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Cramping and spotting during early pregnancy From week 1 to week 4 , everything is still happening on a cellular level. About 10 to 14 days week 4 after conception, the blastocyst will implant in the endometrium, the lining of the uterus. This can cause implantation bleeding , which may be mistaken for a light period. Here are some signs of implantation bleeding: The color of each episode may be pink, red, or brown. Bleeding is usually compared to your regular menstrual period. Spotting is defined by blood present only when wiping. Pain may be mild, moderate, or severe. According to a study of 4, women , 28 percent of women associated their spotting and light bleeding with pain. Avoid smoking, drinking alcohol, or using illicit drugs, which are associated with heavy bleeding. Missed period during early pregnancy Once implantation is complete, your body will begin producing human chorionic gonadotropin hCG. This hormone helps the body maintain the pregnancy. It also tells the ovaries to stop releasing mature eggs each month. You will likely miss your next period four weeks after conception. Most home tests can detect hCG as soon as eight days after a missed period. A pregnancy test will be able to detect hCG levels in your urine and show if you are pregnant. Raised body temperature during early pregnancy A higher basal body temperature may also be a sign of pregnancy. Fatigue can develop any time during pregnancy. This symptom is common in early pregnancy. Your progesterone levels will soar, which can make you feel sleepy. Tips The early weeks of pregnancy can make you feel exhausted. Make an effort to get enough sleep. Keeping your bedroom cool can also help. Your body temperature may be higher during the early stages of pregnancy. Increased heart rate during early pregnancy Around weeks 8 to 10, your heart may begin pumping faster and harder. Palpitations and arrhythmias are common in pregnancy. This is normally due to hormones. Increased blood flow due to the fetus happens later in pregnancy. Ideally, management starts before conception, but if you have an underlying heart problem, your doctor can help supervise low dosages of drugs. Early changes to breasts: Tingling, aching, growing Breast changes can occur between weeks 4 and 6. This is likely to go away after a few weeks when your body has adjusted to the hormones. Nipple and breast changes can also occur around week Hormones continue to cause your breasts to grow. The areola “ the area around the nipple “ may change to a darker color and grow larger. Tips Relieve breast tenderness by purchasing a comfortable, supportive maternity bra. A cotton, underwire-free bra is often the most comfortable. Purchase breast pads that fit into your bra to reduce friction on your nipples and nipple pain. Changes in mood during early pregnancy Your estrogen and progesterone levels will be high during pregnancy. This increase can affect your mood and make you more emotional or reactive than usual. Mood swings are common during pregnancy and may cause feelings of depression , irritability , anxiety , and euphoria. Frequent urination and incontinence during early pregnancy During pregnancy, your body increase the amount of blood it pumps. This causes the kidney to process more fluid than usual, which leads to more fluid in your bladder. Hormones also play a large role in bladder health. You may find yourself running to the bathroom more frequently or accidentally leaking. Tips Drink about mL a little more than a cup of extra fluids each day. Plan out your bathroom trips ahead of time to avoid incontinence. Similar to symptoms of a menstrual period , bloating may occur during early pregnancy. This may be due to hormone changes, which can also slow your digestive system down. You may feel constipated and blocked as a result. Constipation can also increase feelings of abdominal bloating. Morning sickness, nausea, and vomiting during early pregnancy Nausea and morning sickness usually develops around week s 4 to 6. During the first trimester of pregnancy, many women experience mild to severe morning sickness. It may become more intense toward the end of the first trimester, but often becomes less severe as you enter the second trimester. Tips Keep a package of saltine crackers by your bed and eat a few before you get up in the morning to help settle morning sickness. Stay hydrated by drinking plenty of water. Call your doctor if you cannot keep fluids or food down. High blood pressure and dizziness during early pregnancy In most cases, high or normal blood pressure will drop in the early stages of pregnancy. This may also cause feelings of

