Illustration: Martin Haake

# Home with a newborn

*Expectant parents have a long list of things to get to prepare for their baby's arrival. VANESSA CLARK presents key language to talk about caring for a newborn.*

MEDIUM PLUS

## What do you do with a newborn baby?

Let's start with **feeding**. We all know the motto "**breast is best**" and, hopefully, your baby will **latch on** and **suckle** successfully. Mum can **express breast milk** for Dad to give from the **bottle**, perhaps as a **night feed**. Or you might prefer to **bottle-feed** your baby with **formula**.

After a good feed, you can **burp** the child to bring up any **wind**, but you should first put a **muslin square** over your shoulder in case some **baby sick** comes up. Your newborn's **nappy** is probably now **wet** or **full**, and you don't want to risk **nappy rash**, so it's time to **change** your baby. You can use **disposable** nappies or environmentally friendly, washable **cloth** nappies. Hopefully, you now have a **clean**, **dry**, **contented** child.

Newborn babies spend around two thirds of their time asleep. Experts recommend laying your **little one** on its back to sleep and keeping the room temperature of the **nursery** at around 16–20 °C. You might want to use a **sleeping bag** instead of **blankets**. A **baby monitor** will allow you to listen from another room. If your child is crying, a **cuddle** can help it to settle down. Alternatively, you could **rock** it or sing it a **lullaby**.

Those early days are **exhausting**, so try to rest when you can, and accept offers of help.

## You're not alone!

Maybe you'll be visited at home by a **midwife** in the early days. She'll make sure that mum is **recovering** well from the birth. She'll check that any **stitches** are **healing** after a **caesarean** and look for signs of **postnatal depression**. The midwife will check the baby's **weight** and **general health**, and make certain that the **umbilical cord stump** is healing nicely. The phrase everyone wants to hear is: "**Mother and child are doing well.**"

1. pram [præm] UK, baby carriage [ˈbeɪbi ˌkærɪdʒ] N.Am.
2. (baby) buggy [ˈbeɪbi bʌgi] UK, pushchair [ˈpʊʃtʃeə] UK, stroller [ˈstroʊlᵊr] N.Am.
3. nappy [ˈnæpi] UK, diaper [ˈdaɪəpə] N.Am.
4. sterilizer [ˈsterəlaɪzə]
5. changing table [ˈtʃeɪndʒɪŋ ˌteɪbᵊl]
6. changing mat [ˈtʃeɪndʒɪŋ mæt]
7. baby wipes [ˈbeɪbi waɪps]
8. Moses basket [ˈməʊzɪz ˌbɑːskɪt] UK, bassinet [ˌbæsɪˈnet] N.Am.
9. cot [kɒt] UK, crib [krɪb] N.Am.
10. sleepsuit [ˈsliːpsuːt] UK, Babygro [ˈbeɪbigrəʊ] UK, onesie [ˈwʌnzi] N.Am., rompers [ˈrɒmpəz]
11. teat [tiːt] UK, nipple [ˈnɪpᵊl] N.Am.
12. baby bottle [ˈbeɪbi ˌbɒtᵊl]
13. dummy [ˈdʌmi]; soother [ˈsuːðə] UK, pacifier [ˈpæsɪfaɪə] N.Am.
14. formula (milk) [ˈfɔːmjʊlə mɪlk], infant formula [ˈɪnfənt ˌfɔːmjʊlə]
15. car seat [ˈkɑː siːt]
16. sling [slɪŋ], baby carrier [ˈbeɪbi ˌkæriə]

*At spotlight-online.de/teachers/picture-it, you can find German translations for these words, as well as our Vocabulary archive.*

**baby monitor** [ˈbeɪbi ˌmɒnɪtə]
► Babyphon

**baby sick** [ˈbeɪbi sɪk] UK *ifml.*
► Erbrochenes vom Baby

**burp: ~ a baby** [bɜːp] *ifml.*
► ein Baby aufstoßen lassen

**caesarean** [sɪˈzeəriən]
► Kaiserschnitt

**cloth** [klɒθ]
► Stoff-

**contented** [kənˈtentɪd]
► zufrieden

**cuddle** [ˈkʌdᵊl]
► enge Umarmung, Schmusen

**disposable** [dɪˈspəʊzəbᵊl]
► Wegwerf-

**exhausting** [ɪɡˈzɔːstɪŋ]
► anstrengend

**formula** [ˈfɔːmjʊlə]
► Muttermilchersatz

**latch on** [lætʃ ˈɒn]
► andocken

**lullaby** [ˈlʌləbaɪ]
► Schlaflied

**midwife** [ˈmɪdwaɪf]
► Hebamme

**muslin square** [ˈmʌzlɪn skweə]
► viereckiges Baumwollmusselintuch; *hier*: Spucktuch

**nappy** [ˈnæpi] UK
► Windel

**nappy rash** [ˈnæpi ræʃ] UK
► Windelausschlag

**nursery** [ˈnɜːsᵊri]
► Kinderzimmer

**recover** [riˈkʌvə]
► sich erholen

**rock** [rɒk]
► wiegen

**stitch** [stɪtʃ]
► Nahtstich

**suckle** [ˈsʌkᵊl]
► saugen, trinken

**umbilical cord stump** [ʌmˈbɪlɪkᵊl ˌkɔːd stʌmp]
► Nabelschnurstumpf

**wind** [wɪnd]
► Winde, Blähungen