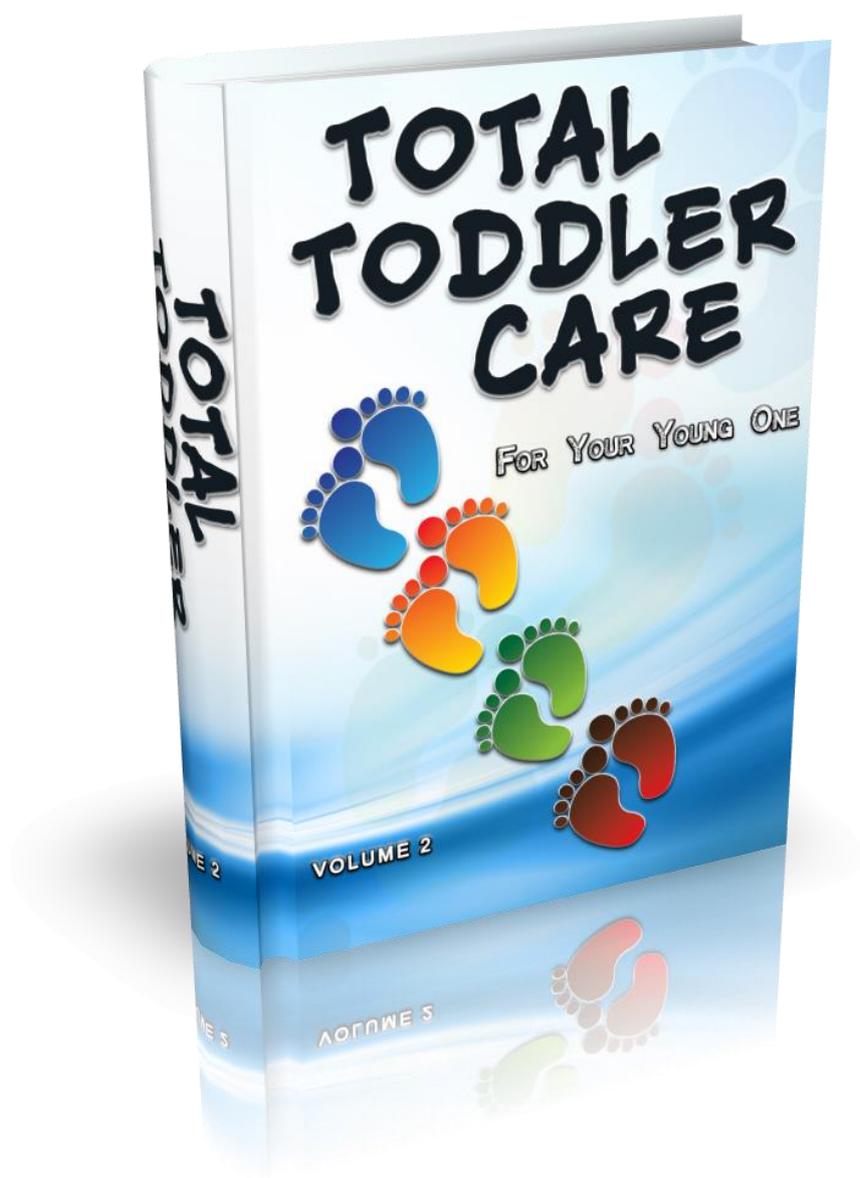


TOTAL TODDLER CARE

VOLUME 2

Special Report



Steven Spellborgh

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Coping With Colic



Usually within the first weeks of your baby's birth it may be obvious that the child is suffering from colic. The good news is that most children will outgrow this and often times they are able to develop very positive, healthy lifestyles. Still, for any parent going through colic, there is

no doubt that coping with it can be very trying. Know that you are not alone. People have dealt with this condition for a long time, and likely will continue to do so.

Does Your Child Have Colic?

The first question to answer is this one. Does the child have colic? Usually, children under the age of five months who cry for more than three hours in a row for more than three days a week, for three weeks at least, are diagnosed as suffering from colic. Your doctor can help you with understanding why your child is suffering from colic and what you can do about it.

Dealing With It Daily

For many parents, colic is a daily struggle. There are ways to help you to cope with it or at least sooth your child for a short time. First, be sure you are doing everything you can to limit his tummy problems. For example, invest in a bottle that offers a nipple with a small hole (not so small that he gets angry when he cannot get anything from it) but one that does limit the amount of air that he takes in. Some bottles have a design to keep air out of the baby's tummy, which is one of the most important factors.