dizziness, since your blood vessels are dilated. High blood pressure as a result of pregnancy is more difficult to determine. Almost all cases of hypertension within the first 20 weeks indicate underlying problems. It may develop during early pregnancy, but it may also be present beforehand. Your doctor will take your blood pressure during your first visit to help establish a baseline for a normal blood pressure reading. **Tips** Learn how to track your blood pressure regularly. Ask your doctor about personal dietary guidelines to help reduce blood pressure. Drink enough water and snack regularly to help to prevent dizziness. Standing up slowly when getting up from a chair may also help. **Smell sensitivity and food aversions during early pregnancy** Smell sensitivity is a symptom of early pregnancy that is mostly self-reported. But it may be important, as smell sensitivity may trigger nausea and vomiting. It may also cause strong distaste for certain foods. One review looked at reports from to about the relationship between smells and pregnancy. The researcher found a trend that pregnant women tended to rate odors as more intense during their first trimester. **Weight gain during early pregnancy** Weight gain becomes more common toward the end of your first trimester. You may find yourself gaining about 1 to 4 pounds in the first few months. In the later stages, pregnancy weight often spreads out between the: This allows stomach acid to leak, causing heartburn. **Tips** Prevent pregnancy-related heartburn by eating several small meals a day instead of larger ones. Try to stay sitting upright for at least an hour to allow your food more time to digest. Talk to your doctor about what may be safe for you and your baby, if you need antacids. On the other hand, you may also develop acne. Symptoms dwindle in the second trimester **Many of the body changes and symptoms of pregnancy you experience in the first trimester will start to fade once you reach the second trimester.** Talk with your doctor about any symptoms that interfere with your daily life. Together, you can find relief and comfort for your pregnancy.

2: Pregnancy Tips on Health, Your Body, Preparing for A Baby | What to Expect

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You experience such a range of emotions in such a short space of time. You cry some more. Your other half looks on with a mixture of wonder and helplessness. So what can you really expect from that first couple of weeks with a new baby? The one where you successfully birth your baby. Imagine that post-exercise high then multiply it by about a million. This day will be spent marvelling at that teeny, tiny human being that YOU made. Sharing the arrival of your new addition. And feeling so relieved that both you and baby are safe. Nothing can knock you off your perch. This is how insanely euphoric Day One really is. There is NO day like this one. My baby is good. Not yet tired enough to mind the nightfeeds, you actually enjoy having those little pink fingers gripping yours at 3. Definitely some cards and flowers. Having a baby is a joy. What has everyone else been moaning about? What is that pressure on your chest? And a dairy cow. The pain is excruciating. The only thing that relieves it is feeding your baby but this in turn makes you feel like someone is poking hot pins through your nipples. Whilst you resist the urge to disembowel him there and then. At the same time, your good hormones decide to take leave. Suddenly you feel low, tired and teary. Having a baby is hard. Tears and more tears. Day Four is a volatile continuation of Day Three. The Baby Blues have probably well and truly hit. Often for no reason at all. This is perfectly normal. As well as making you miserable, the departure of the post-labour endorphins, the dramatic hormonal changes and the discomfort of your milk coming in will probably also make you want to do one of the following things a kill your husband b kill your husband or c kill your husband. There is nothing you can do but wait this out. Try not to think. Or rationalise your feelings. Rest assured that it will pass. Dads, do NOT anger her. Or be a tosser. Or try and score points. And know that even doing these things will probably be the wrong thing. Carry on doing them regardless. Because when this phase has passed and pass it will, she will remember that you were kind. When you could have been mean. You wake up feeling less hormonal. Albeit it a tired and slightly more frazzled version. The tears have subsided. Leaving you feeling a bit numb. The night feeds have already lost their appeal and you may have had THAT night. The one where the baby refuses to settle ALL night no matter what you do. This night has a purpose. It moves you into reality. And forces you to look at your new situation. Which, you realise now, is going to take a little more effort than lying in bed all day, watching Sex and The City and eating chocolate cake. Days Six to Nine. Getting on with it. This is a relatively peaceful phase. Because you have to. Feeding is becoming a little more comfortable. You might have won some small victories like getting the baby to settle in its cot. And your uterus is back where it started. If this is your last baby, however, expect to feel a sudden wave of sadness and nostalgia. How do you think some people end up with 10 children? What does happen during this period is acceptance. Acceptance of your new life. It might come a little later if this is your first baby but even so, at this point you start to realise that you can do this. Because you CAN do this. You can do anything when armed with a good slab of chocolate fudge cake. I write this as a third time mother with a 10 day old baby in tow. And I can say one thing. Especially days three and four. I hope this helps. Come and join Surviving Life and Motherhood. For the cake, if nothing else.

