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How To Comfort Your Baby Into a Good Night's Sleep

Breastfeeding Sleep

Besides being the optimal source of nutrition for your baby in her first year, nursing has obvious psychological benefits for both mother and baby. At birth, infants see only 12 to 15 inches, the distance between a nursing baby and its mother's face. Studies have found that infants as young as 1 week prefer the smell of their own mother's milk.

Many psychologists believe the nursing baby enjoys a sense of security from the warmth and presence of the mother, especially when there's skin-to-skin contact during feeding. Parents of bottle-fed babies may be tempted to prop bottles in the baby's mouth, with no human contact during feeding. But a nursing mother must cuddle her infant closely many times during the day. Nursing becomes more than a way to feed a baby; it's a source of warmth and comfort.

When the baby is being fed and nurtured in this way, it's natural for her to fall asleep quickly. When you know how much she can consume in one feeding, try to gently nudge her awake if she falls asleep too soon. You can easily rouse her with a little tickle of the feet. Otherwise, she'll get hungry sooner and you'll be feeding her more often.

Breast-feeding is good for new mothers as well as for their babies. There are no bottles to sterilize and no formula to buy, measure and mix. It may be easier for a nursing mother to lose the pounds of pregnancy as well, since nursing uses up extra calories. Lactation also stimulates the uterus to contract back to its original size.

A nursing mother is forced to get needed rest. She must sit down, put her feet up, and relax every few hours to nurse. Nursing at night is easy as well. No one has to stumble to the refrigerator for a bottle and warm it while the baby cries. If she's lying down, a mother can doze while she nurses.

Breastfeeding

New parents want to give their babies the very best. When it comes to nutrition, the best first food for babies is breast milk. Experts recommend that babies be breast-fed for six to 12 months. The only acceptable alternative to breast milk is infant formula. Solid foods can be introduced when the baby is 4 to 6 months old, but a baby should drink breast milk or formula, not cow's milk, for a full year.

Cow's milk contains a different type of protein than breast milk. This is good for calves, but human infants can have difficulty digesting it. Bottle-fed infants tend to be fatter than breast-fed infants, but not necessarily healthier.

Human milk contains at least 100 ingredients not found in formula. No babies are allergic to their mother's milk, although they may have a reaction to something the mother eats. If she eliminates it from her diet, the problem resolves itself.

Sucking at the breast promotes good jaw development as well. It's harder work to get milk out of a breast than a bottle, and the exercise strengthens the jaws and encourages the growth of straight, healthy teeth. The baby at the breast also can control the flow of milk by sucking and stopping. With a bottle, the baby must constantly suck or react to the pressure of the nipple placed in the mouth.

Initially, a breast-fed baby will need to be fed 8-12 times in a 24-hour period, especially since both baby and mother are getting used to the process. Breast milk is more quickly digested than formula, which is another reason why more frequent feeding is necessary.

Another reason for the constant suckling at the breast is to stimulate the mammary glands to produce more milk for the baby's growing appetite. But the extra time spent feeding the baby that first year is well worth it as breast milk passes along the mother's immunities and delivers the highest-quality nutrition for a developing baby.

Feeding During the Day

One thing you should consider when trying to get your newborn to sleep better at night is what his/her feeding habits are. Oftentimes the child will be active and otherwise busy during the day, and won't be doing a lot of feeding. The problem with this, of course, is that he/she will then wake you repeatedly thought the night for feedings.

A good technique, then, for getting your baby to sleep better at night is to "tank up" during the day. Try feeding every three hours during the day. This will not only ensure that you child's appetite is satisfied for the night, but will create an important association: you want your child to associate feeding with the daytime.

If your child does wake up in the night for a feeding, try to get him to do one full feeding the first time he wakes up. If you don't do this, you encourage him to "snack" throughout the night - i.e. wake you up every couple hours.

Again, it is important to understand these baby feeding tips should not be taken as hard and fast rules, but rather as guidance. Ultimately you always want to go with your parental instincts. However, you want to create both daytime and sleep associations for your child. You want him to associate feeding and play with something that happens during the day, and lullabies and baths as something that happens at night, before bed. By doing this you ease the transition between sleep and wakefulness, which is the ultimate goal in terms of putting your child to bed easily.

If, however, your child doesn't want to feed every three hours, don't force him. Similarly, don't force a full feeding when you wake him at night. Rather, think of the bigger picture: by creating

general habits and associations for your child, you will ensure a hasty and healthy sleep development.

Formula

If you're new mother, you already know that breastfeeding is best for your baby. But not everyone can successfully breastfeed. What's important is that your baby gets the nourishment he needs to develop and thrive. If your baby isn't thriving on breast milk, then you need to switch to formula. There are many different options to choose from.

