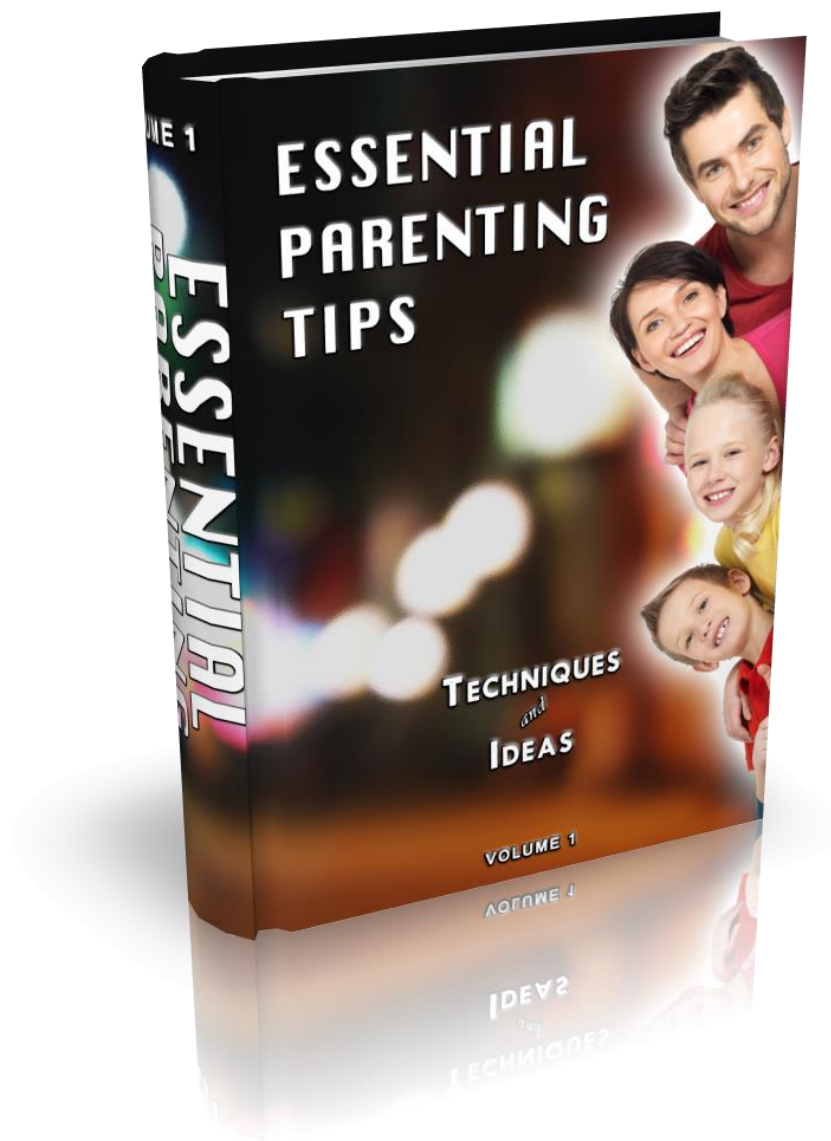


A COLLECTION OF PARENTING TIPS VOLUME 1

Special Report



Steven Spellborgh

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3 Key Challenges To Reduce Homework Time and Stress



Parents have asked us why homework takes their child 2, 3 and even 4 times longer than their peers and what they can do about it.

This article defines the 3 key issues and what parents can do about it. Student's key issues often include:

- 1- Attention is a major problem, both in class and while doing homework
- 2- They often have one or more vision issues – too often these student's eyes are either: not working together; skipping words or lines when reading; or they have difficulty copying off the board
- 3- They become tense when doing homework and often lose it

When a student has trouble paying attention in class, they often must be re-taught the information at home.

What makes matters worse is that the students homework time which should have taken 45 minutes gets stretched to 1 and ½ hours due to re-teaching, and then to over 2 hours because they cannot stay focused.

Vision issues impact their homework in several ways:

- 1- They have trouble copying the notes off the board correctly and you spend time trying to understand the assignment
- 2- They skip words or lines when reading, further complicating life
- 3- When they do math problems they do not often align their work correctly, they miss minus and division signs so they make careless errors

Students often get tense when doing homework and battles often follow. What often happens is:

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- Students are too intimidated to ask questions in class and they simply get stuck
- The student or parent gets angry and then ...
- An argument starts which often escalates into a battle royale

What we recommend is that parents:

- Stay calm when doing homework with your child
- If your child gets stressed, give them a 1 or 3 minute break
- Hydrate them before doing homework and while doing homework
- When reading, use an index card or their finger to keep them on the right line
- If the attention is a significant issue, consider getting an ADHD diagnosis
- if they have a learning disability or attention issues significantly impact their academic performance, the student could qualify for an Individualized Education Plan and they could get accommodations for homework which might include:

A) Getting copies of notes – either provided by the teacher or by another student

B) Seating by the teacher to improve attention

C) Having the teacher check to make sure the student has written the assignment correctly

D) Having you sign that they completed the assignment and putting it in a place they can find it

E) An early warning system, where the teacher alerts you to issues early on

- If vision is a major issue see an optometrist – even if your child has 20/20 vision

5 Reasons To Choose A Traditional Kids Summer Camp

A traditional kids summer camp is one that generally begins in June and continues through August. This type of recreation is a popular activity among children of all ages as it gives them the opportunity to experience new things, meet new people and embark on a journey of independence.



With that being said, the following are 5 popular reasons to enroll your child in a traditional kids summer camp. Independence. During their experience at a traditional kids summer camp, children will experience their first taste of independence. Being away from home for the first time can be scary, but new friends

and fun activities will help to make the transition easier.

