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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!

Mommy & Baby: Keeping Tabs On Baby's Growth

By Kirsten Hawkins

Lactation difficulties are not completely prevented by using PDF; you are rested and eating

properly, your baby is getting enough food and growing, and your life is relatively predictable. So you might think that you're immune from production issues, right? There are many more factors which play in to milk production that just the ones I listed.

Factors that can affect milk supply include:

Ø Amount of sleep a mother receives Ø Mom's diet & nutrition Ø Her state of mind Ø Mother's age
Ø Whether this is her first child or sixth Ø Mom's desire to breastfeed Ø Her capacity to nurse Ø A
mother's nursing techniques Ø Her baby's ability to properly latch on

If you're nursing, keeping tabs on your baby's growth is incredibly important—your baby's life depends on it. How will you know if he's getting enough milk or nutrition? Unfortunately, the breast tissue isn't transparent and we cannot see exactly how much milk your baby is drinking or your body is producing. Fortunately, there are other ways to achieve our goal.

In the first week of life, your baby will receive colostrum before your milk comes in. Not only is this rich in antibodies and helps your baby's immune system develop, but it helps him pass his first stool—meconium. This is a black, tarry substance and will be in the first diaper or two after birth. He will transition to a brown substance and then as your milk comes in, to a mustard yellow stool that is watery or loose. A bottle-fed baby will pass stools that are firmer and more clay-coloured than a breastfed baby.

Within 24–48 hours, your baby should start having wet diapers, increasing to two or three per day.

As your baby works at sucking colostrum and then milk, you should hear a pattern of "suck, suck, suck, swallow." This will be rhythmic and there will be no "clicking" noises—clicking indicates that your baby is improperly latched and potentially isn't getting a good amount of milk from you. If you hear this, unlatch him from your breast and re-attach him. If it continues, talk to your pediatrician.

In the second and subsequent weeks of life, you should also notice 6–8 wet diapers a day in addition to at least 3 stools per day. His urine should be clear (not yellow), and he should be gaining alertness as each day passes. He should also be growing and gaining weight—weight gain is the surest sign of healthy growth. Any two days in a row of deviation from the growth indicators listed should be reported to your pediatrician immediately.

Kirsten Hawkins is a baby and parenting expert specializing new mothers and single parent issues. Visit

<http://www.babyhelp411.com/>

for more information on how to raising healthy, happy children.

Finding the Right Baby Soap

By Erwin Venegas

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Baby Soap

Aren't all soap the same, especially baby soap? Do you really need to look at which baby soap you use with your new born baby? Bath time can be worrisome enough for new parents with a new baby. Is the water too hot or too cold? How do I hold the baby specially when they are all wet and slippery? Am I doing things right? With all these things to worry about, we should be completely sure that the baby soap we use is completely safe and gentle for your baby's skin.

Finding the Right Baby Soap

Keeping your baby's skin clean is one of the most important things you can do to help your baby stay healthy, and baby soap plays a very important role in keeping your baby's skin clean. So we need to make sure that we are using:

- baby soap that is gentle
- baby soap that is hypoallergenic
- baby soap that is non-toxic
- baby soap that sls free

You need to make sure that your baby soap is gentle because otherwise it could be irritating your baby's skin during or after bath time, and this would actually be opposite to what bath time is supposed to do. The baby soap that you use should be hypoallergenic since you do not know what your baby may be allergic to, and they are more susceptible at this very young age. Baby soap also needs be non-toxic since young babies like to put their hands in their mouth, and you want to know that if your baby swallows some of the baby soap, they will be safe. Finally, your baby soap should be Sodium Laurel Sulfate (SLS) free. SLS is a harsh chemical that is used as the chief foaming agent in soaps, including some baby soaps. The Journal of the American College of Toxicology said, "SLS can damage the immune system, causing separation of skin layers and inflammation of skin." Is this something you would like to expose your baby's skin to by using harsh baby soap?

Consider using

natural baby soap

that is made from only natural ingredients insuring that it is safe and

gentle on your baby's skin. Many times natural baby soap even helps protect and soothe your baby's skin.

During the first few weeks and months of your babies life, your baby's skin will develop spots, rashes, and some dots. This is normal. They will come and go naturally, but if you are concerned, then do not hesitate to contact your doctor or pediatrician. Even though your baby's skin will go through a few rough times, if you are using the right baby soap, then you know that you are caring for your baby's skin as best as you can.

Erwin Venegas is a father and helps run an e-commerce business providing natural baby products and toiletries. The shop can be found at <http://www.ecobaby.uk>



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