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The best protection
from the first day

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Welcome to the world.

Your baby has arrived at last.

Is he still dozing happily most of the time? Or is he already reacting to the voices and faces that surround him, and which will gradually become more familiar from day to day?

After the unique experience of being born, your baby is now entering a new, important stage in his life. And so are you, as his parents.

You will have questions about your baby's well-being, many of which are quite simple to answer. But suddenly you are confronted with family and social issues that had never occurred to you before.

This guide, produced by Baby sebamed, can answer many of these questions, going far beyond the daily, and now so essential information on baby care. We want to help your baby grow up happy and healthy.

With our very best wishes for you and your family.

From

Baby
sebamed[®]
Ideal for
pH 5.5
healthy skin

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First days at home



When you first go home you will often feel exhausted and in need of a little tender love. Let your man give you a hand! Ideally you should both have time to get to know your baby together.

Let the housework wait.

Don't worry if things get a bit untidy around the house. Get used to life with your baby. Do not over-exert yourself, just do what really has to be done. If you set yourself impossible goals you will only get anxious, and your baby will pick this up.

Finding the right rhythm for both of you.

You have been in hospital for several days, and you and your baby probably know each other quite well by now and have settled into a routine. Things will change a bit when you get back to everyday life at home. The quickest way of finding the right rhythm for both of you is for the baby to be the most important person in the family, with his needs and desires at the forefront. So do not try to force your baby to eat, sleep and play when it suits you. Feed him and play with him when he is awake, and use the time that he is asleep to rest or do other things. It is true that this can be quite tiring to begin with. But if you make sure that your baby always has what he needs - food, care and above all lots of love and attention - everything will soon settle down.

The baby and his needs

Inexperienced parents can be driven to distraction by a newborn child that will not stop crying even though he has just been fed and changed. You will feel uncertain, helpless and might even imagine that your baby is crying simply to spite you. But even if the noise makes you feel at the end of your tether, just think of this: your baby's voice is his only means of communication. If you observe your baby carefully you will notice that he has different ways of expressing displeasure or discomfort. He makes faces, throws his arms and legs about and gives a few grunts, before in desperation starting to cry. But often parents do not respond until the cries are loud and intense, and by this stage the baby has worked himself up to such a pitch that it is hard for the parents to work out what is wrong. And it will take much longer to calm him down again. Research has shown that if the cries of a newborn baby are ignored, he will later tend to cry much more frequently and for much longer periods.

If you are able to, you should respond as soon as you notice that your baby needs something. That does not mean that you are spoiling him - not in the first six months at any rate. A young baby cannot do anything for himself and is dependent on other people. If his needs are not sufficiently met he will feel helpless and neglected, and cannot trust the people around him. Trust and the feeling of being loved are important foundations for the emotional development of your child.

Baby's crying. What's the matter?

He is hungry:

Hunger is the main reason why babies cry. A dummy will not help. If your baby is crying because he is hungry, he will not stop until you have fed him.

He is thirsty:

A bottle of milk is not a good way of overcoming thirst. If your baby has finished his bottle and is still whining, he might be thirsty and would appreciate some fennel tea or any other type of herbal tea for babies.

He is in pain:

Some babies get „three-month colic“, which stops when they are three months old. Babies with this condition will pull their legs up towards their abdomen when crying, their faces are twisted with pain and they are very hard to console. The best thing to do is to walk around holding them in the „flying position“: hold the baby horizontally, face down, place one hand between his legs and use the other arm to support his head and arms. Babies with this condition also like having their tummies massaged with gentle, circular motions.

His bottom is sore:

A sore bottom is painful for a baby. Some babies cry as soon as they have a wet or dirty nappy. To prevent a sore bottom, change your baby regularly and sometimes leave him without a nappy so that the skin can dry properly.

He is overtired:

Many babies cry when they are tired. They are sometimes afraid to go from being awake to being asleep. They need loving reassurance.

He's frightened or over-stimulated:

Babies do not like excessive stimulation. This does not just mean sudden loud noises, but also well-intentioned playing like tickling games or excessive demonstrations of affection if they are given at the wrong time.

He wants a cuddle:

If everything is all right but your baby is still crying, he may just want to be near you. To feel safe and loved in your arms, or just a bit of attention. Meet his needs if you can.

Breastfeeding

Breastfeeding is good for you and your baby.

Mother's milk is the healthiest and best food you can give your baby. It contains everything he needs, at least in the first four months of his life. Many doctors, nutritionists and psychologists believe that there are good reasons for breastfeeding your baby.

- ✂ Your milk is specially designed for your baby's sensitive digestive system and contains all the essential nutrients.
- ✂ It contains antibodies that protect your baby against infection. The yellow colostrum produced in the first five days after birth is especially rich in these antibodies.
- ✂ Breastfeeding is an excellent way of developing the strong emotional bond between mother and child. Gentle skin contact is wonderful for both of you.
- ✂ Another advantage for the mother is that breastfeeding helps the womb return to its normal size.

Breastfeeding need not be a problem.

It is important for your baby to drink all the milk in one breast before you burp him and move him over to the other side. When you next feed him, start him on the second breast, which often still contains some milk from last time. This is the best way of avoiding a painful accumulation of milk in the breast, which can happen if the milk ducts are only partially emptied when your baby feeds. If breastfeeding is painful because your nipples are sore, feed your baby more often but for shorter periods. Express a little milk with your hand before putting him to the breast, as this means that he does not have to suck so hard and your breasts will not be so sore. After feeding, allow the remaining milk and your baby's saliva to dry on the nipple as this helps prevent soreness.