This will also be an important step toward college preparation, which often requires that the child leave home for months at a time.

Responsibility.

A traditional kids summer camp will teach children to be responsible in a variety of ways, including the organization of their personal items. While away, they will be personally responsible for maintaining their living quarters and personal items. In addition, they will be required to pack their belongings at the end of their stay and will have to learn the responsibility of organizing their items for the trip home.

Teamwork. One of the most important experiences at a traditional summer camp is that of learning to work together as a team. Whether it be during a sports event, a canoeing trip or other group activity, teamwork is often required. Much like in adulthood where teamwork is essential to everyday life, children will learn the valuable lessons of working with their peers toward achieving a common goal.

Friendship. While at a traditional kids summer camp, new friends will be met and there is plenty of fun to be had. Learning to make friends and how to be a good friend is an important life lesson that is not only important at a traditional summer camp, but also in every day. Situations are always presented when individuals are placed with new faces in school, the workforce, families, etc. Therefore, it is important for children to learn the value of friendship and how it can make every day a little brighter.

Experiences. Traveling to new places, embarking on an exciting journey and exploring the wilderness are all a part of what makes a traditional kids summer camp so special. A nature hike, sailing on a blanket of calm water or sitting around the campfire with friends are just a few of the experiences that a child may encounter while enrolled in a traditional kids summer camp.

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5 Tips To Help New Parents Get Some Sleep



The joy of a new baby is certainly special and something that all new parents experience. However, a lack of sleep is also part of having a new baby and new parents notoriously get very little sleep, if any at all. Fortunately, there are some strategies and tips to help new parents get some sleep when the new baby comes. Of

course, with a baby you will never get an over abundance of sleep, but these tips will help you at least get enough sleep to keep your sanity.

Tip #1 Take Turns

When the baby starts crying both parents generally wake up, even if only one attends to the baby. However, in the first couple of months both parents might get up each time the baby cries. This will lead to a lack of sleep for both parents. The best plan is for mom and dad to make a plan of who will get up when to comfort the crying baby. Generally, taking turns is really the best option and will help everyone get just a little more sleep.

Tip #2 Nap With Baby

If you are caring for the baby and are tired and the baby goes to sleep then you should take a nap as well. This will allow you to get some much needed sleep. So, whether the baby naps in the morning, afternoon, or early evening you should also get a little rest because you never know when the baby might wake up.

Tip #3 Accept Help

Frequently when you have a new baby there are plenty of people willing to help from parents, siblings, friends, and other family members. So, when you really need to get some sleep just accept some of the help that is being offered. Having your mom care for the baby just a couple of hours will allow you to get some much needed sleep.

Tip #4 Keep Baby in Nursery

The baby should sleep in the nursery and not with the parents. Many times it is tempting to allow the baby to sleep with the parents, but this is not healthy for the child or the

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parents. So, put the baby to sleep in his crib in the nursery. Then, when the baby cries one parent can easily go attend to the baby without disturbing the other parent. This allows a little more sleep for new parents.

Tip #5 Feed Baby Before You Sleep

If your baby has been asleep for several hours and it is around 11 pm and you are getting ready for bed simply wake baby for a feeding. Most babies wake during the night because they are hungry, so if you feed baby late before you go to bed it is likely they will sleep until early morning or 6-7 hours. This will allow you to get some continuous sleep, even if it is not as much as you want.

A Bedtime Story for A New Day

Every child loves a bedtime story. Good stories inspire the imagination and create a sense of drama and suspense. Stories are as old as the bible and as new as the latest published book.

There are many different type of bedtime stories, but the best ones are stories that moms and dads can read to their children; a story that grandparents can share with their grandchildren. Every good story invites the reader to ask the question, “What’s coming next?” So, too, a good bedtime story intrigues readers, helps them sleep well, and gets

them excited to greet a new day when they wake up.



Today, many people live in fear. Boys and girls are caught up in this negative way of thinking because the stories they hear are filled with violence and terrorism that destroy human relationships.

These stories feed upon misunderstanding, intolerance, and hatred—lumbering along like dinosaurs that trample millions in the wake of their steps to make a world of fear, anxiety, and darkness. It is time for the light of a new day—a day of understanding, peace, and love in our world.

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It is time to respect the dignity of every person whose unique differences make creation what God intended it to be. May we wake up to a new day when we celebrate the riches of our diversity.

A brand new book, *The Rainbow Chronicles: A Bedtime Story for a New Day* offers a positive alternative. Dads and sons, moms and daughters can read this book and make the story grow into something beautiful. Our world needs old and young people to share their beauty and join with the grandeur of all people. Our world needs the positive examples of adults to be role models who inspire young people to live joy-filled, positive lives. Our world needs the faith, prayers, and effort of young people to spread the Gospel of Jesus Christ, like petals of the dark-purple tulips, so that future generations will wake up to a better day.

Each of us is called to be a dwelling place for the Rainbow's End. Each of us is invited to welcome the Throne of the Almighty into our hearts. No matter what belief system, physical appearance, gender, age, family background, race, or ethnic heritage, whether married or single, I encourage you to make a difference for good in the way you and your family touch the lives of others through loving actions.

So, what is coming next? More dinosaurs or more flowers? A desert or a garden? In many ways, it's up to you! Make sure to buy, read and act on this book. May you bring the Rainbow's End home to yourself, your family, neighborhood, and community, your place of worship, and yes, to the ends of our earth. May you strive to help others write *The Rainbow Chronicles* in their lives. May the breath of the Almighty, the Holy Spirit, always whisper love in and through you.

