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**Transitioning From Bassinet To Crib**

**By Sarah Veda**

If your baby has been sleeping in your room in a bassinet, you may have some concerns about

moving her to her own room and her crib. But, don't worry; you will probably both sleep better once the transition is complete. Most babies are ready to move to the crib at around six to eight weeks of age, or whenever he is sleeping for longer periods during the night.

Be prepared that the crib might feel a bit large to the baby who has been accustomed to a bassinet, but the transition will be much easier when the baby is older than it would have been with a newborn. If your baby seems bothered by the size of the crib, try putting a pillow at his feet to give the illusion of a smaller space. However, if your baby is turning over on his own, or scooting about the crib, leave the pillow out, as it can be dangerous. To make the transition easier, have the baby take naps in the crib for a few weeks before you move him in there for the whole night. Ideally, have baby take naps in his crib from the very beginning, so that when you move him there permanently, the surroundings will be familiar.

If you're worried that you won't hear the baby with him in another room, use a monitor to alleviate your worries. But, what you'll likely find is that you hear him when he really needs you, but you don't wake up at every little gurgle, which means better rest for both of you. Many first time moms are very fearful of sleeping through their child's cries, but it is rarely a real concern. In spite of the fact that you are likely very sleep deprived, you will hear your baby.

Finally, it is common to worry about your child feeling isolated. But, studies show that children are much more likely to be comfortable sleeping alone in their room if they begin this routine early in life. The two year old who has always slept in Mom and Dad's room would definitely feel isolated when put into his own room, the two month old will not. It is probably a bigger adjustment for you than the baby.

Your baby is getting more independent, and that might be making you a bit sad, which is perfectly normal. But, there are many more days of this ahead, and each step toward independence is a sign that you're giving your child the skills he needs to develop.

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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>

now and get her incredible baby minicourse - absolutely free.

### **What to Look For When Choosing Baby Furniture**

**By Gary Hendricks**

If you're a new parent, be aware that your baby will probably spend more time in the nursery than anywhere else. So you do need to make it absolutely safe and comfortable. Make it attractive and well organized too.

To get started, decide which furniture you need. These include: cribs, crib mattresses, bassinets, cradles, Moses baskets and changing tables.

#### Cribs

Your child will sleep in a crib until it's time to move into a real bed (typically between the ages of 2 and 3). So choose sturdy crib that you can use every day for at least two years. New cribs sold in the United States (including all cribs sold in our Store) comply with modern safety standards. The crib should have a railing that lowers, so you can pick up your baby easily; some models have railings that lower on both sides. You'll spend \$200 to \$400 for a safe, well-made crib. Spending more usually buys you finer woods and more intricate designs.

#### Crib Mattresses

To sleep soundly and safely, babies require firm support. Consider cost, comfort, and sturdiness, as your child will probably sleep in his crib for up to three years. The first choice you'll have to make is between a foam mattress and an innerspring mattress. Be prepared to pay \$60 to \$100 for a foam crib mattress, and up to \$140 for an innerspring crib mattress.

#### Bassinets, Cradles and Moses Baskets

A bassinet, cradle, or Moses basket can be a convenient and comfortable sleeping place for your baby during the first few months. Your baby may feel more at ease in the smaller, cozier space than in a crib. Plus you can carry these small portable baby beds from room to room, letting you keep a close watch on your sleeping baby. Your bassinet should have a firm mattress that fits snugly without any space around the edges.

#### Changing Tables

To change baby's diapers conveniently, you'll definitely need a comfortable place to do it. A changing

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table is most suitable for this. If you decide to invest in a changing table, there are plenty of well-designed, practical, and attractive ones to choose from. And as your baby grows, a special table can offer more security, with railings and special straps to help hold your wriggling child in place. Make sure there are safety straps to help secure your baby. If your changing table doesn't have safety straps, you should add them.

Shopping for baby furniture can be challenging. With this guide, hopefully your task is now a little simpler!

Need Some Advice on Parenting and Baby Care? Gary Hendricks has compiled the best articles on parenting, baby care and baby products =>

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