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5 Tips On Looking After Newborn Babies

By Alison Palmer

Caring for your baby is certainly one of the most important things you need to consider once you

became a new parent. There are many things you need to take into account in order to make sure that your baby gets all the attention.

1. Make sure that you feed your baby right. Deciding on whether you should breastfeed or bottle−feed your baby greatly depends on your personal decision and what your physician recommends. However, it has been shown that breastfeeding is still the best way to nourish newborn babies. Lots of benefits can be obtained through breastfeeding. Some medical studies have determined that breastfed infants have less hypersensitivity later in life compared with those who were raised with bottle feeding. This is mainly because the mother's milk is known to contain natural enzymes and antibodies that can help fortify the baby's immunity against infirmities. Aside from this, some doctors also believed that breast milk is responsible for superior intellect as he/she grows and becomes fully developed.

2. Practical sleep aid tips for infants. Sleep is crucial for babies because it has a direct effect on the child's mental and physical growth. Newborn babies sleep for up to 17 and 18 hours a day. Parents should understand that babies sleep cycle could be pretty erratic. You may notice for a few weeks, your baby's sleep may only last from approximately 30 minutes to 3 hours, and this can vary throughout a 24 period. But by the sixth week, you should see some signs of improvement as your baby's sleep pattern becomes more structured. Newborns show signs of sleepiness by crying or rubbing their eyes. Newborns should be put down to sleep as soon as they feel sleepy. If you are not getting much sleep at night it may be a good idea to sleep when your baby does during the day if possible.

3. The proper way of bathing your newborn. Newborn babies need not be bathed on a daily basis. Bathing them two to three times a week is enough. Bathe your baby using sponge baths. This is imperative at first. Tub bathing your baby can only be done once the baby's umbilical cord falls off to avoid infection.

4. Maintaining your baby's optimal skin care. Newborn babies have smooth and delicate skin. For this reason, it is necessary that you use products that are especially made for babies. But before buying

any baby product, it is best to consult your pediatrician. Most babies develop rashes from time to time and this is perfectly normal. However, if your baby seems irritated by a rash or has a fever, you should immediately seek advice from your baby's doctor.

5. When to give the baby medicine. Like anyone else, newborn babies sometimes have special needs that require attention. When giving your baby medicine, it is important that you follow the advice of your baby's physician. You need to know how to give the right dose prescribed by the doctor. It can sometimes be advised to start the baby with a small dose to ensure there is no adverse reaction to the medication.

The information contained in this article is for general information purposes only and is not meant in any way to replace advice given by healthcare professionals.

Alison Palmer has an interest in topics relating to Family & Children. To find out how you can get

more information about surviving the first year please visit this

http://www.new−born−baby−guide.com

site.

Newborn Babies Can Lack Kerb Appeal

By Terry Ross

Newborn babies often appear less than appealing with their blotchy, wrinkled skin, large weird heads, swollen features and blue tinge.

Your newborn baby's limbs might be covered by fine hair (called lanugo) and a greasy white substance (called vernix) that protects your baby's skin while in the womb. There may also be a vaginal discharge from baby girls and a milky discharge from the breasts of both sexes which is quite normal in newborns.

Weird shaped heads and flattened features which are common in newborn baby's are due to the pressure of birth and having to squeeze through the pelvis and an increase in female hormones from the placenta (just before birth) can result in your newborn baby's genitals being enlarged or breasts slightly swollen.

The bluish tinge to the skin will dissipate soon after birth once your newborns oxygen from his lungs has reached the bloodstream and many of the other features, common in newborns, gradually disappear over the first few weeks.

The weight of your newborn will depend on such things as the mother's state of health, the amount of weight she has gained during pregnancy, whether the mother is a smoker and the size of both parents.

The average weight and size of a newborn is around 3.4kg and 48−51 cm in length although size and weight can vary dramatically with some preterm babies weighing no more than a bag of sugar.

During the first week or so following birth your newborns weight will probably drop while he adjusts to the feeding regime. Once your newborn is feeding regularly his weight will stabilize and within a day or so start to recover regaining birth weight over the next week to ten days.

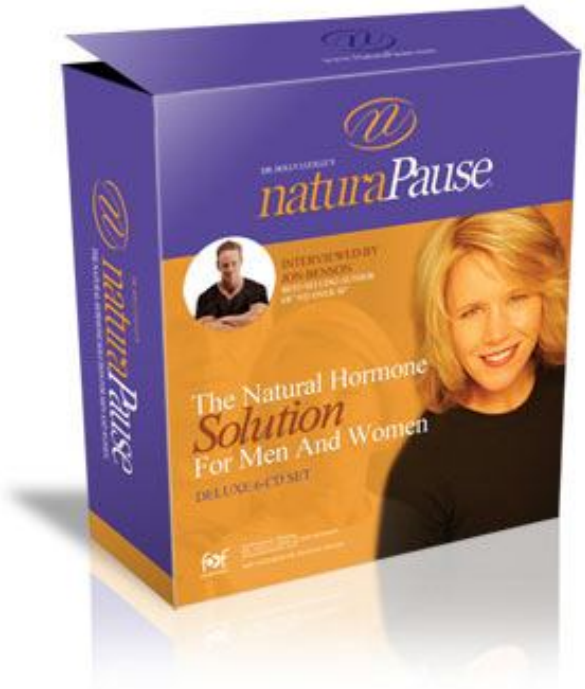
One of a newborn baby's automatic reflexes is the rooting reflex which enables them to search for a nipple in order to feed. Every newborn can suck, swallow and gag with the gagging reflex preventing your newborn from choking.

Initially your newborns breathing rhythm can appear jerky causing your baby to hiccup and newborns nasal passages are very small so as they learn to breathe through their noise they make a kind of snuffling noise which will stop once their nasal passage has increased in size.

Some babies cry as soon as chest delivered while others wait until they are breathing normally. Crying is your newborns way of communicating and helps to exercise their lungs. Newborns main reasons for crying is generally hunger, tiredness, loneliness or because they need changing. Sometimes babies cry because they don't like being undressed or they hate water. You will quickly learn to recognise why your baby is crying and how to soothe him but if you are struggling to cope or have any concerns over your babies wellbeing contact your midwife or healthcare provider.

Terry Ross is the author on and the creator of:

http://www.1st−4−baby.com/Newborn.html



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