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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Your One Year–Old's Development

By Adwina Jackson

The first birthday is always exciting to celebrate. If you're a new parent, this event always lingers in your mind and you just probably can't wait to invite your families and friends to have fun in the extraordinary occasion.

Day after day, you've seen them growing bigger and smarter. Each time they're able to reach the next developmental stage, you and your spouse are indulged in great happiness.

One of the most cheering moments about this is when you see them make their first steps alone. You'll get into the unspoken emotion just like other parents do.

However, some of you perhaps haven't been going through this feeling as your one year–old baby isn't able to walk yet. Actually, you shouldn't be worried about this. Each child is unique and has a different development from the others.

Then, what things babies can do when they reach their first year of life? Generally, here they are:

1. Take their first steps alone – Once you see them walking, you'll be surprised on how far they can walk without your hand on theirs guiding. Sometimes they tiptoe, and it's exactly a funny and incredible thing you shouldn't miss out. Get a camera to capture the moment!
2. Say 'mama', 'papa', 'dada' – Encourage your babies to talk by always talking, too. Most babies can say the three words mentioned when they're one year–old, even though they probably don't understand the meaning of them yet.
3. Understand simple instructions – It's exciting to see your babies understand what you want them to do. When you say 'bye–bye', they will abruptly move their hands and make the bye–bye gesture. Or, when you tell them to look at you or your spouse, for example 'where's Daddy?', they'll move their head and look into their daddy's eyes. Of course you need to stimulate them over and over to make them recognize which one is which.

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4. Point at things they're interested in – Your babies will point at objects they're fond of. They'll also say 'ooh' while pointing, making the 'target' precise.

5. Move their hands and body rhythmically to a music played – Some babies begin to 'dance' between the ages of 7–10 months–old. Whenever they listen to music, especially the one that they love, you'll grin as you see their hands and body flourishing along the tune.

If your babies don't do the things above, again, no need to worry. They'll reach the stage in several weeks or months. Develop the bonds of love between the two of you.

Enjoy the moments you all have together with the kids. Happy first birthday to your babies!

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

Puppy Development

By Mike Yeager

Puppy development and growth is very exciting. After a puppy gets over its fear of its new surroundings, it will become very curious. People sometimes leave their puppy for a few minutes, come back and can't find it anywhere. If you can't find your puppy, remember to look under the furniture and in small corners. Also, don't leave small items that your puppy might choke on lying around. Puppy development does not need to be a mystery. It might take a little while to houstrain your puppy, and you may also have some furniture that is slightly chewed. Remember that your puppy is still learning and be patient with it. No matter what breed your puppy is, it is sure to be a source of fun and enjoyment to the whole family.

Tips on understanding Puppy Development.

It is important to do all you can to increase your puppies development. Regardless of what breed of puppy you have, be sure to play with it and encourage it. A puppy that is lazy and is never played with will grow into a spoiled, lazy, and unpleasant dog. Having another puppy to play with might also increase puppy development. Be sure to reward your puppy with dog treats and dog toys when it is being good. With the right puppy development, your puppy will grow into a fine, healthy, and energetic dog that you will enjoy for years.

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Mike Yeager
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Puppy Development

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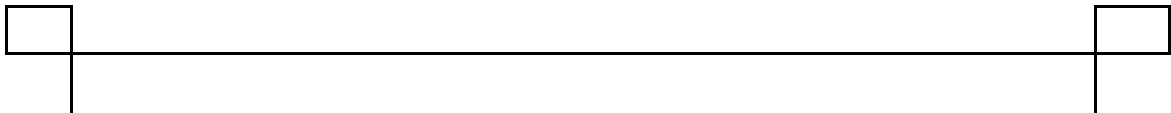
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