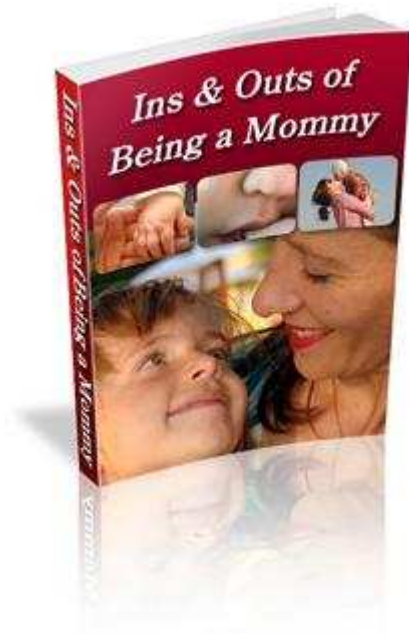


The Ins and Outs of Being a Mommy



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Introduction

Being a mother is the most rewarding feeling in the world. At first, it can be a little overwhelming. If you are a new mommy or an expectant mother, this eBook will be of great service to you. It will lead you through some of the most difficult times of early motherhood and teach you methods of dealing with the stress and other factors that a child adds to your home.

Having a child is the best event of life. Being a parent can be hard to do if you have no idea where to start. If you plan on having a baby or are considering trying, you should take the time to thoroughly read this eBook. You will be overloaded with parenting tips and information about what having a baby can do to you, physically and mentally.

Most people are unaware of the differences that a baby makes on the female body. You will be warned during this eBook. Women are by far the stronger of the two humans. Men do not have the strength that it takes to have a baby and that is why God made women. He knew that Adam would not be able to handle the pain so he sent Eve to do the dirty work.

After you have finished this eBook, you will be well prepared for anything and everything that a newborn child may throw at you. Once you figure out what a child needs and wants, the rest is a piece of cake. That's what many people make the mistake of thinking. They think that parenting will be easy if you know enough stuff. No matter how much you know, it will never be as easy as you hope. It will be hard but you can make it easier on yourself if you do some research before you decide to get pregnant or before the baby is born. Having a baby is the biggest blessing on the planet but it can seem much harder than it is without figuring out some helpful hints that will help you get through the roughest of times.

Chapter 1

Battling Stress and the Lack of Sleep

First of all, congratulations! If you are pregnant or perhaps just had a baby, there is no greater feeling than the one you've just had or are planning on having soon. If you have had time to read this before you had the baby, consider yourself lucky. So if having a baby is such a wonderful feeling, why don't you feel wonderful all the time?

No matter how wonderful of the event life has thrown your way is, there will always be stress attached to it in some way. No matter who you are having a baby is exciting. From the moment of delivery, you will be flooded with company of friends and family. If you are a first-time mother, you will be surprised at the hospital will not give you very much help or advice. They will send you home with your new little creature with an array of demands that you have to interpret somehow. You will be surprised that your baby will not sleep much at first. You will be exhausted all the time because they will not allow you to get much rest.

Add all of the above to the hormonal changes in your own body and you will come up with a potion that is guaranteed to be full of stress. First off, you begin to think he or she will never sleep through the night again. You probably won't sleep through the night again until your baby settles into a routine. As you get through those first few weeks and months, you will need some help. Here are a few tips to at least help you get some more sleep.

1. Do not try to be super mom. You should try to sleep when the baby sleeps. Don't worry about leaving the laundry and dishes behind. Your sanity is a little more important. Once your baby gets into more of a routine, you can then worry about keeping the perfect house. Until then give yourself a break whenever you get the opportunity.
2. Find a friend or relative who is willing to help. You should have no problem with taking advantage of that once a week or so. Grandma would love the

opportunity to have the baby to her for a few hours.

3. Take some time to decompress and relax when you put the baby to bed for the night. This will give you a better chance of falling asleep. Take a lavender scented bath and put on some soft music. If you baby yourself a little, you will find it much more enjoyable to baby your baby. Sometimes it can be hard to fall asleep when there is a new baby in the house. Relaxing will be the best way to ensure that you get a good night's sleep.

Typical Day and Night

When you bring home a new baby, you also bring home an array of new responsibilities as well as challenges. The idea of a typical day and night for new parents will be thrown out the window. You are not the only one who is going through this enormous change. The baby has had a hard time adapting also. Part of the process, when you bring him or her home, is a transitioning stage from the womb to the outside world. Keep the baby close to you as often as you can. If you are breast-feeding, it may take a little longer for both of you to adjust.

If you are formula feeding your baby, you will need to feed every three to five hours. If you are breastfeeding, he or she will need to feed more frequently. It may feel as if you breast feed all day and night at times. There will be tons of diapers to change, especially whenever the baby gets familiar with their schedule. Diapers will probably need to be changed once an hour in the very beginning, usually shortly after feeding. You should check their diapers frequently to avoid any kinds of diaper rash.

You will want to give the baby a sponge bath every few days until the umbilical cord has fallen off completely. Make sure to watch the baby's bottom every time to avoid any infections or rash problems. You may not want to give your baby a full-fledged bath but you can just wipe the baby's hands, neck, face, and bottom every day with the soft washcloth in warm water. Within a few weeks the baby will be ready for full baths which you should do every day. Be careful not to bathe the baby too much because it

may dry out their sensitive skin. This will take trial and error so see what works best for your baby.

