

Essential Baby Care Tips



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How to Take Care of Your New Bundle of Joy – Your Baby?

So you've finally delivered a healthy baby. Well, the nine months of pregnancy has ended and now is the time to bring your newborn baby home.



Though expected, the time you bring your baby home is also the start of your life in purgatory. I say “life in purgatory” as this is the time that you start to deal with the most important task you could ever do in your whole life – to take the best care for your baby.

Caring for a newborn is not an easy task as everything you do can greatly affect the child physically, emotionally or socially. This is indeed one of the greatest challenges that every woman could face, and the way they take care of their baby may determine the degree of their responsibility. As often said, a responsible woman is the one who knows exactly how to give the best care to her baby.

Now, how could you take care of your new baby and make yourself a responsible mother?

There are a lot of ways or options for a mother to consider as she prepares herself to handle every activity and responsibility that she is tasked to do for her baby. These options may start from feeding your newborn to grooming, bathing, swaddling, diapering and to taking care of him or her when he or she is sick. Let's start with the feeding tips and move on to the other baby care tips.

Feeding Your Baby the Right Way

Feeding the baby is no doubt one of the most important responsibilities that every mother should perform for the sake of their newborn. Note that just like every adult, babies need to eat for them to survive.

If a baby could only talk, perhaps he/she will tell you when he or she is hungry or when he or she is full that there's no need for you to insist on letting him or her eat. Unluckily, that is not the case as babies on their early age can't talk.

Perhaps they will only start to babble words and make their wishes known verbally longer than their first year. So in this stage, you really need to figure out on your own what your child is trying to ask you to do. I am sure that every mother can easily sense when or how her child cries for food.

Speaking of food, a baby will only need milk during the first few months of their first year. Yes, milk serves as the babies' primary food. So as breast milk is highly recommended for every newborn, try to breastfeed your baby then, and alternate with a special milk formula to satisfy his or her hunger.

Note, most breastfed babies may want to be fed frequently, sometime every hour, so make yourself available in the early week of the baby's life.

Prepare nutritious foods for your child as early in his/ her life as possible. You can buy or make baby food, but be careful on what you prepare. Most mothers use tree-ripened peaches, while others use wild blueberries for their natural sweetness. No matter what the available food choices are there, make sure that you prepare a baby food that is not only delicious but also nutritious.

In addition, as you introduce new foods to your baby in the coming months, watch out particularly with the reaction of your baby to the newly introduced

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food. Note that there are some instances when babies react negatively to new foods, but end up accepting the food with enough time and experience. Given this fact, try then to introduce new food to the baby's diet, but be patient enough. According to some experienced mothers, it can take up 10 to 20 introductions of a new food before the baby will totally eat and accept it.

So, this being the case, don't think of giving up after a few try's, and on the same token, do not try forcing your baby to eat the food that he or she is not accustomed to yet. Every responsible mother should have the understanding and patience when her baby refuse to eat.

Bathing Your Baby Safe

Bath time can be an exciting, fun experience for you and your child. It is considered probably one of the most worthy events of the day that every mother should look forward to as it will not only create a bond between you and your child, but it is the right time to inspect your child without clothes.

However, just like feeding, bathing is not an easy task to undertake for a new mother. Here, you need to be careful about the temperature of the water (not too hot, not too cold) and also make sure you have a sure grip on your baby. Pay close attention when bathing your baby, watching out for whatever harm or danger there might around the bathing area. This is how to bath your baby safely.

Speaking of safe bath, every mother should know in the first place that babies don't need to be bathed everyday. But, if it is your preference to bath your child everyday, then it is fine, but as I've said, you should take some extra bathing precautions.

Perhaps the foremost thing that you can do is to never to leave your child unsupervised, even for just a minute. Note that babies don't know yet how to

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swim and that the possibility that they will drown even in less than inch water is extreme. So if, for instance, the phone rings while you are on the stage of taking your child's bath and you feel that you must answer it, then never leave your child in the bathtub. Instead, wrap your child up in a towel and take the baby with you.

Make the bathtub safe for bathing. Bathtubs can be slippery, so protect yourself and your baby with a secure seating. Also, protect your child from painful bumps and make sure that any of the sliding glass doors are designed and crafted from safety glass.

It is important for every mother to know what the right water temperature is for her baby. Well, as far as I know, the water to be used for bathing a baby should be warm enough, from 96 to 100 degrees Fahrenheit. When bathing your baby, use only the right supplies.

According to some experts, bathing your baby with shampoos, soaps and bubble baths can only dry the baby's skin, causing rashes and blemishes in the end. Other studies have noted that using these supplies may cause the child to develop urinary tract infection or UTI. It is recommended to use them in moderation. The point is, be careful in how much you put of these to your baby.

Diapering Your Baby

In caring for baby, perhaps one of the most important decisions that every parent should consider is the type to diaper to use. Yes, diaper varies according to types. There are diapers that are made of cloth, while there are others that are disposable. Well, each of these types has its own advantages and hitches. The decision then can be based solely on the time that the diaper will be used and the availability of laundry facilities . Aside from this, environmental and financial situations may also matter.

