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## New born baby message

Most babies are born healthy at or near their due date. Sometimes, though, babies are born early and might have health problems. Why Are Some Babies Born Early? Babies born before 37 weeks are premature. A premature birth is more likely to happen when a mother has a health problem — like diabetes — or does harmful things during her pregnancy, like smoke or drink. If she lives with a lot of stress, that also can make her baby be born too early. Many things can cause a baby to be born early or with health problems. Some of these things can be controlled, but others can't. Here's what you can do to have a healthy pregnancy. How Can I Stay Healthy During Pregnancy? During pregnancy, help your baby grow strong and healthy. Be sure to: Start prenatal care as soon as you think you're pregnant. Prenatal care is the health care that you get during pregnancy. All pregnant women should see a health care professional as soon as they think they're pregnant, and should plan regular prenatal visits throughout pregnancy. Get health problems treated. It's best to have any health problems (like diabetes, depression, or high blood pressure) under control before becoming pregnant. But if you don't, talk to your doctor right away about a treatment plan. Eat a healthy diet. It's important to eat a variety of healthy foods before and during pregnancy. Take a prenatal vitamin to be sure you're getting enough folic acid, iron, and other important nutrients. Gain the right amount of weight. How much weight you should gain depends on how much you weighed before you were pregnant. Most women who are at a healthy weight should gain about 25 to 35 pounds during pregnancy. Overweight women should probably gain less. Don't smoke, drink alcohol, or take illegal drugs. Staying away from tobacco, alcohol, and drugs can help you and your baby avoid many serious health problems, like fetal alcohol syndrome and neonatal abstinence syndrome (NAS). If you do any of these things, get help to quit. Wait at least 12 months between pregnancies. Increasing the time between pregnancies may lower the chances of preterm birth, especially if you had a premature baby before. Things You Can't Control During Pregnancy Some things that may increase the chances of a premature birth are out of your control. This doesn't mean that your baby will be born sick or too early. Remember, most babies are born healthy. Here are some things you can't control during pregnancy: Your age. Mothers who are 17 or younger or 35 or older are more likely to have a premature baby. Teen moms are more likely to get high blood pressure during pregnancy and less likely to get the health care they need. Older women are more likely to have health problems before they get pregnant. The number of babies (multiples). The chances of having a premature baby go up if the mother is pregnant with twins, triplets, or more. More than half of all twins are born early. Your health. Moms with problems like diabetes, depression, or high blood pressure may need to see their health care professional more often to keep these conditions under control. Problems with an earlier pregnancy. A woman who has had a previous early delivery, or a baby born with health problems or a birth defect, is more likely to have problems in future pregnancies too. Other factors. It's not clear why, but black women are more likely to have premature babies than white and Hispanic women. If you're pregnant or are planning to be, talk with your health care professional. Women who get regular prenatal care are more likely to have a healthier pregnancy and baby. Reviewed by: Armando Fuentes, MD Date reviewed: October 2018 Most babies are born healthy at or near their due date. 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The first responders cut the umbilical cord and took the new family to the hospital, where mom, dad, and baby are all reportedly fine. But that wasn't the only dramatic birth to take place this week. In the wee hours of Wednesday morning, Tiffany Williams' water broke. So she and her boyfriend, Johnny Davis, immediately hopped in the car and raced to the hospital in DeKalb County, Georgia. Their trip, however, would prove to be short-lived. "We get on the road and next thing you know, the baby's head was coming out," Davis told his local Fox affiliate. All this just 15 minutes after Williams' water broke! Thankfully, the new dad's instincts kicked in, and he sprung right into action. "I did what any father would do," he said. "Stopped the car, hopped out, stopped traffic, and became the doctor. Got the baby out. Called the ambulance and here we are." Just to reiterate here, Davis helped delivered his baby girl. In the front seat of the car. On the side of the road, no less. Afterward, he spotted a nearby Waffle House parking lot, pulled in and called the paramedics, who whisked the new family to the hospital. Mom and baby are fine, though my guess is that the brave dad is probably still riding the adrenaline high. Related: Sweet Photos of Dads Seeing Their Babies for the First Time Congratulations to the new families—and way to go, dads! Don't forget to sign up to receive our free Parents Daily Baby newsletter Bonnie Gibbs Vengrow is a New York City-based writer and editor who traded in her Blackberry and Metro card for playdates and PB&J sandwiches—and the once-in-a-lifetime chance to watch her feisty, funny son grow up. Follow her on Twitter Pinterest, and Google+. Image of newborn baby courtesy of Last week, I blogged about people asking whether a newborn is a "good baby." A new book explores a similar issue, but for a different reason and from a different vantage point: Just Babies: The Origins of Good and Evil, by Yale psychologist Paul Bloom attempts to answer the question of whether morality is innate or learned. He does so by examining whether babies have an understanding of right and wrong; if they do, that would argue that moral sensibility is in-bred, since babies could not have learned these concepts yet. Bloom's conclusion? We humans are born with a sense of right and wrong. As evidence, he describes experiments in which babies younger than 1 year old recognized wrongdoing when they saw it. The babies were shown puppet shows (or, instead of puppets for some, objects of different shapes standing in for puppets) in which one puppet behaves kindly and morally and another does something mean (and, in some cases, a third who acts neutrally). For example, the puppets might be playing ball: one passes the ball to the other, who takes the ball and runs away with it. The babies are then shown the puppets or objects again: In almost all cases, they reached for the "good" one, or their eyes followed the "good" one and not the "bad" one—actions which the researches took to indicate a preference. When a "neutral" one was introduced, babies showed the same preference for