Their finger and toe nails will grow quickly also and they should be trimmed regularly. This will keep the baby from scratching themselves which could cause eternal scarring. The baby's nails can be long, especially at birth and will be attached high on the nail bed. Gently press a finger pad away from the nail and clip it with a baby nail clipper. Many parents have found it easier to do this while the baby is sleeping to ensure that they do not jerk those little fingers and toes away, which can cause you to clip the nail too short. The biggest problem most parents have is realizing that they will be busy 24 hours a day during the first month. Changing diapers and feeding will take up your time so get as much help as you can so that you can have some peace, too.

Coping with a New Schedule

There will be many days when you bring your baby home and you think that sleep is something of the past. Getting rest whenever you get the chance is the most important part in keeping your sanity. For several weeks, the baby will be waking up several times throughout the night. You will not be able to sleep through the night until your baby does so you will be adjusting along with your baby.

Just to reiterate, you should try to sleep when the baby sleeps. Many mothers will find themselves trying to do everything at once such as cooking, cleaning, vacuuming, yard-working, and taking care of the baby. You should try to balance your time around your baby's schedule. Whenever your baby goes down for a nap and you are not tired, you can spend some time doing laundry. Any other time that she is asleep and you are exhausted, you should try and get some rest right along with her.

When you have been busy all day with the chores of the new baby, along with everything else there is to maintain a household, not including if you have older children, it can be impossible to wind down just to catch some shut eye. Getting some help with in those first few weeks is the best way to maintain his and your sanity. Every one close to you will be willing to help you in any way that they can. Make sure to take a lending hand whenever one is offered.

The best way to help yourself unwind at night is to make a routine that you will follow on a nightly basis. Take a bath with warm water that is not too hot that will help you relax. Even if you are not breast-feeding, you should avoid caffeine throughout the day, especially at night time. Focus on drinking water or herbal tea. Also, foods that are packed with preservatives or sodium can make you jumpy. Try to avoid these whenever possible. Eating natural foods such as salads, green vegetables, fruits, and healthy juices will give you the right amount of energy without wearing you down in the process.

As soon as you feel up to it, you should try and get up and walk a little bit each day. Moderate exercise along with fresh air can help you and your baby feel relaxed. This will make it much easier for you to fall asleep towards the end of the day. It will help your muscles become stronger and allow you to take on more during the day as you lighten the load you take on. It will become easier and easier for you to relax whenever the time is right.

SIDS

Many mothers are scared of what can happen to their baby when they leave the hospital and rightly so. There are many deadly diseases, sicknesses, and bewildering things that can break the hearts of any parents. The sudden infant death syndrome, or SIDS, is defined as when a baby dies in the first year of life from no apparent cause or reason. SIDS deaths are still an unexplained mystery. Since the baby's recovery mechanisms are not developed, when they are deprived of oxygen they are not able to arouse themselves to make breathing easier. If a baby's breathing becomes obstructed such as whenever they are sleeping face down, this deadly syndrome can cause your baby to stop breathing.

There is no way to predict whether or not your baby is at risk for SIDS. The best way to do your part in preventing SIDS is to create a safe sleep environment. Since the first occurrence of SIDS, people have done their part in the fighting it and it has decreased in the last 10 years.

Baby should be put on their back to sleep for their first year of life. If you were to put them of sleep on their side, they should be positioned with one arm forward to keep

them from rolling over on the stomachs. Many people purchase soft foam wedges just for the purpose of keeping the baby from rolling over onto their stomach.

At all costs, you should avoid loose and fluffy bedding and make sure that your baby's face is not obstructed in any way. Keep your baby's bedroom at a normal temperature of around 70°. Overheating your baby by over wrapping or dressing them in too many layers can increase their chances of SIDS. Do not smoke or allow anyone else to smoke around the baby. Their mattress should be a firm and safety approved crib.

Many people have decided to use monitoring systems that can alert you if the baby stopped breathing. There are certain reasons that you may consider using one of these: if your baby had any life-threatening episodes such as turning blue which required mouth to mouth resuscitation or if the baby was premature. The most important thing to do is to make sure to go to all of your well-baby appointments. This will ensure that your baby's lungs are developing correctly and maintain all immunizations.

Breastfeeding

All new parents want to give their babies the very best when it comes to nutrition. The best first food for babies is breast milk. All experts will recommend that babies be breast-fed for six to 12 months. There is only one acceptable alternative to breast milk and that is infant formula. After four to six months the baby can be introduced to solid foods but the baby should still drink breast milk or formula as well. Do not confuse this with cow's milk because babies are not allowed to have cow's milk for full year. It contains a different type of proteins than breast milk. Human babies have difficulty digesting it. Bottle fed infants have a tendency to be chubbier than breast-fed infants but not necessarily healthier.

Human milk contains at least 100 ingredients that formula does not. There are no records showing a baby who was allergic to his own mother's breast milk. Some babies may have an allergic reaction to something that the mother eats. Once she eliminates the allergen from her diet, the problem will fix itself.

Sucking on the breasts will help the baby's jaw developed as well. It is much harder for the baby to get milk out of the breasts than a bottle. This exercise encourages growth and strengthens the jaw which will promote straight and healthy teeth. Breast-fed

babies can also eventually control the flow of milk by sucking and stopping. On the contrary, a bottle will constantly flow and cause the baby to constantly suck or react to the pressure of the nipple placed in the mouth.

In the beginning, breast-fed babies require 8 to 12 feedings every 24 hours, especially since the mother and baby are still in the adjusting process. Breast milk is easily digested in comparison to formula which is the main reason why more frequent feeding is necessary. Another reason for the constant feeding is to stimulate the mammary glands to produce more milk for the babies increasing appetite. The extra time spent feeding your baby within the first year will be worth every second as the breast milk passes along antibodies from the mother and delivers the highest quality nutrition that a developing baby could ask for.