Weaning: handle with care

Weaning should be a very gradual process because your baby's digestive organs have to adjust to the new food. If you wean him too fast, he might suffer from stomach pains and colic. Depending on how old your baby is, gradually replace one feed a day by a bottle or baby food. Increase the amount of solid food you give him until he no longer wants to be breastfed.

Mother's milk has many benefits

Follow these simple rules to get off to a good start:

- ✂ It is best for your baby to be placed at your breast immediately after the birth while you are still in the delivery room. This is because suckling at the breast tells your body to start producing milk.
- ✂ Your milk production will rise more quickly if you feed your baby frequently. If you do not have much milk to begin with, you can stimulate production by placing him at your breast more often. If you feed him on demand from the very beginning – this means that you do not feed him at set times but whenever he is hungry – a pattern will soon be established.
- ✂ Healthy babies with a normal birth weight should not be given bottles as well, even if you are short of milk from time to time. This is because as soon as a baby is fed from a bottle he will start to prefer the bottle as it requires less effort on his part. So long as he is continuing to gain weight you have no need to worry. Remember that in the first three months of life a baby should gain about 200 grams a week.
- ✂ Do not lose heart if you are still having problems breastfeeding your baby in the first six weeks after the birth. It can take about that long for your milk production to fall into line with your baby's appetite.
- ✂ Emotional factors can have a significant impact on your milk secretion reflex. You need plenty of peace and calm especially in the first few weeks if you are to breastfeed successfully.

Healthy eating while breastfeeding

It's quite normal to be a few pounds heavier at this time.

Most women are slightly heavier after birth than before they became pregnant – the difference is usually about 3 to 4 kilos. Of course you would like to lose this excess weight as soon as possible, but take it slowly. You should not go on a strict diet while you are breastfeeding your baby, because he depends on your milk for all his essential nutrients. And you also need a healthy, nutritious diet now. The first few months of your baby's life will be a wonderful but strenuous time, so you need all your strength. And do not forget that it is easier to maintain weight loss if you take your time over losing it.

You should eat a varied diet.

You should consume at least 2,000 to 2,200 calories a day. Because you are breastfeeding you are using up about 600 calories more than normal, so that brings the net figure down to 1,400. That is not too much, and will help you regain your figure. But just as in pregnancy, what matters is, not how much you eat but what you eat. While you are breastfeeding you need 50% more calcium, vitamin C, vitamin B2 and folic acid, and a third more vitamin B6, B and E.

Your meals should include all the important nutrients, but should not be too high in calories. A varied, balanced diet is the best solution, supplemented by high-quality fresh products.

- Fullfat milk and dairy products such as cheese and yoghurt. These are important sources of calcium.
- Meat, poultry and fish are good sources of protein. Together with green leafy vegetables and legumes, they also provide a particularly good source of vitamin B.
- Cereal products such as porridge and wholemeal bread are rich in minerals and vitamins. They are high in fibre, helping your digestion.
- Salads and vegetables. Green leafy vegetables, cabbage and peppers are particularly valuable. Vegetables provide vitamins and iron.
- Plenty of fresh fruit, but preferably low-acid varieties as these are easier for your baby to tolerate.

Watch out for these foods while you are breastfeeding.

Some foods that you eat might cause problems for your baby while you are breastfeeding. See how he reacts.

- He may get a skin rash if you eat certain fruits such as strawberries. Some babies also have an allergic reaction to milk and dairy products.
- Lentils and dried beans might give your baby wind.
- If his skin is sore all of a sudden, it might be because you have eaten acidic fruits, onions or garlic. Your body needs lots of liquid.

You should drink plenty of liquid at this time, at least two litres a day. Low-calorie drinks are best: unsweetened herbal tea or still mineral water. If you want to drink fruit juice, mix it with mineral water. You should avoid alcohol as far as possible as some will be transferred to your baby in your milk. If you really fancy a glass of wine or beer, have it just after feeding your baby. You can drink tea and coffee in moderation.

Bottle milk



Commercial baby milk is almost as good as mother's milk.

Although mother's milk is undoubtedly the best food for a baby in the first few weeks and months of life, mothers who do not breastfeed need not worry nowadays. Commercial baby milk is just as safe and healthy for your baby. They contain the same proportions of the principal nutrients (proteins, fats and minerals) as natural milk, contain all the vital additional nutrients as well and are perfectly hygienic. So if you do not breastfeed your baby at all, or not all the time, you need not worry about giving him a bottle. He does not need anything else in the first three months of his life, so do not start to wean him until he is at least four or five months old.

Modified or partly modified milk?

Modified and partly modified milk products are based on cow's milk, and both can be given from birth. However, some doctors prefer modified products for very young babies.

Modified milk . . .

is most suitable in the first few months of life as a supplement to the breast or as the only food. Like mother's milk, the only carbohydrate it contains is lactose and it can be given on demand as if you were breastfeeding.

Partly modified milk . . .

also contains the same principal ingredients as mother's milk, but is higher in calories because it contains added carbohydrates. Take care to follow the instructions when giving your baby partly modified milk, because otherwise you might over-feed him.

Hygiene protects against infection.

