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**SPECIAL REPORT:**

# CHILD CARE

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## ABC OF BREASTFEEDING.

From the first moment the infant is applied to the breast, it must be nursed upon a certain plan. This is necessary to the well-doing of the child, and will contribute essentially to preserve the health of the parent, who will thus be rendered a good nurse, and her duty at the same time will become a pleasure.

This implies, however, a careful attention on the part of the mother to her own health; for that of her child is essentially dependent upon it. Healthy, nourishing, and digestible milk can be procured only from a healthy parent; and it is against common sense to expect that, if a mother impairs her health and digestion by improper diet, neglect of exercise, and impure air, she can, nevertheless, provide as wholesome and uncontaminated a fluid for her child, as if she were diligently attentive to these important points. Every instance of indisposition in the nurse is liable to affect the infant.

And this leads me to observe, that it is a common mistake to suppose that, because a woman is nursing, she ought therefore to live very fully, and to add an allowance of wine, porter, or other fermented liquor, to her usual diet. The only result of this plan is, to cause an unnatural degree of fullness in the system, which places the nurse on the brink of disease, and which of itself frequently puts a stop to the secretion of the milk, instead of increasing it. The right plan of proceeding is plain enough; only let attention be paid to the ordinary laws of health, and the mother, if she has a sound constitution, will make a better nurse than by any foolish deviation founded on ignorance and caprice.

The following case proves the correctness of this statement:

A young lady, confined with her first child, left the lying-in room at the expiration of the third week, a good nurse, and in perfect health. She had had some slight trouble with her nipples, but this was soon overcome.

The porter system was now commenced, and from a pint to a pint and a half of this beverage was taken in the four and twenty hours. This was resorted to, not because there was any deficiency in the supply of milk, for it was ample, and the infant thriving upon it; but because, having become a nurse, she was told that it was usual and necessary, and that without it her milk and strength would ere long fail.

After this plan had been followed for a few days, the mother became drowsy and disposed to sleep in the daytime; and headache, thirst, a hot skin, in fact, fever supervened; the milk diminished in quantity, and, for the first time, the stomach and bowels of the infant became disordered. The porter was ordered to be left off; remedial measures were prescribed; and all symptoms, both in parent and child, were after a while removed, and health restored.

Having been accustomed, prior to becoming a mother, to take a glass or two of wine, and occasionally a tumbler of table beer, she was advised to follow precisely her former dietetic plan, but with the addition of half a pint of barley-milk morning and night. Both parent and child continued in excellent health during the remaining period of suckling, and the latter did not taste artificial food until the ninth month, the parent's milk being all-sufficient for its wants.

No one can doubt that the porter was in this case the source of the mischief. The patient had gone into the lying-in-room in full health, had had a good time, and came out from her chamber (comparatively) as strong as she entered it. Her constitution had not been previously worn down by repeated child-bearing and nursing, she had an ample supply of milk, and was fully capable, therefore, of performing the duties which now devolved upon her, without resorting to any

unusual stimulant or support. Her previous habits were totally at variance with the plan which was adopted; her system became too full, disease was produced, and the result experienced was nothing more than what might be expected.

The plan to be followed for the first six months. Until the breast- milk is fully established, which may not be until the second or third day subsequent to delivery (almost invariably so in a first confinement), the infant must be fed upon a little thin gruel, or upon one third water and two thirds milk, sweetened with loaf sugar.

After this time it must obtain its nourishment from the breast alone, and for a week or ten days the appetite of the infant must be the mother's guide, as to the frequency in offering the breast. The stomach at birth is feeble, and as yet unaccustomed to food; its wants, therefore, are easily satisfied, but they are frequently renewed. An interval, however, sufficient for digesting the little swallowed, is obtained before the appetite again revives, and a fresh supply is demanded.

At the expiration of a week or so it is essentially necessary, and with some children this may be done with safety from the first day of suckling, to nurse the infant at regular intervals of three or four hours, day and night. This allows sufficient time for each meal to be digested, and tends to keep the bowels of the child in order. Such regularity, moreover, will do much to obviate fretfulness, and that constant cry, which seems as if it could be allayed only by constantly putting the child to the breast. A young mother very frequently runs into a serious error in this particular, considering every expression of uneasiness as an indication of appetite, and whenever the infant cries offering it the breast, although ten minutes may not have elapsed since its last meal. This is an injurious and even dangerous practice, for, by overloading the stomach, the food remains undigested, the child's bowels are always out of order, it soon becomes restless

and feverish, and is, perhaps, eventually lost; when, by simply attending to the above rules of nursing, the infant might have become healthy and vigorous.

For the same reason, the infant that sleeps with its parent must not be allowed to have the nipple remaining in its mouth all night. If nursed as suggested, it will be found to awaken, as the hour for its meal approaches, with great regularity. In reference to night-nursing, I would suggest suckling the babe as late as ten o'clock p. m., and not putting it to the breast again until five o'clock the next morning. Many mothers have adopted this hint, with great advantage to their own health, and without the slightest detriment to that of the child. With the latter it soon becomes a habit; to induce it; however, it must be taught early.

The foregoing plan, and without variation, must be pursued to the sixth month.

After the sixth month to the time of weaning, if the parent has a large supply of good and nourishing milk, and her child is healthy and evidently flourishing upon it, no change in its diet ought to be made. If otherwise, however, (and this will but too frequently be the case, even before the sixth month) the child may be fed twice in the course of the day, and that kind of food chosen which, after a little trial, is found to agree best.

## **APPEARANCE OF MILK-TEETH.**

The first set of teeth, or milk-teeth as they are called are twenty in number; they usually appear in pairs, and those of the lower jaw generally precede the corresponding ones of the upper. The first of the milk-teeth is generally cut about the sixth or seventh month, and the last of the set at various periods from the twentieth to the thirtieth months. Thus the whole period occupied by the first dentition may be estimated at from a year and a half to two years. The process



varies, however, in different individuals, both as to its whole duration, and as to the periods and order in which the teeth make their appearance. It is unnecessary, however, to add more upon this point.

