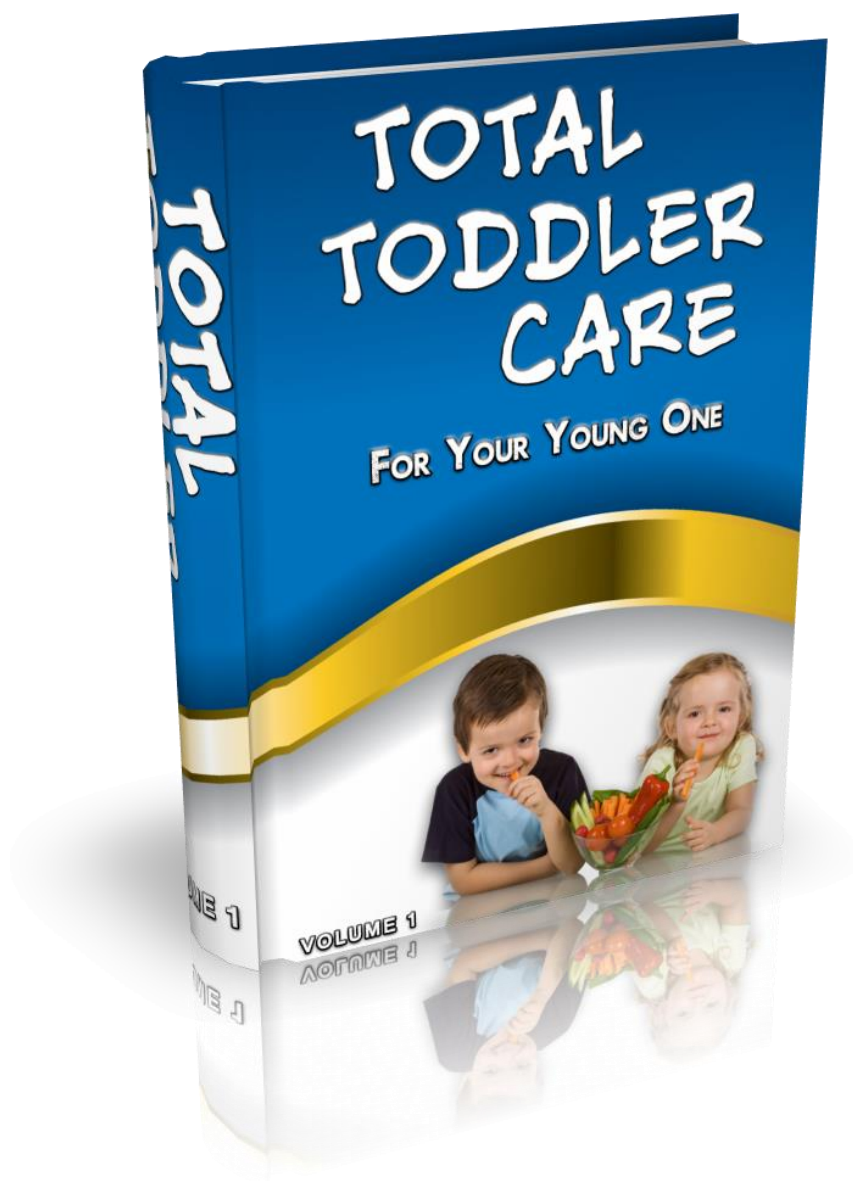


# TOTAL TODDLER CARE

## VOLUME 1

Special Report



Steven Spellborgh

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# TABLE OF CONTENTS

<a href="#"><u>5 Things To Keep In Mind With Baby Care .....</u></a>	<a href="#"><u>5</u></a>
<a href="#"><u>Babies At Work Good Or Bad.....</u></a>	<a href="#"><u>6</u></a>
<a href="#"><u>What's In The Nursery .....</u></a>	<a href="#"><u>7</u></a>
<a href="#"><u>Baby Bathing Is This Hard To Do .....</u></a>	<a href="#"><u>8</u></a>
<a href="#"><u>Baby Car Seat Buying Tips .....</u></a>	<a href="#"><u>9</u></a>
<a href="#"><u>When You Spot Something Wrong .....</u></a>	<a href="#"><u>10</u></a>
<a href="#"><u>Baby Care and Breastfeeding .....</u></a>	<a href="#"><u>11</u></a>
<a href="#"><u>Baby Care And Television .....</u></a>	<a href="#"><u>12</u></a>
<a href="#"><u>Baby Hazards To Be Careful Of That You May Not Know .....</u></a>	<a href="#"><u>14</u></a>
<a href="#"><u>Baby Pacifiers Yes Or No .....</u></a>	<a href="#"><u>15</u></a>
<a href="#"><u>Baby Products For Bath .....</u></a>	<a href="#"><u>16</u></a>
<a href="#"><u>Baby Sleep Schedules Tips For Managing .....</u></a>	<a href="#"><u>17</u></a>
<a href="#"><u>Baby Weaning The Difficulties And Tips .....</u></a>	<a href="#"><u>18</u></a>
<a href="#"><u>Choosing The Right Baby Care .....</u></a>	<a href="#"><u>19</u></a>
<a href="#"><u>Choosing The Right Baby Formula .....</u></a>	<a href="#"><u>20</u></a>

## 5 Things to Keep In Mind With Baby Care



Baby care is at the top of your list as you prepare for your child to be born. You have read books and have done your best to prepare your home for your child's arrival. What do you need to do to make the right decisions about your child? Many parents who are new at the role often find themselves struggling with the many what if scenarios they

are facing. What if they do not know what to do? What if they cannot help their child what if it is just too hard? The good news is that for most people, these things come naturally.

Here are five things to keep in mind when it comes to your baby's overall care and well-being.

Go with your instincts. If you are put in a position where you just do not know what to do, do what you think is best. For most children, this is what they are counting on. You may be surprised at just how much you do know what to do in even the most difficult of situations.

Realize you will make mistakes. Every parent does make mistakes and even when they do they can ensure their child is well taken care of by noticing the mistakes. For example, you may not realize that your child has a fever, but once you do, you act on it.

Have support help. Find someone who is your family member or friend to go to when there comes a time where you just do not know what to do. You can call these people when you have a question.