Sleeping While Breastfeeding

Nursing has obvious psychological benefits for you and the baby besides the fact that it is the premium source for nutrition for your baby in the first year. In the beginning, the baby can only see 12 to 14 inches at birth which is the actual distance between a nursing baby and the face of its mother. Infants as young as one week prefer the smell of their own mother's milk.

When there is skin to skin contact during feeding, psychologists believe the nursing baby enjoys a sense of security from the presence and warmth of the mother's skin. Bottle fed babies may have their bottles topped into the baby's mouth with the parents paying little attention and supplying no human contact. A nursing mother will cuddle her infant closely many times throughout the day. Nursing is a source of comfort and warmth, not just a feeding

Many babies will fall asleep right away while they are being fed and nurtured in this manner. Once you have breast-fed your child a dozen times or so, you will figure out

how much she can consume in one feeding. If you notice her dozing off too quickly, you should gently nudge her awake to make sure she gets the proper nutrition she needs. A little tickle of the belly or feet will accomplish this. If you do not make her eat when it's time to eat, she may get hungry sooner and feeding more often.

Breast feeding is equally awesome for new mothers as well as for their baby. You will not have to worry about sterilizing any bottles, buying any formula, measuring and mixing, or anything like that. You only have to worry about feeding your baby whenever they are hungry. You will not have to worry about your baby starving while you are trying to find a clean bottle to feed them with. For many women, it is easier to lose pounds of pregnancy as well. Nursing uses up many of your extra calories and will take off pounds and inches faster. The lactation process also stimulates the uterus which will cause it to contract back to its original size.

Nursing mothers are obligated to get their much needed rest. You must sit down and put your feet up frequently. Make sure when you are nursing, you two are in a relaxed position. Nursing at night is easy as well. There will be no stumbling to the refrigerator for a bottle, filling it up with water, warming it up, filling it with formula, shaking it, and inserting it into your screaming baby. If you are lying down, you can even doze off while she or he nurses.

Sleeping with Your Baby

Many studies have shown that sleeping with your baby promotes bonding, regulates the mother and the baby sleep patterns, and plays the role in helping the mother become a more responsive one while she figures out her baby's cues. It can help the mother and the baby get some much needed rest. Sleeping with your baby can also assist you in the continuation of breast feeding on demand which is the most important step in maintaining your milk supply.

There are many options when it comes to sleeping with your baby. Some others will keep their babies in bed with them all of the time while others set up the crib in their room. Once the babies wake up, they are brought to bed with the parents. Other

mothers may lye in a bed in the baby's room to allow the husband to get some sleep. Most husbands will switch off with the mother off and on for at least for the first few months until she gets used to the whole process.

This decision is a personal one that should be made by you and only you. If you decide to sleep with your baby, there are some safety guidelines for doing it effectively.

- 1 Do not sleep with your baby if you are a smoker or have ingested alcohol recently

- 2 Both sleep only on beds, never on couches or love seats

- 3 Your bedding should be a tight fit to the mattress and the mattress should be tightly fits in the headboard

- 4 There should be no loose pillows are soft blankets near the baby's face

- 5 There should also be little space between the bed and the bad joining the wall. This may leave a space for the baby to fall and become trapped

- 6 The baby should not be placed onto his or her stomach

You will notice that you're sleeping patterns will change in response to the patterns of your baby as he or she grows and changes. The only choice that works for every family is to give everybody as much rest as possible.

Chapter 2

Formula, Nurseries, Music, and Bathing

Formula

If you are a new mother or not, you know that breast feeding is the best possible nutrition you can give your baby. Not everyone can breast feed successfully, though. The important part is giving your baby the nourishment and nutrition that they need. If you can tell that your baby is not getting enough breast milk, then you need to switch to formula. There are many different options to choose from.

The brand you choose from isn't at all important. All formulas will be prepared according to the regulations of the FDA. These formulas are required to carry maximum nutrient levels. These regulations and the infant formula act take part in making sure that all formulas are completely nutritional and safe for your infant.

The American Academy of Pediatrics will not recommend that your infant drink a specific brand of formula if you choose formula or are not able to breast feed. They will say that you should not use low iron formula for obvious reasons.

Baby formulas differ mostly in the type and amount of sugar and proteins that have. Similac, Enfamil, and Nestlé Good Start Supreme are made with lactose and cow's milk-based proteins. If an infant is not breast feeding, they should be given a cow's milk-based iron fortified formula exclusively.

Many parents like the idea of soy formulas because they are made with soy protein and lactose free. They are good for children who cannot tolerate lactose or the proteins that milk offers. If you have a family history of food allergies or intolerance to formulas, it would be a great idea to start your baby off with a soy or elemental formula if you are not able to breast feed. If you are able to breast feed but just do not like the idea, you should seriously reconsider breast feeding. It will give your child the maximum amounts of nutrients he can get, up to 20 times more than any formula can offer.

Types of Bottles

Glass, plastic, and plastic with plastic disposable liners are the three types of bottles available today. If you are looking for durability, glass might be the option for you. The worst thing about glass bottles is that they are heavier and are breakable. Plastic bottles tend to be very sturdy and more lightweight. Plastic bottles with liners are really convenient since the liners never have to be sterilized. In the long run it, they become much more expensive than a glass or plastic bottle because you have to replace the liners on a weekly basis.

In an attempt to minimize the amount of air the baby takes in her stomach when feeding, some plastic bottles are shaped at an angle. This will help the baby from becoming too gassy and eventually very fussy before it's all over with.

