

PARENTHOOD

The toughest job you'll ever love

The job of caring for kids can be challenging at times but the payoffs make it worth it, say moms in a new survey.

She's a doctor who prescribes kisses for scraped knees, a nutritionist who says a banana is still a fruit serving even when doused in chocolate sauce, and an interior decorator willing to tolerate Popsicle-sticker artwork on the refrigerator door. She is a mom and that makes her the CEO of her family.

The Celebrating Motherhood-A True Labor of Love survey, sponsored by Graco Children's Products, polled more than 3,000 mothers of children under 12 and asked them to share the high and low points of being CEO.

According to the survey, a large percentage of moms who are working to make the beds, wash behind the ears and clean the oatmeal that was somehow launched to the ceiling strongly identify with the mantra "Sometimes you just have to laugh."

Celebrity moms such as actresses Jennie Garth and Natasha Henstridge,

supermodel Rachel Hunter and TV show host Dayna Devon can relate to this mantra as well, although Rachel Hunter also adheres to the policy "This too shall pass."

What about a salary for what some people would argue is the most demanding profession in the world?

Most moms (22 percent) feel rewarded just with smiles from their children or when watching their children discover something for the first time (21 percent). An additional 19 percent found their favorite little reward to be sticky kisses and hugs from their children.

For tricks of the trade, 71 percent of moms surveyed primarily go to other moms for advice, while 57 percent report calling up their own mothers for words of encouragement.

Thirty-eight percent say the best part of their day is playing with their children, followed by finding out how their kid's day went (19 percent).

It was love at first sight for 83 percent of moms, who felt seeing their child for the first time at birth was the most beautiful thing they had ever seen.

"As moms, we often feel pressure from our peers, society and ourselves to just give, give, give, all the time," says Jessica Hartshorn, senior lifestyle editor at American Baby magazine. "Sometimes you have to step back and stop trying to make life perfect. Just be yourself, trust your instincts, and remember to take time to enjoy the ride."

While many moms who participated in the poll said they weren't aware how motherhood would change their lives, TV show host Dayna Devon said she gained a realistic idea by observing her peers as parents.

To check out other fun motherhood tidbits, visit www.gracolaboroflove.com. For information on Graco products, visit www.gracobaby.com. ■

NAPSI



HEALTHY EATING TIPS FOR INFANT

Healthy eating tips for infants and toddlers

Feeding is one of a parent's most important jobs. It helps children grow healthy and strong.

But meal and snack times also give parents a chance to help their children feel important and loved; understood and respected; and learn to trust that others will care for them.

Here are some tips about how to nurture a child's overall healthy development through feeding from the experts at ZERO TO THREE, a non-profit child development organization:

- Remember: Meals are about more than food. They are a time to connect with your child. Talk with her and don't let her eat alone.
- Create routines around mealtime. Routines help children feel loved and secure. You might say a blessing or share something about your day before each meal.
- Establish regular meal and snack times beginning when your child is 9 to 12 months old. This helps children learn

to link their feelings of hunger with eating at regular times across the day.

• Offer three to four healthy food choices at each meal—among those your child likes. Research shows that children will choose a healthy diet when they are offered a selection of healthy foods.

• Don't force your baby or toddler to eat. This often results in children refusing the food and eating less.

• Offer your child a healthy snack between meals if you think he is hungry—so if he doesn't eat much at a meal, he doesn't have to wait long to eat again.

• Limit juice to no more than four to six ounces a day. Juice has lots of sugar. Add water to the juice or offer fresh fruit instead.

• Be flexible about letting little ones get up from the table when they are done. Babies and toddlers can't sit for long. Plan for three meals a

day of about 10 to 20 minutes and two to three snacks of about five to 15 minutes.

• Don't give up on new foods. You may have to offer your child a new food 10 to 15 times before he will eat it. Encourage your child to touch the new food, lick and taste it. Let him see you eat it.

• Turn off the TV (computers, etc.) at mealtimes. The television can distract children from eating and takes time away from talking as a family.

• If you are concerned about your child's weight or activity level, talk to your child's health care provider.

To order copies of the full booklet "Healthy From The Start" and for more information on feeding and other parenting topics, visit www.zerotothree.org.

Mealtimes are rich opportunities to connect with your child and support his or her overall healthy development. ■

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BABY BASICS

How little ones can safely tune in

Nearly half of children under 2 years old watch television every day.

Some critics think babies and toddlers should not watch any amount of television, but the technology is here to stay. So how can you make sure your young children are tuned in wisely?

It's essential to know that what kids watch can be more important than how much they watch. And watching with responsible adults can serve as valuable family time and give you an opportunity to parent.