The brand you choose isn't important. All formulas are prepared according to FDA regulations which specify minimum and, in some cases, maximum nutrient level requirements for infant formulas, based on recommendations by the American Academy of Pediatrics Committee on Nutrition. These regulations and the Infant Formula Act help to make sure that all infant formulas are nutritionally complete and safe for your baby.

The American Academy of Pediatrics does not endorse or recommend that your infant drink any specific brand of formula if you choose not to breastfeed, except they do say that low iron formula should not be used.

Baby formulas mostly differ in the type of sugar and protein that they have. Regular iron fortified infant formulas, such as Similac Advance, Enfamil Lipil, and Nestle Good Start Supreme are made with lactose and cow's milk based proteins. Most infants who are not breastfeeding exclusively should be given a cow's milk based iron fortified formula.

Soy formulas are made with soy protein and are lactose free. They are good for children who don't tolerate lactose or milk proteins.

Elemental formulas are also lactose free and are made with hydrolysate proteins, which are easy to digest for infants with protein allergies. If you have a family history of food allergies or formula intolerances, you might choose to start your baby off with a soy or elemental formula if you do not want to breastfeed.

Moving From the Bottle to the Sippy Cup

Most children, by the time they are about 9 months old, have the motor skills needed to drink from a cup. If you think your baby's ready to make the move from bottle to sippy cup, try filling a sippy cup with water and let your child try and drink from it. Don't expect perfection with the first tries. He'll probably drool, spit and dribble a bit, which will probably delight him! But within a few weeks and lots of practice, he'll be willing to take all his drinks from the sippy cup. He'll most likely be a sippy cup pro by the time he's about 14 months old.

If you start the transition from bottle to sippy cup early, you'll save yourself frustration - the longer a baby stays on the bottle, the tougher it is to get him to kick it. If the bottle is a

security object for your baby, choose one with a special favorite animal or character to help increase his willingness to try and use it.

"Bottle rot" is common concern for parents of children who drink from bottles. A child's teeth are susceptible to decay if he's always drinking a sugared drink from it - formula, milk, or juice. Natural bacteria in his mouth feed on these sugars and attack the teeth for 20 minutes every time he takes a drink.

What that boils down to is this: if he's taking sips from a bottle every few minutes for an hour, his teeth are exposed to the sugars for at least 80 minutes. Over time, that causes tooth decay, or 'bottle rot.' If he falls asleep, tooth-decay causing sugars can pool in his mouth for hours. Children are less likely to nurse drinks for long periods of time if they're offered in sippy cups.

The best way to avoid bottle rot is to give your child his drink and have him finish it within about 20 minutes. Then use a toothbrush or washcloth to wipe his teeth clean. Never put a baby in his crib with a bottle or sippy cup.

Finally, consistently emphasize what a 'big boy' he is by drinking from the sippy cup instead of his bottle, and he'll reach for his sippy cup more and more each day.

Common Misuses of Pacifiers

Experts have voiced valid concerns regarding the use (and abuse) of pacifiers. Not only can pacifiers cause 'nipple confusion' in an infant, it is also associated with premature weaning. A newborn infant is driven to suck on anything placed in their mouths, including a finger or artificial nipple. In an ill, small, jaundiced or easygoing baby, this drive to suck may become a substitute for feedings, since the urge to suck is being satisfied.

Some babies might be satisfied with the simple act of sucking, and if a weary mom or dad decides to try the pacifier in an attempt to get baby to sleep for a longer period of time or go further between feedings, it can result in such problems as poor weight gain, and in the nursing mom, mastitis, engorgement, a decrease in milk supply, or plugged lactation ducts.

Pacifiers and artificial nipples are specially designed so they automatically stimulate the spot in the back of the baby's mouth, between the hard palate and soft palate that stimulates the sucking reflex.

This might create a 'lazy baby' who will have trouble drawing mom's nipple into his mouth far enough back to that same sucking reflex is stimulated during feeding time. The pacifier's shape can even cause changes in the arch of the soft bony roof of the mouth, molding it high and narrow around the shape of the pacifier.

It is very important to avoid two common, yet very harmful, practices when using pacifiers. First, do not tie the pacifier to a string so that it's readily available within baby's reach should the urge strike. This is especially dangerous once baby becomes mobile and learning to crawl and roll, and could pose a strangulation hazard.

Secondly, do not dip the pacifier tip in honey or something equally sweet, as this could introduce cavities in baby's teeth. Generally speaking, infants and toddlers do not receive regular dental checkups like older children and adults, so therefore if a cavity should develop as a result of such a practice, it could result in severe harm and pain in baby's mouth and teeth.

