

This Report is brought to you by...



The WOW Experience

Overdelivery is our Specialty!

Where Vision and Value Go Hand in Hand with Information and Opportunity!

Other Companies Make Promises -- We Make Dreams Come True!
We Offer QUALITY CONTENT in Every WAY, TYPE and FORM

- Exclusive WOW Private Label Releases
- Private Label Products
- Public Domain Products
- Master Resale Rights eBooks
- Master Resale Rights Software
- Bestselling Audio eBooks by Top Authors
- Non-Fiction Audio eBooks
- Exclusive WOW Affiliate Products
- Resale Rights Products
- Exclusive WOW Private Label Reports
- eBook to Audio Conversion Software
- Resale Rights Generation Software



And, of course, if you want it all tied up in a neat website package, with *all the work done for you*, we have our NEW [Niche Empire Builder Software](#) – the Niche Real Estate Business Builder's Dream Come True!



Niche Empire Builder

The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True!

www.the-wow-empire.com



The WOW Content Club

Your Full Spectrum Content Provider

If Content Is King,
The WOW Content Club is the Kingdom
You Have Been Searching For!

www.wow-content-club.com



WOW Profit Packs

Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices!

www.WOWProfitPacks.com

Enjoy this Free Niche Report, compliments of WOW Enterprises
For Many More Free Reports, simply click on the links below.

www.TheWOWExperience.com

www.NicheEmpireBuilder.com

www.WOW-Content-Club.com

www.WOWProfitPacks.com

Dealing With Your Baby's Sleep Habits: A Guide for New Parents

Topics Covered:

What to Expect Your First Year as a Parent

Typical Day and Night

Stress

Cope with New Schedule

Create a Familiar Environment

Develop a Reasonable Attitude

Sleep Issues 1-2 years old

Sleep Issues 4-7 months

Sleep Issues 8-12 months

Four Ancient Principles to a Happy Baby

Keeping Baby Relaxed Throughout the Day

Trial and Error

Dealing With Your Baby's Sleep Habits: A Guide for New Parents

What to Expect Your First Year as a Parent

America's bestselling guide to caring for a baby is now better than ever since authors Heidi Murkoff, Arlene Eisenberg and Sandee Hathaway, B.S.N. have released their two-years-in-the-making, cover-to-cover, line-by-line revision and update of the 6.9-million-copy "What to Expect the First Year," considered the parent's bible for taking care of a newborn through their first year of life.

This daughter/mother/sister team has included the most recent developments in pediatric medicine. Every question and answer has been revisited, and in response to letters from readers, dozens of new questions and answers have been added.

The book is more reader-friendly than ever, with updated cultural references, and the new material brings more in-depth coverage to issues such as newborn screening, home births and the resulting at-home newborn care, vitamins and vaccines, milk allergies, causes of colic, sleep problems,

Sudden Infant Death Syndrome (SIDS), returning to work, dealing with siblings, weaning, sippy cups, the expanded role of the father, and much more. Chapters focus on month-by-month development, and there are additional chapters that focus on other broader subjects, such as health issues, special needs children, and postpartum recovery.

The authors also ingeniously include comprehensive information on developmental milestones. Information empowers a new parent, the authors surmise, and though too much information or conflicting information can cause confusion and frustration, having a reference book such as theirs to consult whenever the need arises alleviates insecurity and worry.

The authors encourage parents to utilize their most valuable resource - their instincts - and learn to trust in them, and remind readers that there is no such thing as a "perfect parent" and that we will all continue to make mistakes through our journey as parents. The trick is to learn from them, thereby coming ever closer to the ideal of the perfect parent.

Typical Day and Night

Bringing home a new baby brings with it an exhausting array of new responsibilities and challenges. Is there such a thing as a typical day and night for new parents? Probably not!

Remember, the baby has just gone through an enormous change too, so part of the process when you first bring him home is his transition from the womb to the outside world. Keep the

baby close to you, keep him wrapped and warm. If you're breastfeeding, this will take some time for both of you to adjust to as well.

