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B A B Y S T E P S (baby care & breastfeeding)

Sleep, Baby, Sleep

If there's one thing new moms crave even more than the latte they gave up 9 months ago, it's sleep. It seems like as soon as you're ready for a nap, baby has other plans. But maybe your home is just too quiet. Right now you're probably thinking to yourself, "Don't babies need quiet to sleep?" Not necessarily, says Dr. Harvey Karp, author of *The Happiest Baby on the Block* (Go Code 8215).

"In your womb, your baby was surrounded by a constant shushing sound a little louder than a vacuum," Dr. Karp says. Life in the womb is filled with loud, rhythmic sounds that can comfort baby even after birth. To give your newborn (and yourself) the best chance for at least a few hours of sleep each night, try making your baby's first weeks of life more like a fourth trimester. Swaddle him tightly, keep the room dim and use a cradle or swing to mimic your body movements. White noise, like a fan just outside baby's room, also helps.

Cloud b has the perfect white noise maker that won't wake the rest of the house in the middle of the night. Their "Sleep Sheep" is a soft, cuddly toy that gently recreates sounds of nature or mom's heartbeat. It clips on the crib with an easily detachable Velcro strap and automatically times out after 23 minutes. Not only will you have the sleep you crave, you'll rest better knowing your baby is comfortable, too. To find Cloud b online, click over to ePregnancy.com, scroll down the home page to the Go Codes section and enter 8214. Prices range from \$25 to \$35, depending on the retailer. — JR

Sprinkling After Tinkling...

Plain old cornstarch is a time-honored remedy for diaper rash that many parents still use. After all, it's natural, fragrance-free and absorbent. Even brand-name baby powder companies add cornstarch since talc can irritate a baby's lungs. Dr. Warren Silberstein, a pediatrician from Lynbrook, NY, says the benefits of cornstarch are not an old wives' tale. "Cornstarch is super absorbent, soft and soothing, which makes it an excellent choice for treating and preventing heat rashes in infants and children," Dr. Silberstein says.

But before you reach into your kitchen cupboard for the next diaper change, Dr. Silberstein cautions there are a few things to be aware of when using cornstarch on your little one's bottom:

- A light sprinkle of cornstarch goes a long way.
- Pass on the cornstarch if you use disposable diapers. Disposables contain a gel that absorbs urine, and moisture-absorbing cornstarch creates a thick, pasty mess that isn't absorbed by the diaper.
- Cornstarch is food for fungus, so if you suspect your baby has a yeast infection choose a cream that creates a barrier between baby's bottom and the diaper, such as Vaseline, Penaten or Aquaphor.

— DC

Good Food

All parents worry about when to offer solids, how to make vegetables more fun and how to understand complicated nutrition labels. Juicy Juice now offers a free, easy-to-read booklet that helps parents start their kids off on the best nutritional foot. Dr. Christine Wood, a practicing pediatrician in San Diego and author of *How to Get Kids to Eat Great & Love It*, endorses the project and answers parents' questions online. Whether you're just starting solids or are worried about your preschooler drinking too much juice, Wood offers practical information you can take to the grocery store. For your free copy, visit Go Code 8213. — JR

What Are The Odds?

Your newborn is sweet and oh-so-fragile right now, but it won't be long before she's playing "go fish" in the toilet or smooching on your lipstick and kissing the mirror. Don't worry — it's not a reflection on your parenting skills. Even good parents have children who stuff beans up their noses.

With the humor that only a parent who's been there and done that can give, Lauri Berkenkemp's *Go Parents Guide – Kid Disasters and How to Fix Them* (Go Code 8216) guides parents through those natural disasters of childhood. While you're at it, pick up the *Go Parents Guide Teaching Your Child Manners, Talking to Kids About Sex and How to Handle Family Squabbles*. — JR