Baby war on PLAQUE attack (Teeth image)

The birth of a child is one of the happiest moments in a couple's life. As everyone knows, when the child is young the problems are not very serious and difficult to solve whereas they get harder to deal with and more serious in time. Yet when the time comes for a child to give up diapers and learn to use the potty or the toilet, many of the parents experience a real nightmare. Many parents do not know exactly what and how to do things in this situation and that is why they need potty training advice and guidance.

Some more fortunate parents do not need potty training advice as to their children using the potty comes naturally and they do not resist the using of the potty or toilet. Others, unfortunately, go through an ordeal that cannot be handled without some, at least, potty training advice. This article is dedicated to those who could use some potty training advice.

Where can parents find potty training advice? Well there are specialized people like pediatricians and psychologists who can give you potty training advice. You can also get tons of potty training advice if you only access internet sites where lots of parents ask various questions about child raising and get answers from parents who have been in those situations. Child potty training is one of the topics that is very frequently discussed.

Apparently potty training advice is most frequently asked for and provided. Of course there are books on potty training and unbelievable materials and devices to help you in your attempts to have the child use the potty. Yet other parents' experience seems more efficient. Neighbors, friends and relatives also have a lot of potty training advice to give you. Just ask for it.

Anyway before getting and applying any potty training advice, you should first be sure that the time for potty training is right. If you are trying to convince your junior too early to do it, you will probably cause a lot of useless stress to both the child and yourself. Thus, before applying any potty training advice watch the child for signs of readiness for potty training. When the child is ready to start potty training get the right potty training advice.

Select the most appropriate pieces of potty training advice and start fighting. During the process of potty training do not forget to be calm and patient because you might find out that your child resists the potty. If this happens, you will need all the potty training advice you can get.

Bedwetting Diapers – Disposable Products For Older Bedwetters

Bedwetting diapers are not just for infants and babies. They come in sizes all the way up to adult so that any one with a bed wetting problem can feel secure that he/she will not wake up to wet sheets in the morning.

Along with ensuring you or your child a dry night, wearing diapers at night means you also have less mess to clean up. These diapers are disposable, so they won't add to your mounds of laundry. Actually, disposable bedwetting diapers will cut down on the amount of laundry that you have to do because you will no longer have to wash bedclothes each day.

Even with having bedwetting diapers for your child, you still have to pursue other methods for treating the problem of bed wetting. These diapers can give the child or adult a false sense of relief and not really do anything to help the problem at all.

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If there is a medical reason for the bedwetting, you know that using bed wetting diapers will probably be only a temporary measure.

If there is no medical reason, then you need to combine using an adult bed wetting diaper each night with a method of behavior modification such as using an enuresis alarm to wake the wearer at the first sign of moisture.

There are bedwetting diapers that look just like underpants. This makes it much easier for your child to sleep at a friend's house without anyone knowing about the bedwetting. These diapers have an absorbent liner that soaks up the urine and does not let it seep through to the pyjamas or the bedclothes. However, if the child is in bed for a long time, there is the possibility that some of the urine will seep out through the legs of the diapers causing an accident. The top layer of plastic on a bedwetting diaper helps to keep the moisture away from the skin.

You do have to be aware of the cost involved in using larger size disposable bedwetting diapers. This is why you do need to look for treatments that will not only reduce the number of bedwetting episodes, but will help cure the problem.

There are child and adult bed wetting diapers that you can get that are reusable. This type of diaper is a cheaper alternative to the disposable bed wetting diaper. It also comes like a pair of underpants or a liner that fits on the underpants. With these adult bedwetting diapers, the person still feels wet, but the wetness does not seep through to the clothing. The wetness helps to wake the adult up so he/she can go to the bathroom

You do have to choose the best bedwetting diapers for your child. Look at the liners, diapers and absorbent underpants to determine which one would best meet the needs of the child or adult. Liners are strips of absorbent material that have a sticky side that adheres to the underpants, thus keeping them in place. They are not noticeable and will not irritate the skin in the same way as some bedwetting diapers will.

Best Online Parenting Advice

All of us want to be the best parent we can be, but we sometimes doubt whether we are doing what's best for our children. Good parenting skills are learned; we're not born with them. But where should you go for parenting advice and tips? There are hundreds of parenting websites. Which ones offer the best parenting resources?

Take a look at these sites for valuable parenting tips.

1. Gerber Foods, the baby food manufacturer, has an excellent parenting website, <http://www.gerber.com>, filled with information on parenting issues for those with

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infants to toddler-age children. Particularly useful is their Parents Resource Center, a 24/7 live help forum for parenting questions and problems that arise in the middle of the night as well as those in the more civilized hours.



2. Do you have a toddler that you're toilet training? Do you need to share your parenting experiences and get advice on what you are doing right or wrong? <http://www.pottytrainingsolutions.com> is a parenting website that offers easy-to-read advice on parenting toilet training. Their series of helpful articles and parenting take you through the entire process and the FAQ sections helps with basic parenting advice.

3. A successful parenting website relies on trust and who has better credentials on parenting than the people who have brought us the PBS show, Sesame Street for all of these years. Their parenting articles on <http://www.sesamestreet.org/parenting> give advice on parenting toddlers as well as older children. Recent parenting articles have included "How to Raise an Eager Reader" and advice on keeping your parenting resolutions. There's also nutrition information and recipes as well as kids activity ideas. It's a great parenting resource.

4. Parents of teenagers will appreciate the free parenting tips on <http://www.byparents-forparents.com>. In addition to articles, there are self-tests that allow parents to measure the effectiveness of their parenting techniques. Another highlight of the site is the open parent/teen forum that gives both teens and adults the chance to share their thoughts.

