

# 10 Baby Care Articles



## 1- Baby Bath Time Safety

New mothers often feel uncomfortable with giving their new babies their first bath. You can't exactly blame them because children are just more fragile during the first few months of their lives. In fact, there have been several reported accidents while bathing the infant. Though these instances are very isolated, this experience can be traumatic for both mother and child.

When it comes to your infant, you need to keep in mind some crucial facts so that you don't sacrifice your baby's safety. By paying attention to some pointers, you will be able to breathe easy because you will eliminate the risks involved during bath time. First of all, you must be there at all times. **Never ever leave your child alone**, not even for a mere few seconds. They are too young to raise their bodies, and if something gets in the way of their breathing, they won't be able to do much about it.

When your baby first comes home, should be no reason for you to be less careful. Many of these accidents happened even if the parents exercised extreme care. Bath time is the time to keep your eyes and ears open do everything to ensure their safety so that it can become a more pleasant experience for you both. You should check their environment for any hazards, and though they won't be able to reach for anything yet, you know you won't rest until things are safe. When you first bring them to the tub for their first bath ever, you want to make sure to take things slow. The last thing you want is to shock them. Take this opportunity to introduce bath as a fun activity that you and your child have. This is the time to bond, and you can only do this if your child learns to enjoy it. **It is important to always remember that safety comes first.**

You always need to keep an eye on your baby. No matter what the distractions are, take this time to be with them, and just them. When you put in toys inside the tub, make sure that these are large enough so that they don't choke on them. Make a circle with your thumb and index finger. If the toy can fit through the hole, then it may pose a danger. You also need to consider the water you put inside the tub. Make sure you set the temperature just right. If it's too cold, this could startle them. If it's too warm, they could burn. The key here is to make it just right.

You also need to keep in mind that it absolutely is possible for your baby to drown in shallow water. When picking out a tub, something with rubberized surface could help prevent them from slipping. Nonetheless, you must hold them at all times. Rubberized or not, they could still fall. To make things even easier, make sure that their clothes and towel are within easy reach so that you don't need to walk away from the tub just to get them dry. The bottom-line is, this time could be the most rewarding experience for you if you just practice extra care.



## **2- Basic Baby Bottle Care**

You're a pro with breast milk. You keep baby nourished with what your body has to offer. Then, you go back to work and store your milk instead. That way, the nanny can always whip out a bottle when your little one gets hungry. Then, you notice that your child now gets sick more often. It's still the same milk, so what are you doing wrong now? You need to take a look at what you've been doing. It's the changes that put your child's health at risk.

Could it be in the way you store the milk? If he hasn't gotten sick before, this could be the most likely culprit. When choosing a baby bottle to store milk in, you have to consider how much the bottle can hold. Then, look at the bottle's shelf life as well. You may have used the disposable ones too long. Consider where you can save most money in and what makes life easier for you. You make the decision only after you've weighed everything and put things in proper perspective.

When you buy a bottle, consider the anti-gas properties. Obviously, he will have to suck the milk out. He could swallow in the bubbles and experience gas pains after a while. Now, experts have developed designs to prevent this from happening. Look at your choices and see what they take to the most. It may be a case of trial and error, and you may have to spend a little more than usual. But his comfort is your priority here.

Then, look into how your baby drinks from the bottle. Traditionally, when you should sit close to what should be an upright position when breastfeeding him. You only have to slightly lean backwards to give your baby better access to his food. The less the lean, the better their chances of avoiding gas. Plus, you will most likely be comfortable in this position because you are able to hold your child tightly and see his face better.

When you leave the house and take a trip somewhere, your milk should always be stored in plastic containers. Glass containers may spoil milk faster. Try not to destroy the antibodies and other essential vitamins and nutrients found in your milk. Go out and see that you have more than enough choices in the store nearest you. Then, consider hygiene. Make sure that you properly wash and store the bottles after each use. If, on the other hand, you plan on freezing your milk, make sure that you write down the date when it was pumped out of your body.

When filling these containers up, don't use the entire space. Liquids tend to expand when you freeze them. If you forget put too much in every container, they will explode and leave a mess in your freezer. Seal them well and put the more recent ones at the back. That way, you use the ones that spoil earlier sooner. But before you put it in the fridge, cool the milk first. Don't wait more than three months to serve it to your baby. Thaw the milk naturally and preserve all the essential vitamins.