3: The first 12 days with a newborn

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Is baby getting enough milk? Take baby for a weight check at the end of the first week or beginning of the second week. In the early days, baby typically has one dirty diaper for each day of life 1 on day one, 2 on day two. After day 4, stools should be yellow and baby should have at least stools daily that are the size of a US quarter. Some babies stool every time they nurse, or even more often—this is normal, too. The normal stool of a breastfed baby is loose soft to runny and may be seedy or curdy. In the early days, baby typically has one wet diaper for each day of life 1 on day one, 2 on day two. To feel what a sufficiently wet diaper is like, pour 3 tablespoons 45 mL of water into a clean diaper. A piece of tissue in a disposable diaper will help you determine if the diaper is wet. If baby is having trouble latching due to engorgement, use reverse pressure softening or express milk until the nipple is soft, then try latching again. Frequent nursing in the early weeks is important for establishing a good milk supply. Allow baby unlimited time at the breast when sucking actively, then offer the second breast. Some newborns are excessively sleepy—wake baby to nurse if 2 hours during the day or 4 hours at night have passed without nursing. The following things are normal: Varying nursing pattern from day to day. Cluster nursing very frequent to constant nursing for several hours—usually evenings—each day. Growth spurts, where baby nurses more often than usual for several days and may act very fussy. Common growth spurt times in the early weeks are the first few days at home, 7–10 days, 2–3 weeks and 4–6 weeks. The normal stool of a breastfed baby is yellow and loose soft to runny and may be seedy or curdy. After 4–6 weeks, some babies stool less frequently, with stools as infrequent as one every days. As long as baby is gaining well, this is normal. Some moms worry about milk supply. Between weight checks, a sufficient number of wet and dirty diapers will indicate that baby is getting enough milk. This information is also found as part of the professional Breastfeeding Logs.

4: The First Day of Life

Here is a guide on what to eat when pregnant to ensure that you and your baby get all the nutrition you need. Sun Safety for Babies' First Year Babies have delicate, sensitive skin that is easily damaged by the sun, even on cloudy or overcast days.

Most babies are healthy when they are born. How will my baby be tested? This will usually occur at about 24 hours of age but this varies by program. The hospital will send the blood sample to a newborn screening lab. Other tests like hearing screening and screening for congenital heart defects may also be performed. Each state or other jurisdiction may have its own rules and regulations. Be sure that you understand what is required. How will I get the results of the test? Physicians caring for the newborn will be notified of screening test results. These physicians will in turn discuss the results with the parents. If additional tests are needed, the parents will be told. A follow-up coordinator from the screening program will monitor to be sure that any further testing is conducted in a timely way so that treatment or management of a condition can be started quickly if needed. How long will it take to get results? Testing times vary from program to program. If there are results that indicate the need for further testing, the results will likely be available within a few days. Your physician will be notified right away and should contact you quickly, particularly if further tests are indicated. Ask your doctor about the results. Do not assume that no news is sufficient. Be sure that the tests have been performed and that the results are known. Your baby may be retested if you leave the hospital before 24 hours for most programs, although time variations exist from program to program. Some babies need to be retested because there is a problem with the blood sample or the results are unclear. A few babies need to be retested because the first test showed an increased risk for a health problem. What if my baby needs to be retested? They will tell you why more tests are needed and what to do next. If your baby needs to be retested, get it done right away. Make sure that your hospital and doctor have your correct address and phone number. It is very important that you get these tests done to make sure that your baby is healthy. If your baby is sick, treatment may be needed right away. Which disorders are screened for in my state Select the preferred format below to view a chart of the conditions screened by each program. Click the link below for a list of laboratories. These companies charge a fee for additional screening that may not be offered in your state. Laboratories that screen for additional conditions. What if I have questions? Newborn screening coordinators for state programs can be found here.

