

You Can't Spoil A Baby

A baby needs to be loved. A mother wants to love her baby. What a baby needs and wants are the same thing. Baby does not manipulate you. If she cries, she needs to be held, or fed, or comforted or rediapered, but not ignored. A mother can expect to spend 1 out of every 3 hours caring for her baby.

Types of Babies

The Average Baby- breastfeeds between 8 and 15 times a day. The average baby sleeps from 12-20 hours a day with 1 or 2 long periods of sleep (3-4 hours) balanced by 1 or 2 fussy periods. The average baby is usually responsive when handled, is generally quiet, alert and listening when awake.

The Quiet Baby- breastfeeds the same as the average baby, but has longer sleep periods. The quiet baby is less demanding with little fussiness. The mother must make a conscious effort to give the baby enough touching and attention to meet the baby's needs even if the baby does not demand it. The mother should not overdo other activities just because baby allows her so much free time.

The Placid Baby- may ask for only 4-6 feeding a day. The placid baby must be watched to make sure he is getting enough to eat. This baby sleeps 18-20 hours a day and is quietly alert and tranquil when awake. This baby does not give the proper signals to mother for feeding. This mother must feed the baby every 2-3 hours (breastfeeding) whether baby asks for it or not. The mother should avoid pacifier and should offer breast whenever the baby begins to show signs for feeding. **If baby doesn't wake, wet at least 5-6 diapers in 24 hours and have at least 2-3 bowel movements after age 4 days old- he must be evaluated by a health care professional.**

The Active and Fussy Baby- feeds more often and is impatient for his milk. This baby sleeps fewer hours and is not able to calm himself when awake. He has several crying spells a day and may startle and cry easily. He may be distracted by noise, visitors and outings. This baby enjoys being warm and swaddled, being held close and held often and may not nap well in a strange place. A strange place for a baby may be out of the mother's arms. He should be allowed to breastfeed, doze and play in the mother's arms for generous periods of time if he finds comfort in this. He may spit up and/or need lots of burping.

The Colicky Baby- suffers severe discomfort most of the time, not just once or twice a day. The colicky baby has piercing cry, sharp gas pains, and draws up his legs or arches his back. The continuous crying causes baby to develop gas and further aggravates the problem. Once baby has a clean bill of health and doctor agrees it is colick, mother may need extra support while caring for her baby. The mother may feel frustrated, angry, resentful, and exhausted. Burping baby, gentle pressure on abdomen, and massage can be helpful.

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