

365 Things Every New Mom Should Know

Linda Danis



HARVEST HOUSE PUBLISHERS

EUGENE, OREGON

Unless otherwise indicated, all Scripture quotations are taken from the Holy Bible: New International Version®. NIV®. Copyright © 1973, 1978, 1984 by the International Bible Society. Used by permission of Zondervan Publishing House. The “NIV” and “New International Version” trademarks are registered in the United States Patent and Trademark Office by International Bible Society.

Verses marked TLB are taken from *The Living Bible*, Copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.

Verses marked NKJV are taken from the New King James Version. Copyright ©1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Verses marked AMP are taken from The Amplified Bible, Old Testament, Copyright © 1965 and 1987 by The Zondervan Corporation, and from The Amplified New Testament, Copyright © 1954, 1958, 1987 by The Lockman Foundation. Used by permission.

Verses marked NASB are taken from the New American Standard Bible®, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

Cover by e210, Eagan, Minnesota

Cover photos © Shutterstock; iStockphoto

Parents, please note: You are advised to consult with your pediatrician or other medical practitioner before implementing the suggestions that follow. Neither the author nor the publisher assumes any liability for possible adverse consequences as a result of the information contained herein.

365 THINGS EVERY NEW MOM SHOULD KNOW

Copyright © 2002 by Linda Danis

Published by Harvest House Publishers

Eugene, Oregon 97402

www.harvesthousepublishers.com

ISBN 978-0-7369-2382-8 (pbk.)

ISBN 978-0-7369-4726-8 (eBook)

The Library of Congress has cataloged the edition as follows:

Library of Congress Cataloging-in-Publication Data

Danis, Linda, 1962–

365 things every new mom should know / Linda Danis.

p. cm.

ISBN 978-0-7369-0923-5

1. Motherhood. 2. Mother and child. 3. Child rearing. I. Title: Three hundred sixty five things every new mom should know. II. Title.

HQ759.D2635 2002

396.874'3—dc21

2001051583

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in the United States of America

12 13 14 15 16 17 18 19 /BP-CF/ 10 9 8 7 6 5 4 3 2 1

Contents



Mother to Mother

7

The First Three Months ~ A Bundle of Joy

9

An Incredible Love ∞ Children Are Gifts ∞ The Postpartum Blues ∞ The Perfect Mother ∞ A Relationship with God ∞ The Most Important Job ∞ Take Care of Your Body ∞ Loving Your Husband ∞ Talking with God ∞ Motherhood Is a Ministry ∞ Looking Good! ∞ Managing Your Home ∞ Good Friends

The Second Three Months ~ A Bundle of Smiles

75

A Cheerful Disposition ∞ Making Time for God ∞ The Love of a Grandparent ∞ Cherish the Moment ∞ Oh, Those Endless Chores ∞ The Sounds of Laughter ∞ Take Time for Yourself ∞ I Love Being a Mom! ∞ Creating Memories ∞ Have Realistic Expectations ∞ Raising Your Children to Know God ∞ No Comparisons Allowed ∞ Getting Organized

The Third Three Months ~ A Bundle of Baby Babbling

139

Loving Your Baby ∞ Leave Your Worries Behind ∞ Nurture Your Marriage Relationship ∞ Depending Solely on God ∞ Think Positively ∞ Praying for Your Children ∞ Managing Your Time ∞ Learning from Our Mistakes ∞ Practicing Hospitality ∞ Teach Your Children ∞ Overwhelmed and Exhausted ∞ Character Development ∞ Creating the Atmosphere

The Fourth Three Months ~ A Bundle of Energy

199

Determining Your Priorities ∞ Living in Contentment ∞
The Moral Training of Our Children ∞ Spending Time in
God's Word ∞ Lead by Your Example ∞ Enjoy Your Child's
World ∞ The Need to Discipline ∞ Learning to Be a Better
Mom ∞ Grow in Your Relationship with the Lord ∞
Brothers and Sisters ∞ How to Discipline Your Child ∞ Use
Your Time Wisely ∞ Our Children Change Us
for the Better

May the Lord Bless You

267

The First Three Months



A Bundle of Joy

My child, you hold the whole of
my heart in your small hands.