Have a pediatrician that you trust. If you have taken the time to select a pediatrician that you really feel comfortable with, you will trust them to make key decisions for you. Find out if they have a regular contact service in case you need them.

Grow and learn with your child. Some of the key elements of baby care will come as a trial and error type of situation. Most parents are thrown-up on and urinated on at least once, until they learn to watch out for this!

When it comes time to caring for your child, you will know what is best to do. The key is to make decisions and learn from mistakes as you go along.

## Babies at Work Good Or Bad



Many employers are encouraging mothers and fathers to bring their children to work with them. They have installed great day care facilities right on the facility and they encourage parents to spend lunches with the child, if they would like to. This is often a good thing, because it allows the parent to know that their child is well within their reach if there would be a

problem arising. Still, there are several key things to keep in mind if you will be bringing your child to work or you are considering whether it is a good idea.

### Do You Want To?

In some cases, the opportunity to bring a child to an at-work day care facility is a good thing. It encourages the child to be within just a few minutes of helping the child and being able to drop in whenever they feel like it. But, not all parents are happy with this idea. They realize that it is important to keep the baby close, but they want to be able to focus on their jobs fully. In some circumstances, it may not work well.

### What To Do First

Perhaps you have decided to take up this opportunity for your child. Before you do so, keep a few things in mind, like the quality of the facility. How many children are there? Is your child going to be able to be happy here and perhaps even learn something? What activities do they do and what about naptime and meals? Most facilities allow parents to come in and check in as they would like to, but there may be restrictions on who can pick up the child. In short, you will want to ensure these at work facilities are just as high in quality as any other day care you may use.

There is no substitute for mom and dad for your child. While your child may be able to fit well into your day at work, you still need to ensure that this is possible and a good



environment for them. You should be able to ask about health department visits and the child to teacher ratio, too. Get the facts prior to making your decision and ensure that your child has everything they need to be happy in their facilities. In many cases, these facilities are an ideal way to get the best of both worlds.

