

Your Baby

(Birth to 1 year)

(English)

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Sanatan Sanstha

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Preface

Dear Parents,

Every parent naturally desires that his/her baby should be healthy, chubby and intelligent. To enjoy good fruits one has to plan and work hard. For planning, both the parents must have sound knowledge about the normal baby and infant care in general.

This book gives the details about the normal activity and various physiological processes in the newborn baby. Various traditions in infant care are discussed scientifically. How to take care of the baby's skin, umbilicus, eyes, nose, mouth, ears and teeth is discussed at length. The common problems in infants like jaundice, crying and emergency signals in common diseases are described .

The management of normal premature babies and twins or triplets is discussed at length. All your queries about immunisation are solved. Last but not the least, important hints are given for training your newborn baby and infant so that it grows as a healthy and intelligent infant.

In short, this book gives all the information the parents ought to know about the care of their baby in the first year of life. The parents with sound knowledge only can manage the baby tactfully and with confidence. I am sure that with adequate knowledge and sound care, you will help your baby to grow and develop in the best possible manner in the crucial and tender period from birth to one year. Apart from parents this book will also be useful to grand-parents, nurses, medical students and doctors.

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CONTENTS

1. Newborn baby's adjustment after birth	14	2. Parents' interactions with their infant	25
1. Adjustment to new environment	14	3. Relationship between husband and wife on baby's arrival	26
2. First cry	14	5. Effects of mother's hormones on the newborn	28
3. Failure to cry at birth-causes	15	1. Prominence of baby's breast at birth	28
4. Risks associated with failure to cry	15	2. White discharge from vagina in newborn girls	28
5. Management of failure to cry	15	3. Spotting of blood from vagina in newborn girls	28
6. Management after birth	16	4. Large size scrotum in newborn boys	29
7. Dependence on mother	16	5. Absence of testes in scrotum in some newborn boys	29
8. Characteristics of a newborn baby	16	6. Jaundice in a newborn baby	30
2. Daily regime of the newborn	17	1. Jaundice is common in newborn babies	30
1. Newborn baby's daily routine	17	2. Physiological jaundice in newborn babies	30
2. Getting up frequently at night	17	3. Causes of intense jaundice in the first few days after birth	30
3. Remaining awake till midnight	18	4. Human blood groups	31
4. Baby's sleeping arrangements	18	5. Relationship between parents' blood group and development of jaundice in the newborn	31
5. Pillows and railings to support the baby	19	6. Dangers of intense jaundice in the first days of life	32
6. Picking up a newborn baby	19	7. Saving a baby with severe jaundice	32
3. Traditions and the newborn	20	8. Giving Anti-D injection to a mother with RH -ve blood group immediately after delivery	33
1. Traditional beliefs and customs - to follow or not	20	7. Umbilicus	34
2. Mother and newborn considered as untouchable in the few weeks following delivery	21	1. Fate of umbilical cord after birth	34
3. Keeping the newborn with the mother	21	2. Function of navel after birth	34
4. Darkroom for keeping the mother and the newborn after delivery	22	3. Causes of discharge from the navel	34
5. Administration of Gold to young infants	23	4. Traditional tying of umbilical cord with a string around baby's neck	35
6. Exposure to medicated smoke after bath	23	5. Wrapping and tying newborn baby's tummy with a binder	35
7. Naming ceremony and its celebration	24	6. Umbilical hernia	36
4. Impact on the family on arrival of the newborn	25		
1. Problems faced by parents in the first few months	25		

8. Body temperature	36	5. Applying kajal to the eyes	46
1. Comfortable environmental temperature	36	6. Instillation of breast milk in congested eyes	47
2. Maintenance of newborn baby's body temperature	36	12. Nose, mouth and ears	48
3. Wrapping a newborn baby in clothes	36	1. Frequent sneezing in newborns	48
4. Helping the baby to maintain its body temperature	37	2. Usefulness of brandy in common cold	48
5 & 6. Need for sweaters, stockings, head-cap, blankets etc.	37	3. Cleaning baby's nose and mouth	48
7. Head warmer than rest of the body	38	4. Instillation of nose drops routinely	49
8. Sweating on the head in young babies	38	5. Drooling of saliva from the mouth	49
9. Stool and urine	39	6. Absence of salivary secretion till three months of age	49
1. Normal frequency of passing stools	39	7. Intermittent gurgling noise in some babies	50
2. Tarry appearance of newborn in the first few days	39	8. Young children's, inability to spit out sputums	50
3. Giving castor oil to children	39	9. Instillation of oil drops in the ear	50
4. Passing urine for the first time	39	13. Teeth	51
5. Straining while passing urine	40	1. Milk teeth	51
6. Phimosis	40	2. Eruption of milk teeth	51
7. Treatment of phimosis	41	3. Early eruption of first tooth	52
10. Head and fontanel	42	4. Late eruption of first tooth	52
1. Elongated head of the newborn baby	42	5. Eruption of permanent teeth	52
2. Swellings over the head of newborn baby after birth	42	6. Extraction of first molar	52
3. Cradle cap of the newborn	43	7. Teething and diseases	53
4. Fontanel	43	8. Medicines for teething	53
5. Functions of fontanel	44	14. Limbs	54
6. Applying oil over the head and fontanel	44	1. Constantly moving limbs of an infant	54
11. Eyes	45	2. Difficulty in straightening the hands and legs of a newborn baby	54
1. Routine instillation of eye drops in newborn baby's eyes	45	3. Bent legs and flat feet in babies	54
2. Absence of tears in the eyes of a crying newborn baby	45	4. Bluish spots on back and buttocks	54
3. Trickling of tears over the cheeks of older infants even when not crying	45	15. Crying and smiling	55
4. Squint in infants and older children	46	1. Reasons for crying in a baby	55

