

SO, YOU'RE HAVING A BABY!

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Life as you know it, is about to change!

Life, as you know it, is about to change! Perhaps you have dreamed about this pregnancy since you were a child, toddling about with dolls in a nurturing fashion. Or maybe you had to lift your jaw up off the floor after your home pregnancy test came back with a highly unexpected positive result. Either way, this huge event begins a whole new chapter in your life. Having a baby changes everything about what you are: physically, socially, morally, everything. You will continually be amazed at your strength, your uncanny ability to work through extreme exhaustion, and by the awesome and sometimes otherworldly love you feel for your baby.

Get ready to be given advice by everyone who is aware of your pregnancy, and once you start showing don't be surprised if complete strangers brazenly insist upon not only offering unsolicited advice but also regaling you with horrific stories of painful childbirth. It's just what experienced (and not so experienced) moms do to other moms...consider it your proper hazing and accept it with a grain of salt.

Unless you stumbled upon the discovery of your expectant status late in the game, you can take solace in the fact that you have some time to prepare. Although it is true that no amount of advice can truly prepare you for everything that is about to happen there is something to be said for taking in as much information as you can. Knowledge is power, after all, and knowing all you can will certainly make you feel a little better about what you're about to leap into. A word of caution about the aforementioned importance of learning all you can about having a baby.

Information is great, but too much information can leave an expectant parent's mind swimming in a vast sea of "what if?" which will surely cause much more harm than good. Realize that your body is going to feel as though it is rebelling against you most of the time, and every single twitch or ache is certainly not indicative of a crisis. It is good to know the sorts of signs which merit your attention, but don't spend countless nights combing through chapters in baby books which detail everything that can go wrong.

Remember that the vast majority of pregnancies result in normal deliveries and healthy babies. Do not add extra stress to your already stressed mind and body by spending your time worrying about what might happen. Take a deep breath, enjoy your pregnancy, and get ready for the impending whirlwind.

THE CALM BEFORE THE STORM

If you are reading this before even getting pregnant then congratulations to you on being the kind of proactive person who plans everything ahead of time. Now for the brutal truth: pregnancy and childbirth are things, which you can plan for until the cows come home but things hardly ever go as planned. You may intend on working a full-time job right up to the week before having the baby only to find out in week twenty of your pregnancy that you need to go on strict bed rest.

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Or maybe you have everything planned out just perfectly for your new addition and then you're told you're carrying twins. Don't be dismayed; pregnancy and childbirth are probably among the most amazing feats you will ever accomplish. Just try to roll with the punches. Having said that, there are some things you can do to ready yourself for your impending pregnancy attempts.

PHYSICAL READINESS

Ask your doctor for a preconception checkup. If you let your doctor in on the secret that you'll be trying to get pregnant soon then he or she can do[Read more on Page 6 in the Full Edition](#)

EMOTIONAL READINESS

Having a baby does not solve marital issues. If anything, having a baby will usually put a huge strain on the relationship. So if the main goal is to[Read more on Page 7 in the Full Edition](#)

SIGNS THAT YOU'RE PREGNANT

If you have spent a great deal of time trying to get pregnant than you know that oftentimes the beginnings of the menstrual cycle can seem deceptively like a new pregnancy. Pregnancy books tell hopeful mothers to be on the lookout for tender breasts, fatigue, and moodiness, but as women know all these signs can also simply point to just another appearance from The Monthly Visitor.

Some women who are trying to conceive follow a similar disappointing pattern every month where they will swear that they "feel" pregnant, only to start another period and another missed opportunity to successfully conceive. This same pattern, month after month, can wear down even the most tenacious woman.

Luckily, not all women go through this emotional rollercoaster. Some women get pregnant the very first month they try, while others wind up pregnant without every really having tried. There is no way to tell for absolute certain if you are pregnant without a blood test from your doctor, but there are some tell-tale signs which can tip you off that there may be a bun in the oven.

