

The Morning Phases of Our Baby: Wake Up, Smile, Fart, Crawl, Cry, Happy

Description

As all parents know, babies are not predictable as they are constantly changing physically and mentally. But, there's usually some sort of routine you have established which helps ease the mind at least a little.

Right now, at 7 months, we are usually greeted with a smile upon entering Avery's room first thing in the morning. Even if she is already awake and crying, she'll stop and flash her ~~pearly whites~~ rosy gums at us. The smiles may quickly turn to screams and cries as we try to feed her or set her down after changing her diaper, but those smiles are priceless.



Yesterday morning I captured what a typical morning for Avery and me is like during the workweek, when Going Mom is at work.

Starting with smiles upon seeing one of her parents, I then try to feed her a bottle, which 9 times out of 10 proves unsuccessful. Then I'll change her into a new cloth diaper, set her down on a blanket to put the dirty diaper away and wash my hands, listen to her cry as I leave the room, and then stop and act like all is well once I re-enter.

She's become very clingy and will let the whole neighborhood know she's not getting enough attention; it's fun! After she's changed, we will play on the floor for a while to release some energy and work on crawling. Eventually, I'll bring her to the kitchen and set her in her jumper while I clean whatever dishes are in the sink. I am OCD about dishes in the sink and feel that I must clean them immediately!

Once that's done, we go into the garage and I'll workout while she's next to me in her jumper. Not sure why, but for whatever reason, Avery is usually happier in her jumper when it's in the garage as opposed to in the kitchen area. It's great since trying to focus on lifting heavy is difficult when you have a screaming baby to contend with, but I wish she'd be good inside too! After working out, we'll go back inside where I clean myself and try to stop sweating so much before feeding Avery.

Sheâ€™s better about taking the bottle at this point, and sometimes even falls asleep while eating. If she does, weâ€™ll go to the nursery to change her and lay her down to sleep. If sheâ€™s still awake, weâ€™ll either play a little more or she will watch me make something in the kitchen. Not much longer and sheâ€™ll be yawning, rubbing her face, and most likely getting fussy; all signs itâ€™s time for a nap!

I donâ€™t eat my first meal of the day until after sheâ€™s asleep, which is typically around 1 or 2 pm after factoring in the time it takes to cook my meal. It works thus far, and I usually have 1.5 â€“ 2.5 hours before she wakes. But this post is about the morning, so Iâ€™ll stop there.

To help you better visualize Averyâ€™s morning phases, I will share the video with you here:

[youtube <https://www.youtube.com/watch?v=7Cc65AAukQw&w=560&h=315>]

Our daughterâ€™s morning phases at 7 months. Sheâ€™s learning to crawl and even lets out a nice fart. Sheâ€™s going to resent me in a few yearsâ€¦!

Does your baby have any particular morning â€œphasesâ€•?

Have you established a daily routine with your kid(s) or at least tried?

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