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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!

Shared Dancing Has Benefits for Babies and New Moms Alike

By Susan Peach

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Every parent knows the calming effects on their baby of rocking and gentle motion. After all, who among us has not paced the floor at 2 am trying to entice a little one back to sleep by rocking, bouncing or swaying?

While you may not be able to do much about those late night pacing sessions, you can capitalise on your baby's love of rhythmical movement to benefit both of you in many other ways as well. Instead of saving your dance sessions for the wee hours, why not make music and dancing a regular part of your routine with your baby?

Babies begin to develop rhythm skills very early on when they are consistently exposed to music and movement. In fact, it's probably more accurate to say that babies are born with natural rhythm and all we need to do is nurture it. If you exposure your baby to the joys of dance throughout his childhood, just think how much more confident he'll feel as a teenager at his high school prom! In cultures where music and dance are a part of everyday life, no one grows up to be "rhythmically challenged!"

If rhythm and movement are a consistent part of your child's life from an early age, the ability to express herself through creative movement will stay with her throughout her life. Many parents are concerned about the effects of inactivity on their children in this age of easy access to computers and video games. Cultivating a love of music and dance early in life provides an excellent introduction to other healthy physical activities.

Even when your baby is very young, dancing in your arms can be an exciting play and social time that he will look forward to. You will probably find that as your baby grows he will soon begin to eagerly anticipate his favourite dance moves like dips and spins. He'll also tell you by his reactions what type of music and dancing he likes best.

For parents, sharing movement and music with your baby helps in creating a stronger parent child bond. Many parents find that the more time they spend in close contact with their baby, the more sensitive they become to their baby's needs and signals, and the more easily they are able to decipher

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what their baby is telling them. Done regularly, shared dancing can become a wonderful way to communicate with your baby.

For new moms especially, moving to music with baby is a delightful way to get some gentle exercise and helps with getting back in shape after childbirth. Most new mothers are eager to lose those extra pregnancy pounds, yet it's also important to eat well and not exert yourself too strenuously, especially in the early postpartum weeks when you may not be getting much sleep. Holding your baby in your arms while you both enjoy a waltz, a 2-step or even some good old fashioned rock 'n' roll, is a wonderful way to get some gentle exercise, and it's fun too!

And finally, we all know that a stressed out mom equals a stressed out baby. But because dancing is such good exercise, it tends to produce endorphins, the body's natural "feel good" chemicals. These

are the same ones responsible for "runner's high." So next time you're feeling overwhelmed or stressed out, try picking up baby and taking him for a spin around the living room to your favourite music. You might just find that you both become calmer as a result.

So why not make good use of your natural instincts to cuddle and rock your baby? Put on your favourite music and enjoy a few dances with your baby on a regular basis. You'll get a much needed break and some fun exercise. And whether your baby falls asleep or dances right along with you, she'll be enjoying this special bonding and playtime with you while developing an appreciation for music and movement that has the potential to stay with her throughout her life.

Susan Peach has over 20 years experience as a Latin dance and fitness instructor. She is also the creator of Mambo Moms, a fun and gentle Latin dance based fitness program that helps new moms get back in shape while spending quality play time with their babies. Find out more at <http://www.mambomoms.com>

What Does Your New Baby See In His First Days?

By Opal Victoria

We, the adults generally think that the babies are naïve. They are completely unaware what's going around them. The truth is we are the naïves enough to consider the total incapability of the kids. In old days, the adults thought that the newborn babies are almost blind. They are unable to focus on things. They are colorblind. What they see actually is just a colorless hazy world around them. But researches have proved that so is not the case.

Babies are not at all, all the time self-centered. They care much about other things apart from themselves and his basic necessities— thirst, hunger or other uncomfortable things. Do you know from the very first day after his stepping into his world, he is pretty much focused on everything occurring in his ambience. He experiences the new events and follows them with interest. The baby does focus on things and persons that are 10" away from him. We are still unaware, however, if a baby can see colors from his first day on earth. But some researchers believe that they can do it. If he can't get the

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colors, he learns within a short span and enjoys the colors vividly.

So the beliefs of the old days about the inabilities of the power of eyes of the babies are proved to be wrong. They focus on objects and contemplate them, although they are naïve about the meanings of what they see. That they learn while growing up. Sometimes you will notice that some babies take interests in particular things. They look at them, contemplate them continuously. And another common thing about the babies that they get interest in moving objects than the static ones. So now you know why your child loves to see you talking to him. He likes your facial expressions that are constantly moving. In his first few days the baby's eye contacts are very essential to develop his social skills.

It is the nature of the babies to find interest in their moms' or near ones' facial expressions. They gaze at them and get immensely fascinated by the incessantly mobile visage. The mobility rivets them and by a gradual process the babies get interested in humans. However they need 8months to recognize moms' faces.

Opal Victoria is a day care member and author. See more of her articles at



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