5: Breastfeeding your newborn – what to expect in the early weeks – www.enganchecubano.com

The Early Weeks with Your New Baby In this online lesson you will learn some tips for making it through the early weeks with your baby. You will watch several short videos, read some important information, and answer a few questions.

Now you finally get to meet your new baby. But like many new parents, you might not have a clear idea of what that meeting will be like. Wondering how your baby will look and what he or she will do after arriving? What Your Newborn Looks Like You probably have visions of a robust bouncing baby, but in reality many newborns are tiny, wet creatures when they first arrive. Often their heads are slightly pointed as a result of passing through the birth canal. This is only temporary – the head will take on a rounded look within a few days. Your baby also may look scrunched up since the legs and arms have been kept bent at the knees and elbows while in the womb. After months of growing in ever-tightening close quarters, this is perfectly normal. The limbs will straighten out as your baby grows. Some babies are born with a white coating called vernix caseosa, which protects their skin from the constant exposure to amniotic fluid in the womb. Other babies are born very wrinkled. And some, especially premature babies, have a soft, furry appearance because of lanugo, a fine hair that develops while in the womb. Lanugo usually comes off after a week or two. Rashes, blotches, or tiny white spots also are common on newborns. These usually clear up over the first few days or weeks after birth. The doctor will examine your baby within the first 12–24 hours of birth and make sure that any rashes or spots are normal. The limbs will extend, the skin tone will probably change, and the blotches will disappear. Five factors are checked: Babies get a score of 0–2 in each category, and the five results are combined to get the Apgar score. The evaluation is done again at 1 minute and again at 5 minutes. This quick and easy test is given mainly to see if a baby needs help breathing. A score of 7–10 is generally considered normal. If your baby gets this score, no special actions are needed. A lower score means some extra help, such as giving the baby oxygen, may be needed. Your newborn will go through a few other quick procedures, which may include: All of this happens very quickly. Before you know it, your baby is in your arms for some special bonding time. While the mother rests in either the birthing or recovery room, the baby goes to the nursery for a thorough bath. Usually the father can come along. Your baby will get a vitamin K injection to help the blood clot properly and prevent a serious bleeding disorder. Your baby also may get a dose of hepatitis B vaccine, with your consent. Other tests vary from one hospital to another. Your newborn may get a blood test to check blood sugar or bilirubin levels. If problems are found, the baby may need immediate medical attention. Also, a newborn screening blood test is done before the baby leaves the hospital to look for PKU phenylketonuria, congenital hypothyroidism, and other diseases that need to be diagnosed early in infancy to ensure successful treatment. All babies should have a hearing screen before leaving the hospital so that problems are found early. With a vaginal birth, the average newborn stay is about 48 hours. With a cesarean delivery, it is about 96 hours. Your baby may turn or react to the sound of your voices. Your baby is using all of the senses, including smell and touch, to further identify and become attached to you. Your newborn will cry, sleep, and at times will look directly into your eyes. Although the vision is blurry, your baby can best see something such as your face that is about 8 to 15 inches away. Your baby will grab onto your finger if you place it in his or her palm. And of course, your baby will want to eat. After initially being very awake, most newborns get sleepy for about the next 24 hours. If a mother is breastfeeding, this is also the best way to encourage her milk to come in. For some women colostrum is thin and watery; for others it is thick and yellowish. Some babies especially premature and smaller babies have a hard time latching on or getting enough suction to nurse from the breast. A nurse, breastfeeding counselor, or lactation consultant can help you and your baby overcome any hurdles. Initially, you will probably be feeding your baby about every 2 to 3 hours around the clock. Your Feelings Having a baby is a life-changing experience. You may feel everything from relief to concern to anxiety to pure joy. And your feelings may change suddenly and unpredictably. And a new mom has just been through quite a bit physically. Every parent reacts differently. Some mothers "forget" the difficulties of labor as soon as they catch a glimpse of their newborns. Some feel high levels of energy driven by the excitement of finally having the baby. Still others feel sad and may have baby blues or the more serious postpartum

