



New born care

New born need more care and attention than other babies

Caring for a new born is not easy. Because the mother has to bear the tasks of breastfeeding, upbringing, hygiene, health care, giving the child vaccinations, constantly monitoring the child's weight and blood strength, and many other things

Tips to help parents:

Take care of yourself, maintain a healthy diet, drink plenty of water, and get some fresh air.

The woman can sleep while the baby is sleeping and try to set a night schedule with the husband that will allow them to rest and allow the baby to be cared for. Good habits can help conserve the energy a woman needs to care for a new born.

Establish specific rules and dates for visits and visitors must wash their hands before carrying the child

When friends and loved ones offer help, accept their help



When to see the doctor:

Your child goes through different stages of his life with several symptoms, some of which are familiar and common among his peers, and there is no fear of them, and you can deal with them on your own without the need for a doctor, and others indicate the presence of health problems that require an immediate visit to a specialist, such as

Continuous rise in temperature

Skin rash

puffiness in the face

Unexplained crying

Pale skin and chest pain accompanied by wheezing while breathing

