

BabyTalk

small talk

NEWS, VIEWS, AND STUFF YOU CAN USE

tube for tots

According to the Kaiser Family Foundation, 43 percent of kids under 2 watch TV every day; 26 percent even have a TV in their room. Development expert Anita Sethi, Ph.D., offers these tips:

- Don't use TV as a babysitter; sit with your toddler and comment on the action.
- Watch quality children's programs.
- An easy way to limit TV time is to tune in to shows 10 minutes late and turn the TV off when the show ends.



READ ACROSS AMERICA

To encourage families to set aside more reading time, the National Education Association has organized Read Across America Day. The celebration takes place on March 2—what would have been Dr. Seuss's 100th birthday—with events all over the country. To find out what's happening in your area, go to www.nea.org/readacross.

Of course, you can host a bedtime read-in at home. Our favorite new board books are the award-winning *Kiss Good Night* by Amy Hest (\$16 for a boxed set; www.candlewickpress.com) and *Snuggle Puppy! A Little Love Song* by the always-lyrical Sandra Boynton (\$7; www.workman.com).

It's a wrap

Swaddling is a traditional newborn soother, yet unless you're a maternity nurse, all that flipping and tucking seems as complicated as origami. But by following these directions, you'll be able to make a baby wrap in your sleep:

- 1) Fold a receiving blanket into a "V."
- 2) Position your baby in the center, with his head just above the top edge and his feet above the "V" point.
- 3) Fold the "V" point up, over his feet.
- 4) Fold the left side across him and tuck any excess underneath. Fold the right side over and voilà!—baby burrito. For more on swaddling, go to page 40.



Cloud B LullaWrap is sized for swaddling (\$28; www.cloudb.com).



Go Baby Teddy Toes Layette has split legs (\$35; 800/518-3339).



Simple Swaddle uses Velcro to keep the wrap from coming undone (\$28; www.simpleswaddle.com).

BabyTalk.com For more great products for you and baby, go to www.babytalk.com and click on Good Stuff. For access information, see page 3.