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Sleep Problems, Nursery Issues and More: All About Baby Sleep

Topics Covered:

Attachment Parenting Tools

Co-sleeping

Bathing

Music for Babies

Daylight Exposure

Naptime

Nighttime Help

Sleep Talking and Sleepwalking in Children

SIDS

Room Temperature Can Help Reduce the Risk of SIDS

Smoking Significantly Increases Baby's SIDS Risk

Some Tricks for the Transition

Moving to the Nursery

Nursery Setup

Nursery Decor

Nursery Feng Shui

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Attachment Parenting Tools

Attachment parenting (AP), a phrase coined by pediatrician William Sears, is a parenting philosophy based on the principles of the attachment theory in developmental psychology. According to attachment theory, a strong emotional bond with parents during childhood, also known as a secure attachment, is a precursor of secure, empathic relationships in adulthood.

Attachment parenting describes a parenting approach rooted in attachment theory. Attachment theory proposes that the infant has a tendency to seek closeness to another person and feel secure when that person is present.

In attachment theory, children attach to their parents because they are social beings, not just because they need other people to satisfy drives and attachment is part of normal child development.

Dr. Sears' attachment tools, also known as the seven B's, is a style of caring for your infant that brings out the best in the baby and the best in the parents. The B's include birth bonding, breastfeeding, baby-wearing, bedding close to baby, belief in the language value of your baby's cry, beware of baby trainers and balance.

Dr. Sears reminds the parents of his patients that AP is a starter style, and that there could be medical, environmental, or family circumstances that could prevent parents from practicing each of the seven B's, and that they are to be a tool to get parents off on the right start. It's not to be considered a strict set of rules, but encourages responsive parents by recognizing their baby's cues and level of needs.

He again emphasizes the phrase "tool" over "steps." A tool can be individually chosen based on its usefulness, whereas a step implies that each must be used in a correct order to get the job done. He encourages parents to stick with what's working and adjust those tools that aren't. This process will help parents design their own parenting style unique to them that helps baby and parents plug into one another.

Co-sleeping

While western culture discourages it, studies have shown that co-sleeping with a breastfeeding infant promotes bonding, regulates the mother and baby's sleep patterns, plays a role in helping the mother to become more responsive to her baby's cues, and gives both the mother and baby needed rest.

The co-sleeping environment also assists mothers in the continuation of breastfeeding on demand, an important step in maintaining the mother's milk supply.

There are many ways of co-sleeping. Some mothers keep their babies in bed with them all the time. Other mothers set up the crib or bassinet in the mother's room; their babies are brought to the mother's bed when they wake. Other mothers sleep with their babies on a mattress in the baby's room.

This is a personal decision for every mother. If you decide to co-sleep with your infant, there are some guidelines for doing it effectively and safely.

Parents should not sleep with their babies if they are smokers or have ingested alcohol or drugs. Do not co-sleep if you drink alcohol or medications that make you sleepy, take drugs, or smoke. Co-sleep only on beds, not on couches or recliners. Bedding should be tight fitting to the mattress and the mattress should be tight fitting to the headboard of the bed.

There should not be any loose pillows or soft blankets near the baby's face. There should not be any space between the bed and adjoining wall where the baby could roll and become trapped. And of course, the baby should not be placed on its stomach.

There are as many options as there are parents and babies. As babies grow and changes their sleep patterns, families often respond by changing sleeping spaces. The only right choice is what works to give the whole family as much rest as possible.

Bathing

Bath time is a special time of bonding with a baby and her parents. It's a time to play gently, talk and sing. Get everything you will need ready before you start! The list includes water (of course), washcloth, alcohol pads, bath towel (with hood if you have one), clean diaper, any items you routinely use during a diaper change (for little circumcised boys this would include Vaseline and gauze squares), and fresh clothes.

Use a special baby wash and baby shampoo, preferably natural ones with calendula oils; regular soaps and shampoos can be too harsh or drying. Babies lose body heat very quickly, so make sure the room is warm -- 75 to 80 degrees Fahrenheit is ideal.

