

Why does American mother take care of her leisurely child even if she is only given 6 weeks of maternity leave and without the help of her grandparents?

In the US, maternity leave is currently only 6 weeks long for normal delivery, 8 weeks for caesarean section and only for mothers. Back to work when the child was too young, how did American mothers work to take care of their children and their families and still complete their work well?

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Send children as soon as 6-8 weeks old

Unlike Vietnamese mothers, most of them have grandparents, grandchildren and grandchildren to work. American families often live independently, not with their parents, so they never think "grandparents must look and care for me". And they never claim that they have a responsibility to look after them as babysitters to help them when they go to work.

Because US regulations only give mothers 6 weeks of maternity leave, the daycare centers also accept babies from 6 weeks of age. For American families, when both parents work, they often choose to send their children to send a daycare or hire a babysitter.



The hiring of babysitters in the US is quite common and has become a professional career that requires knowledge and experience. Not only are middle-aged and older people, but there are also many young girls who choose this profession.

Recruiting young people selected by American families quite carefully. Besides being introduced from acquaintances, once hired, they also look to professional websites, where each babysitter is assessed for quality and qualifications. Before deciding to hire someone, they often meet in advance to interview, check whether the babysitter has good experience and skills, know how to play with them, love them, be clean. is not.

Americans don't like to leave babies in the house much and watch TV all day, so they often ask that their children often take them out to play. And the most commonly selected locations are parks, libraries, music classes, drawing, .

"Simplify" daily meals

Unlike in Vietnam, the mothers and the women go to the market every day, the Americans only go to the market once a week on the weekends. Every time they go to the supermarket, they buy all the necessary foods from eggs, milk, meat, fish, to vegetables, fruits to eat all week. Then, they prepared it, divided it into small parts, put it in the freezer to use it gradually. Therefore, the daily meals for them are quite gentle, just take small pieces of food, thaw, cook and finish. Some fruits are also put on the freezer by American mothers. When it is necessary to just add sugar, the milk will be grinded with a healthy smoothie without ice.

The purchase of everyday products such as paper towels, soap, and detergents are also bought by Americans in order to be cheaper and avoid frequent purchases to save time.



Supplement, accumulate knowledge to be confident and comfortable when raising children

In the United States as well as many other developed countries, mothers often attend classes, workshops, group meetings to learn newborn care skills. Besides, near the birth date, they often learn and accumulate experience through reading newspapers and tapes about child care when they are born. From the knowledge of nutrition and psychology of young children accumulated from books, doctors and in the process of raising children, they decide their own children.

Reading helps pregnant and raising children have more knowledge and confidence so that they can have a more relaxed and comfortable life. Some of the top-choice books by American mothers can be listed as:

1. When pregnant: What to expect when you are expecting.
2. When going to be born: Happiest baby on the block, On becoming babywise, What to expect the first year, the No Cry Sheep solution.
3. When the child was under 1 year old: What to expect the first year.
4. When children are over 1 year old: Positive Discipline, How to talk kids will listen and listen to kids will talk, Parenting with Love and logic, .

In the US, no mother is scolded if she is skinny, she is sick. When receiving any advice on how to care for children, American mothers often consider advice and get more information to choose whether to apply or not.

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