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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!

Mommy & Baby: Naptime

By Kirsten Hawkins

During the first two months of life, if your baby isn't napping well, trying cutting back on her

waketime by 15 minute increments. If your baby is overstimulated, she will become hyper-vigilant and fight off sleep as exhaustion overtakes her. The best way to prevent this is to make sure you're not keeping her up past her normal "sleepy cues" of yawning, rubbing her eyes, and dozing.

Sleeping is sometimes a struggle for parents who have been programmed to think that crying will harm their children. Short periods of crying and fussiness (15–20 minutes) will not harm your child, make her lose brain cells, or make her bipolar at age 30. She will learn to self-quiet and fall asleep on her own, but only if you encourage this skill. It is imperative that babies learn to fall asleep on their own in their cribs so they can self-comfort when they wake in the middle of the night.

Keeping in mind that stable sleep patterns are rooted in stable feeding patterns, let's look at the different stages of your baby's life:

v Newborn: newborn babies sleep 16–20 hours per day, including naps between feedings. When your baby has eaten and been awake a short while after feeding, put her down before she's hyperstimulated.

v Two months: at 8 weeks and beyond, you should start to permit your baby to self-soothe at naptimes and bedtime. She may cry when you put her down. It's okay—don't let her cry interminably, but set a timer and go in and check on her after 10 or 15 minutes. Don't pick her up, but pat her bum or rub her back, whispering "sleepy time" and other soothing words.

v 3–6 months: sometime in this time frame, your baby will drop her 3rd nap of the day; typically it's the late afternoon nap. You may experience some extreme fussiness as she drops it—she might want to snooze, but if you want her to go to bed when you say, you'll find she sleeps better if you encourage her to stay awake from her early afternoon nap to bedtime.

v 16+ months: between 16 & 20 months, the morning nap is dropped and a longer (and sometimes earlier) afternoon nap ensues. Your baby should be sleeping 10–12 hours at night with a 2–3 hour

afternoon nap at this point.

Rules about Naps

1. Mom, and not baby, decides when the nap starts. 2. Mom, and not baby, decides when the nap ends. 3. After 4 months of age, if your baby wakes up crying, it's because she hasn't had enough sleep.

She might be poopy, have an arm stuck in a crib slat, or have turned over and not be able to get back. Help her out and encourage her to doze back off. Babies that are well-rested will wake up cooing and happy, letting you know they've had enough sleep.

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

<http://www.babyhelp411.com/>

for more information on how to raising healthy,
happy children.

Naptime Is Important For Your Baby

By Michelle Winters

Who doesn't know that sleeping is necessary for us? It is a must to maintain a healthy life. Like us it is also necessary for the babies. They do need to sleep adequately, if not they get irritated at the drop of a hat being tired. And once they get irritated, it is difficult to make the babies sleep. So you need to sketch a naptime routine for your baby.

At a younger age, regular eating patterns determine regular sleeping pattern. So you need to follow an `average' while your baby is very young. But do keep in mind that all the babies on earth do not stick to `average'. In case you baby does not fall into the `average' category you need to see a health professional.

Generally speaking, a new-born baby sleeps for from 16 hours to 20 hours per day. Naps taken intermittently during feed are also included in these hours. Don't let your baby to fall asleep as soon as his feeding is over, make him awake for a little time. This will prevent him to fall into the habit of needing a feed to make him sleep.

When your baby is 2 months old, bestow upon him the opportunity to soothing himself at the time of naps. Don't worry when, at the debut of this routine, they cry when put them in their cot or crib. This cry lasts for only 10 minutes; after this time check him. Of course if that cry turns into something serious like baby getting irritated or hysterical, you should not leave him in the cot. We are often tempted to

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pick babies up– don't do that, instead, speak to him while stroking his head gently or patting or soothingly rubbing his back. It is the best way to calm him down.

When your baby is 3months–6months, you will notice that in this time, his sleeping hours are gradually diminishing. They will doze off on their own generally in the late afternoon and often the third nap in the day.

When your baby is more than 16 months old, you will observe that even the morning sleep is cut short. On the contrary his afternoon naps take more hours perhaps to compensate the short hours of morning naps. At this age, 10 to 12 hours per night and 2 to 3 hours in the afternoons are usual.

Although it is always good to make a timetable for your baby's naps, pay attention to his cues while setting the routine. You are the one responsible for determining the start of his nap and adhere to that. Your baby will adapt himself soon to that timetable.

A naptime routine is necessary for your baby as well as for you.

Michelle Winters is a nurse and mother. See more articles at

<http://www.safebabycarseats.info>



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