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**Late Night Adventures with Your Children**

**By Kate Hufstetler**

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Vacations are fun ! Weekends with the family are nice. But, Late Night Adventures are "simply marvelous". If you really want to shine in your child's eyes on a more regular basis-- try some late night adventures with them.

By late night I am talking about adventures that start from 10pm on.

Shouldn't kids be in bed at that time? -- yes

Shouldn't parents keep structure? -- yes

Don't parents need to set an example? -- yes

Aren't kids only young once? -- YES and that is the point.

Take time to be magical in your child's eyes. I applaud organized, structured family systems. I think it can be quite difficult for many families today that are over worked, tapped out, and stretched as far as time will allow for cramming in activities. Yet, since your kids are only young once-- why not give it a shot and build a couple memories as the coolest parent on the block.

Here are a couple ideas that won't take up much time or money but go a long way with kids: Wake up and watch a lightening / thunder storm at 11pm Grab a skateboard and hit the pavement at 1am During a snow freeze on the driveway and street out front-- ice skate in athletic shoes at 2 am Go to bed early and make a run for Denny's at 3 am Watch the sun rise together while eating Krispy Kreme donuts and drinking milk at 6 am (or even add homemade fortune cookies so you both have something cool to open up with a positive outlook pronounced on your day ahead)

## Late Night Adventures with Your Children

The difference with about late night adventures with your children vs. weekends or vacations is simply that late night adventures are novelty, costing less money and more quality attention. Your kid will be the envy of the other kids— because what other parent do you know that does these things?! Believe me, the kids in our neighborhood still can't get over some of the things my son tells them we do. In fact, they want to come along.

Every now and then, go on and forget about the adult in you and join your child in being a kid. Regain your sense of wonder and enchantment. Throw rules to the wind and have some innocent fun. If you do, I promise you will shine in their eyes and fill both your hearts with rich memories that will last your life time.

Until next time— all the best,

Kate

Kate Hufstetler is a well established business, personal, and relationship coach. Her clients come from both the United States and overseas. She offers coaching services via email and phone consultations at flexible timing and financing to meet your every need. Through personal, business, spiritual mentorship, she could help you too! Please visit for available packages within your range:

### **Mommy & Baby: Nursing Questions & Answers**

**By Kirsten Hawkins**

Q. How often should I nurse a newborn infant?

A. No fewer than 8 times per day, depending on how long he gives you at night. If he can go 4 hours, you'll probably see two feedings in between 11:00 p.m. and 7:00 a.m. If you tank him up right before you go to bed, you may only have one.

Q. How often should I nurse an older baby?

A. Depending on your child's age, you should be on a 3–4 hour routine during the day. Remember, as your child gets older, the frequency of nursing sessions will drop off, but he will be eating more at each session. If you are committed to nursing past 6 months of age, it's not recommended that you drop below 5 feedings per day. If you believe your milk supply is waning and you don't want to stop breastfeeding, add a feeding or two to your daily routine in order to increase your milk supply

Q. How do I drop a feeding as my baby grows?

A. The most common changes are moms who want to switch from a 3 to a 3.5 hour routine or a 3.5 to a 4 hour routine, babies who are ready to drop their middle of the night feeding, or parents who are ready to stop the late–night feeding.

## Late Night Adventures with Your Children

Most often you'll know when your baby is ready to switch by a change in his sleep patterns. A baby on a 3 hour routine typically takes 3 naps per day (morning, afternoon, late afternoon) and the switchover to a 3.5 hour routine will see a shortening of one of those naps or the dropping of the last nap of the day. Babies are generally ready for this switch by about 12 weeks of age.

Dropping the middle of the night feeding is most often accomplished by the baby himself between 7–14 weeks of age. You'll know your baby is ready when he doesn't wake you up until 6:00 a.m. or so, and you'll probably wake in a panic that morning, realizing you weren't beckoned in the middle of the night. He will require more food during the day from this point on, and your breasts will likely be overly full for several days, but it's all good!

Stopping the late night feeding is typically the trickiest to do. Many parents are reluctant to drop it, thinking that if they do, their baby will wake in the middle of the night, starving. If you think he cannot drop the feeding completely, back it up in 15–minute increments until you arrive at your desired time. If his last two feedings of the day are closer than your flexible schedule says it "should be," don't worry. It's a temporary fix, and that's what flexibility is all about. The routine serves you, not the other way around!

Kirsten Hawkins is a baby and parenting expert specializing new mothers and single parent issues.  
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