Gently cradle your baby's head in one hand and use the other hand to remove her clothing. Gently wash her with a soft, warm washcloth, and dry her off with a towel. If you like, you can wash one area at a time and put a fresh item of clothing on as soon as an area is washed and dried. This is not necessary unless you are in a chilly room.

It's a good idea to start with the "less dirty" areas first, i.e. leave the diaper area until last, so you're not washing the baby in dirty water. As you go, be sure to gently wash behind her ears; the crevices in her neck, elbows, and knees; and in between her fingers and toes. It's a good idea to wash a newborn's hair near the end of bath time.

This will help prevent him or her from losing too much body heat. Most newborns don't have much hair, so it is easy to sponge it with water much the same way you do the rest of the body. Almost all babies dislike getting their eyes wet. If you tip the head back just a bit and work your way from the front to the back, you can avoid getting water in your baby's eyes.

Music for Babies

You've probably seen videos and CDs for babies. There are some theories that classical music can make your baby smarter, and exposing your baby to music is part of what we do to introduce them to all the sights and sounds of their world.

Music can definitely help calm your baby down and put him in a restful state at bedtime or nap time. What are some good choices for a baby?

Almost anything you love or use for relaxation is good for a baby too. There are good collections of Mozart or Bach for bedtime. The music of Enya can be very soothing as well. Georgia Kelly's harp music is also relaxing and peaceful.

When your baby's awake, there are lots of nursery rhymes or music from kids' movies that can stimulate his senses. We've known kids who respond to minimalist Phillip Glass's music; it's simple and rhythmic and when they get older, they'll dance with it. Spirituals and soft gospel music are also good choices to help the baby get to sleep.

White noise, in the form of a fan (not directed right at the baby), or from sound machines that simulate the sound of an ocean or rain can be restful as well, and can block out noise from the home. You don't need to create an artificially silent environment for the baby, however, since that can make it harder for them to get to sleep when the home's rhythms and noises get back to normal.

This is a great time for you to explore classical music as well, if it's not already part of your life. The same music that's helping your baby get to sleep can help soothe your own nerves and provide a wonderful time of bonding and restfulness for you and your baby together.

Daylight Exposure

Remember your baby is used to a dark, quiet environment in the womb. She's not used to the usual cues of nighttime sleeping. Nighttime, at first, is what she's used to asleep or awake.

One method of getting your baby used to sleeping at night, or in the dark, is to be sure she's exposed to lots of sunlight during the day. When it's time to nap or time to go to sleep at night, part of your ritual can be dimming the lights, simulating dusk and nighttime, even if it's an afternoon nap. This way, she'll get used to day and night cycles and learn that nighttime and darkness are for sleeping.

There are clocks called dawn simulators that will gradually dim into total darkness over a period of about half an hour. This can be a way to gradually dim the light in the baby's room. You can start while you're still rocking her to sleep. When you start putting her in her crib when she's still awake, you can set the clock to start to dim when you leave the room, or leave part way through the cycle. This way you're not just flipping out the light and leaving her alone in the dark.

You can do this for nap times too. The clocks will cycle on slowly in the morning as well; you want to be sure that you mute the actual alarm sound, though, so you don't wake the baby up with a shock.

If you combine any of these devices with your usual routines, you'll help teach your babies the cues for going to sleep at nap time and at night. These are gentle methods that many parents prefer to just letting the baby cry it out.

Naptime

A new baby needs a lot of sleep and when they're not sleeping, they can be hungry or need a diaper change. It's a little hard to know in the beginning what's making your baby cry or if he's tired. But as you both begin to settle into your routines, you'll begin to notice the cues that your baby needs to nap.

You want to make sure he gets in good naps during the day and at appropriate times so that you won't have as much trouble getting him to sleep at night.

Even a very small baby will rub his eyes when he gets tired. He'll yawn; perhaps he'll get fussy. As children get a little older, their activity levels may pick up as they get tired and try to avoid sleep.

Try to keep to regular nap times during the day. If your baby is napping 3 times a day, then a mid-morning, early afternoon and late-afternoon nap is appropriate for a baby with a 7:30 or 8 PM bed time.

