

Heartfelt Words Of Wisdom From Moms To Moms

(NAPSA)—Many moms will agree that the best advice on pregnancy and motherhood often comes from other moms.

The 'Share Your GOOD START Story' contest recently invited moms from coast to coast to share their best tips, personal stories and heartfelt words of wisdom for the benefit of other moms.

Here are some of the unique stories and helpful tips selected from the more than 5,000 entries to the contest sponsored by NESTLÉ® GOOD START® Infant Formulas:

- **Keep track of baby's development and medical records from the start.** "To understand my baby's habits and tendencies, I made a chart similar to the one that they use in the hospital. I noted when each feeding took place and how much formula was used. Within a few weeks I could see a very consistent pattern for feeding."—Jill F., Sagamore Hills, Ohio

- "In order to easily keep track of all the medical information for my entire family, I use a binder to list the date, which doctor was seen, the reason for the visit, and any medications that were prescribed."—Debra W., East Northport, New York

- **Prepare as much as possible before baby comes.** "During pregnancy, take a cooking class with your partner to learn how to best prepare and freeze meals. It was a lifesaver for us in the first few sleep-deprived weeks!"—Lisa R., Buffalo Grove, Illinois

- **Involve your spouse in feedings.** "From the very outset,



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Moms share tips for getting off to a "Good Start" with baby.

we oriented ourselves around giving my husband responsibility for the last feeding of the day. This gave him a chance to participate and me a chance to sleep. He carefully researched formula choices and decided on Nestlé GOOD START. The net result was that we both felt utterly bonded and in love with our new daughter."—Emily M., New York, New York

- **Pamper yourself during your pregnancy.** "Plan several 'mommy alone' trips to places you won't be able to go with a new baby."—Leigh B., Winchester, Virginia

- **Keep multiple diaper bags stocked for different outings.** "The first bag is small for sudden outings and has the basic necessities, including GOOD START formula. The second bag also includes toys and extra clothing. The third bag, for long drives and air travel, has bathing supplies and medicine."—Kulsoom A., Baton Rouge, Louisiana

In addition to offering tips, more than one in five moms that entered the contest praised

Nestlé GOOD START Infant Formulas for helping their baby get off to a good start with nutritious and gentle formulas. "We first supplemented with the brand of formula given to us by our pediatrician, but found our daughter crying while taking the bottle, spitting up frequently, and generally unhappy around feedings. I worried that every formula would cause these problems, but we decided to try NESTLÉ GOOD START SUPREME DHA & ARA with COMFORT PROTEINS. My husband and I were happy that it contained DHA and ARA, like breastmilk, and my daughter seemed to digest it easily. We are expecting our second child and know that breastfeeding and supplementing with NESTLÉ GOOD START will be a very good start for our new baby."—Jane M., Princeton, New Jersey

Moms can view more entries from the 'Share Your GOOD START Story' contest online at www.verybestbaby.com. The site offers many resources for expecting, new and experienced moms, such as answers to commonly asked questions about pregnancy and infant care from healthcare professionals.

Nestlé believes that breastfeeding is the gold standard in infant nutrition. However, for those moms who cannot or choose not to breastfeed, or who choose to supplement, formulas such as NESTLÉ GOOD START SUPREME DHA & ARA with COMFORT PROTEINS® provide infants with all the nutrients they need for growth and development.