The bottles and other equipment must be kept perfectly clean because tiny babies are still very vulnerable to germs and bacteria. Rinse out the empty bottles with water and detergent, rub down the teat with salt, rinse everything thoroughly in clean water and then sterilize. There are various ways of sterilizing your equipment: you can boil it, use the cold

sterilization method with a special solution or the hot sterilization method in an electrical sterilizer that uses water vapour at 95-97°C.

Making up a feed is easy.

You won't have any difficulty in making up your baby's feed. Just follow the instructions on the packet and make sure your kitchen is clean. It is important to give exactly the amounts stated on the packet, because they have been calculated to give your baby exactly as much food as he needs. So do not add an extra spoonful or cut the feed because you worry about your baby getting too fat. You can of course make up your own mixture, but that is much harder because you need to weigh out all the different ingredients carefully according to the recipe and make sure they are well mixed.

Once the bottle is ready, check that it is not too hot. Holding it to your cheek is not really good enough. It is better to squeeze a few drops onto the inside of your wrist.

is good for your baby too.

Feeding should be a quiet and tender moment.

Be just as loving and tender when giving your baby a bottle as if you were breastfeeding him, and enjoy the intimate contact between you. Because when you feed your baby, with a bottle or with your breast, you are not just giving him food and drink but care, love and attention as well. Your baby knows this, and so when you feed him make sure that you have plenty of time, because if you are rushed or agitated he will realize this. Find a quiet place where you will not be disturbed and sit down in a comfortable chair. You can nestle your baby in your left arm as you feed, because here he can hear your heartbeat which he will recognize from the time before he was born. He will then suck instinctively.

All you have to do is make sure you tilt the bottle down wards so that the teat is always full. Otherwise your baby will drink too fast and inhale air. Once he has been drinking thirstily for a few minutes, take the bottle away for a minute and murmur a few loving words to him. Then give him back the bottle, and when he has finished it hold him upright in your arms to burp him. This is very important, because the air your baby swallows when feeding can cause pain. If he still does not burp, lay him in his cot on his side or his stomach, so that he can burp himself without getting hiccups.

All the love you need



Cleansing



Healing



Skin Care



Hygienic



Hair Care



Protective Cleansing



How to make bath-time fun.

Babies adore being bathed in nice warm water. The pleasant, relaxing warmth of the water reminds them of when they were still in the womb, protected and able to swim around in the amniotic fluid.

Here are a few tips to make sure that your baby always looks forward to bath-time:

It doesn't really matter what time of day you bathe him. Why not wait until the evening so that daddy can join in too? But never give him a bath just after feeding him.

Be particularly careful the first time you bathe your baby. If he has a bad experience that time, you will need a lot of patience to overcome his mistrust later on. Make sure that he

does not get water in his eyes or ears, and that the water is the correct temperature. If you can see that he is tense, holding his body rigid or pulling away from the edge, talk to him gently to reassure him.

Always wash your baby from the top of his body to bottom for hygienic reasons.

Even tiny babies need to have their heads washed regularly. In the first few weeks and months you will just need to wash his head carefully with a little bath water. Wash the fontanelle as well, otherwise brown marks will soon appear. These are the remains of dead skin flakes and sebum secretions that are normally removed by washing. When your baby's hair starts to thicken, use a gentle children's shampoo to wash it.

When baby comes out of the bath.

After the bath, first snuggle your baby into his towel. Dry him gently but thoroughly, paying particular attention to the sensitive folds of skin, tapping them with the towel to get them really dry. It is so important to dry your baby because damp skin is a good breeding ground for bacteria. If the room is warm enough (22°C), let him wave his arms and legs around with nothing on for a few minutes. Moving around in the air is good for his skin and helps prevent soreness.

Use a damp cotton wool pad to carefully clean his eyes, starting from the outer edge and moving in. Do not use cotton awards to clean his ears or nose. The ears have a self-cleaning mechanism and so you do not need to clean the auditory canals.

You should only clean his nose if you can see something there, and then you should take a damp cotton wool pad and shape it to fit. The only other thing to do is trim his nails with special safety nail scissors.



Protecting and caring

Why daily care is so important for your baby.

Your baby needs lots of loving skin contact especially in the first few weeks and months of his life. Bathing him and looking after his skin is the best opportunity for showing him how much you love him. Talk tenderly to him as he lies on the changing table and show your affection by petting and stroking him. Impulses pass through the skin and into the nervous system and the brain, so you are helping his healthy physical and emotional development.

What is the difference between the soft skin of a baby and that of an adult?

A baby's skin is not as resistant as an adult's: it is up to ten times thinner and is easily damaged. It does not yet have the natural protective acid mantle, which has a pH value of 5.5, as it is still to develop. This is why you must always use extra-gentle baby care products that are designed to suit your baby's delicate skin. These products do not draw too much moisture from his skin and help him develop his natural protective acid mantle.

How much care does your baby need?

A bath two to three times a week is enough. On the days that you do not give him a bath you can wash him all over with warm water from the washbasin to which you have added a few drops of Baby Bubble Bath. But of course your baby can have a bath every day if he particularly enjoys it.

Be prepared.

Before you put him in the bath, make sure that you have everything you need within reach on your changing table for when he comes out of the water: a nappy, clean clothes and nail scissors. If the room is a bit chilly, warm his towel before you take him out of the bath. While your baby is still very tiny you should use a separate washbasin for his face. Fill the baby bath about half full with warm water: the temperature should be 36-37°C. Add special Baby Bubble Bath to the water so that his sensitive skin does not dry out.

for your baby's tender skin



Dry – to be happy



What a lot of nappies a baby needs!