Their development is a natural process. It is too frequently, however, rendered a painful and difficult one, by errors in the management of the regimen and health of the infant, previously to the coming of the teeth, and during the process itself.

Thus, chiefly in consequence of injudicious management, it is made the most critical period of childhood. Not that I believe the extent of mortality fairly traceable to it, is by any means so great as has been stated; for it is rated as high as one sixth of all the children who undergo it. Still, no one doubts that first dentition is frequently a period of great danger to the infant. It therefore becomes a very important question to an anxious and affectionate mother, how the dangers and difficulties of teething can in any degree be diminished, or, if possible, altogether prevented. A few hints upon this subject, then, may be useful. I shall consider, first, the management of the infant, when teething is accomplished without difficulty; and, secondly, the management of the infant when it is attended with difficulty.

Management of the infant when teething is without difficulty.

In the child of a healthy constitution, which has been properly, that is, naturally, fed, upon the milk of its mother alone, the symptoms attending teething will be of the mildest kind, and the management of the infant most simple and easy.

Symptoms: - The symptoms of natural dentition (which this may be fairly called) are an increased flow of saliva, with swelling and heat of the gums, and occasionally flushing of the cheeks. The child frequently thrusts its fingers, or any thing within its grasp, into its mouth. Its thirst is increased, and it takes the breast more frequently, though, from the tender state of the gums, for shorter periods

than usual. It is fretful and restless; and sudden fits of crying and occasional starting from sleep, with a slight tendency to vomiting, and even looseness of the bowels, are not uncommon. Many of these symptoms often precede the appearance of the tooth by several weeks, and indicate that what is called "breeding the teeth" is going on. In such cases, the symptoms disappear in a few days, to recur again when the tooth approaches the surface of the gum.

Treatment: - The management of the infant in this case is very simple, and seldom calls for the interference of the medical attendant. The child ought to be much in the open air, and well exercised: the bowels should be kept freely open with castor oil; and be always gently relaxed at this time. Cold sponging employed daily, and the surface of the body rubbed dry with as rough a flannel as the delicate skin of the child will bear; friction being very useful. The breast should be given often, but not for long at a time; the thirst will thus be allayed, the gums kept moist and relaxed, and their irritation soothed, without the stomach being overloaded. The mother must also carefully attend, at this time, to her own health and diet, and avoid all stimulant food or drinks.

From the moment dentition begins, pressure on the gums will be found to be agreeable to the child, by numbing the sensibility and dulling the pain. For this purpose coral is usually employed, or a piece of orris-root, or scraped liquorice root; a flat ivory ring, however, is far safer and better, for there is no danger of its being thrust into the eyes or nose. Gentle friction of the gums, also, by the finger of the nurse, is pleasing to the infant; and, as it seems to have some effect in allaying irritation, may be frequently resorted to. In France, it is very much the practice to dip the liquorice-root, and other substances, into honey, or powdered sugar-candy; and in Germany, a small bag, containing a mixture of sugar and spices, is given to the infant to suck, whenever it is fretful and uneasy during teething. The constant use, however, of sweet and stimulating ingredients must do injury to the stomach, and renders their employment very objectionable.

## ARTIFICIAL DIET FOR INFANTS.

It should be as like the breast-milk as possible. This is obtained by a mixture of cow's milk, water, and sugar, in the following proportions.

Fresh cow's milk, two thirds; Boiling water, or thin barley water, one third; Loaf sugar, a sufficient quantity to sweeten.

This is the best diet that can be used for the first six months, after which some farinaceous food may be combined.

In early infancy, mothers are too much in the habit of giving thick gruel, panada, biscuit-powder, and such matters, thinking that a diet of a lighter kind will not nourish. This is a mistake; for these preparations are much too solid; they overload the stomach, and cause indigestion, flatulence, and griping. These create a necessity for purgative medicines and carminatives, which again weaken digestion, and, by unnatural irritation, perpetuate the evils which render them necessary. Thus many infants are kept in a continual round of repletion, indigestion, and purging, with the administration of cordials and narcotics, who, if their diet were in quantity and quality suited to their digestive powers, would need no aid from physic or physicians.

In preparing this diet, it is highly important to obtain pure milk, not previously skimmed, or mixed with water; and in warm weather just taken from the cow. It should not be mixed with the water or sugar until wanted, and not more made than will be taken by the child at the time, for it must be prepared fresh at every meal. It is best not to heat the milk over the fire, but let the water be in a boiling state when mixed with it, and thus given to the infant tepid or lukewarm.

As the infant advances in age, the proportion of milk may be gradually increased; this is necessary after the second month, when three parts of milk to one of water may be allowed. But there must be no change in the kind of diet if the health of the child is good, and its appearance perceptibly improving. Nothing is more absurd than the notion, that in early life children require a variety of food; only one kind of food is prepared by nature, and it is impossible to transgress this law without marked injury.

There are two ways by the spoon, and by the nursing-bottle. The first ought never to be employed at this period, inasmuch as the power of digestion in infants is very weak, and their food is designed by nature to be taken very slowly into the stomach, being procured from the breast by the act of sucking, in which act a great quantity of saliva is secreted, and being poured into the mouth, mixes with the milk, and is swallowed with it. This process of nature, then, should be emulated as far as possible; and food (for this purpose) should be imbibed by suction from a nursing-bottle: it is thus obtained slowly, and the suction employed secures the mixture of a due quantity of saliva, which has a highly important influence on digestion. Whatever kind of bottle or teat is used, however, it must never be forgotten that cleanliness is absolutely essential to the success of this plan of rearing children.

The quantity of food to be given at each meal must be regulated by the age of the child, and its digestive power. A little experience will soon enable a careful and observing mother to determine this point. As the child grows older the quantity of course must be increased.

