

Bethany P. Arrington-Shaw

Dr. K. L. Hall

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## Welcome to Parenthood: The Journey to Unconditional Love

*General goal:* I want to inform my audience.

*Specific goal:* I would like my audience to understand how to take care of your child through the first few months Postpartum, creating an incomparable bond.

*Thesis statement:* Showing love, protecting, and teaching your child, is a lifelong process that leads to unconditional love and begins when you have the most time to utilize, during Maternity or Paternity leave .

### **Introduction**

- I. How many of you know the unconditional love parents and their children have for one another?

II. Have you ever wondered how such an unbreakable relationship is formed between the parents and their child?

III. I want to share with you just three things new parents can do in order to achieve that unconditional love that lasts a lifetime: nurture, protect, and teach.

## **Body**

I. Nurturing a baby is essential to create a strong Parent-Child bond.

A. Mom should breastfeed for at least the first three months.

1. Baby will remember smell and tender skin of their mother from breastfeeding and will feel comfortable whenever she is around.
2. Baby learns to rely on it's mother for food.
3. Special components in mother's milk that cleanses the baby's digestive system.

B. Both parents need to take part in nurturing their infant.

1. Holding a baby against a bare chest allows the infant to hear it's mother's or father's heartbeat, similar to in the womb.
2. Touch is important for growth including kisses and tickles.

3. Playing with the baby will increase its senses and use of expressions.

C. Taking care of yourself is important for you as well as your child.

1. To avoid being too tired to take care of things, change your schedule and learn to sleep when your baby sleeps.
2. Your child senses your stress which in turn stresses the child, since there is a lot to get done, help alleviate stress by letting grandparents and close friends help you out when they can, remembering that they love your child just as you do.
3. You will worry over every decision you make in an attempt to be a perfect parent, remember no one is perfect, just prioritize and do your best.

(*Transition:* Daily affection stimulates growth and makes your infant calm, while also feeling protected.)

II. Trust is developed when parents care for the infant's health and protect them.

A. Dealing with health issues and doctors can help.

1. Read all labels to medications you plan to give your child especially if non prescribed or "over the counter".
2. Keep the baby's doctor on speed dial in case the child becomes

unwell.

3. Keep all follow up appointments in calendar there is a schedule your baby needs to maintain.

4. The doctor will tell you when to add baby cereal to your bottled breastmilk when your child needs to gain weight.

B. Keeping your baby healthy should be well thought out, they depend on you.

1. Bathing daily and remembering to apply lotion multiple times a day.

2. Change diapers as needed, soiled diapers should not remain on a child for too long it could cause rashes.

3. Linens or bedding should be changed at least weekly.

4. Do not take them out frequently so as not to expose them to illnesses, when it cannot be avoided dress them appropriately for the weather.

C. Allow your child to get approximately 14 hours safe rest.

1. Never lay an infant on its back, rather place on side or stomach to prevent choking on saliva or spit up.

2. Never use a pillow to avoid neck cramping or suffocating.

3. Never place a baby between two adults in a bed to avoid crushing or suffocating.
4. Never wake a baby to nurse or feed; Do not force feed or place on a schedule your baby, they will nurse when hungry, it is a natural occurrence.

(*Transition:* Now that your child is growing in trust you can teach them many things with ease.)

III. Teaching your child helps you both grow closer, develops your child's intellect and at the same time increases your patience.

A. Reading aloud and talking to you infant frequently throughout the day.

1. Speaking softly helps a baby to feel at ease.
2. Using full sentences without "baby words" encourages proper speech, some families teach their children American Sign Language.
3. Reading aloud and pointing to the words helps a baby to learn words early and develop a love of learning.

B. Music makes baby alert and motivates brain function and body movement.

1. Never play harsh music, instead play soft soothing melodies such as classical music.
2. Be sure any music you play is not too loud so as to damage your

child's hearing.

3. A parent's singing is reassurance, even if you are not a great singer  
your child will enjoy hearing you sing.

C. Teach your child at an early age right from wrong.

1. Your child will learn to listen to you and learn the correct way to  
act.
2. They will learn quickly that they should do as you ask of them and  
obey.
3. Tell them the truth they will believe in your every word and learn to  
be truthful.

## **Conclusion**

- I. A baby should receive both feminine and masculine sense of feeling and love.
- II. Take care of them and teach them what they need to know as they grow.
- III. Parenthood is hard work, allow help when you can get it and know that the  
unconditional love shared by a family is worth all the effort.

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