

FROM THE PUBLISHERS OF AMERICAN BABY

baby & you

by WAL★MART

SPRING/SUMMER 2007

**GOOF-PROOF
SOLUTIONS**
TO COMMON
FEEDING PROBLEMS

10 ways to save
the planet
(and money!)

bon voyage!

FUSS-FREE TIPS FOR
TRAVELING WITH TOTS

HERE COMES THE SUN

Your ultimate summer
skin-care guide

Small wonders

YOUR BABY'S AMAZING FIRST 3 MONTHS

FREE FROM
WAL-MART

by Maryann LoRusso

have baby, will travel

How to get around
with your precious
cargo in tow.

Friends thought my husband and I were crazy when we took our 3-year-old daughter and 1-year-old son on a three-city, two-week road trip down the California coast. We would be driving many hours and targeting several attractions—including the home of a famous mouse with big ears. Truth be told, we were more than a little nervous as we crammed everything from diapers to DVDs into our station wagon.

In the end, the trip was tiring but exhilarating. We said goodbye to the daily routine, experienced new places together, and really bonded as a family. "If you're prepared to do a little extra planning, traveling with kids can actually be a lot of fun," says Ericka Lutz, author of *On the Go With Baby: A Stress-Free Guide to Getting Across Town or Around the World* (Sourcebooks Inc., 2002). You may not be planning marathon sight-seeing weekends or embarking on a cruise anytime soon, "but you can get around enough to regain some of that sense of self you lost when you became a parent." Turn the page for tips on how to make your next excursion—long or short—a fun and safe adventure.



day tripping

Whether you're hitting the mall for a few hours or embarking on an all-day outing, "a little organization goes a long way," says Lutz.

>What to know: In your pre-baby days you may have been able to do Starbucks, the store, and the doctor's office all before lunch. Your baby doesn't have that kind of stamina. Before heading out, consider where you can stop for feedings and diaper changes and, if your baby is crawling or walking, some playtime. Make

a mental note of child-friendly establishments that offer changing tables and nursing spots. If you can, do the bulk of your errands while baby's snoozing in the stroller.

>What to bring: The good news, says Lutz, is that everything you need for most excursions can be stuffed into a diaper bag. For a morning out, plan to tote three or four diapers, wipes, a change of baby clothes, bottle or sippy cup, a snack, and a favorite toy. If your child drinks formula, consider

the convenient ready-to-pour cans or powder packets, which can easily be mixed with water from a restaurant.

>What not to do: Don't overdo it. If you've got a hungry baby, don't drag her around for too long without refueling. If your antsy toddler is climbing out of his stroller, stop for a playground break.

>Mom tip: You never know when a little one might get carsick, so stash plastic bags and spare clothes for the entire family in your trunk.



on the road

A long driving excursion needn't turn you into the Griswolds. As long as you plan ahead and realize you're not going to get there as quickly as usual, says Lutz, you'll arrive with your sanity intact.

>What to know: Get your car serviced at least a week before the trip. Map your route and determine where you'll stop for meals and overnights. Call hotels and arrange for port-a-cribs and mini refrigerators (great for storing milk and baby food). Think about your baby's sleep patterns and plan your longest driving stretches during naps.

>What to bring: Besides your precious diaper bag, consider a small cooler filled with perishable snacks and milk, and a bag of books and toys. In your trunk, store an extra package each of diapers and wipes, as well as emergency supplies like a first-aid kit, blankets, spare clothes, and bottled water (you can't be sure fountains and public-bathroom tap water are safe, says Lutz). If you've got a potty-trained toddler, don't forget the portable potty and disposable seat covers for those unreliable rest-stop toilets. You'll also need a map, cell-phone charger, and the all-important spare tire.

>What not to do: Don't try to beat the clock. If you try to make record time to Disneyland, everyone may turn into Grumpy before you arrive. "Stop every 45 minutes to an hour," says Lutz. "Get out, stretch, eat a snack. It might take extra time, but little kids are hardwired to move." Besides, the exercise might make them sleep longer once you're back in the car.

>Mom tip: "Be flexible," says Kara Crofton, who drove from New York to San Francisco with her 5-month-old daughter. When a motel ran out of cribs, Crofton and her husband created a makeshift bed on the floor with a blanket. While they would have loved to sight-see all day, they braked at the Laundromat so they could wash baby clothes. "It wasn't always what we wanted to do but what was best for Isabella," Crofton says.

winging it

If the thought of boarding a plane with your baby makes you cringe, Lutz says, “pack a sense of humor and you’ll be fine.”

>What to know: Before you fly, call the airline to check the most current carry-on restrictions and choose family-friendly seats. (While the bulkhead offers more floor space, says Lutz, keep in mind that the seats don’t recline.)