## What's In The Nursery



As you prepare for your baby's arrival, there are many things to keep in mind; including all of the different pieces of furniture and clothing, you will need for this new life. Take a deep breath. The good news is that you likely do not need as many things as you believe you do. You can actually cut down your costs considerably by

purchasing items that are used (but only as long as you have ensured they are in good condition and they have no recalls in the past.)

First is the crib. This is the place the baby will spend most of his time when he is sleeping so it should be a good investment. Some cribs convert into beds, which is a nice feature, but something you should keep at the back of your mind only. You may want a bassinet for the first days after the baby's birth, but this too is not necessary in all situations. The crib should pass all safety warnings and solidly put together. Inspect it for any loose screws and be sure to remove anything that can hurt the child. A new mattress should be in use, with a tight fitting sheet. A baby bumper fit around the edges of the crib is also helpful, but ensures no cords are on these.

Other large investments for the nursery are optional. You may wish to choose a changing table. If so, be sure it has a fitted mat for the child where the sides come up enough so that the child cannot roll off the table. You likely will need to use it for storage, but keep all items off the area where the baby will lay. Choose something that is easy to clean, too.

Other items to think about include a rocking chair and storage areas. You want to keep the baby's nursery inviting and warm. You also want to allow them to develop where here so use contrasting colors to help with vision development. Keep the room soft, too. You do not want the child to receive bumps in the head. Windows and any other areas that are



drafty should be sealed up. All of these little things will make a big difference when it comes to caring for your child. Invest in quality and ensure safety for the best results when it comes to your baby's care.

## Baby Bathing Is This Hard To Do



The first time you have a small, fragile baby in your hands that happens to be wet and slippery, you will know that baby bathing is not as easy as it seems to be. Children kick and fight. They also cry so violently at times that they can overturn a bathtub easily. How will you wash them while holding them? These are all questions many first time parents have. The good news is that it does not have to be too difficult to keep your child clean.

Here are some tips to giving your child a bath, even as they are very young. Be sure to check with their doctor regarding whether they are able to be wet if they have had surgery or they still have their umbilical cord.

First, set the stage for success. You should always use a baby bathing tub, a small tub that the child sits in, rather than putting a child that cannot sit up into an adult bathtub. You should still keep one hand on them no matter what. Place the baby bathtub on top of a dry towel. This keeps it in place and allows you to have a place quickly to dry your hands if needed.

Next, use only a few inches of water in these tubs. Since they are angled, the child's head will be no where near the water level. You do not need much. Keep water warm to the touch, not hot and not cold. Generally, young babies will need only gentle and very mild soaps used on them. You can purchase baby shampoos and body wash, for example, or use a soap that is mild. Never use anything that is not safe to use on a child.

Using a soft, wet towel, wash their eyes and face. Keep the strokes soft and gently. There is no reason to scrub here! Be sure to save the bottom for last. Rinse the child off using the same method of wiping. For hair, during their first months, use the same soap you have been using for their skin.

Keeping the baby bathing process short is important. Be sure there are no drafts and, if this is your first time giving the child a bath, chances are good you will need a second pair of hands to help. Once you get the process down, it does not have to be hard to do.

## Baby Car Seat Buying Tips



A baby car seat is a must have purchase prior to bringing your baby home from the hospital. If your child is on his or her way, you will want to take the time to purchase the best possible car seat for them. Great patterns are out there and there is no doubt you will find a number of different fancy patterns to choose. Yet, these things are only a small

portion of what goes into choosing the best baby care seat for your child.

### Tips To Keep In Mind

One of the first mistakes you can make when it comes to purchasing a baby car seat is to purchase just anything that you find. The bad news is that many people do spend a good fortune on the wrong car seat. Price is not a factor of quality. Look at the car seat and find out its safety rating. Learn about the way the child buckles into it. If there is a model on display, try to buckle and unbuckle it. Is it easy to use but secure enough to keep the baby in place and protected?

Next, look at the reviews of the car seat online. Nearly all makes and models from all manufacturers will receive reviews online, even the brand new models that are hitting shelves. What you are hoping to find is an authentic review of the safety features of the model as well as the overall function and quality of it. Is it durable? It is easy to put into and take out of the car. These are common questions and concerns many families have when it comes to buying a baby care seat.