5. Work-at-home moms can sometimes feel isolated. Visit <http://www.wahm.com> to share ideas with like-minded moms (and dads). There are parenting articles, an active parenting forum, and even a section with job leads, featuring telecommuting positions and freelancing gigs.

6. And, finally, for those times when you need a lighter moment, there's <http://www.parentinghumor.com>, a well written website, dedicated to the lighter side of parenting.

Remember that you're not alone. All parents need advice sometimes.

There are thousands of parenting resources online. From parenting workshops to parenting forums, there's a wealth of information available for parents with children of any age.

Can Sudden Infant Death Syndrome Be Prevented?

Sudden Infant Death Syndrome (SIDS) is the sudden death during sleep of an apparently healthy child, under the age of one. A diagnosis of SIDS can only be applied after adequate post mortem investigations reveal no other causes. SIDS could be said to be a sudden death during sleep for no apparent reason.

It is impossible to predict if a child will succumb to SIDS. Medical research has failed to pinpoint a single exact cause but it has indicated various "risk factors" Knowing where the risk are can help you to eliminate them and thereby reduce the risk of SIDS by up to 75%. Use these guidelines to help provide a safe sleep environment for your baby.



*Put your baby to sleep on his back.

The back to sleep campaign is thought to have reduced Sudden Infant deaths by between 50 - 75%. This is fairly new advice. Older mums (like me!) were probably told to put babies to sleep on their stomachs. However, medical opinion is

unanimous. Putting baby to sleep on his/her back is the single most important thing you can do to prevent SIDS.

*Use a firm Mattress with a fitted sheet.

Do not put baby to sleep (even for a nap) on soft surfaces such as water beds, sofa cushions, sheepskins or sleeping bags.

*Remove all soft things from the crib/sleep area

Take away fluffy blanket, pillows, soft toys, duvets etc.

*Keep baby's face uncovered.

Make sure that baby's face stays uncovered and that blankets cannot shuffle up during the night. It is better to use sleep clothing rather than blankets. If you do use blanket make sure that you place baby at the foot of the crib (with his feet to the bottom) and the blanket firmly tucked under the mattress and no higher than baby's chest.

*Do not smoke

Do not smoke during pregnancy and do not allow others to smoke round your baby.

*Sleep near to your baby.

It is suggested that you should keep baby in the parent's bedroom until 6 months old. It is NOT intended that you share a bed with your infant. It is hard to follow the SIDS prevention rules in an adult bed. The mattress is usually too soft and the pillows and fluffy bedding provide addition risks.

*If you use a pacifier for sleep or nap times do not reinsert it once baby is asleep

*Do not allow your baby to overheat

The room should be at a temperature that is comfortable for an adult. Do not use too many clothes or blankets.

*Make sure everyone knows these prevention tips.

Some of this advise is new (especially back to sleep) and older carers may not know. It is important that everyone who looks after you baby is aware of the steps to keep your baby safe.

Child Discipline: What Really Works?



One thing I hate to do is discipline my son. He is such a good boy most of the time, but when he gets angry he is awful! Disciplining your child is one of the hardest things to do as a parent. It is important that they understand that you are in charge, not them.

I remember getting spankings until I was around 6 or 7 years old. I did everything I could to avoid making my mother and father angry. I haven't spanked my son that often, but I have had to pop him when nothing else would work. Today, parents are looking for alternative methods of discipline and avoiding the dreaded spanking.

By the time your baby is 4 years old, you should have already laid down basic rules, no more than 4 or 5. The most important part of setting the rules is to stand by them. Go over the rules with your child whenever they break one. And do not try to explain yourself to your child. You are the parent, what you say goes.

Praise your child on any good behavior they demonstrate. This is reinforce the idea that having good behavior is much better than bad behavior. We spend alot more time scolding them for the "bad" things they do than on the "good" things. A simple "Thank You" is beneficial to your child.

Saying "no" makes a child very angry. It means that they do not get their way or something they want. Use a firm tone with authority, not an angry one. Make sure your child understands that when you say "no," it means no. Don't give in if your child continues to ask or plead; just stand by your decision.

Help your child understand the consequences of their actions or choices. For example, if you are resting and your child is playing too loudly, you can give them the choice of sitting with you and reading a book or going to play in their room until you come to get them.

The one that my husband and I have started using is the “time-out.” My son hates to sit still. If we have asked him to stop doing something or he yells, we tell him to go to the “time-out” room and think about his actions. Then we say when he is ready to talk about it, we sit down and talk. This works for most of his bad behavior.

There are many other alternatives; here is a list to take a look at:

* * The Top 10 Tips for Disciplining Toddlers by Clare Albright

* * Positive Discipline For Toddlers and Preschoolers by Meg Berger, M.Ed.

* * Help! I Can't Control My Four Year-Old and Don't Want to Resort to Spanking! at <http://Parenthood.com>

Childcare - The Dilemma Facing Most Young Families

In our modern society most families have both parents working. In single parent families the lone parent has no option but to work. But...who looks after the kids?

Parents looking for day care for their children have very few options;

- 1.) Stay at home and look after the kids
- 2.) Work when your partner is home to look after the kids (Now there's a recipe for a short relationship!)
- 3.) Put the children into a crèche, kindergarten or playgroup during working hours
- 4.) Find a live-in Nanny
- 5.) Find a childminder
- 6.) Hit on brothers, sisters and parents to look after the children

Staying at home with the kids sounds a good idea at first, but then you soon find that you can't afford the most basic luxury items that your kids want. "Other kids have them why can't I?" is the usual refrain. Adults also need other adult conversation that is not about kids, and work is the place where this is most easily found.

