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## **Table Of Chapters:**

- Chapter 1** - Bonding Time With My First Baby
- Chapter 2** - Communicating With My First Baby
- Chapter 3** - Fashion Tips For My First Baby
- Chapter 4** - How To Change My First Baby's Diaper
- Chapter 5** - My First Baby Essentials
- Chapter 6** - My First Baby Feeding Guide
- Chapter 7** - My First Baby-Learning The Basics
- Chapter 8** - My First Baby-Understanding The Crying Game
- Chapter 9** - Nutritious Bites For My First Baby
- Chapter 10** - The Joys And Angst Of Holding My First Baby

# **Bonding Time with My First Baby**

Most parents hit it off with their little ones right away. The tremendous need to bond with a newborn is normally triggered by an intense emotion that makes a parent-particularly the mother-want to love and protect her young offspring. For some people, however, this may require a longer period especially after a complicated pregnancy or a strenuous labor. Nonetheless, "my first baby" guidebooks usually reiterate the value of bonding time in spite of the preceding circumstances.

## **The Importance Of Bonding Time**

Research suggests that babies who cultivate satisfying relations with their parents are likely to develop into well-adjusted and confident adults. Plus, they have also shown to do better in school.

In truth, the necessity of spending some quality time with your baby has an absolutely natural origin. It is actually an instinctive process-one that had been interwoven in the fabric of human nature.

## **Bonding Tips For Parents**

If you wish to improve your relationship with your little one, you surely need to make an effort towards the fulfilment of your goal. First-time parents-such as yourself-would certainly consider the following bonding tips to be of use.

### **1) Use touch**

One of the baby's earliest means of communication is through touch. So make the most of this by holding your little one closely. You may cradle him (or her) in your arms or make use of a sling as an alternative in case you need to carry out a few chores.

### **2) Breastfeed**

Breastfeeding a baby will guarantee that he (or she) gets frequent close contact with his (or her) mom. This certainly helps foster an early connection between mother and child. Sadly, the task isn't always that easy. In order to resolve breastfeeding difficulties and other related issues, you may seek the advice of a health counsellor or simply talk to an experienced parent who can help you with your predicament.

### **3) Sing or hum a tune**

It doesn't really matter if you're an excellent singer or not so long as you can carry a tune. Your little angel will love listening to your voice just the same. Even the metrical nature of popular nursery rhymes is extremely comforting and is thought to facilitate language development.

### **4) Give your baby a massage**

A massage offers a more planned and controlled manner of touching your little one. And aside from the excellent bonding time it affords, it greatly encourages your baby's mental and physical growth.

### **5) Talk to your baby**

Although your little one may not comprehend what you're saying, he (or she) will love hearing you talk about anything under the sun. In addition, your baby will acquire confidence from the fact that you're always there for him (or her) even though you still have tons of household chores to do.

### **6) Make the most of daily activities**

Even the time spent for diaper-changing can be converted into a wonderful bonding period. Be sure to take advantage of the opportunity to just talk to, kiss or cuddle your baby. Constantly tell your little angel how much you love and adore him (or her). This will also help you forget about what a messy task it is to frequently change diapers. In other words, it's like hitting two birds with only one stone.

So don't let a fast-paced life stop you from bonding with your baby. Learn to relax and take pleasure in every minute you spend with him (or her). Books with "my first baby" themes will almost certainly tell you the same thing about the value of spending some quality time with your little one.

# Communicating With My First Baby

As a first-time parent, you probably wonder when your baby's cooing will develop into his or her first words. Other queries about communication will almost certainly arise as well. You need to be patient, though, since babies normally articulate their first words at 11 months and onwards. According to numerous printed materials bearing "my first baby" themes, it is around this time that the lips and tongue acquire the adroitness necessary to form speech. Plus, the brain also begins to match things up with their corresponding names.

Needless to say, the rate at which babies arrive at this milestone may vary. If you wish for your little one to get to this stage faster, you have to make an effort to help him (or her) do so. As a matter of fact, there are a number of things you can perform to foster baby talk.