If you're new baby is formula fed, he'll need to feed every 3 to 5 hours. If you're breastfeeding, he'll need to feed more frequently. Sometimes you will feel that all you do all day and night is breastfeed. You will probably feel much more empathy with cows! And there will be a lot of diapers to change, especially until you get familiar with his schedule. His diaper will probably need to be changed shortly after feeding, about once an hour in the very beginning. Be sure to check frequently.

Until the umbilical cord has fallen off, you'll want to keep to sponge baths every few days, but you will want to wash the baby's bottom every day. You can wipe the baby's hands, face, neck and bottom every day with a soft washcloth with warm water. When the baby's ready for full baths, in a few weeks, every day is a good idea to prevent diaper rashes. But keep in mind that too much bathing can dry out his sensitive skin. So see what works for your baby.

Those little finger and toenails will grow quickly, and they'll need to be trimmed regularly so the baby doesn't scratch himself. The baby's nails can be long, even at birth and attached high on the nail bed. You'll need to gently press the fingerpad away from the nail and clip it with a baby nail clipper. You might want to do this when the baby's sleeping to ensure that he doesn't jerk those little fingers and toes away!

Get used to being busy 24/7 during the first month, at least. You will be feeding and changing diapers around the clock so get as much help as you can so you can have some peace too.

Stress

Congratulations! You may be pregnant or maybe you just had a baby (and lucky you if actually have time to read this)! There's no feeling more incredible than when you've just had a baby. So why don't you feel wonderful all the time?

Well, even the best events in life have stress attached to them. Having a baby is exciting for everyone. You've been flooded with company practically from the moment of delivery. If you're a first-time mother, hospitals don't give you very much help or advice; they send you home with this new little creature with an array of demands that you have to try to interpret. And new babies don't sleep much. At least not long enough to allow you to get some much needed rest.

Add to that the hormonal changes in your own body, and you have a formula that's guaranteed to be stressful. Sometimes you think you'll never get a full night's sleep again. Until the baby settles into a routine, you probably won't!

To get through those first few weeks and months, here are a few tips to help you get at least a little more sleep.

First of all, don't try to be a supermom. When the baby goes down for a nap, take a small nap yourself. The laundry can wait and so can the dishes. You don't need to have a perfect house. There will be time for all that; give yourself a break whenever you get the opportunity.

If you have a good friend or relative to help out, by all means take advantage of that for an afternoon. Grandma would probably jump at the chance to have the baby all to herself for a few hours!

When you put the baby to bed for the night, take some time to decompress and relax so you have a better chance of falling asleep. Take a bath scented with lavender; put on some soft music and baby yourself a little. Sometimes it's hard even without a new baby to fall asleep right away. There's a lot to get used to!

Cope with New Schedule

There will be days when you bring the new baby home that you think you'll never get to sleep again. In the meantime, try to get some rest and sleep whenever you can. The baby won't be sleeping through the night for several weeks, perhaps months. While she's adjusting to the schedule of night and day, you won't be able to sleep through the night until she does.

Until she's sleeping through the night, try to sleep when she sleeps. Many new mothers try to do everything at once, and start cleaning or doing the laundry once the baby goes down for a nap. You'll only make yourself more tired if you try to be supermom.

If you can get some help in those first weeks with the cleaning and laundry, by all means, do so. If you can have a friend or relative in to watch the baby for an afternoon while you catch some much-needed sleep, try to take advantage of that whenever you can.

When you've been so busy all day with new baby chores and everything else you have to do to maintain a household, and possibly take care of older siblings as well, it can be hard to wind down just because everyone else is asleep.

Make some routines to help yourself unwind at night. Take a warm bath - not too hot, hot water can be stimulating - and play some relaxing music. Even if you're not breastfeeding, avoid caffeine throughout the day and especially at night. Drink water or decaffeinated or herbal tea.

If foods that have a lot of preservatives or sodium can make you jumpy, try to avoid those as much as possible. Try to eat very natural foods, such as salads, green vegetables, fruits, and warm healthy soups.

As soon as you're able, try to get out and walk for a little bit each day. The fresh air and moderate exercise will help you and your baby feel relaxed and can help you get to sleep at night.

Create a Familiar Environment

One of the things you must do as a parent is help create the best environment for your baby to fall asleep on his own.

