

# *your* **BABY**

Advice and Guidance To Give Your Baby The  
Best Start In Life



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Your Baby

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# Introduction

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**Every parent in a family would want to give their baby - the best start in life!**

However, very few parents / Moms know what things should be done - to achieve that. We get a bunch of different advice and opinions from everyone we talk to and since babies don't come with a "manual" - it's hard to know what the right thing is...

Usually, there is very little or no information known to most of the parents at the time of the arrival of their first baby.

Many new questions come to the mind of the parents of a newly born baby like how to handle their babies first cold, how to make babies sleep, what kind of food is good for them till the age of 6-9 months, how to soothe babies teething pain, signs that tell if the baby is ready for the solid food and why the solid food is not good for them in the initial few months and so on. The list of such questions is endless.

We get a bunch of different advice and opinions on such questions from everyone we talk to and since babies don't come with a "manual" - it's hard to know what the right thing to do is. Thus, the parents

must educate themselves on the right ways or techniques to take care of their newly born babies.

As an example, we'll talk about a common problem - "Potty Training". There are seven stages of potty training. They begin with showing signs of potty training readiness and conclude with being able to use the toilet away from home.

### **Signs Of Readiness**

*The first stage of potty training begins when your child shows the following signs of potty training readiness:*

- Express the need to go potty (verbally or through body language).
- Expresses an interest in the potty.
- Uncomfortable in wet diapers.
- Able to dress and undress.
- Imitates family members.
- Stays dry for two hours.
- Has regular bowel movements.
- Interested in big kid underwear.

Introduction to the Idea of Potty Training - When your child shows a majority of the signs of potty training readiness, it's time to introduce him to the concept of using the potty.

This can be done by reading a potty training book as a bedtime story or watching a potty training video. Purchase a potty chair and let your child watch you use the potty. Children will often imitate family members.

### **Sitting On The Potty**

When your child has been introduced to the concept of potty training, he will probably imitate family members and sit on his potty chair while you use the bathroom. This is a good time to teach good hygiene such as wiping and washing hands after using the potty.



Use the Potty Sometimes - Be sure to give your child plenty of liquids and take him to the potty every 30 minutes. This will help build muscle memory.

The first time your child uses the potty, make a big deal of his huge accomplishment. A hug, encouraging words, or a small reward can be good motivational tools and help your child feel proud of his or her accomplishment.

### **Using The Potty Alone**

As your child gets more comfortable with the potty and his ability to control his bodily functions, he will go to the potty by himself. He will then come to tell you about it. Again, this is a time for lots of praise and encouragement.

### **Transitioning To The Toilet**

When your child is comfortable using his potty seat, it's time to transition him to the toilet. Many children are afraid of falling in, so you may need to purchase a toilet seat adapter such as the Flip-N-Flush or the PRIMO's Ducka toilet adapter. These devices reduce the size of the toilet hole, thereby making your child feel more secure.

### **Using Potty Away From Home**

The last stage of potty training occurs when your child can use the potty away from home. Thankfully, there are many portable and disposable toilet seats available to keep your child from coming in contact with public toilet seats.

Many public bathrooms have auto-flush toilets with electronic sensors. These sensors often fail to detect that a child is seated on the toilet and cause the toilet to flush repeatedly, scaring the child. Devices such as the Flush-Stopper prevent auto-flush toilets from flushing while your child is seated.

Some children breeze through the seven stages of potty training in a matter of weeks, while other children take several months to complete potty training. Your child's progress depends on his or her stage of

development, your potty training knowledge, and the potty training products you have available.

## **A New Baby Can Be Expensive**

A new baby brings a lot of joy and hopes to a family. It also brings some uncertainty. You may be concerned that your home is too small, or that you need a larger car, among others. Whether you are expecting your first or your fifth child, chances are that you need baby gear!

There are hundreds of different items that you need when the baby arrives, and it is important to remember that stocking up doesn't mean you have to clean out the bank account. If you do a little bit of research beforehand, you can get everything that you need at a fraction of the retail price.

My favorite money-saving tool is the e-coupon. You can sign up for e-coupons at a variety of different retailers, and start savings instantly.

The first question that a new parent-to-be asks is "what gear do I need?" Many things are convenient to have, and many things that are a "must-have." Once you distinguish between the two, you can start stocking up on the "must-haves."

I recommend that you start shopping for bargains early on in your pregnancy. You will save more money, and eliminate the last-minute rush that many parents undergo. Most baby sites will provide you with a checklist of the baby's "must-haves." Print this list out, and then begin to compare prices and makes and models.

Every parent-to-be is on a budget. The trick is to make the most out of that budget. First, consider looking at local yard sales for various baby gear. You can often get some cheap deals, on things that are in good shape.

If you are looking for some really good deals, go online. There are hundreds of different baby sites, which offer many products at deep

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discounts. If you use an e-coupon service, you can get coupon codes to save even more on the items that are “must-haves.”

Most of these services are free to use and can save you hundreds on your favorite baby gear. You may also try an auction site like eBay. I have found some great deals on items that you need every day, like bottles and bibs.

Shopping for a baby on a budget can be a lot of fun if you approach it correctly. Create a list of the items that you want to shop for, and stick to it. Look for discounts and deals both locally and online.

In no time, you will have a nursery full of baby gear ready and waiting for your new little bundle of joy! Congratulations and happy shopping!

# Chapter 1: Babies and Sleeping

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**Being a parent is a hard enough job without having sleep deprivation. Most parents find that they have to survive on less sleep.**

The glorious day when the baby sleeps right through the night can never come too soon. Babies who nap through the day and then cry at night wreak havoc with their parent's sleeping patterns. There are strategies to try to cope with babies and sleeping habits.

If you can, it's a good idea to sleep when the baby does. Unplug the phone, put a do not disturb sign on the door, and snooze along with junior.

At nighttime, a warm bath can help to make the baby sleepy, so time bath time just before putting the baby down. Babies and sleeping routines are important, so bedtime needs to be about the same time every night, but don't be a slave to it.

Sometimes, the baby wakes up crying and for no apparent reason. They are dry, just been fed and you can't think what could be wrong. At other times, the reason may be that they are teething or have colic.

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If you have exhausted all possibilities, they may be satisfied with a hug. Unfortunately, babies and sleeping don't always go together.

