

This Free E-Book is brought to you by Natural-Aging.com.

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

Bathing Your Newborn

By Sarah Veda

Bathing a newborn baby can be a traumatic event for a first time Mom. Newborns can seem so

fragile, and wet, slippery ones downright frightening. But, don't fear; once you get the hang of it, you'll feel like a pro. Newborns only need to be bathed two or three times a week - bathing more often can result in dry skin.

First of all, it's important not to put your newborn in any sort of bathtub until her umbilical cord has fallen off. If your baby is circumcised, you need to wait until this has healed, as well. Until then, give your baby a sponge bath.

When it's time to put baby in the tabletop tub, give her your undivided attention. Leaving her for even a minute can literally be fatal. Turn the answering machine on and ignore the doorbell. Never run the bath water with the baby in the tub. Fill the tub and check the temperature before you add the baby.

Be prepared for the fact that your baby will not like the bath. There may be a lot of crying, so plan to make it as short as possible. Also, the bath water gets cold to the baby rather quickly; another reason to make it quick. One trick to help keep the water warm is to soak a towel in very warm water and lay it in the bottom of the tub. This keeps the water warmer, provides a nice cushion for baby, and keeps her from slipping around. Keep one hand under her head to support her neck, and keep her from slipping into the tub. Speak to her in soft soothing tones, reassuring her that everything is ok.

Use lukewarm water on your baby's tender skin, and only soaps and shampoos designed for babies. In fact, during the first few weeks of life, until you've determined if your baby has any skin allergies, it might be wise to bathe her using only water, especially on her face. Have a towel and diaper ready to wrap her in immediately when you're finished, to avoid her getting chilled.

As your baby gets older, bath time will probably become a favorite part of the day for your baby. For more tips on making bath time fun for older babies, check out my article in "Mommy to Mommy - The Truth about Taking Care of Baby". You can find it at

<http://www.educatedmother.com>

Bathing Your Newborn

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.

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.

Bathing Your Newborn

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.

This PDF eBook is for free information distribution/sharing only, it cannot be sold.



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**