The chief error in rearing the young is overfeeding; and a most serious one it is; but which may be easily avoided by the parent pursuing a systematic plan with regard to the hours of feeding, and then only yielding to the indications of appetite, and administering the food slowly, in small quantities at a time. This is the only way effectually to prevent indigestion, and bowel complaints, and the

irritable condition of the nervous system, so common in infancy, and secure to the infant healthy nutrition, and consequent strength of constitution. As has been well observed, "Nature never intended the infant's stomach to be converted into a receptacle for laxatives, carminatives, antacids, stimulants, and astringents; and when these become necessary, we may rest assured that there is something faulty in our management, however perfect it may seem to ourselves."

The frequency of giving food must be determined, as a general rule, by allowing such an interval between each meal as will insure the digestion of the previous quantity; and this may be fixed at about every three or four hours. If this rule be departed from, and the child receives a fresh supply of food every hour or so, time will not be given for the digestion of the previous quantity, and as a consequence of this process being interrupted, the food passing on into the bowel undigested, will there ferment and become sour, will inevitably produce cholic and purging, and in no way contribute to the nourishment of the child.

The posture of the child when fed: - It is important to attend to this. It must not receive its meals lying; the head should be raised on the nurse's arm, the most natural position, and one in which there will be no danger of the food going the wrong way, as it is called. After each meal the little one should be put into its cot, or repose on its mother's knee, for at least half an hour. This is essential for the process of digestion, as exercise is important at other times for the promotion of health.

As soon as the child has got any teeth, and about this period one or two will make their appearance, solid farinaceous matter boiled in water, beaten through a sieve, and mixed with a small quantity of milk, may be employed. Or tops and bottoms, steeped in hot water, with the addition of fresh milk and loaf sugar to sweeten. And the child may now, for the first time, be fed with a spoon.

When one or two of the large grinding teeth have appeared, the same food may be continued, but need not be passed through a sieve. Beef tea and chicken broth may occasionally be added; and, as an introduction to the use of a more completely animal diet, a portion, now and then, of a soft boiled egg; by and by a small bread pudding, made with one egg in it, may be taken as the dinner meal.

Nothing is more common than for parents during this period to give their children animal food. This is a great error. "To feed an infant with animal food before it has teeth proper for masticating it, shows a total disregard to the plain indications of nature, in withholding such teeth till the system requires their assistance to masticate solid food. And the method of grating and pounding meat, as a substitute for chewing, may be well suited to the toothless octogenarian, whose stomach is capable of digesting it; but the stomach of a young child is not adapted to the digestion of such food, and will be disordered by it.

It cannot reasonably be maintained that a child's mouth without teeth, and that of an adult, furnished with the teeth of carnivorous and graminivorous animals, are designed by the Creator for the same sort of food. If the mastication of solid food, whether animal or vegetable, and a due admixture of saliva, be necessary for digestion, then solid food cannot be proper, when there is no power of mastication. If it is swallowed in large masses it cannot be masticated at all, and will have but a small chance of being digested; and in an undigested state it will prove injurious to the stomach and to the other organs concerned in digestion, by forming unnatural compounds. The practice of giving solid food to a toothless child is not less absurd, than to expect corn to be ground where there is no apparatus for grinding it. That which would be considered as an evidence of idiotism or insanity in the last instance, is defended and practiced in the former. If, on the other hand, to obviate this evil, the solid matter, whether animal or vegetable, be previously broken into small masses, the infant will instantly swallow it, but it will be unmixed with saliva. Yet in every day's observation it will be seen, that children are so fed in their most tender age; and it is not wonderful

that present evils are by this means produced, and the foundation laid for future disease."

The diet pointed out, then, is to be continued until the second year. Great care, however, is necessary in its management; for this period of infancy is ushered in by the process of teething, which is commonly connected with more or less of disorder of the system. Any error, therefore, in diet or regimen is now to be most carefully avoided. 'Its true that the infant, who is of a sound and healthy constitution, in whom, therefore, the powers of life are energetic, and who up to this time has been nursed upon the breast of its parent, and now commences an artificial diet for the first time, disorder is scarcely perceptible, unless from the operation of very efficient causes. Not so, however, with the child who from the first hour of its birth has been nourished upon artificial food. Teething under such circumstances is always attended with more or less of disturbance of the frame, and disease of the most dangerous character but too frequently ensues. It is at this age, too, that all infectious and eruptive fevers are most prevalent; worms often begin to form, and diarrhea, thrush, rickets, cutaneous eruptions, etc. manifest themselves, and the foundation of strumous disease is originated or developed. A judicious management of diet will prevent some of these complaints, and mitigate the violence of others when they occur.

## **BATHING AND CLEANLINESS DURING INFANCY AND CHILDHOOD.**

### **During infancy.**

Cleanliness is essential to the infant's health. The principal points to which especial attention must be paid by the parent for these purposes are the following:

At first the infant should be washed daily with warm water; and a bath every night, for the purpose of thoroughly cleaning the body, is highly necessary. To bathe a delicate infant of a few days or even weeks old in cold water with a view "to harden" the constitution (as it is called), is the most effectual way to undermine its health and entail future disease. By degrees, however, the water with which it is sponged in the morning should be made tepid, the evening bath being continued warm enough to be grateful to the feelings.

A few months having passed by, the temperature of the water may be gradually lowered until cold is employed, with which it may be either sponged or even plunged into it, every morning during summer. If plunged into cold water, however, it must be kept in but a minute; for at this period, especially, the impression of cold continued for any considerable time depresses the vital energies, and prevents that healthy glow on the surface which usually follows the momentary and brief action of cold, and upon which its usefulness depends. With some children, indeed, there is such extreme delicacy and deficient reaction as to render the cold bath hazardous; no warm glow over the surface takes place when its use inevitably does harm: its effects, therefore, must be carefully watched.