PHYSICAL SIGNS

Be aware that every single so-called sign of pregnancy can be caused by something else entirely, and it is always best to consult a doctor to confirm a pregnancy. A combination of these signs along with an active attempt at getting pregnant, though, makes for pretty good odds.[Read more on Page 7 in the Full Edition](#)

EMOTIONAL SIGNS

As with physical changes, every emotional change associated with pregnancy can easily be attributed to something else, such as stress or depression. There are some women who start to realize they are pregnant after their significant other asks them if they have gone completely insane.[Read more on Page 9 in the Full Edition](#)

YOUR EVER CHANGING BODY

No matter what stage of pregnancy you are currently in, you need to realize that your body simply doesn't belong to you any more, or at least for the time being. Women look at the changes in their bodies with wonderment, amusement, or horror. Luckily, not every woman gets every single possible change that may come with pregnancy. That would be one miserable woman indeed. Everywoman is blessedly different, though, and your body's reaction to the pregnancy depends on several different factors including genetic predisposition, current health status, and environmental factors.

THE GOOD

You're glowing! Pregnancy hormones coupled with the vast nutrients contained in prenatal vitamins can result in shinier and thicker hair, stronger fingernails, and[Read more on Page 10 in the Full Edition](#)

THE BAD

Are you feeling like a stuffed sausage? For some women, the act of swelling and bloating is simply par for the course with pregnancy. After all, it isn't only your stomach[Read more on Page 11 in the Full Edition](#)

THE UGLY

Is that a roadmap on your belly? Not all women get stretch marks on their pregnant bellies, but there are a good amount of women who do. Really, there is only so much[Read more on Page 12 in the Full Edition](#)

EATING FOR TWO

Most pregnant women get awfully hungry at some point of their pregnancy. It's no wonder since their bodies are working overtime to produce a perfect little bundle of joy. Problems arise, however, when women use pregnancy as justification for stuffing their face with everything their heart desires. They suppose that if their bodies are screaming for a twelve layer chocolate cake then they must certainly have a deficiency of something that is in chocolate cake...magnesium perhaps?

The truth of the matter is that during pregnancy a woman's body only needs to take in an additional 300 calories on average, and that's probably the equivalent of a couple of bites of a decadent cake. Yes, listen to your body, but don't go crazy. Remember the important fact that you're going to have to one-day work to lose this weight; it doesn't all just magically melt off when the baby is born.

FOOD CRAVINGS

Pregnancy cravings go beyond pickles and ice cream. Although no one is entirely sure what causes a pregnant woman to have intense food cravings, the general consensus is that[Read more on Page 13 in the Full Edition](#)

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FOOD AVERSIONS

Sometimes everything just seems gross. There may come a time in your pregnancy when you just can't stand the sight and smell of food. This occurs particularly in the first trimester when hormones are really hopping. There have been a few theories[Read more on Page 14 in the Full Edition](#)

EATING RIGHT

Have a plan. Some women have one certain item they use as their "Craving Buster" so if they find themselves desperate for a huge box of cookies they will instead turn to their usual glass of milk or fruit smoothie. The trick is to get something on your stomach so that the[Read more on Page 14 in the Full Edition](#)

PLANNING FOR THE BIG DAY

The day is rapidly approaching when you can finally meet the baby you have carried in your body and dreamed about for so long. You probably have a strong desire to hold your baby, gaze lovingly into your baby's eyes, and to sing sweet lullabies to your precious angel. All beautiful fantasies aside, though, it's

Important to research and plan how you would like the big day to go. If you show up to deliver your baby without any sort of plan in place you're at the mercy of the whims of the hospital staff, and sometimes that's not a good place to be.

GET READY...

Your partner can be your rock. There are going to be some times when you're pregnant where you feel awfully overwhelmed. These are the times when you should turn to your spouse for some support, both emotional and physical

Do you want to know the gender of your baby? Some researchers suggest that women who do not find out the sex of their baby actually tend to push harder during labor because they are just that anxious to see what gender the baby is.[Read more on Page 18 in the Full Edition](#)



SET...

Do you want a big crowd or an intimate affair? Some women allow massive amounts of people into the room, cameras in hand, ready to witness the birth. Other women opt for the spouse and the medical staff, and that's it. It all depends on the wishes of the

Do you want to name your baby before he is born? Some parents go so far as to name their babies before they are born, adorning the nursery with personalized[Read more on Page 20 in the Full Edition](#)

GO!

