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MOM TO MOM. WOMAN TO WOMAN.®

MAKING THE RIGHT DECISION

- * Go back to work?
- * Stay home?
- * Work part time?

How
Crazy Is
Your
Mother-
in-Law?
Take our quiz

+20 TIPS

TO HELP THE
MEDICINE
GO DOWN

Secrets
to Better
Behavior

Model Search

Meet the winners of our casting call
(Here's Lauren, 9 months old)

health briefs

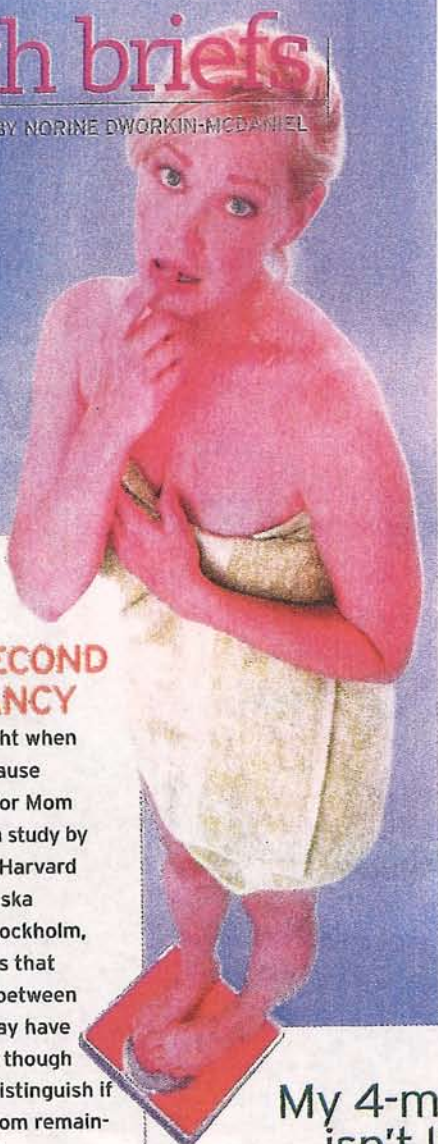
BY NORINE DWORKIN-MCDANIEL

WEIGHT GAIN
BETWEEN
PREGNANCIES
UPS PRENATAL
HEALTH RISKS.

GET FIT BEFORE YOUR SECOND PREGNANCY

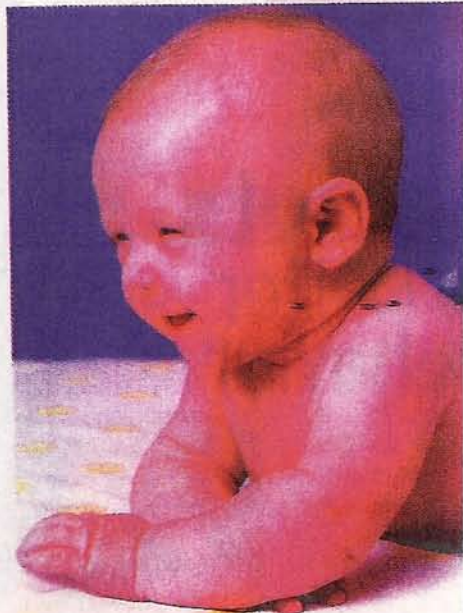
Being overweight when pregnant can cause complications for Mom and baby. Now a study by researchers at Harvard and the Karolinska Institutet, in Stockholm, Sweden, reveals that weight gained between pregnancies may have an impact, too, though they couldn't distinguish if the gain was from remaining baby weight.

The study, which analyzed data on 151,000 Swedish women, found that for a typical 140-pound woman who is nearly 5.5 feet tall, gaining 6 to 13 pounds between her first and second pregnancies increased by 20 to 40 percent the risk for large-for-gestational-age birth and gestational hypertension and diabetes. A 20-pound gain upped the risk for stillbirth by 63 percent, gestational hypertension by 79 percent, and gestational diabetes by 209 percent! The bottom line: maintain a healthy weight.



My 4-month-old isn't lifting his head yet. Should I be concerned?

Ideally, by 3 months, a baby should lift and hold his head up when he's on his tummy or held in your lap. If your child hasn't done so by 4 months, have his pediatrician rule out any neurological disorders. That said, about 1 in 40 kids experiences early motor delays, often the result of low muscle tone, says Gay Girolami, a physical therapist and the executive director of the Pathways Center, in Glenview, Illinois. Fortunately, most delays are resolved with physical therapy, which helps infants strengthen their neck and trunk muscles. The key is to catch these delays early, says Girolami, so your baby will develop on schedule, gaining the posture control and strength he needs.



Take the Sting out of Shots

PROBLEM Receiving vaccines can be a painful experience for children—and their parents.

SOLUTION Lessen the discomfort with these strategies, says Daniel Neuspiel, MD, associate chair of pediatrics at Beth Israel Medical Center, in New York City.

- Before the doctor's appointment, give your kid a dose of acetaminophen (e.g., infant or children's Tylenol). It can help dull the pain of the needle prick and may head off a fever from the vaccine.

- Nursing or drinking sugar water can help babies. Your doctor may have a solution on hand, or mix two sugar packets into an ounce of water. Give two dropperfuls two minutes before the shot.
- Distract kids under age 2 with mirrors, or sing. Older kids can blow on pinwheels.

COMFORT KIDS WHEN
THEY'RE GETTING SHOTS.

The Upside of Morning Sickness

Those who feel sick during the first trimester of pregnancy have about a 70 percent reduced risk of miscarriage, according to a new

British study that questioned more than 6,000 women.