15 Exercises Every Woman Should Do to Improve Her Sex Life

Overview

You’re only one workout away from a better sex life! Not only can you lose weight, sculpt a strong, lean body and cause your endorphins to soar, but you can also count on exercise to make your time in the sack more enjoyable. Recent research indicates that improved body image as well as doing as little as 20 minutes of exercise a day enables you to enjoy sex more and become more sexually aroused. In addition to cardio and strength training, flexibility is crucial for better sex. It helps alleviate aches and pains and allows you and your partner to experiment with positions that otherwise may be difficult. The following slides provide a series of 15 exercises and stretches you can do to enhance your time under the covers.



1. Squats

Squats are great for toning and shaping the legs and booty. But all that blood pumping below the waist can also improve your ability to become aroused during sex. Plus, squats strengthen and prepare you for those times you'd like to be the one on top. HOW TO DO THEM: Stand upright with your feet shoulder-width apart. Keeping the heels glued to the floor and most of your weight in your heels, initiate a bend at the waist first, then bend the knees, as if sitting into a chair. Be sure to keep the knees from passing in front of your toes to protect your knees and leg muscles from injury. Your shins should remain as vertical as possible throughout the exercise. You can also incorporate three- to five-pound weights and raise your arms to shoulder height as you squat down. Move up and down very slowly and do between 10 and 30 reps.

12 Essential Squat Variations to Try



2. Bridge Pose

Bridge pose is the precursor to pelvic tilts and Kegels (read on for more on both exercises). It strengthens the glutes,

inner thighs and hamstrings and stretches the hip flexor. Because the pelvis is inverted, bridge pose awakens the pelvic-floor muscles and can reinforce the female sex organs. This can lead to stronger, more controlled orgasms. HOW TO DO IT: Begin on the floor on your back. Lengthen through your fingertips with your arms on the floor by your sides. With your feet hip-distance apart, bend your knees then slowly lift your buttocks off the floor. As you hold the posture, keep your knees from splaying out and press through your feet, your weight evenly distributed between your feet. Do not allow your feet to roll outward. Hold the pose for 30 to 60 seconds. Lower your spine one vertebra at a time, all the way down to the tailbone.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



3. Pelvic Tilt Pulses

This exercise strengthens your core and lower back, which are used often during sex. Pelvic tilt pulses will also awaken the lower abdominal region and prepare your body for Kegels (another great exercise to enhance your sex life) and prepare your body for inverted positions. HOW TO DO THEM: Lie on the

floor with your knees bent, feet hip-distance apart and arms, hands and fingertips flat on the floor. Pressing through your heels, lift your pelvis and glutes to bring your torso into a straight line (as in bridge pose). Hold your abs tight as you continue to press through the heels, squeeze the glutes and inner thighs and slightly pulse the pelvis up and down (just a couple of inches, not the full range of motion). Do 20 to 25 pulses, then slowly lower the spine, vertebra by vertebra, until you feel your tailbone touch the floor. Repeat, working up to three to five sets.

17 Exercises to Shape and Tone Your Booty



4. Kegels

The pelvic floor muscles play an integral part in orgasm, and Kegels are an easy way to improve the strength of those muscles. Additionally, they provide great sexual satisfaction and stronger orgasms (especially when Kegels are done during sex) by targeting the muscles that tighten and release during sex, making the entire experience more pleasurable for both you and your partner. HOW TO DO THEM: You can do Kegels anywhere – sitting, standing or lying down. Focus on

tightening those pelvic floor muscles (as though you're attempting to stop the flow of urine). Hold for three to five seconds and repeat. Do that for five minutes a day or throughout the day.

Sign Up to Receive the FREE Livestrong.com Weekly Newsletter



5. Stability-Ball Pull-Ins

A strong core is essential in preventing injuries to your back when having sex. One of the best exercises to strengthen your abdominal muscles and protect your back is the stability-ball pull-in. This exercise works your core (which provides a support system for your back) as well as your upper body, boosting your endurance for on-top positions. HOW TO DO THEM: Start in a plank position with your shins supported on a stability ball. Keep your arms straight and strong. Slowly roll the ball in, using your abs to bend your knees toward the floor as you drag the ball toward your chest. Slowly roll the ball back out as you straighten your legs. Keep your upper body and hips strong throughout the range of motion to prevent injuring your lower back. Don't hunch your shoulders and lengthen through the crown of the head to be sure there is

space between your head and shoulders. For an added challenge, lift one leg off the ball as you roll the ball forward with the other leg. Then switch legs. Do two to three sets of 10 reps.

The 15 Toughest Do-Anywhere Workout Moves



6. Plank Pose

Plank pose is one of the most effective ways to strengthen your entire body while focusing on your core. It not only increases your endurance and stamina at the gym but in the bedroom, too. HOW TO DO IT: Press your body straight, extending your legs back and keeping your arms strong. Think of keeping your body in a straight line from your feet to your head. Your pelvis is neither sagging too low nor elevated too high. Engage the abs, squeeze your inner thighs and butt cheeks together, tighten your quads and press your heels back so your feet are flexed. If you need to modify the pose, do your plank on your knees. Be sure your forearms are on the floor and your elbows are directly under your shoulders throughout the hold. For a more advanced version, raise one foot a few inches off the ground and hold for 10 seconds, then

switch legs without compromising your form. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds.

30-Day Ab Challenge



7. Open-Leg Rocker

“Open-leg rocker is essential for improving balance through core control and strength,” says Risa Sheppard, master Pilates certification trainer and founder of The Sheppard Method in Los Angeles. „As we strengthen our core, which includes the pelvic girdle, lower back and abdominals, it awakens not only the muscles, but all the pathways that help to enhance our sexual pleasure… [And] the open-leg portion of the exercise creates flexibility in the inner thighs, making various positions more accessible.” HOW TO DO IT: Sit upright with your knees bent into your chest, legs about shoulder-width apart. Lengthen through the crown of your head, roll your shoulders back and down and lift your chest so your back is strong. Grasp your ankles on the outside of the legs. Pull your naval deep into your spine and lean back until you are balanced on your tailbone with your feet off the floor.

Straighten both legs toward the ceiling in an open V position and balance. To initiate the rocking, inhale, draw your naval to the spine and bring your chin to your chest. Keeping your head tucked, roll backward, stopping the action and reversing it before you get to your neck. Upon return, stop and balance on the tailbone, legs open and up toward the ceiling. If you need to modify the exercise, keep your legs bent.

