

THE BABY NEEDS CARE

Zulayxo Ziyovuddinova

*Faculty of Turism Chirchik state pedagogical
university Chirchik, Uzbekistan*

Abstract

Ushbu maqola onalarga ayniqsa, yosh onalarga chaqaloqlarni to'g'ri parvarish yo'l-yo'riqlarini taqdim etadi va ulardan foydalanish qay darajad samaradorligini ko'rsatadi.

Abstract

This article provides advice to mothers, especially young mothers, on how to properly care for their children and increase their level of delivery from there.

Key words: tonus, tummy rest, breastfeeding, child regulation, connection with day and night.

Introduction

A child is the fruit of love, a young branch of two hearts. Growing this branch is a responsible and hard work of parents. Both father and mother have an incomparable role in raising a child. Over time, our climate has changed from bad to clean. You will surely understand why I am talking about the climate in this thread. As the climate changes, our life becomes more artificial. supplement deficiency increases and we have to take additional medicines. Because of this, both mother and child are living with medicine. That's why I mentioned the climate. Now let's talk about the first birth of the child. Stomach rest, constipation, routine and many other things. It's easy for such adults, because we have a language, we can treat ourselves, but they don't. Today, it is again in a state of unity and falling into a state of tonus. Why is the child tonus? Many mothers and even some diagnose the child's tonus as a nervous system problem.

Main body

There are several other reasons why a child falls into a state of tonus. One of them is the hardening of the spades. He can tell that he is in a tonus state by the fact that his legs are stiff and he does not let them go freely. In such situations, the child should be constantly massaged to relieve the pain. The necessary treatment should be done in consultation with the doctor.

Another reason why the child does not hold his stomach freely is stomach rest. If the stomach is upset, the child cannot rest. If a child has a stomach ache, the following is recommended:

1. Massaging the abdomen clockwise.
2. Heat the gauze and wrap it from the child's armpit to the chest and touch it to the mother's belly.

3. Lay the child on his stomach.
4. Place the baby on the stomach of the mother.
5. Massage the legs by rotating them.

Colic is when a healthy baby cries for a long time without any reason. This is most often observed in the first 6 weeks of a baby's life. It usually disappears by itself in 3-4 months. In general, colic is a condition associated with age-related functional disorders of the digestive tract in infants and characterized by colic abdominal pain. Intestinal colic is manifested by signs such as the baby crying, incessant screaming, restlessness, tension, reddening of the face, rest of the stomach.

In the first half of life, children often have various functional disorders of the gastrointestinal tract (regurgitation, intestinal colic, functional diarrhea and constipation). Intestinal colic, or colic, according to the results of various studies, occurs in 55-75 percent of newborns.

Colic can disrupt a newborn's feeding and sleeping patterns, as well as cause emotional stress and nervousness in young parents.

We know that feeding also plays an important role in baby care. The baby can be fed through colostrum, mother's milk or goat's milk. But the best thing for your baby is breast milk. If it is not enough, it is advisable to add it to another feed.

Feeding the child properly is the duty of every mother. While breastfeeding, the mother should breastfeed the baby with the head up. After breastfeeding, the child should be gently hit on the back with the fingers like a vibration.

Then the child's notes are reduced.

When and how often to give milk to the child?

Many mothers give only after 2 or 3 hours. However, the child can open the stomach from it.

For example, 1 or 1.5 hours, it depends on the child's appetite. In the process of breastfeeding, the child stops because he is still small and tired.

I will tell you how to eliminate the child's day and night shift, lack of sleep. We know that normal sleep is 8 hours for adults, 10-12 hours for teenagers, 12-14 hours for young children, 14-15 hours for babies. The child should be tired through many physical exercises, massages, and many conversations.

Baby care is important. Childcare will be easier if parents follow the following 10 principles.

1. Do not use cosmetics for baby care. Use regular sterilized olive oil instead of cream.
2. Bathe the baby every day as much as possible.
3. Do not dress the child warmly. A child's heat exchange is different compared to an adult's, he can sweat quickly. A sweaty child catches a cold easily.
4. Do not use shampoo when bathing the child. Use the simplest, but unscented and additive-free soap made specifically for children.

5. Carry the child with many hands. The more he has on hand, the better he sleeps and the faster he gains weight. Do not be afraid that he will get used to it. He needs it physically now. At the age of 8-9 months, the child tries to get off the ground by himself.

6. Do not panic if there is not enough breast milk. After the birth of the child, up to 6 months, there are cases of low milk supply in the mother. These days, carry the child in your arms even more. Its body increases the production of milk in your body. Don't rush to give more. During these days (even if you don't have milk), if you breastfeed the child often and for a long time, you will notice that your milk has increased in 2-3 days.

7. It is not necessary to wear a hat on a child inside the house.

8. If the room is dry, the child will have a dry nose and sleep at night. Maintain 40-60% humidity in the room. For this, you can hang wet towels.

9. Always rub the baby's body when you are taking care of it. When caring for a 1-2-month-old baby, stroking it can be as effective as a massage.

10. Even if the baby is 1-2 months old, when you are taking care of him, talk to him in a soft voice throughout the day. The most important principle is to make it easy to take care of the child and follow the rules at home so that the baby develops well. Let all your work be in regular order. Only let the child "choose" the time of eating. Set a time for the rest and definitely stick to it. For example, time to sleep, time to look after the house, time to rest, etc. Famous pediatricians of the world say that if you want to make it easier to raise and care for a child, always work according to a plan.

CONCLUSION

To sum up, when a child is restless, he cries, his stomach hurts, his stomach becomes restless, his diaper becomes wet. Every mother should also pay attention to diapers. If the child is not taken care of during diapering, various rashes and redness will appear. No child likes a dry diaper. Therefore, all mothers need to know the above, not only mothers.

The more carefully and lovingly we look at each new sprout, the more beautiful and healthy it will be.

As co-founder and longtime president of the Sony Corporation, Japanese executive Masaru Ibuka (1908-1997) conceived of and brought to fruition several of the most popular and fundamentally influential consumer electronics innovations of the twentieth century.

Used literature

1. After three it is too late-Masaru Ibuka
2. <https://lalu.uz/tag/chaqaloq-parvarishi/>
3. <https://farzandtarbiyasi.uz/chaqaloq-parvarishi/>