Try to keep feedings in line with this need of "no air in the belly" too. For example, feed the baby only when they are in an upright position. A baby curled up or hunched forward is more likely to suck in air. Also, know when your child is getting hungry. When a baby is very hungry, he is likely to gulp at his bottle madly. To avoid this feed the baby prior to him getting to the point of starving and it will cut down on the amount of air he takes in.

With any baby that is suffering from colic, it is going to take some time for you to find the right way to help him. Keep working at it. Most children will outgrow this condition within a few months.

Diaper Rash Help



Diaper rash is actually quite common in young children. In some situations, it is highly avoidable, too. If you notice that your baby has developed any sort of rash on any area of his or her body, you may become instantly worried. Most rashes, though, are simply an irritation of the skin and in short,

nothing to worry about. Yet, even in these situations, it is important to know how to properly treat a diaper rash so that your child isn't uncomfortable from it.

What Is It?

Diaper rash can look different from child to child and from instance to instance. An area will be red and look irritated. Sometimes, it can be puffy and slightly warm when you touch it. Other times, diaper rashes can look like a few little pimples dotting their skin. Diaper rash is not always in the diaper area. It can spread up the tummy, too, especially if the condition has worsened. It can also spread down their legs, and is especially prevalent in the upper thigh region.

What To Do

The first thing you should do when you notice the diaper rash is to apply some treatment to it. Wash the affected area with a mild soap and allow the child to fully dry. Pat off the skin first and then, if it is possible, allow the child to remain diaper free for a few minutes while the skin dries. You can also apply a cream to sooth the area especially if it is painful and red. Diaper creams are readily available and often work very well at treating this type of infection.

The next step in treating a diaper rash is actually finding out what is causing it so that you can stop it from spreading or returning. The most common reason for a diaper rash is wetness. When the skin is wet for too long, it receives easy irritation by the rubbing of a diaper or clothing. Another problem comes from sensitivity to chemicals. It could be a chemical found in the soaps, diaper wipes or even in the clothing, the child wears. New foods and infections are also potential problems here.

Diaper rash treatment is likely to help but if the rash worsens or you find that, it is coming back frequently, speak to your child's pediatrician. They can often give you advice on how to treat the condition and to help find out what the cause is.

Feeding Schedules Tips to Getting it Right



Feeding schedules are important to maintain with a child. A baby at any age needs to have the right amount of calories each day to grow and develop as they do. During their first few months, you will notice some of the fastest growth in their lives, but if they are not getting enough

calories, their growth could be less and their mental and physical development may be lacking. The good news is that most babies have access to great levels of nutritious foods, from breast milk to formulas and even to baby food later on.

To help you to make feeding schedules less stressful, here are some tips to help you through the process. You may find that it can be much easier to manage these tasks than you thought.

#1: Ensure a schedule. Perhaps the most important aspect of maintaining your child's feeding schedule is to put a schedule in place for yourself. For example, each morning all bottles are clean, nipples sterilized and bottles filled and stored in the fridge for easy use throughout the day.

#2: Find one place to feed your child. It is often best to find one place that becomes your feeding spot. Later, when you wish to stop the child from bottle-feeding or breast-feeding, you can then stop using this spot and the process will be easier.

