

The First Moments Of Your Baby's Life

During pregnancy you sit for hours and imagine how your baby is going to look like and how will he or she feel the first time you are going to hold him. You wonder how birth for him is. How a normal baby looks, how will he react in his first hours of life. Let's answer some of these questions.

1. What does birth mean for the baby?

Imagine you are in a place in total security, warmth and without pain or any discomfort at all and suddenly from there you seem to get pushed and thrown into a world of intense sensations: light, cold, smells, noises. Your back is for the first time straight and your lungs feel funny and burn a little. And now imagine that you are going back to that universe of warmth; you feel the mother's skin and that feeling of safety when in her arms. In an ideal world the baby has just a few moments of the hush reality before he is returned to his mother's arms.

2. What is the baby going to look like?

His head might seem a little too big. He might have a pink or darkened color on his hands and feet might be a little blue. All this is normal and the stains and strange colors will disappear in 24-48 hours.

3. What does the baby feel in his first hours?

The first hour from the life of your baby is critical. The transition to the real life is hard and he has to adjust. If you need to know more, ask the doctor and the nurse about what they are doing to him and their results. You are allowed to ask and receive answers, after all it is your baby.

4. When is the right time to get close to the baby?

The baby can make contact with the mother just after the few moments in which he is going to cry. If the room is not too bright, he will open his eyes and concentrate on his mother's face.

5. Is it normal for a baby to want to go to sleep right after birth?

Birth is an exhausting experience and after an hour passes the mother and the baby must be left to sleep for a couple of hours. Also it is not unusual for the baby to sleep 4-8 hours more; maybe he will awake from time to time to get some food.

About the Author

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