

8 baby care tips for new dads (1)

As a dad, you should learn the below tips for your newborn babies

NINGBO, ZHEJIANG, CHINA, March 28, 2016 /EINPresswire.com/ -- 1. Holding a newborn

If you've had no experience with babies, holding your newborn for the first time can be awkward. You keep holding the baby in the exact same position she was in when you first picked her up, because hey, even though your hands and arms are cramping up something fierce, you haven't maimed the baby by holding her like that, so keep doing it, right?

Relax. As long as your baby's head is supported while you're holding her, she'll be fine. With the head supported, you can try holding her in different positions to see what you both like: resting on your shoulder, cradled in your arms, sitting up in your lap with your propped-up legs behind her. Your baby will speak up if she doesn't like how you're doing things. She's like her mom in this regard.

2. Changing Baby's Diaper

You'll know it's time to change baby's diaper when it looks puffy and feels squishy, or when its contents start creeping up baby's back or pooling at your feet.

Before starting, get your supplies in place: clean diapers, wipes, tissues and diaper cream, and a change of clothes for baby, just in case. Lay baby down on his back, keeping a hand on him as you work. Open a clean diaper and slide it under baby's bottom—picture side goes in front, tape side goes in back. Undo the current diaper but leave it in place to catch any stray nastiness as you clean. Use wipes to clean (then dry with tissues) baby's bottom and boy/girl bits. For girls, always wipe front to back. For boys, always wipe under the twig and berries.

Just drop soiled wipes and tissues right on top of the soiled diaper. Roll up, seal, and toss the diaper. Apply any necessary diaper cream, then pull up the clean diaper's front and tape each side snugly.

Admire your work for the few moments before the new diaper's contents creep up baby's back or pool at your feet.

3. Bathing your newborn

Your newborn only needs to be bathed once or twice a week. And until your baby's umbilical stump falls off (usually after two weeks), you'll be sponge-bathing her. To do this, get a washcloth, a couple of towels, and a bowl of warm water. Turn up the thermostat and close any drafty doors and windows. Undress baby and lay her on a towel or absorbent cloth. Keeping a hand on baby at all times, dampen the washcloth and run it over her body, wiping under her chin and in the folds of her skin that trap moisture. Dry her off gently but thoroughly.

A word of warning: Sponge baths can cause your baby to squirm and fuss, weakening her already tenuous grasp on the solids, liquids, and gases in her body. You would do well to have an extra towel or two handy, if not a full suit of raingear.

4. Burping Your newborn

A side effect of feeding your baby is that he is going to swallow a lot of air, making him uncomfortable. And he's going to need your help getting that air out as he burps (which you may already know a little something about).

I find the best way to burp a newborn is to sit him up in your lap, facing the side. Support his chest with the palm of your hand, and hold up his chin between your thumb and forefinger. With your other hand, pat him gently but persistently on the back (no wallops) until the burps come out. Sometimes they will be cute little urps; sometimes they will be window-rattling blaaarrps that startle passersby. It

is also very likely that baby will spit up, so have a burp cloth handy. Either way, his burps will make you feel inordinately proud. Changing diapers is a chore, but making your baby burp — that's an accomplishment.

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