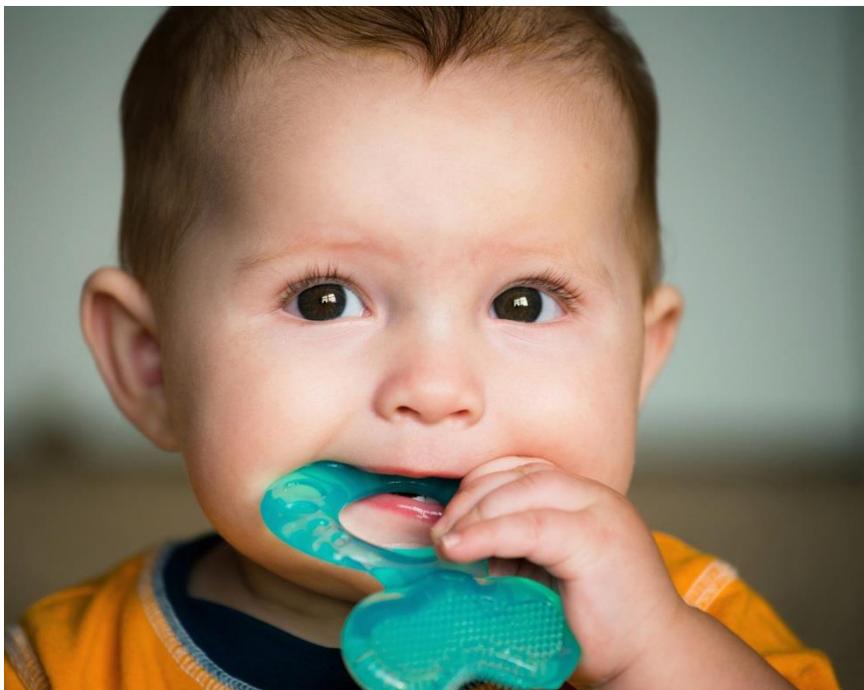
#3: Learn how many calories your child needs. Know the amount of calories your child needs to develop well. Some children will want more, others less than this amount.

#4: Do not feed all day. One mistake many make is trying to feed the baby all day long. Instead of drinking six ounces of formula in the morning and then another bottle three hours later, some parents will allow the child to sip on the first six ounces throughout the morning. This does not establish a quality-feeding schedule. If the child does not finish the bottle within thirty minutes, take it from them.

#5: If a child wants much more, it may be time for solid foods. Talk to your pediatrician about giving your child foods prior to doing so.

It goes without saying that you want your child to eat enough, but ensuring they are on a schedule helps them to eat healthier and gives them the foundation for nutrition and healthy eating later in life that they need to have.

How To Get Rid Of A Pacifier



As your child grows, he or she will no longer need to have and use a pacifier. Many children will not become dependent on these pacifiers and ultimately will just stop using them. Putting other things into their mouths seems to make them just as happy! Then there are those children who just will not give up their

pacifier and it is often the case that it will take mom and dad some real tear jerking nights to get their child to give it up. If you are experiencing a situation like this and you need help in getting rid of a pacifier, some tried and true methods can help.

Tips For Getting Rid Of Pacifiers

Ask your pediatrician if you believe there is a real dependency from your child on their pacifier. Some children are definitely obsessed with theirs and it will take work getting them to stop using them. To help you, consider these tips.

Make the pacifier taste bad. Never use anything that is toxic or anything that is going to burn them (hot pepper is not okay to use.) If you are unsure of what you can use, talk to the local pharmacist about products they can recommend.

Give it away. Many times, an emotional tie is holding the child with the pacifier. To break it, tell the child to give it away. The binky fairy is coming to take it, and is going to replace it with a stuffed animal, for example. This allows them a chance to say goodbye, too.

Just take it away. Sometimes the best method of getting over the pacifier is just to go cold turkey. It may take a few restless nights and frustrations, but many children will break the habit quickly in this way.

Do not give it to them for too long. If your baby is still young, do not let a dependency on the pacifier even happen. You can often accomplish this by simply allowing the pacifier use infrequently.

Read books together. There are books available that you can read with your toddler to help them to understand why they are giving up on their pacifier.

Finding the right way to break the pacifier habit is a process and some children just will not like it. Yet, over time, they will give up the pacifier and you can then hold on to it for memories.

Premature Baby Help

Mothers who deliver babies that are premature are often faced with an ever increasing demand from them. These children need more attention and everything that is done with them needs to be done properly, especially if there are complications. The good news is that babies can be born earlier than ever and still deliver into well rounded, healthy children. If your child is one of these early birth children, there are many things you will need, including help along the way.

Get Help



Premature babies are often more needy of things like regular holding and more frequent feedings. The good news is that you do have help. Many support groups are available to help you with not only the physical needs that the child need but also the emotional needs of parents. Recruit trusted family members to help out. You may even want to ask to set up a schedule to allow a few people to come

by for a few hours a day to help out around the home or with the baby.

Talk To Your Doctor

The child's pediatrician is perhaps the best resource for information on this child. They will help not only with the child's overall health, but also with giving you a heads up on what to expect. Talk with them. Schedule a few minutes of their time to talk about what you should do, should not do and what to expect along the way. Most doctors are happy to sit down with you to help you to understand the child's unique needs, if there are any.

