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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!

The First Week with your Baby

By Anne Cavicchi

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The first week of your baby's life brings big adjustments for both of you. You are adjusting to being a mother and caring for your baby and your baby is adjusting to life outside the womb. It is a time of great joy — and possibly immense fear! Although you've been preparing for the birth of your baby for months, now he is here and depending on you for everything which can seem overwhelming. Don't expect too much of yourself during these first days! If anyone offers you help — take it!

During your baby's first few weeks of life, he will be concentrating on getting to know you and his surroundings. Your baby needs to be handled so that life outside the womb seems as little different as possible to life inside the womb. Your baby's needs, while they may seem overwhelming to you, are really simple: food, warmth and comfort from cuddling. Wrap him snugly and warmly, hold him closely, handle him slowly, and feed him when he's hungry. Your baby will have the rooting and sucking reflexes as well as tongue thrust. These are needed to get nourishment from the breast or bottle. You can also use this time to bond with your baby with lots of skin to skin contact.

Whether you decide to breast or bottle feed, feeding in the first few weeks is not an effortless process. Try to have early feeding sessions in a quiet setting with as few distractions as possible. Make sure you are in a comfortable position as it takes new babies a while to eat and you don't want to end up stiff and sore. Cuddle and caress your baby as feeding time is a wonderful opportunity to show your baby how much he is loved.

If you are breastfeeding, be patient while you and your baby are getting the hang of it! The benefits of breastfeeding are many and in order for it to be successful, it is important to start out right. Keep in mind though it may take several weeks until you both feel comfortable and get a feeding schedule down.

Most new moms feel and experience: Exhaustion! Bloody vaginal discharge for the first week or so

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Discomfort or pain in the perineal area if you had a vaginal delivery Incision pain or numbness if you had a cesarean delivery Abdominal cramping (afterpains) as the uterus contracts Elation or depression or swings between both Breast discomfort or engorgement Fears about your adequacy as a mother Profuse sweating after the first couple of days

Although it may be tempting to try to be a 'supermom', now is not the time. The best advice that I received as a new mom was to accept the help of others, eat regular meals and sleep when the baby sleeps. Now it's my turn to pass that advice on to you.

Anne Cavicchi is a Canadian wife and mother of one boy and two step-daughters. She also owns Annie's Maternity Corner where you'll find everything you need for pregnancy and baby! Great

products, articles, information and more to see you through pregnancy and baby's first years at Annie's.

Pregnancy Week By Week: Week #3 & #4

By Debra Slater

Week #3

Well, it's finally happened: conception! This is the week that your egg will be fertilized and start its amazing process of becoming your baby.

After the sperm meets the egg, they become a blastocyst of rapidly dividing cells. It moves down the fallopian tube, and in about 5 days it implants itself into the uterus.

You probably don't even know you are pregnant, unless you have been tracking your cycles and know when you ovulated. Your baby is now a zygote and in two weeks it will be an embryo.

And so begins your and your baby's journey towards birth. And what an exciting journey it will be!

Week #4

Okay, this is the week of implantation. This happens about 5 days after conception. The embryo, called a blastocyst right now, has reached the uterus and searches for a place to burrow itself beneath the surface. After finding that perfect spot, the cells then split into two groups: the placenta group and the baby group.

You probably don't realize you are pregnant just yet. You might be a little queasy, tired or maybe not. Many women feel they have PMS because this is about the time she is supposed to start her period. Your breasts will be tender and you may have pain in your pelvic area. There is a list of early symptoms that can be found [here](#).

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Your baby's backbone, spinal column and nervous system are forming. Kidneys, liver and intestines are starting to take shape, and facial features are emerging. Very soon that magical heartbeat will begin!

Wow, this miracle of life is really beginning. Take care of yourself; you have a long way to go!

Debra Slater: With over 25 years of experience in the baby related industry,

&

has the most experienced and knowledgeable sales staff. We

have provided and continue to provide exceptional service to Mothers, Fathers, Grandmothers, Grandfathers and all family and friends.

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