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# PARENTING TIPS



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# Introduction



“A new baby is like the beginning of all things – wonder, hope, a dream of possibilities.”

*Eda Leshan*



Becoming a parent is one of the true wonders of life. You will experience joy, sadness, frustration, bliss, surprise, and all sorts of emotions as you welcome your little one to your life. No parents are perfect. But that doesn't mean you're not going to do your best to give the best life to your child.

This time of your life can be hectic and overwhelming. Sometimes, it can be dangerous too. According to the Mental Health Foundation, around 66% of parents suffered from severe mental illness with their children under 18 years of age.

Moreover, critical parenting is also linked to depression and anxiety. Parents who keep criticizing and undermining the feelings of their children are most likely to go through emotional health problems.

On the brighter side, welcoming a child into your life can be a miracle. Who knows that staring at your little one with mismatched socks after a long day at work is the only rest you need? There are moments that you will never experience with other people, except being with your children.

There will be bad days, too. Prepare for sleepless nights, especially in the first years. There will be mistakes, and there will also be something to celebrate for. You will learn a lot about being a parent. While some skills can't be picked from a book, it's still worth the time preparing yourself to care for a child.

***This book will help you find out everything you need to know about parenting and all of its wonderful aspects.***

# Chapter 1

## Parenting and its definitions



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“Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.”

*Matt Walsh*

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# What is parenting?

*Parenting or child-rearing is one of the oldest practices in the world. Since the beginning of time, human beings are responsible for caring for their offspring. While the styles and methods of parenting vary, all of them share three major goals:*

- 1 Ensure that your child grow healthy and safe;
- 2 Prepare the child to become a productive adult and;
- 3 Transmit cultures, values, and traditions so that the legacy of your family lives on.

To achieve this goal, you must be capable of building and nurturing a loving parent-child relationship. According to the American Psychological Association, this relationship is crucial for the healthy development of your child.

There are many challenges when it comes to parenting. The first challenge that you'll encounter is changing diet and exercise for your kids. It's your responsibility to teach them how to take care of their bodies at a tender age. Moreover, some parents are faced with confronting childhood obesity. It is rampant and affects about 13.7 million children, according to the Centers for Disease Control and Prevention.

You also need to face the school dropout dilemma. Many parents can relate to this problem. As your child grows older, you have to prepare them to cope up with stress. Left unchecked, your child could be facing an endless list of mental problems caused by stress. It's an entirely different story if you are a single parent. Life in a broken family is indeed difficult, and you have to make sure to fill the gaps that your missing partner has left in your child's heart.



And the most difficult—according to most parents, is the teenage years. This is where you'll encounter rebellion, hormone changes, sexuality, identity issues, and even alcohol. Most parents claim that this is the most difficult stage of parenting. You need to go through it with your child if you want him or her to become a dignified adult later on in life. As they develop their independent minds, they'll want less and less of your help. The best thing to do is to let them have it their way, learn their mistakes on their own, but never, ever leave their side.

There are many challenges to raising a child. You'll watch him grow from a little bundle of joy to a rebellious teenager. Don't fret; every parent goes through this stage. It's normal and inevitable. The best thing you can do is guide them to the right path.



*So, are you ready? Let's start with the first year of your newborn in the next chapter.*

# Chapter 2

## Caring for the newborn in the first year



“A baby is born with a need to be loved – and never outgrows it.”

*Frank A. Clark*





The world has made a drastic development when it comes to child survival since 1990. According to the World Health Organization (WHO), approximately 2.3 million children died in their first month in 2019, and there are around 7,000 newborn deaths every day.

If you have given birth to a beautiful, healthy baby, you have done a great job for the past nine months. While other infant deaths are attributed to things that are out of the mother's control, pregnancy is the most crucial time to nourish the life growing inside of you.

Regardless if it is your first time parenting a newborn baby or not, you might want to do as much as you can to ensure that your precious baby gets everything he/she needs. Babycare knowledge is crucial to ensure that your baby has a fantastic first year in life.

## How to care for a newborn

Here are some following tips to keep in mind when it comes to taking care of a newborn—from breastfeeding, sleeping, crying, and everything else that covers your first few weeks with your child.

### Start breastfeeding as soon as possible.

Some mothers do not breastfeed, and that's okay. But if you decide to breastfeed your child, start it as soon as possible. You can start breastfeeding while in the hospital. Give your baby the colostrum—it is the precursor to your breast milk that is rich with nutrients that your infant would need. Squeeze and put it directly into his mouth.



## Spend some time alone with your baby.



Aside from your wedding, giving birth is one of the biggest days of your life. Your friends and family will want to visit and see the baby as soon as they can. However, compared to the old traditions that the baby is to be surrounded with as much as friends and family, you might need to keep them at bay for a few days. A newborn is receptive and very sensitive after birth. Hence, you need to take this time to bond with your infant. Look your child into the eyes and start talking to him. After having spent nine months in your womb, your child will be able to recognize it. Right after giving birth is one of the best times to establish your relationship with your child.