

POINTERS FOR PARENTS

Getting the most out of indoor play

Experts tell us that all play—indoors and outdoors—can have a positive effect on a child's development and learning process.

And there are many new toys and games available to provide a stimulating playtime experience for children.

Children who are encouraged to actively play indoors can master new abilities, such as learning to tell time and taking direction, which help to boost self-esteem and confidence. From assembling track sets to role-playing with dolls, kids develop essential life skills and a positive sense of self through play.

Parents, grandparents and caretakers all play a critical role in nurturing a child's creativity and imagination and encouraging indoor play is a crucial element in that role. Carve out specific time to spend with your child while he or she tackles new activities and make yourself available when your child wants to show off a new skill he or she has learned. The possibilities for indoor play are endless; here are a few options that will help families keep boredom at bay

while staying warm inside this cold-weather season:

- **Let Your Child Show Off His or Her Knowledge**—Playing stimulating, age-appropriate games with your child is an excellent way to reap the benefits of staying indoors. Fun games that help showcase your child's knowledge, such as the DVD game Scene It?® Nickelodeon®, can keep youngsters engaged and entertained for hours. Designed for kids of all ages, the game features clips, trivia and visual puzzles from kid-friendly Nickelodeon® programming to engage a child's creativity and imagination.

- **Share Family Stories with Scrapbooking**—Looking at old and new photos of the family is a great way to share treasured stories and bond with your child. Describing events before your child was born and when he or she was a baby will help your child get to know family members who may live far away or familiarize them with ones they have never met.

- **Tackle a Family Recipe**—Encouraging your child to learn new skills in the kitchen will help him or her for life. And what better way to spend time in the kitchen than by passing along a cherished family recipe? The bonus is that you both get to enjoy the results.

- **Indulge Your Child's Artistic Senses**—Creating simple art projects gives children a chance to enhance their developing visual and artistic skills. Provide your child with a variety of art supplies and encourage him or her to experiment with them. When your child draws a picture, ask him or her to interpret it for you.

Indoor activities can offer many benefits and opportunities for bonding with your children and helping them learn and grow. They develop important skills, but you both will create memories that will last a lifetime.

A video game with a twist can mean hours of fun for the whole family. ■

NAPSI

NEWS OF NUTRITION

Incorporating Organic Options Into A Healthy Lifestyle

More and more families today are choosing organic options as a part of a healthy lifestyle.

This is especially true for moms who want to give their children a strong start in life by encouraging them to eat healthy, natural foods.

But an organic lifestyle is about more than just the food you eat and it's more than just a trend—it's about taking charge of your health and developing smart habits for your family. In fact, a recent survey conducted by the Hartman Group found 58 percent* of moms use or are open to using organic products for their baby.

"As a new mom and a doctor, I understand the desire to give your family wholesome and healthy foods," says Dr. Julie Segal, a pediatrician at Atlanta's Children's Wellness Center of Northside Hospital. "If you choose organic options, look for high-quality prod-

ucts from brands you trust." Dr. Segal has additional tips for families who want to go organic:

- **Look for the USDA Organic seal.** This seal provides assurance that the product contains proper amounts of organic ingredients.

- **Trusted brands mean trusted taste and nutrition.** Many brands that you have known and relied on for years offer organic options.

- **Organic food and other products can now be found almost anywhere.** Look in grocery stores, natural foods stores and at local farmers' markets.

- **There is a good reason for those higher prices.** USDA organic and it can take some time for a product to be approved. Organic supplies are limited, so organic ingredients can cost more than non-organic.

A natural, organic life-

style can even begin at birth. Moms who are looking for organic formula options for their babies should try Similac® Organic infant formula. Certified USDA organic and made with wholesome organic milk, Similac Organic also has the trusted nutritional benefits of Similac® Advance®, including DHA and ARA for brain development.

As your baby grows, there are even more organic options. Several brands offer organic milk, cereals, baby food and other items such as organic bath products and baby clothes made from organic materials.

For more information on organic infant formula, visit Similac Organic.com.

* Conducted by the Hartman Group, the leading expert organic consulting agency. ■

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CHILDREN'S HEALTH

Early Hearing Loss

One in 10 American infants may have a hearing loss that can contribute to delayed development in learning, language and social skills.

