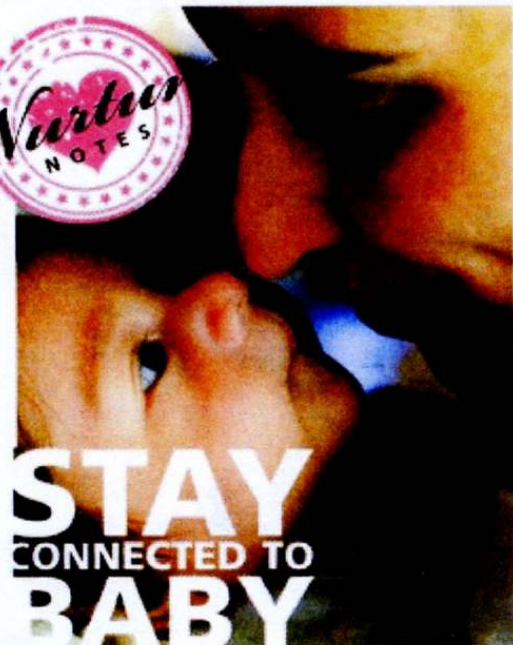




BABY PAGE

BY TERESA LEARY JENKINS



STAY CONNECTED TO BABY

Bonding looks different at each stage of development. As our babies grow, they continue to need nurturing. Use these tips from Jill Stamm, author of *Bright from the Start*, to stay connected to your little one.

INFANT (0-6 months)

- Hold your child when feeding instead of propping the bottle up.
- Deliberately hold baby often instead of putting him or her in a carrier.
- Kiss, hug, and hold your baby throughout the day.
- Establish consistent routines for feeding, bathing, and sleeping.

BABIES (6-18 months)

- Slow down activity level periodically; create a calmer atmosphere.
- Label feelings and emotions as your baby's behaviors change. (e.g. "That's hard to do; it's okay to feel frustrated.")

TODDLERS (18 months-3 years)

- Establish habit of lap reading together. Turn off TV during these special times.
- Make rewards for favorable behavior from toddler less external (e.g. sweets or toys) and more internal (e.g. more story time and back rubs).



Mom's Bag OF Tricks

KEEP SIBLINGS BUSY DURING DELIVERY

The many pregnancy books that I read when I was expecting advised me to pack my bag for the hospital a month in advance of my delivery date. While I was packing, it occurred to me that should the baby come in the middle of the night, we'd have to take our older daughter to the hospital, where she'd grow bored having to wait.

That's when I came up with the idea of the Sibling Bag of Tricks.

I purchased a plain canvas bag and painted a simple design on the front, sewing ribbon and trim along the cloth handles. Once I pinned a "I'm the Big Sister" button onto the front of the bag, it was ready to go.

I then purchased some necessities, as well as fun things for my daughter to entertain herself. I placed a brand-new sweatshirt in her favorite color inside in case she grew cold in the waiting area. I added a small change purse containing one-dollar bills and several dollar's worth of quarters so she wouldn't have to bother us during the delivery with "I'm hungry," — not a convenient time to rummage around for loose change.

I also put a disposable camera into the bag, and the small, wrapped gift she had previously selected for the baby. Finally, a new reading book, some activity books, markers, pens, and crayons rounded out the collection.

When the bag was complete, I surprised her with it, and explained that the goody bag wasn't to be used until we arrived at the hospital. She then proceeded to take everything out, have a good look at each item, and repacked the bag. She was happy, and felt included in the big event.

Then with great pride and anticipation, she placed her Sibling Bag of Tricks right next to my hospital bag, thus ensuring that her bag wouldn't be left behind in the case of a mad dash for the hospital.

The bag will also come in handy if you have a younger child who must go to a sitter during your delivery. The novelty of it will keep your child distracted from all of the excitement surrounding the imminent birth, and could help ease any anxiety he may feel as a result. — Kara Frank



Sibling Bag Check List

Filling the bag with brand-new items adds to its appeal, but remember to put in some of your child's favorite things, such as stuffed animals or a blanket. Also make sure everything is age-appropriate.

SWEATER, JACKET, OR SWEATSHIRT

COIN PURSE WITH ONE-DOLLAR BILLS AND QUARTERS

DISPOSABLE CAMERA • JOURNAL AND PEN • READING BOOK

ACTIVITY BOOK • STICKERS • MARKERS, CRAYONS

SMALL, ELECTRONIC GAMES

SNACKS • WATER BOTTLE OR JUICE BOX

SMALL TOYS APPROPRIATE FOR A HOSPITAL SETTING

(NOTHING THAT MAKES LOTS OF NOISE)

GIFT FOR THE NEW BABY

GOODIES ON THE GO

When baby starts eating solid foods, life gets easier for mom.

Longer stretches between meals can mean more time for running errands or having lunch with a friend. But feeding your little one while on the go can get messy — just ask any mom who's had an applesauce container crack and spill in the diaper bag.

The next time you're out, bring along a Smashies pouch. Smashies is the first organic, sugar-free, applesauce that's portable and convenient for moms on the go. This guilt-free snack comes in a resealable, eco-friendly pouch which fits conveniently in diaper bag or backpack. Each 50 calorie pouch yields one-serving of USDA organic whole fruit. Great for kids of all ages.

Pick them up at Whole Foods or online at smashies.com.