Find Support

The Internet is a great place to find information but also to find friends and people who are experts because they have gone through what you are going through. Use it as a tool to help you when you have a question. Forums and message boards are a great place to meet others and chat about the daily events, especially when you are just so overwhelmed with your demands. Most of the time, you will find that your overall health is affected by your ability to find support.

Premature babies do require more attention and they often need medical help, too. From financial strain to overwhelming demand for attention, they come with a lot of demands. Yet, there is something extra special about bringing a child into the world early and going through these daily struggles together that makes it all worthwhile.

Reading To Baby



Children's education should start as soon as possible. In fact, it does start, with or without you. Your child is born learning things and growing. They are facing new challenges every day no matter if that challenge is as simple as holding their head up or as challenging

as learning to spell their name. One of the most important things for them to experience is reading. Parents often say they would love to read a book before bed, but there are too many other things happening to make time. Nevertheless, this is an important area for your child to grow.

Reading to your child can start as early as you would like. In fact, some parents are reading aloud to their child even before the child is born. In doing so, the child develops some of the very best fundamentals for word development. Perhaps in these first months of life, they will not have any idea what you are saying or what the story is about, but they understand your voice and they also bond with you. Children that are read to at a young age love to be read to later on and they often become very good readers themselves.

By the time your child is saying his or her first words, they can also be enjoying a story. Reading very simple stories to them can help them to broaden their vocabulary and they often will learn to speak faster than other children do. They also do better with speech when read to because they hear the proper sound of letters and words in this way. It is often beneficial to invest time each day for reading as soon as your child reaches this level.

From here, your child is going to start learning to read himself. Many children read to regularly also develop the ability to read earlier in life than those that do not. This establishes a strong fundamental ability to learn and grow from a very young age. Children often will rely on parents for reading skills and for reading abilities. If they do not see mom and dad reading, they will likely have no interest in it themselves.

Reading to your baby is the first step in preparing them to be developed, educated children. Do not overlook the benefit of reading to your child in this way. Make it a way you both bond together.

Reducing Baby's Risk Of Choking



Every parent has fears about the things the child puts in their mouth. Children as young as a couple of months old will start to put things in their mouths. They do so because it is natural, and instinctive. They really are not being bad, just curious. Still, anything that goes into

their mouths could be a choking hazard and that can worry any parent. As a parent, you should do everything you can to minimize the risk of choking, but you should also know how to perform the right methods to remove anything from your child's airway that you need to.

What can you do to reduce these risks to your child? First off, be sure that anything that is brought into your home is properly put away to ensure that children cannot get them and put them into their mouths. For example, if you fixed something and you left the screw on the table, assume the child will get it. Everything needs put into closed drawers. Those drawers should have child safety devices on them so that children cannot these items.

One of the most common reasons that children choke, though is not because of any type of thing they find laying around. Most children, who choke, do it on their food. Food that is too big can often cause a choking hazard. Be sure that anything that they put into their mouths is small enough for swallowing to occur properly. Some items that you should be concerned with include the following:

Hard candy

Cut up hot dogs

Whole grapes

Whole peas

Raw carrots

Popcorn

Nuts

Raisins

The problem is, these items do not easily digest into their mouths and they are small enough that they can easily choke on.

Next, keep in mind that toys are often considered choking hazards. You want to ensure the child is not able to choke on anything that the toy comes with. While parents do have to police these items themselves, it is an understanding that you should also only buy toys that are age appropriate.

Choking is a real problem. If you have not done so, ask your pediatrician about the proper way to stop a child from choking. You also want to ensure that you have taken every precaution to ensure your home is choke risk free.

Safety Measures For Food Borne Illnesses

Every baby is at risk for infections caused by germs because their immune systems are still very weak and developing. This is why it is so important for you to take the right steps in making formula for your baby. By taking the right steps, you will ensure that your child remains healthy and safe in the long term. It is not always possible to prevent them from catching a cold or ingesting something that is not healthy for them but you can steps to help it. Yet, there are ways to prevent many of these illnesses from happening.

How To Ensure Your Child Is Safe



Food borne illnesses are common in foods in the kitchen, the fridge and even in the grocery store. Today, standards of quality are very high and understood that you can avoid many of the risks by simply buying your formula and food from reputable companies. There are several other things to do to ensure that your child does not

become ill.