Most women recognize contractions. Contractions range from a tightening feeling to a full-on painful ache, which starts small, gets huge, and then eventually winds down. So many women worry that they won't realize they are having contractions but the truth is

Whoosh! Not all women experience their water breaking before they go into labor. In fact, many first-time moms wind up having their water broken by

Are there any women who don't realize they're in labor? There are token stories of women who don't feel strong contractions and don't realize they are in labor until

Sometimes medical intervention starts labor. When women get closer and closer to their due dates with no sign of labor starting, or when the due date has come and gone, some doctors start bringing up the idea of inducing labor. This is also sometimes used when

A word of advice: inducing labor hurts worse than if labor is brought on naturally because the contractions are harder and more painful. Don't look at inducing as

A C-Section certainly isn't a walk in the park. Sometimes C-Sections are scheduled, and sometimes they are used as a last resort after hours of labor. In some countries it is commonplace to schedule a C-Section from fear of a vaginal labor but it must be remembered that C-Sections.....[Read more on Page 23 in the Full Edition](#)

WHAT DOES LABOR FEEL LIKE?

Some pregnant women lose a lot of sleep worrying about what labor is going to feel like. It is no wonder there is such a veil of mystery surrounding labor pains because there really is no way to accurately describe them and interestingly enough many women actually forget what the pain feels like after they give birth.

As the old saying goes, if women could accurately remember what going through labor felt like we would be a nation of children with no siblings. So even if you're scared out of your mind over the pain you may experience you can take comfort in the fact that you won't remember the full barrage of pain after it's all over.

NATURAL CHILD BIRTH

It's admirable, but is it necessary? Some women are attracted to the idea of natural child birth because it just seems like the right way to go. Women have been having children without pain assistance for many years, so it seems reasonable enough to many pregnant women that they

How does it Feel? Labor pains are intense, exhausting, and sometimes feel as though they will go on forever and ever. Yes, there are some women who fine labor not to

Be prepared. Women who deliver their babies naturally will often use breathing techniques which don't help so much with the pain but do help the woman[Read more on Page 23 in the Full Edition](#)

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PAIN MANAGEMENT ASSISTANCE

Plan ahead. Your doctor should go over all the different options for pain management with you well ahead of time. There are some drugs which can be pumped into your body via an IV, but many of these drugs do pass through the placenta and can result in

Is the epidural scary? Sure, it's a little scary. The anesthesiologist will have you sit up and lean forward, probably holding onto the

The case for pain management is a big one. Yes, it would be great to be able to birth a baby without an ounce of pain medication, and

It's completely normal to be a little apprehensive about what the labor experience is going to be like. Remember that women's experiences[Read more on Page 26 in the Full Edition](#)

WHAT IF...

Sometimes things go awry. There is no reason to panic over this fact because the vast majority of deliveries go smoothly and without trouble. For this reason, it is best to not pour over every single problem which may arise and throw yourself into a panic while your brain tries to sort through all the things which can go wrong. Take care of yourself during pregnancy, pick a fantastic medical team for your delivery, and try to relax. Everything will probably go just fine.

DELIVERY ISSUES

Will my husband pass out during the delivery? If you are to believe sitcoms on television then you can rest assured your birthing partner will be splayed out on the floor as soon as labor starts. Fortunately, this doesn't happen in most cases and if it does

Do women die in childbirth anymore? Sure, this happens once in a while, but there are usually other medical issues involved and it has become a real rarity in developed countries. The chance of a healthy woman dying from childbirth nowadays is so small that

You'll be hooked up to all sorts of interesting things. Don't be surprised if at some point during labor you take a look around and realize that you are hooked up to all sorts of[Read more on Page 27 in the Full Edition](#)

POST-DELIVERY ISSUES

Even if they have to run additional tests on your baby, he's probably healthy as can be. Many states require that certain tests are conducted on all newborns, so don't be alarmed if

Sometimes labor results in a significant blood loss. You have probably already realized that due to the nature of what labor is all about there is inevitable blood loss involved.