You will find that most babies are content with eating room temperature formula. If your baby prefers warmed up formula, there are two ways you can do it. You can put the water in the bottle and then heated up in the microwave. Do not put the formula in the bottle before you put it in the microwave because the microwave will cook all of the nutrients out of the formula. This will lower your child's immune system which will expose them to more and more illness. Another way that you can warm up formula is by heating up the bottle under warm water. You can mix the formula in what the water and then run it under the sink. Either way you do it, you should always test the formula before you give it to your baby. You would never want to burn that innocent little mouth. Even if the bottle is cool to the touch, the liquid inside could still be hot enough to scold your babies throat.

Feeding time is always a great experience for the one feeding the baby and the baby. Make sure to cuddle your baby when you are feeding them. It is the perfect opportunity to get some skin on skin contact that will give your baby a feeling of togetherness. After your baby is halfway finished drinking a bottle, give her a break and burp her to release some of the gas that may have gathered in her tummy.

Most people will burp the baby after every 2 ounces that they have eaten. You must make it a point to do this or your baby may wake up from her deep sleep crying because she has gas. You want your baby to sleep as much as possible, so do not take away from her and your nap time by forgetting to burp her.

Transporting your Baby to the Nursery

The crib is the centerpiece of any nursery but no matter how stylish it is, you want to make sure that it follows all of the safety guidelines. Make it cozy but before that, make sure it is safe. The crib mattress needs to fit firmly against the rails so that there is no chance that the baby will get wedged between them. Do not let the crib sheet bunch up either. Always keep it tight and snug.

You will not want to use sheets for blankets until the baby is at least one year old. Make sure that the pajamas the baby wears are always clean and never dirty. Her pajamas should coincide with her age as well as the weather. You do not want to keep them too warm or too cold. Babies are not able to regulate their own body temperature at first.

The only accessory you may consider adding to the crib is a foam wedge. These foam wedges can keep the baby from rolling onto her stomach. Most experts recommend that your baby should sleep on her back or her side at first.

Make sure that the sheets you use on her crib are always clean and fresh. You can accomplish this by using unscented detergent in case your baby is sensitive to fragrances. Many times, people run into problems with the allergic reactions from laundry detergent. You can avoid these problems by using a fragrance free detergent.

Do your best to keep the room free from dust. Do not forget to clean under the crib because dust may accumulate there. You may also want to keep the space under the crib clutter free. This can help in your fight against dust. Exposing your baby to dust may trigger a sneezing fit and leave her with a runny nose before bedtime. Runny noses can turn into chest colds and that is the last thing that you want for your new baby.

You will want your baby's nursery to be a calm place that invites her to sleep. The colors should all be soft which will promote rest. Too much color will stimulate her vision and keep her from winding down at the end of the day or nap time. All babies have busy days when there is much to take in and soak up. Her crib needs to be the

calmest, most restful place for her.

Putting the Baby in the Nursery

It can be hard at times to leave your baby alone in a room by themselves. You will want to keep the baby as close to you as you can all of the time. It is even harder to sleep for some without the baby with them and it may be easier for others if the baby has his or her own room. It does make sense to have a crib or basinet in your room, especially if you are breast feeding.

Trying to move the baby into its own room for naps right off of the beginning is the best idea. Rid the baby of any kind of trauma by moving him or her into a strange room with new smells and sights until he or she is a little older. Sit with your baby on the rocker and rock him to sleep and then slowly move him to the crib.

Later down the line, you can put him in the crib when he is fussy or will not sleep and sit beside the crib until he finally falls asleep. Day by day you should move the chair farther and farther away from the crib so that he is no longer used to having you directly next to the crib. Finally, position the chair in the doorway and then out of the door completely. This will get your child used to sleeping without you in the room.

It will be hard in the beginning but it will be worth it in the end. Stay consistent and you will reap the benefits of having a child who will put himself to sleep. Once you establish this routine, you should lengthen it by giving her a bath, putting in her pajamas, and kiss her goodnight. This will let your baby know what is going on and what to expect. Reading a night time story will also give your child a sense of tranquility and sleepiness. Singing and talking to your baby is a great idea also. The sound of your voice will help your baby feel comfortable and safe before bed time which will help your baby sleep better. Once you establish this routine early, you will never have to worry about trouble later down the road. This will make it much easier on you when it comes time to move

the baby into the nursery and going to bed on time. Before you know it, you will start getting some sleep!

Decorating Your Nursery

Planning the nursery for your new baby is one of the most exciting things for new parents. If you have decided to figure out the gender of the baby, you will be able to start decorating the nursery with colors that fit and get it ready for them the day he or she comes home from the hospital. This is also a great time for you, as a couple, to bond. Decorating your child's nursery is one of the most memorable experiences that you will go through.

You may wonder what kinds of things you will need to provide you baby with the safest environment possible. How do you create a safe haven where your baby can sleep comfortably? For a while, bright colors were trendy because the bright colors would stimulate the baby's eyes and help them develop. This trend faded rapidly once it was discovered that these bright colors were not helpful to the baby and their sleep.

Make sure that the crib conforms to all of the safety guidelines and that you have a good, firm mattress. Stay away from too many bright colors and try to use pastels. Colors such as blues, greens, pinks and yellows are good but any color should be fine as long as it is not too bright. If you like blue or green, use those colors because they are much more restful.

Make it a point to always keep the bedding and entire room clean and fresh. Until your baby is one year old or older, you should only use quilts and comforters as decoration, never to wrap the baby in. These quilts look classy if hanging on the wall or folded over a chair. Keep the baby's bed unobstructed by blankets, pillows, and sheets. You want to make sure that their face is clear at all times to avoid risk of SIDS. Small foam

wedges work great to keep their face off of the wall of the crib. Stuffed animals and other toys should also never enter the crib. These can cause SIDS faster than anything else. You should purchase a baby monitor so if something happens in the room, you can hear it while you are out of the room. There are even some monitors available that will have a screen that will allow you to see the baby, too!