Babies need nappies for 27 months on average, because it is not until towards the end of their second year or more often into their third year that they can ask for their potty in time. And even then, accidents can happen. During this time you will need to change your baby's nappy five or six times a day.

Disposable or cloth nappies?

Each type has its benefits and its drawbacks. About 80% of babies wear disposable nappies these days; one of the main reasons for this is that they are so handy. It is easier to dry your baby's bottom, so you have more time for love and play. A good nappy absorbs urine quickly through the inner lining, does not allow it to flow back and keeps it away from your baby's skin.

How to keep baby's bottom from getting sore.

The tender skin of your baby's bottom is exposed to all sorts of irritation, because a baby will urinate and excrete five or more times a day into his nappy. The skin can quickly become painful and inflamed. Prevention is the best approach. Change his nappy at least every three to four hours during the day, more often if his bottom is already sore. Do not wake him at night to change his nappy: he needs his sleep. Once you have dried him, clean the skin with oil-saturated cotton wool or cellulose. If he has passed a stool, wash his bottom with plenty of water after removing most of the faeces with the nappy you have just taken off. Then dry carefully and apply cream, but not too much.

Show your baby you love him when you change his nappy.

Being clean and dry is not just important for your baby's health and well-being. Changing time is also a good opportunity for tender contact with him. This is the time for kisses and baby-talk, and sometimes leave him without a nappy on if the room is warm enough. It is good for his skin, and great fun for your baby if you massage his legs at the same time.



Your baby is six month old

From a little baby to a little person.

Your baby undergoes extremely rapid mental and physical growth in the first year of his life. He gains control over his muscles, while his social behaviour and intelligence are developing visibly. Observing these changes is one of the greatest joys for new parents. And it is only natural to want to compare your child's progress with that of his contemporaries ...



Every child is different.

The standard age and time indicators are just a guide to how rapidly a child is developing. If your child is not keeping up, you should not immediately think that he has behavioural difficulties. Also, do not forget that a baby can progress very quickly in some areas while being a little slower in others.

Encourage your baby, but do not push him too hard.

Never try to influence your child's development too early and too intensively. You will simply damage your relationship. It is far better to observe where he needs your help and support. For instance, a brightly-coloured mobile is an excellent way of developing your baby's vision. Give him a soft, cuddly toy as soon as he can open his hands and play with it. A tinkling rattle will help him understand what happens when he moves his hands. The most important thing is for him to learn calculated behaviour from his „dialogue“ with you, and this should include more boisterous touching games as well as gentle stroking and massage.

amazing how much she can already do

Age (month)	Physical and motor development	Behaviour, perception, intelligence
1st	Lying on his front, your baby can lift his head for about 3 seconds. His hands are clenched into fists. He instinctively grasps anything he touches.	Gazes at brightly-coloured objects held in his field of vision. Reacts to extreme light and sound effects and to skin stimulation.
2nd	Can easily lift his head while lying on his front and hold it upright while being carried in your arms. When feeding, he clutches the bottle or the breast with his hands.	Listens to the sound of a bell and moves his head towards sounds. Marked reaction to your voice.
3rd	Can already hold a light toy. Brings objects towards his mouth. Stretches out his body and supports himself on both forearms.	Reacts by smiling when you look at his. Pronounces indistinct sounds. Follows objects with his eyes, looks at his own hands.
4th	Can sit with help for a short time. Can scratch, grasp and turn his toys. Can already roll on his tummy.	Interested in his image in a mirror. Laughs when tickled. Chuckles and coos when contented.
5th	Can be pulled up into a sitting position by the hands and keeps his head straight. The legs can support the body for a short time with help.	Tries to reach moving objects. Distinguishes between colours. Can play on his own for a short time. Makes articulate sounds.
6th	Can deliberately turn over from his back onto his stomach. Consciously clasps objects, using his thumbs. May be able to sit unsupported for a short time. Enjoys playing with his feet.	Imitates facial expressions. Pulls a cloth away from his face. Stretches out his hands towards people he knows. „Chews“ biscuits.

What your baby needs to be happy

Foundations for your baby's subsequent development.

We now know how important early childhood is for human development. Later behaviour patterns are set up in the first twelve months of life. Your baby will be profoundly influenced by the love and tenderness you show him right from the start.

Show your baby that you love him.

Your baby must feel that he is loved and that he belongs with you. Right from birth he needs to know that you are always there and will always take his desires seriously. And that he can count on his parents.

Tenderness makes your baby more intelligent.

Skin contact helps your baby feel loved and protected. That is important for his physical and mental health. This is because the skin reacts to being stroked and massaged, passing the impulses received on to the brain. Every tender touch makes your baby more intelligent because it stimulates his brain. As a result of this, his brain develops more quickly, expanding the nerve pathways and improving movement coordination. Most children gradually start to lose interest in skin contact about the time that they learn to crawl. They now want to get away from their mother and discover the world for themselves.

Talk to your baby.

You should talk to your baby as often as you can right from the start. Explain to him what you are doing, and tell him little stories. Your voice is increasing his confidence, even though he does not understand what you are saying. On average, children whose mothers talked to them as soon as they were born learn to speak earlier.

Make learning fun.

