

Weekend Recap: Breaking Bad, She Rolled Over, 4 Month Shots Delayed, and Teething

Description

Hey there! Wonder why Iâ€™m posting a weekend recap on Tuesday? Well, because Kelley took off Monday to spend time with Avery and me and to go with us to her 4 month wellness check. So it was just a three day weekend for us. Even as a stay-at-home parent, I still love these!



Avery and Mommy with our fat cat photo bombing

After getting Avery to sleep on Friday night, we kicked off the weekend by watching 3 of the 6 episodes of â€œBreaking Badâ€• we had left. Geez, it was hard to not keep going, but hey, weâ€™re responsible parents and knew we should rest instead.

Speaking of responsible, we finished the last of the episodes while having Avery with us during the day on Saturday. Thatâ€™s not wrong, right? She was very demanding of attention, but luckily she accepted being pushed in front of the T.V. and playing peek-a-boo with daddy. And wow, what a great ending for â€œBreaking Bad!â€•



Crying or laughing? Couldnâ€™t figure it outâ€•.

We also made Avery suffer through watching Mom and Dad do a workout video together just like [last weekend](#).



On the food front, I was able to roast a big batch of Brussels sprouts and garlic. I added nothing, just put them on a baking sheet and popped them in the oven at 365 degrees for 50 minutes. I love these things!



I could eat these like popcorn!

Then I cooked several servings of egg whites and turkey patties to last me through most of the week. I didn't add anything to them while cooking, but always go herb and spice overboard when preparing a meal with them. Tip: adding salsa and/or brown mustard is a great way to quickly add nutritious flavor that won't weigh you down. Also, try using salsa as salad dressing instead of those rich, creamy dressings loaded with oil.



On Sunday our little girl had one of many "firsts" by rolling over during Tummy Time! Being the new parents that we are, we acted as if she just busted out break dancing! That's a fun visual!



What?

Anyway, apparently [Avery already talked about her first rolling over experience](#), so this may be nothing new to you. This whole weekend sheâ€™s really increased verbally too, and is making the cutest gurgle-like coos ever. Man we love our daughter!

Monday meant it was time for Averyâ€™s 4 month wellness check, so we headed off to the doctorâ€™s office. Once there, they couldnâ€™t find us scheduled and it turned out that when Kelley made the appointment back in early February, they accidentally entered February 17th instead of March 17th. Oops! So Avery got to skip her shotsâ€¦for a few days. We rescheduled for this Thursday which ended up being better since our doctor will be back in town anyway.

Kelley was a little bummed since she canâ€™t take off again, but since we are doing the [revised vaccination schedule](#) as recommended by [Dr. Sears](#), sheâ€™ll have more chances to join us!

The revised vaccination schedule just spreads the vaccines out so your baby isnâ€™t overwhelmed with so many chemicals in the body at once. The end result is the same, just more doctor visits to get there. Considering my stay-at-home status, this wonâ€™t be an issue and we hope Avery benefits from our decision.

Starting just this weekend, Avery has been having completely random bouts of screaming and crying for quite a while and then sheâ€™ll go back to smiling eventually. We get sheâ€™s a baby and will do completely random things, but thatâ€™s just, wellâ€¦random.

During one of her screaming spells, I sat there holding her while looking in her mouth and Iâ€™m pretty sure I see two little teeth working their way out on the top and one on the bottom. Sheâ€™s been chewing, drooling, and coughing for a few weeks now, but with teeth poking through her gums, she is not happy!



Chewing on her carrier

Weâ€™ve been keeping her Baltic Amber necklace on all the time now, and I am hopeful itâ€™s keeping her from being in even more pain. Iâ€™ll keep a close eye on those teeth and update you soon!

We ended our Sunday with another round of Tummy Time. This time, she had her cloth diaper on which made it more challenging, but after a struggle, she made the roll! Then we put her back on her stomach for another try and this really ticked her off, but she did it once more!



Job well done!



So close!

We are so proud of Avery and I enjoyed this long weekend with my girls. Now we only have 4 days until Kelley can join us once more! Plus we have some fun things to try with Avery that Iâ€™ll let you know about soon!

Are you a â€œBreaking Badâ€• fan?

Have you heard of/followed the Alternative Vaccine Schedule?

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