And finally, be aware of the overuse or misuse of a pacifier. If your baby isn't fussy or upset, a pacifier is obviously not needed. Be aware of how you are feeling as a parent when you are offering a pacifier to your baby. Is it really to pacify baby? Or is it more to pacify you?

Bottle Feeding

There are three types of baby bottles available: glass, plastic and plastic with disposable plastic liners. Glass bottles are very durable but they are a little heavier to use and they are breakable. Plastic bottles are also very sturdy and are more lightweight. Bottles with liners are convenient since the liners don't need to be sterilized but they can also be expensive to use. Some plastic bottles are shaped at an angle to minimize the amount of air the baby takes in her stomach when feeding.

You can choose several styles of nipples in either rubber or silicone. You should buy new nipples every three months. As your baby gets older, buy nipples with larger holes.

Most babies are content with formula that is at room temperature. If your baby prefers warmed-up formula, heat the bottle (with the formula already in it) by running it under hot water from the faucet. This way you can ensure the liquid is not too hot and you can frequently check the temperature by shaking some formula on your wrist.

Don't microwave formula because the liquid heats unevenly. Even though the bottle may be cool to your touch, the liquid inside could be burning hot and scald your baby's throat.

Feeding time is usually an enjoyable experience for the person feeding the baby and the baby. Cuddling with your baby is important and feeding time is the perfect opportunity to get in some skin-to-skin contact. When your baby is about halfway finished drinking the formula in the bottle, take a break and burp her to release any gas that may be accumulating in her tummy.

A general rule of thumb is to burp your baby after every 2 ounces eaten. If you forget to do this, your baby will wake up from her restful sleep crying due to the need to burp.

Caring for Your Baby After Vaccinations

Nobody likes getting shots when they go to the doctor. But as a parent, it can be even more difficult when it's time for your baby to receive one. Sometimes a baby will have a mild reaction to a vaccination, and might have trouble sleeping as a result. You can help decrease your baby's discomfort by making sure he's comfortable and well-rested when visiting the

doctor's office and you can use home treatments to help relieve some of the more common minor reactions to vaccinations.

If your child develops a slight fever, try giving him acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). This can help reduce a fever and alleviate any pain felt in the location of the shot. Remember to never give aspirin to your baby because of the risk of Reye's Syndrome. The injection site might also become red and swollen.

A cool compress or ice pack applied to the site for approximately 10 to 20 minutes can also provide relief. A mild skin rash might develop 7 to 14 days following the injection, particularly with the chickenpox or measles, mumps and rubella (MMR) vaccine. Though this type of rash can last for several days, it usually disappears on its own without treatment.

You might find your baby is more fretful and restless and refuse to eat following a vaccination. If you can keep the commotion down at home, and cuddle and hold your child when he needs it, it will help him feel more comfortable and relaxed when it comes to bedtime. Also make sure he has plenty of liquids.

Keeping the house and the room baby sleeps in at a comfortable temperature will also help, as he's more likely to be fussy and restless if he's too warm. Try to keep in mind that if your baby does become a bit restless in the night that the discomfort is only temporary, and he's most likely to get right back on track with his sleeping and eating schedule soon.

The Benefits of Baby Massage

Many cultures have used massage as part of baby care for centuries, and research shows it can have many benefits. Not only does massage enable you to learn about and respond to your baby's body language. But it is also a wonderful way to make your baby feel safe and secure by showing that he or she is loved and cared for.

There are no hard and fast rules for baby massage, other than to ensure you are doing it safely. Your baby and you will discover together what works best for you both. Please bear in mind that massage is something you do with your infant, not to your infant.

It is strongly suggested you seek guidance and education on massage techniques from a qualified baby massage therapist, midwife, or other healthcare professional to ensure you are doing it safely. A ten minute massage, two or three times a week assists in strengthening the parent-infant relationship, babies love it and it can assist in alleviating baby ailments too.

In today's society, parents have heavy workloads and both their jobs and at home which can directly affect quality time spent with children. Infant massage, an age old tradition, is simple, free, can be administered almost anywhere and has a host of emotional and physical benefits for both parents and baby.

A child with a strong sense of attachment is more likely to grow up confident, assured and happy. The parent-infant attachment is rooted in the very early months of life, so by its very

definition infant massage has a deep effect on the emotional well-being of the infant and can be used to attain a sense of security for the growing child. The emotional benefits of infant massage, such as quality, one-to-one loving touch, can also be experienced by fathers.

