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Keep a close watch on your baby's hearing development

Babies use their ears to take in massive amounts of information about the world around them. Hearing also enables them to learn language and stimulate brain development. Your baby should receive a hearing screening test shortly after birth.

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Baby's development milestone: Crawling

Crawling is a baby's first attempt to move around independently. Generally a baby starts crawling between 7 months to 10 months. Sometimes the baby skips traditional crawling and adapts to alternative modes like scooting on his bottom. ...

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Baby milestone myths

Myth: Your baby should be crawling at 8 months.

Fact: Generally babies do start crawling at 8 months; but many don't reach this stage even till 9 months. And not all babies crawl traditionally. Some use their bottom to scoot around, some use their arms, or even roll across the floor. Some babies even skip the crawling stage completely and move directly to cruising or walking.

Myth: Early Walker, Late Talker.

Fact: Developing early in one area does not trigger a delay in another milestone.

Myth: Boys talk later than Girls.

Fact: All babies develop speech within the milestone timeline - and with speech development there is a huge range of normal.

Myth: Baby should make eye contact by 8 weeks.

Fact: Not all babies make it to the 8 week milestone. Some babies take up to 3 months to get eye contact. And by eye contact it does not mean staring into your eyes. Just a momentary gaze when you address them is also enough as a milestone ticked off the chart.

Myth: Babies potty trained before 2 years are intellectual and more intelligent.

Fact: Potty training is all about being aware and able to control bodily functions. Part of it is personality. In fact kids who getting potty trained are more likely to be constipated or have day wetting issues as they try to hold their urine or stool as compared to others of their age.



Tackle the metallic taste during pregnancy

With a baby on its way you are already tackling morning sickness, insomnia, back aches, swollen feet and mood swings. Add to that a weird metallic taste in your mouth. Not at all a pleasant thought! A common pregnancy symptom in the first trimester, Dysgeusia is the medical term for the metallic taste in your mouth, and it stays even when you are not eating.

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Babies use their ears to take in massive amounts of information about the world around them. Hearing also enables them to learn language and stimulates brain development. Your baby should receive a hearing screening test shortly after birth. From then on, the doctor should do a hearing check at every visit.

How hearing develops

The inner ear is fully developed by about 20 weeks of pregnancy and babies are born with fully developed hearing - so your baby is ready to listen and learn from inside your tummy. From birth, babies pay close attention to voices, especially high-pitched ones. Your baby will respond to familiar sounds and probably startle at loud or unexpected noises. Temperament plays an important role on how your baby responds to sound. A sensitive baby may get alarmed at every little noise as compared to a calmer baby.

At 2 months babies make vowel sounds. They may not always look at you when you are talking or reading to them. But that is normal. If they do not at all respond then bring this to your doctor's notice. At 4-6 months they try imitate sounds made and by the first birthday they start muttering single words like ma-ma, da-da etc.

The hearing milestones differ from child to child. So do not worry too much. Even though the sense of hearing is up and running at birth, the portions of the brain that respond to complex sounds and attach meaning to what is heard continue to develop until about age 12.

Your role in protecting your baby's hearing ability

- Keep things out of his ears, including cotton swabs.
- Help him stay as healthy as possible - to prevent ear infections.
- Protect them from loud, prolonged noises. (A good rule of thumb is that the noise level should be low enough that you're comfortable talking over it.)

Your role in the development of your baby's hearing ability

- Explore music. Play nursery rhymes or even your favourite music.
- Read early on. There should be no reason for you to delay this. Ensure you modulate your voice, use different accents, even multiple languages. The more he hears you the more you are preparing him to talk.
- You do not need to bombard him with big words. But put words to actions you are performing with him to make it fun. Like while changing clothes, taking a stroll in the park, packing bags etc. Make sure you point to the object while saying the word to help them identify and not confuse them.

When to be concerned

The vast majority of babies have excellent hearing, but a few have problems, especially if they were born very prematurely or were deprived of oxygen or had a severe infection at birth. Babies with a family history of congenital hearing loss are more likely to have impaired hearing. These risk factors will be taken into consideration when your baby's hearing is evaluated.