Babies need a quiet environment and not be cold or too warm. Some things may calm them if they are anxious, such as a lullaby or a mobile above the cot. Some parents have found that placing a baby next to a tumble drier soothes them into sleep!

As a last resort in solving the babies and sleeping problems, some parents take the baby out for a car ride. The baby falls asleep and then is carried gingerly to bed. Some babies will not fall asleep in their cot at any time and parents have to wait for them to nod off wherever they happen to be and then carry them to bed.

Teething and illnesses make the problem worse. Make sure that you have something from the doctor to rub on to sore gums when those teeth start to push through. Colic often interrupts babies and sleeping through. There are medicines to give for this too.

If you are despairing parents with a wakeful child, just remember that it won't always be like this. The first six months will fly by, albeit in a sleepless haze. Soon, they'll be teenagers and you'll be losing sleep because they haven't come home yet!

### **Bedtime Routine For Your Baby**

As soon as possible, you should start a bedtime routine with your baby. You can start when the baby is six to eight weeks old, and your baby will surely reap benefits from the early routine setup. Establishing a stipulated system will make your baby appreciate the consistent pattern.

The baby will be comfortable knowing beforehand what follows next. This would facilitate better and faster sleep for your baby. Even without your presence in the house, attempt to maintain the routine of the baby. And when you try to settle down your baby in a new place, the routine will ease the baby.

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Some tips that you can involve in organizing the routine of the baby are bathing your baby, helping him to get into pajamas, telling stories, or playing a game. Select activities that soothe the mind rather than those that excite the mind, because they would help your baby to fall asleep faster.

Keeping track of a baby by following a bedtime routine is beneficial to both the parents and the baby. At the fag end of the day, the routine allows the child and the parent to create a special bond between them. Following are a few ideas worth a try:

At times you should allow the baby to let his stored energy escape before you settle him down. Two good ways to do so are bouncing in a bouncer or on a knee or having a ride on a horse.

When the excitement is done, change into an activity that is quieting and relaxing. Follow this only when your little one goes to sleep effortlessly during bedtime, or it might be too much excitement for him.

Bath is a bedtime routine that is calming. A warm bath cleans the baby and makes him relax. You can try an aromatherapy bath by putting some scented lavender oil into the warm water.

But then again if you see that your baby cannot adjust to a bath at night and feels uncomfortable and cannot go to sleep, then it would be prudent to strike it out from the list of bedtime routines.

Indulging in some quiet playing games can bring some fun moments to the bedtime ritual, like a floor game, stacking blocks, or peek-a-boo.

One of the most famous bedtime routines that almost all parents do is reading stories to the baby at night. This ritual has many benefits – it introduces your baby to the new world where he would grow up to be through a huge vocabulary and is a step towards acquiring skills of language.

Singing is another idea. Sing a popular song and let the process grow into a tradition in your family. By and by your baby will understand that when the song ends it's time for him to get some shut-eye.

On the way to the bed, bid good night to inanimate objects in the house like favorite toys and other items.

You can also include pets and other family members – this way your baby will get acquainted with the various things in the house and would begin to understand and identify things by their names.

Leave out no stuffed toys because they would be his childhood playmates for some time.

A host of other activities could be included in your bedtime routine. Indulge yourself and the baby with the fun methods and let them be a great time for the two of you.

### **Baby Crying**

Communication - that's what a baby's crying is for. This sweet thing that suddenly turns into a fit of tears is just craving for your sweeter attention. All cultures in the world nod to this pattern all infants are accustomed to.

A baby cries the most during his or her first three months. Though the amount of crying steadily increases, the crying period may vary from an hour to most of the day and this could still be considered within the normal range. Like, whoah, right? Babies are also known as howling tear factories.

Some thought that a baby cries more during the afternoon accounting it to the anxiousness of the mother or the stressed mood of the father after going home from work.

But the most accepted assumption now is that babies have this automatic screening ability they use to shut off all the noise that may stimulate some response from them so they could get enough rest. But in the long run, this filter weakens and disappears during the approximate age of six weeks.

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This, then, make a baby very sensitive to external factors such as noise, movements, etc. And these generally elicit a reaction from a baby and how best could he or she respond but only through crying.

There are many reasons why a baby succumbs to crying. Deciphering these reasons is the major feat a parent must surmount. Here are some of the things your sweet baby is making you understand through crying.

Hunger. Yes, your attention-hungry baby is craving to let you know that his tummy is grumbling. This is the most common reason for a baby to cry, especially, during his early months.

The pattern of the hunger howl could be characterized as being persistent, demanding, and almost rhythmical. But that rhythm is not at any rate close to becoming musical, of course.

Boredom. What can I say? Aren't these babies just plain spoiled? Crying because of boredom, errr, I'd find that a bit more twisted or weird if it's with an adult that is. But babies are built like this. Crying is their way of telling you, "Hey get me a life here!"

Aside from attention and food, consequently, babies need a lot of stimulation. And when they don't get this, there you get your waaaaaaaaaaaaahhhhhhhhhhhh!!! The trick is to pick the baby up and play with him. This move may be frowned upon by some because of its amount to spoiling the baby.

But it is important to know that stimulation is also one of the major necessities of an infant and it won't hurt to provide him with some while in his growing age. This boredom cry is said to be also rhythmical and full of sobs and moans.

Discomfort. Pain is another precursor of the baby's crying. Who won't cry when in pain, right? Babies are not Major Paynes to endure the most excruciating discomfort they could undergo. They are little, vulnerable beings that need to be attended to when injured or when in an inconvenient situation.



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This cry could be more persistent, louder, and more demanding. Shrieking and screaming, are words that better describe the crying pattern roused by pain.

Another cause may be disturbance; surely, howling will proceed just when they're about to sleep or are already fast asleep and suddenly get surprised by some noise, or movement. An illness that causes discomfort to a baby may also be the reason for a baby's bursting into a fit of tears.

## Chapter 2: Your Baby's Health

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**There are always concerns about a baby's health. Many parents overreact to the smallest problem, but you really can't be too careful when it comes to your baby's health.**

Recognizing the symptoms of the most common diseases is very important to early diagnosis and treatment.

### **Rubella or German Measles**

It's sometimes referred to as the 3-day measles as well. It affects the skin and lymph nodes. It's not the same virus that causes measles. It can pass through a pregnant woman's bloodstream to infect her unborn baby.