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Your strength will be shot for a while. Even without significant blood loss, your body has just gone through a tremendously straining event. Don't pick up[Read more on Page 28 in the Full Edition](#)

THE HOSPITAL STAY

***As strange as it may seem,** your hospital stay is probably your best chance to rest up before heading home with your new baby. It's true that being in a hospital room isn't necessarily conducive to relaxing what with the constant monitoring by medical staff and the waves of visitors coming and going from your room. Just try to make the best of the situation and prepare yourself for life with a baby in tow.*

VISITORS, FLOWERS, AND SLEEP

***Visitors have the best intentions.** They show up to ooh and aah over your baby and to hear all about your labor experience. You must make sure of two things, though:*

***Your hospital room will probably fill up with gifts.** If you thought the baby showers resulted in a bunch of baby trinkets and gifts then wait until you see the load you'll get in the hospital room. For whatever reason, people feel obligated to show up with a*

***It may feel weird, but allow the staff** to give you a break. You have waited over nine months for this little bundle of joy to grace your presence, so it may feel like the most unnatural thing in the world to ask a nurse to take the baby to the nursery so you can get some rest. The simple truth.....[Read more on Page 29 in the Full Edition](#)*

LEARNING ALL YOU CAN

***Take it all in now.** The nurses and other medical staff who are attending to you and your baby are trained to do just that, so the vast majority of them do it very well. Unless you grew up with younger siblings you may not have the vaguest idea of how to properly*

***Get involved.** Once you feel the strength to do so, get out of bed and get involved with the care of your baby. When the nurse comes in to give the baby its first*

***There is no such thing as a stupid question.** The medical staff working in the labor and delivery section of a hospital is used to weird questions, and they are trained to answer them without making the mom feel like a complete idiot. In marketing they say that*

***Videos, books, and diaper bags, oh my!** Some hospitals require new parents to sit down and watch some videos before they are released from the hospital.[Read more on Page 31 in the Full Edition](#)*

TESTS, RESTING, AND DISCHARGE

***You'll both be poked and prodded.** Unless you opt for a home birth or a birthing center it is likely that your stay will include periodic checks of you blood pressure and*

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Hospital beds may not be so comfortable, but still take advantage of them. Not only are most hospital beds far from comfortable, but also you will probably

When can you head home with your baby? This depends on a few factors. Some birthing centers allow women to head home with their babies the very same day they go through labor

Your hospital stay is probably going to be a time of mixed emotions. You will want to soak up all the expertise of the medical staff as far as caring for the baby, but [Read more on Page 32 in the Full Edition](#)

WHAT DOES BREASTFEEDING FEEL LIKE?

If your baby looks fragile and weak to you, just wait until you offer your breast and see if you still feel this way. The sucking ability of a baby is amazing. Although breastfeeding is one of the most natural acts in the world, many women can find it a little strange to place their baby to a breast. Women have been taught to consider their breasts as sexual equipment, so for some it seems wholly unnatural and maybe a little icky to have a newborn sucking on their nipple.

With continued feedings, though, the perception of the breast as sexual is replaced with the breast being viewed as functional, life giving equipment. Heck, before you know it, you may turn into one of those women who whip out their breast in the middle of the mall to feed a baby. [Read more on Page 33 in the Full Edition](#)

NEVER GIVE UP, NEVER SURRENDER!

Your breasts are about to change BIG TIME. You probably had colostrum to offer your baby when you were in the hospital. Colostrum is the thick white or yellow discharge that comes in either right before you give birth or right afterwards.

Yep, it can hurt. It can also be incredibly frustrating. Your baby knows how to suck, but doesn't necessarily understand the intricacies to nursing, and you probably have no idea of what to do other than giving your breast to the baby.

Also, give yourself at least a week until you make any sort of decision about giving up with breastfeeding. As long as the baby isn't losing great amounts of

Newborns like to eat and eat and eat. Although there aren't any solid statistics out there it is probably likely that mothers who breastfeed get less sleep than mothers who use formula. There are a few reasons for this. Primarily, formula feeding can be done by

The benefits of breastfeeding are astronomical. Why should you breastfeed your baby? There are countless reasons, but among them a few stick out.

