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CARE OF NEWBORN BABY

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When the mother feeds her baby, at a time, the baby consumes 60 to 80 ml. of milk. The mother has to feed her baby in regular intervals in a day. Mother's milk is the best food for the baby. Till the baby is one year old the mother has enough milk to feed. The mannerism, which the baby learns in these days, influences it throughout the life. The baby learns these mannerisms within five years of age. When the mother is feeding its child she should be in a good and happy mood. This will make the child fight with all the odds of life. The child will learn to be strong and will have firm mind when it grows old.

Today it has been proved that mother's milk should be given to the baby till six months. After six months supplement food like – juice, milk, water can be given. Water is good for health but it is not recommended for the baby until six months. If the baby is feeling thirsty it should be given mother's milk, if the baby is accustomed to tinned milk then it can be given. The baby's kidneys are not developed enough to take the diluted milk so the baby should be given normal milk. Excess water makes the baby suffer from water intoxication. In this state the sodium in the body is thrown out with water. Lack of sodium affects the actions of the brain. When the baby suffers from water intoxication then initially the baby becomes irritated, feels sleepy and the changes in the brain are noticed. The temperature of the body comes down. Baby's face swells up. Sometimes the baby gets attack. The mother should notice such changes and take the baby to the doctor. Mother's milk contains 33 different types of chemicals, which are not found in other animal's milk. Mother's milk is the best.

Mothers should not feel that if they breast feed the shape will change. Feeding gives good shape to the breasts. The lactating mother is safe from breast cancer, obesity, epilepsy, hysteria, and tumor in the breast. Mother's food intake produces milk. Lactating mother should take cereals, milk, soy-beans, cottage cheese, green leafy vegetables, sprouted cereals and butter. The mother should keep check on her fat consumption because it will produce phlegm in baby. Mother should always keep her breasts clean. Avoid giving cow milk to baby till it is six months old. The cow milk contains more of sodium. The baby can complain of 'hyper nitremia'. The baby can be given goat's milk.



Mother should be aware of the fact that the baby grows from 120 – 140 gm in three months. After six months the baby's weight is approximately twice the weight at the time of birth. By the end of one year it gains three times body weight.

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If the weight of the baby is 3 kg then it needs approximately 500 ml of milk daily.

100 ml of mother's milk contains 88% of water, 1.2 gm of protein, 0.4 gm of kaiseen, 3.4 gm of fats, 28 mg of calcium, 7.0 gm of lactose and 71 kilo calories.

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Breast-feeding avoids arthritis

The lactating mother is benefited with breast-feeding. There are many benefits in breast-feeding, which have been proved by many researchers. Recent studies have shown that breast-feeding can prevent arthritis. Arthritis gives pain in knees, which makes the patient almost handicapped.

Supplement diet

After six months there is reduction in mother's milk. Supplement food is suggested after six months. This includes cow milk, liquid cereals, pulp of fruits, boiled water, sweet kheer, milk and banana, milk and honey. Boil cow milk and add water, add sugar less than the quantity of milk. After few weeks, reduce the amount of water, and give it only cow milk. When the baby is eight to nine months old then it should be given semi solid food, like rice, Moong dal, potato, boiled sweet potato with sugar or clarified butter. The baby can be given mashed banana, papaya, and cheekoo. After the baby is one year old then it can be given cereals, chapatti, rice, and one piece of any fruit, carrot. This strengthens its teeth.

Skin care

Baby's skin is very soft. Proper care should be taken to keep the skin healthy. Newborn baby's skin is very sensitive. Each season has a different affect on the skin. Human skin has three layers – epidermis, dermis and subcutaneous tissue. Epidermis is the upper most layer, it is formed ever since the baby is in the womb. The function of this skin is to keep check on the heat and dehydration. Dermis is

made up of two fibers namely – elastic and collagen, which gives elasticity to the skin. The layer lower to dermis is subcutaneous tissue, which is made up of fatty connective tissues. This keeps the heat and fats in control.

When compared to matured people the baby's skin is more soft, delicate and less oily. The epidermis layer is not capable of controlling the moisture and the skin becomes rough or dry. It becomes necessary to keep the skin of the baby moist, so that the skin does not develop cracks. At this stage the baby develops eruptions, or develops some kind of infection. In summer season the air does not contain moisture. The best quality synthetic skincare products do not give good result. Avoid using creams, lotions, and moisturizers for baby, which contains non-carbon ingredients. Use products, which are made for baby care.

Diseases of babies

The baby cries to get attention because it is unable to speak. Seeing it cry the mother is curious to know the reason. The following are a few diseases, which may occur to the babies and make them cry.

Worms in stomach

Usually babies have worms in the stomach. To get rid of the worms – take orange skin, dry them, grind them thoroughly. Grind and make a fine powder of vaividing. Give this mixture to the baby once a day with half spoon warm water. Give this continuously for three days. On the fourth day add one spoon castor oil in milk and give to the child. The dead worms will be removed by dysentery.

Stomachache

The baby usually cries due to stomachache. Fomentation should be given in this case. Take little water, add



asafoetida and make a paste, apply this paste on the navel.

Ear pain

If the baby is taking its hand towards the ear and crying that means the child has ear pain. In this situation mother should drop her milk in the ear. This will give relief to the baby.

Worms

Usually babies suffer from worms in the anal region. They bite the baby in the anus and make him cry and do not allow him to sleep. Take kerosene oil, dip a cotton ball in it and stuff it in the anus. The insects will die and baby will stop crying.

Bed-wetting

Usually babies have the problem of bed-wetting. Make a regular habit that the child should pass urine and then go to sleep. He should not take tea before going to bed. He should be given one cup of cold milk without sugar and one spoon honey for a month twice daily. He should be given sweet balls made with sesame daily.

Massage

Massage makes a good relation between the mother and the child. Baby needs good care and massage. Massage makes the baby's body healthy and strengthens the relation between the child and the mother. Olive oil is suggested for the massage. Olive oil contains many beneficiary elements, which make the baby healthy and disease free. It keeps the skin soft and healthy, it retains the softness. Olive oil contains vitamin 'A' and 'E'. Vitamin 'A' makes the skin healthy, strengthens the nails and keeps the surrounding skin soft.



The baby should be taken in the lap before massaging. The baby can be made to lie down on an elevated platform and given massage. The massage should start from head to toe. Then the face, shoulders, chest, hands, stomach and legs should be massaged. Initially the baby should be made to lie on the back, first his face and then the hands should be massaged, starting from the forehead, the temple region, nose, cheeks and ears should be massaged. The eyebrows also should be given a gentle massage.

Method of massaging

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Save the baby from small accidents

- Usually small accidents occur in the house due to negligence. Children are responsible for that but the parents are also held responsible for the accidents. If the parents are alert they can avoid these accidents.
- Never keep the lid of water tank open.
- Keep the godown or storehouse locked.
- Keep Sulphur medicines out of children's reach.
- Keep the bathroom and courtyards clean.
- Avoid keeping the gas stove on the ground, keep it on a platform.
- Avoid keeping hot tea, hot cooked cereals or hot milk out of the reach of the children.
- Keep the matchbox away from the reach of the children.
- Glassware should be kept out of the reach of the children.
- Scissors and knife should be kept out of the reach of the children.
- Shaving blade should be kept out of the reach of the children.
- Dangerous weapons like, pistol or revolver should be kept out of the reach of the children.
- Switchboard should always be out of the reach of the children.