Rubella infection may begin with 1 or 2 days of mild fever (99 to 100 degrees Fahrenheit, or 37.2 to 37.8 degrees Celsius) and swollen, tender lymph nodes, usually in the back of the neck or behind the baby's ears.

On the second or third day, a rash appears that begins on the baby's face and spreads downward. As it spreads down the body, it usually

clears on the face. This rash is often the first sign of illness that a parent notices.

The rubella rash can look like many other viral rashes. It appears as either pink or light red spots, which may merge to form evenly colored patches. The rash can itch and lasts up to 3 days. As the rash passes, the affected skin occasionally sheds in very fine flakes.

Its importance is the potential effects on an unborn baby if an infection is acquired during early pregnancy.

The introduction of the MMR vaccine has reduced the incidence of primary rubella infection, and the number of severely affected unborn babies. The incubation period is 14-21 days, fever is often mild, and children do not feel particularly unwell, unlike measles infection. A woman who may be pregnant should not come into contact with infected children.

### **Chickenpox**

occurs most often in the late winter and early spring, is very contagious and if exposed to an infected family member, about 80% to 90% of those in a household who haven't had chickenpox will get it.

However, immunization of children with the chickenpox vaccine that's now available is expected to decrease cases of the disease dramatically over the next few years.

Although it's more common in kids under the age of 15, anyone, including babies, can get chickenpox. A person usually has only one episode of chickenpox in his or her lifetime.

But the virus that causes chickenpox can lie dormant within the body and can cause a different type of skin eruption later in life called shingles, also referred to as herpes-zoster.

It's usually a mild illness in children. The incubation period is 14-16 days, and there are often no symptoms other than the rash. The rash generally only lasts 8-10 days.

Some children develop a mild fever in the first 2-3 days. The spots appear in crops, first as small bumps, and rapidly changing into little blisters.

The blisters soon dry and crust, and scabs form over the top. Keep your child from scratching them or it could lead to scarring. Calamine creams are useful to help relieve any itching from the spots.

### **Roseola Infantum**

Affects babies under two. The baby will have a high fever, but appear well otherwise, and 3 or 4 days later the temperature will rapidly drop to normal. At this time, after the fever has gone, a faint rash appears which only lasts 1 or 2 days at most. There are no complications.

### **Coughs and Colds**

Most children will have at least six respiratory infections each year. These are almost always mild, last only a few days, and have no consequences. Children will simply get a blocked, runny nose, may have a mild fever, and feel slightly unwell. In young babies (who are nose breathers) feeding can become difficult for a couple of days.

Children should be treated with Paracetamol or Ibuprofen if they have a fever and maybe helped by nasal decongestants. There is rarely a need for antibiotics. Occasionally coughing, especially at night times can be the main symptom of asthma, and children with persistent nocturnal coughs should see a doctor.

### **Sore Throat, Pharyngitis, and Tonsillitis**

Very common between the ages of 4-7 years old. Symptoms include pain while swallowing and eating, earache, and fever. Giving them soft food to eat and lots of fluids.

Children should see a doctor if they have a fever too. Pharyngitis is caused by viruses and so will not always require antibiotic treatment. Tonsillectomies are rarely performed now.

## **Earache**

Very common in children and babies. It can be associated with or caused by chest infections, colds, and coughs. Sometimes there is no infection in the ear, pain is due to the Eustachian Tube being blocked. When blocked it doesn't maintain the correct pressure in the ear.

Where there is a true infection, Otitis Media, or Middle Ear Infection, the eardrum becomes red and inflamed and can cause the baby to have a fever. Babies may become irritable or hold their hands over their ears. If you suspect your baby has an ear infection, you should see a doctor.

## **Vomiting and Diarrhea**

Very common, especially if you take your baby on travels to foreign countries. In the US and other developed nations, vomiting and diarrhea are commonly caused by viral infections. and Diarrhea will often be watery. It may be difficult to distinguish from urine in a nappy.

Your baby or child will usually only be sick for a very short time. It is important to treat them right away to avoid your baby becoming dehydrated. Younger babies are more vulnerable than older children.

Dehydration initially causes children to become fretful, then lethargic, with sunken eyes and lax dry skin. Severe dehydration causes young children to become prostrate with deeply sunken eyes and cold mottled skin. Mild dehydration can be treated at home. Children should be given oral rehydration fluids, which can be bought at your local Pharmacy.

These are powders containing salts and sugar and which are dissolved in water. They allow prompt reversal of dehydration and are more effective than water alone.

No food should be given for 24 hours, after which time the normal diet can be gradually restarted. Moderate to severe dehydration requires hospitalization for intravenous fluid therapy.

## **Sticky Eyes**

Very common in young babies. Usually, there is no underlying infection, and simple salt-water washes are sufficient. Cotton wool soaked in saline should be used 2-3 times per day. The problem goes away in a few days but can be recurring.

Conjunctivitis in babies is caused by infections, which do require antibiotic treatment. The eye will usually be red and inflamed with pus, rather than simply sticky with yellow secretions. In this case, you should see your doctor so the eye can be swabbed and appropriate antibiotics started.

## **Fever**

All children get fevers and it's usually caused by common viruses such as 'flu, spotty illnesses like measles or ear and chest infections. Children feel uncomfortable when they get hot, often cry, need comforting and lose their appetite.

They should be given Paracetamol-based elixirs (Calpol in England) or non-steroidal anti-inflammatory pediatric elixirs like Ibuprofen to lower the temperature.

Keep your baby cool with damp tepid, not cold, sponges. Aspirin should not be used for children. You should not exceed the recommended daily dose of any medication. Most causes of fever will resolve within 2-3 days.

You should see your doctor in case your baby requires antibiotics where an infection is present, but this is not usually an emergency.

However, if your child becomes drowsy, complains of headaches or neck stiffness, is intolerant of light, or develops a blotchy dark rash, or multiple small spots, you should call your doctor immediately.

## **Convulsions**

Occasionally babies between three months and five years will have a Febrile Convulsion, a brief fit with jerky movements of arms and legs,

lasting less than ten minutes, and generally occurs at the beginning of febrile illnesses.

Febrile convulsions are not epilepsy, do not continue through childhood, and do not cause or imply any sort of brain damage. Children should be laid on their front and their necks extended, cooled, and treated with appropriate antibiotics. A rash can also be associated with febrile illnesses.