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### 3- Caring for Your Newborn

Being a brand new mom is a gift that every woman can be thankful for. The first time you hold your baby in your arms, the first time he/she opens his/her mouth, and basically the first everything. You would do just about anything to shield that new angel of yours. If you can, you give them the best of everything, and this includes the things you put on their skin. Because the baby's skin is so sensitive and fragile, you are always careful to choose what to put on them. Some chemicals make the baby's skin break out, and that is the last thing you would want to happen.

Baby health care is therefore one of the many concerns that a new mother needs to consider. After all, her new baby is a blessing and she would want to do everything and anything to keep her baby safe. As a mother, you need to make the choice of what products to buy. Your priority is your newborn's skin because this provides the foundation of healthy adult skin.

When you go to the stores and choose the right skin care line for your child, you can get confused with all the products found on the shelves. There is a recent trend that suggests that organic skin care products are better for the child's skin. Babies need appropriate light creams and baby lotion to keep their skin supple and soft. Of course, there is also the recurring diaper rash. Because babies require protection for wetness, diaper rashes are sometimes inevitable. Stock your cabinet with the rash cream that your doctor recommends. Always ask your physician. After all, they should know more about the latest products.

Aside from that, here you have a few must-haves:

1. Onesies. This one-piece, snap crotch article of clothing is amazing. They come in cute colours and prints. They're versatile as well in case you quickly need to bring your child with you for an emergency errand. Just put it underneath coats and bottoms, and you're good to go.
2. First Aid Kit. This is probably the most important of baby basics. Put in some basic medicines, a rectal thermometer, a lubricant, some first aid cards with tips for what to do in case of an emergency, and of course, emergency numbers.
3. Diapers, of course. Be sure to stock up. Your child may be allergic to certain kinds of diapers. Try not to panic when rash breaks out. Instead, switch to another brand.
4. Sling. These are especially helpful when you like to bring your infant with you anywhere and everywhere. These are good for discreet breastfeeding as well.
5. Baby bed. Make sure that it has side guards so that your baby is kept safe even when he moves throughout the night.
6. Car seat and stroller. Many companies sell car seats that can also be converted into strollers once you get out of the car. Whatever

your choice may be, your baby's safety is a must once you bring him out of the house.

There are just so many things to know when you first have a baby. Don't fret because help is available just about everywhere. Log online and check out the latest news. You'll certainly be able to equip yourself with the know-how.

## **4- How to Choose the Baby Diaper that Works Best for You**

Expectant mothers need to stock up on diapers. Babies go through several of them in just one day. You really have only two options: cloth diapers or disposable diapers. Some people prefer the former, while others the latter. There is constant debate as to which one is better. On one hand, cloth diapers are much cheaper because they are reusable and washable. However, babies tend to get more rashes with cloth diapers because it doesn't absorb the wetness as effectively. On the other hand, there is the disposable diaper. It absorbs wetness really well and is very convenient. You don't need to worry about washing because you simply throw them in the garbage bin. The disadvantage it brings is that it can be more expensive. Plus, they take years to biodegrade. For those who are environmentally conscious and aware, this may be a big thing to consider.

What do you base your choice on? No one can really tell you what to do. After all, you know what's best for your baby. What this article can do is merely present to you in bullet format the benefits. Here are things you'll enjoy with disposable diapers:

1. They're very convenient. When you need to change your baby's diaper, all you need to do is rip out the old one and slap on the new.
2. They are available practically everywhere and can come in many different sizes and varieties.
3. They don't really leak. The cloth underneath the cotton mesh was designed for absorbency.
4. Once your baby has been potty trained, you just stop buying them. You save on space on won't have too many extras lying around the house.

With you get yourself familiarized with the pros, it is only logical to know the cons as well:

1. You need to dispose of them away from your house or in a seal-tight container. Otherwise, your entire house could smell.

2. Disposable diapers take hundreds of years to totally disintegrate. If you are trying to be eco-friendly, then a disposable diaper is certainly out of the question.
3. Disposable diapers can be costly. Knowing that babies could go through hundreds, you can calculate your expenses within the first to year to realize just how much you'll spend.

Let's now consider the diapers. What benefits will you enjoy? Here are a few:

1. They cost less. All you need to do is wash them once you remove them from your baby.
2. You can truly call yourself a responsible citizen with you eco-friendly ways.

With the positive comes the negative. Here are some as well:

1. They need constant washing. It could be time-consuming and inconvenient, especially if you're a working mother.
2. They leak and are not as absorbent.
3. If you don't plan to have another baby, you're basically stuck with a lot of diapers.