You're going to be hungry. Breastfeeding burns an extra 500 calories a day, which is akin to a serious workout at the gym. You will need to eat more than you would normally, but [Read more on Page 35 in the Full Edition](#)

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LACTATION CONSULTANTS

The nature of a lactation consultant can be tricky. Lactation consultants are notorious for forgetting about manners and couch when they approach a new client. They are so used to dealing with their profession that they tend to forget that new moms aren't used to

Hospitals sometimes have consultants on staff. During your stay in the hospital a lactation consultant provided by the hospital will probably visit you. This consultant will watch you allow your baby to latch on to your nipple and will ensure that everything is

You can hire a lactation consultant yourself. After you leave the hospital there are many lactation consultants who will do house calls and help you in any struggles you might be having. Sometimes a new mom will nurse her baby at the hospital without

There are breastfeeding organizations you can join. As the old saying goes, "misery loves company." There are times when breastfeeding may seem like misery in the beginning until you work out all the glitches, and sometimes it just feels good to know that [Read more on Page 36 in the Full Edition](#)

FORMULA FEEDING

Save this decision for later unless you've already made up your mind. Formula feeding will keep your baby satisfied, but the very best decision for your baby is to breastfeed. It is all too easy to give up breastfeeding in the first few days because it seems too difficult or even

Be sure you understand what you're doing. Some formula comes ready to serve while other formulas need to be diluted or mixed with water. Read the directions every single

Don't beat yourself up over this. If you made an honest effort to breastfeed and found that formula feeding is the way for you then accept the situation and move on.

Whether you breastfeed or formula feed the important thing is that your baby is well fed and satisfied. A well-fed baby is a happy baby. Feeding is much more than [Read more on Page 37 in the Full Edition](#)

HEADING HOME

Some new parents feel relieved to be released from the hospital because they are ready to start their new life as a family unit. Other new parents feel a little daunted by the task at hand and go home feeling ill prepared for their new roles as parents. All you can do is take everything one day at a time and learn from your mistakes. Besides, it's unlikely your baby will even notice if you don't do things entirely by the book. All your baby wants is to eat, to sleep, and to be adored.

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MORE VISITORS, LESS SLEEP

Tell ‘em to bring dinner. This is simply not the time for you to be entertaining people. Having a few guests over is great and can be a wonderful pick-me-up, but if you have guests who expect you to play hostess then that’s a bad situation. Even if

A message on the answering machine can do wonders. Anyone who has ever had a baby understands that sometimes new parents just need some time to get to know their baby and would rather not entertain guests just yet. Putting a polite yet firm message on your voice mail is a

Enlist the help of a “New Parents Advocate.” If you have a problem with saying no and with asserting yourself then you may want to designate someone else as the Official

You know what they say about houseguests and fish. If you live away from your family you will probably receive many offers from relatives who want to come and stay out after the birth of the baby. They come with the premise of being helpful, but sometimes they

On the other hand, some people love having visitors. Not everyone needs to regulate the amount and duration of visits from well-wishers. There are some people who relish the attention and who also are blessed to have visitors who truly want to help. [Read more on Page 39 in the Full Edition](#)

BIG CHANGES

Are you going to stay home with the baby? Many new moms have the double whammy of trying to figure out how to deal with a new baby while also taking on the new role of a stay-at-home mom. For many women the idea of not bringing in a paycheck can really take some getting used to. Many of these women are also overwhelmed by the idea of being solely responsible for

Are you returning to work? There are many different reasons why some moms decide to return to work. For some women it’s simply a financial necessity. Other women aren’t willing to give up their careers, and still other women say that they would like their babies to be

Don’t let your relationship with your spouse deteriorate. As hard as it is to fathom right now, there will come a time when your baby and subsequent children will leave the home and you will be right back where you started: you and your spouse in an empty house. If you [Read more on Page 40 in the Full Edition](#)

EXHAUSTION AT ITS BEST

Sleep when your baby sleeps. You will hear this time and again, and you will probably immediately think of all the things you need to get done while the baby sleeps: laundry, e-mails, the dishes, or whatever.