### **Mumps**

A common viral infection, often with no symptoms at all. The incubation period is 16-21 days, after which children become febrile and feel unwell and lethargic. At this stage, the baby's face may swell up, due to enlargement of the parotid salivary glands over the angle of the jaw, just below the ears.

Older children may complain of earache and difficulty in swallowing, and the swollen glands are often tender and painful. There is no specific treatment, and the swelling subsides in a few days. The MMR vaccine has reduced the incidence of mumps infection.

Meningitis is a common complication, in which the child has a headache, a stiff neck, and intolerance of light, but is a very rare occurrence.

### **Measles**

Much less common since the introduction of the MMR (measles, mumps, rubella) vaccine in the UK and US. Measles is a very infectious disease. The incubation period is around 10 days, after which time children become febrile, snuffly, may cough, and may develop Conjunctivitis (red eyes).

After three or four days a florid reddish rash appears, starting on the face and head, then spreading down to cover your baby's whole body. The rash can become blotchy. It begins to fade by the 4th day, and the baby gradually improves.

Paracetamol preparations (Calpol in the UK) can help reduce the fever and relieve many of the symptoms. There is no specific treatment.

Pneumonia and ear infections are common complications, which should be treated promptly. Children who become drowsy, start vomiting, or complain of headache should be taken to a doctor, as encephalitis (inflammation of the brain) is a rare but well-recognized complication of measles occurring 7-10 days after the onset of the illness.

### **Caring For Your Baby After Vaccinations**

Nobody likes getting shots when they go to the doctor. But as a parent, it can be even more difficult when it's time for your baby to receive one. Sometimes a baby will have a mild reaction to a vaccination and might have trouble sleeping as a result.

You can help decrease your baby's discomfort by making sure he's comfortable and well-rested when visiting the doctor's office and you can use home treatments to help relieve some of the more common minor reactions to vaccinations.

If your child develops a slight fever, try giving him acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). This can help reduce a fever and alleviate any pain felt in the location of the shot. Remember to never give aspirin to your baby because of the risk of Reye's Syndrome.

The injection site might also become red and swollen. A cool compress or ice pack applied to the site for approximately 10 to 20 minutes can also provide relief.

A mild skin rash might develop 7 to 14 days following the injection, particularly with the chickenpox or measles, mumps, and rubella (MMR) vaccine. Though this type of rash can last for several days, it usually disappears on its own without treatment.

You might find your baby is more fretful and restless and refuse to eat following a vaccination. If you can keep the commotion down at home, and cuddle and hold your child when he needs it, it will help him feel more comfortable and relaxed when it comes to bedtime.



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Also, make sure he has plenty of liquids. Keeping the house and the room baby sleeps in at a comfortable temperature will also help, as he's more likely to be fussy and restless if he's too warm.

Try to keep in mind that if your baby does become a bit restless in the night that the discomfort is only temporary, and he's most likely to get right back on track with his sleeping and eating schedule soon.

# Chapter 3: Healthy Eating Habits In Your Baby

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**If you're concerned about your baby's health, you want to be certain to start healthy eating habits early.**

The first year of solid foods is a very important time for establishing your child's eating habits.

What your child eats, and more importantly, does not eat, during this time can impact their habits for life. Here are some tips for starting right with your child's first menu.

## **Watch The Sugar**

This is a biggie. Eliminating refined sugar from your child's diet in the early days can help the child develop a taste for savory flavors, which in the long run, can help them enjoy a wider variety of foods, without having such a sweet tooth.

In addition, a low sugar diet can help ensure that your child maintains a proper weight. So, keep the cookies and candies away. Use fruit and yogurt as dessert. Remember, if your child has not been exposed to sugar, she won't miss it.

### **Feed Whole Grains**

Stay away from white flour. Most American diets are painfully low in whole grains because we are a "white bread" society. Try using wheat bread, oats, and other whole grains instead.

### **Keep The Beverages Simple**

Milk, water, and juice are enough. Soda and sweetened drinks will work their way in eventually but put it off as long as you can. In addition, watering the juice down a bit can help reduce the calories and sugar content. Plus, it minimizes the risk of your child having a stomach ache from too much juice.

### **If at First, You Don't Succeed, Try Again**

Keep reintroducing healthy foods, even if they are not met with applause the first time around. The rule in our house is that you have to try any food you don't like every six months.

Children's tastes change, and what they didn't like a few months ago might just taste better, so keep trying.

### **Evaluate The Family Eating Habits**

As your child grows, she will be spending more time eating what the rest of the family eats, so your eating habits must be good, too. Are you serving a wide variety of foods?

Think color – too much white food has a lot of calories, and not a lot of nutrition. Green, yellow, red, and orange foods should be on your table regularly.

Establishing good eating habits for your child is one of the best gifts you can give her. It will set her off on a lifetime of health and well-being.

Remember, the best way to get your children to eat well is to be a role model. They will eat the way you eat, so set a good example.

### **Eating Well For Your Baby**

Congratulations, you are pregnant! The next nine months are going to be an exciting time, not just for you but for your growing baby! Think of all the things a baby has to accomplish in only nine (ten) short months.

They start as a single cell and then divide at an enormous rate. Their organs develop, the heart forms and start beating and all five senses form.

Basically, your baby goes from a little blob that can't be seen with the human eye into a seven, eight, nine, or even a ten-pound adorable newborn baby. For your baby to develop as healthy as possible, your diet should play a big part.

This is because your diet is how your baby is going to receive all the vitamins, minerals, protein, and fluids that he or she needs to grow and develop. The best thing you and any other pregnant mother can do for your growing baby is to eat as healthy as you possibly can. Let us look at all the benefits eating well can do for your baby.

First, eating right is going to help your baby's organ development. Your baby only has a short time to develop vital organs such as the heart, liver, lungs, and kidneys. Eating a diet that lacks vitamin D or calcium can interfere with your baby's bone and tooth growth.

Next eating too lightly throughout pregnancy might stop your baby from growing as it should in your uterus. You might find yourself

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measuring behind for where you should be in your pregnancy. Small babies are at a greater risk for health problems once they are born.

On the other hand, eating too much can cause your baby to grow too big too fast. Babies who are measuring ahead are at a greater risk for delivery complications.

Babies who are too big usually cannot be delivered vaginally without the assistance of instruments such as forceps or a vacuum. Some women are forced to have a cesarean section because they cannot deliver their baby vaginally.