If you want the best of both worlds, some online stores actually offer the new and popular biodegradable diapers. These may be the solution to mothers who want what's best for everybody. Just check the online world to see how you can get your hands on one of these. Otherwise, you have to make the choice with the points presented above.



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## 5- Choosing the Right Baby Formula

There's a lot of heated debate about which baby formula is best. While many feel that breast milk is still the ultimate form of nutrition, others also believe that babies should learn to drink baby formula. What is the best solution? While there is no doubt that mother's milk is very nutritious, some mothers do not lactate as much. They need the baby formula to supplement their infant's needs.

In the year 1869, the first baby formula was invented by a man named Justus von Leibig. It was originally made out of a potassium bicarbonate, wheat flour, and malt flour. These ingredients were added to cow's milk in order to provide their babies with the essential vitamins and nutrients. The formula continued to evolve over the years with scientists continually researching about what babies most need. At first, mothers wrongfully believed that bottle formula was even better. Mothers tried to wean their babies off breast milk as soon as possible. However, recent studies have countered against these claims. The new findings have given rise to the original need for breastfeeding. In fact, many parents have taken a firm stance against the formula.

The bits of evidence that support breastfeeding as the ideal choice have slowly burgeoned. This belief has now been strongly supported by some of the most trusted experts in the healthcare industry. In fact, the World Health Organization (WHO), continually recommends that mothers nurse their infants with their very own breast milk. Studies have shown that babies are better able to fight off infections and defend themselves against allergies, diseases, and yes, even, infections. In fact, if you looked at the ads on baby formulas, they always state that breastfeeding for the first six to twelve months of a baby's life is still best.

However, because of the busy lifestyle that many women now lead, breastfeeding that long is just not possible. It's hard to continually have to pump milk out of your body in between schedules. This may get in the way of work. Though the idea may seem silly and some people may think that you should put your baby's needs first, their jobs can be their means to support their new life. How can you give your baby what they need when you can't work? It's a balancing act that most mothers have to go through.

For many new moms, opting for a baby formula often makes them feel guilty. They feel that their newborns don't get the nutrition that they deserve. However, these same experts also made reassurances to these concerned mothers. A baby formula is enough. After all, how many adopted babies have survived and thrived on formula alone? Countless! What is most important is that you allot time to bond with them. Yes, breast milk has the natural ability to fight off diseases and infections. Plus, it is loaded with fats that will help your baby gain a healthy amount of weight. If you're tight on budget, breast milk is free. But you also have to consider many other factors. The

important thing is that you give them the skin-on-skin contact. The bottom-line is, your choice should be based on whatever is best for you. If you really can't provide your baby with breast milk, just be sure to choose a high-quality formula that is rich in essential vitamins and minerals. With love and support, your baby should grow into a happy and healthy toddler no matter what your choice may be.

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## **6- Let Your Baby Enjoy Your Touch**

The main belief in some eastern practices is that the entire humanity is made up of shards of one whole soul. This means that man shares a portion of something that is much bigger than they are. What does this imply? It simply tells us that we are all connected in one way or the other. Advocates of the law of attraction say that we are connected to each other biologically, to the world chemically, and to the universe atomically. Whatever our personal beliefs are, there is one thing that holds true, and that is we all live through the power of connection.

The problem now lies in the fact that most of us suppose that we should live apart from the rest. We may interact with other people on a daily basis, but at the end of the day, we choose to be by ourselves. While this will suffice if you are on your own, things definitely have to change when you become a parent. You are now responsible for someone else's life. And while your child is still unable to stand on his own two feet, you need to think about what he needs.

A child's basic needs include food, shelter, and clothing. More than anything else, however, they also will benefit a lot from touch. In fact, some doctors urge the mothers to give their prematurely born babies kangaroo hugs to hasten the healing. This is a hug that is different from everything else because it involves skin to skin contact. As they grow, the power of touch will sustain them. Even adults need hugs because it is a form of connection with another person. You are the parent and should be particularly with your little one.

Look through the books and you will see that there are actually studies that prove babies who grow up with the power of touch become happier and healthier individuals. You need to know the importance of human contact. A hug makes a world of difference in a person's outlook in life. Hugs connect people beyond space and beyond time. With two arms wrapped around their tiny bodies, your relationship deepens and becomes more meaningful.

Though hugs may not be as easy to do for some people, you have to know that touch is a part of your five senses. A touch does not only serve our cognitive needs to familiarize yourselves more with the world, it also gives you a sense of having a richer experience in life. Touch therapists swear by it, saying that it also does wonders to anyone's health.