Look for any recall information, too. Most department stores are very good about pulling all recalled products off their shelves, but this is not a guarantee. Find out if there are any risks or warnings. Read the instructions for the car seat, too. What size and age child should be in the car seat, and what limitations does it have? Some do not have a design to be front facing car seats.

The process of buying a baby car seat is one that every parent has to go through, but it can be one of the best ways to protect your child, too. In fact, if you should always purchase a new car seat for the child instead of buying used items, as it is that important.

## When You Spot Something Wrong



A first time parent or not, most parents with a new baby or even one that is under a year old, are always on the lookout for anything that just is not right. They are not crying as much. They did not "go" today. They are fussy and perhaps even have a fever. These are all indications that something could be wrong. The most important thing to remember is that all children get sick from time to time and for most of them and getting sick is not going to hurt them in the long term. Still, a good parent wants to ensure their child is just fine.

### When To Call The Doctor

It may be tempting to pick up the phone and call your child's doctor anytime that something pops up that does not seem to be right. If you feel that this would make you feel better, there is no reason not to do so. When should you call? Here are some instances when to call for help.

Call 911 if the child is not breathing, is choking, is unresponsive or has fallen and is hurt.

If a child's fever spikes past 100 degrees F, call your pediatrician after giving the child a dose of acetaminophen.

Call your doctor if your child has not had a bowel movement in two days.

If the child is vomiting continuously or has vomited more than three times in the course of a few hours, call your pediatrician.

If the child's skin breaks out suddenly and appears to be struggling to breathe, call the doctor

In any situation where there could be an immediate problem, it is best to call 911 prior to calling your pediatrician. If the situation is not an immediate situation, call your pediatrician to ask for guidance first.

Tackling other health problems at home is also an option for you. For example, most parents can count on their child needing to take pain medications for fevers they spike. You may also see rashes on your child's skin. After washing them off, using a diaper rash may help. Colds, the flu, even chickenpox can happen to a young child. When it comes to treating these conditions, use your best judgment. If you do need help, you can always turn to your pediatrician with questions. Many even have hotlines set up to help answer those questions for you.

## Baby Care and Breastfeeding

Breastfeeding is an ideal way to care for your baby. Not only does your child get an extreme level of nutrients from breast milk, but they also are able to develop a close bond with their children, one that easily benefits both parent and child. Unfortunately, breastfeeding is not as easy as you may believe it is. Once the baby is born, there is a time where you and they need to learn how the process works. Then, there are occasions when you will feel engorged or very limited in what you can do. The good news is that many people find that baby care advice from experts helps.





Here are some tips to help you to make breastfeeding more successful, even right from the start.

Why not attend a class, many hospitals and birthing centers will offer these classes. They can be a great way to learn tips and tricks and to get the encouragement you need to breastfeed.

Feed the baby when it seems like they need fed. With breastfeeding, there isn't a specific schedule since it is so hard to actually see how much the child is getting. It is important to use your instincts when it comes to breastfeeding.

You may need to use a supplemental nursing system for the first day until you can get your child to latch on and start taking in milk. Many parents need to use these other options until they can get their milk to come in and get the child to take to the nursing process.

Your breasts are likely to leak. This is something most mothers to be do not realize. However, you can use nursing pads to help soak up that spilled milk. Chances are good that you will find this stops after your child is drinking properly.

Give yourself something to do while nursing. It is often helpful to the mother if she is not watching the clock. To keep things quiet, get a good book to read. Alternatively, if you want something more engaging, choose music or turn the television low.

Breastfeeding can e a wondering way for you and your baby to bond. It is not often easy to work through the process alone. Be sure to get help and even bond with other mothers who deliver when you do. This can help you both to have success.

## Baby Care And Television

In earlier generations, children did not have a television to keep them busy. Instead, they spent most of their early days toddling around mom and dad and playing with toys. Later generations with televisions still only watched it infrequently and babies rarely watched it. Yet, in the modern age, things have changed considerably and babies, like most other children, are watching television. By some estimates, babies as young as six months old were watching an hour or more of television each day. Is this a good or bad thing?