depression. A physician, nurse, or counselor can help parents understand their emotions after the baby arrives. Friends and Family Try to keep the first day simple. Contact close friends and family members, and ask them to pass the news along to other friends and relatives. This will free you to spend more time with your newborn. Grandparents or siblings can meet the newest family member and start to bond right away. Parents and baby need plenty of rest and quiet bonding time. Whenever visitors come, make sure they are not sick, and have everyone wash their hands before touching the baby. The medical staff will be sensitive to your needs. For many parents, talking with a counselor or clergy member brings some comfort.

6: Feeding your baby solids early may help them sleep, study suggests | Life and style | The Guardian

A new research study was released this week about solid food and baby sleep, and is already generating headlines: The study is entitled "Association of Early Introduction of Solids With Infant Sleep", with a lead author of Michael R Perkin.

Further information Although hospitals and birth centres discharge mums and babies more quickly than in the past, they may spend a night or two away from home as a matter of policy, or because your partner requests it. Hospitals also have different policies on dads visiting. Some have family rooms where dads can visit and some even allow them to stay overnight. When you are with your baby, get used to holding them and changing their clothes and nappies. Babies seem fragile at this age, but this is part of the bonding experience and will soon become second nature. Watch this video for some great tips from Dads, to Dads. But as a new dad you can use this time to prepare for their homecoming. Speak to friends and family and tell them the good news, but try and get some rest as well. After that, get your home ready in preparation for caring for a newborn, making sure sleeping arrangements are organised, and stocking up with food and other supplies. You will need to have a car seat for the baby if you are driving home. Fit it in advance and practise with it as they can be fiddly. If you are taking public transport, you will need a pram or buggy of some sort. Here is some advice for new dads on the situations you are likely to encounter in the weeks and months after your child is born. Family and friends In the first week, it is understandable that family and friends will want to meet your new baby. However, if you or your partner are feeling worn out, try to limit visits and enjoy this special time for your new family. You can always spread visits over a few weeks and people will generally understand that this is a period of adjustment when you are getting used to caring for your baby. Many dads only have a short time off work , so you should make the most of this time together. If somebody offers to do your washing or cook for you, take them up on it. Ask them to bring a hot meal with them. Nobody will expect the house to be spotless, and visitors can easily find the kettle and make their own tea. Your partner may find it more helpful to have visitors after you go back to work, at which point she will be on her own. Many new mums find adjusting to a different lifestyle challenging and opportunities for adult company may be very welcome. Recovering after the birth If your partner has had a caesarean or other major medical intervention, she will need extra time to recover. This means sleeping whenever the baby sleeps if possible. Staying in bed may be the best way to do this for some, whereas other women will want to be up but need to be encouraged not to do too much. She is at her most vulnerable and needs to know that you are with her all the way. Lack of sleep Sleep deprivation among new parents is quite common. You can encourage your partner to have some sleep in the day, and join her if you can. Your partner may be particularly affected if she is breastfeeding and dads can help by soothing babies back to sleep which can also be a time when dads start bonding with their baby. Do what you can to ease the burden on her. You could change the nappies during the night, if the baby needs changing; bring her a drink or an extra cushion. Try and spend time with the baby yourself, going for a walk or putting the baby in a sling. This will give you a chance to bond as well as letting mum have some time to relax and sleep. Remember that this is just the beginning of parenthood and that the pace of your life is going to slow considerably. Feeding your baby Three quarters of babies are breastfed when they are born. Breastfeeding can be great for everyone once your partner and your baby get the hang of it. But it can take several weeks for it to become straightforward and for your partner to feel confident and completely comfortable. Babies like to feed frequently and this is quite normal and healthy. In fact, it is vital for establishing a good milk supply, especially in the very early days after your child is born. See our selection of articles on feeding your baby for more information. Make friends with other parents-to-be and new parents in your local area for support and friendship by seeing what NCT activities are happening nearby.