From about three or four months old your baby will adore physical games. Romping, dancing and being thrown up in the air are all excellent for healthy development. He starts to understand his body better, and the continual repetition helps him to see what is going to happen next. Action songs like „This is the way the ladies ride“ is highly popular for just that reason.

Your baby must build up new experiences.

At some point your baby will start to discover the world about him. He wants to know everything about the objects he sees in his environment. You should be delighted that your baby is now able to show a lively, active interest and let him get on with exploring his world. If your baby is sitting quietly investigating a ball of paper or his favourite toy, it would be quite wrong to choose

this moment to suddenly pick him up for a cuddle. Disturbing your child while he is playing deprives him of the opportunity to find out about the world and develop his powers of concentration.

Be consistent. Set an example.

Babies form their first image of the world from their parents. Your behaviour will determine his attitude to people, and so it is important to be as consistent as possible. Parents who respond to a certain behaviour one way today and in a completely different way tomorrow just irritate their child, fostering insecurity and even fear.

Your baby needs both his parents.

A newborn baby is almost the exclusive preserve of his mother for the first few months of his life. This means that the bond between mother and child is often stronger than that between father and child. But it is important for the baby, and wonderful for the family, if a close relationship with the father can be built up in the first few months. This exposes the baby to a second person in his immediate surroundings who is quite different in many ways, and helps him develop his ability to relate to other people. Seeing how adults behave towards each other can lay the foundations for



behaviour patterns. A father should not simply copy what his partner does, but should look after his baby in his own way. Many mothers talk to their babies and smile at them more often. But fathers can have other, more active options: they hold the baby in their arms more often and are sometimes better at more boisterous games. Babies are exposed to a wider range of stimuli if both parents take care of them.

Your baby's health

Love is the best medicine.

The most important things for a child's healthy development are emotional balance, living in a complete family and the knowledge that he is loved. On average, children who receive a great deal of tenderness from their parents suffer less infections. We know that a person's physical state of health is strongly influenced by his or her mental well-being.

Protect your baby against infection.

Every newborn baby has „innate protection“. During the first few months of your baby's life he will be protected against every disease to which you are immune. Breastfeeding prolongs this period of protection, but it cannot guard your baby against every infectious disease. So take precautions if someone in your baby's immediate environment is ill.

- ✂ Keep the room in which the sick person is staying well aired.
- ✂ In the case of diseases spread by droplets, such as coughs and colds, a handkerchief placed over the nose and mouth can prevent transmission.
- ✂ Wash your hands before touching the baby.

Fresh air is healthy.

We know that babies who are often exposed to fresh air suffer fewer coughs and colds. Even very tiny babies should be taken outdoors at least once a day. They should only be kept inside if the weather is very bad, i.e. temperatures less than 15°C below zero, strong winds or fog, and then air the baby's room well. Always wrap your baby up warm when you take him for a walk. Several thin layers will keep him warmer than one thick garment. His ears are very sensitive to draughts and cold, so make sure that they are well protected. If you think your baby might be too cold, feel his feet: if they are warm, everything is all right.

The first signs of illness.

Even if you are very careful your baby still might fall ill. A high temperature is not the only sign:

✂ Does he just not seem well?

After a few weeks you know your baby so well that you know how he normally behaves. When he sleeps and for how long, what his preferred sleeping position is, if he smiles, plays with his hands or looks around with curiosity. If he is ill, you will notice a change in his behaviour. He will lose interest in many things that normally attract him and often just lies apathetically in his bed.

✂ Has he lost his appetite or will not eat at all?

Even babies who are normally good eaters often refuse food when they are ill.

✂ Does his crying sound different?

When your baby cries because he is in pain, you will notice that the cries sound different and you will know that something is wrong with him.

„First aid“ for sick babies.

Different diseases can have similar symptoms. So if your baby obviously feels ill, you should take him to the doctor straightaway so that he can receive a reliable diagnosis and proper treatment. Never medicate your baby yourself. If you phone the doctor first and explain the symptoms, he might be able to give you some tips as to what you should do to look after your baby at home.

Vitamin D supplements are a good way of preventing rickets.

Rickets is a deficiency disease which makes the bones soft and pliable, and can cause lasting damage. The skeletal systems of children with rickets show typical changes. The disease occurs when a child is not sufficiently exposed to sunlight. The ultraviolet rays of the sun can transform a provitamin in the skin into vitamin D, which is needed for normal bone growth. Babies cannot normally get enough vitamin D from their diet, and this is why deliberate action to prevent rickets is so important. Many doctors believe that babies should be given a daily vitamin D supplement in the whole of their first year of life and during the winter in their second year of life.

How to hold your baby securely

Babies are not as fragile as you think. So do not worry about picking your baby up and carrying him around. The only really important thing is to support his head well in the first few weeks.

How to take your baby out of his bed.

Pick him up gently, supporting his back and head.

✧ Lift him up from the lying position.

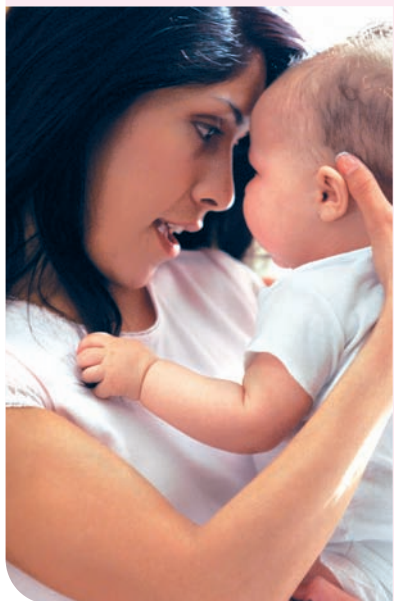
Gently push one hand under his neck to support his head. The other hand supports the back and bottom.