There are two sides to this coin, but they often have a basis on the same thing. Children should not watch too much television at a young age. The reasons for this are many, but the largest reason is as simple as it takes too much of their imagination away and can often interfere with their ability to pretend play. Children who watch a lot of television does not spend

enough time pretend playing, which is the heart of their development. Children who watch a lot of television at a very young age may not develop the same creativity levels as those that do not. Regardless of these facts, television viewing at long intervals is often very bad for a child's overall physical fitness level.

Is there any benefit to a baby watching television? Children under the age of six months will not benefit from the use of a television for any reason. Yet, those who are at this age and older, may be able to get in some supervised time with mom and dad while watching television. Many television shows add some enrichment to a child's daily life and they can help them to learn things like colors, shapes and even words. There is no doubt that children who watch television may learn more in their early years than the average kid that does not, but it is best that that learning comes from mom and dad, too, not just on their own.

Limiting television watching is crucial to anyone who has a young child. It will be an option for most children by the time they are one year old, but still should have monitoring. Children need more time pretend playing and getting physical activity than most people realize. While it may be common for them to spend three or four hours in front of the television, this simply should not occur.

## Baby Hazards To Be Careful Of That You May Not Know



Baby hazards lurk at every turn. Always, something can get in the way of keeping your baby safe. After you have spent an hour climbing around the floor looking for any area that they could get hurt with, there may still be a few things you did not think about that can be dangerous to your child. Take some time to look around your child and

find out what could be causing them concern.

### **Obvious Concerns**

For baby hazards from the time, they are born until the time they are toddling around (and even farther on) you will find problems that most parents know to watch out. Cover the electrical sockets with appropriate plug ins. Be sure to look around the home for any cords that can be pulled or wrapped around the child's neck. Is there anything they will be tempted to put into their mouths that are not okay to do so? Also, get down on your hands and knees and crawl around. Where can they knock their head into, and what drawer can they get into?

### **Not So Obvious Concerns**

There are other baby hazards you may not have thought about but are just as important to keep in mind. For example, you may want to consider your pets. Even a gently pet will get annoyed when the baby pulls on his tail. It is important to monitor children with pets no matter what. Another common problem is rolling too much. The child rolls off the couch or rolls off the bed. Tub rolls can be particularly dangerous, too. In addition, the changing table is a common problem for many parents. In these rolling situations, it is best to keep two things in mind. First, you should always have one hand on the child. Second, even when you do use a pillow or something else to keep them in place, the child is still at risk to roll. Therefore, do not leave them even for just a minute.

Baby hazards like these can be very worrisome, but with proper preparation, you can avoid many of them and keep your child safe at the same time. If you have a friend or family member who has a toddler, ask them to come to your home to look around for potential problem areas. Toddlers get into everything and most parents have their homes protected by this age.

## Baby Pacifiers Yes Or No



Baby pacifiers go to the child at the hospital, often times even before you have seen your baby after delivery. The pacifier looks innocent enough, but is it. What is important to keep in mind with these is that you need to use the right type to protect the development of their teeth. Moreover, you do not have to use a pacifier. Initially they are used to help teach the child how to suck, so that when they

breastfeed or when they drink from a bottle, they have developed a strong suck to suck in their food.

Once you decide to use a pacifier, you will want to choose the best one for baby. To get started, you want to purchase one that is not only colorful and fun looking, but functional. It should be sturdy and it should have a shield that is about one and a quarter inches or larger around. This ensures the entire pacifier does not get into the mouth. In addition, this shield should have holes in it to allow for easy breathing.

Pacifiers often come with latex or silicone nipples on them. Silicone is often a better choice because it is stronger to use. You also will want to choose one that is easy to clean, but most models of pacifiers today are very easy to use, clean and keep odor free. Latex will wear out faster and some children do have an allergy to latex.

When choosing a pacifier, you may also want to look for the design of the nipple. Those that have a flat edge to them are often a better choice since they fit the baby's mouth better and keep them from taking in too much air while they are sucking. Some have a design to keep from damaging the development of the child's teeth, too.

