

## Kid-friendly acupuncture

It might make you wince to think about using acupuncture on kids, but research shows that it can successfully treat childhood allergies and asthma, and is even better than medication at stopping bed-wetting. Practitioners also use it to treat earaches, stomachaches, and colic.

Well, wince no more: **Clinics around the country are using needle-free versions of acupuncture on kids.** The most common type, a Japanese style called *shoni shin*, involves gently tapping or massaging the child's body along pressure points. Another kid-friendly method uses a small penlike device that delivers warm, ultralow electrical currents to trigger points.

One or two sessions may be enough to treat something like an earache, says Susannah Grace Carleton, a pediatric acupuncturist in Boulder, CO. Chronic conditions, like bed-wetting, may require a few months of treatment. Ask your child's doctor for a referral or visit the website of the National Certification Commission for Acupuncture and Oriental Medicine at [nccaom.org/find.htm](http://nccaom.org/find.htm). —Laurie Budgar



## When spit happens

If you're wondering whether your baby's little upchucks are normal or caused by something more serious, like gastroesophageal reflux disease (GERD), here's how to tell:

### NORMAL SPITUP

Most babies experience some kind of regular reflux—mild to moderate spitting up—from the mouth or nose without pain or discomfort. It's most common during or right after feedings (okay, you knew that!).

**What's the harm?** You'll worry about choking, but it's rarely caused by spitup.

**What to do:** Always burp your baby mid-feeding, and keep her upright immediately after she eats—she still may spit up, but maybe not so much. Leading experts no longer recommend thickening bottles with rice cereal, especially for regular spitup. One reason: A new study in *Pediatrics* found that this can lead to overfeeding, which only makes spitup worse (the last thing you want).

### GERD

Babies might have this disorder if they spit up or vomit often, scream or cry for hours, refuse feedings, or don't gain weight.

**What's the harm?** If a baby associates eating with pain, this can lead to low weight. There's also the potential for esophageal damage.

**What to do:** Call the doctor, who may suggest you change your diet to make breast milk more palatable; bottle-fed babies may need an easier-to-digest hydrolysate formula. It can also help to feed your baby smaller amounts more often and burp her midway through, as well as keep her upright for a half hour after. Your doctor might also prescribe an antacid. By age 1, the vast majority of babies outgrow GERD. —Kim Fernandez

## “What I can't live without”

**Yoga for the Kid in All of Us** (\$15; [yogamazing.com](http://yogamazing.com)) “My two-year-old and I get exercise (and quality time) by doing yoga to this DVD.

The music and animal poses are her favorite parts. She doesn't realize it's good for her—she just knows she's having fun!”

—Maria Detterman  
New London, OH