## How Do Babies Communicate?

The reality is that your little one is actually learning the ability to communicate day in and day out. Every time he or she cries, you normally make it a point to make him (or her) feel better. Your reaction and the manner in which you respond to your baby's noise-making basically set the groundwork for language.

At the age of two months, your baby is already capable of responding to your cues. In addition, the singsong manner in which you talk keeps him/her engrossed and encourages interpretation of words and sentences. That's why every time you speak to your little one, he or she stares back at you and makes cooing sounds in response. It is in this fashion that babies communicate with their parents.

By the time your little one turns six months old, he or she will typically begin to babble. At first, the sounds will only comprise of vowels. After that, his or her twaddle will then include consonants. Within months, your baby will attempt to mimic your words and other sounds.

## How To Encourage Baby Talk

Match items up with names. - At mealtime, for instance, introduce him to eating utensils like the plate, spoon, fork, and the like.

Be childish. - Playing games like "peek-a-boo" actually reinforces listening, imitation and taking turns-all of which are prerequisites of carrying out a conversation.

Read together. - In the beginning, your baby will not understand the words you say. Nonetheless, reading to your little one will stimulate his or her senses and perhaps foster an enduring fondness for books.

Prattle back. - Each time your child babbles, utter something similar in reply. For instance, if he or she says "boo boo", you may respond with something like "Hey, goo goo." The fun things you can do with sounds actually make learning a lot more pleasurable. Just remember to pause briefly to let your little one babble back and get used to the pattern of a real conversation. Sing. - Babies, by nature, have a fondness for music. Singing, therefore, is an excellent manner of introducing a wide array of sounds.

Your little one's first word is, without a doubt, a thrilling milestone. Remember, though, that babies develop at different rates and, whether your child is an early or late talker, it rarely holds a bearing on his or her communication skills later in life. You may also find out more about the subject by reading the "language and communication" section of My First Baby books. Also, keep in mind that the more you converse with your baby, the more language he or she will learn.

# **Fashion Tips For My First Baby**

Shopping for baby clothing these days is a daunting task, not necessarily for a lack of options but because of the astonishing array of selections. But whether you have a preference for designer baby outfits or hand-me-down baby clothes, there are a number of things you need to take into account when making those essential choices.

The different types of My First Baby handbooks on the market normally contain a few tips on the subject of baby fashion but to make it a lot easier for you, here are some valuable pieces of advice.

## **Choose Comfort over Style**

More often than not, people get carried away pretty fast every time they shop for baby clothes. Cute and adorable outfits easily find their way into the shopping baskets or carts of doting parents. In other words, shoppers typically go for style and appearances rather than comfort or practicality. The truth of the matter is that there are more important factors to bear in mind when doing the usual “baby wear” shopping.

For starters, take your baby’s skin into account. At his or her age, the skin is normally tender and more sensitive in comparison to adult skin. With this in mind, it certainly is important to examine the material of a certain garment before making that purchase. On top of that, remember that the ideal baby outfit ought to be comfortable, and it should be made up of soft and absorbent textile. Comfort-wise, pure cotton is still the superior choice for baby garments.

## **Consider Accessibility**

First-time parents usually have a propensity to overlook the value of accessibility. The fact that babies need to be changed often is sometimes forgotten. Consequently, if you go for a particular piece of clothing with lots of buttons, fasteners or straps, you’ll soon notice how bothersome they can turn out to be. You’ll surely appreciate ease of access once you find yourself stuck in a situation wherein you need to change your baby’s clothes in a rush or in an inconvenient spot.

Every time you shop for your little one, keep in mind that babies have the ability to make a mess out of a particularly attractive outfit and parents-like you hold the responsibility of cleaning them up afterward. So do yourself a favor and steer clear of adorable yet button-packed baby wear.

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## **Go For Low Maintenance Baby Clothes**

Another important consideration when picking out baby outfits is their ease of care. Always check the care labels while you are still inside the store, and make sure that the clothes are machine-washable and don't have any specific restrictions concerning fabric softeners or detergents.

