

And Baby Makes Three: Now what do we do?



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The author, Suzanne Doyle-Ingram, and her daughter Hana enjoying a blustery day at the beach.

Disclaimer

I, Suzanne Doyle-Ingram, am not a physician, nor do I have experience in the field of medicine at all. I am simply an experienced mother. Everything in my books, and on my website, <http://www.esuzanne.com>, that I personally provide, is based on my experience with the challenges of parenting a new baby.

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And Baby Makes Three: Now what do we do?

The step-by-step guide to bringing home your new baby

Introduction

This book is intended as a manual for all first-time parents tackling the challenge of bringing home their new baby yet having no idea how best to take care of them.

Not long ago, a new mother's mother used to come to stay with her and help her learn all about caring for her new baby; sadly, nowadays it is often not possible or simply not an option.

New parents are usually alone and have to figure it all out by themselves.

The thing is, you *will* figure it all out, and you *will* be a great parent!

But sometimes it's nice to have the tips and tricks upfront. I intend to help you by giving you resources on:

- Fifteen ways to calm your baby's crying (some that you have probably never heard of!)
- How to figure out *why* your baby is crying
- Lists of supplies you need and what you *really don't need*
- Practical advice on setting up a nursing station
- How to show your baby the respect she deserves
- Overview of where baby should sleep
- Tips on how to get your baby to sleep and stay that way
- A typical day
- Frequently Asked Questions

Let me introduce myself.

My name is Suzanne Doyle-Ingram and I am the mother of two daughters, Hana and Alexa, and married to my best friend James.

I have a Bachelor of Arts in Linguistics and my work history ranges from educating and training to working as the Director of Operations for a major print publication.

Our first child, Hana, was born in August 2001, after a fairly uneventful pregnancy (apart from the usual heartburn, bloody noses, swollen feet – you know how it is!) and a very straightforward all natural labor and delivery.

Suddenly we were a family of three! She was such a beautiful baby; we named her Hana, which means “flower” in Japanese.

All throughout my pregnancy I read every single book on pregnancy that I could get my hands on. James used to say I had my PhD in pregnancy!

While this book is here to help you cope with the immediate challenges of a newborn baby, I urge you to read a couple of others to balance out your preparation, especially if you are planning to breastfeed. There are some very good books out there; and I will recommend some to you. (See Resources)

However, none of the many books I read prepared me for Hana’s non-stop crying. I so wished for a book that would tell me exactly what to do when she was screaming at 3:00am (and 4:00am and 5:00am...) and we couldn’t settle her.

James and I really did not know what to do. We learned through trial and error what worked and what didn’t, and I intend to lend you all our tools and tricks so that you never have to feel exasperated and helpless like we did.

What we needed was a book like this one – one that says, “If your baby is doing this, try this” and pinpoints exactly what to do.

Hana, our first child

Hana definitely had something wrong with her. Unlike colic, which supposedly lasts 3 months, Hana cried pretty much non-stop for eight months. Eventually I figured out why (which I will explain later) but it was terribly stressful and just plain awful for us until then.

She was happy occasionally, don’t get me wrong, but she cried consistently for six straight hours each evening from 6:00pm to midnight and then off and on during the day as well. When she woke up in the middle of the night to nurse, it would take an hour or two to get her back to sleep.

She also had eczema so bad that her skin would bleed. Sometimes James and I had to sleep with her in between us and each of us would hold one of her hands so she would not scratch and scratch and make herself bleed. Even when we put

little mitts on her hands, she just pulled them off. We had no sleep and we were utterly miserable.

What's really sad is that my friends and family didn't really know this was going on. This was our first baby so we didn't know what to expect.

I would mention, "I'm so tired; Hana was up all night" but everyone *expects* you to be tired when you have a new baby. My poor sister-in-law now says that she will always feel guilty about not helping us more.

But really, I was so sleep-deprived and out-of-it that I didn't ask for help. I know now that I should have said, "I need HELP. Can I count on you to come over today from 12:00 to 2:00 and take Hana out in her stroller so I can get some sleep?" If that person said no, I should have called someone else and kept asking until I got help.

I was so tired that I really should not have been driving a car. I would close my eyes at red traffic lights and sleep for 30 seconds at a time!

Stop the Press

Let me stop here for a moment. I want you to know that it is *very unusual* for a baby to cry as much as Hana did, so please don't let our story frighten you. Just know that we became experts at figuring out how to calm a crying baby. We know firsthand how stressful a crying baby can be and we will teach you all our techniques to calm your baby.

Luckily, Hana completely changed at eight months old and started sleeping 12 hours straight at night. It was awesome! And now she is a beautiful, delightful (and eczema-free) three-year-old. She is a kind, funny kid who is a pleasure to be around.

Lexi, our second child

Even during this difficult time, we always knew we wanted to have more children and we were blessed with our second daughter in March 2004.

We named her Alexa and we call her Lexi. This kid practically came out smiling! It's incredible! She hardly ever cries.

There was nothing we did differently with her; we were just lucky. (If one more person says, "It must be because you are less anxious with the second child" I'm going to punch 'em in the nose!)

It just goes to show you how different kids can be.

But really "easy" kids are also challenging in some ways, which sounds strange but it's true. The tips in this book will help you no matter what kind of baby you have.

Before I got married I had six theories about bringing up children;
now I have six children, and no theories.

~John Wilmot

The Marathon

What is it really like to go through labor? Do you really want to know the truth? I will tell you.

I have an analogy that I like to use to illustrate what pregnancy, labor, and parenthood is like that I will share with you.

Imagine you are planning to run a marathon. You train hard for it, eat right, do your exercises, and finally the big day arrives. You feel prepared and excited, but a bit nervous too. And you're off!

You run the marathon, getting progressively more and more tired, you fall once and skin your knee, but you keep going... and at last you cross the finish line.

Congratulations! You've just completed a marathon! You are completely exhausted, you feel like you've been hit by a truck, your body hurts all over, you're sweating, bleeding, and limping.

But wait! Did you forget that you were supposed to start that new full-time job today?

Hurry, you're going to be late. Look, there's your new office right over there across from the Finish Line. You go over, still sweaty, bloody, and limping, and you are shown to your desk.

You are supposed to know what you are doing at this new job but there is no employee manual and no one around.

Have fun!

This is what I felt like after I had Hana. I wish I could have had a tiny break between labor and being a parent. Doesn't that sound funny?! You're just so exhausted and in one split second you go from pregnant to parent. Don't worry, the hormones do kick in and you begin to feel excited and happy.

You already are a great parent!

All throughout your pregnancy you took great care of your baby. You didn't drink alcohol or take any unnecessary medications. You probably exercised, didn't take Jacuzzi baths, and you didn't eat sushi, or Caesar salad, or raw oysters for that matter.

All the things that you "gave up" during pregnancy demonstrate what a great parent you already are!

You have been selfless and loving toward your baby.

The fact that you are reading this book shows how much you love your baby and that you want nothing but the best for your baby. Good for you!

You already are a great parent. Believe it.

Sometimes, just knowing that you *can* be a great parent makes you one. I used to teach literacy skills to people in my community and train volunteers as well. I always told my volunteers that the first thing you have to do is teach someone that they *can learn*; that they *are able to learn*, then you teach them how to read.

More than half the battle is teaching the confidence, and that has to come first.

A few days after your baby is born, you will be surprised to learn how much you already know about her.

You'll hear yourself saying to a visitor, "She likes it if you hold her like this..." It may be hard to believe now, but no one will know your baby better than you.

You'll be the expert!