First, be sure that you never give your child any food, even formula that is beyond its expiration date. The United States Department of Food and Drug Administration (FDA) have very strict standards in place for baby food and formula. Manufacturers must ensure that the right amount of nutrient is in it as they claim on their packaging. They also require that a use through date be on every container to ensure that the food does not go bad prior to its use.

Another important step is to keep prepared formula cool. Once you have mixed the formula, be sure to store it in the refrigerator. Do not freeze it, though. Keeping it cool stops any of the potentially dangerous germs within it from growing. Also, keep your open formula containers in the right locations. Keep unopened liquid products in your pantry, away from heat vents and out of the way of the oven. Once that formula is open, though, it needs to be in the refrigerator.

Take steps to keep the baby's bottles sterile as well. This process involves washing and sanitizing the bottles to keep them from developing any type of bacteria. You will want to do this each time that you use them. By taking a few extra steps like this, you will ensure that your child's health is safe and you will keep food borne illnesses as bay.

The Benefits of Breastfeeding



From pediatricians to the local paper, it seems everyone believes that breastfeeding is the way to go when it comes to providing your child with nutrients. The good news is that it is not only full of nutrients but it also is highly affordable! There are many benefits to breastfeeding your

child. If you are not sure if this is something you want to do, or can do, keep in mind that advances have also made it easier to accomplish.

One of the first things to know is that breastfeeding is highly nutritious for a child. Breast milk is highly beneficial to the growth and development of a child. First, it contains many of the nutrients that the baby needs to grow properly and to develop successfully. It also has a good deal of protection elements to it. The mother's antibodies help to keep the child healthy. Moreover, when it comes to quantity, the breasts can produce just what the baby needs even as he or she grows and develops.

Some women find that breastfeeding is not as easy as it looks. Prior to leaving the hospital after your child's delivery, the nurses will help the child and you to learn the process of breastfeeding. They will teach you how to care for your breasts and how to know your child is getting the milk he or she needs. In addition to this, they can answer the questions you have.

When you get home, you may find that you are doing all the work when it comes to breastfeeding. After all, dad really is not able to help out, in the most traditional of methods. Breast pumps and storage devices are available for parents to use to make breastfeeding something that can be done even when mom is not available. Breast milk can be stored and easily transported, too. This means that mothers who are working can still ensure their child is getting the nutrients they need even when they are not available to do the actual feeding.

For individuals who may be worried about the process of breastfeeding or are unable to make it happen successfully, formula products are options you have. In fact, today's formulas are highly fortified and provide a great deal of nutrition they have not always had. Keep in mind that breastfeeding is the most natural and healthy option for your child, but that you do have other options if needed.

Why Do Babies Cry



New parents often find that their babies cry often. The problem is not that the parent is doing something wrong, at least not intentionally. Babies cry often and they cry loud. The good news is that after a while, you will learn what each type of cry means. Soft cries, loud cries, cries

that mean the baby is in pain or those that mean he is hungry all sound just a bit different. For parents, this learning curve requires some attention paid to it, but once in place, you will see improvement in your ability to react to that cry.

Why Do Babies Cry: Here Are Some Reasons

As you care for your baby, keep these reasons for crying in mind. Chances are good that your child is crying for one of these reasons.

He or she is hungry. Most babies will cry to let you know that they are hungry. It is often necessary to get to this cry before it worsens. The hungrier they get, the louder the cry and often, the more difficult they are to feed.

She is dirty. Babies do not like to be wet and they do not like the squishy stuff either. If they are uncomfortable in this area, chances are good they will be crying, and crying a lot because of it.

She is uncomfortable. Most often, babies are happy go lucky with whatever you do with them. However, they do not like to be cold and they do not like to be hot either. Try to keep their clothing levels right to sooth this problem. Dressing in layers is helpful.

She wants comfort. Many times, children will cry because they want held. They may not be able to express this feeling any other way. They do not need food or a diaper change, but they do want held and comforted.

She does not feel good. Often times, children will cry when something is bothering them, such as their tummy. They cannot tell you that their tummy hurts so this is often a guess you will have to make until you can spot the type of cry associated with a child that does not feel good.

Babies can cry for many reasons. What is important is to understand the cry so that you can react to it appropriately and help the child to improve his or her overall happiness.