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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!

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 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.

Naptime Is Important For Your Baby

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>

Breastfeeding – How Important Is It?

By Carlie Edwards

Years ago, perhaps when you were a child, breastfeeding was not very popular. Breastfeeding was not encouraged as it is in today's society. Doctors didn't fully grasp how important and beneficial it is for a newborn baby. Because of this, and a few other reasons, there were many new mothers that went directly to feeding with the bottle, most often new mothers didn't even try to breastfeed their new baby.

Breastfeeding helps protect and nurture your baby in innumerable ways. There have been many studies in regard to breastfeeding babies and the results have shown increases in brainpower within as little as six weeks of breastfeeding. The study has also shown a reduced risk of obesity due to the fact that breastfed babies are much less likely to overeat than formula-fed babies. Overall, babies that have been breastfed for roughly six months are also less likely to have breathing problems.

We now know how nourishing breast milk is for your baby. Breastfeeding is highly recommended by doctors as well as health care professionals. Further, it's been shown that breast milk supports brain function as stated above and also provides valuable nutrients that would not otherwise be available. Breast milk is very special, every mother's milk is slightly different, tailored to her own baby's needs. A baby's immune system is directly affected by the breast milk of his/her mother.

Every feeding time is an extremely important time of the day, it allows the mother and baby time to bond to each other without any distractions. A new mother will really get to know her baby by breastfeeding and will feel much more at ease with him or her during breastfeeding.

Milk induced sleep is one of the most wonderful things a mother will experience. Newborns love to be cuddled and they also love to eat. When you combine the two you get an extremely sleepy baby who will snuggle up in their mother's arms long after the feeding is over. Breastfeeding will instill a naptime but you'll find yourself continuing to rock your precious little one, it's calming to mother as well.

Babies have a built-in latching instinct, although some babies will not latch properly, causing pain to the mother. You'll detect these problems early on and you'll find that most hospitals have a nursing specialist that will help to determine if your baby is latching on wrong. If you continue to have problems in this area in the first week, you should consult with your doctor. With a little practice you'll be a pro in

Naptime Is Important For Your Baby

no time! Hang in there, It's worth it!

Breast milk is not only good for your baby, but it's also good for the mother as well. It has been stated that Mother's who breast-feed their babies for at least six months have shown a dramatic reduction in the risk of various types of cancer including breast cancer and ovarian cancer. Another happy note... through breast-feeding, new mother's will also lose the additional weight she gained while pregnant, and another benefit is that it will also help her uterus contract to its pre-baby size.

All new parents want to give their babies the very best and when it comes to nutrition, the very best "first food" for baby is breast milk.

Although you may experience a few challenges at first while breastfeeding; it will be the best experience a new mother will have. There may even come a time later in life when you look back on

this wonderful experience and wish that you had breast fed your baby longer.

Carlie Edwards is a successful business woman offering articles and useful information on a variety of Health and Beauty topics and issues. For more information and resources about Breastfeeding, please visit:

<http://breastfeeding.health-and-beauty-worx.com>



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