Note on Pronouns

I decided to refer to 'baby' in this book as 'she', simply because I think it's cumbersome to switch back and forth from masculine to feminine. Since I have two daughters, I'll stick with 'she'.

What great parents do

Great parents are calm and in control.

Let me repeat that: Great parents are calm and in control.

As your child gets older, if you let her think she's the boss, forget ever getting her to listen to you, or respect you.

As our good friend Dan once told James and me, "Your kids are not your friends. They can be your friends when they're 25, but until then, you have to be the boss."

Great parents calmly guide their children through life, teaching them how to sleep, how to eat, how to dress themselves, how to play, how to share... essentially you have to teach them everything.

Consider this: Your "job" as a parent is to make yourself unemployed.

A Note on Breastfeeding

I hope that I do not come across as a breastfeeding “pusher” throughout this book. I sincerely believe that you have to find what works best for you.

The decision to breastfeed or not is a personal one that only you can make. I have had both a great experience and a difficult experience breastfeeding my kids.

Extensive research has shown that breast milk offers the absolute perfect nutrition for your baby as well as significant immunological benefits as well. In addition, consider the following facts:

- Breastfed babies have increased protection against diabetes, allergies and meningitis.
- Breastmilk also helps protect babies from ear infections, diarrhea, and colds and may help protect babies from S.I.D.S. (see page 19)
- The composition of breastmilk changes as your baby grows and her nutritional needs change.
- When breastfed babies do get sick, studies show that they require hospitalization less frequently than formula-fed babies.
- Breastfeeding is more convenient, especially when you're on the go. There are no bottles to sterilize and no formula to refrigerate.
- Breastfeeding can save a family about \$1200 a year.
- Women who breastfeed have a lesser chance of ovarian cancer and breast cancer. In fact, breast cancer affects women who have not breastfed to such a degree that it used to be called “the nuns’ disease”.
- Breastfeeding can also help you lose weight. Breastfeeding exclusively every day is the equivalent to riding a bicycle uphill for an hour a day or swimming 100 lengths in a pool.

Choosing to breastfeed is a choice a mother makes after carefully considering all the available information.

Figuring out Hana

Although I was 100% committed to breastfeeding Hana, I had tremendous difficulty, which I had not expected at all.

I kept getting blocked milk ducts (15 times!), a condition which is very painful.

She had a terrible latch, and although I went to clinics and special doctors, nothing seemed to help.

I finally went to my doctor when Hana was 5 months old and said, "ARRGJGHJGH!! I can't do this anymore! I HATE breastfeeding!!" She very calmly replied, "You've done a fantastic job breastfeeding for five months. Go ahead and stop."

I was so relieved. I weaned her and put her on formula.

I was feeling better physically, but her crying and eczema persisted. At eight months old, my brother's wife called me and said, "Oh Suzanne, I can't believe I just thought of this. When Zachery (her son - my nephew) was a baby, you were living in Japan so you didn't know about the terrible eczema he had. When I switched him to 'lactose-free' formula, it cleared up."

Well, I felt like I had been told I had won the lottery! I had asked various doctors if her problems could have been caused by lactose intolerance and they all said that eczema is not caused by diet and that babies cannot be allergic to their mother's milk.

That is when the great transformation took place! Hana started on "Lacto-free" formula, the eczema cleared up within a week, and she started going to sleep at eight pm and sleeping straight through until eight am.

In short, she became an easy, happy baby.

My experience with Lexi was completely different. From the get-go, she latched on perfectly and breastfeeding has been a fantastic experience.

When I nurse her, I get this very relaxed feeling rush over me and I feel content and peaceful. I never had that with Hana.

It just goes to show you, again, that every pregnancy and every baby is so very different.

Give your baby 40 days

For all the reasons listed above, that's why I am, in reality, "pro" breastfeeding.

If it works, it is the greatest.

I say you should give yourself and your baby 40 days. That's not too much to ask, is it?

If breastfeeding isn't working out after 40 days, and you've tried your very best, then switch to formula.

And don't feel guilty! Remember, you've given your baby forty days of the very best nutrition possible.

Breastfeeding Support

I urge you to set up breastfeeding support before your baby's birth because the first 3 to 5 days are crucial to your success.

If you experience any problems, get help right away.

If your baby's latch is not right, it will be painful and it will not improve on its own; you must get help to sort it out.

There are many places to get breastfeeding help and advice, including:

- Your sister or friend who had a positive nursing experience.
- The hospital where you gave birth. Don't leave without a number you can call for help.
- Your family doctor. She can refer you to a clinic or lactation consultant, if she can't help you herself.
- La Leche League, the largest women's health organization in the world, has more than 3,000 breastfeeding support groups in 48 countries. They also offer telephone help. 1-800-La Leche is contacted more than 10,000 times a month. Check for La Leche League in the business section of your local telephone book or go online to www.lalecheleague.org. Their website has excellent information. Look under Breastfeeding Info.

Above all, if you are in pain and hating it, get help. I know many, many women (myself included) who continued breastfeeding after a difficult start and ended up having a pleasant experience.

Getting Set Up

In terms of “stuff” you need for the baby, the following outlines what you will need, and what you don’t need:

- Diaper rash ointment - I do not use diaper cream after every change. If necessary, I recommend using an all natural one containing: Sweet Almond Oil, Beeswax, Chickweed, Comfrey, Marshmallow, and Goldenseal which you can purchase online here.
- 2 packages of disposable diapers (I would get one size Newborn and one size 1. Your baby might quickly outgrow the newborn ones or never fit them at all)
- Or two dozen cloth diapers - even if you are totally committed to using cloth (I was for my first too!) do yourself a favor and buy a small number of disposables as well. I found that my newborns would wake up every time they peed when wearing cloth, and that was every 20 minutes! Also, the cloth ones are sometimes too big for a newborn.
- Baby wipes – I didn’t use store-bought wipes on Hana. I felt that she didn’t need any propylene glycol, tocopheryl acetate, disodium cocoamphodiacetate, polysorbate 20, disodium phosphate, 2-bromo-2-nitropropane-1, 3-diol, and last but not least, iodopropynyl butylcarbamate on her perfect, soft bottom. I just bought a couple of yards of flannel fabric, cut them into squares and every day I would put a fresh bowl of warm water beside her change table. I would wipe her bottom with clean water after every change and place the used wipe in a diaper pail and then launder them in hot water and bleach. I have to admit, when she pooped, I used what I call the “chemical wipes”, then rinsed with water. She never got a bad diaper rash.
- Note: You do not need to spend your money on expensive Ivory Snow or any other “gentle” baby laundry soap. Just use a small amount of regular laundry soap and do a double rinse.
- Gentle baby soap - You really don't have to use soap on your newborn baby because they can't even get dirty. I just used plain old water for the first few weeks. Sometimes I would use a tiny bit of soap on the "Extra dirty" bits ☺
- Baby shampoo – You don’t really need to use shampoo for the first while either, but I do like the smell. Note: If your baby gets cradle cap (scaly, yellow flakes on her scalp), don’t agonize over it. It is painless and usually goes away by itself. You can help it disappear by rubbing all natural oil (like olive oil) on it and carefully remove the flakes with your fingernail. Then shampoo all the oil out.