The importance is, you need to know how to communicate with your baby beyond language. After all, words only go so far. Physical communication is way to send forth a message. With a mere embrace, you will give them the love that they so need and deserve. Stress will present even in their early years, it is then up to you to make them feel that you are always there when they cry out. Fact is, there is no better cure than a hug. Wrap your arms around them as much as you can so that you immediately establish the right connection. Try it and see for yourself just how powerful this practice is.



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## **7- Soothing Music for Your Baby**

It's always difficult for parents to watch their baby cry. They would do practically anything just so their baby gets comfortable once more. Some people actually believe that the best way to calm a baby is through music. Playing songs is great for your child. In fact, many parents agree to this belief. Music just has so many benefits. Some people say that when you constantly expose your little one to classical tunes, you are actually increasing their level of intelligence.

Music really is a great method for calming your baby down every time they fret. When you bring your precious little angel home from the hospital, make sure you have the music set up in their room. You should be able to access it whenever you hear them cry. It is also advisable to keep a CD in your car so that you have a way to soothe them in the middle of a trip. With the soothing motion of the car and

the accompanying soft music, your angel will be fast asleep in no time.

Should you get tired of playing the same old songs, you can also put some variety in the sounds by adding in the sounds of nature. Any type of white noise will do to help calm your baby. Because babies are unique just as adults are, there are also sounds they won't enjoy. For your part, you just have to know which songs help calm them. See how they react to each song or sound you play and make sure that you keep a copy at hand.

There are hundreds of choices available for you. Look online or visit your nearest music and baby stores. You will definitely find what you need. Of course, common sense dictates that the music must be soft. Music also brings other benefits other than just calming your baby. If the music stops them from crying, you also take away some of the tension off your shoulders.

Moreover, music is an essential element in the learning and development of children. By nature, babies are musical beings. They are fascinated by it even at such a tender age. Scientists and researchers from all over have also been able to show that music helps to lay the foundation of their years. You enhance their learning, hone their musical ability, and develop their language. You will see a big leap in the growth of your baby's memory skills and sensory coordination.

As they grow, let them learn to love music. Sing to them and make it a part of their daily routine. As they grow, you will see that they will respond to the songs by dancing. The movement helps them learn balance, coordination, body awareness, and rhythm.

With music, you get to enjoy so many benefits. Help shape your baby's mind and play a part in shaping your child's intelligence. Their future is in your hands, and the one way to ensure that you give them a world of opportunity is through the use of music.

## **8- Storing Breast Milk**

When you are able to give breast milk to your babies, you should count yourself lucky. This is probably one of the best things you can do as a mother. Enjoy this time to form a close relationship with your newborn and grab the opportunity to hold them whenever you can. As you resume your normal life after you give birth, you may notice that there may be times that you will be asked to leave your home for work. You may not always be there when they get hungry, and while you want to take them everywhere you go, this is just not an option. How can you concentrate on your job when you constantly have to keep an eye on your little one? To be able to cope with the demands, you opt

for pumping your milk and storing it. Whenever your baby cries out in hunger, your partner can just grab the milk from the fridge and feed them.

If you find yourself in situations like this, you will need to know how to store it safely. In today's fast-paced society, it can be difficult for you to constantly find the time to breast feed your child. When you are in a public place, this can also be highly inconvenient. When you find yourself stuck in a situation, the best option for now would be to use expressed breast milk. This involves mechanically squeezing milk from the breast and storing it in a bottle to be used at a later time. You can normally use a pump to squeeze the milk out, and this is especially handy when only the father or the nanny is at home watching your child.

When stored correctly, the milk can last for quite some time. There are plastic bottles and bags available in the stores that were especially made for holding and storing this kind of nutrition. You can simply put it in the freezer or refrigerator so that you are able to extend its shelf life. However, keeping it in the freezer will make the milk lose some of its nutrients, antibodies, and enzymes. This is what happens to food set aside in the same manner. But what it all comes down to is that it is still much healthier than the formula that you purchase.

To test if the milk is still fresh and safe for your child, you simply have to smell it. You should be able to store it at room temperature as well. However, its shelf life only extends to six or eight hours. Anything over that will be detrimental to your baby's health. If you've followed all the rules but sometimes find that your baby does not respond to it as well as actual breastfeeding, the culprit could be the milk bottle. Your baby could have been so used to breastfeeding that they experience some difficulty in learning to suckle from the bottle. In cases like these, you can probably introduce the bottle a few times in the first 4 weeks of their lives. That way, it won't be such a biggest adjustment for them when the time calls for it.

