

## Parenting PLR Tips for Mom Samples: [www.Niche-PLR-Content.com](http://www.Niche-PLR-Content.com)

### Sample: Alternate Uses for Otherwise Thrown Away Packaging

If you're using disposable diapers then you've probably sent countless empty wipes containers and diaper boxes to the recycle bin on trash day. Or maybe you've just redecorated baby's room and have some empty plastic zipper bags from the new window treatments and bedding. There are always those teensy tiny diapers and baby clothes that get grown out of at light speed that may be hanging around waiting for a new purpose. Well, wait no further. Here are some ideas on how you can reuse all of these items.

Let's start with all the packaging that collects from using diapers. If you're buying them in bulk then you've probably collected some empty cardboard boxes. Before you cut and flatten them for recycling, think "outside the box."

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### Sample: Choosing the Right Colors for Babies and Kids Rooms

Decorating a baby's room is a thrilling adventure full of possibilities of endless color combinations, but before you dive into the latest trends, consider the energy given off by each color chosen to be in the room. Ever wonder why you can walk into one room and get such a soothing feel from the space yet no matter how the furniture is moved around in another room the feel just isn't there? Color may be the answer. Each color holds a specific vibration or energy that adds to the mood of the room.

When decorating a baby's room think beyond the typical blues and pinks and gender roles and go with the feel and energy. For instance, blues may be beneficial to girls as well as boys in providing a tranquil presence in the room.

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### Sample: Quick Pick Me Ups for Mom

When the day begins at the crack of dawn and the feeling that there's so much to do and such little time starts to creep up in your mind, take a deep breath, literally. Feeling overwhelmed is easy and it's even easier to bring down your mood so much that it carries throughout the day and never seems to shake off. At the very onset, close your eyes and use these techniques to help bring your thoughts back to a happier state.

#### Quick Mood Lifter

Take a deep breath. While holding it in, close your eyes and smile big. Better yet, smile huge! Count backwards from 10 while exhaling slowly. At the end of the exhale, still smiling, open your eyes. Continue to smile for as long as possible.

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