Often times, once a good pacifier has found and your child is able to use it easily, they will want to use it regularly. You will need to have extras around and they can get pricey, too. For this reason, choose a pacifier from the start that is easy to find and fits into your budget. You will likely need to purchase a few extras to have around, as most pacifiers



are very good at getting lost! Baby pacifiers are an excellent tool, but do not rely on them totally to sooth your child whenever he or she cries.

## Baby Products For Bath

Bath time for most children is fun. For a newborn, it is anything but. They just want to sleep, look around, be held and eat most of the time. Still, it is important to keep them clean. Walk into any department store and you are sure to find an aisle full of different baby products, all asking to be in use on your child. The question is though do you need them and should you use them. Products that are not safe can harm babies of all ages. However, even those that have ratings as safe to use on young children may be a waste of money. Here is a closer look.

Have you seen many baby body wash products, you may be wondering what happened to a good old bar of soap. When choosing anything to wash the skin of your child, keep in mind it needs to be mild. Children can have negative reactions to the soaps you are using in your shower. So, purchase mild soap in any form that you need. You may want to look for all organic products or at least look for those that are fragrance and dye free.

What about lotions, there seems to be a growing trend to apply layers of lotions to a child's skin right out of the bathtub? This is not always necessary and at times, it can be dangerous for them. Lotions are not necessary, unless the child does have dry skin. If you are concerned about their skin's moisture level, speak with your pediatrician. In addition, keep in mind that pores can be easily clogged by these lotions, which can lead to rashes. During the winter months, an application of a mild lotion can keep a child's skin from chapping.

Shampoos are another area where you are likely to find a good number of baby products. Which do you need? A mild shampoo is fine to use once a child's hair starts to come in. Your child most likely does not need conditioning products in their first months of life. Again, look for organic or at least mild, safer products to use.

Baby products have a design to be mild, but be sure to read their labels. You want them to be as safe for your child's skin as possible. By the time a child is able to walk and get into things, they should be able to transition to soaps designed for anyone to use, but still mild.

## Baby Sleep Schedules Tips For Managing



Baby sleep schedules are one of the parts of baby care that is crucial to get right. Not only do you want to have a child that gets enough sleep, but you also need rest in order to care for the child. What makes sleep schedules so hard to deal with, though, is the fact that they often do take work to get right and it is not always easy from the beginning.

### **Initial Sleep Schedules**

When you first bring home your baby, chances are good you will have a child that is sleeping most of the day. When they are not, they require your full attention. For this reason, it is often wise to try to sleep around the child's needs. If she is sleeping from nine to eleven, you should be too. This often throws off the adult's sleep schedule, but after a few weeks, she will need less sleep and things can start to get back on track.

### **Days and Nights**

One of the most difficult elements of baby sleep schedules is their ability to confuse day and night. It is up to mom and dad to help them in this area. For example, even young babies can be stimulated with sounds, light and motion during the day to create a more awake environment. Working to keep the child awake during the day is important. Keep in mind that most babies under the age of one month will spend most of their days and nights sleeping, though.

### **Sleeping Through the Night**

Every baby is different when it comes to sleeping through the night. Some will begin to do so by the time they are three months old. Others will struggle with needing a bottle well into six months. The important consideration here is to ensure your child is getting the calories he or she needs during the day. Check with your pediatrician to ensure they are getting enough. Keep them awake more so during the day, when possible and set the stage for a peaceful night's sleep.

The baby's sleep schedule is important to put into place. It takes time to get it just right, but ultimately you will find that your child's sleep patterns are likely to work themselves out. If you feel that, there is a problem, talk with your pediatrician about it. They may be able to tell you what adjustments you should consider making for the child.

## Baby Weaning The Difficulties And Tips

Baby weaning is a process that often involves a bit of struggle on the part of the baby (and sometimes the parents, too.) Weaning your child off breastfeeding can be a challenge for both of you since it is not only a time for feeding but also a time for bonding and getting to be together. Most parents do struggle through this process somewhat but eventually; they realize the benefits of allowing their child to eat foods, as they will for the rest of their lives.



Baby weaning is a process and it is one to start when the child is ready. Children will often need to breastfeed for several months. If you want them to go directly to solid foods, you may need to wait until they are at least a full year old when they can start drinking cow milk. Rather than force the child, start to supplement their diets with foods. For example,

when a child is able to eat baby food, he or she will need less breastfeeding. Slowly, their diet will change to allow them to eat nothing more than standard food and no longer drink breast milk.