Top 10 Pilates Exercises



8. Seated Leg Extensions

For many women, when the legs are fatigued during a workout, they may shake or quiver. This is a good thing while working out, but in the bedroom, not so much. You want to know you can count on your legs to go the distance. And seated leg extensions are a simple way to strengthen your legs and increase stamina. HOW TO DO THEM: Sit in a chair, roll your shoulders back and down and lift your chest. Bend your knees at a 90-degree angle with your feet flat on the ground. Make sure your ankles are directly under your knees. Grip the sides of the chair without hunching your shoulders or tightening your neck, upper back or shoulders. Keep the hips firmly

planted on the chair as you lift and unbend one leg and lift the leg straight up slowly, until it reaches hip height. Slowly bring the foot back down. To modify the exercise, shorten your range of motion in the leg you are lifting, taking the leg half the distance. For an added challenge, lift both legs at once. Do at least two to three sets of 10 reps on each leg.

10 Machine-to-Free-Weight Swaps



9. Triceps Dips

Solid arm strength is crucial for many everyday tasks, but especially during sex. Working the triceps will strengthen and enable you to prop yourself up without tiring in underneath positions. HOW TO DO THEM: Sit with the heels of your hands on the edge of a sturdy chair, knuckles rolled down toward the ground to alleviate wrist strain. Place your feet hip-width apart and bend your legs at a 90-degree angle, making sure your ankles are directly below the knees (they can also be further out in front of the knees or completely straightened, if you'd like a challenge). Slowly slide your butt off the seat, supporting your weight with your hands and arms. Keeping

the elbows facing directly behind you, bend the elbows and slowly lower your butt toward the floor. Keep the elbows pointing straight back behind you, and bend them to about a 90-degree angle (don’t overstretch the front of your shoulders by going too low to begin with). Slowly push back up until your arms are straight. Need more of a challenge? Hold your feet and legs in a figure-four position (one ankle sits on the other leg’s thigh, with the top foot flexed). Do five to 10 of these before switching legs.

Upper Body Workout Routines for the Gym



10. Push-Ups

Just like planks, push-ups strengthen your core, shoulders, glutes and legs with the added bonus of improved strength in your arms and chest. Also, the intensity that comes from doing push-ups will increase your stamina and endurance. HOW TO DO THEM: Start a plank position. Be sure your pelvis does not sag too low or lift too high (think about keeping your body as straight as a board). Inhale as you lower your chest until it almost touches the floor. Exhale as you press back up to the starting position. Avoid hunching your shoulders into your

neck by lengthening out of the crown of the head to create space between you head and shoulders. To make push-ups easier, separate your feet to hip-distance apart or do push-ups on your knees. Or if you want to make them harder, place your feet on a step or bench.

30-Day Abs Challenge



11. Bridge Bench Press

Women who shy away from on-top positions during sex often do so because of the exertion involved. The bench press will definitely increase your arm and chest strength, but this variation takes it a step further by doing it while in bridge pose. Bridge wakes up those pelvic floor muscles (the ones that help control your orgasms), improving blood flow to the entire area and waking up the receptors that allow for more pleasure during sex. HOW TO DO IT: Lie on your back with three- to five-pound dumbbells easily accessible. Bend your knees and keep your feet about hip-distance apart. Slowly lift your glutes up into bridge pose. Holding the dumbbells, bring your elbows out to the sides of your shoulders with your dumbbells up toward the ceiling, making a goal-post shape with

your arms. Slowly press the dumbbells straight toward the ceiling, then slowly return back to the goal-post position. As a modification, try this on an incline bench and start with lower weights. Or for an added challenge, cross one leg over the other, ankle placed on the grounded leg’s thigh. Do half of your reps and carefully switch legs. Do 10 to 20 reps and release your bridge in between sets. When you are finished, lower one vertebra at a time, all the way down to the tailbone. Do three to five sets.



12. Upward-Facing Dog

Upward dog strengthens many of the muscle groups required by a wide variety of sex positions – the lower back, the glutes and the arms – while stretching the core, psoas and hip flexors. And yogis have long believed it to increase energy and blood flow to the pelvic region. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and raise your torso by pressing through the hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of the head so you don’t hunch your shoulders into your neck. Breathe regularly for about 15 to 30

seconds. If you’re advanced, your thighs should lift off the ground.

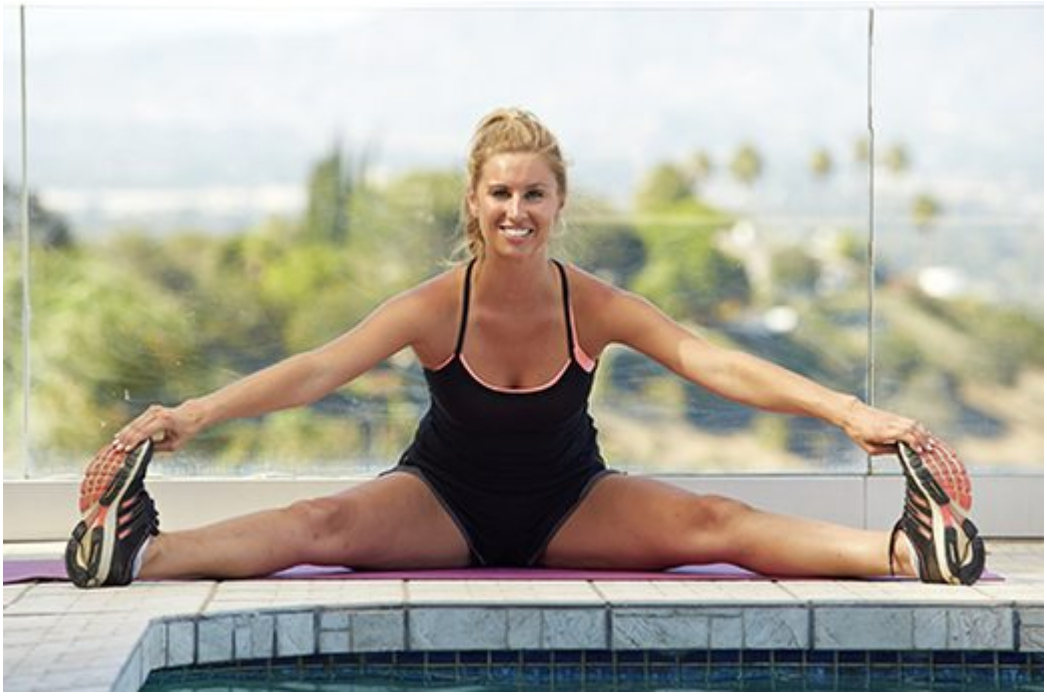
5 Yoga Poses to Firm the Butt



13. Happy Baby Pose

Happy baby is an excellent stretch for the lower back, glutes, hamstrings and hips. It’s also a great counter-stretch to upward dog, because it relaxes and opens tight lower-body muscles. HOW TO DO IT: Lie on your back with knees bent in toward the chest, the soles of your feet flexed and parallel to the ceiling. Line your ankles up with your knees so your shins are vertical. Keep your tailbone down as you grab the outsides of your feet with your hands and pull them down so the knees move toward the floor on the outsides of your rib cage. Relax your neck and breathe deeply, lengthening the breath as you go. With each exhale, and without compromising form, pull the knees toward the floor. Hold this pose for three to five minutes.