✧ Lifting him to the side.

Support the head and back with one hand, hold his chest and shoulders with the other hand while grasping him beneath the shoulders.

✧ First roll him over from his side onto his tummy.

Take hold of your baby with both hands beneath the armpits so that you have a firm grip on his upper body. Exert gentle pressure to turn him in the desired direction. Open your other hand to support him from below. Now your baby is lying, quite relaxed, with his tummy on your hand and forearm. Reach between his legs with your other hand to pick him up and carry him.



Lying him down.

Again, make sure that you are supporting his head properly. If his head falls backwards, he will feel that he is falling. So be just as careful when lying him down as when picking him up: support the head, neck and back.

In a sling.

Slings or baby-carrier seats are great if you need to have your hands free. Your baby can see what is going on, the gentle rocking motion stimulates his sense of balance and he feels safe because he is so close to you. But make sure he is not too restricted and that his head and neck are well supported.

This is how your baby likes to be carried.

As close as possible to your body so that he receives plenty of skin contact. Then he feels happy and secure.

✧ Cradled in your arms.

Cradling your baby in the crook of your arms is a good position for him. His head is resting on your upper arm, slightly higher than the rest of his body, which you are supporting with your forearm and hand. You hold him at the side with your other arm. This allows his tiny body to lie in a rounded position, similar to that which he adopted during the last few

months of your pregnancy. This position also makes eye contact easier, so your baby can see you smiling and talking to him.

✧ Looking over your shoulder.

In this position you carry your baby so that his head is lying on your shoulder. In this position he can see everything that is going on in his environment. You press his bottom towards you with one hand and rest the other hand on his head so that it cannot fall backwards. Once he is able to hold his head up by himself, you can place your hand on his back instead.

✧ A position with beneficial side-effects.

Holding your baby horizontally, face down, is good for stomach pains. Reach between his legs with one hand and rest his head on your other arm. All babies like to be rocked in this position.

Baby sebamed helps you bond with your baby



Your baby has arrived and needs all your love and attention. This applies to the way you care for his skin as well. It is great that you are finding out about baby care now so that later on you have everything you need. Or perhaps your friends and relatives are wondering what practical gifts they can buy to help you look after baby. The more you know now, the easier you will find it to look after your baby with the help of the Baby sebamed range.

Take time to care for your baby.

When your baby is still very tiny he will want to be close to you and experience your tenderness, as you cuddle him, stroke him and play with him. Stroking him as you apply skin care products to his body is a demonstration of love and affection and helps him grow in confidence. At this stage of his life, take plenty of time over bathing, nappy-changing and applying your Baby sebamed products. This is just as important for his physical and mental well-being as eating, drinking and sleeping.

Produced with the help of clinical experience.

The Baby sebamed range has been specially developed and tested to meet the needs of your baby's skin in cooperation with dermatological and children's clinics. Each product in the range has been created using the experience of paediatricians and dermatologists. This is your guarantee that Baby sebamed is the best thing you can give your baby's skin right from the very first day.

Baby sebamed for medicinal and scientific skin care from the first day

Baby sebamed products have a pH value of 5.5, helping to develop the skin's protective acid mantle.

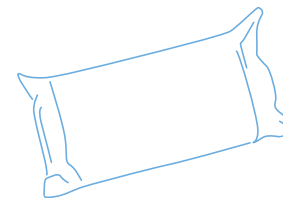
When a baby is born, his skin does not yet have its natural protective acid mantle. This takes time to form. The skin's natural acid mantle has a pH value of 5.5 and protects the sensitive skin against the effects of bacteria, fungi and other harmful substances found in the environment. The cleansing and moisturizing products in the Baby sebamed range, with a pH value of 5.5, help your baby's skin build-up this vital protective mantle from the day he is born. The bubble bath, shampoo, creams and lotion contain moisturizing and protective ingredients specially designed to suit your baby's delicate skin.

Baby sebamed helps consolidate the resistance of baby's delicate skin and promote the build-up of the skin's naturally protective acid mantle, which develops in the first 3 months of life.

The Baby sebamed range soothes your baby's skin and your conscience.

There can scarcely be a stage in life when it is more important to have skin care products that you can trust. Baby sebamed earns this trust through its dermatologically tested non-irritant qualities and its soothing, anti-inflammatory effect. All the products are excellent for your baby's skin. Is it not marvellous to know that Baby sebamed does so much for you and your baby right from the start?

Take plenty of time to care for your baby's skin in these early days, with your love and attention and the gentle, protective products in the Baby sebamed range.