The surface of the skin should always be carefully and thoroughly rubbed dry with flannel, indeed, more than dry, for the skin should be warmed and stimulated by the assiduous gentle friction made use of. For this process of washing and drying must not be done languidly, but briskly and expeditiously; and will then be found to be one of the most effectual means of strengthening the infant. It is especially necessary carefully to dry the arm-pits, groins, and antes; and if the child is very fat, it will be well to dust over these parts with hair-powder or starch: this prevents excoriations and sores, which are frequently very troublesome. Soap is only required to those parts of the body which are exposed to the reception of dirt.



### **During childhood.**

When this period arrives, or shortly after, bathing is but too frequently left off; the hands and face of the child are kept clean, and with this the nurse is satisfied; the daily ablution of the whole body, however, is still necessary, not only for the preservation of cleanliness, but because it promotes in a high degree the health of the child.

A child of a vigorous constitution and robust health, as he rises from his bed refreshed and active by his night's repose, should be put into the shower-bath, or, if this excites and alarms him too much, must be sponged from head to foot with salt water. If the weather be very cold, the water may be made slightly tepid, but if his constitution will bear it, the water should be cold throughout the year. Then the body should be speedily dried, and hastily but well rubbed with a somewhat coarse towel, and the clothes put on without any unnecessary delay. This should be done every morning of the child's life.

If such a child is at the sea-side, advantage should be taken of this circumstance, and sea bathing should be substituted. The best time is two or three hours after breakfast; but he must not be fatigued beforehand, for if so, the cold bath cannot be used without danger. Care must be taken that he does not remain in too long, as the animal heat will be lowered below the proper degree, which would be most injurious. In boys of a feeble constitution, great mischief is often produced in this way. It is a matter also of great consequence in bathing children that they should not be terrified by the immersion, and every precaution should be taken to prevent this. The healthy and robust boy, too, should early be taught to swim, whenever this is practicable, for it is attended with the most beneficial effects; it is a most invigorating exercise, and the cold bath thus becomes doubly serviceable.

If a child is of a delicate and strumous constitution, the cold bath during the summer is one of the best tonics that can be employed; and if living on the coast, sea-bathing will be found of singular benefit. The effects, however, of sea-bathing upon such a constitution must be particularly watched, for unless it is succeeded by a glow, a feeling of increased strength, and a keen appetite, it will do no good, and ought at once to be abandoned for the warm or tepid bath. The opinion that warm baths generally relax and weaken is erroneous; for in this case, as in all cases when properly employed, they would give tone and vigor to the whole system; in fact, the tepid bath is to this child what the cold bath is to the more robust.

In conclusion: if the bath in any shape cannot from circumstances be obtained, then cold saltwater sponging must be used daily, and all the year round, so long as the proper reaction or glow follows its use; but when this is not the case, and this will generally occur, if the child is delicate and the weather cold, tepid vinegar and water, or tepid salt water, must be substituted.

## **CRYING BABY - REASONS.**

Introduction:

Crying is a normal event in the lives of all babies. When a baby comes out of the womb the first thing to do is crying. By the first cry he will take some air in to the lungs for the first time in their life. After delivery if the baby doesn't cry then it should be initiated by slightly pinching or gently stroking the feet. From this it is clear that the healthy baby should cry and it is a normal physiological event, still some times it can upset the mother or family members.

We all know that a baby can't tell his needs or troubles in words. The only way for him to communicate with others is by crying. Babies show some other signs like feet kicking, hand waving and head turning etc. But the best way to take the attention of others is by crying.

Excessive crying may not have a firm definition because the crying habit changes from baby to baby and some babies can be calmed easily but some are difficult. Many a times baby become quiet by giving breast milk or by carrying with a gentle rocking. Sudden onset of excessive crying means baby is distressed and needs attention. The causes of crying extend from simple reasons to life threatening conditions. Hence crying of a baby should not be ignored.

Most of the time it is difficult to find the cause of the cry .Common causes are discussed here for awareness.

### **Common reasons for crying:**

#### **1,Hunger:--**

A hungry baby will cry till he gets the milk. Here the old saying comes true' crying baby gets the milk'.

#### **2,Wetting:--**

Urination and defecation causes some discomfort and results in crying till his parts are cleaned and made dry .

#### **3,Company:--**

Majority of the kids need somebody near. If they feel lonely they cry. When their favorite doll slips away from the grip they cry for help.

4,Tired:--

When the baby is tired after a journey and unable to sleep just cry simply. They feel tired in uncomfortable surroundings and due to unhealthy climate.

5,Heat & cold:--

If they feel too hot or too cold they become restless and cry. Child is comfortable in a room with good ventilation.

6,Tight clothing:--

Tight clothes especially during warm climate is intolerable for kids. Tight elastic of the dress can also produce soreness in the hip region.

7,Dark room:--

When the baby wakes up from sleep he needs some dim light. If there is darkness he will disturb the sleep of parents by crying. Ofcourse he will be irritated by strong light resulting in cry.

8,Mosquito:--

Yes, these creatures disturb the sleep by their blood sucking and make the baby to cry.

9,Nasal blocking:--

Child may not be able to sleep when there is a cold and go on crying till the passage is open.

10, Phlegm in throat:--

This also causes difficult breathing resulting in cry. Often a typical sound can be heard with each breath.

11, General aching:--

Generalized body ache with restlessness is seen in flu and prodromal stages of some infectious diseases can result in continuous cry.

12, Habitual cry:-- Some babies cry without any real cause ending the parents in agony. Many a times doctor is called for help.

13, Nappy rash:-- If a tight and wet nappy is kept for a long time results in this condition.

Rash can also be due to some allergic reaction to the elastic material of the nappy. When the rash appears it causes soreness and baby become sleepless and cry. All other skin lesions like eczema, ecthyma, candidiasis etc also causes same problems.

