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**Traveling with Babies & Toddlers**

**By Sarah Delaporte**

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You may be surprised at how often babies will sleep to & from the destination. Be sure to have their favorite stuffed animal ready & blanket for the trip (also a pacifier & bottle if the child is young enough). For babies & toddlers, bring along cassette tapes filled with stories & music that is age appropriate. You can sing along to help entertain them.

Other items that you will want to take with you are :

A foldable playpen

An age appropriate car seat

A diaper bag

Something to keep the sun out of the child's eyes

For children ages 1 - 2 years, bring items to play with. Such items can include: scotch tape, window clings, books, coloring books, crayons, a couple plush animals & finger food.

Be sure to bring out toy at a time. When you get out one toy, put the others away. This way the items stay new. Switch toys every 10 - 15 minutes (longer if the child is older). This keeps the toys & books new and exciting. You will want to have at least 12 toys. 12 toys is appropriate for a trip of 12 hours or less. To be on the safe side add a couple extra or buy a few at stops on the way there. This will allow you to rotate for two hours without having anything boring. You will not need a ton of toys for under a year old, as they will sleep most of the way there (at least hopefully - if your child isn't prone to sleeping in the car - you will have to improvise).

You will want someone next to the young child at all times to make sure they stay happy during the entire trip. It can be upsetting to the driver if the baby is constantly crying.

For those crying fits: First try the basic easy things by offering a bottle, pacifier, blanket, doll/stuffed animal, finger food or new toy. If these don't work and the child continues to cry for longer than five minutes, pull over at a rest stop. Check the child's diaper, look for rashes, or places the skin may be rubbing against the car seat, and check for food or items underneath their bottom. If none of these work, re-adjust the child in their chair & keep driving. If the child is old enough to talk, ask them what is bothering them. If nothing works and the child continues to cry, strap him/her back in the car seat and continue to drive. This time don't stop the car until 30 minutes or longer has passed. During this half hour try the things you tried initially. If all is hopeless, ignore the child. Before 30 minutes, it is very likely the child will calm down or fall asleep unless something is seriously wrong. If you stop every time the child cries, he/she will cry MORE! If you do end up stopping a second time (after 30 minutes), first re-check the diaper (it is not uncommon to have two incidents in a half hour) and second check to see if the child is ill. If the child is old enough (2-3 years) and there is nothing wrong (diaper etc) & the fit

continues, it may call for disciplinary action (always give the child a try to give the warning before disciplining - this way the child chooses his/her own fate). A quick note: choose a driver that can handle crying for 5- 10 minutes without getting too irritable.

It is true that there may be the occasional crying, but for the most part the trip should go well for both you, the riders and your child.

Sarah Delaporte is the owner of Freebie Coupon Corner. She loves helping consumers save money on their groceries with her helpful e-book publications. For more information about Freebie Coupon Corner, you can visit the website at: <http://www.couponcorner.net>

### **Let's Use The Potty-Potty Training**

**By Debra Slater**

Potty training is a major milestone for a toddler. We had bought a book called "Once Upon a Potty" for his first birthday and he enjoyed reading about Joshua using the potty. My mother bought him a DVD called "I Gotta Go!" which he enjoyed watching and singing along. My mother bought my son a potty when he was around 1.5 years old and I started sitting him on it from time to time.

But none of those things got him to use the potty everytime. The trick with him was M & Ms. I had talked to another mom at Kindermusik about how she got her son to go to the potty (he was a year younger than my son). She said she started giving him M & Ms everytime he went to the potty. When we got home, I started using her suggestion. You know what, my son started using the potty everytime the same day. Amazing! Within a couple of weeks, I stopped using the M & Ms and he kept using the potty.

Every child is different and they are all ready when they're ready. Here is a small list of some of the signs they are ready:

1. Able to understand and follow simple directions.
2. Has bowel movements at regular times

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every day. 3. 3. Able to remain dry for about two hours at a time. 4. 4. Has a name for urine and bowel movement.

Most articles I read said that most toddlers are ready between 18 and 24 months, but it is not uncommon for some children to still be in diapers until they are 3 years old. And really, they don't have to be in diapers. There are training underwear available for toddlers that are more like underwear, but have diaper protection. That's what we used with our son until he would tell us everytime he had to go potty.

Of course, he is no longer using his potty; he has graduated to the big potty with a potty seat. He feels like such a big kid using the big potty and no longer wears training underwear at night. He wakes himself up to go potty. He is always proud of himself when he doesn't have any accidents at night.

Potty training is not easy, and it takes alot of patience and understanding from us parents to help our little ones reach this milestone. Just take it slow and you'll find the magic trick to help your toddler too.

Debra Slater: With over 25 years of experience in the baby related industry,

&amp;

has the most experienced and knowledgeable sales staff. We

have provided and continue to provide exceptional service to Mothers, Fathers, Grandmothers, Grandfathers and all family and friends.



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