

1american baby®

Healthy Pregnancy, Happy Baby

BEST GEAR OF THE YEAR

21 WINNERS
FOR YOUR
REGISTRY

Exciting
First-Year
Milestones

WHAT
PREGNANT
WOMEN
REALLY EAT!
Did Someone
Say Pizza?

we're
buzzing
about

- HOW TO
FAKE A GOOD
NIGHT'S SLEEP
- DECODING
BABY'S CRIES
- IF FAVE TV
CHARACTERS
WERE MOMS
...and more!

OCTOBER 2015 | AMERICANBABY.COM

BABY

THE AMAZING FIRST YEAR



His First Halloween

Before you head out, prep for pitfalls. Inspect your cutie's costume for small accessories, like jewelry, which can be a choking hazard. Next, check the weather.

"If it's cold, add layers under his costume or a coat," says Jason Homme, M.D., assistant professor of pediatrics at the Mayo Clinic, in Rochester, Minnesota. Driving to a party? Dress him up when you arrive. Strapping him into a car seat with a bulky costume can create an unsafe gap between the harness and your child.

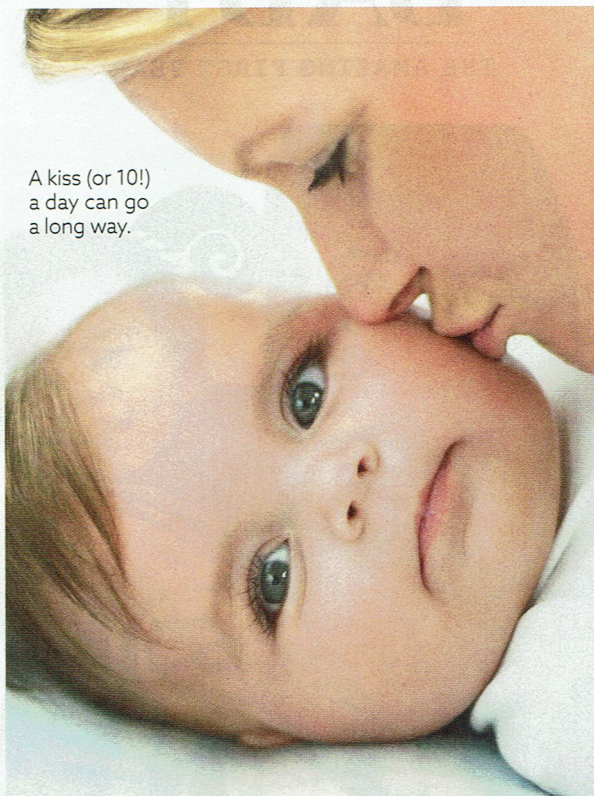
GRACE HUANG. WARDROBE STYLING BY SHIONA TURINI. PROP STYLING BY OLGA NAIMAN. HAIR AND MAKEUP BY MARINI BURTON FOR CROSBY CARTER. CHILD WRANGLING BY KAYSH SHINN. ON WOMAN: KNIT DRESS BY GAP. TOP DRESS BY REBECCA MINKOFF. ON BABY: JACKET AND PANTS BY GAP.

WAAA!!!

Crack the Crying Code

When researchers had moms and dads listen to recordings of baby noises, most participants quickly recognized if an infant was distressed but couldn't decipher whether the cries were due to hunger, pain, separation anxiety, or something else. "Seeing your little one and paying attention to his vocal communication, but also his facial expressions and body language, is key," says Diane Bahr, a speech language pathologist and author of *Nobody Ever Told Me (or My Mother) That!* If Baby has his eyes open wide and his arms and legs curled over his belly, he may be ready to eat. Turning away, kicking, and arching his back while he's feeding may mean that he's done. When your sweetie reaches 1 month old, the length of each wail may also help clue you in. A sob of hunger is shorter (about 1.3 seconds) than an "I'm in pain" cry (about 2.6 seconds).

A kiss (or 10!) a day can go a long way.



The Power of Love

An Israeli study found that preemies living in nurturing homes caught up to or surpassed their later-born peers' development. "Positive interactions help a baby's brain with bonding and learning," says Wendy Spicer, a clinical coordinator with PinnacleHealth's Infant Development Program, in Harrisburg, Pennsylvania.

- **GO BARE** Parents of preemies are encouraged to do kangaroo care—hold your mostly naked infant on your bare chest—to stabilize vitals, soothe, and promote bonding.
- **MAKE EYE CONTACT** While bottle-feeding or nursing, gaze into Baby's eyes. If she looks back, smile and talk to her. "That back-and-forth conversation along with eye contact helps language development," says Spicer.
- **GET ON THE FLOOR** "One-on-one interactions like tummy time create an emotionally secure baby who thinks, 'I want to be with my mom!'" Spicer explains.

Q

My infant snores! Should I be worried?

Many infants take pauses while breathing as they slumber, which can sound a lot like snoring. "It's a normal breathing pattern in REM sleep, and Baby should outgrow it by 3 to 6 months," says Sanjeev Kothare, M.D., director of the pediatric sleep medicine program and professor at NYU Langone Medical Center, in New York City. If she doesn't, your doc may refer her to a pediatric sleep specialist. "Serious issues such as infant sleep apnea, when less oxygen is delivered to the brain due to breathing pauses, are uncommon, but it's best to rule them out." A smart first step: Film Baby's breathing during a nap to show your doctor, says Dr. Kothare. This can help determine whether further testing is needed.

44%

The reduced risk of having an overbite later in life if an infant is breastfed for at least six months, reports a study from the University of Adelaide, in Australia.

BABY HEALTH

Give little lungs special care.

Everyday Ways to Protect Your Child From Asthma

New research shows that you may be able to help lower your child's chances of getting the condition by controlling and monitoring certain exposures, reports the journal *Thorax*. We spoke

to Catherine Karr, M.D., Ph.D., director of the University of Washington's Northwest Pediatric Environmental Health Specialty Unit, in Seattle, to learn the most effective breathe-easier strategies.

● **NIX NICOTINE** "Tobacco smoke is the leading environmental factor influencing the development of asthma," says Dr. Karr. You already know to ban smoking in your home or anywhere around your baby, but beware of third-hand smoke—the residue that lingers on a smoker's clothes and furniture, and in his car. Play it safe. Ask friends who smoke to take off their jacket and wash their hands before holding your little one.

● **BANISH BUGS** During the winter months we spend most of our time indoors, where dust mites—critters that irritate the respiratory system—thrive,

she says. Vacuum with a HEPA filter machine once a week, wrap your baby's mattress in a zippered cover, and dust with a microfiber cloth.

● **STAY HEALTHY** Babies who come down with bronchiolitis are nearly 50 percent more likely to develop asthma later in life, reports a study in *The Journal of Allergy and Clinical Immunology*. Avoid taking your munchkin to crowded places until she's a few months old, wash your hands frequently, and ask any under-the-weather friends and relatives to delay coming over for a visit until they've recuperated.

About 1 in 12 people have asthma, reports the Centers for Disease Control and Prevention.

From teething...



- Trusted, benzocaine-free relief in tablets and gel
- The **ONLY** homeopathic nighttime teething gel

to training...



- Fluoride-free training toothpastes
- Gentle care for first teeth and gums