It's improbable to stumble upon baby garments that necessitate dry cleaning, yet it's always all right to be certain. Although pure cotton is the material of choice for baby clothes, it does have a terrible inclination to shrink when laundered using hot water. When this happens, your little one will surely outgrow his or her clothes faster. Despite this unpleasant tendency, it's still okay to keep pure cotton-or any of its variations-as the predominant fabric for your baby's wardrobe.

Learn these baby fashion tips by heart and save a few bucks from steering clear of expensive and unnecessary articles of baby clothing. Plus, each time you ask yourself this question-"How should I dress my first baby up?" Just remember that in any choice you make, your baby's comfort should always remain as your topmost priority.

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# How To Change My First Baby's Diaper?

Changing diapers is perhaps the most dreaded baby care activity of all. In reality, however, diapering has become so much easier throughout the years. Whether you use disposable or cloth diapers, you will certainly be glad of the fact that they're simpler to use and keep hold of more fluid with fewer incidents of leakage. Then again, despite all the advancements in diapers, first-time parents would still find the need to resort to books on "My First Baby." This is only natural and the feelings of anxiety are fairly reasonable.

## The "Modern Day" Diapers

Gone are the dreadful days of wiggly babies and diaper pins. In this day and age, you're only required to put up with your squirmy baby. Cloth diapers have also become incredibly user-friendly. Many brands on the market are now referred to as "all in ones" (AIO). They're also more or less similar to a disposable diaper in the sense that they can be fastened using Velcro straps.

Disposable diapers are also available everywhere. As a matter of fact, there is a plethora of brands from which you can choose ranging from a wide variety of features and prices.

## The "How-To" Guide

No matter what type of diaper you choose-cloth or disposable-the basics of changing diapers is pretty much the same.

### 1) Assemble your supplies

Gather up all the necessary articles before positioning your baby on the table. This way, you drive down the safety hazards that usually result from the need to leave the baby unattended to get the items you've forgotten to prepare. Open the diaper pack ahead of time and lay down everything on the table. Make sure that the things you need are ready-to-use and just within your reach.

### 2) Safely position the baby

Most parents designate a specific area meant only for changing diapers. This can be as simple as a changing pad placed on top of a table, or as elaborate as a "diaper changing" room that is complete with shelves and cabinets needed to accommodate all the necessary supplies.

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If you're using a table, see to it that you use a strap to hold the baby down and avoid the risks of falling. By no means should you leave your little one unattended on the table. After securing the baby on the changing pad, unfasten the old diaper. However, don't remove it from underneath the baby yet. This provides some leeway of safety lest the cold air motivates the baby to release more urine or poop.

### **3) Clean the baby's skin**

Hold the baby's ankles and slowly lift his or her bottom up. Start cleaning the bottom part using the wet wipes you've prepared in advance. In case the area is profoundly soiled, you may use the front section of the old diaper to wipe the mess away. After cleaning the baby's skin, pull out the dirty diaper and wipes from under him or her and set them aside.

### **4) Change the diaper**

Position the clean diaper under the baby and fasten the straps. For newborns, folding down the top part of the diaper is recommended. This way, you can make room for the umbilical cord. Don't be scared to slip the diaper on snugly. Just imagine the mess it would make if it were too loose.

### **5) Clean up**

After changing the baby's diaper and putting some fresh clothes on, take the soiled diaper and criss-cross the straps to turn it into a little ball. Place it in a trash bin meant only for diapers. Don't forget to use a hand sanitizer-or any liquid disinfectant-before holding your baby.

Those were just some of the fundamental things you need to learn with reference to concerns such as "how to change my first baby's diaper." Feel free to do more research if you feel like it. Just remember to trust your instincts every time you care for your baby because not all guidelines on parenting works well with every situation.

# **My First Baby Essentials**

Having a baby for the first time invokes a lot of emotions. You feel happy yet fear at the same time because you still do not know what to do. You feel excited yet you also feel anxious because you are delving into the unknown. These are just some of the emotions a mother can feel when she has her “my first baby moments.”