Make the room as pleasant as possible. If you are going to use a scent, use a softer smell such as lavender. Do not use something that is overpowering that may cause the baby to have problems breathing. Also, keep it as dust free as possible which will avoid all sneezing and stuffiness. Your baby should associate rest and comfort with the nursery. Keep it clean and kept up with.

Feng Shui in the Nursery

Most likely, you have heard of the Chinese system for arrangement and placement of furniture in the room. It is called feng shui. Many people have chosen to adapt to this concept into their business and homes as an attempt to create more positive energy within their environment. The chances are that you have used this Chinese system before. Why not use it and the nursery?

This Chinese system proposes that if you arrange an ally a room correctly, it will allow more positive energy to flow through the room. Positive energy flow is known to create an environment that excites people of any age, especially a baby.

If you want to maximize the energy and your baby's room, there are some important factors you should consider, such as the location of the room, colors, furniture arrangement, and of course, safety. This Chinese system in the menagerie can help your baby is the less fussy, feel more comfortable in their surroundings, be healthier, and flourish. You may want to know how to accomplish this. Here are some basic guidelines that will help you and your baby create a room that makes you both happy.

The first thing you need to do is put the baby's room in a good location. A new baby should never have a room that is in the basement or over a garage. You should also do your best to keep her bedroom away from places where there is excessive noise that might keep the baby from sleeping such as the living room, a train, or a noisy

street.

The beds should never be against a window or directly in line with any door. Your babies should never sleep against a slanted wall. At all costs, avoid placing the baby against the wall shared with the bathroom, garage, storage, or utility room. Try to create soft energy and movement by using mobiles that will move gently with a breeze. You may also want to keep soft music playing in the room.

A baby's nursery should be as clutter free as possible. There should be nothing under the crib, along the walls, or on the door. Do what you can to keep clutter minimal. The dirty diapers should be thrown out on a daily basis to keep it clean and fresh smell circulating throughout the room. If this is one of the most important factors to you, you can put a small air filter in the room to ensure crisp and clean air 24 hours a day.

Baby Music

Chances are that you have probably seen a baby movie, music video, or compact disc. Many people believe that classical music can enhance your baby's intelligence and exposing your baby to music early is part of what people do to introduce them to all of the sounds of their world.

Music can help calm your baby down at times, also. It may help put them in a restful state at bedtime or not. Do you know what some good choices for babies are?

Anything that you'd like to use to relax yourself is most likely good for your baby, too. Mozart or Bach have many compilations that are great for bedtime. The music of Inya can also serve as a soothing tool. Some people have even had success using the relaxing and peaceful harp music of Georgia Kelly.

When your baby is awake and lively, there are lots of nursery rhymes from kid's movies that will stimulate her senses. Simple and rhythmic music like Philip Glass' can also be a great way to get your children involved and maybe even dance with. Soft gospel music and spirituals will also serve as good choices to help get your baby asleep.

White noise can also help your baby relax and fall asleep. White noise in the form of a humidifier or a fan or perhaps machines that simulate the sound of rain can also be

peaceful as well. These types of music can also help block out the noise from that. It can keep your baby awake. There is no need to create a silent environment for your baby. That can make it harder for your baby to get to sleep when the home's rhythms begin to get back to normal.

If classical music is already a part of your life, then good for you. If not, it may be a good time for you to explore it. The same music that you use to get your babies eyes to close can also help you soothe your own nerves while providing a wonderful time of bonding for you and your baby together.

Music will serve as your best parenting tool while your child is still an infant. You will soon realize how big of a helping hand a good classical CD or harp playing CD will be.

Bath Time

Bath time is a great time to bond with your baby and as well a time for her to bond with you. In the bath, you will want to play gently, talk, sing, or play the popular game of peek-a-boo. Get everything you will need ready before you start the bath. You may want to make sure that there is someone there with you to take her out of the bath. Babies can be slippery when they are covered in water and soap. The last thing you would want to do is to drop your baby accidentally.

The things you shouldn't need when you are giving your baby a bath include:

- 1 Water
- 2 Washcloth
- 3 Alcohol pads
- 4 Bath towel with a hood
- 5 Clean diaper
- 6 Soothing lotion

- 7 No tears shampoo
- 8 Fresh clothes
- 9 Baby powder
- 10 Item she routinely use during a diaper change

Make sure not to use the same soaps and shampoos that you use. These soaps can be too harsh and dry into a baby's sensitive skin. When the water starts to get colder, take your baby out immediately. Make sure that the room is warm, from 75 to 80°F.

Cradle your baby's head in one hand and use the other hand to remove her clothes. If you have a help or around, there is no need to do it alone. If you are alone, make sure to take your time when you are getting her out of the bath. Lay the towel in your lap and pick your baby up from under their armpits. Sit their bottom down on your lap and slowly lie the baby back into your chest. Wrap the towel around the baby to make sure you keep the baby warm and away from any cool breezes.

When you are washing your daughter or son, you should start with the cleanest parts first. Start with the stomach and chest and do the behind and hair last. This will warm their body up immediately and allow them to enjoy the bath much more.

Making Mistakes

No matter how great a mother you are or how much experience you have as a mother, you are going to make mistakes. All mothers have to make those decisions about what is best for their baby. If you are lacking in knowledge of motherhood, you may look into books written by experts and relatives with children who will offer some good advice.

Those two sources should be a great way to start learning more about motherhood but if what you're doing is not working, it is time to try something new. You may want to try different techniques at bedtime to see what works best for you and your baby. No matter what advice or book you read, you have to remember that your baby is unique and has different characteristics than any other baby.