Many people naturally assume that the best environment for sleep is one of total silence: most of us are familiar with having to tiptoe around a sleeping baby's room. Although a quiet environment is the best one for most adults, you'd be well advised to remember where your newborn baby has been sleeping for the past nine months: in his mother's womb.

In the womb, of course, your newborn slept in many situations that were far from quiet - when the mother was out in public, or socializing with other people. For this reason a newborn baby will often sleep better by being exposed to some quiet background noise.

You should be trying to allow some ambient "white noise" to be around your baby when he goes to sleep. Sudden loud noises will, of course, rouse him, but in most cases some background chatter and other soothing noises will help the sleep process: most adults, I'm sure, can likely remember falling asleep to the sounds of their parents and their friends having a conversation.

There are products marketed to new parents to create these ambient noises - most notably audio CDs containing tracks of soothing noise. It usually isn't necessary to buy these, however - in most cases simply leaving the door to the baby's nursery ajar will do the trick. In a similar vein, if your baby falls asleep around company, allow him to stay there rather than moving him to a quiet room.

By helping to create the best possible environment for your baby's sleep, you help him learn to fall asleep in his own. Often a humming noise can help - we all know how easy it can be to fall asleep in a moving car - so having a humidifier or fan in the baby's room can often do wonders.

Whatever solution you choose, remember that it needn't be overly complicated. Simply leave the door ajar, or let your baby sleep in the company of others. Contrary to what many people intuitively think, if you keep your baby from sleeping in total silence, he'll often sleep much better.

Develop a Reasonable Attitude

Before we go any further in this discussion about how you should get your baby to sleep, it is important that you, yourself, have a realistic and healthy attitude towards sleep. One of the keys to success in getting your child to go to sleep and sleep well through the night is understanding that you should be developing a long term goal, in terms of your baby's sleep habits.

As much as your short term goal may simply be to get your child to go to sleep, so that you can get some sleep yourself, you should be thinking of the long term goal of instilling healthy sleep habits in your child.

A successful way to implement this goal is to be realistic and flexible. Your child is not going to sleep the same way or in the same manner every night. What you should be trying to do, therefore, is creating an environment that is conducive to sleep, so that your child can slowly learn to fall asleep on his/her own.

The best thing you can do is help your child develop an attitude in which sleep is both an enjoyable and secure state. Your child should think of sleep as a comforting thing that comes naturally. One way you can help foster this idea is by avoiding too much interference with your child's sleeping habits.

Although it can be tempting to follow guides and implement rigid rules regarding your child's sleep, in many cases this can cause problems down the road.

If you rouse or put your child to bed at set hours, you may achieve a short term goal of getting some rest, but you may also be altering your child's attitudes towards sleep. Instead of thinking of sleep as an enjoyable activity, he will begin to think of it as something he "has to do" like eating his dinner. By altering your child's attitude towards sleep in this way - by making him think of it as a task rather than an enjoyable activity - you risk problems developing later.

In older children and adults who have sleeping problems, doctors can often trace the source of the problem back to sleeping habits enforced at an extremely young age. If as a baby the subject was put to bed at a set hour, for example, regardless of whether he was tired or not. By trying to stay more in tune with how your baby is feeling and what he wants, you will encourage a healthier attitude towards sleep, which will benefit both you and your child in the future.

Sleep Issues 1-2 years old

As your baby gets older and turns into a toddler, they'll start to need less sleep during the day, but about 11 hours or so at night. You'll be transitioning to fewer naps and even a cranky tired baby can have difficulty getting to sleep.

If your child will go to bed only if you're around, he's forming a bad habit that will be hard to break later. The best lesson you can teach him is how to soothe himself to sleep. Follow a nightly bedtime ritual (bath, books, and bed, for example) so he knows what's expected of him and what to expect at night. You can tell him that if he stays in bed you'll come back in five minutes to check on him. Let him know that he's safe and that you'll be nearby.

Toddlers are great negotiators, and they're no different when it comes to bedtime. And because they so enjoy the time they spend with you, they'll do what they can to prolong the time they have with you. Your child may take his time doing his usual nightly routine, ask repeatedly for a glass of water, or keep requesting that you come to his room because he needs something. If you suspect he's stalling, don't let him.