Don’t leap up at the first peep your baby makes while sleeping. This advice is especially hard for new parents to follow because of the fear that their newborn will stop breathing in the middle of a nap or when asleep at night. Some parents also feel obligated to comfort their newborn at the first sign of discomfort.....

Have you considered co-sleeping? Experts go back and forth about the idea of co-sleeping, and currently the trend appears to be against it. Many women fall into co-sleeping without ever intending to do it; maybe in a heap of exhaustion they lay their screaming baby down on [Read more on Page 40 in the Full Edition](#)

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ACCEPT HELP!

The last thing you need to worry about is cleaning your house. Here is a secret that you might as well know about now: after your baby is born, your laundry will probably never be all done ever again. Your sink may remain free of dishes for a short while, but in all likelihood this condition

Take-out menus are a beautiful thing. Unless you had the foresight to bake and freeze dozens of casseroles, or even better if your spouse is a willing and able chef, then

The moral of the story is that you need to take this time to rest, get to know your baby, and not fret about chores and other things, which can surely wait a little while until..... *Read more on Page 42 in the Full Edition*

WHAT YOUR BABY CAN DO

LEARNING, LEARNING, LEARNING!

Your baby is a mini-scientist. Scientists form theories and test them, and this is exactly what babies do. Your baby's theory may be as simple as "if something is put in my mouth and I suck on it then milk comes out sometimes" to as complex as "if I cry then mommy fixes whatever the problem is."

You are your baby's favorite subject. You can put all the flashcards or primary colored pictures in front of your baby as you want, but nothing will compare to your face when it comes to your baby's preference for something to look at.

Enjoy seeing the world through the eyes of a newborn. For the first couple of weeks a newborn doesn't seem to notice much. They spend a lot of time dozing and eating without much regard for the world around them. The suddenly their eyes open wider than ever and *Read more on Page 43 in the Full Edition*

SLEEPING, POOPING, AND EATING

Babies do like to sleep, just in short increments. If you envisioned your baby taking regularly scheduled naps and then sleeping through the night then you are probably in for a big disappointment.

That's not tar coming out of your baby. The first few poops that a baby has can be downright scary for new parents if they aren't expecting the dark, sticky substance of which first poops consist of.

The only thing a baby likes more than sleeping is eating. Parents are often cautioned to not utilize feeding as a means to calm down an infant too much, and the reason why they are cautioned about this is because it works so darn well! *Read more on Page 44 in the Full Edition*

EMOTIONAL ATTACHMENT AND BONDING

It's okay if it's not love at first sight. Many times new parents will expect to immediately fall in love with their new baby only to realize when the baby is born that they don't feel instant warm feelings.

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Your protective impulses may surprise you. You will probably have to train yourself to not think that every man in the store is a kidnapper

Your baby adores you like no other. Although newborns are not yet to the stage where they can display any real separation anxiety they still have a preference for their parents, more specifically, for their mothers.

Quite simply, your baby is amazing. His brain is working overtime to try to make sense of the world around him while he continues to dazzle you with his perfection. This is the time to learn all you can about your baby and to start to teach him about his surrounding environment. [Read more on Page 45 in the Full Edition](#)

AFTER THE DUST CLEARS

Do you feel like running to the store on the corner to get a bag of chips? This simple jaunt used to be a quick errand that didn't really require much planning. Now, with a newborn, you may find yourself paralyzed with fear that taking your baby out will result in the baby getting exposed to germs, or kidnapped, or abducted by aliens, or whatever your chosen paranoia may be regarding going out. The truth of the matter is that newborns are highly portable, and once your doctor gives the okay to take your baby on outings you'll soon realize that it just takes some getting used to. The same goes for all other aspects of your life with a newborn: it just takes some getting used to.

LIFESTYLE CHANGES

You're not #1 anymore. It doesn't really matter anymore what your temperature preference is in the house; if your baby isn't comfortable then you need to adjust it.

It's hard to schedule appointments when you never know when you might get pooped on. At some point your baby will work himself into a sleeping schedule which will allow you to make appointments at a pretty predictable pace, but

You may notice a big priority change. Maybe you always made sure to schedule a weekly manicure, or perhaps your favorite pastime on a Sunday morning was to lazily read the newspaper while sipping hot tea.

