

Parents

TEACH YOUR
CHILD TO LEAD
A MORAL LIFE

Relax, Mom!
**Why Crying
Is Good
For Babies**

**9 Quick Ways To
Make Your Car Safer**

**Healthy
All Winter**

*Best Remedies
For Ear Infections*

*Best Cold & Flu
Medicines*

*Best Ways To
Keep Kids Active*

**42 Dangerous
Kiddie Products
DO YOU OWN ONE?**

**FREE BONUS
2005
HOROSCOPES
(IS A DIRTY DIAPER
IN YOUR FUTURE?)**

\$3.50 U.S.A. \$4.50 Canada



Baby Milestones

Is your baby developing on schedule? If he hasn't mastered the motor skills on our checklist, talk with your pediatrician. For a more detailed growth and development chart from the nonprofit Pathways Awareness Foundation, visit pathwaysawareness.com.



3 MONTHS

She should be able to push herself up on her arms and lift up her head while lying on her tummy.



6 MONTHS

Your child should be able to support herself with her hands while sitting.



9 MONTHS

Your baby should be able to sit up on his own and reach for toys or other objects without falling over.



12 MONTHS

He should be able to pull himself up to a standing position and take a few steps.

WHEN TO CALL THE DOCTOR

Your child woke up sick. What should you do? We asked Pamela Phillips, M.D., a Manhattan pediatrician, when to dial the doc and when to treat your child at home.

1 FEVER

Home or Doc? For babies younger than 3 months, call if her fever is higher than 100.3°F; for babies 3 to 6 months, call if it's higher than 101°F. Also call if a fever lasts more than three days or is accompanied by a rash.

Rx Give your baby an OTC children's fever reducer like acetaminophen, or if she's 6 months or older, ibuprofen.

2 COLD

Home or Doc? Unless the cold lasts longer than a week or your child also has difficulty breathing, you can treat it at home.

Rx Most daytime OTC medications have limited effectiveness. So

use a humidifier instead to relieve your child's congestion.

3 VOMITING

Home or Doc? Call the pediatrician if your child has been vomiting for more than 24 hours—or more than six hours for babies younger than 6 months—or if your child also has a rash or a high fever.

Rx Offer small amounts of water or other liquids to keep your child hydrated.

4 COUGH

Home or Doc? Call the doctor if your child is coughing for longer than two weeks or also has a fever.

Rx Give your child lots of liquids, as well as an OTC cough suppressant (without decongestant) to help him sleep. A humidifier will also help keep his throat from getting too dry.

Allergy Alert

If your infant is on formula, you may not want to give him multivitamin drops before he's 6 months old. Why? The double dose of vitamins can affect his immune system, upping his risk of developing food allergies by 70 percent, according to a new Pediatrics study. Most experts agree you should give multivitamins to a baby younger than 6 months only if he is exclusively breastfed.