

american baby

Healthy Pregnancy, Happy Baby

FEEL GREAT WITH A BUMP!

HAPPINESS SECRETS FROM TAMERA MOWRY-HOUSLEY

5

Food Rules Expecting Moms Must Know

THE BEST WAY TO KEEP BABY HEALTHY

Sun Smarts For Every Skin Type



we're
buzzing
about

- SIGNS IT'S A BOY (OR A GIRL)
- MAKING A PRE-BABY BUCKET LIST!
- THE STUFF GRANDMAS SAY ...and lots more!

BABY

THE AMAZING FIRST YEAR

Infants get cold fast, so make your dunk brief.



THAYER ALLYSON GOWDY, WARDROBE STYLING BY SHIONA TURINI, PROP STYLING BY CLAUDIA MIYAR. HAIR AND MAKEUP BY VICKIE GRANADO FOR MC2.
ON WOMAN: KARLA COLLETTI SWIMSUIT AND ON BABY: JANE AND JACK SWIMSUIT.

Baby's First Swim

"Splashing in the tub and beginning to sit up are early signs she's ready for the pool," says Natasha Burgert, M.D., a pediatrician in Kansas City, Missouri. Try to plan swim time early or late in the day to avoid the sun's hottest rays between 10 A.M. and 4 P.M., and don't rely on any kind of floatie device. Keep your hands underneath her armpits to hold her securely in the pool as you move her around.

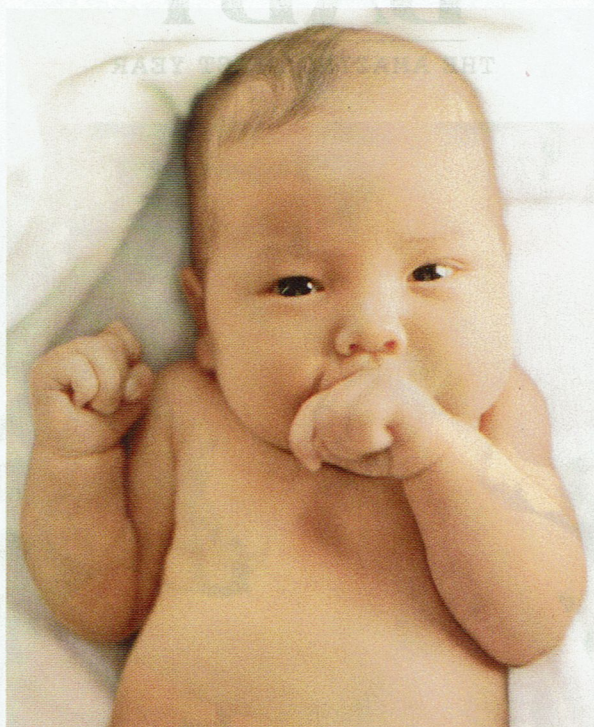
smart
cookie!

BABY'S MORAL COMPASS

Children just over a year old may already be able to decipher right from wrong, reports a new study in *Psychological Science*. Researchers observed a group of babies watching puppet shows and found that the infants spent more time focusing on a scene in which a puppet interacted with a villainous puppet than a scene in which the puppet shunned the villain. "Children develop strong feelings at a young age about how people should deal with someone who treats others in a negative way," says study author You-Jung Choi, a psychology researcher at the University of Missouri, in Columbia. "We are finding that the ability to evaluate whether certain social behaviors are wrong, such as hitting, emerge much earlier in children than we once believed." Soon your budding pupil will be an astute social observer of the world around her.



Bad
puppet!



Show His True Colors

Infants born before 39 weeks and discharged from the hospital in the first two days are four to nine times more likely to be readmitted for jaundice, finds a new study from The University of Sydney, in Australia. Bilirubin—the compound that can build up in Baby's blood and turn skin a yellowish color—doesn't peak until at least three days after birth, says Samantha Lain, Ph.D., lead author. Follow these steps to protect your little one:

- **SCHEDULE** your baby's first checkup between three and seven days after birth, when bilirubin levels climax.
- **FEED FREQUENTLY** A newborn should have three to four wet diapers and three to four stool diapers each day.
- **CALL YOUR DOC** if your baby develops a yellow cast on the abdomen, arms, legs, or in the whites of his eyes.

52%

That's how many infant fruit-and-grain snacks contain more than 1 gram of added sugar, reports a *Pediatrics* study. Avoid them: "The more familiar a baby is with added sugar, the more likely he is to crave sweeter tastes," says Kristi King, R.D.N., a senior pediatric dietitian at Texas Children's Hospital, in Houston.

Q

Can wearable monitors prevent SIDS?

"No evidence supports that the use of home monitors reduces the risk of sudden infant death syndrome," says Michael Goodstein, M.D., a member of the American Academy of Pediatrics task force on SIDS. These gadgets, which can cost upwards of \$200, send a baby's vitals, like heart rate and oxygen levels, to your phone or a monitor. "My concern is that parents could develop a false sense of security when using one and not follow safe sleep rules," he says. "As a result, their baby could be at greater risk." Put your sweetie to sleep on his back in a bare crib with no pillows, blankets, bumpers, or toys.