

Pointers For Parents

Getting Ready For Baby: The Latest Advice

(NAPSA)—Babying your newborn may be easier—and even more fun—than you’d expect. There are a number of ways to help keep baby—and parent—happy, healthy and comfy. That’s important news, because many new parents can feel overwhelmed about caring for their newborns.

So what’s the best way for parents to take better care of their children? It may be to take just three “baby steps.” That’s the advice from Wendy Haldeman, a noted expert in the field of infant care and breast-feeding. Haldeman—who has logged more than 30 years as an ER nurse, pediatric nurse and Lamaze instructor—says parents can start learning about babies by focusing on just three key areas: feeding, safety and comfort. She offers these tips:

- **Feeding**—Most pediatricians agree that there is no better food for babies than breast milk. However, many moms will tell you that there are times when breast-feeding is not an option. Baby-friendly products such as the Tri-Flow Nipple System from Munchkin, can help. The Tri-Flow nipple can be adjusted (slow, medium and fast) to match a mother’s flow rate, making the process of bottle-feeding more natural for baby. A more natural flow can mean less gas, colic and confusion—and a happier baby.

- **Safety**—Try to learn as much about baby safety as possible. Check with your community center or doctor’s office to learn about infant CPR classes that you can take. Also, be sure to baby-proof your house. Most hardware stores carry socket plugs that can keep curious fingers away from



Baby Bottles 101—New types of baby bottles such as Munchkin’s Tri-Flow help make bottle-feeding a more natural experience for baby.

electrical outlets. Baby gates are a must, too. Babies start to crawl as early as five months, so it’s a good idea to start babyproofing as soon as possible. Parents can also find new safety products that use color-changing technology to let people know if bathwater or food is too hot for baby.

- **Comfort**—Parents are seldom taught how to calm a fussy baby—but as most parents find out at 3 a.m., it’s a great skill to have. Try giving your baby a pacifier or even your finger to suck on. It’s very soothing for an infant. Swaddling a baby helps, too, as does movement (not just rocking back and forth, but walking around as well). You can also try white noise. Just turn on the TV to a channel that is off the air and let the sound of the “snow” calm baby down.

Haldeman also offers this last bit of advice: Trust yourself. “Gather what information you care to and then listen to your heart and follow your instincts,” she says.

For more information, visit www.munchkininc.com or call 1-800-344-BABY (2229).