Parents are often the first to realize that something's wrong. So let your baby's doctor know right away if you notice any warning signs of hearing loss. You may be referred to an audiologist (a hearing expert) for a comprehensive hearing test. The earlier a baby's hearing problems are found, the better. Providing hearing assistance to children who need it before they're 6 months old significantly improves speech and language development.



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Baby's development milestone: Crawling

Crawling is a baby's first attempt to move around independently. Generally a baby starts crawling between 7 months to 10 months. Sometimes the baby skips traditional crawling and adapts to alternative modes like scooting on his bottom, using his arms to propel himself and even roll on the floor to reach a particular place or object. Some babies even go ahead to direct cruising and/or walking skipping the crawling milestone completely.

There is nothing to worry about what style or route they choose or adapt. Getting mobile is important. If they use both their hands and feet - to get around then there is nothing to worry about.

Crawling development stages

1. Your baby is likely to start crawling soon after he's able to sit well without support. After this point, he can hold his head up to look around; his arm, leg and back muscles are strong enough to keep him from falling on the floor when he gets up on his hands and knees.
2. Your baby will gradually learn to move confidently from a sitting position to being on all fours and he'll soon realize he can rock back and forth when his limbs are straight and his trunk is parallel to the floor.
3. Somewhere around 9 or 10 months, he'll figure out that pushing off with his knees gives him the boost he needs to go mobile. As he gains proficiency, he'll learn to go from a crawling position back into a sitting position. Also he will master at the cross crawling position - moving one arm and the opposite leg together when he moves forward, rather than using an arm and a leg from the same side.

Your baby is now just one step away from walking. The baby will soon begin pulling himself up on everything he can reach, whether it's the coffee table or Grandma's leg. Once he gets the feel of balancing on his legs, he'll be ready to stand independently and cruise while holding on to furniture. Then it's just a matter of time until he's walking, running, jumping and leaping.

Your role in your baby's crawling development

1. Enough tummy time:

Give your baby plenty of tummy time. Placing your baby on his tummy and playing with him for several minutes, few times a day while he's awake and alert will help him to develop muscles that he needs to crawl. Tummy time can also prevent a flat spot from developing on his head, which sometimes happens when infants spend a lot of time on their backs.

2. Encourage him to crawl:

Place objects that your baby desires and wants to reach out to by placing subtle and soft hurdles in the pathway. This will help him cruise through those hurdles and also develop the confidence on manoeuvring and keeping a balance while crawling. Make sure you are around always to help them if they get stuck and cannot release themselves.

3. Baby-proof your house and surroundings

A crawling baby is full of mischief and is trying to get his hands on everything possible. Also as they progress from crawling to cruising they are most prone to injuries. Make sure your house is free of furniture that has sharp edges, keep plants and pets at bay and always be around when they are on the loose, especially if your house has even a couple of stairs.



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With a baby on its way you are already tackling morning sickness, insomnia, back aches, swollen feet and mood swings. Add to that a weird metallic taste in your mouth. Not at all a pleasant thought! A common pregnancy symptom in the first trimester, Dysgeusia is the medical term for the metallic taste in your mouth; and it stays even when you are not eating.

What is the cause?

Estrogen plays an active role in controlling and moderating our sense of taste. During pregnancy since the Estrogen levels fluctuate - so do our taste buds, leading to the sour or metallic taste. Also since your sense of smell and taste are connected, your heightened sense of smell also may lead to the metallic taste.

What can you do about it?

Dysgeusia, like morning sickness gets better or sometimes even completely disappears in your second trimester when the hormones begin to settle down. Here are a few tips that might help you make the metallic taste go away.

1. The only known way to get rid of the metallic taste is to neutralize it. Focus on sour flavours like citrus fruits, lemon, lemonade etc. These tastes not only break through the metallic taste but also increase saliva production that helps in washing away the taste.
2. Sometimes your pre-natal vitamin may be causing this taste. You should consult the doctor to consider alternatives.
3. Brush your tongue while brushing to get that feel fresh.
4. Rinse your mouth with salt water few times a day to neutralize pH levels in your mouth.





