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Playing With Your Baby - How To Make An Impact

By Sarah Veda

If you're wondering how to interact with your baby in the early days, just think back to your own

childhood. Games your mom played with you are not outdated. In addition to making baby smile, silly baby rituals like "this little piggy went to market" teach your child some important early skills. Here are some favorites, and some things you may not know about them.

- Peek-a-boo - This is one of the most important, because it teaches your baby that even when you can't see something, it's still there. When your child gets older and starts to have anxiety separation, knowing that things that he can't see will come back (meaning you) will come back.
- Patty-cake - Clapping your hands or your baby's hands with this rhyme will help teach early motor coordination, though don't expect baby to be able to clap on his own until he is over a year old.
- Where are baby's eyes? This simple ritual of pointing out where baby's body parts are located is great for teaching not only the body parts themselves, but teaching him to respond to your questions. If you give lots of praise when he finds his nose on his own, he will be encouraged to respond to your requests of any nature.
- The itsy bitsy spider - This favorite song from our childhood teaches the coordination of words with actions, so don't forget to get your spider climbing fingers into the groove.
- How big? - You can teach the concept of large and small, as well as helping gross motor development by asking how big things are and spreading arms wide or putting hands close together for small things.
- Old MacDonald - This old, old song is a great way to teach animals and the sounds they make. Your child will be able to imitate the sounds long before they can sing the song, so encourage a duet on this one.
- One, two, buckle my shoe - This one is great for teaching numbers, and kids love to hear rhymes.

· Songs - Babies love to hear you sing, so it's important to get a good repertoire. You may also find that one particular song can calm your baby when nothing else will, so pay close attention to your baby's reactions to different songs.

You might feel silly playing some of these games at first, but once you see the impact on your baby, you'll get over your stage fright. Games and songs are critical to your baby's development and to cementing that bond between the two of you. These little rituals are your first opportunity to have fun with your baby, so don't miss out!

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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Using Music To Calm Your Baby

By Emanuele Accenti

Using Music To Calm Your Baby by Emanuele Accenti

Music is a wonderful way for you to calm and soothe your baby, especially during the first year. How many times have your heard parents say that there was nothing that they could do with their crying, fussing baby until they tried music. This is because music does indeed soothe the savage beast, or in this case, the baby.

There are certain distinct sounds that have been proven to calm even fussy babies: the sounds of nature, white noise, and music. Even if your baby isn't fussing or crying you may want to use music as often as you can to encourage that feeling of calm and peacefulness. All it takes is a few minutes every day and before you know it your baby will be looking forward to hearing that certain song emanating from the CD player.

There is nothing complicated or mysterious about introducing your baby to music from day one. You don't need to search for the perfect song or a certain type of music. All you have to do is start by having your baby listen to your favorite songs and music. If jazz is on the top of your list, let your baby listen to the sounds of John Coltrane as he sits in his baby seat watching you in the kitchen. It doesn't matter if you play the schmaltzy songs of the eighties or some wicked African beat, your baby is going to listen and his mood is going to be altered by any musical sound that he hears.

Besides the music that you yourself can introduce your baby to, there are hundreds of CDs on the market today that are filled with baby songs and lullabies. At the end of the day you may want to play a CD of quiet baby songs that have a slower beat. There are so many CDs for you to choose from that you will have a hard time making up your mind. Choose something that interests you. Many baby CDs will have lullabies and faster beat songs on the same CD.

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Playing music has other benefits besides soothing your fussy, crying baby. These benefits include:

- Babies are introduced to musical sounds.
- Music enhances your baby's behavior and cognitive skills.
- Relieves stress for the entire family.
- Will stimulate curiosity and an interest in music.

Take time to find a variety of music CDs for your baby to listen to. You'll soon notice which music your baby is most drawn to and can use that music when he is particularly fussy or is crying.

Emanuele Accenti is the author of the best-selling Ebook "

Babies First Year

– What Every Parents

Need To Know" – and offers a free newsletter for

new parents



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