

Baby-Nutrition Test

Half of moms surveyed by the American Dietetic Association (ADA) don't know which nutrients their babies need. That may be because the USDA Dietary Guidelines are for people ages 2 and older, so moms don't have an easy reference. Our quiz from ADA experts will test your knowledge.

1 True or False: Rice cereal should always be your baby's first solid food.

False. Rice cereal is a great choice, but you can also try pureed meat, which is rich in iron and other nutrients.

2 How much food should a 7-month-old baby eat at each meal?

A. About 2 ounces

B. About 4 ounces

C. About 8 ounces

B. He should be eating about 4 ounces (the amount in a small jar of baby food) at each of his three daily meals.

3 True or False: You should offer your baby pureed vegetables before letting her try pureed fruits.

False. Many parents think that if you give babies pureed fruit first, they'll never eat vegetables, which are less sweet. But experts say the order of introduction doesn't matter; instead, just encourage variety.

4 When a 1-year-old starts playing with his food, it means he:

A. Is full

B. Wants something else to eat

C. Needs help focusing on eating

A. It's a signal he's had enough.

Don't force him to eat more.



Don't Delay SHOTS

More than a third of U.S. children were behind on their vaccinations for more than six months during their first two years, says a new study in the *Journal of the American Medical Association*. This means that many kids were unprotected against serious diseases for a considerable length of time. Families less likely to be up-to-date on their shots had two or more children, saw more than one doctor, or were single-parent households.

CAR-SEAT WARNING

The Combi Avatar convertible seat and the Evenflo PortAbout 5 infant seat came unhooked during crash tests when the seats were attached using lower anchors and tethers for children (LATCH), according to tests done by Consumers Union, the publisher of *Consumer Reports* magazine. When the seats were connected with the car's safety belts, however, they worked fine. So if you have one of these seats, make sure it is installed with the car's safety belt rather than the LATCH attachments. Although both seats meet federal standards, the Consumers Union test was more rigorous than the government test. The group points out that the government does not regularly conduct car-seat tests using the LATCH system or using a dummy that tests seats' maximum weight capacity.

SCOGIN MAYO. STILL BY ANNA PALMA.

Diabetes Risk Factor

Babies who are born into families under a lot of stress may be more likely to develop type 1 diabetes—even if there is no family history of the disease, according to a large new study in *Diabetes Care*. Researchers believe that a strained home environment may bring on severe stress in a baby that can trigger problems with insulin and the immune system.



FUN FILLINGS

Some parents are surprised to learn that cavities in baby teeth need to be filled—but your child's first teeth are place markers that must be preserved until her adult teeth are ready to come in, says the Academy of General Dentistry. To make that trip to the dentist a little more fun, ask your doc about colored fillings for baby teeth by Zenith Dental. Kids love picking their own color, and the fillings are also easier for you to see, which will help you notice when a filling or tooth is missing.

GRACO RECALL ALERT

The Consumer Product Safety Commission (CPSC) recalled 1.2 million **Graco toddler beds** (sold from February 1994 to March 2001 under the names Cozy Toddler Bed, Glow-in-the-Dark Toddler Bed, and Classic Toddler Bed). A child's arm or leg can get trapped in the guardrails or footboard. Call 800-837-4404 for a free repair kit. Graco was also fined by the CPSC for failing to promptly report dangerous defects in 16 different products (some sold under the name Century) that led to injuries and deaths. Note these other recalled Graco/Century products you may still have. Log on to cpsc.gov to see how you can repair the item.



1 **CENTURY ASSURA INFANT CAR SEAT AND CARRIER**
Problem: The handle can break, allowing a baby to fall out.
Sold from: January 1991 through July 1997

2 **CENTURY STROLLERS** sold under the names Take 2, Travel Solutions, Pioneer, Travelite, and Pro Sport
Problem: The strollers can unexpectedly collapse and the car seat/carrier adapter can accidentally detach, causing a child to fall. **Sold from:** December 1996 through March 2001

3 **GRACO HIGH CHAIR** models 3170, 36051, and 74001 **Problem:** The high chair's legs can unexpectedly detach, causing the chair to fall to the ground.
Sold from: January 1995 through December 1997

4 **GRACO CARRIER/SWING SEATS** models 1300, 1301, 1310, 1350, 1501, 1502, 1530, 1723, 2788, 5510, 8108, and 36264
Problem: The carrier's handle can unlock unexpectedly, allowing a baby to fall out.
Sold from: August 1993 through August 1997

5 **GRACO INFANT SWING** (Graco can help you determine whether your model is affected) **Problem:** Infants can slide down into the seat and strangle themselves or fall to the floor. **Sold from:** 1993 through January 1998

TOP: FRANK HECKERS.

ADHD Injuries

Summer is high season for accidents. And children with attention deficit hyperactivity disorder (ADHD) are especially prone to getting hurt. We got safety tips from Eugene Hershon, M.D., medical director of the behavioral pediatrics clinic at the University of Miami.

■ **Keep your child on his medication throughout the summer.** Even when school's out, he still needs to focus. "Medication helps control hyperactive and impulsive behavior that can lead to injuries," Dr. Hershon says.

■ **Choose group sports wisely.** Kids with ADHD are likely to get distracted (and hurt) in team sports. A child with ADHD who plays baseball, for example, may not be paying attention to a ball heading toward him. Better sports for a child with ADHD are track or tennis.

■ **Be there for her.** Because kids with ADHD often act without thinking, it's important to pay attention to their every move. For group sports, ask the coach to assign your child a simple job while she's not playing so that she won't get hyperactive. Or offer to be an assistant coach to keep a closer watch.



BEST OUTDOOR SAFETY PRODUCTS

To help guard against summer accidents, we rounded up some of our favorite warm-weather-safety buys.

1 KIDKUSION KID SAFE DRIVEWAY GUARD (\$80, target.com). Place this net at the base of your driveway to keep kids in and cars out.

2 SWINGSAFE (\$26, swingsafe.com). These water-filled bumpers fit over the swing set's legs, providing an easy way to stabilize the set. You won't have to use stakes or cement, or worry about sharp edges poking your child.

3 BELL SPORTS LIL' STRAWBERRY COWGIRL VALUE PACK (\$20, target.com). Kids won't complain about wearing a helmet if you buy a cool one that comes with a bike horn and knee pads.



4 POOLGUARD POOL ALARM (\$200, onestepahead.com). If anything 18 pounds or heavier falls in the water, an indoor alarm sounds. It's also crucial to install a lockable five-foot-high fence around the pool.

TOP: KATE POWERS.

IT HAPPENED TO ME

"MY SON WAS STUNG BY A SWARM OF WASPS"

One summer, Jake Kauer, 4, and his cousin Phillip, 3, were playing in a pile of leaves outside their grandparents' house, unaware that there was a wasp's nest buried below. "Suddenly, I heard the boys screaming, and I saw dozens of yellow jackets surrounding them," says Jake's dad, Neil, who was working in the yard with Jake's grandfather. The men rushed over, grabbed the boys, and brushed the wasps from the kids' bodies with their hands. "At one point, Jake had about 50 wasps covering him," says the dad from Belmont, North Carolina. "They were falling out of his clothes." Fortunately, the boys stood still and covered their faces, so Jake only had seven stings and Phillip had just one. The doctor told Neil to give each boy a teaspoonful of antihistamine and watch for allergic reactions; both boys were fine. "Now I regularly check for wasps around the yard," says Neil.