- 2-4 pacifiers - you should sterilize them beforehand so they are ready to go in the middle of the night. (See Pacifier Debate on page 34) If you never need them, that's great. But if you do really need a pacifier to calm your little one in the middle of the night, you will be *deliriously happy* that you had the foresight to get them ready in advance.
- Blunt baby nail scissors or clippers - those little nails get so long and so sharp at an amazing speed. You think, "How did she get that scratch on her face? Wasn't she just born?" Of course, the scratch always shows up the day you have pictures scheduled.
- 4-6 bottles (4 and 8 ounce size) and a variety of nipples. Even if you are planning on strict breastfeeding, there may be times when you express your milk and if you have a bottle on hand your partner can feed the baby.
- 2 nursing bras (if nursing). I highly recommend Bravado nursing bras. They are extremely comfortable and they have great fabrics and colors. [Link]. Also, Motherhood [link] has nice sleeping bras. It's important to avoid underwire because they can compress the milk ducts and cause blocked ducts.
- Breast pads (if nursing). Buy soft cotton ones (several layers thick) that you can throw in the washer and dryer. When you breastfeed, milk comes out of both breasts at first and then the breast that the baby is not feeding from stops, so you need pads tucked into your bra to soak up any leaks. You also leak milk until your milk gets established. They make plastic backed breast pads that are waterproof, but only wear them occasionally, such as if you are going out to a party, because if you wear them all the time your breasts won't breathe and you can develop thrush.
- Breast pump (if nursing). See Summary of Breast Pumps, page 27.
- Bottles – There are two kinds, regular ones that are either plastic or glass, and those with disposable, pre-sterilized liners. You may have to try several nipples to see which ones your baby prefers. Avoid bottles in weird shapes because they are difficult to clean.
- 6 bibs - the ones that fasten with velcro around the baby's neck are better than the ones that tie. And bigger is better. The small ones hardly cover any of the baby's shirt. You won't need these until later.
- 10+ wash cloths - the more the better. Use these to wipe little hands, faces, etc. Baby washcloths are softer, thinner and smaller than "adult" washcloths.
- 4 bassinet sheets – obviously only if you have a bassinet! Make sure they are the right fit, then wash them and put them away.
- 3-4 crib sheets - if you have a crib. These are bigger than bassinet sheets.

- 2 crib blankets - I like the knitted ones that are "holey" because then I don't have to worry if my baby puts it over her face. Put it up to your face and see if you can breathe through it before you let your baby sleep with it.
- 6-8 snap t-shirts or onesies
- 4-6 lightweight sleepers
- 6-8 receiving blankets
- 4 pairs of socks
- 2 sweaters
- booties - Robeez are great. They are made of leather, adorable and they do not fall off.
- Baby Swing – I highly recommend that you get a swing. The battery operated ones are better than the wind up ones because the latter stop swinging after 30 minutes and that usually wakes up the baby. Either that or you go running over there in a panic to wind it up again.
- Bouncy Chair – Get one that has a vibrating feature you can turn off and on.
- Crib or bassinet – If you buy a crib, make sure you can lower the side rail to put the baby in. I prefer a side rail that lowers with a foot mechanism rather than the ones that you have to use two hands to lower. Why? Because if someone takes the baby out without lowering the side (i.e. your husband reaches in and lifts baby out), later when you tiptoe into the room holding your sleeping baby only to realize that you cannot lower the side because you need two hands to do it, and therefore have to break your back to lower the baby in without waking her up, you will wish you had one that you can lower with your foot.

What you don't need

You might find these things on "must-have" lists, but I disagree:

- bottle brush - this is a round brush on a wire handle that you shove into the bottle to clean it out. I guess it could be handy, but I've never used one.
- nasal aspirator - these are usually blue in color, and they are used to extract mucous out of your baby's nose. Some people use them all the time when their kids have colds, and others say they should not be used at all unless by a doctor. I say, you certainly do not need to go out and buy one before the baby arrives home, but one day you may be in the drugstore and see one and think, "Yeah, maybe I'll pick one of those up today". Wait and see.
- alcohol wipes (for the umbilical cord). Now they are saying to just leave the cord alone. I never did anything to either of my kids' cords and everything turned out fine! Ask your doctor.

- baby brush and comb set. How much hair can the kid have? You will probably get this as a shower gift any way.
- 2-4 hooded bath towels – You do not *need* one of these. Just use a regular towel; your baby will never know the difference. They are cute, and I'm glad I received one as a gift, but they're not really necessary.
- crib bumper - you are not supposed to use bumpers until your baby is one year old due to SIDS . You have to make sure that air can circulate effectively all around your baby when she's lying down.
- 2 comforters – you can't use the thick types of comforters until your baby is much older and the risk of SIDS has lessened.

Your Nursing Station

If you are planning on breastfeeding, you should have a special place set up so that you will always be comfortable and relaxed when breastfeeding.

It can be in the corner of your livingroom, in your bedroom, in your baby's room, or anywhere you like. Personally, I liked to watch tv when nursing because I wasn't coordinated enough to hold a book with one hand and it was *really boring* to sit and stare at the wall for 10 hours a day.

Your nursing station should have a rocking chair or other comfortable chair. When you are just beginning to get accustomed to nursing, you might find that a Boppy (see Resources) will help you.

Make sure that you are completely relaxed and you are not holding tension in your arms or shoulders. At first, you will probably have to ask your partner to place a pillow under your arm or elsewhere to get it "just right".

You will also need a table within reach to hold essentials. Nursing makes you really thirsty so I recommend a water bottle with a straw; that worked great for me. On your table, you might also have: a hair elastic, some lip balm, a notepad and paper, a phone (with a headset – highly recommended so you don't get a kink in your neck!), hand cream, and lanolin nipple cream. Make your nursing station a nice, inviting space for yourself. Afterall, you will be spending a lot of time there.

Sudden Infant Death Syndrome (SIDS)

SIDS is the leading cause of death of infants between the age of one month and one year old. It is the sudden, unexplained death of apparently healthy infants. It is not caused by suffocating, vomiting or choking. It cannot be predicted. It's sometimes referred to as crib death, because the babies die in their sleep. No one knows why it happens, but experts make the following recommendations:

1. Breastfeed from birth to six months or longer.
2. Ensure your baby has a smoke free environment.
3. Place baby on her back to sleep.
4. Do not allow your baby to get overheated.
5. Do not use bumpers in her crib.
6. Do not place any toys, stuffed animals, pillows, sheepskin, or soft bedding in her crib.

Become assertive for your baby's sake. Do not let anyone smoke near your baby or anywhere in your house.

"Baby Gazing" Neck Pain

It sounds funny, but if you spend a lot of time gazing at your baby with your head cocked to one side, you could get a very painful kink in your neck. So be careful! I found that this happened to me when nursing. I would stare and stare into her eyes and say, "She's sooo beautiful!!" to anyone who would listen!

Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.
~Elizabeth Stone

The First Day Home

How exciting! Your baby is finally here and now you are ready to bring her home! The first things you will need are an outfit and a carseat.

The outfit

Bring something comfortable and warm for your baby to wear. Those cute little jeans you have might be better for later. Remember, your baby just was naked in warm, soft water for nine months and you want to try to emulate that comfort level that she's used to.

Soft cotton pyjamas (also called sleepers) are great, with an undershirt underneath and don't forget a hat as well. After you place her in the carseat, place a blanket over her. You can't put a blanket under the car seat restraint. Ask your nurse to check to make sure your baby is buckled in correctly.

Talk to her

Let your baby know what's going on. Tell her that you are going to take her home now.

Scientists don't really know exactly when babies begin to understand us, so why not start talking to her right away? Use a soft, gentle voice and encourage your partner to talk to your baby as well. She has already heard your voices for months and it will make her feel safe to hear you speaking to her.

