

WHAT MATTERS TO MOMS

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Parenting

HOW YOUR BABY GROWS

What the charts don't tell you

"It worked for me!"
MOMS' BEST ADVICE

BABY-GEAR DANGERS
Is *your* child safe?

WHY TIRED KIDS WON'T SLEEP
and other weird behavior, explained

SMART MONEY MOVES
FOR UNCERTAIN TIMES

HOW BEING A MOM CHANGES YOU
(for the better!)

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THE SCOOP ON SCARY SYMPTOMS

Is it a seizure? About 2 to 5 percent of children will have one before they're 3. More kids, though, have what *looks* like a seizure but isn't. "If your child isn't sick, and seems fine before and after the incident, it may not be a seizure," says Kevin Chapman, M.D., a pediatric neurologist with the Barrow Neurological Institute in Phoenix. How to tell:

What it looks like	What it is	What to do
Around feeding, your infant arches his back and extends his arms.	Gastroesophageal reflux (GER), a common digestive problem	Ask your doctor; he may suggest a new feeding schedule or formula.
Your infant shakes his head back and forth rapidly.	Benign infant shuddering , a reflex often triggered by happiness	Mention it to your pediatrician, just to make sure that's what it is.
Your infant or young child twitches a few times as he falls asleep.	Benign sleep myoclonus , a sleep disorder that usually goes away on its own by the time a child is 3 years old	Gently wake your infant to stop the movements. Mention it to your pediatrician, just to be safe.
Your child gets upset and holds his breath. He might turn blue, stiffen, or pass out, but he's fine in less than a minute.	A breath-holding spell , an involuntary reaction to anger, fear, or pain. These spells can begin in infancy and usually stop around age 5.	Call 911 if your child turns blue and you're not sure why. These spells are usually harmless, but tell your doc.
Your infant or child develops a fever, then twitches, jerks, and stiffens.	A febrile seizure . Three to 5 percent of kids will have one by age 5.	After the seizure, try to reduce the fever, and call your pediatrician right away to rule out a more serious problem.
Your child suddenly becomes unresponsive and might move his eyes, face, or body uncontrollably. Afterward, he's sleepy or weak.	An epileptic seizure , which occurs in only about 1 percent of children (the risk increases for developmentally delayed children)	Don't restrain him or put anything in his mouth. Call the doctor immediately, and time the seizure to tell your doc. —Laurie Bouck

Surprise breastfeeding bonus!

Your breast milk can sub in when your child (or you) has a minor cut, thanks to the milk's natural antibiotics that fight infections. Just express a little onto a cotton pad and dab it on your child's skin. Then air-dry the cut and bandage it, says Sandy Johnson, M.D., a dermatologist in Fort Smith, AR, who also recommends breast milk for baby acne, diaper rash, cradle cap, dry skin, and even mild eczema. (Fresh milk is best, but previously frozen is also good.)

—Karen Lynch