14, Earache:--

Ear infection is common in wet climate. The infection may spread from the throat. Ear infection can result in rupture of ear drum causing discharge of pus. Earache usually becomes worse at night when lying down. Child will become restless with cry and may not allow you to touch the ear. Some children with earache rub the affected ear frequently.

15,Colic:--

When the baby cry continuously most of us diagnose it as colic. This problem is still a topic for debate because exact cause for colic is not known and diagnosis is also difficult to confirm. Colic may be associated with rumbling and distention of abdomen. Child often feels better when lying on abdomen. Some children may not allow you to touch the abdomen. If the child cries continuously doctors help is needed.

16,Infections:--

All infections causes some kind of pain or irritation resulting in cry. Infection may be anywhere in the body. Usually it is associated with fever, redness and swelling.

17,Reactions to certain food:--

It is said that one man's food is another man's poison. Some food articles can produce some allergic reactions. Allergy is manifested in the form of redness, breathlessness, gastric symptoms and continuous cry.

18,Hard stools:--

Constipated babies with hard stools may cry when they get the urge for stool. Some children hesitate to pass stool because of pain .

19,Gastro esophageal reflex:--

Here baby cries with spilling of food after feeding. If this continues it may be due to gastro esophageal reflex. This is due to failure of the lower part of esophagus to close after food causing regurgitation from the stomach. It is difficult to diagnose this condition and can be confirmed by giving ant reflex medicines.

20, Dentition:--

During dentition child becomes restless with crying. Often associated with gastric troubles and diarrhea.

### **Some rare reasons**

1,Bowel obstruction:--

Bowel obstruction is associated with severe pain and vomiting. Abdomen is distended with rumbling sound. Baby is constipated with absence of flatus.

2,Septicemia:--

Invasion of pathogenic micro organisms in to the blood is called septicemia. Fever is associated with this condition.

3,Torsion of testes in male kids:--

When a male baby cries continuously his scrotum should be examined. Torsion of the testes produce severe pain which will be worse by touching the affected testes. When the testes is pressed upwards pain is releived. If this is not treated properly it can damage the affected testes due to lack of blood supply.

#### 4,Meningitis:--

Initially there may not be fever, hence crying baby with alternate vacant stare and irritability should not be ignored. Fontanel is bulging. Neck rigidity and seizures may appear later.

#### 5,Retention of urine:--

Children with retention of urine will have agonizing pain making them restless.

#### 7,Major injuries:--

Major injury to any parts of the body causes pain. Occasionally children will fall while playing and results in head injury. Head injury is associated with reflex vomiting and convulsions.

## DEFICIENCY OF MILK.

Deficiency of milk may exist even at a very early period after delivery, and yet be removed. This, however, is not to be accomplished by the means too frequently resorted to; for it is the custom with many, two or three weeks after their confinement, if the supply of nourishment for the infant is scanty, to partake largely of malt liquor for its increase. Sooner or later this will be found injurious to the constitution of the mother: but how, then, is this deficiency to be obviated? Let the nurse keep but in good health, and this point gained, the milk, both as to



quantity and quality, will be as ample, nutritious, and good, as can be produced by the individual.

I would recommend a plain, generous, and nutritious diet; not one description of food exclusively, but, as is natural, a wholesome, mixed, animal, and vegetable diet, with or without wine or malt liquor, according to former habit; and, occasionally, where malt liquor has never been previously taken, a pint of good sound ale may be taken daily with advantage, if it agree with the stomach. Regular exercise in the open air is of the greatest importance, as it has an extraordinary influence in promoting the secretion of healthy milk. Early after leaving the lying-in room, carriage exercise, where it can be obtained, is to be preferred, to be exchanged, in a week or so, for horse exercise, or the daily walk. The tepid, or cold salt-water shower bath, should be used every morning; but if it cannot be borne, sponging the body with salt-water must be substituted.

By adopting with perseverance the foregoing plan, a breast of milk will be obtained as ample in quantity, and good in quality, as the constitution of the parent can produce, as the following case proves:

I attended a lady twenty-four years of age, a delicate, but healthy woman, in her first confinement. The labor was good. Every thing went on well for the first week, except that, although the breasts became enlarged, and promised a good supply of nourishment for the infant, at its close there was merely a little oozing from the nipple. During the next fortnight a slight, but very gradual increase in quantity took place, so that a dessert spoonful only was obtained about the middle of this period, and perhaps double this quantity at its expiration. In the mean time the child was necessarily fed upon an artificial diet, and as a consequence its bowels became deranged, and a severe diarrhea followed.

For three or four days it was a question whether the little one would live, for so greatly had it been reduced by the looseness of the bowels that it had not

strength to grasp the nipple of its nurse; the milk, therefore, was obliged to be drawn, and the child fed with it from a spoon. After the lapse of a few days, however, it could obtain the breast-milk for itself; and, to make short of the case, during the same month, the mother and child returned home, the former having a very fair proportion of healthy milk in her bosom, and the child perfectly recovered and evidently thriving fast upon it.

Where, however, there has been an early deficiency in the supply of nourishment, it will most frequently happen that, before the sixth or seventh month, the infant's demands will be greater than the mother can meet. The deficiency must be made up by artificial food, which must be of a kind generally employed before the sixth month, and given through the bottle.

## **MOTHERS' ROLE IN COMBATING DISEASES OF CHILDREN.**

The especial province of the mother is the prevention of disease, not its cure. When disease attacks the child, the mother has then a part to perform, which it is especially important during the epochs of infancy and childhood should be done well. I refer to those duties which constitute the maternal part of the management of disease.

Medical treatment, for its successful issue, is greatly dependent upon a careful, pains-taking, and judicious maternal superintendence. No medical treatment can avail at any time, if directions be only partially carried out, or be negligently attended to; and will most assuredly fail altogether, if counteracted by the erroneous prejudices of ignorant attendants. But to the affections of infancy and childhood, this remark applies with great force; since, at this period, disease is generally so sudden in its assaults, and rapid in its progress, that unless the

measures prescribed are rigidly and promptly administered, their exhibition is soon rendered altogether fruitless.