Talk, talk

According to the U.S. Department of Education, it is very important to talk to your baby. You may wonder how much of what you say is understood by your baby. But don't worry. When you talk, your baby is listening. When you talk to babies, use simple words and phrases. You should speak clearly. You can get your baby's attention by widening your eyes and mouth. You can also change the pitch and tone of your voice. These are your baby's first lessons in communication.

Here are some tips for talking to your baby:

- Look at your baby's eyes while you are talking to her.
- Call your baby by her name.
- Keep your talk simple. Say "pretty baby." Use the words "mommy" and "daddy" when you talk to her.
- Watch for your baby's expressions and listen to her sounds. Make these same sounds and facial expressions back to her.
- Add gestures to your talk. Say "wave bye-bye to the dog" as you wave to the dog.
- Ask your baby questions. "Would Maria like to have her milk now?" "Does Maria want to go outside?" Ask the questions even though she can't answer.
- Talk about what you are doing. As you dress, bathe and change your baby, talk about what you're doing.
- Read to your baby. Babies love nursery rhymes and poems. You can even use a lively voice and read your favorite magazine or book to her. If you can, use books with stories that include a baby, a rattle or other common things. (You can find lots of children's books at your public library.)
- Sing to your baby. It is important while she begins to learn language skills.
- Watch for signals from your baby when you are talking to her. If she is smiling and keeping eye contact, she is saying she wants you to keep on talking.

These tips were reproduced from the **U.S. Department of Education**.

In the car on the way home

Nurse your baby right before you leave the hospital, because by the time you really leave, it will be about an hour later!

I like to suggest that you sit beside your baby in the backseat of the car, so that she can see you, hear you and smell you. You can also calm her down if she gets fussy by placing your hand on her tummy, or stroking her head. She will probably fall asleep any way.

Never, ever take her out of her carseat while the car is moving. If you have a long drive and you need to nurse on the way home, pull over and stop the car.

On your way home, take a moment to think about the other women you see walking down the street with their children. They are mothers, and suddenly now you are too! They would walk to the end of the earth for their children. They would do anything to protect them, or help them. You too will soon know how this feels.

Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, comrades and friends - but only one mother in the whole world.

~Kate Douglas Wiggin

Coming Home

Once you arrive home, introduce your baby to the house and show her around a little. (If she's asleep, it can wait until later.) You can say, "This is where we hang our coats, and this is where we put our shoes..."

You can show your baby her room and say, "This is *your* room! Look at your nice crib and your little clothes we have all ready for you..." You can say, "Mommy and daddy are so happy that you are finally here, and we can't wait to spend time with you, and play with you and cuddle with you..."

Your baby will probably be ready to nurse again by the time you get home. You should take off any extra layers you have on her and get yourself settled with a drink like tea or water.

Change her diaper and then nurse. I always recommend that you change your baby's diaper before nursing, although some people suggest changing baby between breasts. I once heard that a husband said, "Change between breasts? Isn't that a little unhygienic?" What they mean is feed baby on one breast, change her diaper (which will wake her up) and then feed her on the other breast. If you are bottle feeding, feed baby half a bottle, burp and change diaper and then feed her the other half.

Breastfeeding Tips

1. Establishing a good milk supply

- **Frequent feedings**
Your baby should nurse 8 to 12 times in 24 hours. The amount of milk you produce is directly related to the amount of stimulation your breasts receive. Breastfeeding time should not be limited, and both breasts should be used at each feeding, alternating starting sides. If your baby has trouble latching on by day three, get help.
- **Drink plenty of fluids**
Nursing mothers need plenty of fluids. If you remember to drink something every time you nurse your baby, you will stay hydrated. Your urine should be pale in color. Avoid caffeine and alcohol, because these substances encourage fluid loss.
- **Rest when the baby rests**
It is very important for a new mother to rest. Ideally you should sleep when the baby sleeps for at least the first six weeks.
- **Eat a balanced diet**
You need to eat a nutritious diet while breastfeeding, just as you did while pregnant. Take care not to miss meals.
- **Relax during feedings**
Breastfeeding is enhanced if you are comfortable and relaxed during feedings. If your baby has trouble latching on by day 3, get help.

2. Positioning

Having the baby positioned properly at the breast is important to avoid sore nipples and ensure that your baby is receiving adequate nutrition.

Be sure to:

- Find a comfortable position, sitting up or lying down. Relax your arms and shoulders. Baby's tummy should be facing your tummy.
- Support your breast with your hand, thumb on top and fingers underneath.
- Stimulate baby to arouse interest, tickling baby's lips with your nipple. With baby's mouth wide open, quickly bring baby to your breast. Don't bring your breast to your baby. Be patient and keep trying--this is a learned skill for both of you. It may take several tries to get it right. If it's painful, it's not right.
- At every feeding, be sure to get the nipple and a good portion of the areola well back into the baby's mouth.

- Aim your nipple towards the top of your baby's mouth.

3. Engorgement

Engorgement is defined as swollen, hard breasts. If baby feeds frequently, engorgement will probably be relieved within 48 hours.

To keep the areola soft so the baby can latch on to feed, try the following:

- Apply moist heat to the breast before feeding, expressing enough colostrum or milk to soften the areola.
- Stand in a hot shower with the water at your back, allowing the water to run over your shoulders and breasts. Express or pump milk while in the shower to soften the areola.
- You might need to limit the time the baby feeds on the first breast to make sure the baby will take the second breast during the feeding.
- Cold packs might relieve pain and swelling if used after feeding.
- Well washed cabbage works if applied to your breasts. Don't place it on your nipples because in rare cases it can cause infection. Just wrap it around your breast, avoiding the nipple.

4. Sore Nipples

Sore nipples usually result from improper positioning. If you are sore, review positioning and also follow these steps:

- Baby should feed first on the less sore side.
- Short, frequent feedings are better than long, infrequent feedings.
- Change feeding position to allow baby's jaws to exert pressure on less sore areas.
- Remember to remove baby from the breast by breaking the suction with your finger.
- After each feeding, express a few drops of breast milk on the nipple area to promote healing, and air dry breasts for 15 to 20 minutes.
- If you latch baby on and it really hurts, break the latch and try again, pulling down on baby's chin to open her mouth really wide.

Sometimes you have to try latching baby on four or five times. By all means, don't make the mistake of thinking, "Oh this isn't a good latch but I don't really care at this point...". You must keep trying to get a good latch. Your baby will eventually learn that by latching on properly, she gets more milk.

5. Signs That Breastfeeding is Going Well

- Baby is feeding well 8 to 12 times every 24 hours.
- Baby's urine is pale in color.
- Baby wets at least six diapers every 24 hours after the third day.
- Baby's poops are soft and mustard-colored by the end of the first week. Poops may be frequent, and amount will vary.
- You are not in pain.
- Baby regains birth weight by 2 to 3 weeks of age and continues to gain at a steady rate.
- If your baby is not having at least 6 wet diapers every 24 hours by day 5, call your doctor or midwife.

Breast Pump Basics

There are two types of breast pumps: manual and electric.

Manual Pumps

There are many different manual pumps on the market today. The most popular manual pump is probably the cylinder type. It looks like two tubes (usually made of clear plastic), one of which fits inside the other. It creates a vacuum (suction) when the inner tube is pulled in and out. The milk goes directly into the outer tube or into a standard bottle. It is easy to use and is convenient to carry with you. It is also easy to clean. Many manual pumps are made so they can be easily operated with one hand. The design of these pumps allows the mother to pump one breast while nursing on the other.

