

## A Guide For A Mother Of A Newly Born Baby

Usually there is very little or no information known to most of the parents at the time of the arrival of their first baby. There are many new questions that come to the mind of the parents of a newly born baby like how to handle their babies first cold, how to make babies sleep, what kind of food is good for them till the age of 6-9 months, how to soothe babies teething pain, signs that tell if the baby is ready for the solid food and why the solid food is not good for them in the initial few months and so on. The list of such questions is endless.

We get a bunch of different advice and opinions on such questions from everyone we talk to and since babies don't come with a "manual" - it's hard to know what the right thing to do is. Thus, it is very important that the parents should educate themselves with the right ways or techniques to take care of their newly born babies.

As an example, we'll talk about a common problem - "Potty Training". There are seven stages of potty training. They begin with showing signs of potty training readiness and conclude with being able to use the toilet away from home.

Signs of Readiness - The first stage of potty training begins when your child shows the following signs of potty training readiness:

- Express the need to go potty (verbally or through body language)
- Expresses an interest in the potty
- Uncomfortable in wet diapers
- Able to dress and undress
- Imitates family members
- Stays dry for two hours
- Has regular bowel movements
- Interested in big kid underwear

Introduction to the Idea of Potty Training - When your child shows a majority of the signs of potty training readiness, it's time to introduce him to the concept of using the potty. This can be done by reading a potty training book as a bedtime story or watching a potty training video or DVD together. Purchase a potty chair and let your child watch you use the potty. Children will often imitate family members.

Sit On the Potty - When your child has been introduced to the concept of potty training, he will probably imitate family member and sit on his potty chair while you use the bathroom. This is a good time to teach good hygiene such as wiping and washing hands after using the potty.

Use the Potty Sometimes - Be sure to give your child plenty of liquids and take him to the potty every 30 minutes. This will help build muscle memory. The first time your child uses the potty, make a big deal of his huge accomplishment. A hug, encouraging words, or a small reward can be good motivational tools and help your child feel proud of his or her accomplishment.

Use the Potty Alone - As your child gets more comfortable with the potty and his ability to control his bodily functions, he will go to the potty by himself. He will then come tell you about it. Again, this is a time for lots of praise and encouragement.

Transition to the Toilet - When your child is comfortable using his potty seat, it's time to transition him to the toilet. Many children are afraid of falling in, so you may need to purchase a toilet seat adapter such as the Flip-N-Flush or the PRIMO's Ducka toilet adapter. These devices reduce the size of the toilet hole, thereby making your child feel more secure.

Use Potty Away From Home - The last stage of potty training occurs when your child is able to use the potty away from home. Thankfully, there are many portable and disposable toilet seats available to keep your child from coming in contact with public toilet seats. Many public bathrooms have auto-flush toilets with electronic sensors. These sensors often fail to detect that a child is seated on the toilet and cause the toilet to flush repeatedly, scaring the child. Devices such as the Flush-Stopper prevent auto-flush toilets from flushing while your child is seated.

Some children breeze through the seven stages of potty training in a matter of weeks, while other children take several months to complete potty training. Your child's progress depends on his or her stage of development, your potty training knowledge, and the potty training products you have available.

## About the Author

Tom Johnson is the chief content editor for [BasicBabyGuide.com](http://BasicBabyGuide.com).

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