

pages for the ages

baby & toddler



good news for moms who can't breastfeed

Most baby formula now enriched with DHA

Breastfeeding has long been hailed as the way to go to give your child the best start in life. Children who are breastfed have an excellent foundation for brain development, vision and immune system. But for those moms who can't breastfeed, does that mean their children are at a disadvantage?

DHA is a natural omega-3 fatty acid found naturally in breast milk. According to Anitra Leonard, M.D., pediatrician, "Formulas are doing a very good job trying to be as close to breast milk as possible. The majority of them of them contain DHA, fatty acids shown to improve infants' brain development and vision, as well as have cardiovascular benefits."

Although breastfeeding is still recommended as best, the news that there are a wide variety of formulas available to help parents give the best to their babies.

staying clean while being trendy

With baby craze going around Hollywood, more designers are creating trendy items to keep both mom and baby in style. Even something as simple and practical as a burp cloth has taken on a whole new look.

Michelle Whitney came up with the idea after her first son was diagnosed with infant reflux disease. She found that the burp clothes she purchased from stores were not durable enough to handle her son's daily messes, so she decided to create some that were both cute and durable.

Whitney's creations have been purchased by celebrities from Gwyneth Paltrow to Marcia Cross, but that doesn't mean ordinary mothers can't join the trend. All items can be personalized to give that extra special touch.

For more information, visit www.maiseymae.com



When to worry with wheezing

According to recent studies, a viral infection that 99 percent of all of us get during childhood, Respiratory Syncytial Virus (RSV) is responsible for the majority of bronchiolitis. While RSV may just cause a cold in older children, it can cause a serious and life-threatening infection in younger high-risk children. Some doctors aggressively treat the wheezing with nebulizer treatments and steroids, as they would for a child with asthma.

Many childhood illnesses cause children to suffer from wheezing or difficulty breathing. With colds, flu, asthma and viral infections being the most common culprits, parents often wonder, when is it a serious concern and not just a common cold? The answer is when your child is working very hard just to breathe—you should be concerned.

Look for symptoms such as shortness of breath and wheezing. A wheeze is a high-pitched whistling sound made when air flows through narrowed airways in the lungs, usually when people breathe out. Wheezing is a common symptom in people who have asthma, although people can wheeze for reasons other than asthma. This can be due to a blockage in the airways between the mouth and lungs resulting in a gurgling sound when breathing. Other symptoms include breathing problems that cause coughing up blood, a bluish discoloration of the skin or severe chest pain. If any of these symptoms are present, it is considered an emergency and you should contact your pediatrician as quickly as possible.