I can personally recommend the Avent Breast Pump. It's the one I have. I know many women who have had great success with this pump. Be sure to relax and visualize your baby when you are pumping. You have to feel the let down or your milk will just drip out instead of spray out.

Electric Pumps

If you are going back to work, an electric breast pump is a good option. There are now affordably priced electric pumps that are portable and light-weight. Some small-sized electric pumps have double kits that allow you to pump both breasts at once. They often come in carrying cases and are convenient to take to work. I loved having an electric pump. And in case you're wondering, no, they don't hurt!

Some of these pumps may be expensive to buy, but can often be rented on a daily, weekly or monthly rate. I would recommend renting a pump from your local pharmacy before buying one.

Safety First

Keep in mind that your baby will probably sleep a lot. It doesn't matter where she sleeps as long as you keep her safe. If she falls asleep in her carseat, you can leave her in it, but bring her into whatever room you're in. It's hard to believe, but there has been at least one case where a carseat in which a baby was sleeping flipped over and the baby died.

When Hana was a baby she would only nap in her baby swing and my mom always said that she thought it was bad for her. Finally one day I called the Newborn Hotline and asked the nurse about Hana sleeping in the baby swing, and she said, "Congratulations on finding a way to get your baby to nap! Whatever you are doing, keep doing it." Trust your instincts. And believe in your parenting skills.

It's kind of funny because the swing has a label on it that states, "Do not leave baby unattended" and I always felt a bit perplexed by it. I thought, "Do I have to sit here staring at her? Eventually I put her swing outside my bedroom door and then I could take a nap and I would sleep until Hana woke up and cried.

"This too shall pass"

No matter what you are going through with your child – whether she is waking up seven times a night, every night, or she doesn't like being in the bathtub – remind yourself that it's just a phase. Once the phase is over (and it *will* end eventually) you will look back and think, "Oh, I thought that would never end..." but it always does. As you are rocking your baby, or pacing in the hallway, just repeat to yourself, "This too shall pass."

Actually, it passes way too fast!

Always Kiss your children goodnight, even if they are already asleep.
~Jackson Browne

For Crying Out Loud!

All newborn babies need to cry as a means of communication. That's why it is so important to pick them up when they are crying; it is not until much later that you can let a baby "cry it out" (if you choose). You simply cannot spoil a baby by tending to them every time they cry.

It has been proven that when parents respond right away to their baby's crying, the baby learns to find other ways to express herself.

According to statistics, newborn babies cry on average between 1 to 5 hours out of every 24. (I think Hana cried more like 10+. I always say she's above average - ☺).

While you cannot influence your baby's innate predisposition to crying, you can do something about the duration.

Causes of Crying:

Hunger – This is the most common cause. It is normal for babies to nurse every two to three hours, and that is counting from the beginning of the feed, not the end.

Sometimes you feel like it must not be hunger that's bothering them because you feel like you just finished feeding them. But check your watch, it may have been two hours since you started. Babies have growth spurts, when they nurse more frequently.

I have included a breastfeeding log under Resources; feel free to print it out and use it. It is not recommended to nurse more than every two hours, because your body needs enough time to actually make the milk. I found that initially Hana was sometimes nursing every hour and a half, but after seeing a doctor who specialized in breastfeeding, I learned that she was only getting foremilk during each feed and was not nursing long enough to get the rich, satisfying hindmilk.

While breastfeeding is one of the most natural things in the world, but as I mentioned before I would really recommend that if you want to be successful, that you read a little bit on it. Two great sources, which I find to be practical and levelheaded, are Dr. Bill Sears and La Leche League. Dr. Sears' website is at <http://www.askdrsears.com/> He has been practicing medicine and giving advice with his wife Martha, a registered nurse, for more than 30 years. Their

books are excellent and can be purchased here: [link](#). Their website has lots of great information on other topics as well, not just breastfeeding.

La Leche League's website is here: <http://www.lalecheleague.org>. If you go to "breastfeeding Info" on their website, you'll find tons of free information.

Dirty diaper – Even if you just changed it, check it again. Some babies are very sensitive to a wet bottom and this can really set them off.

Gas – You should try to get a good burp out of your baby after (or during) every feed. When babies curl their legs up to their tummy and look as if they're in pain, they probably have gas.

One thing you can try to alleviate gas is a product called Gripe Water. I found that Woodward's brand is the best. Gripe is caused by muscle spasms and excess acid created when air bubbles form in baby's tummy. Because the stomach is full of air bubbles, its muscles are unable to relax, causing cramps and spasms. Woodward's Gripe Water contains oil of Dill herb and Sodium Bicarbonate and brings rapid relief of gas. Most people I know swear by it. Dill Seed Oil warms and relaxes the tummy, breaking down trapped air bubbles. Sodium Bicarbonate neutralizes acid in the baby's tummy. You cannot give it to babies under one month old, however.

Lonely – Sometimes babies just want to be held and cuddled and want to feel safe.

Tired or over stimulated – This one always confused me with Hana. I always thought it was so weird how difficult it was for us to get her to sleep when she was tired. Babies can get especially fussy at parties where everyone wants to hold the baby and they get passed around from person to person.

Crying Checklist

So, when your baby cries, ask yourself:

- 1.) **Is it her diaper?** Check it. If baby stops crying, great! You knew exactly what to do.
- 2.) **Is she hungry?** If you have fed her within the last two hours, I would try to wait a bit. Don't always assume it's hunger.
- 3.) **Does she need a burp?** Try various ways to burp her, such as:
 - a. Hold baby upright with her tummy on your chest area and baby's head looking over your shoulder. Gently rub her back from the bottom to the top, up and down her back.
 - b. Same position, but try patting. Some people do not recommend this method, but I found that it worked well.
 - c. Lie baby facedown across your lap and pat or rub her back.
 - d. This is funny, but it always worked for me. If I couldn't get a burp out of my baby when she was upright, I would slowly lower her down until she was lying flat on her back on my lap, then quickly put her up on my shoulder again. It would basically force the burp up and out of her. Sometimes they barf though so be forewarned! If she hasn't burped after five minutes or so, give it up.
- 4.) **Does she need a change of scene?** Bring her into the kitchen to see what you're doing. Talk to her and tell her what's going on around the house. If she's been in her bouncy chair for a while, maybe she wants to lie down flat. Or maybe she just wants to be cuddled.
- 5.) **Does she need to suck?** Give her a soother or let her suck on your finger. (See "The Pacifier Debate" on page 34) Make sure your pinky (smallest) finger is clean and your nail is cut short, then insert it upside down into her mouth. In other words, your fingernail should be on her tongue, and the soft part of your finger should be touching the roof of her mouth. You'd be surprised how hard she can suck!