I know people who have tried option 2, with one partner working days and the other nights. Don't even go there. Love life? Forget it, your relationship will soon be in tatters.

Crèche, kindergarten and playgroup child supervision is very expensive. Many parents find that over half of their wages go in paying the childcare fees for the week. Governments are increasingly coming to realise that they have to do something to give

tax breaks to parents to go some way to paying their child day care fees. Otherwise nobody will have kids and who is going to pay the pensions of all those retired government employees and politicians.

Live-in Nanny? Well au pair then. Au pairs can still be found, but are notoriously unreliable, and with bad cases in the press this option is fading away to zero for most parents.

Childminders look after your kids in the childminder's home. All you have to do is drop them off and pick them up again. Finding a childminder with a similar outlook to your own on child rearing is difficult.

Problems also arise when the childminder is sick or wants to have a vacation. The largest childminder problems come to the fore when your child is ill. "She's ill is she? Sorry you can't leave her here then until she's better again" is basically what you will hear.

Finding relatives to look after your kids may be difficult, unless you have a turn and turn about arrangement that allows both sets of parents the opportunity for paid employment.

To sum up - Don't have kids until you have ten years' of pay in the bank to live on until you can go out to work again.

Entertain The Kids For Free – Good Weather



As a parent I have found that, not only is free entertainment helpful financially but it also benefits the kids. I have friends whose kids are not satisfied unless they are “being entertained” usually at one of those hideously expensive theme parks where you have to pay to get in and then spend a fortune on treats and eats.

However, free entertainment stimulates their minds more and tires them out if they enjoy it. If they are simply distracted by rides and toys they switch off and then lack enough imagination to entertain themselves if you need them to for a time.

The Woodland Walk Activity is best done either in the Autumn or in the Spring but can be done at any time. You will need a couple of plastic bags and a picnic. This activity is great for getting your child to take an active interest in nature.

Find a good woodland walk near you that you can either drive to or catch the bus. It doesn't necessarily need to be woodland, a park will do if there are enough different trees and flowers. Start your walk and see how many different things you can find. If you're doing this in the spring time you might want to take some kitchen roll with you to keep flowers in but make sure you don't pick too many. One of each will be fine and if there's not enough then leave them alone.

When we've done this in the past we have brought home bags full of moss from the trees, different twigs, berries and nuts, various leaves and flowers, small stones and feathers.

Whatever you can find you can collect. Let your child get interested in their surroundings and really look to see something new.

A picnic is great if it's warm enough and it breaks the walk up a bit, although my daughter hardly even noticed she was walking so far.

It also gives you a chance to see what you can hear around you.

When you get home get a large piece of paper (we use the back of a roll of wallpaper) and some glue and see what scenes you can make from what you have collected. Younger children will enjoy sticking things on randomly and maybe doing a bit of colouring around it as well. Older children could try and make a picture out of the things they have in the bag.

Use your imagination. It's great fun and can use an entire day if you want it to.

If your child is older/more enthusiastic about their surroundings then why not see if you can name the plants/birds, either while you're out or when you get back. It can be as much of a learning experience as you want it to be but you can be sure that they'll enjoy doing it. My children love it.

Entertaining Youngsters With Classic Toys-Play Doh



With video games dominating and transforming the landscape of our pre-teen children with a new virtual world for them to play in, it is refreshing to know that there are still classic toys available for our younger children to enjoy.

Let's look at one of these special toys:

There is a classic toy, invented by two brothers in 1955, that

still captures the imaginations of our pre-school children and youngsters alike. That toy, or product is: Play Doh.

Originally a wallpaper cleaner invented by brothers Noah W. McVicker and Joseph S. McVicker, Play Doh was introduced to schools in the Cincinnati area in 1955 because McVicker's sister-in-law asked if it was a safe alternative to modeling clay. Play Doh was an instant hit and soon the McVicker brothers formed Rainbow Crafts Company to produce and sell their product. Additionally, the brothers showcased their "modeling clay" at a National Education Convention and the word spread to the big department stores, Macy's and Marshall Field's. Soon after, Play Doh was a national hit.

Advertising played a crucial role in the success of Play Doh. Captain Kangaroo, a very popular educator of young children at the time, endorsed Play Doh. So did Miss Frances from the Ding Dong School, another popular children's television show. In 1960, a character named Play-Doh-Pete, a young boy with a beret was introduced to the advertising campaign. Additionally, the Fun Factory Accessory Playset was added to the product line, which allowed children to squeeze the material into interesting shapes and molds, furthering sales and development of the product.

In 1980 Play Doh expanded its palette to include eight colors, some that glowed in the dark and even some that were scented. It is estimated that more than two billion cans of Play Doh have been sold since 1956 and the total amount of Play Doh manufactured since then would weigh more than 700 million pounds.

The ingredients for Play Doh, to this day, remain a closely guarded secret. But it is primarily made up of a mixture of water, wheat flour, deodorized kerosene (or some

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other petroleum distillate-to provide the smooth texture), salt, a drying agent such as borax (which deters mold), an alum-based hardening agent, colorings and perfume.

Kids all over the world still enjoy Play Doh (it is sold in more than 6000 stores and over 75 countries worldwide) and children can even celebrate National Play Doh Day on September 18th. Some products never go out of style and Play Doh will always have young minds to enlighten and entertain.

Having Trouble Getting Your Kid To Sleep?

Kids have a thing about going to sleep at night. It does not matter if it is a girl or a boy, they all have this thing: they hate going to sleep. Even babies will fight sleep like it was the devil. They cannot stand the thought of missing out on anything and they simply refuse to fall asleep and that is why you as the parent need to find out all of the top techniques that will help you to get your kids to sleep at night.

