

《新生爸妈们的“宝贝时差”》

乘坐飞机长途旅行之后，很多人都会经历jet lag（飞机时差），到达目的地之后需要适应两三天才能将身体时钟调到当地时间。长假后回到工作岗位还可能经历social jet lag（假后返工时差）。不过，你听说过baby lag吗？



Baby lag refers to extreme fatigue and disorientation due to the sleep deprivation associated with parenting a baby.

Baby lag????????????????????????????????????

This phrase is a play on jet lag, the fatigue and disorientation that results from a long flight across multiple time zones, which dates to 1965.

Baby lag?????jet lag?????????????Jet lag???????1965????????????????????????????????????

New parents who mistakenly put milk in a washing machine and socks in a fridge are suffering from ‘baby lag’.

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Top 10 bizarre baby lag mishaps by new parents

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1. Putting milk in the washing machines (and socks in the fridge)

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2. Falling asleep in the shower

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3. Leaving baby in the car

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4. Going out in pyjamas

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5. Use hair spray instead of deodorant

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6. Hang dirty clothes on washing line

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7. Put shampoo on toothbrush

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8. Pour baby milk over my breakfast cereal

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9. Getting up and going to the office on a weekend (when not supposed to)

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10. Put wrong clothes on children

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