However, early detection and intervention can make a big difference.

"Every day, 33 babies are born in the U.S. with permanent hearing loss," said Sue Greco, director of marketing communications for Advanced Bionics Auditory Division. "Early detection and intervention can diminish and even

eliminate the negative impact of hearing loss in children."

Hearing loss intervention includes hearing aids and cochlear implants, which are approved by the U.S. Food and Drug Administration to functionally restore hearing, as well as programs to help the family and child. Infants as young as 12 months can be fitted with a cochlear implant.

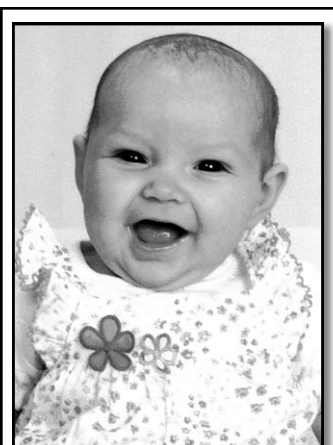
If your child does not

startle at loud sounds, respond when called, freely imitate sounds or turn toward sounds such as your voice, talk to your doctor about screening.

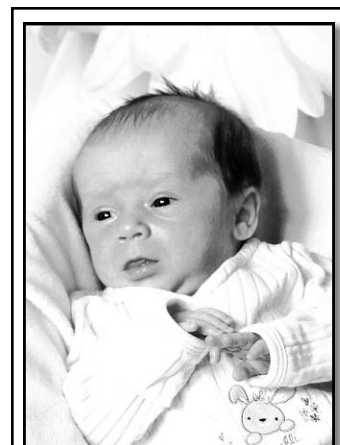
To learn more, visit www.bionicear.com.

Early detection of hearing loss is extremely important in newborns, as they are at the most rapid stage of development. ■

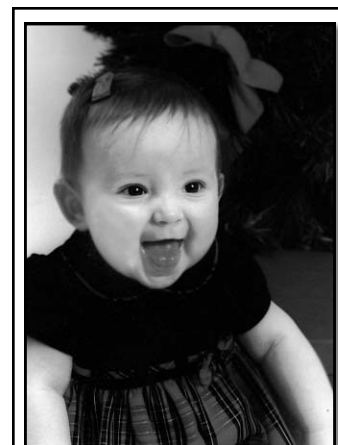
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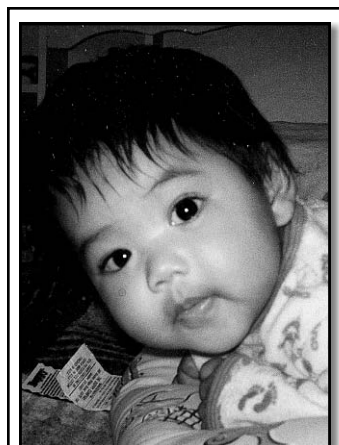
ABIGAIL MAE DE ANDA
Weight: 7 Pounds 8 Ounces
Date of Birth: 8/17/06
Proud Parents: Anthony & Kristi de Anda



CADENCE MARIE BARCLAY
Weight: 3 Pounds 13 Ounces
Date of Birth: 10/30/06
Proud Parents: Michael & Carly Barclay



EMILY MARIE BARRERA
Weight: 5 Pounds 9 Ounces
Date of Birth: 5/22/06
Proud Parents: Ted & Maria Barrera



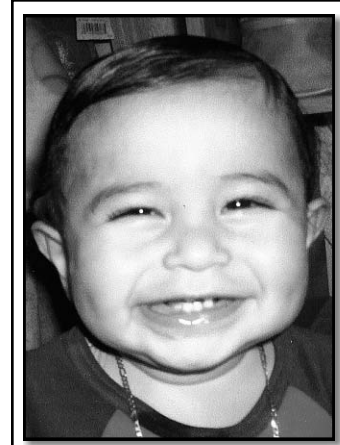
HANNAH FRANCES P. BARRERA
Weight: 7lbs 5oz
Date of Birth: 8/18/06
Proud Parents: Sam & Aileen