Being that this is your first baby, you should not entrust everything to motherly instincts. You should also do some research and studies on the essentials in taking care of a baby. After all, your baby will be depending on you for its comfort as well as its survival.

The most basic concerns that mothers should be focusing on especially on their baby’s first couple of weeks are feeding and sleeping.

## **Feeding Your Baby**

Having adequate nourishment is essential to your baby’s proper development that is why he or she needs to be fed with the right amount of milk at the right time.

You can give your baby ready to feed formula. It is safe and healthy. However, you must not mix this with water because your baby might not get sufficient calories. On the other hand, concentrated formula should be mixed with water in a 1 is to 1 ratio.

Usually after a couple of weeks, your baby will be able to consume more or less a quart of formula each day. You should also check if your baby manifests symptoms such as frequent vomiting, diarrhea, constipation or rashes as this may mean that the formula is not fit for him or her and may need to be changed. This is also the reason why it is still highly suggested that you breastfeed your baby if possible as this is better than any milk or formula in the market.

The proper feeding time of a baby typically has a 2 to 3 hour interval. A common sign that you should look out for is crying that can’t be hushed through lullabies.

You can also check if your baby is having adequate nourishment or not. A properly nourished baby will usually have a wet diaper during the 2 to 3 hour interval and the color of the urine should be clear. Stool is soft and yellow in color. Breast-fed babies will typically pass stools 6 times in a day while bottle-fed ones may pass stools every three days.

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## **Sleeping**

Babies sleep normally for a length of 10 to 23 hours day. Any less of the minimum can be detrimental to your baby's development. Here are some tips on how you can help your baby achieve the normal length of sleep he or she needs:

- \* Make sure that your baby has completed his or her rituals before you put him or her to sleep. This includes feeding, burping, and diaper change.
- \* Wrap your baby securely so as to prevent him or her from doing excessive movements that can disturb his or her sleep. This will also provide your baby warmth.
- \* Place your baby in supine position. Studies show that letting your baby sleep on his or her back is the safest position for him or her and lessens the occurrence of Sudden Infant Death.

Feeding and sleeping are just two of a "my first baby essentials." Basically, these are your main responsibilities for the first couple of weeks.

## **“My First Baby” Feeding Guide**

Providing for your baby’s nourishment is more than just a dietary issue. It also has something to do with comfort and nurturing. A multitude of first-time parents have, in fact, turned to various “my first baby” books and guides for some advice on feeding their babies. Apart from being an excellent way to increase parent-and-baby bonding time, it’s also a wonderful opportunity to just talk to your little bundle of joy.

Since it is your first-time to care for your baby, you definitely need to get hold of all the useful feeding tips you can muster. For starters, take a crack at learning some of the basics of feeding your newborn.

### **Bottle Feeding**

If you choose to feed your newborn with bottled milk, make sure that you prepare everything you need in advance. Just not so far ahead, though, because feeding your little one with spoiled milk is definitely a big “no-no” in parenting.

Remember to have the bottled formula or breast milk at the temperature your baby can tolerate. This can range from lukewarm to room temperature. It is also important to avoid using the microwave for heating the milk up. Doing so will produce hotspots that can injure your baby even if you’ve already checked the liquid’s temperature.

When feeding time comes, hold your baby on your lap while supporting his or her head in the bend of your arm. Try to switch sides from time to time, as you would when breastfeeding, so as to supply ample stimulation on both hemispheres of the brain.

Place the bottle nipple into the baby’s mouth as soon as he or she turns to root. See to it that the nipple is filled with milk as the baby has a tendency to gulp down too much air from a half-filled nipple. To terminate a feeding session, simply remove the bottle from your baby’s mouth.

### **Breastfeeding**

One good thing about breastfeeding is the fact that you’re not required to prepare the milk or warm the feeding bottle in advance. Plus, you can pick out any position you want to nurse in. The appropriate feeding positions, however, may vary according to the baby’s age, the time of day, and your level of comfort.