Occasionally pull yourself away from the baby for a breather. Many new moms have the distinct problem of desperately wanting a moment or two to themselves but not entirely trusting anyone else to take care of the baby, even their spouse. [Read more on Page 46 in the Full Edition](#)

POSTPARTUM DEPRESSION

Hormones can be a bummer. Every new mom goes through a hormone surge after delivering a baby, but the extent of the surge is what makes some women ecstatic while others are unbearable.

No sleep + hormones = crankiness. You're about to find out how strong you really are. Not only will you give birth to a baby but then you will attempt to recover while also caring for your new baby while not getting anywhere near the amount of consistent sleep you're supposed to.

This FREE mini includes just a few of the enlightening insights from our brand new 57 page e-book release "So, You're having a Baby!"
Get a copy of this perfect eBook to help you prepare for the most Special time of your life. Only available at
<http://www.womenslifestylepublications.com/parenting/having-a-baby> for the New Release price of just \$17, plus two Bonus FREE Gifts.

There comes a time when you should seek help. So-called “baby blues” can turn ugly, and there is a time when you simply can’t handle these feelings by yourself anymore.

Friends are a depression-buster. Try seeking out other women who are in a similar situation as yours. There are support groups for new moms all over the place, and a quick internet search will find a group suitable to you. Sure, your spouse can listen to you and offer support, but..... [Read more on Page 47 in the Full Edition](#)

FINANCIAL CONCERNS

Diapers aren’t cheap. If you are planning on using disposable diapers one of the very first things you will notice is how incredibly expensive they can be, especially in the first few months when your baby is a veritable pooping machine.

One income instead of two incomes can be a shocker. If you decide to stay home with your new baby for some time instead of immediately returning to work you may be shocked at the drop in income.

Hand-me-downs can be great. Some parents can go for months without having to buy a single piece of clothing for their baby because they are lucky enough to have a friend or relative who happens to have a nice stash of clothing from a previous baby.

Babies don’t need designer clothes. It is really easy to get tempted by some of the designer baby clothing stores in the mall. The clothes they make are so incredibly cute!

Start a college fund right now. Speaking of better ways to spend your money, consider starting a college fund immediately after your baby is born.

Don’t go nuts. Do you really need a new minivan after your baby arrives? Your baby will be just as happy in the backseat of your old sedan as long as he is securely strapped into a car seat.

Once you get home with your new baby the real fun begins. If you can get past the sleeplessness and utter confusion which accompanies the new parent experience then you will quickly realize that your newborn is simply amazing. [Read more on Page 49 in the Full Edition](#)

TIME TO TEACH

Unless your baby is enrolled in some sort of daycare program, you are the person who is primarily responsible for teaching your baby about the world around him. Babies aren’t passive for very long; they yearn to figure out the world around them and will do well if they have an active and enthusiastic teacher who is willing to expose them to new things and teach them the fine art of play. You don’t need fancy books and expensive classes to raise a smart kid, although these things can be a lot of fun.

BABY CLASSES

Marketing starts young nowadays. You may be surprised to hear that some parents start their babies in classes as young as four weeks old, but it's true. There are many play classes which claim to enhance a baby's learning and teach valuable social skills at a very young age.

Is your baby a gymnast? As if play classes weren't enough, some children centers offer gymnastic classes for babies as young as three months old. Although it's true that a three month old is not likely to

Talk to your baby sooner. One of the most frustrating things about taking care of a baby is that sometimes you simply can't figure out what the baby wants. They cry and scream and thrash about and you know there is something they are desperately longing for.

Interactive exercise classes can be great. Some places offer exercise classes geared towards new moms which allow you to bring your baby with you and in some cases actually let your baby join you in the fun.

Don't over schedule your baby. You may think that the more classes the better for your baby's intellectual and social development, but the truth is that babies, particularly newborns, can get over stimulated quite quickly. Take the cue from your baby..... [Read more on Page 51 in the Full Edition](#)

READING

Your baby loves the sound of your voice. It really doesn't matter if you aren't the best reader. Your baby is in love with your voice, so it's important to regale your baby with some reading every day.