Let us focus on babies. They need to be on a strict schedule from the get go if you want to get them sleeping through the night. Kids need structure and balance in order to sleep well each and every night. That is why you should have a time of night that you put your child down. Do not simply wait for the kids to get tired before you put them to bed, have a time and stick to it. This is the best way to get your kids sleeping through the night quickly and easily.

Good nighttime rituals can really help you to get the kids to sleep at night. For example, you may want to give the kids a warm and soothing bath at night before bed. This can go along way towards relaxing them enough that they will go to sleep with ease when put to bed. Kids like rituals and these kinds are great.

It is also a very good idea for you allow the evening to unfold quietly. Playing games with your kids just before bed is probably not the best way to go. Instead of wearing out your kids playing games is only going to get them riled up. This is not going to help you get them to sleep each night. You need to get the kids calm and relaxed and a quiet evening followed by a nice warm bath is great.

If you are trying to get your kids to sleep, especially when they are still babies you need to take into consideration that your baby is not used to real silence. They come from your tummy where things were really loud all of the time. Total silence is scary to many babies.

Having a ticking clock or some other steady sound in the room with him or her might be what is missing in their bedtime routine. Try having these kinds of sounds in the room

with your kids and watch the difference they can make. In no time your kids may be getting to sleep right away each night.

It is also important for parents to learn about whether their kids are self soothers or not. The techniques that you choose for your kids will be hugely impacted by this fact. Find out what works for your kids by experimenting. Don't worry if you do not get everything right the first time, in fact, you might as well get used to it because no one is the perfect parent right off the bat.

Help With Toddler Separation Anxiety

Scenario



I try to leave my child and the minute I walk out of the room, she starts crying or screaming for me. Please help this gone crazy mom of how I can help my baby let me leave her for just a little bit. I think she has toddler separation anxiety but I just want to know how to overcome this.

It is normal for your baby to be going through what they are going through. For nine months, they were attached to us 24 hours a day 7 days a week. We were their lifeline and they have to learn their independence from us. Their whole mentality knows they are sensing this whole new freedom from mom, but yet they have reservations about beginning new things.

The mom can help teach them independence by taking baby steps and not trying to separate from them without building up the process. You may ask, what steps can we take?

Start out small. Let them play in the living room as you go to the next room (room needs to be in eye view) to do a certain task as folding clothes. Make sure you are

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keeping eye contact with them and reassuring that mom is right here. Speak in positive, upbeat words. The first time may not work, but just keep repeating yourself and do it over and over until they are fine with you being in the next room.

Stretch the time being gone. When dad or another caregiver comes home, go and take a shower or soak in a nice bubble bath. Reassure the child you will be back. Never sneak away from the child as this will leave a bad coping skill with her and think you are never coming back.

Give it 15 or 20 minutes and show your presence to the baby. Hug her and let her know you missed her, but will always return when mommy goes. After you do this a few times and she gets used to the idea of you being gone for that short amount of time, try going to the store for a longer period of time.

You can continue to stretch each trip until you feel comfortable with the time you are being gone, for example if you are trying to build up to a night out of town with your significant other.

By taking things slowing, it will help you and your child overcome toddler separation anxiety with much less tears, heartbreak and stress. The baby will continue to grow her independence from you and will soon love her new found freedom of having playtime with dad, grandma or grandpa, or other special friend.

Hang in there mom it will get better and know other moms are going through the same thing as you right now.

Home Schooling Parents: How To Be A Good Home School Teacher



Studies show that the training or degree of parents is not an important factor in the success of homeschooled children. More essential than a degree or a college diploma is your concern, commitment and eagerness to give your child the best kind of education that he/she deserve.

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The fact that almost all homeschool parents are not professional teachers, they should select a curriculum that best suits the child's learning style, capacity and needs and find ways to support that plan.

The qualities of an efficient and effective teacher vary; however, they should possess good character, display enthusiasm in teaching and have dedication to work with their students.

Here are some guidelines to help you become the best teacher for your child:

1. Choose the curriculum for your child well. Make certain that you recognize the goals defined by a certain curriculum. Examine it to determine if the goals match those defined by your State as standard for each level, as well as if it matches your child's learning style and capabilities.
2. Be prepared. Study the curriculum well so that you are well educated when you teach your child.
3. Determine your child's learning style. It is only through proper determination of your child's learning style that you can effectively teach him/her.

Note that there are children who learn well visually, so in this case, reading and videos can be a better teaching tool. Some are listeners, in such cases, music, reading to them out loud and humming for instance their mathematic tables can be a better method of teaching.

4. Be creative. Homeschool instruction doesn't have to be a one way kind of teaching. Encourage your child to ask questions so you both can discuss the subject matter in a way that the child does not only listen and get information from you, but that your child is actively explaining and expressing his/her own opinion or views.

5. Be understanding. When you feel that your child is having difficulties on a certain subject, then give him/her time and give thorough guidance, by asking her what she finds difficult so you both can work up a plan as well as enough time to solve the problem. Understand that children are not robots who easily absorb information. Allow them to have their "shortcomings".

6. Recognize that above all, you are a parent. Parents do what's best for their children. Following your instinct as a mom, will make you the best teacher for your child. And it comes naturally!

How To Find The Best Nanny Jobs



Finding the best nanny jobs is not always an easy task but it is one that is so important. Not only are the nanny jobs important to the nanny who needs the job but they are just as important to the families who need the nannies!

What makes nanny jobs so important is that they are a win-win situation, everyone gets what they need, the parents, the kids and the nannies themselves get what they need when nanny jobs are filled.

