Newborn Milestones - What to Expect in the First Few Weeks
Article

Raising a Healthy Baby: The First 365 Days

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We know what it’s like. For many parents, the first year of their baby’s life is plenty of absolute happiness, interrupted by moments of stress and figuring things out. We don’t want to do anything wrong and we want our baby to be healthy. Yet, our little bundle of joy sometimes seems like a bundle of diseases and infections. As their immune system develops, our babies get respiratory illnesses and intestinal infections that make us freak out.

No mother likes to see her precious newborn sick, even though it’s completely normal and is part of your baby’s development.

There are, however, a few things you can do to help your baby (and yourself) get through that first year healthy.

- Breastfeed, breastfeed, breastfeed. You’ve heard it over and over again, and for a reason. Breastfeed your child for as long as you can, and they’ll get fewer colds, ear infections, and intestinal bugs.
- Keep the boogers out. A clear nose lets them breathe better, which allows them to sleep better, which, most importantly, allows YOU to sleep better. Use unmedicated saline nasal drops.
- A clean crib nurses a healthy baby. Remove dust from stuffed animal in the room (TIP: Limit the number of stuffed animals in the room for the first year!), and keep aerosol, perfumes, and hair sprays away (even if it means fighting with visiting relatives). Of course, smoking doesn’t belong any where near a baby.
- Keep the doctor visits coming. Make sure you stay on schedule for vaccines (TIP: Keep a handy vaccine chart!) and take the opportunity to ask your pediatrician any questions that you may have.

Reference:

The Top 10 Concerns of New Parents by William Sears

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