Often babies get tired towards dinner time, and then parents are faced with a dilemma. Do you let the baby sleep and risk not getting to sleep at bedtime? Or do you try to keep him awake through dinner and perhaps put him to bed a little bit earlier?

Most parents will opt for trying to keep the baby awake a little longer in favor of keeping to a regular bed time. But if it's been a busy day for the little guy, let him have a very short nap and then wake him up gently for dinner or a feeding and some light play before putting him to bed for the night.

Remember to make rituals for naps as well as bed time so your baby gets used to sleeping at regular times.

Nighttime Help

There's only so much one person (or two) can do to get a baby to go to sleep. There are things you can use other than your own shoulder to help lull your baby to sleep.

A baby swing can be a good idea and leave your hands free. Set the swing at a slow and gentle rock; you don't want this to be an exciting or stimulating experience. You want to make it relaxing so your baby can fall asleep.

A glider or rocker is restful for both of you. And a good pillow support, like a Boppy pillow is good for late-night breast feeding. It's a nice U-shaped pillow that provides good support for your baby, as well as for your back.

If you're on a budget, some parents swear by putting their baby in a baby seat and putting it on top of a dryer. If you do this, be sure to put the dryer on air only - you don't want to overheat him.

A motorized cradle or bassinette can also be soothing for a baby. As a last resort, you can always bundle the baby into his car seat and drive around the neighborhood until he falls asleep. Many experts don't recommend artificial aids like this however, as it's impossible to sustain it and you won't get the baby used to sleeping on his own.

There are also many ambient noise machines on the market that can also help mask household noises and provide a soothing environment for the baby (and for many adults). You can usually set them for a variety of noises, like rainfall, windchimes or ocean sounds. You can also leave the TV on quietly in another room so the baby doesn't feel completely isolated in his room.

Sleep Talking and Sleepwalking in Children

Sleepwalking and sleep talking are members of a group of sleep disorders called parasomnias. Though it's not known just exactly why children walk and talk in their sleep neither are considered to be serious disorders, and are not result of any physical or psychological problem. Both occur during a child's deep sleep, approximately one to three hours after falling asleep.

Sleep talking occurs more often than sleep walking in children, though they often do occur together. Parasomnias tend to run in families, and children may experience one, two, or all three types.

Of course, the main concern parents have for their sleepwalking child is their safety. A sleepwalking child does not have the judgment capabilities he normally does during waking hours, which makes the likelihood of injury when sleepwalking great. It may be difficult for parents to protect their sleep-walking children, since they don't make much noise, which makes it difficult for parents to tell when their children are sleepwalking.

The best way to protect their children is to be prepared. Parents should completely evaluate their child's room for any potential hazards. Bunk beds or any bed that's high off the floor is probably not a good idea for a sleepwalker. Toys, shoes, and any other objects on the floor should be picked up and put away prior to bedtime.

Bedroom doors should be shut and windows should be locked, which will help ensure the child stays in his room and does not wander around the house. Alarm systems for doors, windows and even the sleepwalker's bed might also be considered by parents. Sleepwalking usually stops by the child's adolescence, and as long as safety precautions are taken, should not be a great cause of concern.

Sleep talking is much more common parasomnia. Children who talk in their sleep may speak very clearly and be easily understood, while others may mumble, make noises or be incoherent. If children are speaking loudly and seem upset, it might be a good idea for parents to go to their children and comfort them without waking them.

If they're simply talking, it's best just to leave them alone. The episode will probably end within a short period of time.

SIDS

It's the most frightening, bewildering and heartbreaking thing that can happen with a newborn. Sudden Infant Death Syndrome (SIDS). It's defined as when as when a baby dies in the first year of life from no apparent cause.

The causes still aren't fully known, but in SIDS deaths, the baby's recovery mechanisms if deprived of oxygen aren't developed and he's not able to rouse himself if his breathing becomes obstructed, such as when he's sleeping face down.

There's no way to predict whether a baby is at risk for SIDS, although the occurrence of SIDS deaths has decreased in the last 10 years. Creating a safe sleep environment for the baby is one way to help prevent SIDS.

