



1. Doesn't she have to change the things she does while she's pregnant so that she doesn't hurt the baby?

Answer: Unless she is doing something dangerous like sky diving, she can continue her regular routine during pregnancy. The baby is well protected inside her and many of the things our parents and grandparents feared are just old wives tales, such as: "reaching above your head will wrap the cord around the baby's neck" or "having sex will hurt the baby's head."

2. If she doesn't give the baby a bottle, how will she know if he's getting enough?

Answer: You can know if the baby is getting enough if he/she is gaining weight. In the first 3 days the baby will lose some weight and start to gain again when the milk comes in. Normal weight loss is 10% or less. After that the baby should gain a minimum of 4 ounces a week.

3. My daughter is breastfeeding and my grandchild is huge! I'm concerned that he will be overweight.

Answer: There is no need to worry. The fat from breast milk is truly "baby fat". Once the child starts crawling and walking they will lose all of that "baby fat."

4. If my grandchild has a belly button protruding out, shouldn't they use a bellyband to make it go in?

Answer: First, whether or not a child has an "innie" or "outy" belly button cannot be changed by a bellyband. It is what it is. Secondly, sometimes a child's belly button protrudes because they have an umbilical hernia. Those usually go away by the first birthday. Sometimes, if they are severe and do not resolve themselves the hernia will be surgically repaired. A bellyband is not going to make a hernia go away and it may be uncomfortable for the child and/or cause a rash if it irritates the skin.

5. My daughter-in-law is planning on a water birth. Isn't there a risk of the baby drowning? How will they be able to breath?

Answer: The baby is living in water right now. Before birth, during labor, and immediately following birth, the baby is receiving oxygen through the umbilical cord. Until the cord is cut or stops pulsating, the baby continues to receive oxygen. When a baby is born in the water they do not take a breath until they come out of the water into the air.

6. What can I do to help after the baby is born?

Answer: You can prepare meals, clean-up, take care of siblings, do laundry, etc. Allow the mom to just take care of herself and the baby. In the first week after birth this allows the mom to recover.

7. My daughter is breastfeeding. Doesn't the baby need water?

Answer: No, there are two types of breast milk. The first 5-10 minutes of nursing the baby is getting "foremilk". This is 80% water and satisfies the baby's thirst. After this comes the "hindmilk" which is the "meat and potatoes" that feed the baby. Breast milk is the perfect food for the baby.

8. Is it alright to give the baby cereal at night to make him sleep through the night?

Answer: The baby doesn't need anything but breast milk for the first 6 months of life. At 6 months you can begin introducing solids. Do not give wheat, citrus, or meat until 1 year. Most breastfed babies will continue to get the majority of their nourishment from breast milk for the first year of life.

9. My daughter wants to take the baby out shopping with her and she is only 2weeks old. Isn't that dangerous for the baby?

Answer: As long as a woman is breastfeeding, the baby gets all the antibodies the mom has built up during her life, including any immunizations she has had, in the breast milk. So the baby is protected from the germs he/she might encounter. Also, it is good for your daughter's emotional and mental well being not to be locked up in her house. As long as she doesn't overdo, it is good for her and the baby.

10. My daughter-in-law takes the baby outside with no socks or hat. Won't the baby catch cold?

Answer: That depends on the temperature outside. The baby has the same body temperature as an adult. If the parents are in shorts and tank tops, the baby will be fine in a diaper and t-shirt. If it is cold and the parents have coats and hats on, then the baby should be dressed similarly. Even in air-conditioning, babies adjust to whatever the family keeps their house temperature on. Sometimes wrapping a baby up when it is not cold will cause its temperature to rise or will cause a heat rash.