

american baby

Healthy Pregnancy, Happy Baby

EXPECT MORE FUN!

**JESSIE JAMES
DECKER**
IS ENJOYING
ALL NINE
MONTHS

**Hottest
Pregnant
Celebs Of
The Decade**

**FIRST TESTS
NEWBORNS
NEED**

SPECIAL
STYLE
ISSUE!

**Fall's Top
Trends
For Your
Bump**

we're
buzzing
about

- LIPSTICK
IN THE LABOR
ROOM
 - BABY-NAMES
STEALING
 - CHIC
NURSING
COVERS
- ...and more

BABY

THE AMAZING FIRST YEAR



Nurture your
little chatterbox.

Conversation Starters

Infants as young as 5 months old listen 40 percent longer to a fellow baby's babbling than to an adult talking, reports McGill University, in Montreal.

"Hearing other infant sounds stimulates babies to move their mouth or vocalize, which suggests they may recognize the noises as similar to their own," says lead author and communications expert Linda Polka, Ph.D.

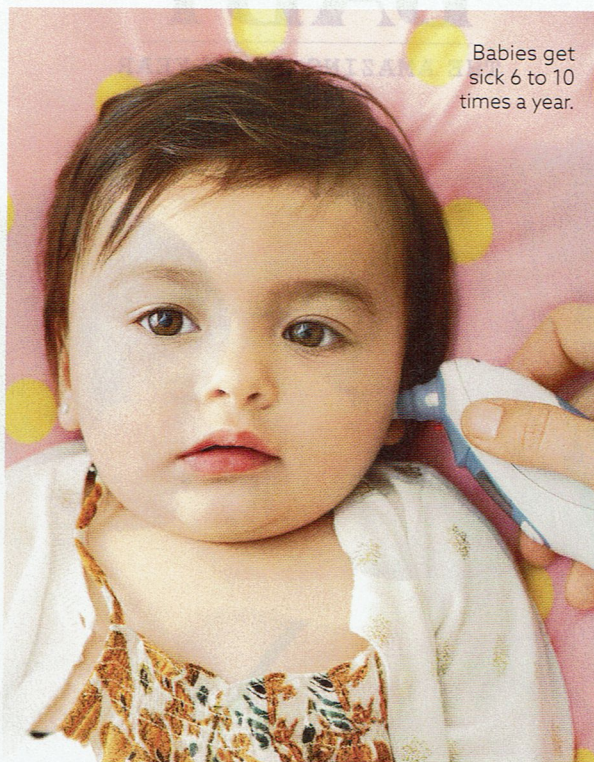
More incentive to head to the library for storytime or an infant music class!

THAYER ALLYSON GOWDY, WARDROBE STYLING BY KAREN KOZLOWSKI, HAIR AND MAKEUP BY DANIEL PAZOS FOR MC2.

WHAT'S
NEW

DECODING DIABETES

Identifying a baby's future risk of type 1 diabetes, which is often hereditary, may be as simple as a new blood test, reports a study from TEDDY, a consortium of clinics focused on pediatric diabetes research. "By analyzing blood samples of more than 8,600 children for islet antibodies, we were able to foresee future risk before age 5," says coauthor William Hagopian, M.D., Ph.D., an investigator at the Pacific Northwest Diabetes Research Institute, in Seattle. If the condition runs in your family, your baby may qualify to be enrolled in a free national research program; get info at DiabetesTrialNet.org.



Babies get sick 6 to 10 times a year.

Tackle That First Illness

We asked Matthew Kronman, M.D., a professor at Seattle Children's Hospital, for advice on navigating Baby's sickies.

- **SOOTHE HER** Most childhood ailments, like a cold, are caused by viruses. Give her plenty of fluids, rest, and a fever reducer, if necessary, with your doc's approval.
- **WATCH FOR WORSENING** If Baby is sick, gets better, and then worsens again with a fever, see her pediatrician. A pattern of two phases to an illness sometimes suggests that a child has developed a bacterial infection, which could require antibiotics.
- **GET HER EARS CHECKED** Ear infections are the most common pediatric illness for which antibiotics are prescribed, because most are caused by bacteria.