2. Recognition of the cause of cry from its character	55	7 & 8. Chances of survival of a premature baby	69
3. Crying in the evening for hours without any reason	56	9. Youngest premature baby that has survived so far	70
4. Evil eye	57	10. Viability of a baby	70
5. Quietening effect on carrying the baby against the chest	57	11. Special care in feeding in a premature baby	70
6. Picking up the crying baby	57	12. Starting of feeds in a premature baby	71
7. Quietening effect of rocking, patting and swinging	58	13. Fluctuation of temperature in a premature baby	71
8. Use of dummy nipple as a soother	58	14. Clothes for a premature baby	72
9. Pacifying a crying baby	59	15. Sickness in a premature baby	72
10. Spontaneous smile of newborn baby	59	16. Post-mature baby	73
11. Social smile	60	18. Over-weight and under-weight newborn babies	74
16. Baby bath and clothes	61	1. An overweight baby	74
1. Giving the baby a bath	61	2. Diabetic mothers and overweight babies	74
2. Oil massage and the baby	62	3. An underweight baby	74
3. Application of chana flour before giving bath	63	19. Twins and Triplets	76
4. Soap for young infants	63	1. Twins and triplets	76
5. Temperature of water for giving a bath	63	2. Diseases in twins	77
6. Dress of a baby	64	3. Coincidence of death in identical twins	77
7. Types of nappies	64	4. Maximum children born to a woman throughout her life span & maximum number of babies born following a single pregnancy	77
8. Washing a baby's nappies	64	5. Shortest and longest duration of pregnancy recorded so far	77
9. Nappy rash	65	6. Maximum and minimum weight of a newborn baby	78
10. Exposing the baby to sunlight	65	7. First test tube baby	78
17. Premature and post-mature baby	66	20. Sudden death	79
1. When to call a baby a premature	66	1. Crib death	79
2. Causes of premature birth	66	2. Death without any signal or cry	79
3. Characteristics of a premature baby	66	3. Recognising sickness in an infant	79
4. Problems of premature babies	67	4. Emergency signals in common diseases of infants	80
5. Special care in premature babies	68		
6. Influence of prematurity on growth and development of the baby	69		

Immunity	82		
5. Immunity and its types	82		
6. Susceptibility of infants and young children to infections	84		
7. Difference between infections in children and adults	84		
8. Prevention of infection in the young infants	86		
9. Recommended immunisation schedule for every child	86		
10. Modified immunisation schedule during polio season	89		
11. Vaccinations contraindicated during pregnancy	90		
12. Contraindications for vaccination	90		
13. Availability and administration of oral polio vaccine	91		
14. Affliction by same disease in immunised children	92		
15. Triple vaccine	92		
16. Protection against tetanus	93		
17. Anti tetanus serum	94		
18. M.M.R. vaccine	95		
19. Rare incidence of diseases like measles in very young infants	95		
20. Time of administration of measles vaccine	96		
21. Necessity to immunise against measles	96		
22. B.C.G. vaccination	96		
23. Tuberculin or Mantoux test	97		
24. Rabies vaccine	98		
25. Small box vaccination deleted from vaccination schedule	99		
26. Vaccination against typhoid, cholera, serum hepatitis, meningitis etc.	99		
21. Growth and development	101		
1. Weight gained by the newborn baby in the first month	101		
2. Growth and development of a one year old child	101		
		3. Adjustment to the phase of rapid growth	102
		4. Manifestations of immaturity of various organs in young infants	103
		5. Daily requirements of essential nutrients of an infant	104
		6. Routine administration of tonics to growing children	105
		7. Routine administration of gripe water	106
		8. Balkadu	106
		22. Training a baby	108
		1. Training a newborn baby	108
		2. Promoting learning in the newborn baby through its in sense of hearing	109
		3. Promoting learning process the newborn baby through its sense of vision	110
		4. Learning through its sense of smell	111
		5. Learning through its sense of taste	112
		6. Learning through its sense of touch	112
		7. Better grasping power and learning capacity of infants	113
		8. Promotion of your baby's health	114

Sanatan's New Publication

Prayer (Importance and Examples)

Praying has a positive effect on health and is an invaluable tool for those who perform spiritual practice. This booklet contains simple prayers which will be useful for students, housewives, office employees, engineers, doctors, farmers, seekers and patriots. Besides through this booklet the readers will also be able to learn how to pray during festivals, purchasing, ailments etc.