Decide whether your baby will ride on your lap or will require her own ticket; for a longer flight you might prefer that she sit in her car seat, but if it’s a short trip (under two hours), carrying her may be easier and more cost-efficient (though seats for children younger than 2 are usually half price). At the airport, take advantage of curbside or self check-in, and have boarding passes and ID ready as you approach security. (It helps if everyone’s wearing easily removable shoes, as many airports now require you to walk through the metal detector minus footwear.) In the terminal, let your little one move around if you want her to sleep on the plane. Because most airlines no

longer serve meals, purchase any food and beverages you’ll need for the flight. Weigh the pros and cons of pre-boarding; you’ll beat the rush at the gate, but you’ll spend more time on the plane. During the flight, watch for your baby’s exhaustion, hunger, and boredom signals to avoid meltdowns.

>What to bring: A lightweight reclining stroller is best for navigating the airport; you can check it at the gate along with your car seat, if you’re not taking that on board. Fill your diaper bag with extra hand wipes or sanitizing lotion, plastic bags for soiled diapers, and a change of clothes for you and baby (I learned this the hard way when my son urinated on me during a diaper change



in the airplane lavatory). You’ll also need formula, bottles or sippy cups, and bottled water (while airlines say their water is purified, says Lutz, it’s better to be on the safe side). During takeoff and landing, plan to nurse or give your baby a pacifier, bottle, or sippy; the sucking motion will help ease pressure that could cause ear pain. And don’t forget diversions such as books, travel-size toys, and possibly a portable DVD player.

>What not to do: Don’t forget your baby’s ID—either a copy of her birth certificate or a passport. Don’t change

pack smarter

You never need to pack as much as you think you do, says travel author Ericka Lutz. Here’s how to lighten your load.

- ✦ **Mix and match.** Baby doesn’t require a new outfit every day. Three ensembles with coordinating pieces is fine for a week away if you’ll have access to a washing machine.
- ✦ **Pack double-duty items.** Cloth diapers can also serve as bibs and towels. Some soaps are good for soaking both baby bottles and hand washables. Stash diapers and other disposable items in a duffel that can then be used to take home souvenirs.
- ✦ **Do your back a favor.** Instead of transporting heavy baby equipment, consider renting it. Local and

regional companies, such as Travelling Tots, in Orange, California, deliver cribs, high chairs, and strollers to your vacation spot. Car-rental firms including Hertz and Avis can supply car seats, and many national parks and museums loan baby backpacks.

- ✦ **Think small.** Due to enhanced airport security, all liquids, gels, and aerosols kept in carry-on luggage must be in three-ounce or smaller containers. These containers must then be placed in a single, quart-size, zip-top, clear plastic bag (one bag per container). New moms, take heart: These regulations don’t apply to baby formula and expressed breast milk. For a current list of permitted and prohibited items, go to www.tsa.gov/travelers/airtravel.



© The Baby Einstein Company LLC. All Rights Reserved. Baby Einstein and the Baby's Head logo are trademarks of The Baby Einstein Company LLC. All Rights Reserved. EINSTEIN and ALBERT EINSTEIN are trademarks of The Hebrew University of Jerusalem. All Rights Reserved. www.albert-einstein.org. Distributed by Buena Vista Home Entertainment, Inc., Burbank, CA 91521.

It Doesn't Take A Whole Lot Of Butterflies To Show Her How Beautiful The World Is. It's Just More Fun That Way.

There's a big, fun-filled world out there for babies to discover. With Baby Einstein™, you and your little one can enjoy it together.



New
On DVD
March 13

A playful
introduction
to first signs



A playful and
interactive
introduction to music



A fun-filled
discovery of
water

Look for
color-coded
age grading on
Baby Einstein™
DVDs.

babyeinstein.com

a number-two diaper at your seat, unless you want to infuriate your fellow passengers. Most important of all, if your baby has a meltdown, don't panic. "Try to enlist the humanity of the other passengers," Lutz says. "Make it clear that you're doing the best you can. If all else fails, buy everyone around you a drink!"

>Mom tip: Keep 'em entertained. When New York mom Jen McAllister flew cross-country with her two toddlers, she ran a computer slide show of family photos. The kids were mesmerized by the images of themselves and their loved ones, and the flight was over before they knew it.

When she's not roaming the country with her husband and two kids in tow, travel-savvy writer Maryann LoRusso can be found at home in San Francisco.

buckle up

Before you hit the road, make sure your backseat passengers are safe and secure. Your baby should always ride in a rear-facing child restraint until she turns 1 and weighs at least 20 pounds, according to the National Highway Traffic Safety Administration (NHTSA). At that point she can graduate to a forward-facing seat. All child restraints belong in the backseat, never in the front near an airbag. Make sure harness straps are snug and positioned according to the instruction manual. Because car-seat installation can be tricky, the NHTSA recommends you find a certified child-passenger safety technician to help you get it right. For installation tips, car-seat ratings, and a list of free inspection stations near you, visit www.nhtsa.dot.gov. You can also search for inspectors in your area at www.seatcheck.org. One more thing: Older kids are safest when sitting in the backseat wearing a seatbelt, reports the NHTSA. In fact, kids shouldn't ride in the front seat until they're at least 13.