

Most common mistakes parents make with newborn babies

Raising a child is undoubtedly a rewarding experience, but it also comes with its fair share of challenges. In fact, caring for a newborn, in particular, can be overwhelming.

As a parent, you naturally want to provide the best care for your child, and this is perfectly normal. However, it is important to recognize that, in your efforts to do what's best, there are certain common mistakes that many parents make during the newborn stage.

Whether you are a first-time parent or have been through this journey before, understanding these pitfalls can help you avoid them and provide better care for your little one.

So what are these mistakes? Let's see!

Not feeding your newborn throughout the night

One of the first mistakes is allowing your newborn to sleep through the entire night without feeding. While it may seem like a relief when your baby sleeps for long stretches, it is important to wake them for feeding, especially in the first few weeks.

Newborns primarily rely on milk, which is mostly water, for hydration. So experts recommend feeding your baby every four hours for at least the first two weeks to ensure they stay hydrated and gain weight properly. Skipping feedings during the night can lead to dehydration and slow weight gain, both of which can affect your baby's health.

Taking every parenting advice

One other common mistake is taking every suggestion you hear about parenting. It's natural to want the best for your newborn, but as you embark on this journey, you will receive countless pieces of advice from well-meaning family members, friends, and even strangers.

While some of these tips may be helpful, not all advice should be followed. Ultimately, you and your partner know what's best for your child, and you should make decisions based on your own instincts and research, rather than relying solely on external advice.

Sticking to a feeding schedule

Some parents make the mistake of trying to stick to a rigid feeding schedule for their baby. While it might be tempting to follow guidelines or advice you've heard on television or read online, it is crucial to listen to your baby's cues. If your baby is hungry, feed them, regardless of whether it fits into a strict schedule.

Experts have claimed that feeding on demand is perfectly fine, as long as your baby is fed at least every four hours.

Always indoors with the newborn

A less obvious mistake many parents make is keeping their newborn at home all the time. While it is understandable to want to protect your baby from outside dangers, taking them outside occasionally can be beneficial. A short walk or a quick trip to the grocery store can expose your baby to fresh air and new environments.

However, it is important to time these outings carefully, choosing moments when there are fewer people around to avoid overwhelming your baby. Also consider waiting until your baby is about six weeks old before venturing out, and avoid crowded places where there is a higher risk of exposure to germs and infections.

Going to crowded place

While you want to avoid keeping your newborn indoors all the time, on the flip side, taking your newborn to overly crowded places is another mistake to avoid. Although occasional outings are encouraged, places like busy markets, large gatherings, or crowded events should be avoided in the early stages of your baby's life.

Exposing your newborn to large crowds can increase their risk of contracting bacterial infections or viruses, which can be particularly dangerous for their developing immune systems.

Comparing your baby to others

As a parent, it's important to resist the temptation to compare your baby with other infants. Every child develops at their own pace, and it's completely normal for one baby to hit milestones at a different rate than another. If your baby is growing and developing within the normal range, there's no need to worry. Trust in your baby's unique developmental path and avoid unnecessary comparisons that can cause anxiety.

Neglecting your partner

In the midst of caring for your newborn, it's easy to neglect your relationship with your partner. However, maintaining a healthy relationship is just as important as taking care of your baby. Raising a child should be a team effort, with both parents sharing the responsibilities and supporting one another.

As you take care of your newborn, also remember to create time for each other and maintain open communication. Avoid placing all the responsibility on one parent, and don't let the stress of caring for your newborn strain your relationship.

Pay attention to oral hygiene

One other aspect of newborn care that's often overlooked is oral hygiene. Even before your baby's teeth show, it is important to maintain proper oral care. Once the teeth start to come out, avoid giving your baby milk in bed, as this can lead to tooth decay.

Additionally, regularly wiping your baby's gums with wet gauze can help establish good oral hygiene practices from the start.

Before you go...

Caring for a newborn is no easy task - it requires time, energy, attention, and mindfulness. You are not only responsible for your baby's physical well-being, but also for understanding their needs and responding to them appropriately.

Whether it's feeding them on demand, ensuring their safety during car rides, or taking care of their oral hygiene, each decision you make contributes to your child's overall health and development.

But while it's important to focus on your newborn, don't forget to take care of yourself as well because your well-being is also crucial. Remember, it's a happy and healthy parent that's better equipped to provide the best care for their baby.