Many mothers make use of the cradle hold when breastfeeding. This well-liked feeding position requires you to sit upright and hold your little one

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like a cradle. In addition, it also allows you to cuddle your baby with one hand, and move or support your breast with the other. Regardless of what nursing position you choose, don't forget to acquire some support. A nursing pillow or any regular cushion will certainly make it easier for you to hold the baby up and to prevent neck or back strain. When it comes to baby placement, an excellent latch is one of the most vital parts of a comfortable feeding session. Your little bundle of joy should be chin-to-breast and belly-to-belly with you.

To ensure that the feeding is going well, check if the baby's lips are flared around your breast. You may also pull his or her lower lip down a little to see if the tongue is coiled around the areola. You can also hear the baby swallow or notice his or her ears wiggling during active feeding. In case you need to change sides or if the feeding session has to end, simply slide a finger in one corner of the baby's mouth to tenderly interrupt the suction.

Needless to say, first-time parents are not really expected to impeccably perform the feeding process the first time around. So try to be patient and give yourself a break every now and then. Keeping a positive outlook on parenting and taking advantage of all the available "my first baby" resources will also help you a lot.

## **My First Baby: Learning The Basics**

The arrival of a newborn baby is not exactly full of fun and excitement. First-time parents, most especially, have a propensity to experience mixed emotions about the whole thing. This is probably the reason why most people turn to experienced parents such as friends or relatives for some much-needed parenting advice. Those who are not that lucky to have support groups normally hit the shelves of bookshops in a dire effort to get hold of My First Baby books.

Almost immediately, parents find themselves entangled in a predicament when the baby starts to cry. In reality, you don't really need to worry too much when this happens. Keep in mind that an infant basically throws a crying fit every time he or she is hungry, wet-bottomed, uncomfortable, provoked, or in pain. You simply need to attend to his or her needs in order to settle him/her down.

Having a checklist in handy may also help you a lot and eliminate the risks of experiencing a panic attack. Try to check through your list each time your baby cries to ascertain the cause of you're his/her distress. Once the main problem has been identified and dealt with, you'll soon observe your little one go back to his/her peaceable state. It's also an excellent idea to take advantage of this opportunity to lull your infant to sleep. This way, you can make use of the free time to do a few things for yourself.

### **Establishing Routines**

As much as you want to hold your baby all the time, you simply can't-and shouldn't. Remember that you also need to take care of yourself, as well as perform certain house chores. Just imagine how you'll be able to attend to other important matters if you always carry your baby around the house. Time-management is indeed a valuable skill that parents ought to acquire and develop.

Your little one is likely to become accustomed to a particular routine if you keep adhering to it. So start establishing a schedule for sleep and daytime naps. This way, you can squeeze in a chore or two while your little angel slumbers.

See to it that the place where you lay your baby down is safe, comfortable and well ventilated. Appropriate clothing and covers are also important as such factors can affect your infant's quality of sleep.

## Utilizing Sounds

The truth of the matter is that babies can actually fall asleep almost anywhere. They can even doze off in the noisiest of places with no trouble. Of course, this requires a bit of getting used to. That's why parents who expose their little ones to the sound of a vacuum cleaner or other noise-producing household appliances earlier on have no problem performing house chores while the baby is asleep. Their infants have certainly adapted well to the noise.

Various sounds have also been proven to assist parents in settling their little ones down. Apart from recreating the "shushing" sound-which is reminiscent of their time in the womb, playing some relaxing music is also an excellent way to lull a baby to sleep. Make an effort to turn this practice into a habit so that your baby will soon associate a particular melody with sleeping time.

If you just remain patient and resourceful, you'll definitely come across a boundless supply of "My First Baby" parenting tips. So do all you can to get rid of-or at least reduce-the anxiety that goes along with becoming a first-time parent.



# **My First Baby: Understanding The Crying Game**

As a rule, you shouldn't blame yourself every time your baby cries. It's only normal for babies to let out a cry whenever they need something. In fact, a study conducted by the University of London revealed that there isn't any significant relationship between constant crying and ineffective parenting. As maintained by numerous "my first baby" guidebooks, crying is simply a baby's language.

