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Baby Lullaby

By Topsy

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~ The Best Time for Borning a Baby ~

Generally speaking there is no ideal time for borning a baby. Each couple has their own time they find ideal: you and your husband are ready to become parents, both of you are in good health and your financial circumstances are in good condition. All of these things are independent from your age.

But you have to understand well that pregnancy, borning of the baby and parenting will change your life significantly. Your life will never be as careless as it was before.

A survey was carried out asking what time modern women belive to be the most convenient for having a baby. The age range of 20-28 was found to be the one.

42 % believe that the couple should start thinking of a baby when they are 23 - 25 years old,
28% say that it should be in 20 - 22,
18% say that it should be in 26 - 28.

Nobody thinks that it is OK to have a baby before twenty or after thirty.

Let`s make a short list of advantages and disadvantages of having a baby in each age range.

* Early pregnancy (before 20)

The main disadvantage is you are too young to be a mother. You do not understand well what you want from life, what man you want to spend your life with and so on.

Also your education is not finished yet and your financial condition is not stable. In this case it could be very difficult for you even to buy pampers for your baby.

Enjoy your youth and start thinking of a baby in several years!

[New Baby Calming System](#)

Introducing the NEW Amazing Baby Calming system that DRAMATICALLY increases your ability to calm your fussy baby!

* Optimal period (20-24 years)

In this period your organism is ready for the pregnancy, but ... having a child in 22 is rather an exception nowadays than a common case.

First of all your education has to be finished. You are more responsible in finding your other half, you want to find a good job and dream of making an excellent career. Be careful: if you can find two reasons of not having a baby in 20, you will certainly find a lot more in 25, and will delay the baby again and again.

This period of your life is the best time for pregnancy!

* Less optimal period (25-30)

Quite a lot of women think this time is the most suitable period: by this time you have your own home, your finances are balanced and your beloved man is with you. And the main thing you can spend a lot of time with your future child not thinking of your studies and work.

Your contemporaries are thinking about trying for the second baby, risk for the first!

* Your thirties (30 - ...)

According to the statistics the number of women giving birth to their first child after 30 is growing every year. You must know that after 26 woman becomes less and less prepared for pregnancy. Your organism has suffered from a lot of things: your bad habits such as smoking and overeating, bad environment and what not! These are the main reasons responsible for possible deviations of the development of baby.

Your activity is decreasing and parenting will take a lot more from you then in 20.

At the same time late children are more talented and gifted then those borned by young mothers.

Do not delay the appearance of baby in your life! If your friends babies make you smile and you have chosen the name for your own one and you are able to buy diapers and rattles, do not hesitate give birth!

young mother

Making Bedtime Easier

By Nicole Munoz

Many parents struggle every night as they try to get their children to bed. When a baby is first born, she will wake up every 2 to 4 hours for feeding. By three months, babies are typically sleeping for longer stretches through the night. Sometime between six months and a year old, most babies will begin to sleep all night. Once a child enters the toddler years, bedtime often becomes a stressful part of the day for both children and parents.

Many little ones become afraid of the dark or have fears of monsters during early childhood. Children are often afraid they will miss an exciting event if they go to bed. Whatever the reason, a number of parents have trouble putting their little ones to bed on time. Developing a nightly bedtime routine will make things easier, but parents must be consistent and must firmly enforce any new rules.

A number of parents share a room or a bed with their infant and will sometimes continue to allow their young children to sleep with them for a few years. Eventually, all children have to sleep in their own room and parents hope their child will stay in their own bed until morning. Creating a room that your child loves is the first step.

Allow your child to help in decorating his room. Choose a bed that he will feel comfortable in. Full size beds may be intimidating to a child who has just left a crib, so a toddler bed may be more appropriate. Let your child help choose the bedding, the colors, and maybe even the placement of the furniture. If your child likes his room and feels comfortable in his bed, he is more likely to sleep there through the night.

At least 30 minutes before bedtime, begin your child's nightly bedtime routine. A bedtime routine will work best if it is kept simple, but something your child enjoys and looks forward to each day. A warm bath usually helps a child wind down to prepare for sleep. A bedtime story or lullaby can help your child relax as well. Allow your child to choose the toy she will take to bed and tuck her in. If you lie down with her, be sure to get up and leave the room before she falls asleep.

Frequent interruptions and changes in your child's bedtime routine may make it more difficult to keep her in bed each night. It is important to continue the routine on a nightly basis once you have established it. Once bedtime is easier, it is time to get your child to stay in her bed at night. Many children continue to wake up and cry or come to their parents' room during the night.

If your child doesn't want to stay in his room, stay firm and enforce the new rule that he sleeps in his bed all night. Gently walk him back to bed and leave the room. Bending the rules because your child whines or cries will only make the problem worse. If your child is afraid of the dark, a nightlight or soft lamp may be a welcome addition to their room. If monsters are waking her up at night, you may try adding a monster check to your bedtime routine to get rid of anything that may be hiding under the bed.

If bedtime problems persist, a bedside bottle of monster repellent (a spray bottle filled with water) may calm your child. Soft music like Baby Einsteins' Lullaby Classics CD may help your little one drift off to sleep. Special rewards or stickers may help your child develop a habit of sleeping in his own room as well. Be consistent with your reactions and remain firm with your expectations. It may take time, but

your child will soon learn to get himself to sleep.

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