Some research has been done that shows what you eat during pregnancy can affect your baby's eating habits down the line. Babies can taste and get used to the flavors from food that make their way into the amniotic fluid.

It is quite possible that your baby will have a preference for certain foods before they even take that first spoonful of solids. By making sure your diet contains a lot of vegetables and fruit can help ensure that your baby will enjoy eating that when the time comes.

Also, as hard to believe as it is, some studies have shown that what you are eating can contribute to your baby's personality. Research has shown that babies born to under-nourished mothers tend to smile less and are drowsier compared to those who are healthy.

Also, studies have shown that moms who consumed enough omega-3 acids during their final trimester have babies who showed healthier sleep patterns than other babies.

Lastly, your baby's brain needs you to eat healthy especially during the last trimester. Unlike the rest of your baby's organs, the brain has its greatest growth spurt during the third trimester.

This is the best time to eat protein, calories, and omega-3 fatty acids. These ensure optimum brain development.

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There has never been a more important time to eat healthy than pregnancy. Eating healthy while pregnant is the best gift you can give your child to be.

## Chapter 4: Baby Cribs Safety

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### **Dispose of antique baby cribs with decorative cutouts, corner posts, or lead paint.**

The space between the slats should be no more than 2-3/8 inches apart to prevent infants from getting their heads stuck between them.

Cribs manufactured after 1974 must meet this and other strict safety standards. The corner posts should be the same height as the end panels or less than 1/16 of an inch higher than the end panels.

No cut-out areas on the headboard or footboard so a baby's head cannot get trapped. The top rails of crib sides, in their raised position, should be at least 26 inches above the top of the mattress support at its lowest position.

As soon as the child can pull himself to a standing position, set and keep the mattress at its lowest position. Stop using the crib once the height of the top rails is less than three-fourths of the child's height.

## **Mattress**

The mattress should fit snugly next to the crib so that there is no gap. If two adult fingers can be placed between the mattress and the crib, the mattress should be immediately replaced.

Do not use plastic packaging materials, such as dry cleaning bags, as mattress covers. Plastic film can cling to children's faces and should never be in or near the crib.

Put your baby to sleep on his or her back or side in a crib with a firm, flat mattress, and no soft bedding underneath. Talk to your pediatrician about which sleeping position is best for your child.

## **Crib Hardware**

The drop-side(s) of the crib should require two distinct actions or a minimum force of ten pounds with one action to release the latch or the locks to prevent accidental release by the child.

The crib hardware should be checked for disengaged, broken, bent, or loose pieces. Special checks should be made of the mattress support hangers and brackets so they cannot drop. The hardware and the crib should be smooth and free of sharp edges, points, and rough surfaces.

## **Crib Accessories**

Bumper pads should cover the entire inside perimeter of the crib and tie or snap in place. Bumper pads should have at least six straps or ties and any excess length of straps or ties should be cut off.

Bumper pads should never be used instead of proper spacing between the slats and should be removed from the crib as soon as the child can pull himself to a standing position.

Teething rails that are damaged should be fixed, replaced, or removed immediately. To prevent possible entanglement, mobiles and crib gyms, which are meant to be hung over or across the crib, should be removed when the child is five months old or when he begins to push up onto hands and knees or can pull himself up.



Keep the crib clear of plastic sheets, pillows, and large stuffed animals or toys. These can be suffocation hazards or can enable youngsters to climb out of the crib. Any cloth or vinyl items that are loose or torn should be replaced or repaired immediately.

### **Crib Environment**

Do not place the crib next to a window. Drapery and blind cords pose an entanglement hazard and window screens are not intended to keep a child in, only insects out. Install smoke detectors. Follow the manufacturer's directions for placement.

Check at least once a month to make sure the battery and smoke detector are in good working condition.

### **Baby Cribs Safety - Better Safe Than Sorry**

It is a sad fact but one we have to come to grips with, not all baby cribs are safe. Baby cribs are supposed to keep your baby safe during sleep but did you know that when badly constructed or improperly assembled a baby crib can be a serious hazard to your child?

No matter how expensive the baby crib is parents should use caution when choosing a crib for the nursery and should follow instructions to the letter.

One of the biggest mistakes some people make is they "assume" that all cribs are safe, but whether you are using a brand new baby crib that you just bought a couple of months ago from a reputable store or recycling the one that you used for your older kids, or a second hand one from a garage sale it is important that you closely inspect the crib for hazardous possibilities as they may be lurking in places that you would not even consider remotely dangerous!

*Here are some tips that can help keep your child safe in a baby crib:*

### **Close Inspection**

When buying a baby crib or when you are about to use one, make sure that everything is in place and there are no broken or bent parts. Sharp edges, missing joints, and small removable parts in baby cribs can also be dangerous as they can be choking hazards.

Side edges and protrusions can also become strangulation hazards as blankets, necklaces and shirts can be caught. Never buy or use cribs that have these flaws.

### **Follow The Instructions**

Never believe that for one minute you know everything about baby cribs just because you have used one before. And no matter how much knowledge you think you have, it is still imperative that you read the manual and instruction guide.

In addition to providing a step-by-step guide on how to set up the baby crib from the box, the manual will also contain some tips on how to properly care for your crib and to avoid accidents while using it.

### **Non-Toxic Finishes**

The baby crib's finish should be made with non-toxic materials that are recommended for young children. As babies' body systems, especially the immune systems are still developing, they must be protected from chemicals and toxins in the environment.

When buying a used baby crib, make sure that the finish is sound and not flaking or peeling, also if it looks like it has been refinished you may want to find a different crib as it would be impossible to know for sure whether it was refinished with a child-safe non-toxic material.

### **Drop Sides**

Though the dropside mechanism in baby cribs can be very convenient, it can also spell disaster if not working correctly or the latches are not secure.

Be sure that when you do put your baby inside the crib, you have raised the drop side and the latches are secured. Some parents may remember to raise it but forget to secure it, which can lead to accidents.

### **Keep The Crib Uncluttered**

Remember that the more things inside the baby crib, the greater the chances of an accident, I'm sure you're generally aware that anything can be a potential choking and strangulation hazard.

To help avoid this, keep the baby crib to a bare minimum, only placing things that are necessary like a pillow and a blanket.

Toys inside the crib are okay if your baby is awake and playing under supervision, but always remember to remove them when sleeping.