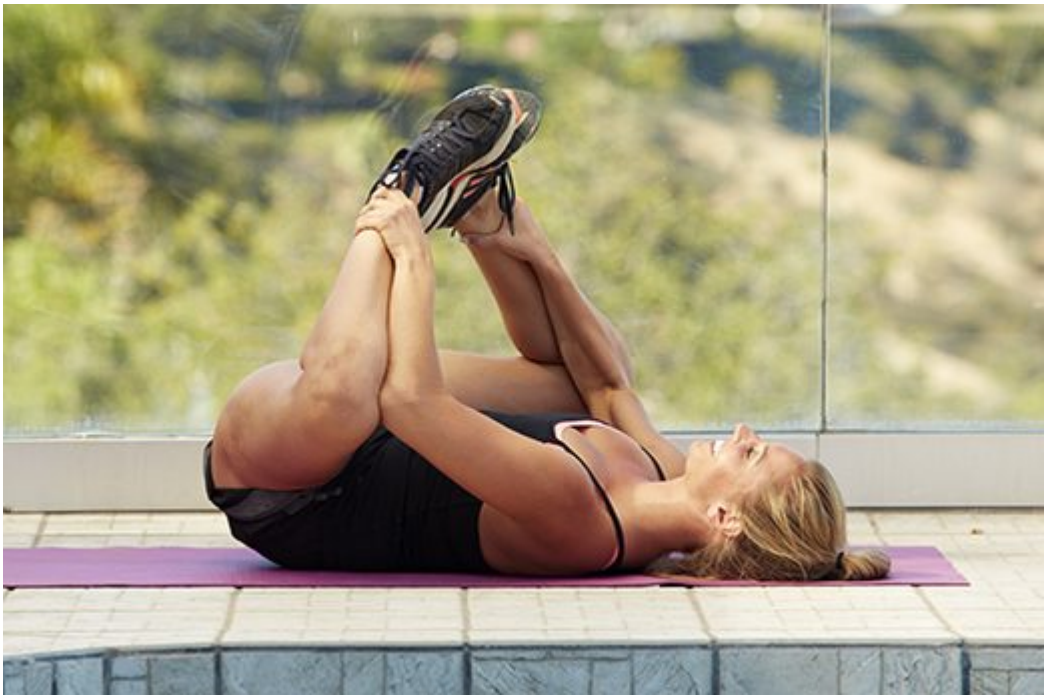
The Best Yoga Poses for Runners



14. Seated Straddle Stretch

The average person sits at a desk most of the day, which constricts and stagnates the muscles in the pelvis and groin. Straddle increases blood flow to that area, which means increased sensation and easier orgasms. It also stretches the inner thighs, making you more flexible and ready to play with some more adventurous positions. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and, while lifting the chest, slowly press your torso as far forward as you can comfortably go without rounding your back. Reach your hands to your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



15. Reclined Butterfly Pose

This version of the yogic butterfly pose will open up your hips and stretch your inner thighs. It targets the muscles that are constantly stretched and challenged in a multitude of sexual positions, enabling you to be strengthened, loosened up and ready for your partner. HOW TO DO IT: Lie on your back and, keeping the tailbone down, bend your legs toward your chest, soles of the feet together. Grab your feet and pull them toward your chest as you use your elbows to press the knees outward. Be careful not to let your head arch back too far. Keep the neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga Poses to Help Bad Knees



What Do YOU Think?

Have you ever done any of these exercises? Have they had an impact on your sex life? Are there any others that you swear by to give you an extra boost in the bedroom? Share your experiences and suggestions in the comments below!

13 Exercises Every Man Should Do to Improve His Sex Life

Sursa: livestrong.com

---

13 Exercises Every Man Should Do to Improve His Sex Life

Overview

Want to give your sex life an added boost? It’s as simple as

hitting the gym. Exercise increases energy, tones your muscles, burns fat and improves your mood and self-image. But for more reasons than you may know, exercise can also improve your sex life. For instance, research shows that if you burn as little as 200 additional calories a day, you can lower your risk of erectile dysfunction. In addition to cardio and strength training, stretching is also loosens you up, enabling you to experiment with different positions. So even if you already have a pretty great sex life, try incorporating these 13 exercises and stretches into your workout routine and reap the benefits in the bedroom.



1. Kegels

You read that right. Kegels are a beneficial exercise for men, too. They improve endurance and control by toning and strengthening the pubococcygeus (PC) muscles (the muscles that stop the flow of urine) and the perineal muscles (the muscles that support erectile rigidity and provide the power behind ejaculation). “Pelvic floor muscle training can prove helpful in many situations: overactive bladder, erectile dysfunction [and] premature ejaculation,” says Andrew L. Siegel, M.D., co-creator of the Private Gym pelvic floor muscle-training

program for men. HOW TO DO THEM: Start by interrupting the flow of urine when going to the bathroom to get familiar with the PC muscles. Once you're familiar with them, your goal will be to progressively increase the squeeze duration, intensity and number of reps until you tire. But when you do them, don't hold your breath, push down or tighten your stomach, buttocks or thigh muscles. Work up to five-second squeezes, relaxing in between each contraction, for 10 to 20 reps.

How to Treat Erectile Dysfunction Without Medication



2. Plank Pose

Holding a plank is one most effective ways to increase your endurance and stamina at the gym and in the bedroom. Planks give your arms staying power for missionary or other on-top positions. They also strengthen your core, which helps to improve thrust and supports your back to prevent injury. HOW TO DO IT: Start at the top of a push-up with your hands shoulder-width apart, arms strong and pelvis level. Think of your body as a solid wooden plank. While there, engage the abs, squeeze the inner thighs and butt cheeks together, tighten the quads and press the heels back so the feet are

flexed. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds. You can modify the pose by doing your plank on your knees, keeping the arms fully extended to the floor or by doing plank on your forearms. For an added challenge, place one foot heel to toe on top of the other and hold for 10 seconds, and then switch legs without compromising form in the rest of your body.

