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**About Baby's Separation Anxiety**

**By Adwina Jackson**

How do I feel about my child's separation anxiety? Honestly, it's absolutely one of the most delightful feelings I really enjoy as a mom.

I remember when my son was between 8–9 months old. Just like every mother, I couldn't forget those moments.

At that time, he often asked for more attention from me rather than from anybody in the house. No matter where he was or who was holding him, as soon as he saw me, he suddenly cried as if he was asking me to hold him.

When I came close to him, he abruptly opened his arms and looked so happy. His cry stopped in a moment. It was truly an unspoken feeling I had experienced.

But there was also time when he acted differently from what I had expected. When I went for work, I thought he would cry hard to see me leaving him. I hugged him tight and kissed his face again and again.

I told him, "Baby, Mommy have to go to work now. Eat and drink a lot, okay? And have a good nap. I'll be back. Love you much. Bubyee."

Sometimes he kept looking at me when I said so. I expected him to start weeping. But it didn't happen. I wondered why. I found out later that he was interested with the wheels of the car I traveled in everyday.

Whenever the car started to run, my son always kept his eyes on the wheels. Looking at them spinning must have been very exciting to him. I just smiled, though my heart broke a little. I soothed myself by thinking that it was good for him being curious of strange things.

My son is a baby who has sleeping problem. Throughout the night during his sleep, he often woke up several times. If he woke up and didn't find me nearby, he would cry out loud, making the whole house

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panic as if something really bad happen.

When I got into the bedroom, he would crawl toward me, and then I hugged him. He'd be calm afterward. Breastfeeding really worked to put him back to sleep.

Thank God I decided to breastfeed him so that I wouldn't be engaged with the rush of preparing formula during the night. Yes, I chose to breastfeed him in nighttime, even though he still got formula in day times.

Maybe this breastfeeding activity had created the bond between us. I enjoyed it, and still until now. This might also what made my son didn't want to stay away from me.

If your baby or child has the same characteristic as my son has, I'm sure you have the same feeling as I do. If you think that your baby's cry (for being away from you) annoy you, just remember that it won't

last forever.

Separation anxiety is a phase in your child's development during his early years of life. Almost all children go through this experience. What I can suggest you is just enjoy these intimate moments before they're gone along with your child's growth.

>From what I've heard from my friends about this, you're gonna miss the moments. To me, even now, I really don't want the phase fade away.

Wait, wait. There's one more thing I'd like to share with you, which you may not think will make your child comfortable. I remember my friend told me that if you're going somewhere, don't forget to tell your child that you'll be back. Instead of sneaking out of the house, waving your hand and saying that you'll be back will soothe him somehow.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

## **Pit Bull Terriers And Separation Anxiety: Understanding Your Dog**

**By Tim Amherst**

As any Pit Bull owner will tell you, Pit Bulls are very social and crave a lot of time and attention from

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their owners. They are very devoted and loving. Pit Bulls often have a hard time coping when their owners have to leave them alone. Your Pit Bull doesn't understand that although you love him very much, you cannot stay with him all of the time. It is important to train them well, so that they can better deal with this separation anxiety. Pit bulls will often suffer from separation anxiety for a number of different reasons. Often, if you have had your Pit Bull since it was a puppy, and if you have a strong bond, he is just unable to deal with you being away from him. This is often made worse if you have always made it a point to keep your pit bull at your side, and then all of a sudden are unable to. Young puppies will occasionally suffer from separation anxiety when they are taken away from their mother. Pit Bulls don't know how to handle the symptoms of separation anxiety, and will often give in to destructive behavior to try to make themselves feel better. If they have free reign in your house while you are gone, they may give in to the urge to chew on your furniture or belongings that are in reach. If you are gone for a long period of time, or if your Pit Bull is highly susceptible to stress, he may also suffer from diarrhea, nausea, and may use the potty in the house when he is otherwise housebroken. Most dogs suffering from a case of separation anxiety will show symptoms usually in the first hour or so the owner is away. There are a few things that caring owners can do to help ease or eliminate separation anxiety in their Pit Bulls. Crate training is often very helpful because it gives the Pit Bull his own safe space, so that he will feel comfortable and secure usually even if you are not around. Sometimes having a special chew toy that you only give your Pit Bull when you have to leave may help eliminate anxiety, or at least give him something safe to chew on while you are away. Some owners also say that leaving a radio or television on while they are away also helps. Pit Bulls that have went thru obedience training courses generally are less affected by separation anxiety. In extreme cases of separation anxiety that seem untreatable, your veterinarian may be able to prescribe some medication to help, at least in dealing with the symptoms. He may also recommend other methods of keeping your Pit Bull calm when you are away that may be successful. Pit Bulls crave a lot of love and attention, so sometimes all it takes is a little extra time from you when you are home to make them feel better when you have to be away.

To learn all about owning, raising, and caring for American Pit Bull Terriers, visit

<http://www.PitBullsRevealed.com/>

today!



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