For the first year of life, babies should be put to sleep on their backs. If put to sleep on their sides, they should be positioned with one arm forward to keep them from rolling over on their stomachs. Soft foam wedges can be purchased for just this purpose.

Avoid loose, fluffy bedding and make sure your baby's face isn't obstructed. Be careful not to overheat your baby by over-wrapping him or dressing him in too many layers.

Don't smoke and don't allow anyone else to smoke around the baby. Make sure he has a firm mattress in a safety-approved crib.

There are monitoring systems that can alert you if the baby stops breathing. There are some indications when you might want to consider this:

--If the baby has had any life-threatening episodes, such as turning blue, or an episode requiring mouth-to-mouth resuscitation.

--If the baby had older siblings who died of SIDS.

--If the baby was premature

Make sure to keep all well-baby appointments to make sure his lungs are fully developed and to maintain all immunizations.

Room Temperature Can Help Reduce the Risk of SIDS

Parents no longer have to lose sleep over Sudden Infant Death Syndrome (SIDS) thanks to the latest research findings, and they can take a proactive role in reducing both the worry and risk involved for their infant. SIDS appears to result from a combination of various factors including breathing difficulties, underdevelopment of baby's cardio-respiratory control functions, dangerous sleeping habits, and various medical conditions.

Dr. William Sears, father of eight and a practicing pediatrician for over 30 years, suggests that the following SIDS risk lowering steps can help parents can reduce the risk and create a nurturing, safe, and comfortable environment for their little one, both pre-natally and post-natally.

The first step, according to Dr. Sears, is giving your baby a healthy womb environment. Although the SIDS risk in premature babies is higher, the good news is that over 99 percent of premature infants don't die of SIDS and that mothers-to-be can take pre-emptive steps to lessen their baby's risk to SIDS with smart prenatal choices.

He advises getting good prenatal care, feeding yourself properly with lots of high-nutrition foods, and giving your baby a drug-free and smoke-free womb are three great ways to decrease the risk.

He also advises keeping your baby comfortably warm, but not too warm. Over-bundling, and consequently overheating, has been shown to increase the risk of SIDS. Overheating may disrupt the normal neurological control of sleep and breathing.

The respiratory control center in the brain is affected by abnormal changes in temperature, and SIDS researchers believe that overheating may cause respiratory control centers in some babies to fail.

Make sure your baby's head is uncovered, and put your baby to sleep on his side or back. When baby sleeps on her stomach, or prone, with her cheek and abdominal organs against the bedding, these prime areas of heat release are covered, thus conserving heat. Also, never bundle a sick baby, as babies who are sick tend to have fevers, and bundling only increases body temperature.

Keep the room temperature where your baby sleeps around 68 degrees, unless you have a preterm or newborn weighing less than eight pounds; then you might want to increase the temperature by a few degrees. As a general guide, dress and cover your infant in as much, or as little, clothing and blankets as you would put on yourself. Then, let your hands be a thermostat. Babies who are overheated tend to be more restless as well.

Smoking Significantly Increases Baby's SIDS Risk

Experts found babies whose mothers smoked during pregnancy were born with smaller airways - making them more vulnerable to breathing problems after birth. These breathing problems can put your baby at increased risk for Sudden Infant Death Syndrome (SIDS). Smoking has been linked to various health problems in babies, including pre-maturity and low birth weight. Mothers who smoke are at increased risk of having a stillbirth, miscarriage or premature infant.

Smoking while pregnant will lower the amount of oxygen available to you and your growing baby and increase your baby's heart rate. These health factors also contribute to raising the SIDS risk for your infant, and in your child's decreased ability to breathe correctly or take in enough oxygen for a restful, restorative sleep at night.

Babies born to mothers who smoke are significantly lighter and shorter than those born to non-smokers. Children who are exposed to tobacco smoke before birth or in the home are far more likely to suffer from respiratory illnesses and infections, which can also contribute to a decrease in quality of nighttime sleep for your baby.

The more cigarettes you or your baby's caregiver smoke per day, the greater your baby's chances of developing these and other health problems. Studies show that a baby's risk of SIDS rises with each additional smoker in the household, with the number of cigarettes smoked a day, and with the length of exposure to cigarette smoke.

