

Pointers For Parents & Expectant Parents

The ABCs Of College Costs

(NAPSA)—It may seem like a long time before new parents see their babies go from diapers to caps and gowns. But experts say the sooner you start saving for college, the better.

Given that the average cost of one year at a public university in 2022 is expected to be more than \$20,000, heeding that advice may be the smartest move you could make. Unfortunately, many parents haven't started saving at all. And judging by a recent survey, they know they're flirting with disaster: While 88 percent of new mothers said a college education is crucial to their child's ability to succeed later in life, only one-third of respondents were confident they'd be able to afford the cost of tuition.

A new program may help. The maker of Enfamil LIPIL infant formulas is sponsoring an initiative that gives parents the chance to win a \$25,000 college scholarship or a \$1,000 savings bond for their baby.

Twenty scholarships and 100 savings bonds will be awarded to babies born between August 31, 2003, and February 28, 2005. It can be a great way to get a solid start on covering education expenses.

It takes more than money to get into college, though. The following tips can help stimulate the learning process in your future graduate:

Activities

- Your baby learns from sounds. Imitate the sounds your baby makes. As she gets older, she'll probably start to imitate you.
- Hold a rattle about 12 inches from baby's face and move it slowly from side to side. Your baby's eyes will follow the path of



New parents have the chance to win a \$25,000 college scholarship for their baby.

the rattle, but only for a short time. Over time, your child will be able to track the rattle for longer periods.

- Put some plastic cups in the tub while you give baby a bath, so she can fill and pour. Also, place an unbreakable mirror in a spot where baby can see herself. This stimulates brain activity.

Nutrition

Certain nutrients may be critical to a baby's development. For instance, more than 100 studies, including a clinical trial published in *The Journal of Pediatrics*, have shown that nutrients called DHA and ARA are important for mental and visual development. A blend of these two nutrients is found naturally in breast milk and is included in Enfamil LIPIL infant formulas.

For more information on the scholarship, talk to your hospital or pediatrician. To learn more about DHA and ARA, visit www.enfamil.com.