30-Day Ab Challenge

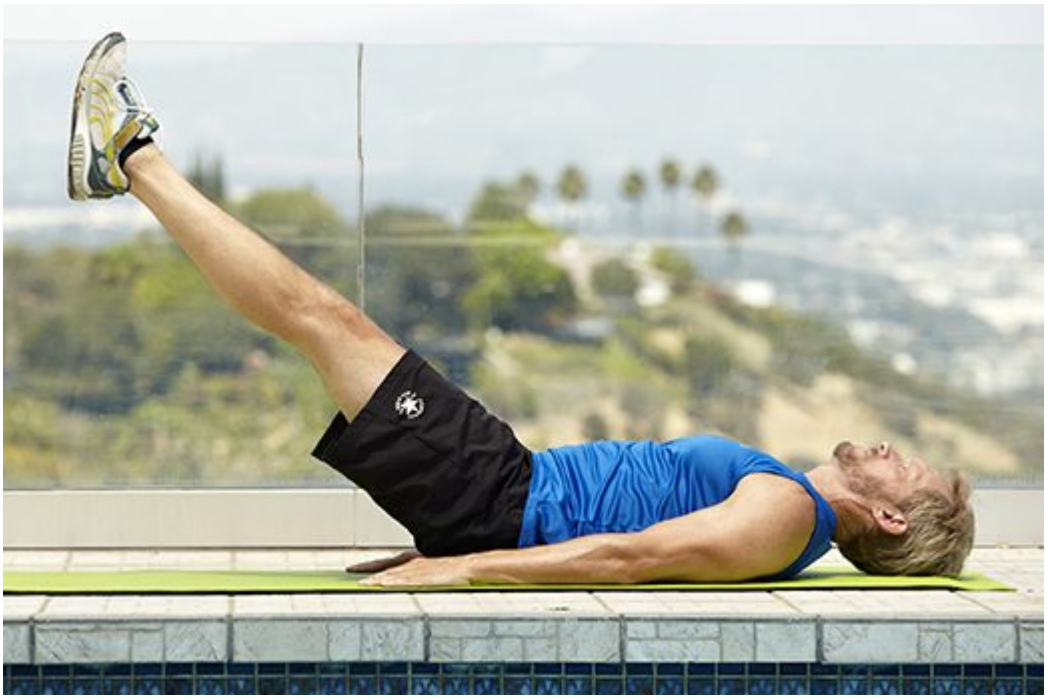


3. Stability-Ball Crunches

This variation of the standard abdominal crunch requires balance and stability and targets your core. A stronger core improves your thrusting ability and strengthens your back, which can often be injured during sex, and the ability to balance in a variety of sex positions. HOW TO DO THEM: Place your middle to lower back on a large stability ball, with your feet (about hip- or shoulder-distance apart) planted firmly on the floor. Place your fingertips behind the nape of your neck, roll the shoulders back and slowly, while lifting through the chest, raise your upper body until your abdominal muscles

tighten. Take it as high as you can manage without compromising form. Slowly return to your starting position and repeat. Work up to three sets of 30 crunches.

21 Sit-Up Variations You Won’t Totally Hate



4. Lying Leg Raises

Lying leg raises provide an intense core workout, which helps improve thrust and provide mild engagement in the quads and glutes, helping you last longer in upright positions. HOW TO DO THEM: Lie flat on your back with your legs stretched out in front of you. If you have any back issues, fold a towel and put it under the small of your back. With precision and control, raise your straight legs up toward the ceiling and stop when your legs are perpendicular to your body and the floor. Then, slowly lower your legs back down until they are about an inch off the floor. If the exercise feels too easy, try to lower more slowly. Repeat five times then rest for 30 seconds. Start with three sets and increase repetitions and sets as you get stronger. To modify this exercise, start with your legs bent at the knees and calves parallel to the floor. From there, straighten the legs to the ceiling then slowly

lower the legs back into the bent-knee position. Lower your bent legs toward the floor until the toes are an inch from the ground. Return to the start and repeat.

3 Cardinal Rules of Fast Six-Pack Abs



5. Push-Ups

Push-ups strengthen your upper body and core, providing increased all-around endurance and enabling you to rock those on-top positions during sex. If you commit to doing them regularly, you'll notice a difference in your staying power, your ability to maintain a strong thrust and your overall core and upper-body strength during sex. HOW TO DO THEM: Begin in a plank position, hands directly under the shoulders and feet hip-distance apart. Do not allow your pelvis to sag too low or lift too high. Lower your chest to the floor and slowly press back up. Do as many of these as you can manage at least twice a week. To modify, take your feet slightly wider apart or drop to your knees, keeping a solid plank position from your neck to your knees. For added intensity, bring your feet together and your hands in slightly. Try adding a clap between push-ups or do one-armed push-ups if you're feeling really strong.

30-Day Push-Up Challenge



6. Stability-Ball Bench Press

The bench press strengthens the pecs, deltoids, forearms, biceps, triceps, lats and abdominals, especially when done on a stability ball. That increased muscle mass and decrease in fat (though regular exercise and a healthy diet) not only makes you look and feel better, it will also prepare your body for whatever you and your partner choose to do between the sheets. HOW TO DO THEM: Place your middle to lower back on a large stability ball with your feet planted firmly on the floor about hip- or shoulder-distance apart. From a goal-post position, push a pair of dumbbells (start with 20 pounds and increase from there) straight up, directly over the chest. Do three sets of 25 reps. Being on the stability ball will provide the added core and balance workout – also great for enhancing your bedroom performance!

Get Superhero Arms With Ascending Trisets



7. Squats

Because squats are known to increase testosterone levels and to increase blood flow to the pelvic region (making orgasms more intense), they’re an incredible exercise for enhancing sex. They’ll also strengthen your lower body for a more powerful thrust both while you’re on top and while your partner is on top. HOW TO DO THEM: With a dumbbell in each hand held straight down at your sides, bend at the hips and knees to squat as low as you can while keeping your back straight. Keep your shins as vertical as possible and your knees directly over your ankles. As you lower, slowly raise your arms straight out in front of you to shoulder height. Drive through the heels and you will naturally lean forward a bit in the upper body for balance. Slowly rise to standing as you lower your arms back down to your sides to complete one rep. Do at least 15 reps.

12 Essential Squat Variations to Try



8. Stationary Lunges

Lunges in general are great for building strength, endurance, mobility, balance and core stability. But lunges also increase blood flow to your pelvic region, enhancing your action in the bedroom. They'll help out when you could use an extra dose of balance and hip flexor mobility or when you'd like to go a little longer. HOW TO DO THEM: Stand up straight and tall — holding a pair of dumbbells at your sides for added intensity — then step one foot forward about a foot and a half. Bend both knees to 90 degrees, stopping when your back knee is about an inch from the ground. Be sure to keep your front knee doesn't pass over your front toes. Drive through the front heel to stand back up. Do 15 reps before switching legs or alternate legs as you go.

11 Simple Ways to Add Variety to Your Strength-Training Routine



9. Interval Training

Doing interval training will increase your stamina and endurance. And you can do intervals just about anywhere – outside on a track, at the park or on a bike, elliptical, stair climber or treadmill. HOW TO DO IT: After your warm-up, start your intervals at full speed, going as hard and fast as you can, and push yourself for at least 30 seconds. Then back off for a minute or two. Repeat this several times. Add these to your workout a couple of times a week and soon you'll be ready to go longer or be ready whenever your partner wants to go again.

