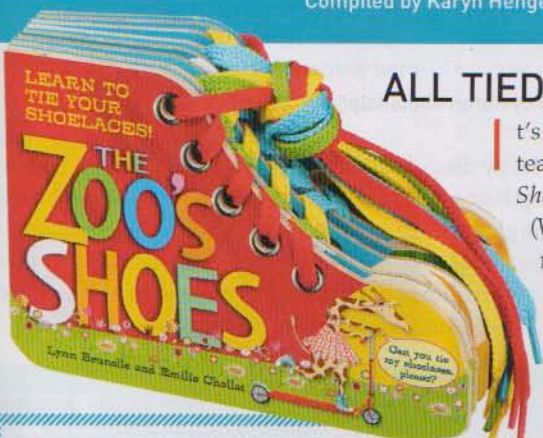


Baby & toddler years

Compiled by Karyn Henger



ALL TIED UP

It's a book but it's also a hands-on tool for teaching kids to tie their shoelaces. *The Zoo's Shoes* by Lynn Brunelle and Emilie Chollat (Workman, \$30) is a boot-shaped board book made up of eight "shoes" with coloured laces. Read about the animals in the zoo that desperately need help with tying their laces, while getting your child to practise. The box includes a nine-step illustrated guide to shoelace-tying.

❖ One for the car

Looking for a new CD to keep the kids quiet in the car? We liked this one from Nelson children's songwriter and performer Kath Bee, *I've got a dinosaur in my back yard*. Great music, with fresh melodies and real Kiwi sounds, featuring 14 tracks about everyday events. Kath's mellow voice, soothing harmonies and entertaining lyrics will appeal to the whole family. Go to www.songs4kids.co.nz, where you'll also see Kath's first CD, *Dragons under my bed*. \$20 each.



❖ SWEET PAIN RELIEF

Did you know that sucrose eases pain for tiny babies? A dose of 0.5ml–1ml sugar solution, given two minutes before, is often used in hospitals when newborns have their heel-prick test. National Testing Centre director Dianne Webster says babies up to four months old benefit from sucrose at any painful time, such as first immunisation shots. The solution at the correct concentration (12–24 per cent) is sold at most pharmacies.



❖ Served IN A CONE

Who said ice-cream cones were only for ice cream? Serve your toddlers' afternoon tea up like this, and you're onto a winner. You can fill the cones with anything really – fruit wedges and berries, veggie and/or cheese sticks, pretzels, popcorn and biscuits are just a few ideas. No dishes, and your kids may even be inspired to try a few new tastes!

Ask Dorothy



INTERNATIONALLY ACCLAIMED NURSE FOR NEWBORNS DOROTHY WAIDE ANSWERS YOUR BABY QUESTIONS.

Q Is it okay to rock my baby to sleep?

A There is no right or wrong way to do things with little babies, but babies can become hooked on movement, and this is the hardest habit to break.

Like most people, I can't hold a baby while standing without slightly swaying. This kind of movement is okay. The only time I would really rock a baby is if the baby has completely lost it, and cuddling her just doesn't calm her down. I would rock just until she calms down.

I avoid taking babies out for walks for the first six weeks, because they get used to the movement of the pram putting them to sleep. However a walk in the fresh air can be a real life-saver, so if there's no one to mind your baby while you go for a walk, take her with you!

PHOTOGRAPH GETTY IMAGES/Photographer's Choice