7: When Should I Start Reading to My Baby? | Fisher Price

8 Dad's view: Early days with your baby With a newborn baby there is always something to be done. At first you will probably find that mum handles most of the feeding, soothing and caring.

Written by Editor Medibank Compared to many other animals, human babies are born very immature. It will be months before they can learn about altering their patterns of living, like sleeping longer and feeding less often or responding to a routine. Young babies react only through their innate body rhythms. It is those body rhythms that parents need to tune in to in those first anxious and delightful early months as they learn about their baby. This is the very essence of sensitive and appropriate parenting. Young babies do not have a concept of their identity as separate from their mothers, but their bodies do have a specific rhythm that is unique to them and independent. By observing this rhythm without interference, we can recognise it and work with it. Try to avoid having pre-set ideas about when to feed or when to put your baby down to sleep. Such is her adaptability, the baby will usually comply. In the early days, many new parents find merely watching their babies very difficult. You may have too many bits of advice coursing through your brain to allow you to just see what works for your baby. Instead, try to calm yourself and just concentrate on looking at the cues and signs your baby is giving you. Essentially, attunement is a process of noticing the little behavioural characteristics of your baby when she is hungry, upset, tired, over-stimulated or distressed. Then deal with those emotions when they arise, using the following Top Tools for parents: Intuition Trial and error Confidence from knowing that babies are inherently pretty tough and adaptable In the early days, you will probably get it wrong more than a few times. Good enough is fine. Your baby is not expecting perfect parents right from the start. Over time, you will feel more confident. Trust your own instincts and act on what feels best and right for your baby. Head here to read more articles about taking care of your child in the early years. Available on Growing Family packaged covers for child and student dependants. Waiting periods apply including 12 months for some dental services.

8: Being a new dad: the early days | NCT

The period in the early days after your baby is born can seem like a huge anti-climax, especially if mum and baby don't come home with you. But as a new dad you can use this time to prepare for their homecoming.

9: The early days: getting to know your baby | Live Better

Baby's First Year Guide This is a month by month guide to your Baby's First Year. It covers milestones and development, sleeping, baby care, immunisation reminders, feeding and more.

Theogony and the transformation of man in Friedrich Wilhelm Joseph Schelling Ernst Benz Data-driven school improvement How the body works Wiley encyclopedia of food science and technology Something Like Happiness Manage it johanna rothman Presidents fiscal year 2005 budget with OMB Director Bolten Official Blackbook PG to World Coins Reforming the gas market Loyola de Palacio A permanent League of Nations LibertE, EgalitE, FraternitE Defoes narratives ; situations and structures The treaties of 1836 and 1855 Twelve Days of Christmas Stickers Economic history of transport in Britain How important is Christian meditation to you? Charles Bonnet and the Order of the Known (Studies in the History of Modern Science) Green place, a good place Warships of the Civil War navies Rea gre math subject test Methanol and Alternative Fuels Promotion Act of 1987 Landscape of civilisation Organic Quantum Chemistry Problems The thirteenth labor Succinylcholine mechanism of action Practical research in distance teaching Thunderbird 2005 Calendar The Four Great Emblems What is collaboration anyway? Let all mortal flesh keep silence piano arrangement V.7. March 1868-June 1871 The songs of Edvard Grieg Introduction to PSpice manual using Orcad release 9.2 for Introductory circuits for electrical and comput Curriculum as collaborative planning and learning Dead Mans Folly (Hercule Poirot Mysteries 2.2.1 Steps in building a GIS European textile design of the 1920s The use of play therapy with children in a domestic violence context Lesson 3: The challenge of living with mystery The scientific, psychological, and spiritual advantages of wholistic healing