The Optimal Training Program to Build Strength and Performance in 4 Weeks



10. Upward-Facing Dog

Upward-facing dog is a yoga pose that stretches the core, psoas and hip flexors, increasing energy and blood flow to the pelvic area. This stretch also protects your lower back for any heavy lifting you do at the gym or bedroom. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and lift your torso by pressing through your hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of your head so you don’t hunch the shoulders into the neck. Breathe regularly for 15 seconds or longer. If you are advanced, your thighs will lift off the ground.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



11. Seated Straddle Stretch

If you sit at a desk or work at a computer for hours a day, it can constrict and stagnate the muscles below the waist. Doing a straddle stretch will loosen things up, bringing blood flow back to the pelvic and groin region. Increased blood flow means increased sensation, which means better orgasms. It’s also an excellent inner-thigh stretch, which will enable you to introduce some adventurous positions in the sack. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing up toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and slowly lean as far forward as you can comfortably go while keeping your back straight. Reach for your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper without curving or hunching your back. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



12. Reclined Butterfly Pose

This stretch loosens up your inner thighs and your hips, the muscles that are constantly stretched and challenged in a variety of sexual positions. By adding the butterfly stretch to your workout, you'll be strong, loosened up and ready for action! HOW TO DO IT: Lie down on your back and bend your legs in toward your chest, soles of the feet together and your tailbone down. Grab your feet and pull them in toward your chest as you use your elbows to press the knees out. Be careful not to let your head arch too far back. Keep your neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga for Runners



13. Twisting Forward Bend

This two-part stretch will feel like a full rejuvenation to a lot of those muscles that tend to fatigue easily. It reaches the inner thighs, hamstrings, obliques, pecs, triceps and lats. If you only do part one, you'll notice a huge difference, but try both if you can. HOW TO DO IT: Sitting on the floor, extend your left leg out straight, tucking the bottom of the right foot flat against the left inner thigh (right thigh flat on the floor). Twist your torso so your chest is squared toward your bent right knee. Wrap your right arm toward the back and around the back of the waist and try to grab hold of your left thigh with your right hand. Take your left arm/hand and reach for your calf, ankle or toes, without bending your left knee. Roll the right shoulder back and open the chest by pushing the middle back forward. Breathe and hold this stretch for several seconds up to a minute. For the second part, release your right arm and move it slowly up toward the ceiling and around toward the toes. As you do that, take the crown of the head toward your toes. Bring your right palm down toward the floor and, with each breath, lengthen through the right fingertips toward your left toes. Breathe

and hold for about 30 seconds. Slowly rise, bring both legs forward to shake them out and switch sides.

Yoga Postures to Help Bad Knees



What Do YOU Think?

Have you ever done any of these exercises with the intention of improving your sex life? Are there others you've tried? Share your experiences and suggestions with the Livestrong community in the comments below.

15 Exercises Every Woman Should Do to Improve Her Sex Life

Sursa: livestrong.com

---

6 paşi simpli pentru a creşte

stima de sine a copilului tău

1. Ascultă-ți copilul.
Când asculți cu atenție ceea ce îți spune copilul tău, problemele cu care se confruntă sau lucrurile care îl bucură, el se va simți important, valoros și integrat în familie. Dacă ești neatent atunci când vorbește cu tine, se va simți lipsit de importanță și respins. Fă-ți timp pentru a sta și a asculta ce spune.

2. Spune-i că are valoare.
Copilul are nevoie să cunoască lucrurile pozitive despre el, despre activitățile pe care le face. El are nevoie să audă ce calități are și care sunt acestea. Când îți arată ceva realizat de el, fii încântat şi exprimă-ţi încântarea prin cuvinte apreciative ! El are nevoie să audă aceste lucruri de la părinți și să știe care este părerea lor despre el .

3. Dă-i responsabilități.
Ca părinte, poți găsi câteva activități pe care copilul tău să le poată îndeplini și din care să poată avea sentimentul că a contribuit la treburile familiei și că a reușit să le ducă la bun sfârșit. Având o sarcină de orice fel în cadrul gospodăriei, se va simți valorizat.

4. Lasă-l să decidă singur în anumite situații.
Este important să lăsăm copilul să simtă că părerea lui contează în luarea deciziilor care îl privesc. Includeți copilul în luarea deciziilor „ușoare”, cum ar fi culoarea covorului din camera lui sau alegerea unui punct din programul de weekend; Acest lucru va ajuta copilul să simtă că și părerea lui contează.

5. Concentrează-te pe aspectele pozitive ale copilului.
Văzând cum copilul tău a dus la bun sfârșit o activitate dificilă și a muncit din greu pentru asta, recunoaște-i succesul. ,,Sunt mândru de tine’’ sau ,,Te-ai descurcat

excelent !’’ pot fi cuvinte magice în creșterea stimei de sine.

6. Iubește-l necondiționat.
Copilul depășește mai ușor momentele grele dacă știe şi simte că există un sprijin constant din partea părinților. Spune-i că vei fi acolo la bine şi la rău, că îl iubești, chiar dacă uneori mai greșește.

Articol de psih. dr. Valeria Ecaterina Purcia

Sursa: edupsihologie.wordpress.com

---

25 rubber band life hacks

https://www.youtube.com/watch?v=ZNHStOJb_NM

Sursa: youtube.com

Cum sa cresti un copil rezistent emotional. 20 de tehnici simple si de efect

Anul trecut, un studiu realizat pe 1.600 de adolescenti a aratat doua trasaturi pe care le aveau in comun cei mai rezistenti din punct de vedere emotional. Acesti copii au raspuns afirmativ la aceste doua enunturi:

1. Am parinti care tin la mine

2. Am parinti care ma asculta.

Studiul, realizat in Australia de Andrew Fuller, un renumit psiholog de copii si adolescenti, a dezvaluit, astfel, de unde porneste rezistenta emotionala a copilului si ce trebuie sa-i oferi tu, ca parinte.

Oricat de mult ai incerca sa-l protejezi, la un moment dat, copilul tau va fi ranit emotional: poate va fi necajit la scoala de alti copii, ori prietenii il vor lua peste picior pentru ca nu are cel mai nou model de telefon. Copiii pot fi destul de rai, iar al tau poate ajunge sa sufere din motive care tie ti se par banale.

Tocmai de aceea, trebuie sa-l inveti cum sa fie puternic pentru a face fata mai usor provocarilor.

Iata 20 tehnici simple prin care tu iti poti ajuta copilul sa fie puternic:

1. Nu-i mai spune “Sunt ocupat! Am treaba! Nu pot acum”. Pentru un copil, dragostea nu se traduce prin cadouri, ci prin timp si atentie.

2. Inchide telefonul mobil, tableta, laptopul, televizorul si ofera-i copilului tau timp de calitate, sansa unei comunicari adevarate.