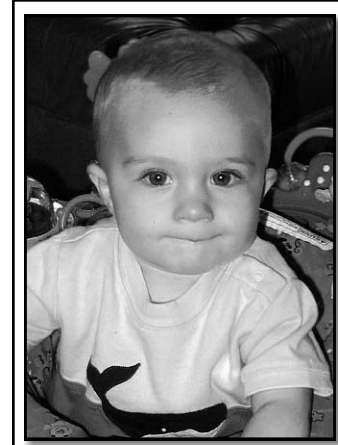
KAYLA & BEN
You'll always be my babies!
Momma



SAMANTHA BRIANNE BARRY
Weight: 8 Pounds 8 Ounces
Date of Birth: 8/27/06
Proud Parents: Robert & Christine Barry



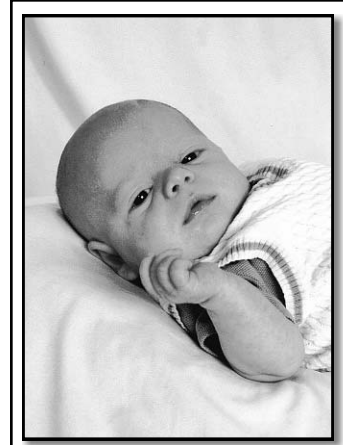
JULIAN ELIJAH BARRAZA
Weight: 6 Lbs. 6 oz
Date of Birth: 03/06/06
Proud Parents: Hipolito Jr. & Yvonne Barraza



AARON BRAASCH
Weight: 7 Pounds 6 Ounces
Date of Birth: 3/7/06
Proud Parents: Debbie & John Braasch



CHLOÉ BERRY
Weight: 5 Pounds 3 Ounces
Date of Birth: 9/16/06
Proud Parents: Stephen & Robyn Berry
Proud Grandma: Jeanne Reeder



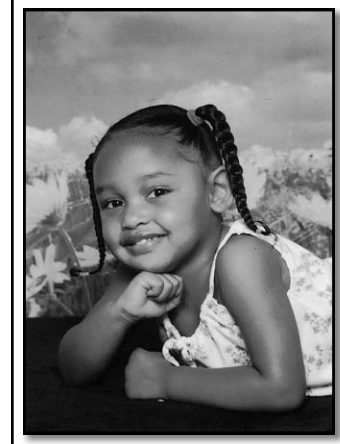
MICHAEL STEPHEN BRADLEY, JR.
Weight: 7 pounds 11 ounces
Date of Birth: 11/10/06
Proud Parents: Michael & Krysta Bradley



AMANDA CATHERINE
Weight: 7 Pounds 14 Ounces
Date of Birth: 10/9/06
Proud Grandma: Catherine Adams



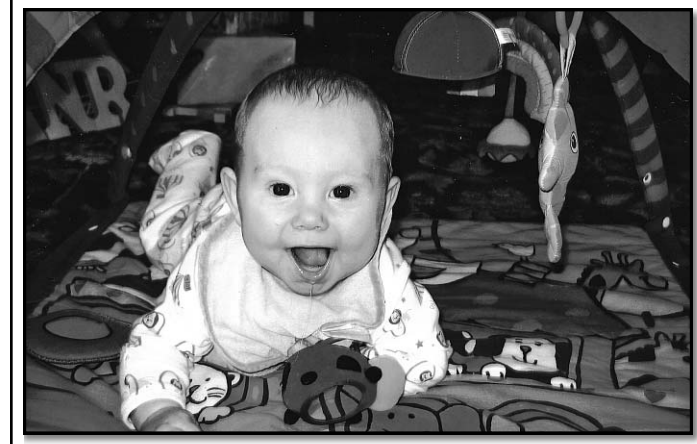
ALIANA MICHELLE CELAYA
Weight: 7lbs 3oz
Date of Birth: 3/22/06
Proud Parents: Jose & Leah



VANIECE CHARLIE
Weight: 7lbs 12oz
Date of Birth: 4/02/03
Proud Parents: Roxanne & Anthony Morrison



FAVIAN ALFREDO CHACON
Weight: 8 Pounds 4 Ounces
Date of Birth: 4/24/06
Proud Auntie: Patty Cruz



Henry Hudson Cooper
Weight: 7 pounds 11 ounces
Date of Birth: 07/23/06
Proud Parents: Brian & Stacey Cooper • Proud Grandparents: Greg & Winoma Plaskett