## **Decoding The Language**

In the beginning, crying is a baby's primary means of conveying feelings of hunger, distress, exhaustion, loneliness, and so on. But as your little one grows, he (or she) will become skilled at other ways of communicating his (or her) needs and emotions. These additional abilities typically include body language, facial expressions and, in due course, speech.

## **Soothing The Cries**

Before your baby develops the ability to communicate verbally, you need to make use of ways to deal with his (or her) incessant cries. Here are a number of valuable tips to help you quiet down the sobs.

### **1) Learn the language**

By gaining knowledge of pre-cry warning signs-such as fidgeting, agitated facial expressions, little frowns, flailing arms, breathing changes and the like-you will be more capable of knowing whether your baby is hungry, tired, frightened or overwhelmed. And by acting in response to the hints, you have a greater chance of forestalling a full-scale crying fit.

### **2) Feed your baby**

Little tummies are not capable of holding an amount of food that can last for several hours. In view of this, you ought to recognize the need to provide your baby with small yet frequent feedings. When it comes to appetite, babies usually experience an increasing desire for food that complements the growth spurts. So be sure to feed your little one accordingly so as to avert another crying fit.

### **3) Respond promptly**

A lot of people possess a flawed idea that if a parent responds to a crying baby at once, he or she is actually spoiling the little one. The truth of the

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matter is that the more you delay the response, the more distressed your baby becomes. Before long he or she will not even remember what triggered the crying fit in the first place. The sobs will simply go on and on, and the baby will become much more difficult to quiet down.

If you're breastfeeding, try to respond promptly to your little one's hunger signs. A baby that is left to build up a full-scale cry will have a less organized suck and may experience latching difficulties. At times, he (or she) will merely suck for a while and then doze off due to exhaustion.

#### **4) Carry your baby around**

Studies have shown that carrying babies around may preclude crying. In order to reduce the stress of constantly doing so, you can make use of a sling-securely wrapped against your body-to carry your little one.

#### **5) Make use of relaxing sounds**

Singing a lullaby or playing some mellow classical music can be useful tools in calming your baby down.

The melodies of Beethoven, Brahms and Back are included in the long list of recommended records.

Those were just some of the effective ways to quiet down a baby. You may come across other practical techniques by simply skimming through various "my first baby" books or by surfing the Internet.

## **Nutritious Bites For My First Baby**

Babies certainly can't live on milk alone. Even though it's essential to feed your little one with milk for the first few months of life, you also need think about solid foodstuff once the baby shows certain indications of readiness. You can find out about the different signs of digestive system preparedness by reading My First Baby books or by surfing the Internet. Cooking for your baby is pretty much like cooking for grown-ups. The only difference is that preparing baby food calls for extra attention and care in the preparation and handling of ingredients.

### **Pre-cooking Basics**

As a rule, you need to wash your hands with soap and lukewarm water prior to preparing your baby's meal. Be sure to dry them up using a clean towel before touching any of the ingredients. Similarly, you also have to thoroughly wash your cooking utensils beforehand.

### **Preparing The Ingredients**

Fruits/Veggies - Wash, peel and cut up fruits and vegetables prior to cooking. In addition, remove the stones and seeds if you see any.

Fish - Take out the bones, fat and other tough parts before cooking. Once the fish is done, take it to bits and do away with any left over traces of skin and bones.

Meat - Cut all the fat away before cooking. Once the meat is done, slice it into tiny portions. Don't forget to get rid of any bone and other tough bits.

### **Cooking Baby Food**

Fruits/Veggies - Except for bananas and avocados, all types of fruits and veggies should be cooked before feeding them to your little one. You have the option to microwave, boil or steam them. Some varieties of fruit (e.g. pear or apple) can even be oven-cooked. Nonetheless, steam cooking remains to be the most excellent choice since it preserves a greater amount of nutrients.

In case you don't own a steam-cooker, don't be bothered about it. Microwave cooking and boiling are fine alternatives so long as you keep the water to a bare minimum and make an effort not to overcook or undercook the food.