Dr. Edward McCabe, physician-in-chief at Mattel Children's Hospital at UCLA, and on the advisory board of cable and satellite network BabyFirstTV, suggests that parents get more involved in the viewing experience as the key to success. "Similar to

the books they read together, parents can utilize television as simply another tool to interact and bond with their children."

Here are five simple tips for introducing television to your tot and instilling healthy viewing habits:

- Make Smart Choices: Allow children to view programs that are age appropriate and tailored specifically to their needs. One example is BabyFirstTV (www.BabyFirstTV.com), a new cable and satellite network in the U.S. for children under 3 years old. The network features rich, innovative and educational content designed to enhance baby's development in a delightful and engaging way, which focuses on a variety of skills from sign language to math to numbers.

There are no commercials, no inappropriate content and no oversensory stimulants.

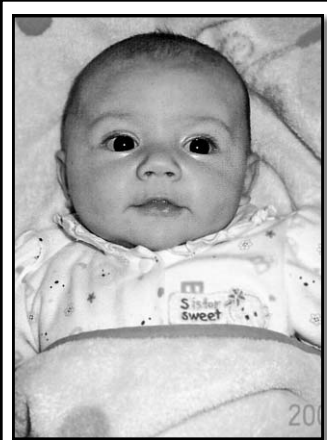
• Set Limits: Limit the amount of time a child watches television and balance with other activities such as reading or playing outside.

• Join Your Child: Take the opportunity to bond even further and share in the child's TV viewing experience. BabyFirstTV offers on-screen subtitles that help parents in the programming. Point out the colors of objects on the screen, or sounds that animals make to help baby relate screen objects to the real world.

• Keep Programming Fresh: Choose a variety of programs that feature new and evolving content. Introduce a broad range of subjects, so your baby is exposed to new and exciting things.

• Share Emotions and Vocabulary and Have Fun: Television viewing is an emotional experience for babies, so acknowledge their emotions and talk about what you see on the screen. Ultimately, spending quality time with your child is the most rewarding part of being a parent, so share in the experience and have fun. Used properly, television can be a tool for family togetherness. ■

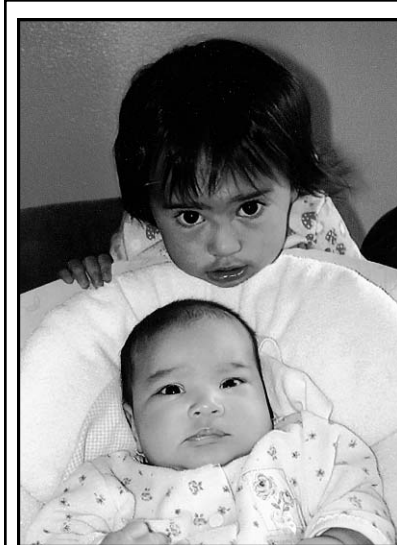
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HAILEE NATALIA HERNANDEZ
Weight: 7 Pounds 11 Ounces
Date of Birth: 10/9/06
Proud Parents: Justine Caldeira & Tony Hernandez

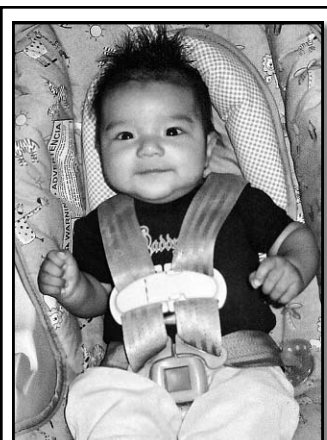


JOSEPH THOMAS (J.T.) ISLAS
Weight: 6 pounds 15 ounces
Date of Birth: 7/14/06
Proud Parents: Joseph & Kindra

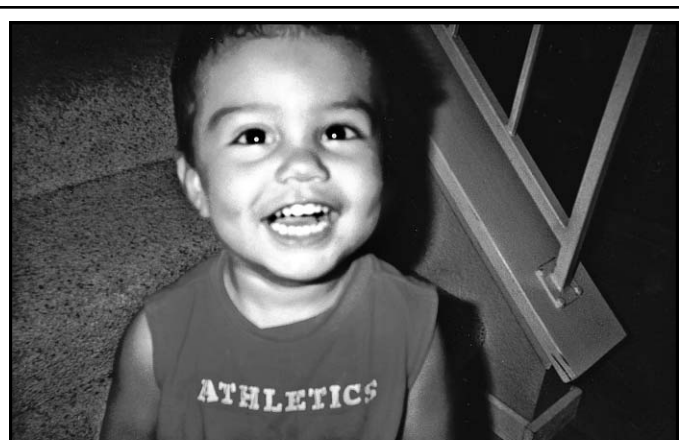


AUBREY KUULEINANI FANENE
Weight: 6lbs 14oz
Date of Birth: 8/2/05
&
LILLIAN KAULAAIHAWANE FANENE
Weight: 8lbs 12oz
Date of Birth: 12/4/06

