

New Baby Articles – Samples

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Sample - How to Soothe a Crying Baby

Every parent has been there. Wondering what went horribly wrong when a once sleeping beauty turns into a screaming force to be reckoned with is enough to rattle the nerves of even the most experienced care giver. My mother used to say, “Birds fly and babies cry.” She wasn’t kidding. Understanding the normalcy of a crying baby is the first step to soothing the baby.

Babies cry. It is the only form of communication they have mastered at an infant stage of life. The first step in calming the baby is to be a calm parent. An infant cries to get our attention so that we can fulfill a need, whatever it may be at that particular time. If the parent is frantic those feelings will be felt by the baby and probably cause more crying. A relaxed and collected parent will most likely be able to recognize the baby’s need and calm the baby quicker.

Sample - Time Management Tips for New Mothers

We’ve all been there before. You know, when the clock’s ticking, the baby’s crying and you know you’re forgetting something but you just can’t put a finger on it because your mind is fixed on the fact that once again you’re running late and there’s nothing you can do about it. Well here are some quick tips that may help.

If you know your schedule for the next day, prepare for it the night before. Pack the diaper bag with all nonperishable items needed and keep the perishables in the refrigerator already prepared and ready to grab and go. If it’s a birthday party you’re going to, make sure the present is bought, wrapped and the card attached to it the night before. If you’ve offered to bring food of any kind, have it table ready the night before. Having everything you need ready to go will save so much frustration and hassle on the day of the outing.

Sample - Sleep Routine for Baby

It may come as a surprise to expecting parents that for most newborn babies there is no sleep routine. Instead there are moments of peaceful quiet sleep surrounded by blocks of time comprised of feedings, diaper changes, play and discovery. It is not until the second to third month of life that an infant will start to show a pattern.

Everything is new to a baby. The touch of a soft blanket, the noise of a rattle, the melodic sounds of a lullaby being sung are all great experiences that are amazing to a new baby. Why would an infant want to close its eyes to sleep when there is so much to explore and learn?

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