As for carrots, turnip, spinach and beet, you must boil them at all times rather than using the microwave or steam-cooker. These vegetables

normally contain potentially detrimental nitrates that are largely removed in the course of boiling.

Meat and Fish - You may cook them any way you like. Just see to it that they are well done and that you take out all the fat and tough bits prior to serving. If you wish to roast or to fry meat or fish, aim to avoid putting in fat or at least keep it to a minimum. Also, bear in mind that it's not necessary to add any sugar, fat or salt to your baby's food.

### **Serving Suggestions**

Make use of a mashing fork-or a food blender, if you have one-to mix up the food to its appropriate texture. If your baby is still in the early stages of taking solids, then the food must be totally liquefied. As his/her tolerance to solid food increases, you can slowly transition to slightly thicker and chunkier servings. Needless to say, you need to give your little one some time to adjust at each stage of the progression.

In case you have cooking water in handy, you may put in some in order to smoothen or moisten it up the food. Keep in mind that your baby's mouth is more receptive to heat than yours. Therefore, the baby food should be warm and not hot.

To sum it all up, the two most vital tips to remember when cooking for your little one are: (1) do not prepare foods that are not suitable for his or her age, and (2) see to it that he/she is able to tolerate the consistency of the food. Everything else is simply plain cooking. All you need to do now is to get hold of My First Baby Food recipes so that you can start practicing for your most precious one.

## **The Joys And Angst Of Holding My First Baby**

Parents the world over experience mixed feelings when it comes to holding their little bundles of joy for the very first time. Happiness, apprehension, excitement, and fear are just some of the emotions that one would feel while his or her arms are wrapped securely around a tiny and helpless human being. The plethora of My First Baby guide books, however, always say the same thing about the matter-that you should lighten up and simply enjoy the whole experience.

Following your nurturing instinct is definitely the most excellent way to go about it. Nonetheless, having a working knowledge and learning a few tips on how to hold your little one could also come in handy.

### **The Truth About Holding A Baby**

Holding your baby is, in fact, one of the most delightful aspects of parenting. Many parents actually love the task. Needless to say, it certainly calls for some getting used to and confidence on the way you carry your baby is an integral part of adapting to this new task. If you wish to prepare yourself for the arrival of your newborn, make an effort to read up on the subject and perhaps rehearsing with a tiny pillow can help boost your self-confidence. Pay a quick visit to the parenting section of your local bookshop or simply surf the Internet for some much-needed advice on caring for your first baby.

### **Tips On Holding A Baby**

As a first-time parent, you need to be aware of the fact that certain situations may call for different ways of holding your baby. Here are some useful techniques on how to hold your little one.

**Cradle Hold** - This technique is probably the simplest and most natural way of carrying a baby. Basically, you have to position your baby's head on the crook of your dominant arm. After that, wrap the other one around his or her body or simply use it as support. This is an excellent position if you wish to just watch or talk to your little one. Many babies also sleep better when held this way.

**Belly Hold** - Just lay your baby chest-down on top of your forearm and, using your other arm, secure him/her by placing it across his/her back. As an alternative, you may also position the baby transversely on your lap. Gassy babies will surely benefit a lot from being held in this manner.

**Hip Hold** - You may utilize this technique as soon as the baby develops a certain amount of neck and head control. Simply place the baby, facing outward, on a seated position on either your left or right hip.

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Using your same side arm, secure your baby by wrapping it around his/her waist. This does not only provide you with a free arm, it's also a terrific way for the baby to perceive the world around him/her.

Shoulder Hold - Lean the baby against one of your shoulders while providing necessary prop using your same side arm. Be sure to wrap your supporting arm around the baby's buttocks. Using your free arm, secure the baby's neck and back. Babies normally snooze well in this position. So there you have it, your "holding my first baby" essentials. Although, the task may appear to be daunting at first, you shouldn't be afraid of trying it out. Just keep in mind that the joys of holding your baby definitely overwhelm the angst.