

## DON'T Do This If You Have A Baby! Here Are 18 Practical Tips

- (1) Don't let your baby nap or sleep with a bottle of milk or juice. It could cause tooth decay.
- (2) Don't let your baby fall asleep with a pacifier because she may wake up and start crying if it falls out.
- (3) Don't keep loose objects in the back seat of the car when baby is in the car seat. Sudden stops may cause objects to fall on the baby.
- (4) Don't heat bottles in the microwave because the milk could get too hot and burn your baby.
- (5) Don't forget to make time for a romantic rendezvous with your husband after the new baby comes.
- (6) Don't feel pressured to finish housework - caring for your newborn is top priority.
- (7) Don't feed your baby with honey - it can cause health problems.
- (8) Don't dress your baby in any clothing that has strings or loose ties because these could cause strangulation.
- (9) Don't give your infant any small, hard foods, such as nuts, popcorn or raisins.
- (10) Don't use pressure gates at the top of stairs because your baby could lean against it, push it over and go tumbling.
- (11) Don't take your baby out of the car seat to breastfeed, even for a few minutes, while taking a car trip. Take the time to pull over and prevent any accidents before they happen.
- (12) Don't put too many large toys in the playpen with an older baby who can pull herself up. She might use these to climb out.
- (13) Don't put off decorating your nursery because you might not have time after the baby arrives.
- (14) Don't put magnets on the refrigerator door because they can break and the small magnetic piece is a choking hazard.
- (15) Don't let your baby snack on crackers or other bread products all day. These can fill her up, making her less interested in more nutritious foods at mealtimes.
- (16) Don't let your baby sleep with dolls or stuffed animals that hold cassette tapes because if the tape unwinds it could cause strangulation.
- (17) Don't let your baby play with balloons or plastic bags - they could be a choking hazard.
- (18) Don't bathe your baby more than 2 to 3 times a week during her first year or her skin may get dried out. If a bath is part of the daily bedtime routine, then keep it brief.

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### About the Author

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