AUTHOR UNKNOWN

Week 1



Day 1

After all these long months, your precious little baby has finally arrived. The child you have longed for is here to hold, to look at, and to touch. Your baby will look up at you and recognize your familiar voices. You are the ones he has been longing to meet—his mommy and daddy! Get to know your sweet little baby—hold him, rock him, smell his skin, gaze at him, marvel at his tiny fists, caress him. Treasure this awesome miracle!

Day 2

On the day you bring your baby home for the first time, have everyone in your family place their hands on her and pray for her. This will be a precious moment for your family to share together as you welcome her into your family and give thanks to God for this wonderful gift!

Day 3

If you have older children who want to hold their new sibling, use a nursing “donut pillow” to help them support your baby’s head. Have your child sit all the way back on the couch. Place the semicircle nursing pillow around his

waist. Set your baby on the pillow with his bottom wedged in between your older child's tummy and the pillow. Rest your baby's head on your older child's arm that is resting on the pillow. Even if your child lets go of the baby, his head will still be secure on the pillow. Of course, you should always be sitting right next to your new baby, monitoring his safety. This also works for young visitors, but I would suggest waiting a week or two before letting a nonfamily-member child hold your baby.

Day 4

Despite what all the books may say, most women experience some soreness (or a lot of soreness!) in the first weeks of nursing. Try using your Lamaze breathing when your baby latches onto your breast. If your nipples are cracked or blistered, blot them dry with a cotton diaper after you have finished nursing. Saliva has enzymes that can irritate sore nipples. After you have dried the saliva off, express a little milk and rub it on your nipples. Let them air dry. Also, do not look down at your baby the entire time you nurse. This position can strain your neck and cause tension headaches. If you can persevere through the first two weeks of nursing, things will get better.

Day 5

Sometimes as a new parent it's hard to tell whether or not you should call your pediatrician. If you are reluctant to call your doctor in the middle of the night, you can usually call the nursery at the hospital where you gave birth. The nurses are awake and can advise you as to whether

you should call your doctor right away or if it can wait until the morning. Do *not* wait if your baby has a fever higher than 99.9 degrees rectally (this is the most accurate way to take your baby's temperature). Call your doctor immediately.

Day 6

Drink water every time you nurse to stay hydrated and to maintain your milk supply. Always keep a water bottle close at hand. It is a good idea to set up a “nursing station” wherever you will be nursing the most. Have everything you need right at hand—a water bottle, a burp cloth, a nursing pillow, a book or magazine to read, and nursing pads.

Day 7

When your baby startles while lying on her back (the Moro reflex), gently but firmly hold her hands together close to her chest to calm her and make her feel more secure. Say, “It’s okay, sweetheart. Mommy will help you.” This reflex will disappear by four months.

Reflections **1** on the Week

I prayed for this child, and the LORD has granted me what I asked of him.

1 SAMUEL 1:27

Before I formed you in the womb I knew you, before you were born I set you apart.

JEREMIAH 1:5

An Incredible Love

You have had your baby only one short week and yet you can hardly remember what life was like without him. You prepared for months for his arrival—read books, set up the nursery, went to prenatal classes—yet nothing could prepare you for the overwhelming love you feel for this child. There are no words quite powerful enough to describe the emotions you feel.

Then the impossible happened; each day you grew to love him more. The sheer magnitude of love takes your breath away. Can there be anything more wonderful than when he gazes into your eyes, when you feel his small body curled up in your arms, when you feel his warm breath on your cheek, when his little fingers wrap tightly around yours? Your heart is ready to burst with this new miracle in your life.

It doesn't matter if this is your first or fifth child, the profound love you feel for your new baby never changes. I remember during my second pregnancy, I secretly worried that I might not love this new baby as much as my first. How could I ever love another child as much as I loved her? But the moment I held my new baby, I knew immediately I had worried for nothing. There was no difference in my love. It was as amazingly wonderful and intense as the love I had for my first. It happened again when my third and fourth children were born. We don't

have to divide our love between our children. Our love actually multiplies, giving us even more love to share. It is one of the ways God's love works in motherhood. We just have more and more love to give away!



Dear God, thank You for this precious little baby. He is everything I prayed for. Everything about him is perfect. Words can hardly describe how much I love him. Because of him, I have a better idea now of how much You, my heavenly Father, love me. Please help me adjust to all the changes I will face as a new mother. Amen.