Many parents do go through some struggle when it comes to baby weaning. There is little doubt that at some point this process has to be complete. However, what is important is to ensure that you both are ready for the changes. Here are some things to keep in mind.

Be sure that baby is still getting snuggle time with mom.

Do not sit in the same place that you used to when you were breastfeeding.

Encourage them to eat big boy foods and to try new flavors of foods.

If you are moving from breastfeeding to bottle feeding, it is important to make the transition using breast milk especially at first.

Distract the child if they ask for the breast. This is essential to do if they are getting the nutrients they need from their food but want the closeness of breastfeeding.

Baby weaning often takes a few weeks if not longer to go through. You should not push a child through the process, but should be encouraged through it instead. Keep in mind that baby weaning is something that you have to decide on too. Some parents like to breast feed longer and there really is no negative aspect of doing so.

## Choosing The Right Baby Care



You have had a baby and are now trying to make your way back to work. How do you make such a transition and ensure that the process goes well for your child? There are several types of childcare providers available to you. Which one you select is very dependent on your circumstances and your needs. Most parents do find that there are solutions that work for them that are not only affordable but also beneficial to the child's overall development.

### **Staying At Home**

If you are staying at home with your child, you still may need someone to watch the child from time to time. Having mom or dad around with baby all the time is the best solution, but this is not always the case. If you have a relative or friend

that lives nearby, bring up the subject of helping with the child every now and then. Often, having several people to rely on is helpful.

### **Other Options**

You are not staying home but are going to work. Who is the right person to leave your child with, then? Unfortunately, this is a decision you will have to make. Here are some considerations to keep in mind.

Choose a full time baby sitter. A baby sitter may come to your home or you take the child to their home. They often have other children at their own home. You want someone here who is experienced and reliable. Many people use friends and family, or even students to help with minor care, but for regular care needs, hiring a professional is best.

Day care centers. A day care center is a good option, but can be pricey, especially for smaller babies. It is a good option for many people though because there are experts there



to care for your child. Also, keep in mind that younger children are limited. Most centers will not accept too many babies.

Nanny care is an option, too. Nanny care is the most expensive option but it can be the best choice for those who have very high standards and would like the child to receive help in more than just a babysitting fashion.

Interviewing several professionals and finding out what each of them can do for you and your child is important. Often, it is the personal interview with them one on one that makes the most difference.

## Choosing The Right Baby Formula



At the hospital, doctors and nurses will ask you about all sorts of things regarding your plans for baby care. One of the most important decisions to make is on the baby formula that you will feed your child. If you have made a decision not to breastfeed your child, you will need to choose a specialized baby formula for them. Babies should not

receive cow's milk due to the increased risk of allergic reactions to it. How do you determine the right formula for your child?

### Doctor's Orders

In some situations, your child's pediatrician will help you to make a formula decision. They often will help you pick a brand and a specific formula type to give your child. Once on this type, you should not switch the child, as often as it is possible, as it can help to decrease the risks associated with a child getting a negative reaction. The doctor will look at your child's health needs first to determine the best type of formula type for the child. You do have a say in this, though. For example, if you and your family only drink soy products, then you may wish to ask the doctor for a soy based product.

### Options

What are your options with formula? There are many. A cow milk based formula is perhaps the most commonly available formula today. It has alterations to make drinking

cow's milk more beneficial and easier for the baby. You should not give your baby cow's milk until about twelve months of age.

Other types of formula include a soy-based formula, lactose free formulas, and extensively hydrolyzed formula (which has the proteins broken down to very small sizes so that the child can digest it better. Another option is a human milk fortifier. This product is in use to add nutrients to breast milk that you are feeding to your child. Metabolic formulas have a design specifically for the child that has a disease or has a specific need. In addition, there are formulas designed specifically for children who are low birth weight babies or prematurely born.

Making the right formula decision is critical to your child's overall health and well-being. Make this decision with the help of your doctor to ensure that the baby is getting the nutrients that he or she needs. When changes need made, talk with your doctor about these, too.