Tell him it's time for bed and that he can finish working on his art project the next day or find the stuffed bunny the following morning. Make the nighttime routine more "business like" when you kiss your baby and tuck him/her in. Don't wait around for your baby to fuss. Just leave and close the door and wait about ten minutes before you go back in the room.

Sometimes it's just a battle for control. Your toddler wants to control his environment as much as possible. You can't force him to fall asleep. Try reverse psychology and tell him he doesn't have to go to sleep, but can play in his crib. Eventually, he'll fall asleep on his own.

Sleep Issues 4-7 months

Your baby should start sleeping through the night at about 3 months. But babies are learning and observing all the time, and your baby could soon start to associate sleep time with time that mommy isn't there. It's called separation anxiety and it's a normal part of development for many babies. But it can be especially trying for parents, as babies can be particularly strong-willed, especially about bedtime!

You may be introducing some baby foods at this time, and this can help your baby feel sleepy. Remember to introduce new patterns gently and slowly. If the baby isn't going to sleep or keeps waking up and crying for you, then she needs to learn to self-comfort, but not all at once. Ease her into the habit of sleeping alone.

Don't change your rituals at bedtime. You can still start out with a warm bath and feeding. Rocking and snuggling, singing or reading - these are all bonding times for mother and baby. If the baby doesn't fall asleep right away, try putting her in her crib with the rocker or glider right next to the crib, singing or reading to her. You can stand at the crib and rub or pat her back.

In a week or two, move the chair a short distance away from the crib, so the baby can see you. You can talk or read or sing. If she cries for more than 10 or 15 minutes, then get up and comfort her, but put her back down in the crib and go back to your chair.

In another week or two, move the farther away, towards the door. Even these minor changes could be hard for your baby, but be patient. This is a time when you can fold her laundry and put it away, talking to her, so she's aware of your presence, but your attention isn't focused entirely on her. This way she can get used to the idea of separation gradually.

Sleep Issues 8-12 months

At the ages of 8-12 months, your baby will begin to need less sleep during the day and should be regularly sleeping through the night. But there's also much more activity and stimulation during the day - babies are eating up the world at this stage, they're learning so much.

If you're feeding him baby food during the day, and decreasing bottles, make the last bottle feeding at nighttime. You can also have a bottle in the night to soothe him if he wakes up.

Babies are teething at this time as well, and that can cause them to wake up in discomfort. You may be weaning the baby from breastfeeding, and that can be a difficult transition as well.

There are different schools of thought on handling babies who are a challenge to get to sleep. Some recommend letting the baby cry it out, but this is hard on the parents, especially on mom who may have been comforting and bonding with the baby all day long. It can seem cruel to just let the baby cry himself to sleep. He's just a little guy, after all.

Take extra care at this time to make sure the nursery is conducive to sleeping. Make sure his diaper is clean and his sheets are clean and soft. If he's teething, use a topical pain treatment that's safe for the baby. You can also invest in some homeopathic tablets that ease teething naturally. Make sure his nose is clear and not stuffy. If you use a foam wedge to keep the baby from sleeping on his stomach, sleep with a spare one night and then put that in his bed so that your scent is close to him at night.

Make sure the room isn't too cold or too hot; keep a humidifier in the room to maintain a good moisture balance, especially in the winter when rooms can dry out. Your baby just might be stubborn about sleeping, but try to figure out if there are physical problems that you can alleviate first.

Four Ancient Principles to a Happy Baby

Dr. Harvey Karp is a nationally renowned pediatrician and child development specialist. He is an Associate Professor of Pediatrics at the UCLA School of Medicine. Over the past 20 years, he has taught thousands of parents his secrets for making children happy.

When he began to study medicine in the 1970's, he was dismayed that a sophisticated, medical system didn't have one good solution for babies with colic, a terribly disturbing but common malady. He read everything possible about colic, and was determined to discover whatever clues possible to clarify why so many children and their parents were overwhelmed by this mysterious condition.

He first learned there are fundamental differences between the brain of a 3-month-old baby and that of a newborn. During the first few months of life, babies make massive developmental leaps. These disparities, he theorized, account for the huge gap between how parents in our society expect new babies to look, and act, and their true behavior and nature.

