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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!

The Many Advantages Of Having A Baby Changing Table

By Kelly LaRose

Many shun baby changing tables as rubbish. Even I used to think that it is useless and just adds

the number of useless objects in my house. But how wrong I was! I only took it for granted when my husband bought it one day. I reprimanded his decision of buying it. I rebuked him for wasting the money. However I made use of it thinking that I use it just for the sake of using it. But when we went for vacation I realized how much indispensable the changing table was. My husband insisted on carrying it. But I refused telling him the bed was good enough to take care of our baby.

And when we finally reached our destination, it didn't take me many hours to understand that I had made a grave mistake. I never thought that I had got habituated with it while caring for my kid and it would be so difficult to replace it with bed. The premier thing that struck me was the height of the bed. Being used to the perfect height of my changing table, I did not have need to bend over to change diapers of my baby. Now I my child lying on the floor had to bend all over just to do that.

And after just a couple of diaper changes, my back began to tell tales. I immediately understood I never anticipated I could be prone to backache when I did not have the convenience of the impeccable height of the changing table staying back home. I took the baby in my arms and put him in the bed. It's much better now. Still I couldn't find the comfort I had while taking the service of the table.

With the problems of my back cropping up, I cherished the thoughts of my `dear' changing table. I never gave a thought about its utility. I never acknowledged how it serves as a storage area. Now I remembered all my much needed items were stored in it, the necessary objects for the babies daintily arranged in its cupboards. I had all the items associated with my baby right at my hand. I did not have to move even a bit when I was changing the diapers of my kid. All his clothing was near me in the closets of the table.

The backache was unbearable and it increased every time I bent over to change the diapers of the child. So I handed him over to my husband and we started alternating the duty of changing diapers. And when the vacation was finally over, I was relieved! It's time to go home and get the service of changing table!

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Kelly LaRose is a day care owner and mother. See more of her articles at

<http://www.monitoryourbaby.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.

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Mary Johnson writes for several web sites, including

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