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~~News at Baby's First Ultrasound! 17 weeks! Review of Best Interactive Books Baby To Five An Early~~

Yes, it is too early for babies to be waking up at 5am. According to neonatal nurse Cara, from Taking Care of Babies, "A NORMAL and HEALTHY wake time for babies is 6:00-7:00 am.". After our baby had been consistently sleeping through the night, dealing with baby waking up at 5 am can be hard! Parenthood can be summed up in one sentence: "Just when you have it all figured out, something changes."

~~Baby Waking Up at 5 am — How We Fixed Early Wakings ...~~

Premature labor can lead to an early birth. But the good news is that doctors can do a lot to delay an early delivery. The longer your baby gets to grow inside you -- right up to your due date ...

~~Premature (Preterm) Labor: Signs, Causes, and Treatments~~

During the first stage of labor, the cervix opens (dilates) and thins out (effaces) to allow the baby to move into the birth canal. In figures A and B, the cervix is tightly closed. In figure C, the cervix is 60 percent effaced and 1 to 2 cm dilated. In figure D, the cervix is 90 percent effaced and 4 to 5 cm dilated.

~~Stages of labor and birth: Baby, it's time! — Mayo Clinic~~

The earlier your baby is born, the greater the risks to their health and survival. If born before week 37, your baby is considered a "preterm" or "premature" baby.

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~~How Many Weeks Early Can You Safely Give Birth?~~

Dr. Brittany Noel Robles, M.D., obstetrician and gynecologist, tells Romper that for veteran moms, the most obvious sign (and biggest risk factor) that baby might come early is a previous preterm ...

~~7 Signs Your Baby Is Coming Early — Romper~~

How do you know if your baby is waking up too early? If your baby is getting up at 5 a.m. every morning and won't go back down either by self-soothing or after a feed and diaper change, that generally means your baby is waking up too early. But it depends on when she goes to bed, her age and stage, and other factors.

~~Is Your Baby Waking Up Too Early? These Tips Can Help~~

It's best for you, and it's best for your baby. Why Early Delivery May Be Dangerous. A baby's important organs, like the brain and lungs, are still developing in weeks 37 and 38. Babies born ...

~~Do You Want to Deliver Your Baby Early? — WebMD~~

Born too early small as a tube of lotion. He is now actual months of 9 but would have been 3 months old, if born full term. He is doing great. Wieghs 9lb now.

~~Baby Logan born 5 months early, 1lb2ounces~~

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Now, remember that 'early' is a relative term – for some parents, a 5:00 wake-up time is ideal, while for others, anything before 8:30 is considered “way too early!”. That's why it's a good idea to establish an objective “waking too early” standard against which you can judge your situation. As a rule of thumb, if your child's wake-up time is after 6 a.m. and he or she is waking up fairly happy and refreshed, then you likely don't have an early waking problem on your hands.

~~Baby Waking Up Too Early? Here's Why (+ 5 Tips To Help)~~

In fact, early introduction of certain foods, such as peanuts and eggs, might decrease the risk of allergy to that food. Still, especially if any close relatives have a food allergy, give your child his or her first taste of a highly allergenic food at home — rather than at a restaurant — with an oral antihistamine available.

~~Solid foods: How to get your baby started — Mayo Clinic~~

For the most part, a baby is generally considered early if they are delivered prior to 37 weeks of gestation, according to Stanford Children's Health, and early delivery carries a risk of health...

~~5 Old Wives' Tales About Early Babies~~

What it looks like: Your baby is waking up early — and staying awake, sometimes as early as the crack of dawn. What to do about it: If your baby is at least 6 months old, there are a few tactics you can try to get her to sleep in later, like adjusting

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her nap schedule, experimenting with different bedtimes and making her room more light- and ...

~~Baby Won't Sleep? 11 Common Problems by Month Age and What ...~~

First 5 California funds programs that educate parents, grandparents, caregivers, and teachers about the critical role they play during a child's first five years.

~~First 5 California: Early Childhood Resources for ...~~

A gush of water, being doubled over in pain, the head of your baby crowning. These are things many women picture when they think of labor. However, for most laboring women, these things take time ...

~~Here Come the Contractions: How to Time Early Labor~~

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.

~~Why Are Babies Born Early? (for Parents) — Nemours KidsHealth~~

Your baby can wake early in the morning before your desired wake time for a variety of reasons. It often happens when baby is extending night sleep and making it longer between feedings in the middle of the night. The baby who was

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waking at 3 AM to eat moves that feeding to 4 AM, then 5 AM, then 6 AM. These are considered night wakings.

~~Early Morning Wakings: What to do when baby wakes early ...~~

When a baby wakes up and you don't rush in to pick him up and start the day, it makes waking early seem less enticing. It offers him the opportunity to go back to sleep. Additionally, if he is content and you don't rush in to start the day and feed him, his body and metabolism will no longer be accustomed to eating at 5 am every morning.

~~Baby Waking Up Too Early? Must Know Tips for Parents~~

At 5 weeks, your tiny embryo is growing like crazy and you may be noticing symptoms like fatigue. Learn more with our week-by-week guide.

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