His second pivotal discovery came when he learned the colicky screaming that troubled so many of his patients and their parents was nonexistent in the babies of several cultures across the globe. He decided to investigate further to find out exactly why that was the case. He realized that, in many ways, the peoples living in primitive cultures are ignorant and backward. Though, in some areas their wisdom is great and our culture is actually the "primitive."

By combining past trusted information with modern techniques and research as well as his own observations from his years of practice in the medical field, he theorized four ancient principles - the missing "fourth" trimester, the "calming" reflex, the five "S's" and the cuddle cure - are

crucial to fully comprehending babies and developing the ability to comfort them and help them develop healthy and restful sleeping patterns early in life.

Keeping Baby Relaxed Throughout the Day

While you ultimately can't control when or how your baby sleeps, you can, in many ways, stack the deck in your favor. In terms of baby sleep tips, a good one is making sure that your baby spends his daytime hours in a relaxed and peaceful state.

Going from a state of being awake to one of sleep is a big transition, and one that requires some time. Most of us are probably familiar with the fact that the more "awake" you are when you try to go to bed the longer it will take to fall asleep - that is, the wider the gap in the transition between being awake and asleep, the longer it will take to achieve sleep. The same is true, of course, for your baby.

It is important, therefore, to encourage restful and peaceful days for your child. Particularly in the time leading up to bed, you want create an extremely relaxed and stress-free environment for your baby. By doing so you will be helping to create a situation for your baby where the transition from wakefulness to sleep is as easy as possible.

If your baby spends much of his day being held and rocked and kept otherwise peaceful, it's likely that this will carry through into the night, and he will fall asleep easily.

If, on the other hand, your baby spends his day in stressful situations - if he is on his own a lot, for example, and has to cry for a while to be tended to - it's likely that this will carry over into the night as well, making it difficult for him to fall asleep.

Although it may seem a little strange, babies are like adults in that a stressful day will make it difficult for them to sleep - just keep in mind that your baby's stresses are very different than yours, though no less valid in terms of a good night's rest.

Another thing that sometimes helps to keep your baby in a restful state is the use of a baby sling. Babies who spend a large part of their day being carried in a sling often sleep better than those who don't.

Whether you use a sling or not, the general rule you should be trying to employ is to be with your baby throughout the day. Babies that spend a lot of time in the arms of their mothers are generally more relaxed and sleep better. Remember that when your baby is left on his own in his crib, it is often very stressful for him, and babies that spend their days like this often don't sleep well.

Trial and Error

Every mother, whether a first-time mom or an experienced one, has to make those decisions about what's best for her baby. You can start out with books by "experts" and of course friends and relatives always have advice for a new mother and baby.

These are a way to start, but if what you're doing doesn't work, then you have to try something new. Try different things at bedtime to see what works for you and your baby. She's unique and not like any other baby, after all!

You can try different types of foods at night, or the timing of her last feeding. Are her pajamas soft and not scratchy? Be sure to use special detergents made just for baby clothes, especially in the beginning. Can you hang her clothes and bedding outside in the sunshine to dry? Who doesn't feel all cozy and comfy when going to sleep in bedding that's been dried outside? Just make sure no critters get into the bedding or clothes.

Do you have a ritual at night? Maybe it starts with a nice bath and then a feeding while holding her close to you. Nothing feels more wonderful than holding a baby right out of the bath when they have that wonderful baby smell. It's just important to make this a pleasant and relaxing time for both of you, especially when your baby's very young, in the first months of her life.

If it takes a long time for your baby to wind down, then you might need to start your rituals early in the day. If you've been playing with her beforehand, then it might take a little longer to get her to sleep. Again, those rituals of bath, feeding, talking and singing in a quiet, darkened room will soon signal bed time for your baby (and hopefully for you too!)

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

If you would like **your own Private Label Version of this report** and hundreds of others just like it on hot, high interest niche topics – all of which come complete with 5 custom cover graphics – [click here to visit our Niche Reports Resource](#).



WOW: Where Vision and Value Go Hand in Hand with Information & Opportunity!

Please click below to check out all of our entrepreneurial friendly sites and products.

=> <http://www.The-WOW-Experience.com>

Always something NEW on the horizon. Always something for YOU to use to grow your business!
That's what WOW is all about. Your success is our ultimate goal and our reason for growth.