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Dealing With A Crying Child While Driving

By C Criswell

Even the calmest, most perfect child can turn into a crying scream machine in the car. A wet diaper,

an uncomfortable seat belt, or the pangs of hunger or thirst can send any child into a crying fit that can test the patience of even the most subdued of parents. An angry or screaming child can also make the drive itself more dangerous as you become more distracted by the screams of your toddler. Bad moods are contagious. If you allow yourself to become angered by your child's crying you may drive more offensively and be more prone to doing something stupid while behind the wheel. There is no simple or fool-proof way to avoid having your child cry while you are driving him or her around, but these simple ideas may make things less stressful and more safe for you and other motorists.

1.If it is obvious that your child is not going to calm down on his own find a place to pull over (if it is safe to do so) and check to see if there is a simple reason for the crying. Did he spit out his pacifier, is his belt cutting into his shoulder, or does he have a wet diaper? NEVER try to take care of retrieving a pacifier or giving a cookie while you are driving. We have all tried it before and we all know that it is not a wise thing to do, especially in rush hour traffic.

2.For children that are old enough to understand a few basic words try using a de-escalation method such as counting down slowly and calmly from five to one while attempting to make occasional eye contact in the rear view mirror (if possible). This de-escalation method works more effectively if you practice it at home as well. Any time your child is throwing a tantrum instead of immediately putting him in time-out try getting him to calm down by sitting down with him face to face, make eye contact, and do the slow, calming count down. If you can get him to calm down at home using this method he will eventually be able to calm himself down while in the car with your verbal help.

3.Use a sibling as a helper. This isn't an option in all cases of course, but if your crying child has an older sibling in the car consider placing their car seats close enough together that the older child can play with or otherwise distract the younger child for a few minutes until you reach your destination. Obviously, the older child should never be allowed to unbuckle his seat belt while the vehicle is moving.

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4. Never allow your child's crying to affect your driving or your attention to the road. At the same time never allow your child's crying to build your stress to the point that you yell at the child in a desperate (and futile) attempt to make him be quiet. A child that is too young to understand words will only be startled by your yelling and will likely cry even more. In addition to this yelling at your child can cause other psychological problems down the road. If you are nearing the end of your rope, pull over and find out what is wrong. Always calm yourself down before opening the door to check on your child.

There is never a perfect method to deal with the stress of a crying child, especially in a confined space. But consider these four simple tips and always stop and think before doing anything unsafe while driving a vehicle. Pulling over may slow you down or make you late, but driving faster or more erratically because of the distraction of a crying child can make you a danger to yourself and others while on the road.

C. Criswell is a professional educator and parent of three wonderful children. For more great articles and advice please visit

<http://www.musicedmagic.com>

How To Deal With A Baby That Has Colic

By Tina Barraclough

Colic is still a mystery to Doctors. They still do not know what cause colic in babies. They will tell you that there is no known cure for colic. I have always heard of colic, and heard from mothers that have dealt with this problem. I have never had to deal with a colicky baby, until my fourth child Nicholas was born. Colic is hard not just for the mother, it is hard on the whole family.

There is no tried and true method to dealing with a baby who has colic. A crying baby is the hardest thing a parent has to deal with. The crying will stop eventually. There are some things that you can do to help with these crying spells your baby is going through. Here are some things you can try that I have found that works with my son Nicholas.

1) Try walking with your baby. This can be tiresome ,but it may be the only thing that works for your baby. Hold your baby with his/her tummy against your tummy. My son tends to have gas while he is screaming, and I have found that this helps with his gas, as well as his crying. Sometimes he even stops crying for a little while.

2) Push your baby in a stroller. Sometimes this helps with my son. Take a short walk and see if it helps your baby to stop crying. It may not work, but it's worth a try anyway.

3) Rock your baby. I have a rocking chair my baby's bedroom, and when I rock him he stops crying and most of the time falls asleep. I think it is the closeness he feels when I rock him.

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4) Put your baby in his/her car seat and take a drive somewhere. I have done this many times. This option may not be an option if you do not have a car, or it could become a habit. Look at it this way; which would you rather do; hear a screaming baby, or drive for awhile?

5)I have not tried this and do not recommend this unless the baby is supervised by an adult. Many mothers I have talked to say this worked for them. Place your child in his/her car seat on top of the dishwasher or washing machine and turn it on for a cycle or two.

6) Try singing to your child, or turning a radio or a tv on to music. It may or may not stop your baby from crying, but it could calm him/her down a little bit. My son calms down when I put country music on.

7) Have your spouse take the baby for awhile. If you are the only person your baby will let hold him/her, try to away for a little while. Have a friend or relative help by watching your child for you.

Make sure you get some sleep whenever possible. I often have my sister come to my house and watch my kids while I take a nap. This way you won't be so tired when dealing with a screaming baby all night. My husband also takes the baby when he does not have to go to work. It helps when you are not so tired.

Remember the crying will not last forever. Even if nothing works for you, there is an end insight . Before you know it all the crying that your baby has done will be replaced with smiling, gurgling, and he/she will be a happy baby. My son is now 3 months old and he is not crying as much as he did two weeks ago.

If you feel you could use some support in dealing with your colicky baby. here is an online support group for parents, family & friends of colicky babies.

COLICNET.COM

<http://colicnet.com/>

Tina Barraclough is a stay at home mom and owner of

<http://best-home-based-business-idea.com>

Visit

her website for Business Opportunities, free e-books,Business Articles,etc.

tinabarr4@msn.com

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10 Positive Discipline techniques for children

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