

## **Helpful Tips for Newborn Care**

As soon as your new baby arrives, you will feel love as never before. Although exciting, being a parent of a newborn can also be overwhelming. To help you get started, we wanted to provide some helpful tips for newborns so you can handle various situations as they arise.

One of the most challenging but also most important decisions you will make is finding the right pediatrician. From the time your baby is born, he or she will need certain vaccinations. Being so young and vulnerable, newborn babies are at risk for some disease, which is why vaccinations to boost the immune system are imperative. You might also be faced with a condition called colic, which is actually common but stressful.

From day one, you will need to pay attention the baby's skin. For instance, until the umbilical cord heals, dries up, and eventually falls off, it will need to be gently cleaned. Even diaper rash can be a troubling problem, something you want to treat as soon as it is noticed. For bathing, the nurses at the hospital will show you right and wrong ways of giving your newborn a bath so you feel confident. Even taking your baby outside in the sun is something to think about in that you do not want to deal with sunburn.

Next, there is the issue of diet. If you plan to breastfeed, your baby is not only getting all the antibiotics and nutrition needed but the process is very convenient. Mother's milk contains colostrums, which is loaded with vitamins and minerals that your new baby will need to develop a strong immune system. However, if you cannot or choose not to breast feed, talk to your pediatrician regarding the recommended brand of formula.

Now, if your baby came early, then you will have different situations to face. Most often, a premature baby is not fully developed so in addition to normal challenges, you will now deal with likely developmental issues. Additionally, premature babies are more prone to allergies so make sure the house is not dusty, that pets are clean, and so on.

Of course, along with all of this, there is also the consideration of physiological needs that any newborn will have.

The most common challenge for new parents is a lack of sleep. Babies sometimes have sleep problems that could be the result of psychological or physical issues, or both. Keep in mind that you are not alone. The best solution is to provide your baby with a lot of love and cuddling. You could also give your baby a gentle massage, which tends to quiet and calm.

For child care, some parents are fortunate enough to stay at home but usually, some type of daycare is required. If you can afford it, a nanny is a great option but regardless of whom you hire, always do in-depth background investigation, insisting on references that are checked.

Early on, there will be occasions when you need to take the baby out. This might be to visit a friend, the grandparents, to the doctor, and so on. It is imperative that you have an up-to-date car seat so wherever you go you know the child is safely strapped in.

Remember, even parents with other children will go through a period of feeling overwhelmed. You will be faced with ongoing challenges but taking the time to learn about your options for help will allow you to master the daily issues. Whether you are a first time parent or one with many children, stay strong and do your research.