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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!**

**Take Your Baby Out For Some Fresh Air**

**By Kimberly Thane**

Fresh air is unmatched, unparalleled. Nothing is up to it. Bring your baby under the influence of

fresh air whenever you can. Getting out on a regular basis is excellent for your baby. But if you don't have adequate time to take him out, ensure that his nursery has a good ventilation system that will increase flowing of fresh air all around the room. A room with stale and stagnant air is a place nurturing dust mites and germs. Don't enwrap the cot with curtains that will block passing of fresh air.

The baby's room must be well ventilated. It should not be stuffy or subject to over heat. Maintain a temperature of the room heater that would never overheat the baby's room. Let the temperature fall a bit and wrap and dress up the baby more warmly. This you can surely do think about your baby's health.

But whatever you do to improve the air circulation in the baby's room, the freshness of air outside can't be found elsewhere. Of course you have to rely on your common sense – which season you are in, what time is perfect to take the baby out. If the weather is clear, wrap up your baby, put on him a warm hat and get outside. In the rainy season you can use prams or strollers with rain hoods but it is better to stay at home at that time since the hoods will only hinder fresh air from passing through. Only the same air will circulate for the whole of the strolling. The outcome will be only wasting your precious time. But you can always buy a stroller with rain hood as they are good to combat any unpredicted pouring.

The babies are prone to new ambience. They love to be taken out and enjoy immensely all the jostling and stuff. And when your baby is able to sit, he will never stop looking around, wonderstruck by what's happening around him. So try to take him out whenever it is convenient for you. If there's a local park near you, stroll in that area. Lots of greenery and fun will make your child rejoice. In addition to that enjoyment, your baby will inhale lots of fresh air. You can even take his pram under a large tree....that is an excellent entertainment for the baby. He will love to watch the leaves dancing with the music of the wind. Lots of places with trivial entertainment are near your house. Search for them instead of thinking of exotic destinations.

Kimberly Thane is a primary school nurse and author. See more of her articles at

<http://www.babymobility.info>

## **Keeping Your Baby Safe**

**By Mary Johnson**

Nobody wants to see a newborn baby get injured. Regardless of how careful and watchful you are, there is always room to take extra precautions to help keep your baby from getting hurt.

Below are 10 helpful tips to keep your baby safe:

1. Don't leave your baby alone with any pet, regardless of how small or harmless the animal may be.
2. Always keep an eye on your baby when you are shopping, out and about, going for a walk, or even at the playground. Kidnappers see strollers as a target from which to snatch your baby.
3. Never shake your baby. Don't even playfully throw the baby up in the air.
4. If you are giving your baby a bath in a large tub, be sure to put a towel or rubber mat at the bottom of the to keep them from slipping.
5. Avoid any toys, clothes, or household objects that have strings on them, and keeping phone cords out of reach. Babies have a tendency to get them wrapped around their neck and accidentally choke.
6. Always put your baby in a car seat when driving. It is extremely easy for your baby to get injured if you get into an accident, so be sure to pay attention to the road. Avoid talking on a cell phone, eating, or any other activity that could distract from your driving.
7. Keep your baby away from open if you aren't around to watch. In fact, it's wise to keep your baby from all open windows – ever.
8. Never leave your baby alone in a room with a child under the age of six. Children in this age range tend to play roughly with babies - almost as if they were dolls.
9. If a baby sitter watches over your baby, be sure that they have been trained in infant safety and CPR, are at least 16 years or older, and have solid references.
10. If you are changing your baby's diaper on a changing table, it is essential to never turn your back — even for a split second. In a heartbeat babies can roll over and fall off the table.

Nothing matters more than your child's safety. Don't take it for granted. Always be vigilant in looking after your baby's safety.

Mary Johnson writes for several web sites, including

Take Your Baby Out For Some Fresh Air

<http://tobud.com>

and

<http://home-blog.com>



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