

# COLORADO Expecting!

Fall 2011

FREE



# 5

Award-Winning  
BABY PRODUCTS

10 WAYS FOR  
DADS-TO-BE  
TO BOND WITH BABY

A CANCER FIGHT  
During Pregnancy

75+ RESOURCES  
FOR BEFORE, DURING  
AND AFTER PREGNANCY

2011  
Award Winner  
Editorial and Design  
Award Competition

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## Keep Baby's Toes Warm & Dry

The snow is just around the corner and baby's little toes will need that extra help staying warm. Stonz Wear Booties (\$40, [www.stonzwear.com](http://www.stonzwear.com)) are perfect for Colorado winters, but are also versatile enough to be worn through many seasons. The cleverly designed booties have two adjustable toggles to ensure they stay on and to allow for longer wear (the small fits from 0-9 months old). Made with fleece lining, and water and wind resistant nylon, the booties come in a variety of adorable designs.

## Baby Food For Thought

Newborns usually eat every three to four hours; some feed as often as every two hours. Breastfed babies feed more frequently than bottle-fed infants because breast milk is easier to digest. As your baby grows, she will feed less frequently but her mealtimes will lengthen. Here's more food for thought on your newborn's eating habits:

Your baby will let you know when she's full, usually by turning away from the nipple or bottle.

Because healthy infants rarely become dehydrated, it's unnecessary to give them supplemental feedings of juice or water. In fact, the usual intake of breast milk or formula meets all of an infant's fluid needs for at least the first six months of life, says the American Academy of Pediatrics (AAP).

If you think your baby may be dehydrated, watch for these signs: lethargy; fewer than eight wet diapers a day; refusal to feed; and dry, sallow skin and mucus. In more serious cases, a sunken soft spot will appear on the top of the baby's head.



## Read This

Maybe it seems early to read *The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It* by Anthony T. DeBenedet, M.D. and Lawrence J. Cohen, Ph.D., but even babies like a little physical play like "Airplane" or "Buckin' Bronco". DeBenedet and Cohen share the ways rough-and-tumble play boost confidence, solve behavior problems and more. New dads will appreciate this book.

