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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Mommie Moments - Getting Your Partner to Help

By Heather J. Tait

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It is very easy for a Mom to take on a large part of the responsibilities of raising a child even when she has a loyal and dedicated partner. There are several things you manage, nursing, cleaning, laundry, cooking, and caring and playing with your little ones. Not to mention any other miscellaneous tasks that may come up. Between naps may be the only private time a mother receives during a busy day. Allowing your partner to assist and asking for their help can really help alleviate any exhaustion.

A common misconception is assuming your partner knows that you need help. Often as long as the tasks and responsibilities are taken care of, your partner assumes that everything is under control. They may even assume that you are not experiencing any form of exhaustion at all. The key here is to communicate with your partner some of your daily tasks. This allows them to get a better idea of what your typical day is like.

Allow your partner to be more involved with the caretaking of your little ones. While they are together try to minimize jumping in to fix the situation when challenges between the two arise. Allowing your partner to problem solve when situations occur only increases your partner's confidence in handling matters. It also allows them to strengthen their already loving bond with their child.

If you need help doing housework or any other chores, don't be afraid to ask your partner for help. Make your needs known to your partner so that there is no miscommunication. You just may discover that your partner will actually appreciate being asked to be more involved with daily activities.

Being open about your needs prevents resentments from occurring and alleviates tension for both parties. Remember that your partner doesn't know your thoughts unless you express them.

Artist and Inspirational Writer Heather J. Tait began her career as a professional artist back in 1997 in Morgan Hill, CA. Her work and articles are displayed internationally. She is also the founder of Silence Speaks International Artist Association and the Editor of Intrigue Magazine. She has also been inducted into the 2004–2005 Who's Who Among American Women. Email: contact@silencespeaks.com Silence Speaks <http://www.silencespeaks.com>

Pampering your partner for intimate moments

By Janett Colon

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Pampering your partner for those intimate moments–

Ever think that your partner is getting old of the same old routine or that you aren't pleasing your partner or maybe your not holding up to your end of those intimate moments in your relationship. Try putting a little twist in your relationship by pampering your partner. Be creative; spice things up for those intimate moments.

Here are a few simple things you can do;

Start with your bedroom for starters. observe your room maybe a change in the lighting or a few candles in the room might just help in setting the tone.

Intimate moments don't always have to be rushed. Pampering your partner with some pleasurable fore–play can really make those intimate moments exciting, kiss them for 5minutes non–stop licking their lips and sucking their tongue.

Pampering your partner with a nice massage always easing the tense moments that your partner might be feeling. Try using some oils or lotions.

Try out different positions with your partner it might spice up the intimacy and could be very pleasing.

Involving fruit, chocolate, whip cream, syrups or whatever foods are fitting for you and your partner and it might just make those late night snacks a little more Indulging. Ice is an added tingler.

Switching/Trying on your partners clothes might give your partner a visual of Ultimate Intimacy.

Pamper your partner by doing their nails or something out of the ordinary be spontaneous, risky and adventurous..

Re–ignite the flames of love..

"Variety is the spice of life"

www.a-gift-of-love.com

Janett Colon, believes that men and women need to be in love and have happy fulfilling love lives and relationships, dedicated to providing resources that promote love and happiness, enhancing your lives today. Love is a beautiful thing we need to share it ..



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