More and more people are starting to see the benefits of nanny jobs these days. Many people are starting to look for other solution besides day care. There are so many problems with day care these days that some parents don't even want to take the chance anymore. They feel that by getting a nanny instead they will have more contact and get to know this person better and therefore be able to trust her more. That is why you are seeing so many nanny jobs posted everywhere now and that is a good thing.

Your child's safety and well being should always be more important, even more important than putting food on the table. Getting a good nanny after posting your nanny jobs in the paper or online is the best way to go. You will always know that your child is getting the care and attention that he or she needs each day of the week. Who knows what goes on in a day care, that is not your home, your child will barely see their home when they have to go to day care all of the time. But when you have a nanny working for you then at least you know your child is at home where he or she is safe and happy.

You need to post nanny jobs in the same place a potential nanny will look for them. You should post nanny jobs in the paper and online. Both of these places will be checked regularly by qualities nannies who are looking for a new job. Kids do grow up and when they do nannies are no longer needed in that household and when that happens they need a new job, that is why nanny jobs need to be posted all over. Online is a powerful place to post nanny jobs because it is so readily available for viewing, more

people go online than read the newspaper so choosing to post nanny jobs online is a great way to go.

If you are a nanny looking for nanny jobs that you could qualify for then take a look online. There you will find hundreds of nanny jobs and many of them will be in your area. Call all of the nanny jobs that you think you would be good for and meet with as many parents as you can, that is the best way to find the right nanny jobs for you.

How to Raise Your Kids in a Balanced Way



Although everyone has their own different styles of parenting, there are 4 main styles of parenting. These four different styles are authoritarian, authoritative, permissive, and uninvolved.

Uninvolved parenting is really just a lack of parenting. It is hard on children and should not be

the way of parenting. Kids suffer issues such as feelings of rejection, lack of self esteem, and issues with trust. In the long run the children are harmed emotionally.

Authoritarian, authoritative, and permissive styles describe a range of styles. Authoritarian parents are at one end of the spectrum. This kind of parenting tends to be high in structure and low in responsiveness.

Permissive parents are then located at the opposite side of the scale. This parenting style tends to be low in structure and high in responsiveness.

Authoritative parenting tends to be located in the middle of the scale, and is a balanced parenting style. There are many different parenting styles out there; these three represent a very wide range scale.

Structure is important to authoritative parenting. There are clear rules and limits and children know that there are consequences for their actions. Routines and schedules help provide a sense of stability for children. For example, a child knows when bedtime is, and a teen knows when curfew is, and both know what will happen if he or she is

late. Stability in this sense allows children to feel secure, and that, in turn, allows for an all-around better atmosphere.

There is flexibility in authoritative parenting that allows the parent to bend the rules on occasion. Like if a child would like to stay up late to watch a favorite TV show.

Authoritative parents also are responsive. Children have a voice in the family and their input is valued. Mom and dad respond to their children's needs and problems and are sensitive to their children's emotions and feelings.

In authoritative parenting, decisions are made collaboratively. Children have a choice, but only up to a certain point. Parents should listen to their input, and take into consideration what the child is saying, and feeling, but the final decision lies with the parents. These types of families function as a team, and different needs are accommodated for. This results in less conflict and more balance.

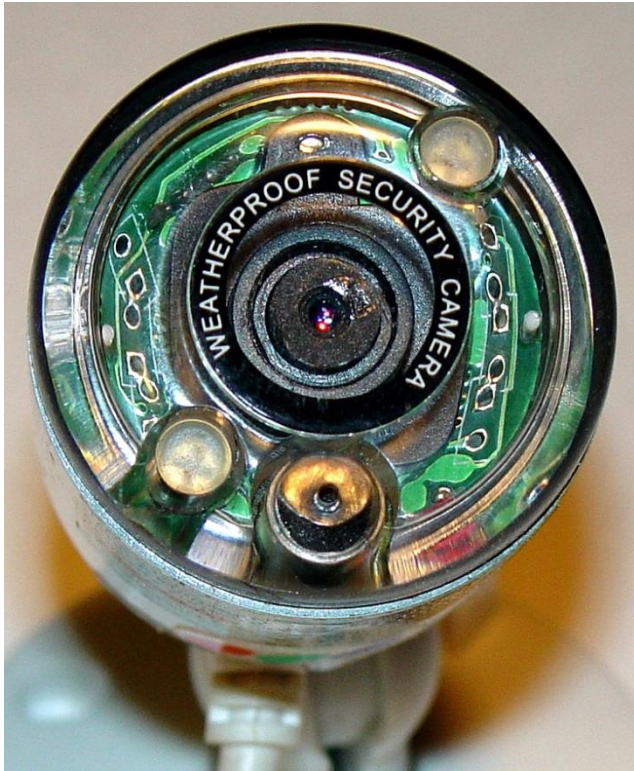
Authoritative parenting is a balanced parenting style. Structure and responsiveness are both high. The parents are involved with their child's life, and are flexible, but they still are parents. There are structures, limits, rules and boundaries, but they are not rigid.

Children with this kind of parenting tend to do well socially and functionally in life. They tend to not get into problems and not to have serious emotional problems. This type of parenting is balanced, and produces balanced children.

Is A Hidden Nanny Camera The Right Way To Go?

There are very few reasons why you should not get a hidden nanny camera and tons of reasons why you should get one.

A hidden nanny camera can save the life of your child and for that reason alone I think that it is a very good idea for all parents to consider getting one, whether they actually have a nanny or if they just hire a babysitter from time to time. Kids are delicate and they need to be treated properly. That means that they need to be treated with as much respect as adults and they need to be protected from any neglect or violence. And the fact of the matter is that you don't know what goes on in your home when you are not there.



