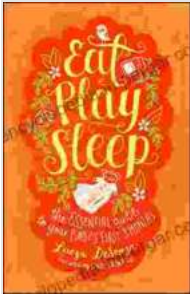


The Essential Guide To Your Baby First Three Months



Eat, Play, Sleep: The Essential Guide to Your Baby's First Three Months by Luiza DeSouza

★★★★☆ 4.5 out of 5

Language : English
File size : 4019 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 305 pages



Congratulations on the birth of your new baby! The first three months of your baby's life are a time of great change and adjustment. You're both learning how to be parents, and your baby is learning how to be a human being. This guide will provide you with everything you need to know to help your baby thrive during this important time.

Feeding

One of the most important things you'll need to do for your baby is to feed them. Breastfeeding is the best way to feed your baby, but it's not always possible. If you're unable to breastfeed, there are plenty of safe and nutritious formula options available.

Whether you're breastfeeding or formula-feeding, you'll need to feed your baby every 2-3 hours. As your baby grows, they'll start to eat more and less

often. By the end of the third month, your baby should be eating 4-6 times per day.

Sleep

Newborns sleep a lot, but they don't sleep for very long stretches. You can expect your baby to wake up every 2-3 hours to eat. As your baby grows, they'll start to sleep for longer periods of time. By the end of the third month, your baby should be sleeping for 6-8 hours at a time.

There are a few things you can do to help your baby sleep better. Make sure their bedroom is dark, quiet, and cool. Avoid giving your baby caffeine or sugar before bed. And establish a regular bedtime routine.

Development

Your baby will go through a lot of changes in the first three months of life. They'll grow rapidly, both in height and weight. They'll also start to develop new skills, such as holding their head up, rolling over, and grasping objects.

It's important to remember that every baby develops at their own pace. Don't compare your baby to other babies. Just enjoy each stage of their development and celebrate their milestones.

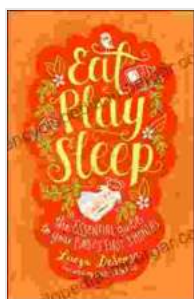
Milestones

Here are some of the milestones your baby may reach in the first three months of life:

- Lifting their head up
- Rolling over

- Grasping objects
- Smiling
- Cooing
- Tracking objects with their eyes

The first three months of your baby's life are a time of great change and adjustment. But it's also a time of great joy and love. By following the tips in this guide, you can help your baby thrive during this important time.



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