

Smart Ways To Teach Patience

FEBRUARY 2010

Parents

Help Your Child

**SLEEP
BETTER**

So You Can Too

TAKE THE "ICK"
OUT OF YOUR
PICKY EATER

>> 49 GENIUS IDEAS

14

Reasons To
Head To The
Emergency Room

Read P. 30 Before You Need To Go

**Discipline
Makeover**

5 New Rules To Follow (And 5 To Ditch)

NO HUNGE
LOSE THE
BABY
WEIGHT

TREATS
INCLUDED!
P. 60

HUGS! ♥ KISSES

CRAFTS! ♥ SNACKS

COME TO OUR VALENTINE PARTY ON P. 80

PARENTS.COM

\$3.50 U.S.A.



Soothing Teethers

Is your baby drooling, crying, and chomping down on anything she can fit into her mouth?

Her teeth are probably coming in. We've picked our favorite new things to gnaw on.

Mouthing something cold can reduce gum inflammation, so pop this water-filled ring into the refrigerator.

Momma Gins & Jack & Fred
\$6; ginsey.com

Philips Avent
Teether for
Middle Teeth
\$6; babiesrus.com

Choose from three shapes specially designed to target different areas of the mouth.

Lifefactory
Multi-Sensory
Silicone Teether
\$7; lifefactory.com

Wear it as a bangle until your baby starts fussing. The rubs help her get used to various textures.

When your baby bites down on one of the clear bubbles, the teether pulsates to massage his gums.

Sassy Vibrating
Textures
\$5; amazon.com



Good News About Booster Seats

Kids ages 4 to 8 are 45 percent less likely to be seriously injured in a car crash if they're riding in a booster seat instead of just using a seat belt—and backless versions are just as safe as high-backed ones, finds new research from the Center for Injury Research and Prevention at The Children's Hospital of Philadelphia. It's still best for 4- and 5-year-olds to use the high-backed seats; they position shoulder belts properly for smaller children. But if your car has head restraints, backless seats are a great option: They're less pricey, easy to take with you, and older kids may be more willing to ride in them.

52%

of kids ages 4 to 5 don't use booster seats, reports a NHTSA survey.

HAVE A SMOKE-FREE PREGNANCY

If you're one of the 15 percent of pregnant women who still smoke, here's another reason to quit: Lighting up while you're expecting can more than double your child's chances of developing ADHD, according to a new study in *Pediatrics*. "Prenatal tobacco exposure has been linked to long-lasting changes in the dopamine and norepinephrine systems in a baby's brain," says study author Tanya Froehlich, M.D. Rather than trying to quit cold turkey, talk to your obstetrician about whether she recommends that you try nicotine-replacement therapy or other drugs in addition to counseling or joining a cessation group. For additional support, check out parentsquitforgood.com or call 800-QUIT-NOW.

would you
trust

solutions

Bon Appétit, Baby!

Fed up with feeding gear that doesn't quite cut it? These products will keep your child happy—and you sane.

UPGRADE YOUR BURPIE

When the BabbaCo burp cloth gets dirty, just flip it inside out to reveal a clean new surface. \$22.50 for two; babba.co

TAKE A SEAT

The Height Right high chair by Keekaroo has a setting for every growth spurt. \$150; amazon.com

SPEED UP CLEANUP

To remove food and crumbs from the crevices simply detach the pocket of Jaq Jaq Bird's PVC-free bib. \$14; Nordstrom



KEEP IT TOGETHER

Store and serve your baby's food in the compartments of the portable Baby Banquet. \$15; babybanquet.com

REDUCE COLIC

This eight-ounce, BPA-free bottle has a unique one-piece venting system that cuts down on gas. \$7; coddlelife.com

GET A GRIP

An ergonomically designed infant spoon is gentle on a baby's gums. \$4; playtexbaby.com

SIP ON THIS

Mamma's rocking training cup wobbles back and forth but doesn't fall over! \$9; ginsey.com