15 Surefire Way to Calm Crying

Ok, let's say that you have checked all of the above and she is still crying, try one of these **15 Surefire Way to Calm Crying**:

- 1.) **Tour Guide**: Hold baby in an upright position with her head looking over your shoulder. Show her pictures and plants around the room. Describe them to her, like, "Look Sarah, here is a plant with long skinny leaves. We don't know what kind it is, but we call him Spike. And over here is a picture of Grandma. She used to have long hair. Now she has short hair, doesn't she?" Continue around the room until she's calm.
- 2.) **Bobbing for baby** – Hold your baby and while standing, bend at your knees repeatedly so you are gently bobbing up and down. It may help to say, "Shh shh shh" as well.
- 3.) **Change artist** – Change position. Sometimes baby just doesn't like the way you're holding him. If she's sideways (cradle hold) change her to upright on your shoulder. It works.
- 4.) **White Noise**: Hold baby tightly in your arms. Go into the bathroom, turn off the light and turn on the bathroom fan. Stand perfectly still. If being still doesn't work, try swaying a little back and forth.
- 5.) **Hum-dinger** – Get your partner to remove her shirt and lie semi-reclined on the bed or couch. Remove baby's shirt also and have dad hold baby skin-to-skin, and cover them both with a blanket. Dad holds baby with her head on his chest and dad hums. It doesn't matter if you hum tunes, or hum randomly, just hum. She will love to hear and feel dad's humming. Try stroking baby's back or head as well.
- 6.) **Five S's (or 4 S's and one J)** – Harvey Karp's method (see Resources) is fantastic. Start by swaddling the baby really tight. Put a soother in her mouth and pick her up, holding her on her side, with her tummy alongside your tummy. Jiggle her a bit, being careful not to shake her. (This is the J for jiggle, instead of S for shake). Now say SHHH SHHHH SHHHH quite loudly in her ear, over and over. She'll be calm in no time. It really works!
- 7.) **Couch potato** – Let her watch tv. It works! We used to put on the Country Music Channel and it totally distracted Hana.

- 8.) **Touchy Feely** – Give her a baby massage. Gentle, soothing stroking of her arms and legs can really calm a baby. Some babies like this, and some don't. You'll know right away if she likes it or not!
- 9.) **Water Baby** – Give her a bath. Some babies find this very relaxing.
- 10.) **Rock on** – Turn down the lights and put on soft music. Hold your baby and dance around the room. My father-in-law said he did this with James to the Beatles for hours and hours!
- 11.) **Hold tight** – Swaddle your baby and lie down with her beside you in bed. Hold her really close to you. If you are lying on your right side, put your right arm up above your shoulder and around baby's head, with your right hand on her torso. Your left arm should be on her legs or torso as well. Put your mouth on baby's forehead or head and say, "Shhhhhh" over and over in kind of a lulling, "white noise" kind of way. Your lips will literally be touching her head so she can feel your breath. Do it louder than baby's cry so she can hear you. [I remember one time I did this with Lexi when she was about two weeks old. She was really upset and I couldn't seem to settle her and get her to sleep. I guess we both fell sound asleep and when I woke up Lexi's head was covered in saliva! ☺]
- 12.) **Let's swing!** – Try using a baby swing. While most makes say that you can't use them until a baby is 6 weeks old, I used them anyways. Make sure baby is belted in properly.
- 13.) **Swing it more!** – Another option (which was one of the only things that worked with Hana) is to put the baby swing in your kitchen, turn on the fan over the stove, and turn out the lights.
- 14.) **Wanna go for a ride?** – Go out for a car ride. A lot of people swear by this.
- 15.) **Forget it** – Sometimes your baby just wants to be left alone. Place her, screaming, in her crib or bassinet or in the middle of your bed and walk away. This is a great time to close the door, walk down the hallway, turn on the shower and have a nice long scrub, especially if you're on your last nerve. It won't hurt her to cry for ten minutes. Sometimes by the time you get out of the shower, she is fast asleep.

The Pacifier Debate

Way before babies can do much else, they can suck. And it is an important means of self-soothing for them. They are either going to suck their mother's breast, suck their fingers, or suck a pacifier.

I remember when Hana was only about a few days old, and I was feeling like a human pacifier, James and I looked at each other bleary-eyed at about 3am and said, "What's the controversy about pacifiers again? Why shouldn't we let her have one?" And we couldn't think what it was, so we gave her one and she loved it. From then on, it really helped her get to sleep. Some parents say that they are not going to give their next child a pacifier while others swear they are going to get their next baby on a pacifier no matter what.

Some of the benefits of pacifiers are:

- They can help your baby self soothe to sleep
- They can help baby get back to sleep in the middle of the night
- They can help distract the baby, i.e. when they are getting their immunization at the doctor's office
- They can also help distract baby while you are getting a bottle ready or finding a place to nurse if you are out

Some of the disadvantages of pacifiers are:

- They may cause your baby to have "nipple confusion". What this means is that her tongue moves differently with a pacifier, breast and bottle and some people say that it could interfere with breastfeeding
- Long term use can cause dental problems

If you do use a pacifier, make sure you wash it every day with hot soapy water. And if I were you, I'd buy several of exactly the same kind in case you lose one!

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.
~Joyce Maynard

Sleep

Newborns sleep an average of 16 hours a day. Some sleep as few as 10.5 hours and some as much as 20 hours.

Babies regulate their need for sleep and usually nap for a duration of 2 to 4 hours.

They do not know the difference between day and night (until you teach them) and they wake up 2 to 3 times a night.

The reason babies sleep so much is that their neurological systems grow much faster when they are sleeping and, obviously, they have a lot more growing to do than adults. (Maybe this is why teenagers want to sleep so much...?).

Most newborns fall asleep easily, and many new parents are surprised that it can be quite a challenge keeping their baby awake for feedings.

Babies are used to being rocked to sleep since before they were even born. Therefore, you will probably find that any type of movement will help your baby fall asleep.

Many of the 15 techniques discussed on page 30 will help your baby fall asleep in addition to calming them.

Try these techniques to help your baby fall asleep:

- 1.) Swaddle tightly. Young babies are used to being in a cramped position and they don't like to have their arms and legs flailing around.
- 2.) Keep a calm atmosphere. Keep light and noise down to a minimum.
- 3.) Or, turn on the vacuum cleaner. (If this works for your baby, make a recording and play the recording, otherwise you will wear out your vacuum and your carpet!
- 4.) Hard rock music sometimes works too!
- 5.) Driving in the car.
- 6.) Strapping your baby in her carseat and placing it on the clothes dryer. (Do not leave her unattended; she could fall off!)

- 7.) Give her a soother or let her suck on your finger. See page 31 for more information (under "Crying Checklist, item 5).
- 8.) Hold baby close to you, either rocking in chair or keeping still, and gently stroke her eyebrow, over and over again, very slowly. (I know it sounds ridiculous, but it works!)
- 9.) Go for a walk with baby in her stroller.
- 10.) Sing or hum. Don't worry if you think you can't sing; your baby will love the sound of your voice.

Your children need your presence more than your presents.
~Jesse Jackson

Why Babies Wake Up

Generally babies wake up because they are hungry or uncomfortable. They cannot store nutrition, so they run out of fuel.

That's why they can sleep for longer periods as they get older and their capacity to store fuel increases.

They are also more likely to dirty their diaper when sleeping when they're very young.

Sometimes they wake themselves up with their own startle reflex.

They fling their arms out to the side and it wakes them up.

Swaddling your baby will prevent this.

How to put your baby down when she's asleep (and keep her that way)

This used to drive me crazy. I would spend two or three hours calming Hana and finally get her to sleep and then try to put her in her crib and she'd wake up and I'd have to do it all over again.

Here are some things you can try:

- 1.) Place a hot water bottle in her crib and cover it with the blanket she will use. Just before you put her in the crib, have your partner take out the hot water bottle. **Do not** put your baby in the crib with the hot water bottle. Slowly lower your sleeping baby into the warm crib.
- 2.) Rock your baby in your arms and continue rocking gently as you lower her into the crib. Sometimes what they are afraid of is the feeling of falling through open space. Place your baby in the crib and keep your arms around her for a moment. Then carefully withdraw your arms.
- 3.) Place your sleeping baby in her crib and then gently jiggle the crib a bit to trick her into thinking that she's still being rocked in your arms.

