

your **BABY**

Advice and Guidance To Give Your Baby The
Best Start In Life



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Introduction



Every parent in a family would want to give their baby - the best start in life!

However, very few parents / Moms know what things should be done - to achieve that. We get a bunch of different advice and opinions from everyone we talk to and since babies don't come with a "manual" - it's hard to know what the right thing is...

Usually, there is very little or no information known to most of the parents at the time of the arrival of their first baby.

Many new questions come to the mind of the parents of a newly born baby like how to handle their babies first cold, how to make babies sleep, what kind of food is good for them till the age of 6-9 months, how to soothe babies teething pain, signs that tell if the baby is ready for the solid food and why the solid food is not good for them in the initial few months and so on. The list of such questions is endless.

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Chapter 1: Babies and Sleeping



Being a parent is a hard enough job without having sleep deprivation. Most parents find that they have to survive on less sleep.

The glorious day when the baby sleeps right through the night can never come too soon. Babies who nap through the day and then cry at night wreak havoc with their parent's sleeping patterns. There are strategies to try to cope with babies and sleeping habits.

If you can, it's a good idea to sleep when the baby does. Unplug the phone, put a do not disturb sign on the door, and snooze along with junior.

At nighttime, a warm bath can help to make the baby sleepy, so time bath time just before putting the baby down. Babies and sleeping routines are important, so bedtime needs to be about the same time every night, but don't be a slave to it.

Sometimes, the baby wakes up crying and for no apparent reason. They are dry, just been fed and you can't think what could be wrong. At other times, the reason may be that they are teething or have colic.

Your Baby

If you have exhausted all possibilities, they may be satisfied with a hug. Unfortunately, babies and sleeping don't always go together.

Babies need a quiet environment and not be cold or too warm. Some things may calm them if they are anxious, such as a lullaby or a mobile above the cot. Some parents have found that placing a baby next to a tumble drier soothes them into sleep!

As a last resort in solving the babies and sleeping problems, some parents take the baby out for a car ride. The baby falls asleep and then is carried gingerly to bed. Some babies will not fall asleep in their cot at any time and parents have to wait for them to nod off wherever they happen to be and then carry them to bed.

Teething and illnesses make the problem worse. Make sure that you have something from the doctor to rub on to sore gums when those teeth start to push through. Colic often interrupts babies and sleeping through. There are medicines to give for this too.

If you are despairing parents with a wakeful child, just remember that it won't always be like this. The first six months will fly by, albeit in a sleepless haze. Soon, they'll be teenagers and you'll be losing sleep because they haven't come home yet!

Bedtime Routine For Your Baby

As soon as possible, you should start a bedtime routine with your baby. You can start when the baby is six to eight weeks old, and your baby will surely reap benefits from the early routine setup. Establishing a stipulated system will make your baby appreciate the consistent pattern.

The baby will be comfortable knowing beforehand what follows next. This would facilitate better and faster sleep for your baby. Even without your presence in the house, attempt to maintain the routine of the baby. And when you try to settle down your baby in a new place, the routine will ease the baby.