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Now that your bouncing baby is in your arms you definitely can't wait to lose that excess flab. At the same time it is necessary to respect the changes your body has undergone through your pregnancy and give it due time to heal. Do not indulge into crash diets and exercise regimes too soon. Your body needs healing as well as that extra ton of energy to take care of your new born. Here are a few tips that will help you design a practical weight loss program post your delivery.

Don't start too early:

Give yourself at least 6 weeks to recover from labour and delivery before you begin the weight loss regime. If you are nursing we suggest keep the diet at bay until the baby is 2 months old. Diet may strip you off the essential energy boosters you would need and also affect the milk production. Apart from that breastfeeding helps you lose a lot of calories and weight.

Be sure to contact your doctor before beginning the weight loss regime. You can contact CareNine expert dietician for a healthier way to lose the pregnancy weight.

Be realistic about the weight loss:

Pregnancy sometimes leads to permanent changes in body shape like wider hips, softer belly etc. It's important to set goals which do not let you down eventually. What is most important is being healthy and fit while enjoying the bliss of motherhood.



you will see results slowly and gradually.

Do not skip meals

Skipping meals is the unhealthiest way to lose weight. It only results in you eating larger portions in your next meal. While you may not find time to eat in between handling the new baby, eat smaller meals frequently to keep your energy levels going, which you would also need if you plan to get exercising.



Get active

There is no gain without pain and no shortcut to shed all that excessive flab. Once you get a go ahead from the doctor to get into an exercise regime, start burning more calories and cut down on the intake. A quick, brisk walk with your baby in the stroller also helps. So do not worry if you cannot make time to visit the gym. Refer to our 10 minute exercise for busy moms in the July 2015 issue for some quick exercises.

Go gradual

Do not try to go back to crash diets that helped you lose weight before pregnancy. Check with your dietician or doctor on your daily calorie intake and maintain that for a healthy milk supply if you are nursing and also to keep those energy levels on to avoid mood swings.

Rapid weight loss also releases toxins from the body into the blood stream and even into the milk supply. Try cutting down few calories without going below the bare minimum intake and increasing your level of activity and



It's time to make some time

The life of a new mother is full of challenges and also busy with no or very little time for anything or anyone else but the baby. That does not mean that the new mom does not need her time away or a break from the endless running around the baby. She wants to spend as much time with you as you want to spend with her. But the priorities have changed and the attachment with the baby is such that she trusts no one but just herself.

Getting the connection back requires making time for fun or anything else that allows you to release pent-up stress together. While going out to dinner and a movie is great, your time with the new mom doesn't have to be logistically challenging. Sometimes, it just takes a few minutes alone away from your baby to feel like you still have a life together.

Getting New Moms to move out:

Since moms are innately connected to their babies, they often find it very difficult to get away at first. No baby sitter or family member can be trusted; the baby might get hungry or cry and need her etc. Even though the best thing she can do is to get a break from the baby, she may not be able to bring herself to do it, even if she really wants to. There is a huge guilt that plays inside of her which does not let her do what is best for her. The fact is she needs a break and you need to figure out how to make that happen.

Planning generally works:

A planned outing, with all the details put into place, makes a new mom feel more comfortable about stepping out. With mutual discussion you can decide to call out to a friend or family member whom the baby is comfortable with for a few hours while you spend your precious time away. Make sure you do not venture out to far off or adventurous places. You may have to get back at a moment's notice.

Date at Home

While getting out is important, so is relearning to have fun together in your own home. A quiet dinner for two, a movie which you both enjoy or even just relaxing to your favorite music is a good idea to get that bond growing.

Sleeping Like an Angel

When the baby has just been put to bed, you have an opportunity to do something romantic with your partner. Establishing a little "our time now" on a regular basis is a huge milestone for new parents, and even an hour or so while your little angel sleeps, works.



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