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Now, to understand more on what particular type of diaper may best suit your baby's needs, let's use talk about the cloth diapers and disposable diapers and how they differ. Consider the following:

- *Cloth Diapers* – These diapers can be washed and reused, as opposed to the disposable ones. So when using a cloth diaper for your baby, make sure that it is well-soaked, washed, and dried. Then, fold the diaper according to the gender of your child. Surprising as it may seem, there is really a big difference between diapering a baby girl and a baby boy. As commonly noted, there is more material in the back for girls, while there is more in front for baby boys. Then, after folding the diaper according to gender, you should fold the front edge of the diaper down below the healing umbilical cord. It is also important to protect the skin of your child when diapering. Use pins or fasteners carefully as these materials may harm your child's skin. Finally, if you disregard diaper covers, simply use pants that are plastic.
- *Disposable Diapers* – In terms of this kind of diaper, most parents prefer those with less chemicals and elastic around the legs. They also usually look for those with tape that can be refastened. Well, it is necessary to note that when using a disposable diaper for your baby, it should be disposed of properly. Most experts recommend discarding the stool in the toilet whenever possible to simply protect the environment. I bet no one loves to smell foul odors from their wastebaskets. So, to maintain the cleanliness of your environment, never throw away disposable diapers in wastebasket. Instead, discard them in separate trash bags and disposed them of properly. This is but a simple request for the environment.

So, you learned more about cloth and disposable diapers. It is necessary to remember now to change the diaper of your baby after every bowel movement or

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whenever the diaper is wet. And, when changing the diaper, simply use plain water to clean your baby's butt. If possible, avoid using diaper wipes that contain chemicals like alcohol for chances are, they could irritate the baby's skin.

Dressing Your Baby Appropriately

Dressing the baby appropriately for both the time of the year and the temperature inside your home is but another major thing to consider when caring for baby.

However, in dressing your baby, it is necessary to choose the appropriate clothing first. Parents should make sure that the clothes they provided for their child is large enough for easy dressing and also to provide the child enough room for his or her movements.

In this sense, it would be best to look and purchase a baby dress that is larger than the baby's age in months. As what most expert mothers often recommend, it is good to purchase baby clothes that are a six-month size if the baby happens to be on his or her three months.

Before your baby wears new clothing, wash the clothes first. Make sure that the clothes are washed according to the manufacturer's label.

Well, this idea actually stems from the fact that although wearing new clothes won't seriously harm the baby; certain minor irritations may arise, causing the baby to feel uncomfortable. However, launder the clothes with a special, safe detergent.

Note that there are some detergents out there today that are specifically designed for babies. So instead of just using any of the available detergent you have at

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home, look for those that are targeted toward baby clothes. But, this doesn't mean that you are required to buy only the special detergents.

Oops! Enough of detergent-talks. Let us now consider some of the most important things to keep in mind when choosing the appropriate clothing for your child. Note and understand the following:

- The baby's clothing generally requires a number of washings.
- Cloth your baby with those that have sturdy zippers and well-constructed seams.
- Your baby's clothes inside seams should be soft, not scratchy or rough.
- Choose clothes that allow easy dressing.
- Choose clothes that allow easy access to the diapers so for hassle-free diaper changing.
- When pulling clothes over the baby's head, do it by bunching shirt up before putting over his or her head, and simply purchasing baby shirts that feature side or front openings, necklines that are stretchable, and those with large shoulder snaps.

So the most basic dressing tips are laid down to you. Perhaps the most important thing to note now is to dress your child comfortably as you would dress yourself. Dress him or her properly to protect your baby from harmful temperature.

Swaddling Your Baby

Swaddling is but a new way of caring for baby. It is basically the art of wrapping your infant in a blanket for security and warmth purposes. Numerous studies have also revealed that swaddling your baby may keep him or her from being bothered by his or her own disturbing reflex and it will protect him or her from dangerous cold and heat. Best of all, swaddling the baby is a great way of keeping the baby calm and comfy.

So, how to swaddle your baby the right way?

Well, the technique of swaddling is pretty simple. Mothers won't probably leave the hospital unless they know it. So for those who wish to know the art, just follow these simple steps:

1. Get a blanket and lay it down in front of you in the shape of a diamond. Make sure that the point is on top.
2. Fold the top point down.
3. Put your baby on his or her back on the blanket. Make sure that the baby's head is about the edge you have just folded down.
4. Look for the side points of the blanket and take one of them.
5. Pull the side point firmly over the baby's, and tuck it under his or her thighs.
6. Bring the bottom point up over his or her feet.
7. Take the other side of the blanket and stretch it over your baby. It should be in the opposite direction. Again, tuck it under his thighs.

That's simply it!

Calling for the Doctor's Help

When everything else fails, it is best for every mother to cry for help. So when your baby gets sick, you should call the doctor immediately.

Note that although some symptoms of certain illnesses appear to be mild, they can be a sign of serious disorder, thus they must be reported to an expert immediately. Don't wait, but don't panic either.

Below is a short list of possible symptoms that your child may encounter during his or her early age:

- High fever
- Loss of consciousness
- Extreme chilling
- Hysterical crying or unusual excitement
- Extreme sleepiness
- Sudden weakness
- Paralysis of any part of the body
- Earache
- Discharge of fluid from the ear
- Sudden loss of hearing
- Severe headache
- Seizures
- Discolored and bad-smelling nasal fluid
- Vomiting
- Diarrhea
- Poor coloring
- Poor feeding

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There are a lot of other symptoms associated with serious disorders for infants. So if any of the mentioned symptoms is exhibited in your baby, then call your doctor right away.

Having said all that, it now becomes clear that caring for a baby is not a joke. It entails a lot of effort and time needed to successfully perform what parents should do for their newborn.

Of course, taking care of your child during his or her early years can be disturbing and tiring, but that's the greatest challenge of being a parent. So if you want to be a good parent, be ready then to take all the responsibilities that parents are tasked to do, such as those mentioned above. Your baby will grow up happy, healthy and safe.



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