Parents are also advised to avoid placing dangling toys on the side of the crib as loose straps may capture your baby and create a strangulation hazard.

# Chapter 5: The Way With Baby Names

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**Choosing a baby name for your child is almost like choosing his identity.**

Ever heard about the association of a person's name with his personality? That's how our names work.

A name molds a person's identity like a cookie-cutter. So, better get that best baby name for your son or daughter.

*Read on for some tips on how to provide the best baby name for your little angel:*

**Stop It Already With The Dictates Of Your Family's Tradition**

Choosing the right baby name does not have to always rely on what your elderly relatives deem to be the best baby name. It is your baby's name, not theirs.

### **So, Better Act Like It**

Once your baby is born he will be stuck with that baby name for life. That means it's not wise to just settle for any baby name that will suit your grandma's or auntie's taste.

### **Take a Look at a Picture Of His Future**

You don't want your baby to be always called with a monicker that will forever ridicule him or will allow his playmates to make a big laughingstock out of him, right? Research about the meaning of the baby name you are eyeing to give to your baby.

Don't consider Beelzebub as a prospective baby name just because you heard it from a TV show and you find it cute. Don't use Rodelfa just because a certain Mexican TV show's hunky lead actor is called Rodolfo.

Just plainly saying yes to your gutfeel, thinking of the people that pop into your head upon hearing somebody spout a certain name, trying to follow a fad by naming your baby a certain celebrity's (sometimes notorious) or NOT THINKING AT ALL in giving your precious one his or her baby name are huge no-no's!

### **Consider Reading The Initials Of The Baby Name You Are Planning To Give Your Baby**

Make sure they don't stand for anything funny, disturbing, or something utterly stupid. Christine Sue Irving? What will happen in the next episode? Alvin Stephen Stuart?

He'll surely remember not to get near any hole. Fran Ursula Catherine Klein? Uh-oh! See? Can you imagine the sickening situation you may put your child into when he or she grows up?

### **Go Check Your Family Tree Once And For All**

Some can't still get away from some traditions regarding baby name decisions, especially when they have a special bond with a certain family member that they want that person's name to be a part of their baby's name

If you plan to still follow the tradition of putting a part of your elder relatives' names on your baby's name, you have to know whether anybody else in your family uses that name too. You don't want to confuse people when they're calling a name that's owned by two. Ask around.

### **Don't Go For The Overkill**

Being too creative on thinking of a baby name can backfire, I'm telling you. Examples are too unique spellings. It will be hard for the kid to keep on spelling his or her name to people who only know the common spelling of such a name.

### **Decide With Your Partner In Coming Up With The Best Baby Name For Your Sweet Baby**

It wouldn't be nice to be always blamed when people ask who chose that awful baby name, right? Okay, kidding aside. Sharing on this kind of decision-making is a good way of furthering your bond as a couple, not to mention the possibility of coming up with a better baby name.

Remember that the "two heads are better than one" thought also applies to dealing with the troubles of finding the most suitable baby name for your baby.

Sound, appeasing relatives and friends and avoiding embarrassing initials, and discovery of disgusting meanings are some of the major concerns that should be considered in your quest for the perfect baby name.

You might find them a bit taxing. But in the long run, you'll see that doing your homework will make your baby thank you when the right time comes. Happy baby naming!

### **Tips To Selecting Baby Names**

Picking out baby names is one of the first things that a couple can do in planning for their new arrival. The most common way to find the

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best selection is through a book of baby names or the annual announcement of the most popular baby names being given to newborns.

When selecting baby names, the couple must choose a name that they both are fond of and will be proud to place on the birth certificate. Many infants are named after one parent or the other and, in some cases, even a grandparent or other family namesake.

Choose a name that fits well with the child's last name. It doesn't matter whether baby names are short or lengthy, but how they sound together will follow the child throughout their life.

When deciding on a middle name, say it to yourself and aloud several times. And, you can even write it down on paper and see how it looks. Either of these exercises will give you a good idea as to how the full name will look and sound.

It's a good idea to select a unique name. While certain baby names are very popular for newborns, it is nice to give your child a name that is not so common and may set them apart from the rest. There are a large number of uncommon, but beautiful, baby names that are ideal for infants.

When choosing baby names, it's nice to select one that sounds classy and elegant. One of the best ways of accomplishing this is to read the meaning behind each name. Did you know that all baby names have a meaning behind them?

Many parents not only look at the name itself but at its meaning and definition to help guide them toward a decision. If a child was unplanned, but a nice surprise nonetheless, perhaps a name that is inspired by luck or good fortune would be one befitting of your little one.

If your new child is one that was hoped for over a long period, then a name that is inspired by hope and a blessing would be the perfect of all baby names.

The internet is a wealth of information where baby names are concerned. From resources to purchasing books and guides to free

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listings of baby names, the internet is the best place to find every resource imaginable.



## Chapter 6: Throwing a Baby Shower

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**Throwing baby showers is a time-honored way to celebrate the impending addition of a new member to a loved one's family.**

Traditionally, a baby shower is a "girls only" event, often hosted by the baby's godmother, but today baby showers can be hosted by any friend or relative of the mother-to-be and can be attended by whomever the host wishes to invite.

The general purpose of a baby shower is to give useful gifts to the expectant mother, such as layette items, baby toys and clothes, and often gift certificates for useful things. It is not untoward for the expectant parents to draw up a "wish list" of items they especially need but maybe having difficulty affording.

Baby showers are a relatively recent tradition, generally credited as having their start in the US. A baby shower is usually a relatively casual event, held in the afternoon or early evening, often with refreshments provided and sometimes party games held as well.

It is not uncommon to have a potluck shower, where guests each bring a food item along with a gift, although fully catered showers are also quite common. Party games, if the host chooses to have them, generally center around the general theme of the baby and pregnancy, ranging from themed versions of traditional games like charades to activities such as guessing the circumference of the pregnant guest-of-honor.

While many parents-to-be look forward to having a baby shower, some social groups feel such celebrations are best left as family affairs or believe that it is bad luck to celebrate a birth before it happens.

If you offer to host a shower for an expectant friend, don't be hurt if she politely declines. In other cases, the mother-to-be may have multiple showers! Perhaps one for co-workers and casual friends, and one for close friends and family. Some women have a baby shower only for their first child, while others may choose to have one for every pregnancy.