3. Atunci cand ii vorbesti, priveste-l in ochi.

4. Asculta-l cu adevarat! Nu-l intrerupe, fii interesat de ceea ce spune.

5. Nu renunta la ora de povesti, inainte de somn.

6. Fii calm. Sau propune-ti sa fii mult mai calm decat esti acum.

7. Petrece timp doar tu cu el, mai ales daca in casa mai sunt si alti frati. Momentul de 1 la 1 este foarte important. Pentru ca atunci cand vine vorba despre subiecte delicate este foarte putin probabil sa vorbeasca in prezenta altor persoane.

8. Ofera-i multe imbratisari si mangaieri.

9. Zambeste-i de fiecare data cand te cheama, cand te intreaba ceva.

10. Fa-ti timp sa nu faci nimic. Stati cu totii relaxati, fara a fi presati de un program.

11. Cand lucrurile sunt complicate, nu le complica si tu mai mult. Daca ai un copil care plange nervos, pastreaza-ti calmul. Daca te enervezi, nu vei rezolva nimic. La fel si in situatiile in care esti pus in fata unui comportament mai dificil al copilului. Tu esti adultul si trebuie sa dai dovada de maturitate, maiestrie si finete in astfel de situatii.

12. Ofera libertate! Daca mergeti la restaurant, lasa-l sa-si comande singur. Incurajeaza-i independenta si fii mai mult un ghid si un observator atent, nu un conducator.

13. Scrie de mana mici biletele vesele, ori cu mesaje de afectiune sau incurajare.

14. Jucati-va pe covor, stati pe iarba. Prima si cea mai importanta punte de legatura cu copilul este prin joc.

15. Pastreaza toate cadourile pe care le primesti: de la castane, felicitari stangace, flori de camp. Pastreaza ceea ce iti daruieste si tine cadoul la vedere. Va simti ca il apreciezi mult.

16. Spune-i “Te iubesc!”. Nu-ti fie teama de aceste cuvinte si, in niciun caz, jena sa iti arati sentimentele. Pana la urma, este copilul tau si el merita cel mai mult aceste cuvinte.

17. Arata-i ca-l iubesti.

18. Arata-i ca-l respecti.

19. Fii mereu acolo pentru el, la orice ora

20. Nu tipa la el, nu-l pedepsi, nu-l brusca, nu-l jigni atunci cand iti spune ca a facut ceva.

Sursa: all4romania.eu

TESTUL PRIN CARE ITI VEI DA SEAMA IMEDIAT DACA MIEREA ESTE NATURALA!

Toti ne întrebam daca exista metode prin care putem deosebi mierea contrafacuta de cea autentica. Raspunsul este: da, exista cateva secrete ale mierii si cateva mituri despre aceasta pe care trebuie neaparat sa le stim daca vrem sa ne bucuram de un produs de calitate si de beneficiile lui.

1. Mierea cristalizata este stricata. Fals!

Mierea nu se strica. Niciodata. Ea fermenteaza daca este culeasa inainte de capacire sau este depozitata necorespunzator. Dar de regula, CITESTE IN CONTINUARE
Sursa: cyd.ro
Articol relatat de: secretele.com

DUPA CE VEI CITI ASTA, NU VEI MAI AVEA PROBLEME CU MIROSUL URAT AL PANTOFILOR

Un articol de Razvan
Orice ai face, in timp incaltamintea capata un miros neplacut, nu prea ai cum sa eviti acest lucru. Indiferent daca porti sau nu sosete, si indiferent de tipul pantofilor, dupa mai multe purtari, apar si mirosurile nedorite.
Dar stiai ca exista un mod prin care poti scapa de aceasta problema – o pudra pregatita in casa, care absoarbe mirosul neplacut si reimprospateaza incaltamintea?
Vezi mai jos cum sa o prepari – este atat de simplu si foarte util, mai ales ca sezonul cald CITESTE IN CONTINUARE

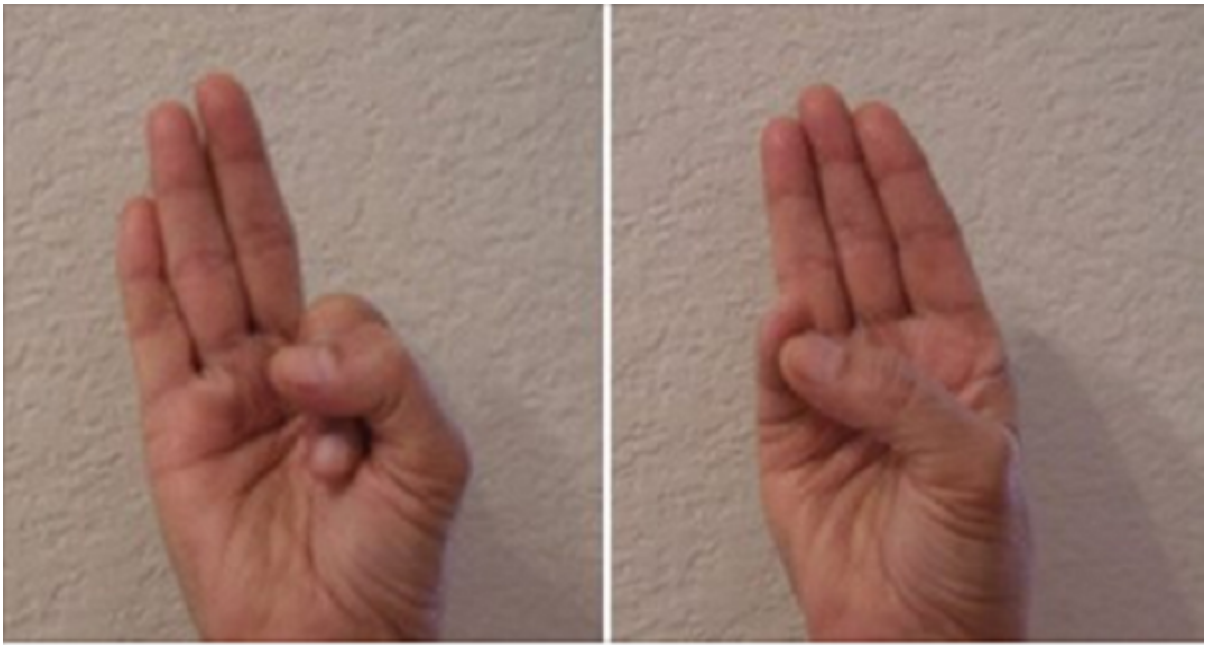
Sursa: secretele.com

CHIAR FACE MINUNI: TINE-TI MANA IN ACEASTA POZITIE SI NU ITI VA VENI SA CREZI CE URMEAZA MAI DEPARTE!