Even if your child does not have any cuts or bruises that does not mean that he or she is not being abused. Only a good quality hidden nanny camera is going to show you what the nanny is doing when you are away and it is just the nanny and the baby.

Do you know how often your nanny or babysitter yells at your child or children? Probably not, it is not like you can ask him or her, the nanny is obviously not going to tell you that all she does is yell all day long!

And if your child is very young he or she is not going to be any help either, but a hidden nanny camera would be.

When you have a hidden nanny camera in your home nothing is going to be a secret any longer, you will know exactly what is happening when you are not there. Either you will finally have your mind put to rest about the quality of care that this nanny is providing or you will find out that she is terrible and that it is time to get a new one. Either way you win, you simply cannot go wrong when you purchase a hidden nanny camera.

There are a few different kinds of hidden nanny camera on the market today. Some are as small as pins and they can be hidden absolutely anywhere and the nanny will never detect it. There was a time when they were all hidden in teddy bears, well that is done, now you can hide them in pictures, fire alarms, in the VCR, absolutely anywhere that will give you a good view of the room is a great place to put your hidden nanny camera.

And since they are all so tiny now this is beyond simple to do. Having a good hidden nanny camera is the only way to know that your child is safe when you are not home, safety is the most important thing for your child, the most important. So take care with the life and wellbeing of your baby and get a hidden nanny camera to use, and then use it!

Kids and Money Guide



As the name of our website suggests we help you in managing your finances when you think it is time that you had a baby but are worried about the cost and responsibility of a new life on your shoulders and pockets.

Expecting a baby soon? Worried how

you'll be able to manage in the limited finances after it's born? Worried about your child's higher education? Well, we have the solution to your problems. At teachmoneytochildren.com, not only do we help you sort out your financial problems but we also explain as to how to go about explaining to your child the need to save money for a rainy day!

Soon you may be incurring expenditure for diapers, baby soap, cradle, cots and the works. Within a few years you will be preparing for clothes, shoes, education, sports equipment, dates and bikes. We need to finance our children not only till the time they are in university but also until they start earning substantially. Therefore, the need for our intelligence in saving rises substantially.

Planning

Money does not grow on trees and we all require more than what we have. Therefore, it is essential we plan for our child's education. It should be pre-planned so as to bear the cost of what our child chooses to do in the future. Planning helps in appropriate allocation of resources to the required areas.

Teaching the child

It is very essential to teach the child about managing finances. Giving the child pocket money and allowing them to make small personal expenses and then explaining the need to control expenditure and savings. And as a child grows up a bank account should

also be opened so that he can learn the details of banking as well as managing his money.

Basically, two things need to be done simultaneously - the children should be taught the power of money and the things they can buy and at the same time also telling them to refrain from spending on whatever they desire. They have to be taught that a balance can lead to success and an imbalance otherwise.

Investing for the future

Certain investments should be made in the name of the child maturing with the child and ready-to-use at an age when required. Further, at an age when the child is in his late teens he should be allowed to make a responsible choice of taking financial loans for his needs whether educational or otherwise. Such efforts enable the child to realize the value for money making them more responsible and aware.

Exploring various options

While sending children to college it should be taken care that all colleges have been carefully explored and scanned and all benefits such as scholarships and needs-based grant monies should be taken advantage of.

To have a successful financial life for your children, make the right moves now and bear incredible benefits in the future.

Mommy & Baby: Weight Gain & Failure To Thrive

A guide to appropriate weight-gain and what to look for if you suspect failure-to-thrive:

Weight Gain:

Birth – 2 weeks of age

Regain birth weight plus some

2 weeks – 3 months of age

Two pounds per month or one ounce per day

4 – 6 months of age

One pound per month or one-half ounce per day (should double birth weight by 6 months)

One year of age

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2.5 to 3 times her birth weight

Failure to Thrive:

There is a difference between slow weight gain and failure to thrive. With slow weight gain, the gain is consistent. With failure to thrive, you will see a baby who continues to lose weight after 10 days of life, does not regain her birth weight by three weeks of age, or gains at an unusually slow rate beyond the first month of life.

Things to watch for from the mother's and baby's side include:

Mother's side

- * Improper nursing technique (poor latch-on, etc.)
- * Nature or lifestyle (not enough sleep, liquids, nutritional foods, etc.)* Poor release of milk (related to let-down)
- * Feeding too frequently (this can give the baby an abundance of foremilk and a lack of hindmilk; the latter of which is nutritionally and calorie rich)
- * Feeding too infrequently (being a slave to the clock)
- * Not monitoring growth signs
- * Physical nurturing, holding, and cuddling

Infant's side

- * Weak sucking
- * Improper sucking
 - o Tongue-thrusting, pushing the nipple out of her mouth
 - o Protruding tongue, her tongue will form a hump in her mouth, interfering with latching on
 - o Tongue-sucking, she sucks her own tongue and not on the nipple
- * An underlying medical problem (if you suspect something, talk to your pediatrician immediately)

Getting the help you need

Lactation consultants can be very helpful in resolving issues related to latching on or inverted nipples, both of which can cause a problem with nursing. Allow the consultant to observe your baby nursing and note if there are problems in position, latching, or something else. Do not permit the consultant to dissuade you from your flexible routine if that's what you've decided to do for your family.

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Remember: if flexible routines were unhealthy, NICUs wouldn't use them for the most vulnerable of babies—preemies.

If you determine that your nursing difficulties cannot be solved or are more stressful on you as mommy than what you need, do not feel guilty about switching to a bottle. It is more important that your baby receive nutrition to grow and thrive than to fit someone else's ideal of motherhood.