Baby showers are not bound by rigid traditions to the same extent as weddings and other life events, so don't be surprised if a new friend's baby shower is nothing like the last one you attended.

There is no "wrong" way to throw a baby shower, so if you have been charged with hosting a shower for a friend or relative, it's an "anything goes" affair (so long as you have the guest of honor's stamp of approval for your plans!).

### **Baby Shower Favor Ideas and Tips**

Even though guests shouldn't expect to leave any party with anything, it is always a nice gesture to give parting guests a favor. Here are some instructions for simple and easy baby shower favors that you can make at home.

By making the favors yourself, not only can you save money, but the handmade favors can be personalized easily to reflect the tastes of the mom-to-be and the theme of the shower!

### **Baby Bottles**

Even your local dollar store can be a great place to find favor ideas. Plastic baby bottles can be filled with chocolate, candies, Jordan almonds, jelly beans, bath beads, or bath salts. Tie some ribbon around the neck with a tag that says "Thank You" with the mom's and baby's names on it.

### **Baby Booties**

Filled with candies, wrapped chocolates, gumballs, you can tie these at the tops with ribbons and a tag, much like the baby bottles.

### **Organza or Net Bags**

You can find these in the wedding section of most major craft retailers. Fill with candies, bath salts, chocolates, etc.

### **Plastic Bottles or Glass Jars**

It's not too hard to find these types of containers. If you don't see them locally, search online and you can order them in large quantities. Fill them with bath salts, bubble baths, shower gel, or even baby powder. You can tie a tag on them that has a cute verse about showering them like they showered the mom-to-be!

### **Tea Cups**

Some baby shower hostesses have purchased teacups and a flat of flowers and put one flower in each mug for a beautiful favor. A great place to find odds and ends teacups is at local garage sales and thrift shops. Find some with pretty flowers painted on the sides. You can also fill the teacups with candle gel and a wick for another fun favor idea.

## **Flower Pots**

With a cute tag telling the recipient to nurture their plant as the new mom will nurture her new baby, you could give guests small flower pots and seed packets or bulbs for tulips or daffodils for them to plant and grow some flowers.

If you want to do more, decorate the flower pot with acrylic paints or rub-on sayings or pictures found in the scrapbooking section of craft stores. You can even get a simple foam stamp to decorate them.

## **Candy Bar Wrappers**

You've seen those expensive candy bar wrappers you can order, but why not make your own? These are perfect favors for showers that take place after the baby has arrived! Just purchase a large number of candy bars from your local warehouse store like Sam's or Costco and take one wrapper off to measure the size of the wrapper.

Now you have a template. Create a wrapper using your favorite software and add special details like the baby's name, birthday, weight, and length, and don't forget to add the parent's names as the "manufacturer." For ingredients, try words like "sugar and spice and all things nice," "love," "snips, snails, and puppy dog tails."

There are so many ways you can make inexpensive favors that your baby shower guests will love. Even something as simple as a bar of glycerin soap tied with a pretty ribbon is a nice gift most people will enjoy. Look for sales and clearance items to save money, but have the look of an expensive gift.

Baby shower favors that you make at home are personal gifts that add a great touch. Not only does it make your guests happy, but it shows the mom-to-be that you care for her friends, too! Have fun making your homemade baby shower favors!

# Chapter 7: Baby Clothes Essentials

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**One of the best parts of preparing for a new baby is to buy baby clothes.**

The tiny clothes are so charming and can melt any heart any number of times.

If you have had any issues about whether you will be a good mom or dad, just take a look at that cute onesie – anything that fits something so small can't be unmanageable!

One thing you must keep in mind when buying baby clothes is that your new baby is going to need lots of them.

*The top things that your baby's wardrobe must-have are:*

## **Diapers**

I can't even begin to tell you how many of those your baby will need, but just buy them in bulk. For ease of operation and less headache for mommy, try the disposable types

## **Onesies**

Onesies are one-piece garments like overalls or coveralls and expect your newborn to be spending a lot of time in them. Choose onesies that can be easily opened and fastened so that you can change the baby with minimal effort.

## **Cotton Tees**

Cotton tees teamed up with cotton shorts or skirts and are great for indoors. Do buy lots of tees because they will need frequent changing.

## **Sleep-Ins**

Sleep-ins like sleepers and pajamas for nightwear keep the baby safe from the draft and are comfortable to sleep in.

## **Warm Clothes**

Add some warm clothes like sweaters and fleece wear in your baby's wardrobe because they need a lot of protection from cold weather.

## **Caps and Hats**

Maybe not several of them, but buy a couple of caps to keep the baby's head out of the wind.

## **Mittens**

In winters you can't do without them but keep some cotton ones for the summers so that the baby doesn't scratch itself with its nails. Babies do that, seriously.

## **Money Saving Shopping Tips For New Parents When Buying Baby Clothes**

Buying clothes for your baby or child isn't as simple as finding the lowest price. You need to be aware of a few things that will help you get the most from your purchases. Apply these seven key points about children's clothes before you go shopping.

Perhaps the biggest problem with baby clothes is that they don't last. Not because they wear out, but because your baby quickly outgrows them.

It's important to plan your baby clothes shopping around the growth of your baby. If you don't, you could be wasting money.

*Keep in mind these seven tips while you plan your baby clothes shopping:*

### **Wear a Larger Size**

People say babies grow fast, and they're right about that. You'll be wasting money if you buy perfect fitting clothes because they'll soon be too small. Buying a larger size will extend the amount of time your baby can wear them.

### **Make a Weather Prediction**

Stop and think for a moment about clothes labels that state size in terms of a baby's age, such as 12 or 18 months. Then ask this question: "When my baby is X months old, what will the weather or temperature be like?" Get the answer to this question correct and you'll buy clothes that not only fit but also will be appropriate for the season.

### **Find Easy To Put On Outfits**

Sometimes you'll struggle to dress your baby into an outfit you want him to wear. Outfits that come in several pieces, button from behind, or pull over the head may require more of your patience and time. Outfits that come in one piece, open in the front, have zippers or snap buttons should be easier to deal with.

### **Have Enough For Emergencies**

Food can drop on your baby's clothes while you're feeding him. If your baby becomes sick, he might throw up on his outfit. When a messy accident occurs, you'll need a clean set of clothes ready for your baby to wear.