Q

Can I treat infant eczema without steroids?

"YES. Pimecrolimus, a prescription nonsteroidal medication, can be just as effective for maintenance of mild to moderate flares," says Lawrence Eichenfield, M.D., chief of pediatric and adolescent dermatology at Rady Children's Hospital-San Diego. Be careful not to undertreat eczema, which can lead to more severe symptoms, he warns. "Moisturize daily with an unscented lotion to keep Baby comfortable. For frequent rashes, your doctor may recommend using a medication like pimecrolimus on hot spots even before breakouts happen. This way, you control the condition without needing stronger corticosteroids," he says.

➤ 1,606

That's how many different proteins are in breast milk, reports the largest human milk proteome study to date, from the University of California, Davis. Many of them have specific functions crucial to a newborn, such as helping to digest fat and supporting neurodevelopment.

BABY HEALTH



Medicine Smarts

A staggering 70,000 kids are brought to the emergency room each year for drug overdoses due to mistakes in the frequency or amount of medication dispensed, reports the American Academy of Pediatrics. Errors aren't just made with prescription drugs. "Perhaps the

most dangerous type of medications are over-the-counter ones, because they're found in most households and are often considered to be less potent than prescription," says Sabrina Santiago, M.D., a pediatric primary care doctor at the University of California, San Francisco. Before giving Baby any type of medicine, confirm that it's safe to do so with your pediatrician and follow these three dosing rules:

● KNOW HIS WEIGHT

Base dosages according to how much your baby weighed at his last checkup. "This means two infants the same age might get different amounts," says Dr. Santiago.

● PUT DOWN THAT SPOON

"Always dispense with a syringe," emphasizes Dr. Santiago. "Never administer medicine to a baby with a

household spoon, because it doesn't give an accurate measurement."

● TRACK THE DOSES

One of the most common mistakes that sends infants and children to the ER is doubling a dose or giving medications too close together, says Dr. Santiago. Adhere correctly to the prescribed schedule by getting in the habit of writing down when your baby is given a dose. This is especially important to do to avoid confusion if your partner or child-care provider will also be dispensing the medication.

Be sure to program the Poison Control Hotline, 800-222-1222, into your phone.

From teething...



- Trusted, benzocaine-free relief in tablets and gel
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to training...



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

84%

The portion of stock photos showing babies snoozing in unsafe sleeping conditions, reports WellSpan York Hospital, in York, Pennsylvania. "Always put Baby to sleep alone, on her back, and in a bare crib with no pillows or stuffed animals," says lead author Michael Goodstein, M.D.

Raise a Healthy Eater From Day One

A new Dutch study found that babies who were overweight at 6 months old were four times more likely than their trimmer peers to be overweight at age 5 or 6. The take-home: It's never too early to start talking with your pediatrician about your child's weight during checkups. Put these wise moves into play:

CHECK HIS CHART

The percentiles mean less than the pattern of her growth. So if Baby has always been in the 90th percentile for height and weight, that's less of a concern than if she quickly jumps from the 75th percentile to the 90th percentile. "It's a warning sign when an infant's rate of weight gain picks up too much speed," explains Stephen Pont, M.D., M.P.H., chair of the American Academy of Pediatrics Section on Obesity.

PASS ON JUICE

Stick to breast milk, formula, or water. Children should eat, not drink, their fruit because the real thing delivers more nutrients, such as fiber, which fights constipation, for fewer calories, says Dr. Pont.

SERVE SMART

To make sure your baby gets enough vitamins and minerals, shop for baby food that contains no extra sugar and calories. Stick to plain yogurt instead of flavored, and serve fruit purees without any concentrate.

LET BABY LEAD

"If you do, he may be more willing to try new things," says Dr. Pont. To encourage food independence, set out an array of healthy options during dinnertime and have him pick which ones he would like to eat.

to brushing...



- Anticavity fluoride toothpaste
- Kids' favorite characters

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