Product Range Overview

Cleansing

- Baby Bubble Bath
- Baby Cleansing Bar
- Baby Wash extra-soft
- Children's Shampoo

Face and Body Care

- Protective Facial Cream
- Baby Lotion
- Baby Body Milk
- Baby Cream extra-soft
- Baby Massage Oil

Nappy Area – Cleansing and Care

- Baby Cleansing Wipes
- Baby Oil Wipes
- Baby Skin Care Oil

Nappy Area – Treatment

- Baby Special Healing Cream

Baby Bubble Bath

NO TEARS FORMULA



100% soap and alkali free for the cleansing of delicate skin of babies and children from birth to adolescence. Baby Bubble Bath with its pH value of 5.5 supports the development of the skin's acid mantle and the moisture balance in the skin. The extra mild tenside complex cleanses gently without drying baby's tender skin. The herbal extract of the medicinal plant camomile known for its regenerative properties soothes the skin and protects the skin against irritation.

Free from colorants, nitro-mochus compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically/clinically tested. Also recommended for extremely sensitive or dry skin.

Baby Cleansing Bar

NO TEARS FORMULA



100% soap and alkali free for the whole body cleansing of the delicate skin of babies and children from birth to adolescence. Baby sebamed Cleansing Bar with its pH value of 5.5 and mild, emollient formula supports the development of the skin's acid mantle. The natural moisturizing agents urea, vitamins and amino acids leave the delicate baby skin smooth and soft, minimizing the risk of dryness or irritation. Panthenol of the vitamin B complex stimulates the regeneration of the skin.

The formulation is free of preservatives and parabens. Dermatologically/clinically tested Also recommended for extremely sensitive or dry skin.

Baby Wash extra soft

NO TEARS FORMULA



Baby Wash is a 100% soap and alkali free formulation. The very mild wash-active compound is based on a sugar tenside complex offering high skin tolerance for the extra gentle daily cleansing of a newborn's delicate skin. Its pH value of 5.5 supports the development of the skin's biologically protective acid mantle. Baby Wash has been especially formulated with a refatting compound containing vernix-related squalane to balance the skin's lipid content. Baby's skin is cleansed without causing dryness or irritation. The active ingredient allantoin safeguards against irritation, keeping the delicate skin soft and smooth. Pleasant fragrance for baby's comfort.

Dermatologically/clinically tested. Baby Wash is recommended by doctors for cleansing in cases of atopic eczema. Formula does not sting in the eyes. Free from colorants and parabens.

Children's Shampoo

NO TEARS FORMULA



For the delicate scalp and fine hair of babies and children from birth to adolescence. Baby sebamed Children's Shampoo with its pH value of 5.5 promotes the development of the scalp's physiological acid mantle. The 100% soap and alkali free mild emollient formula is the ideal care for the hair and scalp of babies and children. Its gentle cleansing action minimize the risk of dryness or irritation due to the excellent skin tolerance. The extract of camomile recutita alleviates irritation and soothes the skin. Baby sebamed Children's Shampoo leaves the hair fragrant, silky and easy to comb. Promotes a healthy scalp for the growth of healthy hair.

Free from colorants, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically tested. Also recommended for extremely sensitive or dry skin.



Protective Facial Cream

The protective moisturizing complex of Baby Protective Facial Cream with vitasqualane, lipids and the natural moisture-retaining ingredients allantoin and hyaluronic acid prevents dryness, enhancing the barrier function against noxious substances and soothing baby's tender skin. The lipid compound and panthenol safeguard against irritation around the mouth from saliva. Easy to apply and rapidly absorbed without any greasy residue.

Free from parabens. Dermatologically tested.

Baby Body-Milk

Baby's delicate skin needs soothing, nutritive protection against dryness. The 23% natural lipid complex of sweet almond oil, shea butter, skin-related squalane and lecithin is easily absorbed by the skin to promote its hydrolipid balance without harmful occlusive effects. Allantoin and a high concentration of panthenol actively regulate the skin's moisture content, regenerating the skin to counteract irritation, and make baby's skin soft and smooth. Especially formulated with the pH value of 5.5, Baby Body-Milk promotes the development of the skin's protective acid mantle. Pleasant fragrance for baby's comfort.

Free from mineral oils, PEG-bonds, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically/ clinically tested.



Baby Lotion

Baby sebamed with its pH value of 5.5 has clinically proven to promote the development of the skin's protective hydrolipid layer the acid mantle. Baby Lotion gives baby's delicate skin gentle protection to safeguard it against dryness. Its moisturizing and emollient complex with 7% lipids is rapidly absorbed by the skin without greasy residue. Moisturizers enhance the skin's hydrolipid balance making it smooth and supple. The active ingredients allantoin and camomile recutita extract care for the skin, counteracting inflammation and irritation. Baby sebamed Baby Lotion has a mild and pleasant fragrance for baby's comfort.

Free from colorants, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens.

Baby Cream extra-soft

For intensive protection of baby's delicate skin, this rich water-in-oil emulsion with 42% lipids forms a moisturizing film without any occlusive effect. Natural allantoin and the moisturizing agent sodium lactate protect the delicate baby skin from drying, making it soft and smooth. The herbal extract camomile soothes irritated skin particularly in the usual areas of contact chafing (elbows, knees). Well suited for the prevention of nappy rash dermatitis, the active ingredient panthenol stimulates healing processes. The lipid concentration of the cream protects baby's face and hands during cold weather. Baby Cream is easy to apply and readily absorbed.

Free from colorants, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically/clinically tested. Also recommended for extremely sensitive or dry skin.



