

PEDIATRIC CORNER

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happy.healthy. talking the talk with your newborn.

Every parent joyfully recalls that first sound, the first utterance most likely a cry that beautiful sound that signifies a new life has come in to the world. Right at that very moment their journey has begun. To new parents baby cries seem oddly foreign, and difficult to un-ravel, but soon each new family learns. It is at this crossroad you must decide "who" is the baby, and whether or not to adopt your baby's new touching, rocking, shushing, facial gestures, and ubiquitous high-pitched baby ga ga.

New parents need to understand the importance of listening carefully to how their new baby cries. Each cry is trying to tell the world, I'm hungry, I'm wet, I'm cold, or I'm tired. Armed with a little attention, and basic common sense, parents can quickly recognize what baby needs from those distinct cries, and have that talk tackled in a few days. How you respond to these cries, will teach you and your baby the language of trust and love. Just like grown-ups, often babies will cry for no apparent reason. So, don't be upset when, after investigating the usual signs, you just can't figure out exactly what's up. It's common for babies to fuss regularly, and it's often when you are trying to get some much overdue sleep. This is frustrating but the good news is that with each passing month babies generally become more content. By six months the regular fussiness is often a fading memory. However, if the fussiness persists, get some help. Call on the experience of a well-seasoned mom or better yet see your pediatrician.

Pull Quote: Contrary to popular belief, you cannot spoil your newborn with too much love and attention!

After your baby has been born, and your pediatrician has completely checked them over and released them into your arms just hold them, stare into their beautiful new eyes and say whatever comes from your heart. By exchanging your first glances, sounds, touches, your baby is learning about you. During their first weeks your baby will recognize and focus on your face so, always wear a big smile. Remember, your voice is the only one they've known since birth, and they depend on it for safety and comfort. Be vocal around your baby whenever you can, and encourage touch and exploration in their new surroundings. With every touch your baby learns about the world. Smother them with tender hugs and kisses and your baby will start off with a positive outlook.

In short, talking the talk with anybody, newborn or not, is in earnest a matter of meeting needs. Follow your instincts, and always sooth and provide comfort whenever your newborn' cries. You cannot spoil a newborn with too much love and attention. As a parent, responding quickly to your baby's needs will instill them with the trust necessary to grow up happy and healthy.

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