So give your baby and yourself the best chance at a restful night's sleep and keep your home and your baby's sleeping environment smoke-free. Your baby will thank you and you'll sleep better knowing your baby's risk for SIDS is greatly diminished and that your baby is breathing clean air with each breath he takes at night.

Some Tricks for the Transition

As a new parent, one of your priorities will be to establish good sleeping habits with your newborn. Your baby needs to learn to sleep on his own; the transition from sleeping with his mother to sleeping by himself takes some time. Of course, as an added bonus, if you get your baby to learn to sleep on his own you will also get some much needed rest yourself.

Many baby sleep tips center on the idea of establishing routines and associations for your child between nighttime and sleep. The sooner your child begins to associate bedtime with sleep, the more likely he is to be able to go to sleep without a fuss. A period that is often overlooked,

however, in establishing day vs. night associations, is the period of "transition" - that is, the one between being awake and falling asleep. Here are some transitioning techniques to try:

Try what is sometimes called "fathering down." Just before placing the baby into bed, the father should cradle the baby in such a way that the baby's head rests on the father neck. The father should then talk gently to the child. Because the male's voice is much deeper than the female's, babies are often more soothed by it, and will fall asleep more easily after being exposed to it for some time.

You can also try what is sometimes referred to as "wearing down." This is effective if your baby has been active throughout the day and is too excited to go to bed easily. All you have to do is place your baby in a sling or carrier - "wear him" in other words - for about half an hour before his bedtime.

Simply go about your regular household activities: being close to a parent and slowly rocked about before bedtime will provide your child with an easier transition from being awake to being asleep.

Finally, if you've exhausted other options, you can go for the tried and true method of "driving down." Most parents are probably familiar with this as a last resort: place your baby in the car and drive around for awhile until he falls asleep. This one, while inconvenient, usually works every time, and if you desperately need some sleep it can be a godsend.

Obviously, you don't want to do things like drive around every night to get your child to sleep. Nor do you want to have to carry him around in a sling. The idea, though, is to start with these more drastic techniques and then slowly ease out of them. Keep in mind what a major transition your baby is going through when he is tiny: he's never slept on his own before.

He simply doesn't know how to transition himself from being awake to being asleep. By employing these transition techniques you will be slowly teaching him how to do so, and as they are gradually removed your baby will learn good sleeping habits, which will ensure that both you and your child get a good night's rest.

Moving to the Nursery

When you bring your new baby home, you probably will have the urge to keep him near you at all times, especially when you (try to!) go to sleep for the night. It makes sense to have a crib or cradle in your bedroom at first, since it will minimize the distance you have to walk to handle nighttime feedings.

You can try moving the baby into his nursery for naps right from the beginning, to try to minimize any trauma or anxiety by moving him into a strange room with new smells and sights when he's a little older. Sit with him in a rocker or glider and rock him to sleep at first, then move him into his crib.

Later, you can put him in his crib and if he's fussy or can't get to sleep, try sitting near the crib for a few nights until he falls asleep. Then move the chair further away for another week or so. Finally, position the chair near the door, so the baby gets used to falling asleep without being right next to you.

It will be hard in the beginning, but if you're consistent, eventually, you'll get your baby to the point where he can fall asleep in his own room. Start to establish a nighttime routine, so your baby knows what to expect. A nice, warm bath, followed by changing into soft clean pajamas is a good start. Even a very young baby can be read to at bedtime.

You can also sing to him and just talk to him. The sound of your voice is what matters so he feels safe and secure enough to fall asleep. By starting these simple routines early, hopefully you'll avoid trouble later on trying to move the baby into his nursery and getting him to sleep at a normal time.

Nursery Setup

The most important part of any nursery is the crib. You want to make it safe and cozy. No matter what type of crib you get, make sure it conforms to all safety guidelines and standards. Make sure the crib mattress fits snugly against the rails, so the baby can't get wedged between them. You also want to be sure the crib sheet fits snug and tight, nothing loose or bunched up.