Baby Special Healing Cream



With its pH value of 5.5, the richly emollient water-in-oil formula Baby sebamed Special Healing Cream is strongly indicated for skin conditions affecting the nappy area, rapidly alleviating the symptoms and preventing diaper rash. Titanium dioxide protects baby's delicate skin from harmful contact with excrements. The anti-inflammatory ingredient of camomile, bisabolol, soothes irritated skin and the high concentration of panthenol effectively stimulates the healing of the skin. The 36% lipid compound including lecithin, which is part of the skin's hydro-lipid system and vernix-related squalane help create a protective barrier against aggressive substances, which could cause inflammation. Natural allantoin makes the skin soft and smooth.

Free from nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically/clinically tested.

Baby Cleansing Wipes



Derma-protective lotion formula especially suited for gentle and efficient cleansing of delicate baby skin. Hygienic, effective protection with the pH value of 5.5. The botanical extract of camomile and panthenol soothe and protect against irritation. Gently anti-bacterial formula to increase pathogenic resistance. Handy at home and away.

Free from alcohol, colorants, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. PEG-free. Dermatologically tested.

Baby Oil Wipes

Especially indicated for the thorough and gentle cleansing of the nappy area. Excrement residues are removed without skin irritation. Rich natural oils safeguard against irritation and dryness. Biobranil and wheat bran extract oil offer biological protection. The ingredients of Baby Oil Wipes help to inhibit inflammation, relieve itching and soothe the skin. Hygienic and convenient to discard after use.

Free from parabens.



Baby Skin Care Oil

Indicated for the gentle and effective cleansing of the nappy area. The rich natural oils of peanuts and wheat germ gently cleanse the nappy area leaving a protective film on the delicate skin to prevent contact with the aggressive properties of excrements. The biological protection of wheat bran extract oil safeguards against their harmful irritant influences. Panthenyl triacetate, a precursor of panthenol soothes irritation and stimulates the healing processes of the skin.

Free from colorants, preservatives, nitro-musk compounds, formaldehyde, nitrosamines, dioxan and parabens. Dermatologically tested.



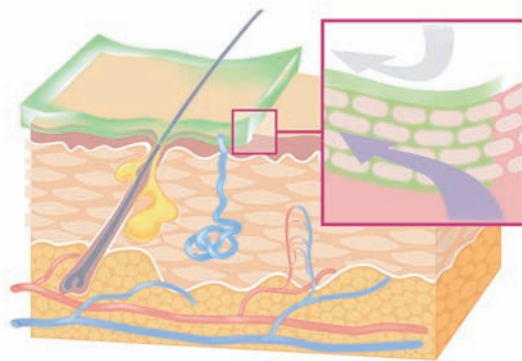
Baby Massage Oil

For a daily massage Baby sebamed offers an oil, which contains a high content of natural soya oils. sebamed Baby Massage Oil has been formulated with an oil which contains a high content of linoleic and linolenic acids (vitamin F), to provide high skin tolerability. It makes dry skin noticeable smoother, increasing the skin's elasticity. The resisting power of baby's skin is enhanced, making it less vulnerable to irritations.



sebamed Medicinal Skin Care

Individual and regular skin care is not only important for your babies delicate skin, but for everybody – as the best defense against the noxious influences of the ever increasing environmental stress to the skin, our largest vital organ.



Acid mantle of the skin

sebamed offers you a complete assortment of personal care products with the physiological pH value of 5.5 to support the ecological balance of the skin's acid mantle and its significant barrier function in disease prevention.

The importance of pH 5.5 for healthy skin

- A regular processing of precursors of the barrier forming intercellular lipids of the Stratum corneum requires a pH of 5.5. Neutral or higher pH values interfere negatively with the lipid production and thus with the maintenance of the barrier.
- Skin cleansing with neutral or alkaline products disturbs the physiological acid mantle and increases pre-existing dehydration and barrier impairment in sensitive skin
- At a pH value of 5.5 the moisturizing effect of skin care products is maximized

sebamed soap-free cleansing

For healthy overall personal hygiene sebamed offers a coordinated range of soap-free cleansing products. With their especially gentle, active cleansing substances and choice care components, they protect the skin against dehydration.



sebamed face care

Delicate facial skin reacts very sensitively to damaging external influences like UV radiation, stress and pollutants. It needs highly effective protection to prevent dehydration, irritation and premature formation of wrinkles and lines. Regular care with the sebamed face care range keeps skin healthy, young-looking and radiant.



sebamed protective personal care

Individual and regular care is the best protection against increasing environmental impacts. That is why sebamed offers specially formulated products for the body with the pH value of 5.5. sebamed Moisturizing Body Lotion cares for normal skin with allantoin and camomile extract. sebamed Body Milk contains a skin care complex with the richness of plant-derived oils and moisturizing ingredients especially suited to the needs of dry skin. sebamed Hand & Nail Balm is rapidly absorbed by the skin for smoother, softer hands.



sebamed hair care

Healthy skin grows only on a healthy scalp. With sebamed you have exactly the right care with a pH value of 5.5 for every type of hair: from Everyday Shampoo for very frequent hair washing to Anti-Dandruff Shampoo to Repair Shampoo for stressed, damaged hair. The pH value of 5.5 in all sebamed hair care products provides protection against electrostatic charges and dehydration.



sebamed biological deodorant

sebamed deodorants have the pH value of 5.5 of healthy skin. Thanks to the system of active biological ingredients, they deodorise gently and reliably, without suppressing the natural production of perspiration. This way they always provide a safe feeling of freshness and guarantee maximum skin compatibility – particularly in sensitive skin.

