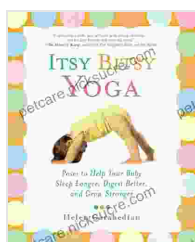


Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger

As a new parent, you want to do everything you can to help your baby thrive. This includes ensuring they get a good night's sleep, digest their food properly, and grow strong and healthy. Certain poses can help you achieve all of these goals.



Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger by Helen Garabedian

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3293 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 268 pages



The Best Poses for Baby Sleep

The side-lying position is one of the best poses for baby sleep. This position helps to keep your baby's airway open and reduces the risk of SIDS. To put your baby in the side-lying position, simply lay them on their side with their head supported by a pillow. You can also use a rolled-up blanket to support their back.

The curled-up position is another good pose for baby sleep. This position helps to create a sense of security and comfort for your baby. To put your

baby in the curled-up position, simply wrap them up in a blanket and place them on their side. You can also use a pillow to support their head.

The Best Poses for Baby Digestion

The tummy-down position is the best pose for baby digestion. This position helps to put pressure on your baby's tummy, which can help to relieve gas and constipation. To put your baby in the tummy-down position, simply lay them on their tummy with their head turned to one side. You can also place a rolled-up blanket under their chest to help support them.

The gas-passing position is another good pose for baby digestion. This position helps to release gas from your baby's tummy. To put your baby in the gas-passing position, simply hold them upright with their tummy against your shoulder. You can also gently rub their back to help them pass gas.

The Best Poses for Baby Growth

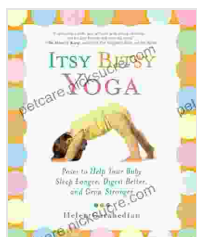
The Superman pose is the best pose for baby growth. This pose helps to strengthen your baby's back, neck, and arms. To put your baby in the Superman pose, simply lay them on their tummy and lift their arms and legs up off the ground. You can also hold them upside down by their ankles and gently swing them back and forth.

The airplane pose is another good pose for baby growth. This pose helps to strengthen your baby's legs and core. To put your baby in the airplane pose, simply hold them upright with their tummy against your forearm. You can then gently bounce them up and down.

These are just a few of the many poses that can help your baby sleep longer, digest better, and grow stronger. By incorporating these poses into

your baby's routine, you can help them thrive and reach their full potential.

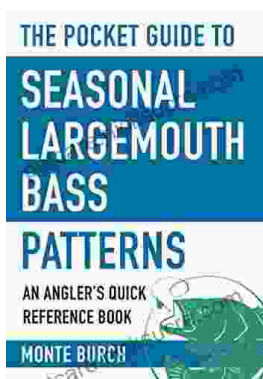
As always, be sure to talk to your doctor before starting any new exercises or poses with your baby.



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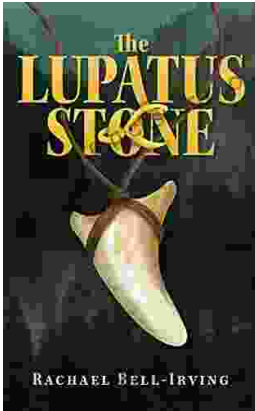
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