

Baby Basics

Winterizing Your Baby: Helpful Tips From The Experts

(NAPSA)—Baby, it's cold outside, and when it gets cold, many new parents may wonder how they should dress their babies and best protect them from cold weather chills and chafes.

"Parents of a new baby may worry they are not doing enough to keep their child as snug and comfortable as possible, especially if it's their baby's first exposure to really cold weather," says Jessica Hartshorn, Lifestyle Editor, American Baby magazine. "They may wonder whether they should layer on clothes, raise the thermostat to 80 inside or what to do about baby's dry skin. Don't worry if it all seems confusing—even overwhelming—at first. Learning how to be a good parent takes time, experience and may be easier with some expert advice."

Here are six essential tips from the editors of American Baby magazine on winterizing your new baby:

• **Don't Overlay Your Baby**—Dress your baby in no more than one layer more than



Colder weather means dry skin for babies. Be sure to moisturize with tried-and-true baby products, such as the creams used for diaper rash.

what you're wearing.

Many parents make the mistake of overheating their child. But if you're in a sweatshirt and coat and feel fine, then your baby will be OK in a bodysuit with a sweater over it and a similar coat—piling woolly blankets on top of her might be overkill.

• **Protect Your Baby's Skin**—Oftentimes, your baby will experience extreme dry skin during the winter months. Use products such as DESITIN® CLEAR that are not only great for diaper rash but can also be used as an all-purpose skin moisturizer.

• **Stock up on Hats**—You've probably heard that people lose a lot of their body heat through their heads. With babies, that's magnified because a) they don't have a lot of hair yet and b) their heads are a large part of their little bodies. A hat is vital.

But babies have a bad habit of pulling off hats and losing them, so invest in a good supply of cheap, warm hats.

• **Cover Baby's Gear to Keep the Wind Out**—You can buy a blanket cover for a front carrier such as a BabyBjorn, a plastic cover to fit over your stroller, and even a fleece car-seat cover through Lands' End to keep a baby snug. Remember, though, that these are for using when

you're transporting baby outside. Once you're inside, take off the covers so your baby doesn't get too hot.

• **Keep Air at Home Moist**—Croup and other baby respiratory problems tend to hit in the winter when heating makes homes dry.

A humidifier really helps. Similarly, there are plug-in vaporizers now from companies such as Vicks that can keep baby's nose clear at night, so you can all get a little sleep.

• **Give Them Exercise Time Indoors**—Winter babies often lose out on playing outside, so clear a spot in the living room to give yours room to roll around, crawl, and pull up on the furniture.

Take off his socks if he's learning to walk; it won't make him cold, and he'll be able to get better footing.

For more information about the skin protector DESITIN®, go to www.baby.com.

To learn more about American Baby, go to www.parents.com.