

Turkey-day crafts to keep 'em busy

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parenting

modern families + fresh ideas

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Hot cocoa counts! I'll keep 'em warm and hydrated.



Sick-Kid Soothers

Giving young children over-the-counter (OTC) cough and cold remedies is a no-no, according to the AAP. So what does this include? Anything labeled "nasal decongestant," "cough suppressant," "expectorant," or "antihistamine." Here are five safe ways to keep your kiddo comfy:

1. Add honey to decaf tea to soothe sore throats and coughs in children over 1.
2. Give ibuprofen or acetaminophen to reduce fever. For children under 2, consult your doctor about the right dose. For older kids, follow dosage instructions on the label, which are based on weight and age.
3. Offer extra fluids (including chicken noodle soup!) to thin mucus.
4. Spritz saline nasal drops to clear your child's stuffy nose.
5. Set up a humidifier or vaporizer (positioned out of reach) in your child's room to add moisture to dry air and relieve chest congestion. ①



Bug Tracker

What if you could get a heads-up when flu cases spiked in your area? Or identify symptoms on the go? Fortunately, there's an app for that. The *FluF.A.C.T.S. iPhone app* (free; itunes.com) shows you where the greatest concentrations of flu viruses are across the country, and allows you to enter your zip code to see how prevalent it is in your area. If you find that you're smack-dab in the middle of a flu hot zone, avoid indoor playgrounds and ball pits, no matter how desperate you are to get the kids out of the house! If your child's already sick, use the app's symptom checker to find out if it's really the flu you're dealing with. (However, don't try to use the app to diagnose your child on your own; contact your pediatrician, too.)



The "Ouch" That's Worth It

Protect your family by getting everyone over 6 months old the seasonal flu vaccine, recommends Jon Abramson, M.D., chair of pediatrics at Wake Forest University, in Winston-Salem, NC. Talk to your pediatrician or go to familiesfightingflu.org to find a clinic that offers the flu vaccine. These days that may not even mean getting pricked. Here's what form of vaccine your family can have, and when:

- ✦ **Under 6 months:** No vaccine yet, but parents should get the flu shot or FluMist nasal vaccine (if they don't have other health issues) to help avoid passing on the virus to their baby.
- ✦ **6 months to 2 years:** Flu shot only.
- ✦ **2 years and up:** Flu shot or FluMist.
- ✦ **2 years and up (with asthma or immunity issues):** Flu shot only.
- ✦ **If you're pregnant:** When expectant moms get the flu shot, they decrease the chance their babies will contract the flu in the first 6 months of life (when they're at greatest risk).

Eat your way healthy

A rainbow diet of vitamin A- and C-packed fruits and veggies, plus proteins, will help your fam's immune systems beat back germs. Some ideas:



Snack on **red-pepper** slices dipped in **hummus**, plus vitamin A-fortified **milk**.



Add cooked **carrots** or **broccoli** to meals, plus a side of **pumpkin** or **zucchini** bread.



Sip a fruit smoothie: Blend $\frac{3}{4}$ cup **orange juice** and $\frac{1}{2}$ cup frozen **strawberries**.

Editorial assistant **STEPHANIE ECKELKAMP** grew up battling New England winters. She writes frequently on health.