Baby Massage and Its Connection to Sleeping and Thinking

The task of developing a regular and restful sleep pattern for a new baby is often an exercise in frustration and confusion for many parents. Research has shown that hospitalized infants grow more rapidly when correctly massaged. This is due in large part to the fact that massaged babies actually spent more time being quiet and calm, yet alert, and that when they did sleep, it was deep and very restful. This resulted in a more structured sleep pattern, as well as longer sleeping periods at night.

Doing a massage right after getting home from work will help a parent reconnect with baby after a hard day, and will help both baby and parent relax and unwind. Once you and the baby have developed a routine you will have a skill that will calm and quiet your upset child.

There will be times when this is just what is needed; not food, not a fresh diaper, but soothing, relaxing touch that a parent can give their little one. Even when circumstances cause a change in their routine or environment, a daily massage can be the hub of your baby's nighttime routine and the element that helps them prepare to fall into a deep, restful, restorative sleep.

In addition, learning to relax in our busy world is a skill parents need to nurture for themselves as well as for their children. Studies indicate that the positive effects of practicing infant massage are just as profound on the parent's physical, mental, and emotional well-being as they are for baby.

Infant massage has also been shown to positively benefit those infants with eating, gastrointestinal, bonding, attachment, weight gain, overall development challenges, which can also affect a baby's overall sleeping patterns. Massage also helps infants learn about their body and stimulates brain function, and the interaction between parent and child during the massage can stimulate the child's mental faculties as well, resulting in increased mental capacity.

How to Comfort Your Child Following a Nightmare

Nightmares and night terrors can be equally frightening for both child and parent, especially when they start happening frequently. Nightmares occur during the REM (rapid eye movement) phase of sleep. They might vary in length, but the child will usually remember what the nightmare was about.

Night terrors, on the other hand, happen about an hour or two after the child has gone to sleep, and can last anywhere from a few moments to an hour. They happen during the non-REM part of sleep, and even though his eyes are wide open, the child is asleep the entire time. When he awakens though, he'll have no memory of it.

But there are things you can do before your child goes to sleep and after he awakens from one of these to help calm and comfort him. Ensure that the period before bedtime is a calm, quiet and relaxing time for everyone. Babies find the voices of their parents very soothing, so talk quietly to your child before he goes to sleep, perhaps by softly singing a lullaby or telling a short story.

This will also help after the child wakes. It's important for mom and dad to remain calm. If you're tense, your baby will sense that and it will make it even more difficult to get him settled down again.

Be sure you can clearly hear your child if he cries out in the night. Baby monitors work great for this reason. It's important to get to your little one as soon as possible in order to comfort and reassure him. If you should hear him cry out, don't wake him if he hasn't woken up on his own.

Stay with him to make sure he goes back to sleep peacefully, or wait for him to wake up. Don't let him sleep with you after a nightmare, either. This may end up having a negative effect and giving the impression he should be afraid of his own room and bed. If it becomes habit, it could become a difficult one to break.

How to Treat Your Baby's Cold

Your baby's cold can be just as hard on you as it is on her. But you can help ease your baby's discomfort and keep the infection from worsening by ensuring she gets sufficient rest and liquids, which would include breast milk or formula if she's less than four months old. Older babies can have a little water, and by six months she can begin drinking juices.

To relieve congestion, try squeezing some over-the-counter saline solution drops into each nostril, then suctioning with a rubber bulb syringe after a few moments to remove the mucus and liquid. This works well about fifteen minutes prior to a feeding if it's difficult for your baby to breathe nasally while nursing. A bit of petroleum jelly to the outside of your baby's nostrils can help reduce irritation.

Sitting with you in a steamy bathroom while the hot water's on in the shower for about 15 minutes, or using a cool-mist vaporizer or humidifier to increase the moisture in your baby's room should also help provide some relief for her. A warm bath could also work, and might provide her some additional comfort.

Sleeping at a slight incline may also help relieve postnasal drip. However, don't use pillows in her crib to accomplish this; the risk of suffocation is too great. Try placing a couple of rolled up towels between the crib springs and mattress, or you might also want to try allowing her to sleep in her car seat in a slightly upright position.

Be sure to contact your pediatrician at the first sign of any illness in an infant less than three months old, especially in instances of a fever of 100.4 degrees or if she has a cough. Your pediatrician can give you guidelines about what constitutes a fever in older infants.

If baby's symptoms don't improve within five to seven days, her cough worsens, she's wheezing or gasping (possible pneumonia or respiratory syncytial virus, or RSV), or tugs at her ear (possible ear infection), your pediatrician should also be notified immediately.