it as the "good" one, and continued to spurn the "bad" one. This was true for babies as young as three months (whose preferences were judged by where they looked, since they were too young to reach out reliably for an object.) "These experiments suggest that babies have a general appreciation of good and bad behavior, one that spans a range of interactions, including those that the babies most likely have never seen before," Bloom writes. His research comes with several caveats, though. For one thing, he makes clear that when he talks about "morality," he is talking about a basic idea of good and bad, right and wrong. A lot of what we consider moral behavior is specific to our culture (or religion, etc.) and not universal, and therefore learned and not innate. More importantly, the question of babies' moral sense has nothing to do with behavior and whether they are, or will grow into, well-behaved, moral children or adults. He is trying to discern whether they can understand and recognize morality, which is a different thing entirely. He warns that our innate sense of morality is only one side of the story. We're also born with the opposite instinct: "We possess ugly instincts as well, and these can metastasize into evil," Bloom writes. Bloom continues by tracing the thread of innate moral understanding to toddlerhood. To cite one example, he discusses tattling, which comes (annoyingly) easy and instinctually to kids. This, Bloom says, stems from their natural sense of right and wrong and their belief—and often, experience—that an authority figure should be righting a perceived injustice (along with, of course, a desire to show their own moral and behavioral superiority). Young children are highly aggressive; indeed, if you measure the rate of physical violence through the life span, it peaks at about age 2. Families survive the Terrible Twos because toddlers aren't strong enough to kill with their hands and aren't capable of using lethal weapons. A 2-year-old with the physical capacities of an adult would be terrifying. It starts with what we are born with, and this is surprisingly rich: babies are moral animals, equipped by evolution with empathy and compassion, the capacity to judge the actions of others, and even some rudimentary understanding of justice and fairness. But we are more than just babies. A critical part of our morality—so much of what makes us human—emerges over the course of human history and individual development. Nature, in other words, gets us started, and then nurture takes over. We are the products of our cultures and our families and our upbringings. So that is where we as parents come in, modeling for our children a moral and just life filled with compassion and empathy. Whatever moral understanding we're born with is just the beginning of the story. Track your child's development with our milestone tracker. Or find out what to expect in baby's first year of life, in this video. Have another baby on the way — with an infant in your arms? Don't panic. Here's what to expect when you get pregnant shortly after giving birth. It's really, really, hard to put your feelings into words when you have one baby in your arms (and maybe not even crawling yet) and another on the way. It's a mind-numbing, mind-blowing experience that takes your breath away. But, millions of women, including myself, can say that we've been there, done that, and eventually regained our ability to formulate complete sentences. And one of the first things you need to say is: "It's going to be OK. I'm going to be fine." I'm drawing on my own experience and that of my friends who've done it. It goes kind of like this: OMG, the condom broke. But, I'm still breastfeeding so there's no way I got pregnant, right? Right? Just say, "right." Expletive, expletive...(fill in your own, I prefer the S-word and said it at least a hundred times over the weeks after the broken condom). I don't feel right. I don't feel good. I know what this feels like, but, there's no way I'm pregnant. I'm just not. Please-oh-please-oh-please, make this test be negative. Please.... I'll be the best mother in the world. I'll never say the S-word again. I'll donate all my new clothes (that I just bought because I've finally lost some of my pregnancy weight) to charity if you just make this test be negative. The test is positive. OMG. Oh S-word. RELATED: 10 Celebs Who Had Back-to-Back Babies Over the next many months, emotions will run the full gamut from shock, to denial, anger, fear, resignation, acceptance, excitement and even empowerment. Eventually, you might even feel delight, though for most of the women, I know, including myself, that took a while. Just keep telling yourself, "it's going to be OK. I'm going to be fine." Once I got used to the idea of having another baby, I worried a little about my stamina, personal sanity and whether I'd ever have a waist again, but more about how my daughter would feel. Would she be jealous? Would she feel slighted? It didn't even occur to me that she might be thrilled. I worried about how I'd ever finish nursing school, how I'd ever find a job with two babies under two, how we'd ever be able to buy a house and how my husband and I would ever find time to be a couple again. I worried what my friends would say and about going through labor again and about who would take care of my "old baby," while I was giving birth to my "new baby." RELATED: Finding the Upside of an Unplanned Pregnancy I worried and worried until one day, my sister said, "You have to knock that off. Don't you remember what Mom used to say?"I didn't remember, so she reminded me. "Nothing bad ever happens from welcoming a child into your life." My sister stopped me. "Yes, it's going to be challenging and things might be tough for a while, but it won't be because of the baby. It'll be the rest of life. The baby will be wonderful, just like all babies are. That's just the way life is." Sometime later, but before I had the new baby, I was taking care of an old woman at the hospital who said something else that changed the way I thought about having babies so close together. "You girls today think babies have to come at the perfect time. When I was growing up, we didn't have any way to stop them from coming unless we gave up sex. Nobody I know wants to do that so we just accepted that babies came and once we had them, we were always glad we did." She was so right. So there's nothing wrong with having two babies so close together. You're joining a special sorority of caught-by-surprise women. And guess what? It's better than OK. It's better than fine. It's absolutely fabulous. For the rest of their lives, those two babies will play together, entertain each other, support each other, share friends, clothes, toys, bedrooms, and talk about you behind your back. They'll have each other and you'll have them and it's all going to be all right. 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