Books help your baby's brain. Books aren't all about the baby listening to the melodic sound of your voice. The repetition of stories and the chance to listen to speech makes for great brain building.

Reading makes for good bonding. Reading is something which should be shared between a parent and baby quite often. The physical act of reading, with the snuggling on the lap and the frequent hugs and squeezes, helps remind the baby that they are loved and cared for. [Read more on Page 52 in the Full Edition](#)

THE TELEVISION DEBATE

Babies need to move, learn, and interact. You can buy all the educational movies and TV shows that you want to, but the simple fact of the matter is that babies learn best by moving and exploring the world around them. Watching television is an extremely

Baby brains don't understand that TV shows are fictional. You have probably noticed by now that even very young babies can easily pick up on the emotions of the people around them. If you cry, your baby

A mommy has to do what a mommy has to do. Having said all this, there are simply some times when a mommy needs to take a break. Honestly, not everywoman can

You are the primary teacher for your baby's first few years of life. You need to decide what sort of teacher you want to be, and have a game plan. You will learn early on what method your baby prefers, whether they want you to be active and boisterous or instead passive and deliberate. [Read more on Page 53 in the Full Edition](#)

READY FOR ANOTHER ONE?

Nature has a strange way of allowing women to forget about the pain of childbirth so that they will eventually start wanting to go through the whole process again. Some researchers have said that there is a chemical, which is released into woman's body shortly after giving birth which actually erases some of the memories of intense pain associated with contractions and birth. No wonder some women are ready to jump back in and have another baby pretty quickly. You need to take several factors into consideration before taking the leap again because having another baby is going to change things a lot...in some cases more than having the first baby did.

HOW LONG TO WAIT

Are you physically ready? Maybe it has always been your intention to have your children close in age and you're ready to try to get pregnant again very quickly after having your first baby.

Are you emotionally ready? You need to take stock of your emotional readiness before getting pregnant again. If you still feel overwhelmed and exhausted by dealing with your first born then this probably isn't the time to get pregnant again.

Don't sugar-coat what it's like to have a newborn. There is a saying about what it's like to bring a second baby home: "one is one, and three is three, but two is three."

Are you all done? Some people make the conscious decision to only have one child. This decision shouldn't be made right after your first baby is born since you're probably in the grips of hormonal surges and exhaustion. If you and your spouse have made an educated decision [Read more on Page 54 in the Full Edition](#)

AGE DIFFERENCES AND SIBLING RIVALRY

Do you want a helper? If you have another baby before your first-born is to a developmental stage where he can help you then you know you'll be in for double work.

Suddenly not being the only show in town can be a shocker. Some researchers suggest the best time to have a baby to avoid major sibling rivalry issues is when your first-born is either younger than eighteen months or older than three years.

Allow time for adjustment. Depending on the age of your first-born, he will probably display some behaviors, which you hadn't seen before after a new baby joins the family.

There is certainly something to be said about having babies close together in age because they can grow up playing with the same toys and enjoying the same things. [Read more on Page 56 in the Full Edition](#)

NOW THAT YOU'RE AN EXPERT....

You'll probably realize pretty early on that your baby can melt your heart with a simple giggle. You may be amazed how cleaning up poop and pee becomes commonplace even if the sight of such things made you gag prior to becoming a parent.

Yes, having a baby changes your perspective on life in astounding ways. If at times you find yourself feeling a bit inadequate as a parent just take a step back and ask yourself if your baby is receiving unconditional love from you around the clock. If the answer is yes, then you are one fantastic parent. Your baby is just as lucky to have you as you are to have him.

A Final Word from the team at Women's Lifestyle Publications

We sincerely hope you have found this Mini guide enlightening and helpful. The contents in this Mini eBook has been extracted in part from the original version '*So, You're Having A Baby!*' and is brought to you by Women's Lifestyle Publications. The Original version which includes 57 pages filled with the most helpful, educational and enlightening information and can be purchased from the URL below:

<http://www.womenslifestylepublications.com/parenting/having-a-baby>.

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