online and the responses, obtained from it, were tabulated into graphs and tables. It is focused on the subjective perception of awareness in newborn care and explores problematic areas.

The survey found that the majority of women prepare for newborn care before childbirth, and a positive finding is that women are well-informed about newborn care both from the maternity ward and their paediatrician. However, the most common source of information is the internet.

Based on the results, it would be useful to improve breastfeeding education. Assistance with newborn care in the first days after birth should also be provided to women with multiple pregnancies who may not remember everything from previous experiences.

Keywords: Newborn. Newborn care. Newborn development. Hygiene of the newborn. Newborn sleep.