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The Ever Anticipated Feat Of Walking

By Sarah Veda

We make such a big deal out of when a baby takes his first steps. In fact, the age at which your child took his first steps will be ingrained in your Mommy memory forever, just like your child's birth weight and time. Personally, I think walking is a bit overrated, since you can't manage to keep them out of trouble ever again once they start, but here are some things you might want to know, anyway.

For some reason, everyone seems to think that a baby should be walking by his first birthday, but the fact is that most babies don't walk until after this time. There are a few who walk as early as nine months of age, but a great many who don't take their first steps until fifteen months. And, if your child is a late walker, it has absolutely no bearing on his intelligence.

The age at which a baby walks is often genetic. Walking very early or very late often runs in the family. My husband walked at nine months, and I walked at ten months, so we were unlucky enough to have a daughter who also walked at ten months. She was very petite, so she looked like the world's tiniest walking human. She also scaled the kitchen counters before she was a year old, so you can see what I mean by "unlucky".

When your baby walks is also often related to his size. Babies with short legs usually walk sooner than those with long legs (a balance issue) and thinner babies usually walk sooner than their more plump counterparts.

Pushing your baby to walk is not a good idea, but providing him the opportunity to learn is critical. If you force your child to endure daily practice sessions, he may just rebel and refuse to walk for quite a while. On the other hand, if you keep him in swing or playpen all day, he'll never have the opportunity to try out his skills. Give him some supervised time on the floor, and he'll figure the rest out with or without your help.

If, by chance, your child is not walking by the age of eighteen months, it is best to have him checked out by a doctor. There is not necessarily anything wrong, but most babies are walking by this age, so have him examined as a precaution. But, don't be too eager, because once he starts walking, all the rules change. Someone, though I don't remember who, once said, – "We spend the first two years of

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our children's lives teaching them to walk and talk, and then the next sixteen telling them to sit down and shut up." It's so true.

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

<http://www.infantresources.com>

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Why Use Walking Sticks?

By Gabriel Adams

If you've ever been out hiking on a trail, or even walking along a back road, you've probably seen people using walking sticks. Walking sticks (also known as hiking sticks or poles) are long poles or sticks used to help a hiker keep their balance and for many other duties while in the great outdoors. Some people may wonder if a walking stick will help them out while climbing mountains or hiking trails, and the answer is unequivocally, yes!

Walking sticks are very commonly used by hikers in areas of Europe with mountainous terrain, such as in the Alps. The stick or pole can help you to balance while you're walking in areas that can be slippery or hard to get footing on - such as shale, mud or sand. You can dig into the material with your walking stick and then use it almost as a third leg so you don't slip. You can also use a walking stick to help your knees and back, as you can either prop yourself on it to rest, or use it as a lever to help pull yourself uphill when hiking. Among other uses for walking sticks can include using it as a place to prop up a blanket for a makeshift tent, or even as a way to push aside tall grass or brush so you can pass through these areas more easily.

A good height for a walking stick is between 4 feet and 5.5 feet, depending on your height and the way you plan to use your stick. Walking sticks can be made of all sorts of wood (some people even use broom handles), but an important necessity for a good walking stick is a handle or strap. Hiking poles, which are a type of walking stick, are generally made of metal and may have a spike or cleat at the end for digging into the ground. No matter which type of walking stick you choose for your hiking needs, you can definitely benefit from the use of a stick.

Get Walking Sticks & Folding Walking Sticks at

<http://www.walking-stick.net/>



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