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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Babies Minor Maladies

By Sarah Veda

Babies can have a ton of little issues, and we worry ourselves silly over them, though most are no real threat to baby's health. Here are a list of the most common little ailments, how to treat them at home, and when to call the doctor.

- Diaper Rash - Diaper rash is caused by baby's bottom being constantly exposed to wetness. For most babies, changing their diaper a little more often and applying an over the counter cream are enough to solve the problem. If all your measures don't work, or if the rash looks different than a typical diaper rash, call the doctor.
- Cradle Cap - Cradle cap is the presence of scales on the baby's scalp, and usually occurs in very young infants. It is actually a form of dermatitis, and usually is not bothersome to the child. For most babies, a massage using petroleum jelly followed by a shampoo will take care of the problem. Try this at every bath until the problem stops recurring. Cradle cap is worsened by sweating, so keep your baby's head cool, avoiding the use of hats. If these measures don't work, your doctor can prescribe an ointment or shampoo. Babies typically outgrow cradle cap within the first six months of life.
- Mystery Fever - Nearly all babies have this at one time or another. A low grade fever, with no other accompanying symptoms. If your baby is under two months of age, you should seek medical attention with any fever. Otherwise, as long as the fever doesn't go above 102°F, you need not treat it unless it is making your baby uncomfortable or unable to sleep. Fever is the body's way of fighting infection, so don't rush to treat a fever, if your baby is otherwise healthy. Keep her cool, give her plenty of fluids, watch and wait. Talk to your doctor about his guidelines regarding when to call him concerning a fever. Regardless, any fever which reaches 105° rectally, or a fever accompanied by signs of dehydration (infrequent urination, sunken fontanel, dry lips), or a feverish baby who has a stiff neck, is limp or has purple spots on the skin, should be treated immediately.

These are three of the most common minor baby ailments. Though it's comforting to know how to treat these at home, never hesitate to call your doctor if you think it's necessary. A Mother's intuition is a powerful thing. If you think something's amiss, it probably is, so check it out, even if it's only to satisfy your own mind.

That's the end of this ebook. If you would like more information, you really need to download my main ebook "Mommy to Mommy - The Truth About Taking Care of Baby" from

<http://www.educatedmother.com>

. This is a much longer ebook, where I am able to go into a lot more information.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.

Recommended Sleeping Position For Infants

By Jason Rickard

The dreaded SID (Sudden Infant Syndrome) has caused alarm to parents worldwide. This also moved medical experts to look closely into the sleeping habits of infants. For the longest time, it is believed that the best position for babies is to sleep on their stomach. This is actually not the case. Modern studies attested that sleeping in this position could cause some medical issues since the infant's mouth and nose, which are the vital organs for proper airflow, are somehow blocked because their heads are faced down.

Since 1992 the American Academy of Pediatrics (AAP) strongly recommends that babies should sleep on their backs. Recent studies show that the instances of SID's are reduced by almost 50% once parents are advised to change their baby's sleeping position from sleeping on their stomach to sleeping on their backs or side.

Suffocation is a possibility when a baby sleeps on his stomach. Some babies have weak neck muscles and once they turn their heads, it may cause them to suffocate. It would be better if babies were allowed to sleep on their backs. It is important to keep their face up and not faced down.

Sleeping on one's back can cause some minor discomfort for babies. During their sleep, they may have some involuntary reflexes that can startle them and cause them to wake up in the middle of the night. To prevent this, you can swaddle them with a blanket. Just make sure to wrap them properly and avoid covering their face.

A good sleeping position ensures your baby a good night's sleep and help prevent the chances of SID. In addition to this, quality beddings could also promote good sleep. Choose a mattress that is firm and avoid putting in stuffed toys in your baby's sleeping area. Unnecessary stuff in their bed, like toys, is a hazard. Babies tend to move at night, and when they do, these things can go to their face and block

their airways. As a safety precaution, it is also recommended to use sleepers instead of blankets.

It may not be always possible to watch your child during his sleep. This is why it is important to ensure that his bed is safe for them to sleep on. Always practice proper sleeping positions for your baby as this doesn't only make up for a good rest for them but can ensure that they are in great health.

Jason Rickard is the owner of Your Favourite Shop –

<http://www.yourfavouriteshop.com>

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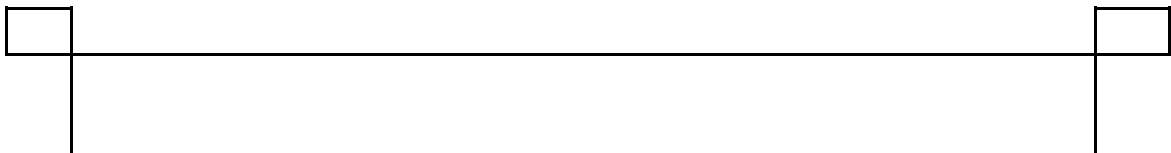
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