Until the baby is at least a year old, you don't want to use sheets or blankets. A comforter or quilt should be for decoration only in that first year. Make sure the baby's sleepwear is clean and soft and appropriate for her age and for the weather. You don't want them too warm or too light, as babies can't regulate their own body temperatures at first.

The only crib accessory that you want inside the crib when the baby's sleeping is perhaps a small, foam wedge that you can use to keep the baby from rolling on her stomach. Sleeping on her back or on her side is the position many experts recommend at first.

The sheets should always be fresh and clean; use unscented detergent in case your baby's sensitive to fragrances.

Keep the room dust-free and the space underneath the crib clutter-free, so it won't accumulate dust. If your baby's sensitive to dust, you don't want to trigger a bout of sneezing and a runny nose at bedtime or naptime.

Make the room and bed sheeting colors soft and restful. Too much color and contrast will stimulate the baby's vision and keep her alert, just when you want her to wind down for bedtime or a nap. The baby's room and crib should be soft and inviting places to be. She has busy days - there's so much to learn and do! The crib needs to be a place that's calm and restful for her.

Nursery Decor

There's nothing more wonderful than planning the nursery for your new baby. If you've decided to find out the gender of your baby, you can have the room all ready for him or her when you come home from the hospital.

What kinds of things do you need to create a safe haven and optimal sleep environment?

The trend for awhile was to have bright, stimulating colors in the nursery or mobiles in black and white to help the baby's eyes develop. This faded from popularity pretty quickly as parents found out all that trendy stuff wasn't conducive to sleep!

Make sure your crib conforms to all the guidelines for safety and that you have a good, firm mattress. Keep to softer pastel colors - blues, greens, pinks and yellows. Any color you like is good, although some, like blues and greens, are more restful.

Make sure the bedding and the entire room is clean and fresh. Until your baby is at least a year old, a quilt or comforter should be for decoration only. You can buy specially made quilt clips to hang it on a wall. Your baby's bed needs to be unobstructed by blankets, pillows or sheets, so that her face is clear at all times and there's no danger of obstructing her breathing.

You might want to have a small foam wedge that's positioned to keep the baby from rolling on her stomach. You should also keep stuffed animals or other toys out of the crib until the baby's older. In addition, you may want to purchase a baby monitor to hear your baby throughout the night. These days, some monitors actually show your baby on a screen or video, amazing!

Make the room a pleasant one. If you use a scent, like lavender, keep it light. Nothing overpowering. Keep it as dust-free as possible to avoid sneezing and stuffy noses. The nursery should feel like a safe and cozy place that your baby associates with restfulness and security.

Nursery Feng Shui

You've probably heard of feng shui, the Chinese system for arrangement and placement of furniture in a room. It's often used in businesses and homes as a way to create positive energy in your environment. Even if you've never used feng shui in your own space, why not consider it for your baby's room?

Feng shui is now making its way into the nursery, and for good reason, too. Feng Shui proposes that by arranging and aligning the room correctly, energy will flow better in the room. Positive energy flow will create an environment to thrive for people of any age, especially a baby.

To maximize the energy in baby's room, there are several important factors to consider, such as room location, safety, colors, and furniture arrangement. Using feng shui in the nursery will help to make babies less fussy, who will feel more comfortable in their surroundings, and who will be healthy and flourish. What does it take to accomplish this?

Following some basic considerations will help both baby and parents create a room that makes them both happy.

First of all, put the baby's room in a good location. A new baby should have a bedroom that is not over a garage or has an empty space below. The bedroom also shouldn't be located where there is excessive noise that might keep the baby from sleeping, such as close to a living room where the TV is on, or close to a noisy street or neighbor.

The bed should not be against a window or be directly in line with the door. Make sure the baby does not sleep or is placed against a slanted wall. Avoid placing the baby against a wall that is shared with a bathroom, toilet, storage, or utility-type room. Create good, but soft energy and movement, with mobiles hung close to a window to move gently in the breeze and keep soft music playing in the room.

The baby's nursery should always be clutter free. Nothing at all should be underneath the crib. Few things should line the walls, keep it minimal. Each night, the dirty diapers should be taken out so a clean, fresh smell circulates. A small air filter can be placed to ensure clean crisp air 24/7.

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