## **9- Taking Care of Your Baby's Teeth**

Being a parent of a brand new baby can be quite an exciting experience. Their first step, their first laugh, and their first set of teeth...these are all milestones in your baby's life. Your child's teeth in particular, need a lot of care. The first set total to twenty and they generally appear in pairs. The growth first appears usually when your child is around six or seven months old. The entire process may even take a year and a half to two years to complete. Of course, it really depends with each child. Some may have their complete set early on while others require more time.

The first time their teeth grow, your child may experience some degree of pain. They often become anxious and irritable, and parents need to comfort their baby often during this somewhat difficult time. It helps to make yourself become more aware with the symptoms of natural teething. You need to take note of the following:

- Increase in the flow of saliva
- Swelling of the gums
- Flushed cheeks
- Fever (for some)
- Frequent thirst

You also need to observe your baby because they will frequently thrust their fingers or anything within their grasp inside their mouth. Many of these symptoms precede the appearance of the first set of teeth. You will notice in several weeks that the thin white enamel has broken through their gums. This is what people refer to as "breeding the teeth."

So what do you do? How can you help your child cope with the pain and irritation? First of all, you don't need to stress yourself out too much. This is a natural process that every child must go through, and everything will be alright in the end. It helps to put your infant a well-ventilated area. You also have to give them milk regularly so that their gums are kept moist and relaxed. Of course, you also have to know when to stop. Too much milk can be heavy on their tummies, and you only will end up with two problems instead of one.

From the instant teething begins, you need a piece of scraped liquorice root or a flat ivory ring to numb the pain. You need to gently rub the gums with your finger. When you do this, the infant usually stops crying. The problem with some is that they take the baby teeth for granted. They always think that there is still another set coming. However, baby teeth are important and necessary. Your child won't be getting their first adult tooth until they reach the age of six. Early on, parents need to help children look after their teeth and inculcate good oral hygiene practices even from the beginning.

You should be concerned with tooth decay. The good news is, there is a new range of toothpaste with xylitol as an active ingredient. Looking after the baby teeth is not the challenge. The real test lies in teaching your child to develop a healthy habit. Knowing how important baby teeth are, you also need to make sure that they last. Their first set teaches them how to chew their food properly. Diet, health, and nutrition: these are the basic needs your child needs to grow up with.

## 10- The Best Way to Put Your Baby to Sleep

New parents are always excited for the arrival of their little bundle of joy, but once the baby arrives, they suddenly realize that life isn't all about flowers and butterflies. Their newborns constantly cry at night, and because they take turns taking care of the baby, they hardly get any sleep themselves. This can especially be difficult for parents who have to work during the day. They have to find a balance so that they can be good providers as well as loving parents. Yes, they continuously experience difficulties in making their young ones sleep soundly at night. Could the baby be fighting sleep? If this is it, then you will realize that you are in the middle of a form of baby sleep disorder.

There are babies who fall asleep very easily, and those mothers and fathers are lucky if their child is like that. They simply have to rub the baby's back and sing them to sleep before they drift off into dreamland. The unfortunate others, however, may experience a tough time in calming the child down at night. They constantly struggle with their sleep patterns, and this gets them stressed during the day. If you've got circles around the eyes, well, you're not exactly alone.

You need to learn how to put baby to sleep properly. You may be failing at it for several reasons. If your baby is colicky, you need to endure this for a couple of months or so before things finally settle down. Waking up to the loud cries of your baby and stumbling around in the dark trying to find a bottle isn't exactly anyone's idea of fun. So how can you get a good night sleep?

First, you need to create good sleeping habits. The biggest mistake new parents seem to make is teaching the child bad sleeping habits. You need to set a schedule and make sure you create consistency. The change can also be difficult for the child, and because they are still unable to express themselves, all they do is cry. Another mistake is becoming an over doting mom. Yes, there is such a thing! Parents need to know that they also need to teach independence at a young age. When mothers tend to carry the child too often, he or she may end up getting too used to the fact that someone is holding them at all times.

Unfortunately, there may be different solutions for different babies. But there are several techniques you can implement early on. You can give your baby a bath before you feed them. Once the baby is fed and burped, make sure that you cuddle them for a while. Then, lay down your baby as you sing them to sleep. Establish this pattern and let your baby's body recognize the signs of bedtime. Training your infant to go to sleep is never easy. It does require a lot of effort and patience. But as months pass by, you'll be able to train them to

sleep at night with little or no trouble. Yes, with patience and consistency, things will definitely turn out well.



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