Swaddling Your Baby

The practice of baby-swaddling dates back centuries and is still common in many cultures. Swaddling involves wrapping a baby securely from shoulders to feet with a small blanket. American Indians and people from the Middle East use bands and more sophisticated swaddling techniques, but more traditional swaddling techniques are still practiced in such countries as Turkey, Afghanistan and Albania.

Not only can swaddling be a great way to calm and sooth a fussy infant, it's also been shown to lower the risk of SIDS (Sudden Infant Death Syndrome). At the age of three months, when the risk for SIDS is greatest, traditional American swaddling techniques allow a baby to escape. It allows the baby to stay in a more stable position while sleeping, thereby lowering the SIDS risk.

In addition, swaddling has been shown to help babies sleep longer and more restfully by preventing the sudden movements that can cause them to wake up, thereby improving mom and dad's sleep quality and quantity also. Babies who are swaddled are said to feel secure, similar to how they felt while in utero. It can also assist in temperature regulation, keeping baby nice and toasty warm while sleeping.

A couple of additional perks to swaddling come during waking hours, too. A swaddled baby is easy to carry and hold – an adorable, compact little package. It can also help baby focus on breast or bottle feeding by keeping little hands out of the way.

Swaddling usually works best from newborn to approximately four months, but if baby is used to being swaddled, and then it might be utilized even longer. Babies just being introduced to swaddling may require an adjustment period. Modified swaddling, such as leaving arms free while swaddling the rest of baby's body, might be needed when first introducing the practice to your baby. The blanket should always feel snug but not tight.

Take special care to ensure baby's circulation is not compromised in any way or that baby is not uncomfortable. Ask a nurse, physician, midwife or other knowledgeable healthcare practitioner to demonstrate the correct technique for swaddling your baby.

Teething

Teething is the process during which an infant's teeth start to sequentially grow in. Teething can start as early as three months or as late, in some cases, as twelve months. It can take up to several years for all 20 deciduous (more commonly referred to as 'baby' or 'milk') teeth to emerge. Since the teeth literally cut through or erupt through the soft, fleshy gums of the infant, it's sometimes referred to as "cutting teeth".

Signs of teething may include irritability, loss of appetite, chewing and gnawing on objects, swollen or bruised gums, excessive salivation, a raised temperature, and sometimes even earaches and diaper rash. Teething symptoms will usually start to rear their ugly head approximately six months into your baby's development.

During this process, you'll discover your baby loves to chew - on just about anything and everything they can get their little hands on! This can be dangerous if the baby is allowed to chew on objects which are small enough to be swallowed or which could break while being chewed, creating a choking risk. Teething rings and other toys are often designed with textures that massage a baby's tender gums.

In cases where the infant is in obvious pain, some doctors recommend the use of anti-inflammatory or child-safe pain-relief treatments containing benzocaine, such as Baby Orajel. Some infants gain relief from chewing on cold objects such as a cool washcloth or a specially-designed teething ring that can be frozen. You might also want to massage baby's gums with a clean finger. Your baby might find it uncomfortable initially, but will probably find it comforting after a few gentle rubs.

Pediatric dentists suggest brushing baby's teeth as soon as they begin to appear, and not to wait for all teeth to come in before introducing an oral hygiene routine. However, the use of toothpaste during this process is generally discouraged.

Using a Baby Sling Can Make Life with Baby Simple

The use of baby slings, or "baby wearing" as it's sometimes called, is very common in many cultures around the world. More parents in the United States are learning about baby wearing from attachment parenting books and websites, and are realizing the benefits are numerous.

The sling a comfortable and simple way of carrying your little one, and can be used for infants and toddlers alike. It's simple to be discreet when breastfeeding if you're using a sling and it is much friendlier to mom and dad's skeletons than backpacks and simple arm toting.

Evidence has also shown that babies in slings are less susceptible becoming colicky, and are less likely to spit up excessively. Slings have also been shown to lower mortality rate in premature infants, and that the natural movement and stimulation provided by being in a sling promotes neurological development.

One of the greatest benefits of baby wearing is that either mom or dad can more easily complete daily tasks around the house.

Lastly, babies who are nurtured in a sling realize they are safe, secure and loved, and the sling assists in continuing the bonding process. Parents who use a sling are usually more tuned in to their baby's needs, and the baby finds comfort in the sling environment which simulates the pressure, motion and warmth sensations they experienced before birth in the womb.

It can also reduce fussiness and crying, and can help lull your little one to sleep. They're more likely to sleep longer and more comfortably while in a sling as well. It can also help reduce the level of stress hormones in your baby. All of these result in a more restful night's sleep for both baby and parents.

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