- 4.) Get one of those gadgets that make heartbeat noises and place it near her crib. You can get these at most drugstores.
- 5.) Place mom's t-shirt in her crib so she can smell her mom's scent.
- 6.) Play soft music in her room.

How to Swaddle

Here is the swaddling technique touted by Harvey Karp, pediatrician and author of *The Happiest Baby on the Block*. (See Resources) Spread out a square shaped blanket in a diamond shape and fold the top corner down. Lay your baby on top, with her neck at the fold. Fold one top corner down and across her body, holding baby's arm straight at her side, and tuck it under her. Fold the bottom corner on the same side up. Now fold the other top corner down, holding her second arm at her side, and pull it snugly to about the middle of baby's chest. Bring the bottom of the blanket up and across your baby's body, wrapping it snugly. Notice that your baby's legs can still flex and move, but her arms are held still.

Most babies will calm down considerably when swaddled like a little sausage.

The quickest way for a parent to get a child's attention is to sit down and look comfortable.
~Lane Olinghouse

“You will be so busy” “Your life is about to change completely”

When you are pregnant, this is all you ever hear. I am here to tell you that it's true, your life will change, but it will change for the better and you will be shocked at how much you can love this little person. You will wonder how you ever lived without her. I often wondered how one little person can make your day so busy, so I will attempt to explain exactly what a typical day is like.

A Typical Day

Below is a typical day in the life of a new mother and father. Let's say the mom's name is Paula and the dad's name is Rick. The baby's name is Walter. He is 6 days old. This is a realistic portrayal of Day 6 postpartum.

6:00am – WAHAHAH. Walter wakes up crying. Paula gets up and picks him up. She is about to nurse him but realizes that she really should go to the bathroom first because he typically nurses for 40 minutes or so. She wakes up Rick (“How could he be sleeping through Walter's screams?” she wonders) and asks him to hold Walter while she goes to the bathroom.

6:04am – Paula takes care of her business, brushes her teeth, thinks about combing her hair but poor Walter is really screaming now.

6:08am – She goes back into their bedroom and asks Rick, “Did you change his diaper?” Rick says, “No, I didn't know you wanted me to....” Frustrated, Paula takes Walter to the change table and changes his diaper. Rick thinks to himself groggily, “Didn't we just change him?”

6:15am – Paula sits down at her nursing station (see page X) and tries to latch Walter on, but he is still crying so she has to calm him down first. After he calms down she gets him latched on but it's not a good latch and it's hurting Paula. She breaks the latch and re-latches. She pulls down on his chin to try to get his mouth wide open. It takes a few tries, but eventually she gets him latched on nicely. He nurses like a champ.

6:30am – Suddenly Paula feels as though she will immediately die if she does not have a drink of water. She yells out to Rick (who is back to sleep) and asks him to bring him a drink of water. He brings it to her.

6:40 – Walter has been nursing for 15 minutes and is now sound asleep on Paula’s breast. She breaks his latch with her finger and tries to burp him. She has him up on her shoulder and he is still fast asleep. She needs to burp him and wake him up so that she can get him to nurse on the other side. She asks Rick to get up and bring her a cold washcloth. Rick gives up trying to sleep and helps Paula.

6:43 – Rick and Paula try to wake Walter up but he is sound asleep. Eventually, Rick takes Walter to the change table and removes his sleeper, and Walter wakes up.

6:50am – Paula gets Walter latched on the other breast and begins nursing. Walter abruptly starts crying and pulls off her breast. Paula realizes that he probably has gas because she did not get a good burp out of him after the last feed. She tries to burp him in the shoulder position. No burp. She rubs his back, and then she pats his back. Eventually she lays him, tummy down, across her lap and he lets out a good one. Paula gets him latched on again.

7:30am – Paula has finished nursing! She started at 6:00am. Walter is asleep in her arms so she puts him down in his crib. He abruptly wakes up. She feels a “gush” and calls out to Rick to pick up Walter so she can attend to her business in the bathroom.

7:45am – Paula has freshened up and Rick is holding Walter in his arms, rocking in the rocking chair. Paula goes back to bed and Rick stays up with Walter.

8:27am – Walter wakes up with a yell. He’s hungry again! Paula got to sleep for 42 minutes.

8:35 – The whole nursing process begins again and takes 1 hour and 10 minutes to complete this time.

9:45am – Paula is starving! She quickly eats a muffin while Rick changes Walter’s diaper. They have visitors coming at 10:00am so Paula quickly has a shower while Rick gets Walter into a clean outfit.

10:00am – Bob and Sue come over and ooh and ahh over Walter. Walter starts getting fussy (he doesn’t like being passed around) after about 15 minutes.

10:30 – Paula realizes that Walter must be hungry again and goes into her room to nurse him. (*By the way, I personally breastfeed in front of my visitors but if you don’t feel comfortable, just excuse yourself and do what you need to do.)

11:00am – Bob and Sue yell “goodbye” through the door. Paula feels like crying. She barely got to see them.

11:15am – Paula and Rick still haven’t eaten a proper breakfast. She “wears” Walter in her baby sling (see Resources) and walks around so Walter can fall asleep while Rick makes breakfast.

12:15pm – After breakfast, they decide to go for a walk. As soon as they get their shoes and jackets on, Walter starts to cry. They remove their shoes and jackets, and change his diaper. Paula realizes that he must be hungry again. He eats every two hours, which is normal.

12:30pm – Paula nurses Walter while Rick runs downstairs to do laundry.

1:30pm – After relatching, burping, etc, Walter is finished and they get ready to go out for a walk again. Shoes on, jackets on, and Rick “wearing” Walter this time in the baby sling.

1:37pm – They are outside at last. PTTTTTTHHHSSHHTTTT!! Walter lets out an explosive bowel movement that could be heard around the block. It leaks through all his clothes and through the baby sling. Paula feels like crying again. How frustrating!

2:15pm – Back outside, with Walter in a new outfit and in the stroller this time.

2:30pm – Paula knows that Walter will be hungry soon so she and Rick discuss where to go to nurse him. They go to a nearby bakery.

2:40pm – Paula is discretely nursing Walter at the bakery and feels great for the first time all day. They accomplished a real outing for the first time! Rick runs home to get her another t-shirt because her other breast leaked milk through her shirt and she feels self-conscious.

3:15pm – They head for home.

3:30pm – They arrive home with Walter asleep in the stroller. They leave him in the stroller in the front hall. Paula goes to bed for a nap and Rick sits in the livingroom where he can see Walter to make sure he doesn’t fall out of the stroller.

4:30pm – Walter wakes up hungry again. Rick gets him up and changes his diaper, then brings him to Paula who is still in bed. Paula nurses Walter lying down.

5:30 – Both mom and baby are asleep in bed. Rick is asleep on the couch.

6:30pm – Rick gets up and starts making dinner. Paula and Walter get up too. Paula changes his diaper.

6:45pm – Paula nurses Walter and eats dinner with one hand.

7:48pm – Paula is finished nursing Walter so she hands him to Rick and goes to the bathroom. Her stitches are bothering her so she boils the kettle to prepare a special herb tea that she can use in a sitz bath. [See Resources]

8:00pm – Walter is crying and crying and Rick can't seem to settle him. Paula is not feeling relaxed at all.

9:45pm – Rick finally gets Walter to sleep by swaddling him and rocking him to sleep in his arms. Paula is worried because it has been three hours since he last nursed, but he has nursed 7 times today so he's alright. They decide to let him sleep.

10:30pm – Walter wakes up and Paula decides to nurse him in bed so she can rest.

