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My little baby drama ending

Do you feel like chaos is following in your footsteps? When you're stuck watching soap operas at the dentist, is your storyline a little familiar? Have you noticed that every time you log on to Facebook, it turns into a comment war with someone you haven't seen since high school? If you recognize any of these symptoms — especially if you recognize all three — you'll probably be able to use some small ways to avoid drama in your life. It is clear that the big roads do not work, but at least you can start with small ones. Dramatic personalities can do for good TV, but in real life, it's less appealing - unless you're a psychologist. There is a lot of research into what the dramatic royal court does. Back in 2015, researchers at the University of Texas actually developed a scale measurement of the need for drama, and this essentially confirms the obvious. According to the results, people who scored highly on the dramatic scale were more likely to be neurotic, lack of good faith, and dislike. It's not a particularly attractive portrait, is it? Whether you're trying to shift away from your need for theatrical work or distance yourself from the 1. Stay away from gossip. 2. If someone tells you something they want to keep secret, don't tell anyone — yes, that includes your mother and best friend.3 If someone has trouble keeping information, don't tell them the deepest and darkest secrets. Eventually, it's going to get out. 4. Keep your opinion of your colleagues (and bosses) to yourself. 5. Reassess your friendships. If you're hanging out with someone who leaves you exhausted, as you've just watched all season of The Real Housewives of Atlanta, take this as a sign to stop seeing it so much.6 Avoid raising your voice during arguments; he will only escalate things.7 Scaling your Vanderpump.8 Policy Overview. Do not assume that you understand someone's motives unless they have explicitly explained them.9 Focus on the positives.10 Let's go to anger. 11. Be honest. 12. In fact, we are talking about a problem rather than resorting to passive-aggressive techniques, such as leaving notes or ignoring texts13. Don't get involved on social media, no matter how tempting it is to troll a troll back. If someone tries to start an argument, remember that it is the Internet - literally nothing forces you to respond. Limit the use of social media if necessary. 14. At the end of each day, throw in a few things that you are grateful for so that you can put things into perspective.15 Stay away from the other battles, no matter how strong the strength of schadenfreude. 16. Learn to swallow your pride and apologize if you are wrong.17 If #16 is too much to ask, understand that everyone is capable of doing something wrong, and you are no exception. 18. Hold your tongue even when you come up with a brilliant zinger in the heat of the moment. If you desperately want someone appreciate your genius, you can tell your best friend about it later. 19. If everything else fails, you can always escape to join the circus and start your life anew. Just in case. It's the time of day again! Usually your happy baby has become an inconsolable child who just doesn't stop crying. And that's even though you've done all the things that usually settle them. I bet you'il feel like adding your tears to the flood. Is this witch hour? Now that you've been there, you'il know. Most parents will nod with sympathy when you mention witchcraft class. And that's because many of us have outlived a calm baby during those hours. Yes, I'm sorry, but this isn't really an hour. It seems that witch hour happens at the same time every day. Think late afternoon, evening and early hours of the night: from 5p.m. to 12 a.m. The good news is that this challenge (certainly stretching nerves stretched) period eventually comes to an end. Keep an eye on it and you'll see that it often starts between weeks 2 or 3, peaks around week 6 and then ends around the 3-month mark. If witch hour is a real challenge and doesn't belong to fairy tales, what really causes it? While no one has definitive answers, there are several theories. - Yes, but it's not. Does the pace in your house pick up in the late afternoon and early evening? These are usually the hours when other children and partners go home or you will receive from childcare. You need to prepare dinner and suddenly remember that work call that you need to do. There are many things, and overstimulation may be too big for some babies. The crying cycle can be a sign that your baby needs peace and quiet. Too tired. Babies from birth up to 12 weeks are overheated very quickly. When your baby is inflated, cortisol and adrenaline are released into the bloodstream. It will be especially difficult for you to calm your baby when these wake-up hormones are streaming through their small body. Lower milk. Most mothers find that by the end of the day, their milk supply seems to be less plentiful. This probably happens because our levels of prolactin (a hormone that helps produce milk) are lower at the end of the day. Lower levels of prolactin mean a slower flow of milk and this is understandably frustrating for an hungry baby. The growth of the leak. In the first year, your baby will go through many jets. Usually, these growth jets will come in about 2 to 3 weeks, 6 weeks, 3 months, and 6 months. Celebrate these important moments and know that in a few days your baby may be more clumsy and want to eat more. Witch hour is not always an integral part of raising a child. In fact, while some parents may face real challenges in witchcraft time, some lucky ones will glide smoothly during these hours. To get everyone no bug! If you are one of the parents who need to face this challenge, here's what you can do to make it easier for yourself and your baby. 100000000000