One tactic you may not have thought about was trying different foods at night or

perhaps changing the timing of her last feeding. Maybe her pajamas are scratchy and you may need to add some fabric softener to her clothing. They are all our detergents and fabric softener is made especially for baby clothes. You may even consider letting her clothes hanging out to dry outside. Clothes that dry outside tend to be softer than any others. Try to ensure that no creepy crawlers find a way into her clothing or bedding.

If you have a ritual at night, you may need to tweak it a little bit. If you give her a bath before bed, make sure that you are not too playful with her in the bath. This can excite your baby and make them look forward to more play time when in all actuality, you are ready for them to go night-night. It is very important to make this time of night pleasant and relaxing for both of you, especially in the first months of your child's life.

If it takes longer for your child to wind down, you should consider starting your routine earlier in the day. It will take longer for her to go to sleep if you're playing with her right before bedtime. Remember, the faster you get her to go to sleep, the faster you get to go to sleep. Before you know it, the feeding, talking, singing, and darkened room will soon signal bedtime for your child.

Sleep Requirements

Many new mothers wonder if their baby is sleeping with the right amount. It is hard to tell if your baby is sleeping enough or maybe even sleeping too much. There are certain amounts of sleep that you should expect but it will vary from baby to baby. Even if you've had children before, it can be hard to gauge because each baby will be different.

Most newborn babies should sleep anywhere from 15 to 17 hours in a 24 hour stretch. Most babies will not sleep through the night for the first time until they are at least three months old. Many people may wonder why and the first reason is because their

stomachs are very small and they get hungry faster than larger babies, especially if you're breast-feeding. Breast milk is much easier for baby's stomachs to digest so they will get hungrier, faster than a formula fed baby will.

Babies will also have a shorter sleep cycle than adults as well as shorter dream cycles. Most newborns should sleep eight to nine hours during the day and eight to nine hours at night. It would be nice if these were an eight hour cycles but in the beginning, both sleep times will be very short.

As the baby progresses and age, she will still be sleeping 13 to 14 hours, but that amount of daytime sleep will lessen month by month. By the age of two, your baby should be sleeping all the way through the night including a two hour nap during the day. Again, it is different for each child. There is a chance that your baby will need a slightly longer nap to shorter naps. At this age though, you should try your hardest to discourage late afternoon naps because this can make it harder on you to get them to sleep a few hours later when it is bedtime.

.As a baby begins to sleep through the night, parents will often get upset when the baby begins to wake during the night. This is a developmental stage that babies will hit around six months of age called separation anxiety. At this time in a baby's life, he or she does not understand that the separations are temporary and will begin to fuss wondering when his or her mother or father will return.

Putting your baby down for a nap will become increasingly important as they grow older. You will start to enjoy your time with your baby more as they sleep less. At first, it may seem like you and your spouse have no time together. Having a baby can take a toll on some marriages.

Sleep Issues

After three months, your baby should start sleeping through the night on a regular basis. Remember, babies are observing and learning all of the time and your baby will soon start associating sleep with time when mommy isn't around. Separation anxiety is a normal part of development for all babies and can be especially trying for parents. Babies can be extremely strong willed, especially at this time and can make it hard on

mom and dad very easily.

You are probably introducing some foods to your baby at this time and you can use these foods to make your baby feel tired. You must make it a point to introduce new patterns slowly to keep from frazzling the baby and her routine. If your baby is having problems sleeping by herself, she will have to learn to self-soothe. This will not come all at once so ease her into it and she will catch on eventually.

You should never change your bedtime rituals. You may want to start the putting to sleep process with a feeding and then a warm bath. Rocking your baby after the bath will allow you and the baby to bond. You can try putting in her crib as her eyes begin to get heavy and see how she reacts. If she begins crying, pat him or her on the back and whisper a song to them. Stand at the end of the crib when the baby calms down and slowly leave the room. If this behavior continues, leave the room slightly quicker night after night. This will give the baby more alone time while they are still awake and eventually, they will put him or herself to sleep.

In a week or so, stop patting and just stand to where they can see you. This will give them the comfort of knowing that you are there with them. From there, you can still talk, read or sing to her. If the baby cries for more than 10 minutes, pick them up and comfort them. Once the baby calms down, lay him or her back down and go back and stand again. Continue to read, sing, or talk to the baby, slowly getting quieter and quieter.

Minor changes can be hard for your baby but just be patient with them. Once they notice that you consistently return in the morning, they will have less of a problem falling asleep. If you would like, take the time when you are sitting with them to do some laundry. You can kill two birds with one stone with this tactic. Make sure to continue to talk while you work to remind the baby that you are paying attention to them. This is a great way for the baby to get used to the idea of separation. Remember, being gradual is the key to getting your baby to sleep alone.

Chapter 3

Smoking, Sniffles, Vaccinations and Toddlers

Smoking Stinks

Expert doctors have found that mothers that smoke birth smaller babies with much smaller air ways which can really raise the risk of birth defects and breathing problems after birth. Such breathing problems can increase the risk of SIDS. Many infant health issues have been linked to smoking so if you are pregnant and you smoke, you should quit now! If you cannot quit forever, at least quit while you are pregnant to give your child the best chance of living a healthy life.

Mothers who smoke have a higher chance of having a stillbirth, miscarriage or a premature infant. The level of oxygen to the baby will lower if the mother smokes. If you are pregnant, the chances are that you are already feeling connected to the fetus inside of you. If you want what is best for your child, do not smoke.

Smoking can increase your baby's heart rate which can set your child up for heart problems down the road. Smoking will also increase the risk of SIDS for your child. If you think you love your child now, wait until she comes out. You will love her twice as much. You would hate to lose your child because of smoking, right? Quit the nasty habit now to ensure that your child has the best health possible.