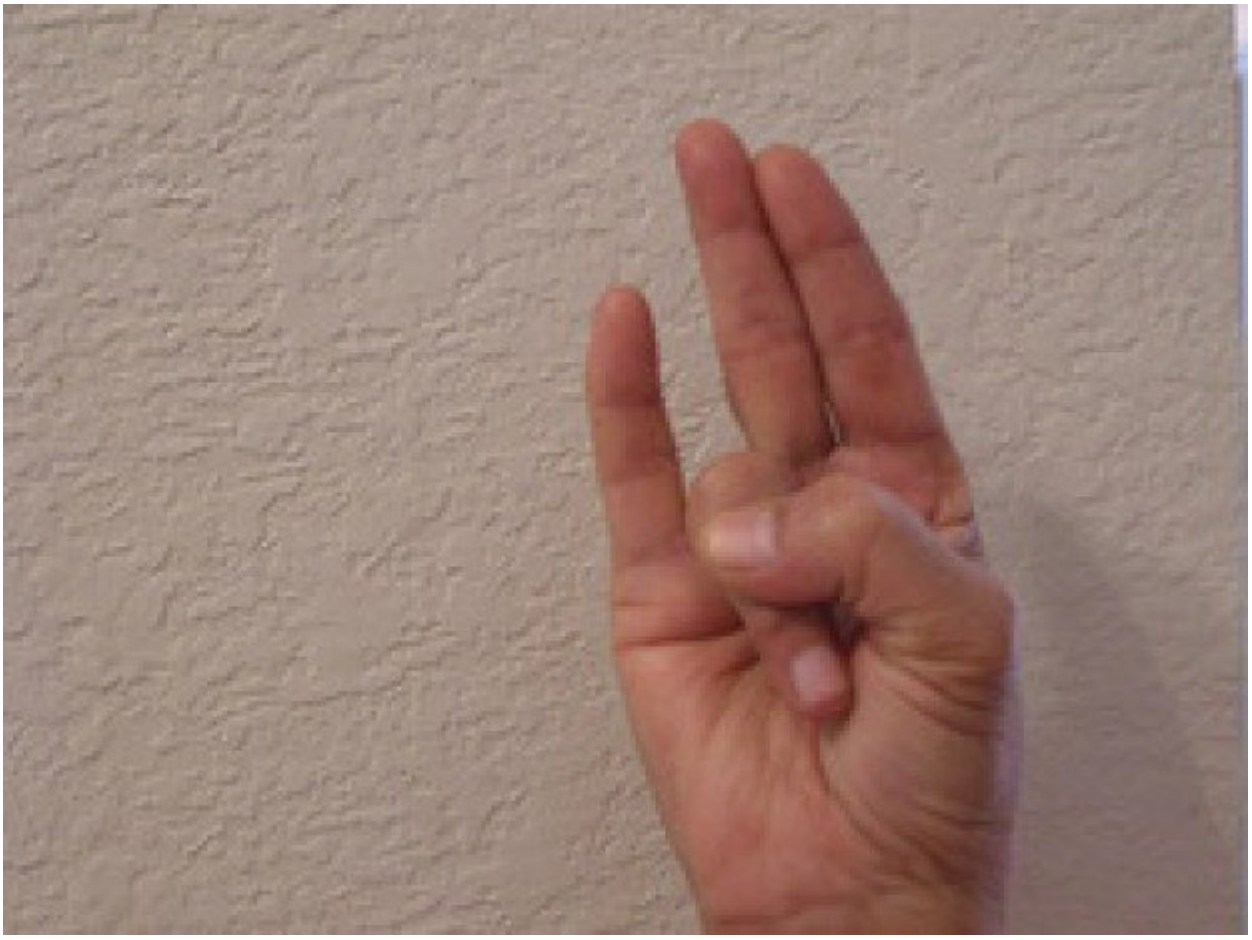
Un articol de Razvan

In zilele noastre, ne izbim de stres in fiecare zi! Asadar, este o solutie pertinenta sa practicam yoga mainilor(mudra), care isi are radacinile in India antica.

Iata despre ce este vorba!



Surya Mudra



Aceasta este o pozitie benefica pierderii in greutate, intrucat te poate ajuta sa scapi de surplusul de kilograme, ajuta digestia si rezolva si probleme ale vederii. Mai mult, este tehnica perfecta pentru persoanele care experimenteaza probleme ale circulatiei si tremur.

Prithvi Mudra **CITESTE IN CONTINUARE**

Sursa: secretele.com

Cum să dai în plată: Ghid de la avocaţi

La o lună de la intrarea în vigoare a legii dării în plată, aceasta nu este pe deplin înţeleasă de către debitorii care se află în situaţia deţinerii unui imobil achiziţionat prin credit şi în imposibilitatea de a-şi respecta angajamentele către instituţiile de credit. Vezi tot ce trebuie să ştii despre darea în plată.

Pentru a veni în ajutorul acestora, avocatul Decalex Legal Solutions, Roman Hamed, a întocmit **ghidul acţiunii de dare în plata**, conform legislaţiei în vigoare.

În primul rând, Avocatul Roman Hamed, atrage atenţia asupra condiţiilor ce trebuie îndeplinite pentru stingerea creanţelor izvorâte dintr-un contract de credit şi a accesoriilor sale.

1. *Părţile care fac obiectul legii sunt: persoana fizică care a solicitat creditul şi instituţia de credit sau instituţia financiară nebancară sau cesionarii creanţelor deţinute asupra persoanei fizice.*

2. Este obligatoriu ca între cele două părţi să existe un contract de credit.

3. Bunul oferit în plată trebuie să fie un bun imobil ipotecat în favoarea instituţiei de credit, a celei financiare nebancare sau a cesionarului creanţei.

4. În cazul în care creditul solicitat a fost garantat cu mai multe bunuri, toate acestea vor fi oferite în plată creditorului.

5. Legea dării în plata se aplică şi pentru contractele de credit aflate în derulare la momentul intrării sale în vigoare, cât şi contractelor încheiate după această dată (după 28 aprilie 2016).

Cum acţionezi, dacă îndeplineşti condiţiile de mai sus şi vrei să oferi în plată bunul creditat?

Avocatul Roman Hamed, din cadrul Decalex Legal Solutions, menţionează paşii pe care trebuie să îi parcurgi:

1. În primul rând, trebuie să ştii că acţiunea trebuie realizată cu ajutorul unui avocat, notar public sau executor judecătoresc.

2. În cadrul întâlnirii tale cu un avocat vei primi informaţiile necesare despre ce presupune darea în plată. Acesta va fi reprezentantul tău şi în cazul unei contestaţii din partea instituţiei de credit.

