

# BABY BASICS

## A Sense Of Well-Being For Your Baby

(NAPSA)—Beginning in infancy, a sense of well-being is an important element of early childhood development.

Here are a few simple suggestions to soothe and delight baby through the developmental stages:

- Babies love motion. If baby frets, it may be time to go for a walk, a ride in the car or a slow dance. Or slip into a rocking chair.

- Music can charm even the fussiest baby. Try singing or playing a lullaby. Some babies are soothed by classical music such as Mozart, Brahms and Debussy, while others prefer the Beach Boys. Sometimes a continuous source of “white noise,” such as the vacuum cleaner, works.

- A few babies like to be swaddled. Wrap the baby snugly in a blanket or one of your t-shirts.

- Massage your baby with warm hands and calm, circular motions. A gentle, scented lotion can add to the experience and may calm baby even further.

- Give your baby a warm scented bath. Adding some lavender oil or chamomile to the bath is thought to be especially relaxing.

- Now even baby toys incorporate the soothing sensations of aromatherapy. For example, Baby Scentsations, the newest line of Sesame Street infant toys from Fisher-Price, incorporates the soothing scents of orange, vanilla, lavender and chamomile with fun and interactive toys that feature the loveable Sesame Street characters.



**The nose knows, even in newborns, and the newest toys use scent to soothe.**

Research has been conducted on the benefits of scents for children and has shown that “smell” is the first sense a baby develops. Focus groups with moms revealed that certain scents have calming effects on children.

The new line includes the Crawl Along Musical Garden (\$19.99), an interactive activity mat, featuring Elmo and Ernie styled as adorable bugs, fun activities and scents for baby.

As baby crawls through the garden, “Sunny Day” plays and when any of the soft “stones” lining the garden path are touched, baby will hear fun sounds and character phrases. Cute click-clack bugs, fun spinning features, jingle bell flowers and a soothing vanilla scent are designed to delight.

Baby Scentsations also features crib, travel and plush toys, all adorably styled and scented to please baby’s five senses.