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Help With Toddler Separation Anxiety

By Jennifer Houck

Dear Mom,

I try to leave my child and the minute I walk out of the room, she starts crying or screaming for me. Please help this gone crazy mom of how I can help my baby let me leave her for just a little bit. I think she has toddler separation anxiety but I just want to know how to overcome this.

Thanks, Carol

Carol,

It is normal for your baby to be going through what they are going through. For nine months, they were attached to us 24 hours a day 7 days a week. We were their lifeline and they have to learn their independence from us. Their whole mentality knows they are sensing this whole new freedom from mom, but yet they have reservations about beginning new things. The mom can help teach them independence by taking baby steps and not trying to separate from them without building up the process. You may ask, what steps can we take?

Start out small. Let them play in the living room as you go to the next room (room needs to be in eye view) to do a certain task as folding clothes. Make sure you are keeping eye contact with them and reassuring that mom is right here. Speak in positive, upbeat words. The first time may not work, but just keep repeating yourself and do it over and over until they are fine with you being in the next room.

Stretch the time being gone. When dad or another caregiver comes home, go and take a shower or soak in a nice bubble bath. Reassure the child you will be back. Never sneak away from the child as this will leave a bad coping skill with her and think you are never coming back. Give it 15 or 20 minutes and show your presence to the baby. Hug her and let her know you missed her, but will always return when mommy goes. After you do this a few times and she gets used to the ide of you being gone for that short amount of time, try going to the store for a longer period of time. You can continue to stretch each trip until you feel comfortable with the time you are being gone, for example if you are trying to build up to a night out of town with your signifcant other.

By taking things slowing, it will help you and your child overcome toddler separation anxiety with much less tears, heartbreak and stress. The baby will continue to grow her independence from you and will soon love her new found freedom of having playtime with dad, grandma or grandpa, or other special friend.

Hang in there mom it will get better and know other moms are going through the same thing as you right now.

Fellow Mom, Jen

Jennifer Houck is the owner of the online Parent Center at

<http://www.ilovebeingamom.com>

to where

you can find many more resources and tips to help in the daily journeys of raising a toddler.

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 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/>

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