Proud parents: Kuulei & Johnny Fanene
Proud Grandparents: Doug & Lisa McFarland also Randy & Denise Little



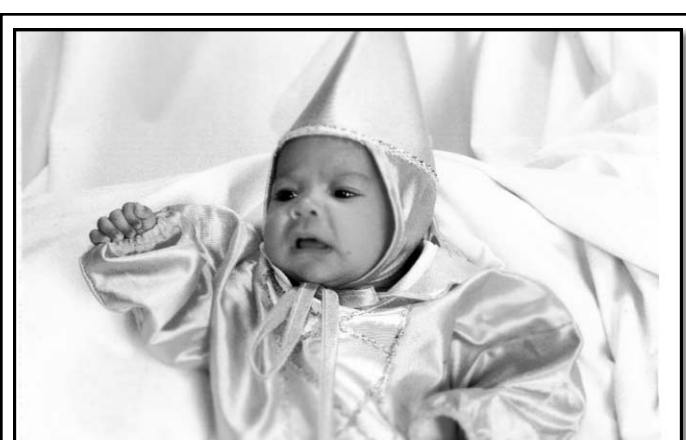
DOLORES "LOLA" GABRIELLE HERNANDEZ
Weight: 7 Pounds 2 Ounces
Date of Birth: 9/9/06
Proud Parents: Hugo & Maritza Hernandez



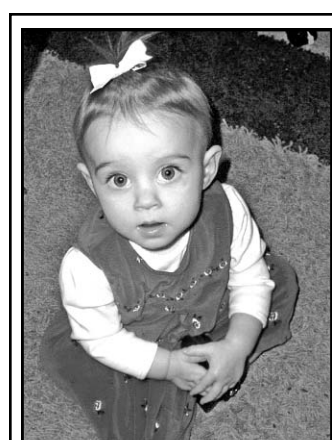
MIKEY MACNEILL JR.
Weight: 6 pounds 14 ounces
Date of Birth: 06/13/04
Proud Parent: Mike MacNeill Sr.



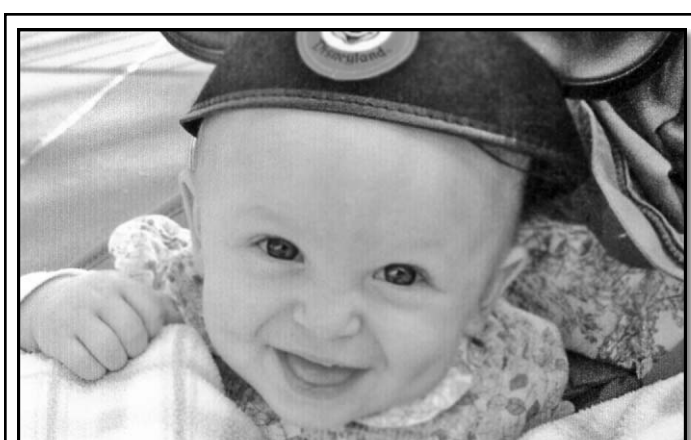
DEVYN JANESSA MEDINA
Weight: 7 pounds 13 ounces
Date of Birth: 02/01/05
Proud Parents: Marcus & Brittani Medina
Proud Grandparents: Ruben & Jane Medina
Proud Auntie: Annette Flores



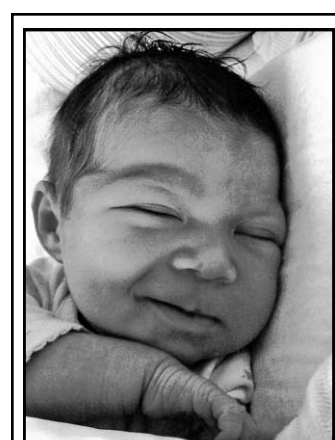
HURIYA MADELINE WREN ROSE NACER
Weight: 5 Pounds 3 Ounces
Date of Birth: 8/31/06
Proud Parents: Anna Dorion and Naoufel Nacer



DYLAN ANDRE PALADINO
Weight: 6 Pounds 3 Ounces
Date of Birth: 3/9/06
Proud Parents: Kristin & Dave Paladino



MARIE PAGE
Weight: 7 Pounds 12 Ounces
Date of Birth: 2/22/06
Proud Parents: Ronnie & Kimberley Rehn



ISABEL PEREZ
Weight: 7 Pounds 13 Ounces
Date of Birth: 11/16/06
Proud Parents: Guillermo & Sara Perez