Babies born to smoking mothers weigh less and are usually shorter than healthier babies. Babies exposed to smoke, in or out of the womb, will have an increased risk for reparatory illness. It can also take away from the amount and quality of sleep your baby gets during the night.

Giving your baby a shot at life by quitting smoking is the right thing to do. It is the best way to ensure that your baby has the best health possible. If you quit now, you can give your baby the future sleep that she deserves. Your baby will thank you and you can pat yourself on the back knowing that you greatly lowered the risk of SIDS in your household. You and your baby will be breathing clean air for now and forever.

Treating the Sniffles

A cold is one of the most devastating feelings a baby and her parents will experience. When your baby gets the snuffle, or a cold, you can do some things to help her out. You can ease your baby's discomfort by making sure that the baby gets plenty of liquids and sufficient rest. If the baby is less than four months old, the only liquids they can have are breast milk or formula if you are breastfeeding. Older babies can have some water and by 6 months they can start drinking juices.

If your baby becomes congested, you can use some of the over the counter saline drops that will loosen up the gunk in their nose. Then, you use the rubber bulb syringe to suck out all of that excess mucus and liquid. This is a great idea, especially right before feeding. By clearing up your baby's nasal passage, they will be able to breathe while she is nursing or taking a bottle. You can also rub Vaseline on their nostrils to help with irritation.

If you are exhausting all of your options, you can try a humidifier. Not only will it add some moisture to the air the baby is breathing but it will also add some white noise to the room that may help them sleep. You can also try sitting with them in the bathroom, shutting the door, and running some hot water. The steam will help clear their little head of congestion and other nasty allergens. A warm bath may also supply some additional comfort.

You may also consider letting your child sleep at a slight incline. This will really help some of the post nasal drip. Never use pillows to accomplish the incline effect. You will find it safer to try fitting some rolled up towels in between the mattress and the springs. Sleeping in the car seat may be another successful option. The upright position can really help their nasal drip.

At the first sign of any illness, what is the first thing you should do? You should contact your pediatrician. If the baby has a cough or a fever over 100.4 degrees then you need to contact a doctor immediately. Your pediatrician will have some helpful tips in getting

the fever down, especially in older babies. There are a few instances when you must contact your pediatrician immediately such as:

- 1 The baby is tugging at his or her ears means a ear-possible ear infection
- 2 If symptoms do not improve within 7-10 days
- 3 If a cough worsens
- 4 If the baby is wheezing or gasping

Vaccinations and the Care Afterward

All people were scared of shots when they were younger and you may still be scared of needles. As a parent, it can be even scarier when the time comes for your baby to get their shots. Many people believe that vaccinations cause mental retardation and autism but there is no physical proof that it is true. Get vaccinations for all of your children. It will help build their immunity.

If your child has a mild reaction to vaccinations, they may have trouble sleeping for a day or so. Make sure that your child is well rested before going to the doctor's office. This will ensure that your baby will be more comfortable. You can also use some of the increasingly popular home treatments that will relieve some of the more common minor reactions to vaccinations.

Try giving your child Tylenol or Advil if he or she develops a slight fever. Use children's Tylenol and Advil, of course, just to rid any confusion. This will alleviate some of the pain your child may be feeling and help break their fever.

Remember, the puncture may swell up and cause the child some pain. To help with the pain, try using an ice pack on it to bring the swelling down. Particularly with the measles or chicken pox, a small rash may flare up 7-14 days after the injection. These rashes may stay around for several days but will go away without any treatment.

You will probably find that your child's appetite will shrink for the evening after the injection. With a little tender and loving care, you can comfort the child enough to get them to fall asleep. Keep the room that the baby sleeps in at a cool and comfortable temperature. Warm rooms will make the child fussier since she will be in pain and feel uncomfortable.

Your child will most likely act a little funny after the vaccinations but in due time, you and your child will pick up right where you left off. This should not mess your routine up too much. Keep that in mind while you are leading your baby through its vaccinations.

Toddlers and Nightmares

Nightmares can be just as scary for the parent as they are the child. Once they begin to happen more frequently, it can really start to freak you out. Nightmares happen during the REM, or rapid eye movement stage of sleep. They will usually be different lengths but the child will remember all of the details.

Night terrors happen a while after the child has already gone to sleep. They may happen when the child's eyes are wide opened but he is still asleep. They can last 5 minutes or 2 hours. Once the child awakens, he will have no recollection of the dreams.

There are some things that you can do before bedtime and when he wakes up that will help soothe and comfort him. Try and make sure that the times directly before bedtime is calm and quiet relax time for you and your child. Younger children find immense comfort in the voice of their parents so tell them a story or read them a book while they are trying to fall asleep. It is a great way to bond with your child as well as make him feel better.

This will help your child after he wakes up, too. It is really important for both mom and dad to stay calm, cool, and collected. When you are tense, your child can feel that and it will make them uncomfortable and upset. Make it a point to listen for your child's cry

during the night. You may want to invest in a baby monitor so that you can hear him every time he cries.

When your child is little, they need to feel you being there for them on a regular basis. This will set the ground work for the amount of trust and respect they have for you for the rest of their lives. It is the most important thing to be for your children, there. Get your child as soon as you hear him cry to ensure his comfort and more sleep in his and your future.

Do not let your child sleep with you after a nightmare, either. This may give him the impression that it is his room that is scary and he may never want to sleep in there again. This can be the most difficult habit to break.