3. Ulterior discuţiei, avocatul va întocmi o notificare, prin care îl informează pe creditor despre decizia ta de a transmite dreptul de proprietate asupra imobilului în vederea stingerii datoriei izvorând din contractul de credit ipotecar, detaliind şi condiţiile de admisibilitate a cererii. În cuprinsul notificării, acesta va menţiona şi intervalul orar propus de tine, pentru a se prezenta în faţa unui notar public, propus tot de tine, pentru încheierea actului translativ de proprietate. Prin acest act, orice datorie, inclusiv dobânzi şi penalităţi, sunt şterse, iar bunul imobil trece în proprietatea instituţiei de credit.

4. În cazul în care creditorul nu contestă condiţiile de admisibilitate, acesta este obligat să se prezinte la notarul public în conformitate cu notificarea primită. În

cazul în care acesta formulează o contestaţie, urmează 10 zile în care cererea este judecată de către judecătoria în circumscripţia căreia domiciliezi tu, că debitor.

Până la soluţionarea definitivă a contestaţiei formulate de creditor se menţine suspendarea oricărei plăți către acesta, precum şi a oricărei proceduri judiciare sau extrajudiciare demarate de creditor sau de persoanele care se subrogă în drepturile acestuia împotriva ta, ca debitor.

Procedura de dare în plată nu este una dificilă şi nici de durată, însă, pentru a asigura rapiditatea demersului, prin evitarea contestaţiilor, este recomandat să lucraţi cu un avocat. Acesta va întocmi actele necesare în conformitate cu legislaţia în vigoare şi te va ghida pe tot parcursul procesului, astfel încât timpul implicat să fie eficientizat și să eviți alte litigii.

Sursa: dailybusiness.ro

Lectia de prim ajutor: cum facem corect resuscitarea cardio-pulmonara

In “Lectia de prim ajutor” de astazi vom invata doua dintre cele mai importante tehnici de salvare a vietii in situatii grave. Vorbim despre ventilatia artificiala si masajul cardiac, mai precis resuscitarea cardio-pulmonara.

Aceste proceduri efectuate corect si rapid, chiar de catre persoane care nu au pregatire medicala, pot salva viata unui

pacient aflat in stop cardio respirator.

Primul gest cand gasiti o persoana inconstienta este sa sunati la 112 si sa anuntati situatia de urgenta. Solicitati ajutorul echipei medicale calificate, apoi evaluati respiratia si pulsul victimei.

Pentru asta, urmam apoi cei 3 pasi pe care i-am invatat in episoadele anterioare.

Primul este eliberarea cailor aeriene prin hiperextensia capului si ridicarea barbiei.

Ne asezam lateral, apoi cu o mana plasata pe frunte impingem capul victimei pe spate, cat se poate de mult, si cu doua degete de la mana cealalta ii ridicam barbia.

Dupa ce am eliberat caile aeriene verificam daca persoana respira sau nu.

Ne aplecam asupra victimei cu fata catre piept si ascultam la nivelul gurii zgomotele respiratorii. In acelasi timp, simtim daca exista schimburi de aer: apropiem obrazul de nasul si gura victimei si observam miscarile pieptului.

Pentru a decide daca victima respira sau nu trebuie sa ASCULTAM, SIMTIM SI VEDEM in acelasi timp, pret de minimum 5-10 secunde. Cum decidem, asadar, daca pacientul se afla sau nu in stop cardio-respirator?

Pacientul se afla in stop respirator daca nu se observa distensia cutiei toracice, nu se aude zgomotul produs de trecerea curentului de aer prin caile respiratorii si nici nu se simte suflul produs de respiratie, plus cianoza tegumentelor, mai ales in jurul buzelor.

Absenta respiratiei impune masuri rapide de resuscitare. Cum procedam pentru pentru a face o respiratie artificiala corecta?

Ingenuncheati langa pacient. Cu capul victimei in hiperextensie, mentineti gura usor intredeschisa cu o mana, in timp ce cu cealalta sustineti fruntea si pensati nasul.

Inspirati profund aer, asezati etans gura pe gura victimei si insuflati aer timp de 2-3 secunde. In acelasi timp se verifica daca toracele se ridica atunci cand noi insuflam.

Fiecare respiratie trebuie sa fie suficient de puternica, astfel incat toracele sa se ridice. Ar trebui sa facem o ventilatie la fiecare 4-5 secunde.

Tineti capul victimei in hiperextensie cu barbia ridicata, indepartati gura de la gura pacientului si lasati toracele sa revina. Volumul de aer pe care il insuflam este mai important decat ritmul in care il administram.

Cea de-a treia componenta a resuscitarii este masajul cardiac. Acesta se incepe o data cu respiratia artificiala, in raport de 2:15, adica 2 respiratii gura la gura, urmate de 15 compresii toracice.

Sa vedem cu se face un masaj cardiac corect. Cel mai important este sa gasim punctul pe care vom efectua compresiile toracice.

Victima trebuie asezata pe spate pe un plan dur. Daca sta pe un plan moale, gen pat, nu se pot efectua compresiuni toracice eficiente. Se localizeaza punctul de compresie situat in partea inferioara a sternului.

Degetul inelar merge de-a lungul rebordului costal pana la apendicele xifoid, locul de intalnire a coastelor.

La acest nivel, langa acest deget se aseaza alte doua degete, respectiv degetul mijlociu si cel aratator. Dupa aceasta, asezam podul palmei celeilalte maini, tangent la cele doua

degete plasate pe piept. Aceasta este locul in care trebuie facute compresiunile toracice.



Asezam cealalta mana peste cea situata pe stern, fara ca degetele sa se sprijine pe torace.



Cu coatele întinse si bratele perpendicular pe stern, se fac compresiunile, astfel incat sa infundam sternul cu o adancime de aproximativ 4-5 cm.

Linia umerilor trebuie sa fie paralela cu linia longitudinala a pacientului. Frecventa compresiunilor externe trebuie sa fie de 100/min.



Pentru a efectua manevra corect si a economisi energie, ingenunchiati aproape de pacient si aplecati-va inainte, cu mainile deasupra pacientului, tineti spatele drept si coatele intinse, astfel incat la aplicarea fortei sa folositi si greutatea corpului, nu numai musculature bratelor.

Dupa 30 de compresiuni, efectuati 2 ventilatii artificiale,apoi reluati compresiunile. Resuscitarea cardio pulmunora continua pana la aparitiei respiratiei sau pana la venirea echipajului medical.

In cazul copiilor, manevrele de resusctare sunt diferite. Puteti sa le aflati accesand site-ul nostru: lectiadeprimajutor.ro.

Si nu uita: Fa totul pentru viata! Acorda primul ajutor!

- Lectia de prim ajutor: Ce e de facut cand o persoana se sufoca
- Lectia de prim ajutor. Ce este de facut atunci cand gasim o persoana in stare de inconstienta
- Incepe Lectia de prim ajutor la ProTV. Invatati ce sa

faceti intr-o situatie medicala de urgenta

Sursa: stirileprotv.ro