The amount of suffering, too, may be greatly lessened by the thoughtful and discerning attentions of the mother. The wants and necessities of the young child must be anticipated; the fretfulness produced by disease, soothed by kind and affectionate persuasion; and the possibility of the sick and sensitive child being exposed to harsh and ungentle conduct, carefully provided against.

Again, not only is a firm and strict compliance with medical directions in the administration of remedies, of regimen, and general measures, necessary, but an unbiased, faithful, and full report of symptoms to the physician, when he visits his little patient, is of the first importance. An ignorant servant or nurse, unless great caution be exercised by the medical attendant, may, by an unintentional but erroneous report of symptoms, produce a very wrong impression upon his mind, as to the actual state of the disease. His judgment may, as a consequence, be biased in a wrong direction, and the result prove seriously injurious to the well doing of the patient. The medical man cannot sit hour after hour watching symptoms; hence the great importance of their being faithfully reported. This can alone be done by the mother, or some person equally competent.

There are other weighty considerations which might be adduced here, proving how much depends upon efficient maternal management in the time of sickness; but they will be severally dwelt upon, when the diseases with which they are more particularly connected are spoken of.

## **SUITABLE CLOTHING FOR CHILDREN.**

**During infancy.**

Infants are very susceptible of the impressions of cold; a proper regard, therefore, to a suitable clothing of the body, is imperative to their enjoyment of health. Unfortunately, an opinion is prevalent in society, that the tender child has naturally a great power of generating heat and resisting cold; and from this popular error has arisen the most fatal results. This opinion has been much strengthened by the insidious manner in which cold operates on the frame, the injurious effects not being always manifest during or immediately after its application, so that but too frequently the fatal result is traced to a wrong source, or the infant sinks under the action of an unknown cause.

The power of generating heat in warm-blooded animals is at its minimum at birth, and increases successively to adult age; young animals, instead of being warmer than adults, are generally a degree or two colder, and part with their heat more readily; facts which cannot be too generally known. They show how absurd must be the folly of that system of "hardening" the constitution (to which reference has been before made), which induces the parent to plunge the tender and delicate child into the cold bath at all seasons of the year, and freely expose it to the cold, cutting currents of an easterly wind, with the lightest clothing.

The principles which ought to guide a parent in clothing her infant are as follows:

The material and quantity of the clothes should be such as to preserve a sufficient proportion of warmth to the body, regulated therefore by the season of the year, and the delicacy or strength of the infant's constitution. In effecting this, however, the parent must guard against the too common practice of enveloping the child in innumerable folds of warm clothing, and keeping it constantly confined to very hot and close rooms; thus running into the opposite extreme to that to which I have just alluded: for nothing tends so much to enfeeble the constitution, to induce disease, and render the skin highly susceptible to the

impression of cold; and thus to produce those very ailments which it is the chief intention to guard against.

In their make they should be so arranged as to put no restrictions to the free movements of all parts of the child's body; and so loose and easy as to permit the insensible perspiration to have a free exit, instead of being confined to and absorbed by the clothes, and held in contact with the skin, till it gives rise to irritation.

In their quality they should be such as not to irritate the delicate skin of the child. In infancy, therefore, flannel is rather too rough, but is desirable as the child grows older, as it gives a gentle stimulus to the skin, and maintains health.

In its construction the dress should be so simple as to admit of being quickly put on, since dressing is irksome to the infant, causing it to cry, and exciting as much mental irritation as it is capable of feeling. Pins should be wholly dispensed with, their use being hazardous through the carelessness of nurses, and even through the ordinary movements of the infant itself.

The clothing must be changed daily. It is eminently conducive to good health that a complete change of dress should be made every day. If this is not done, washing will, in a great measure, fail in its object, especially in insuring freedom from skin diseases.

### **During childhood.**

The clothing of the child should possess the same properties as that of infancy. It should afford due warmth, be of such materials as do not irritate the skin, and so made as to occasion no unnatural constriction.

In reference to due warmth, it may be well again to repeat, that too little clothing is frequently productive of the most sudden attacks of active disease; and that children who are thus exposed with thin clothing in a climate so variable as ours are the frequent subjects of croup, and other dangerous affections of the air-passages and lungs. On the other hand, it must not be forgotten, that too warm clothing is a source of disease, sometimes even of the same diseases which originate in exposure to cold, and often renders the frame more susceptible of the impressions of cold, especially of cold air taken into the lungs. Regulate the clothing, then, according to the season; resume the winter dress early; lay it aside late; for it is in spring and autumn that the vicissitudes in our climate are greatest, and congestive and inflammatory complaints most common.

With regard to material (as was before observed), the skin will at this age bear flannel next to it; and it is now not only proper, but necessary. It may be put off with advantage during the night, and cotton maybe substituted during the summer, the flannel being resumed early in the autumn. If from very great delicacy of constitution it proves too irritating to the skin, fine fleecy hosiery will in general be easily endured, and will greatly conduce to the preservation of health.

It is highly important that the clothes of the boy should be so made that no restraints shall be put on the movements of the body or limbs, nor injurious pressure made on his waist or chest. All his muscles ought to have full liberty to act, as their free exercise promotes both their growth and activity, and thus insures the regularity and efficiency of the several functions to which these muscles are subservient.

The same remarks apply with equal force to the dress of the girl; and happily, during childhood, at least, no distinction is made in this matter between the sexes. Not so, however, when the girl is about to emerge from this period of life; a system of dress is then adopted which has the most pernicious effects upon her health, and the development of the body, the employment of tight stays,

which impede the free and full action of the respiratory organs, being only one of the many restrictions and injurious practices from which in latter years they are thus doomed to suffer so severely.