Baby Slings

Baby slings are the hottest trend around the world when it comes to toting your toddler around. Parents around the world are reading about these slings in parenting books and magazines and recognizing the numerous benefits. The sling is a very simple way to carry your child and is a little more stylish than other options. It can be used for babies, infants, and toddlers alike. It is helpful by being a little more discreet when it comes to breast feeding. With the family being around more often with a child around, the sling is friendlier to the eye than backpacking or carrying your child. It is also easier for parents to carry. The child is weighted evenly on your back and allows you to stand up straight while carrying.

If you think about it, slings keep the baby upright as well. Evidence proves that sling carried babies are less likely to be colicky as well as less likely to spit up or have acid reflux. Slings have also proven to lower the infant death rate for preemies and that the natural movement provides stimulation and neurological development.

The best part about the sling is that you can continue do whatever you are doing as

well as hang out with your kid. You can take care of the tasks around the house while getting a little work out as you tote 20 pounds around.

Toddlers who are carried in slings feel nurtured and loved because of the constant activity with their parent. You will secure a feeling of safety within the heart of your toddler and it will make them trust you more. They will then understand that you will keep him safe. That is the best feeling a toddler or a parent can get.

Putting the Toddler to Bed

If you need some exercise, try and put a toddler to sleep. Oh, it is not that bad but can seem frustrating at times. You can save yourself some frustration by making a schedule and sticking to it. Take control of the situation early and do not let your toddler push you around. If you give your toddler more and more time out of bed each day, your child will not be going to be until after ten every night before it is over with.

If you make a schedule that your toddler takes part in, he or she is more likely to follow the rules and fight less. Make sure that your time schedule stays the same. If you wake up at 7a.m. every day, do not let your routine be broken by a cranky toddler. The earlier your routine is, the easier it will be to put the toddler to sleep without there being a huge battle at night.

Make the activities similar every night, too. There are some things that you can do before bed time regularly to get your toddler ready to hit the sack.

- 1 Tell a Story

- 2 Read a book.

- 3 Provide a bedtime snack

4 Put in a short video

5 Play a quiet game

6 Tuck them in

7 Sing him a lullaby

Whatever it is that you decide to do, the key is being consistent. Try not to lie in the bed with your toddler. This can make it much harder for the toddler to close their eyes. It will even encourage them to stay awake and hang out with you!

Relaxation Techniques

You may only notice the fact that your child plays and runs around with tons of energy. What you may not notice is that he is pushing himself to his physical and mental limits by trying to walk, talk, crawl, and climb. He is bumping, falling and hurting himself, too. That little booger is pushing himself to the max and runs out of energy towards the end of the day.

Your toddler does not know his limits yet so he is constantly upset by failure and will keep trying until he reaches his goal. Once his favorite activities begin to upset him, you may want to try and wind him down for a nap. He is most likely over tired and in need of some serious down time.

From there, it is up to you to be the parent and figure out how to stop it all for some rest. You can do this by slowly adding quieter activities for the rest of the night and then to bed after dinner. This will help you establish a better routine which will eventually teach your child to wind themselves down towards the end of the day, every day. This will make it much easier for you once your toddler begins to fall in pocket.

Get out a coloring book and spend some time together coloring before bed. Coloring can send a message to your child that will tell him that it is time to calm down and get

ready for bed. Even coloring before a nap will help him realize that it is nap time. When your toddler begins to associate your regular routine with bed time, you will see progress in your toddler's attitude towards bed time. It will be much easier for your child to recognize bed time if you use a routine and stick to it.

Make sure to relax with your child. Every time your toddler sees you working in the kitchen or in the yard, he will most likely want to do the same. Make sure to relax and your toddler will follow suit.

It's Sippy Cup Time

Once your child begins to grab a hold of the bottle, you should start giving your toddler a sippy cup. Most children will have the motor skills to drink from a cup. You can start your toddler with a sippy cup as early as four months if you want. Fill up a sippy cup with water and let your child try it. The worst that can happen is that they will not be able to grab it. It will all come from practice and these little loved ones will not stop until they get it.

Your toddler will most likely spill it all over himself but he will be delighted. Do not be too hard on your child. It will take them a while to grasp the sippy cup and the concept. Just because he may not get it right away, do not take the cup away for a later time. Leave it with him or you could hold him back from developing. Give them a chance to get the idea and you will see them developing rapidly.

Starting on the sippy cup early will also help you break the bottle curse. If you wait too long, you may find it harder to break your toddler of the bottle. Even if you breast feed, you will still use a bottle sometimes. If the bottle is somewhat of a security object, you may be able to lead your toddler towards a sippy cup with a cup that has a cool character on it.

It is also important to emphasize the "big boy" factor which should immensely help you in your fight against the bottle. Sippy cups look more like a "grown-ups" and you can lure your kids in this way. The whole idea of looking like mommy and daddy really makes toddlers thrive. They want to fit in with the family as a big boy. Sippy cups can

really help your child develop parts of the brain that other kids not using one would. Sippy cups are the best way to help your child rise above the rest. The next utensils are forks!

Conclusion

Having a baby is a tremendous event in the life of a parent. Without any help though, it can be hard to do alone. If you need some help along the way, there are plenty of relatives that would love to lend a helping hand. People are infatuated with babies and love spending time with their innocent little bodies.

If you have little knowledge of motherhood and its responsibilities, this reading was most likely an immense help to you. Use the helpful hints within to give you an overview of what will be expected of you as a mother. If you breast feed, you will see the pounds fall off of you much faster. You will also bond with your child in ways that bottle fed children will not.

Take the help you are offered and take care of you and your child. As you progress as a parent, you will realize that this reading has helped you greatly. When you have your child, you will be glad that you now are more intelligent on the subject of motherhood because you took the time to read this over.

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