11:30pm – All three of them are asleep in bed.

1:25am – Paula nurses Walter and they both go back to sleep.

4:00am – Paula nurses Walter again and spends the next hour trying to get him to sleep.

6:30am – Walter wakes up and the next day begins...

Summary:

In this 24-hour period, Paula nursed her new baby 10 times (average is 8 to 10 times in a 24 hour period), his diaper was changed 8 times, and Paula slept a total of 5 hours. She had no time to clean, cook, do laundry or anything else, except to be a great mom to her baby. Rick was a great help!

Frequently Asked Questions

Q: I have no idea what to do with a new baby.

A: Don't worry. Babies are amazing teachers. Day by day, your baby will teach you how to care for her. It can be overwhelming if you think you have to know everything about caring for a baby all at once. You don't have to know everything. When your baby is one day old, you will know what to do with a one-day-old baby. And when she's one week old, you'll know how to care for a one-week-old baby. They are *designed* that way!

Q: I can't imagine having an actual baby in our home.

A: Do you have a pet? It sounds funny, but having a baby is quite similar! You feed it, play with it, and nurture it. You try to anticipate what they need and respond to its cries for attention.

Q: What do I do when the baby cries?

A: See pages 29-34.

Q: How much does my baby need to sleep?

A: It depends on the baby. Some sleep more than others, some seem to never sleep at all. See pages 35-38 of this ebook. Or read "Healthy Sleep Habits, Happy Child" – you can find it on my website at www.esuzanne.com

Q: What's the number one mistake new parents make?

A: They do not realize that their baby is totally overtired or overstimulated and say things like, "My baby doesn't nap." But the baby appears frazzled and wide-eyed. I recommend that all new parents read "Healthy Sleep Habits, Healthy Child." (link)

Q: Where should my baby sleep?

A: My babies both started out in our bedroom in a bassinet and then moved on to their own rooms. With Hana, she only lasted about a week in our room and

then I shipped her out because she was so noisy! Every peep she made would have me out of bed, checking on her. On the other hand, Lexi has been in a bassinet in our room for ten months. There are so many different options as to where your baby can sleep. Only you and your partner can decide what works best for you two. Others may want to give you advice, but remember, what worked for them may not work for you.

Your options:

- Baby in your bed (some people say this is dangerous, but as many as 50% of parents let their child sleep in their bed at some point!)
- Baby in bassinet in your room
- Bedside co-sleeper (See Resources)
- Baby in crib in your room
- Baby in bassinet or crib in own room
- You and baby in baby's room in another bed (some people set up a bed or futon in the baby's room so that the mother can go in there and nurse in the middle of the night. She usually falls asleep. With this scenario, be careful you don't fall into the trap of not sleeping with your partner anymore.

**Q: Should I hold him all the time? Should I just put him down?
Where?**

A: You can hold him as much as you want. You won't spoil him. And if you're happy doing it, and he's happy, then there's no harm in it. The only problem is that you might get him used to being held all the time and then when you want him to be a little more independent, he will freak out when you try to put him down. You don't need a special "gadget" for him to lay on; he can lay on a receiving blanket on the livingroom floor or kitchen floor, or wherever, as long as it's safe. Make sure there are no choking hazards around, nor any pets that can harm him. Do not place her on a sofa or bed – even newborn babies can hurtle themselves off! (I am still shocked at my friend Mary's comment to me one day: "When Louisa was a baby she fell off the dining room table"!! I just about fell over when she said that. What was she doing on there??)

You may also want to try carrying him in a baby sling (See Resources). Babies love being carried in this fashion.

Q: My baby keeps falling asleep when she's nursing! Do I have to wake her up?

A: It depends how long she nursed for, but generally, yes, when they're really little you have to wake them up so they get enough milk. You don't want your baby to have a sip here and a sip there. It's better for her to have a full few ounces at a time. So, you must wake her up. How? Well, some people advocate tickling her foot, or blowing on her face, but my babies could sleep right through that. It sounds kind of mean, but the best method for me was to rub a cold wet cloth on her forehead. She would still be latched on, so I'd wipe her forehead and she'd suddenly perk up and go suck-suck-suck-suck. If she's sound asleep and that doesn't work, you may have to take off her clothes, and diaper and that should do the trick. Keep in mind that she will grow out of this stage eventually!

Q: What should I do with my baby when I want to take a shower?

A: Interesting question. If your baby is awake and you leave the room to go have a shower, he will probably feel lonely and start to cry. If you don't mind letting him cry for ten minutes, then it won't hurt him so you can do this. But I wouldn't. I either shower when my baby was asleep, or I would take her into the bathroom with me. I just put her in the bouncy chair with some toys and I would peek around the shower curtain at her and play peekaboo. You can also talk to her or sing songs so she can hear your voice. When babies are under about 8 months old, they don't understand that when you leave them, you will come back again. They think you are gone forever and are never coming back. So it's important to reassure them you are still there.

Q: I always thought I'd want to go back to work, but now I'm not so sure. Any ideas on how I can stay home with my baby?

A: As a matter of fact, you've asked the right person! I also found myself in the same dilemma and researched all sorts of possible work-at-home strategies. Visit my website for more information. EStayHome.com

Q: Why can't I just put a towel down on the bassinet instead of buying special bassinet sheets?

A: This could present a suffocation hazard. What I did was place a receiving blanket on my bassinet pad (you can hardly call it a mattress), tuck it under and pin it underneath using diaper pins.

Q: How can I meet other moms?

A: I once met a pregnant woman who said she had no desire to meet other moms and I was quite surprised by this. (She now has an only child with no friends!) When you hang out with other moms, you get a bit of a break because the kids are entertained by each other. It's also great to be able to say, "Has this ever happened to you...?" or "Does your baby such-and-such...?"

You should check with your local community if they have any "Parent and Tot" drop in groups. The Public Health department often puts them on, and you can go and weigh your baby and talk to a nurse or breastfeeding counselor. Your doctor might also know of new moms' groups in your area. You could also meet new moms at the park, or your public library might have a storytime every week. It's never too early to read books to your baby. It's good for you to have a goal to get out of the house and it's also really good for your baby to have the stimulation other people's voices and experience new sights and sounds.

You could also check out La Leche League – if this doesn't interest you, you could still call and ask them if they know of any moms' groups in your city. Your church might also have a moms group. Even if you don't attend a church, you could still call some up and ask around.

Q: What do I need to bring with me when I go out with the baby?

A: Your diaper bag should contain the following items:

- Complete change of clothes (for those explosive poops that cover everything he's wearing).
- Four diapers
- Small container of diaper wipes
- Plastic bag for dirty diapers
- Diaper rash cream (if using)
- Extra t-shirt for you if you are nursing (you could leak all over)
- Bottle of formula (if bottle-feeding). Even if you are not expecting to be long, it is better to be safe than sorry and wind up with a hungry, screaming baby
- Toys for baby
- A bottle of water for you
- Soother or two
- Your wallet, keys, cell phone, etc. You won't be carrying a purse and a diaper bag.

There are two lasting bequests we can give our children.
One is roots. The other is wings.
~Hodding Carter, Jr.

In Conclusion

I sincerely hope that you have found the information contained in this ebook to be helpful. I wish you all the best with your new baby. Above all, have fun! Enjoy each day, take the good with the bad, know that the challenging times don't last long, and remember that there is no one in the world who knows your baby better than you.

You're a great parent!

Sincerely yours,
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Resources:

[The Best baby Books](#)

www.estayhome.com

www.lalecheleague.org

www.askdrsears.com