### **Save at The Clearance Racks**

You can save a bundle at the clearance racks. Almost every type of store has these. In addition, if you wait for a big sale you can save even more. Some stores will also mark down the clearance item further at the cash register.

### **Accept Hand Me Downs**

Your family and friends may want to give you their children's baby clothes. They may have new clothes that their baby didn't have a chance to wear. If you decide to accept what they are willing to give, you'll save yourself some money, especially if they have clothing you would have bought.

### **Exchange Old Clothes For Cash**

Sell the clothes your baby no longer fits into on eBay. eBay is just an example. There are many other ways to trade your old clothes for cash. You may not make as much as you had originally paid for them, however, you'll at least earn some of your money back.



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If getting the most use out of the clothes you buy for your child is important to you, then the seven tips in this chapter should help you accomplish this.

Take these ideas with you the next time you go baby clothes shopping. You'll feel good about the clothes you buy for your baby and the money you're going to save.

# Conclusion

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**Baby parenting - an important guide for your baby every day.**

*5 Words of Advice About Baby Parenting:*

- Guide Your Baby Every Day.
- Babies Have People Skills, Too.
- Learning to Communicate.
- Babies Cry for Lots of Reasons.
- Ways to Soothe Your Baby.

## **Be a Good Teacher for Your Baby**

Babies learn by exploring the things around them. Show your baby how to look at, listen to, touch, or smell something new or different. Hold your baby so she (or he) can see things.

Help her hold objects like her socks or a rattle. As she grows, give her safe objects to feel, shake or put into her mouth.

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Be your baby's teacher. She (or he) will see how you react to things. When you get excited about a toy or object, she'll get excited too. As she grows, show her how things work—for example, how doors open and close. Talk about what you are doing. For example, "I am putting the food in the pot to cook it."

When a baby is learning something new, it helps her to try it again and again. With your help and support, this can be fun, and your baby will like trying new things.

Protect your baby from harsh disapproval, teasing, or punishment. A baby doesn't understand right from wrong. She doesn't know what things are dangerous for her to do. Watch her keep her safe. Remove her from situations where she can be hurt or injured.

Talk and sing to your baby. Even before she can speak, this helps her develop language skills. Babies learn best when you talk to them.

Read to your baby from the earliest months of her life and continue this habit as she grows.

### **Babies Have People Skills, Too**

From the start, your baby is interested in your face. She notices your expressions and tone of voice. She reacts to your emotions. For example, when you say something softly and lovingly, she will relax and feel more secure.

Scientists have learned that babies show emotions as early as when they are one month old. Something else scientists have learned is that feeling good helps babies learn better.

Why? Happy babies are more alert, attentive and responsive. Babies remember things better when they are happy and at ease. The way you hold and talk to your baby can help her feel happy.

Babies who are alert and feeling good are more likely to look at things, explore and play. They will pay attention more. For example, they will

try to make new things happen with toys or make sounds with people. This helps them learn and remember new things.

Brief periods of distress or difficulty will occur. These will not harm a child. Short periods of negative emotions can be helpful for your baby. You should do something quickly to help her feel better. From this, she will learn you care about what she tries to tell you. Long periods of negative emotion, like crying, can harm.

In the first month, the negative emotion that occurs is distress or a response to pain. Later, she will show sadness and anger. Next comes fear. All people have these emotions to protect themselves. Help your baby be at ease with having emotions. Respond to her emotions warmly and lovingly.

You can tell what your baby is feeling by changes in her facial expression. You can also see what she is feeling by her posture, movements, and the sounds she makes.

### **Learning To Communicate**

It will be months before your baby says her first word. But babies start learning about language much earlier.

Even in the first few weeks after birth, your baby is learning about language. Very young babies can tell the difference between speech and other sounds. They can tell the difference between the voices of men and the voices of women.

They even know the voices of their mothers. A baby can tell the voice of her mother from the voices of other women. Researchers think babies can do this because of the way specific parts of their brains work.

Babies can also communicate long before they speak. They use movements and sounds to let you know what they want or don't want. Some people refer to these as a baby's "signals".

Right now, your baby can tell you if she needs something by fussing or crying. She can also let you know when she likes something or someone by looking intently. Babies learn best how to tell parents what they like or don't like when they begin to see that parents respond to them in positive ways.

Even before she can speak, you need to talk to your baby. Even though there are differences among individuals, babies whose parents talk to them talk sooner. They also have larger vocabularies.

Talking to babies gives them language skills that will help them learn more easily when they get to school. Hearing words on the radio or TV is not very helpful to babies learning a language. Your baby benefits from having you up close smiling, talking, and singing.

### **Babies Cry For Lots Of Reasons**

Crying is the way newborns communicate. Your new baby cries to let you know she needs or wants something.

The first thing to try when she cries is to feed her. By noticing when she wants to be fed and when she doesn't, you will learn which cries mean that she is hungry, uncomfortable, or wants attention. Sometimes she will want to be held. Sometimes she wants a dry diaper. Sometimes she is tired or bored.

As you and your baby get to know each other, you will sometimes be able to tell the difference between each kind of crying. You can then try to give her what she needs.

Taking care of your baby when she cries will not spoil her. It will help your baby feel loved and secure.

Smile, touch and talk to your baby as often as possible. Do this when you feed her, change her diaper or bathe her. Your baby will learn that she can rely on you to take care of her.

## **Ways To Soothe Your Baby**

Sometimes babies cry even when they have been fed, have clean diapers, and are healthy. If your baby is crying because she needs comfort, there are many things you can do. Every baby is different.

*Here are things you can try to find out what calms your baby down:*

- Rock your baby in your arms or while sitting in a rocking chair.
- Stroke your baby's head very gently, or lightly pat her back or chest.
- Make soft noises to let your baby know you are there and you care.
- Talk to your baby.
- Softly sing to your baby or play soft music.
- Wrap her up in a baby blanket (but not too tightly).

If your baby keeps crying after you have tried everything, stay calm. Babies know when you are upset. No matter how stressed you are, never shake your baby. Shaking your baby can cause blindness, brain damage, or even death.

If you need a break, call a relative, neighbor, or friend to help. All babies cry. You will not be able to comfort your baby every time. That does not mean you are a bad parent. Do the best you can to soothe and comfort your baby.

Here's a simple tip to help your baby cry less—carry her. Research shows that babies who are carried more often don't cry as much as other babies.

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*your* **BABY**