## TEACHING A CHILD TO WALK.

Exercise is essentially important to the health of the infant. Its first exercise, of course, will be in the nurse's arms. After a month or two, when it begins to sleep less during the day, it will delight to roll and kick about on the sofa: it will thus use its limbs freely; and this, with carrying out into the open air, is all the exercise it requires at this period. By and by, however, the child will make its first attempts to walk. Now it is important that none of the many plans which have been devised to teach a child to walk, should be adopted the go-cart, leading-strings, etc.; their tendency is mischievous; and flatness of the chest, confined lungs, distorted spine, and deformed legs, are so many evils which often originate in such practices. This is explained by the fact of the bones in infancy being comparatively soft and pliable, and if prematurely subjected by these contrivances to carry the weight of the body, they yield just like an elastic stick bending under a weight, and as a natural consequence become curved and distorted.

It is highly necessary that the young and experienced mother should recollect this fact, for the early efforts of the little one to walk are naturally viewed by her with so much delight, that she will be apt to encourage and prolong its attempts, without any thought of the mischief which they may occasion; thus many a parent has had to mourn over the deformity which she has herself created.

It may be as well here to remark, that if such distortion is timely noticed, it is capable of correction, even after evident curvature has taken place. It is to be remedied by using those means that shall invigorate the frame, and promote the child's general health (a daily plunge into the cold bath, or sponging with cold salt

water, will be found signally efficacious), and by avoiding the original cause of the distortion never allowing the child to get upon his feet. The only way to accomplish the latter intention, is to put both the legs into a large stocking; this will effectually answer this purpose, while, at the same time, it does not prevent the free and full exercise of the muscles of the legs. After some months pursuing this plan, the limbs will be found no longer deformed, the bones to have acquired firmness and the muscles strength; and the child may be permitted to get upon his feet again without any hazard of perpetuating or renewing the evil.

The best mode of teaching a child to walk, is to let it teach itself, and this it will do readily enough. It will first crawl about: this exercises every muscle in the body, does not fatigue the child, throws no weight upon the bones, but imparts vigor and strength, and is thus highly useful. After a while, having the power, it will wish to do more: it will endeavor to lift itself upon its feet by the aid of a chair, and though it fail again and again in its attempts, it will still persevere until it accomplish it. By this it learns, first, to raise itself from the floor; and secondly, to stand, but not without keeping hold of the object on which it has seized. Next it will balance itself without holding, and will proudly and laughingly show that it can stand alone. Fearful, however, as yet of moving its limbs without support, it will seize a chair or anything else near it, when it will dare to advance as far as the limits of its support will permit. This little adventure will be repeated day after day with increased exultation; when, after numerous trials, he will feel confident of his power to balance himself, and he will run alone. Now time is required for this gradual self-teaching, during which the muscles and bones become strengthened; and when at last called upon to sustain the weight of the body, are fully capable of doing so.

### **Exercise during childhood.**

When the child has acquired sufficient strength to take active exercise, he can scarcely be too much in the open air; the more he is habituated to this, the more



capable will be of bearing the vicissitudes of the climate. Children, too, should always be allowed to amuse themselves at pleasure, for they will generally take that kind and degree of exercise which is best calculated to promote the growth and development of the body. In the unrestrained indulgence of their youthful sports, every muscle of the body comes in for its share of active exercise; and free growth, vigor, and health are the result.

If, however, a child is delicate and strumous, and too feeble to take sufficient exercise on foot, and to such a constitution the respiration of a pure air and exercise are indispensable for the improvement of health, and without them all other efforts will fail, riding on a donkey or pony forms the best substitute. This kind of exercise will always be found of infinite service to delicate children; it amuses the mind, and exercises the muscles of the whole body, and yet in so gentle a manner as to induce little fatigue.

The exercises of horseback, however, are most particularly useful where there is a tendency in the constitution to pulmonary consumption, either from hereditary or accidental causes. It is here beneficial, as well through its influence on the general health, as more directly on the lungs themselves. There can be no doubt that the lungs, like the muscles of the body, acquire power and health of function by exercise. Now during a ride this is obtained, and without much fatigue to the body. The free and equable expansion of the lungs by full inspiration, necessarily takes place; this maintains their healthy structure, by keeping all the air-passages open and pervious; it prevents congestion in the pulmonary circulation, and at the same time provides more completely for the necessary chemical action on the blood, by changing, at each act of respiration, a sufficient proportion of the whole air contained in the lungs, all objects of great importance, and all capable of being promoted, more or less, by the means in question.



## TIPS FOR THE SAFETY OF KIDS

### What we should do?

- 1, Always keep the baby neat and clean.
- 2, Cut the nails properly with utmost care.
- 3, Wet nappy should be removed and parts should be cleaned with soap.
- 4, Take care of the genitals because fungal infection is common in that area. Parts should be kept dry.
- 5, Care of the scalp is very important. Fungal infections, dermatitis etc can be prevented by proper cleaning.
- 6, Tight dress can cause irritation, hence dress should be loose and should allow entry of air.
- 7, Room should have sufficient light and ventilation. It should be free from dust and insects.
- 8, Separate bed preferably water proof is needed for kids .It should be arranged near mother's bed.
- 9, Always keep some music making toys near the baby.
- 10, While carrying the baby support the head with hand. Since the neck muscles are weak sudden fall of head can be dangerous.

11, Mothers milk is the best nutrition for the baby, it also gives emotional attachment. Breast milk should be given as per the babies need preferably in mother sitting position. Proper cleaning of nipple is also necessary. Mother should take good nutritious diet throughout lactating period.

12, If there is some contraindication for breast feeding cows milk can be given. Feeding bottle should be cleaned with warm water and should be kept dry till next use.

13, Cows milk should be boiled and cooled. Some diseases like bovine tuberculosis, brucellosis etc. spread through raw milk.

14, Some children are allergic to some substances like food, milk, dress, cosmetics etc... Try to find out the material causing allergy and avoid such things.

15, Mosquito nets should be used regularly. Diseases like malaria, dengue ,filariasis, yellow fever and etc. spread through mosquito bites. Mosquito bite can also produce skin eruptions with some allergic reactions. It also disturbs sound sleep.

16, A calm atmosphere should be maintained for a good sleep. Compared to adults infants need more sleep. It is said that growth hormone secretion is activated during sleep.

17, Growth developement, behavioral developement, motor development, personal social development, language development etc. should be noted down in relation to age. However parents need not be over anxious because slight variations are seen from individual to individual.

18,Assessment of growth by measuring height and weight is necessary.

19, In the early months of life infant may defecate after every feed. Proper toilet training should be given when the infant grows. The infant can be placed on the toilet seat by the age of ten months.

20, The toilet seat (potty seat) should be cleaned with antiseptic liquid before and after use. It should not be shared by other children.

21, If the baby shows some signs of distress like excessive crying, convulsions, fever with rigor, stiffness of neck, frequent vomiting and diarrhea, bluish discoloration of the body, difficult breathing with grunting, etc. pay attention and consult your doctor.

22, A first aid box should be kept in the room, which should contain sterile cotton, dressing materials, antiseptic lotion and ointment and forceps. Separate book should be maintained to note down the phone numbers of doctors, ambulance, police etc..

23, Child's medicines should be kept in separate box. Information regarding dose and mode of administration should be written in a paper and affixed on the box.

24, while driving keep the baby in separate seat belt.

25, When you are going out with the baby keep an identity card with your phone number and address inside his small pocket.

26, When the infant starts walking always accompany him to prevent a fall and injuries thereby.

27, In emergencies take the first aid measures and take the victim to nearby hospital.

**Choking** :--The baby may swallow some solid objects and cause obstruction. Immediately make the baby to lie on the abdomen in head low position and press the abdomen backwards and towards the chest. Stroking the upper back is also useful. If no result call a trained person to take the material with the help of forceps.

**Accidental poisoning**:-- Try to takeout the poisonous substance and induce vomiting (except kerosene & acids). Wash the body with water to reduce absorption through skin. Identify the poison and take the victim to the hospital.

**Burns**:-- First of all remove the source of heat and put clean cold water. Burned clothes should not be removed immediately. Cover the wound with sterile cotton and take to nearby hospital.

**Wounds**:-- Clean the wound with clean water and stop the bleeding by compressing, raising the wound above the level of heart or use a tourniquet to compress blood vessels. Then dress the wound with sterile cotton and bandage and consult a doctor.

**Drowning in bath tub**:-- Take the baby immediately and keep in head low position ,press the abdomen gently or give a mouth to mouth sucking till the air way is clear. Give mouth to mouth breathing and cardiac massage and take the victim to the hospital.

**Electric shock**:-- Stop the source of current. Then observe the victim, if no breathing give mouth to mouth breath along with cardiac massage and take to the hospital.

28, And the last but not the least, give your child maximum care, love and support to make him healthy and happy for ever.

### **What we should not do?**

- 1, Never shake the baby, it can cause damage to the brain.
- 2, Don't keep any small articles near the baby .
- 3, Sharp pointed articles like pen, pencil, etc. should not be given to kids.
- 4, Avoid entry of water in to the ear while giving a bath.
- 5, Food should not be given forcibly when the baby is crying or coughing continuously.
- 6, Should not overfeed the baby.
- 7, Articles like mosquito repellents ,moth balls, ink, gum, medicines, etc. should be kept away.
- 8, Avoid tight clothing.
- 9, Should not be placed near the edge of the bed.
- 10, Should not give the baby to strangers and avoid close contact with others.
- 11, All electrical instruments should be kept away, and bed should not be arranged near electrical sockets and wires.
- 12, Kitchen is a dangerous place for children. Don't keep them alone in the kitchen.

13,Water level in the bath tub should be minimum and don't go for any other works(to attend phone call or calling bell etc.) when the baby is in the tub.

14,Avoid smoking inside the house.

15,Should not allow pet animals to be in very close contact with the kids.(anti rabies injections should be given to pets and cut their nails properly)

16,When the child starts walking should not be kept alone on the upstairs and should not allow them to climb the steps.

17,Strong light should be avoided in the room.

18,When you are traveling don't give the food articles given by co passengers.

19,Baby should not be allowed to crawl on the soil.

20,If you are sick or someone else is sick be away from the kids.

21,Dont take the baby to hospital wards, crowded market places and polluted dusty areas.

22,Table lamp should not be kept near the kids, this will attract insects at night and cause problems.

23,Others medicine should not be given to the children.

24,Medicine which has crossed the expiry date should not be used.



## Recommended Resources

1) **[Starting A Child Daycare.](#)**

Complete business package to help you easily and quickly start your own profitable home-based day care business!

2) **[Pc-Tattletale Parental Control Software.](#)**

Parental Control Software monitors everything your child does online!

3) **[Parenting Secrets By Mother Of Five.](#)**

Raising Kids With Life Skills makes both parenting and growing up easier to do.

4) **[How To Potty Train Your Child In Hours!](#)**

Successfully Potty Train Your Child in Five Hours With The H.E.A.R.T. Method: Full Instructions Here.

5) **[Ultimate Guide To Baby Gender Selection.](#)**

An eBook containing safe, natural techniques to choose whether to have a boy or a girl.

6) **[Personalized Baby Newspaper Business.](#)**

How To Start Your Own Personalized Baby Newspaper Business.

7) **[Sign Language For Babies And Beyond!](#)**

Learn How to Communicate With Your Baby Before Your Baby Can Speak Using American Sign Language! Includes Video of 250 Signs!

8) **[Read Music Notes Easily - For Children.](#)**

How your child or student can read music notes - easily and quickly!

9) **[Positive Parenting.](#)**

Developing discipline without yelling, spanking, nagging, or time-outs!

10) **[Stop Your Child's Bedwetting Forever!](#)**

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