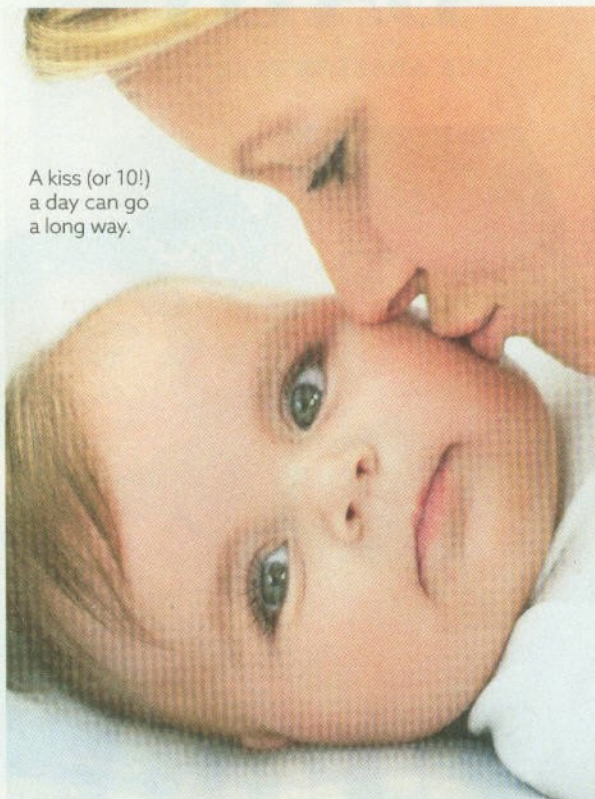




## Crack the Crying Code

When researchers had moms and dads listen to recordings of baby noises, most participants quickly recognized if an infant was distressed but couldn't decipher whether the cries were due to hunger, pain, separation anxiety, or something else. "Seeing your little one and paying attention to his vocal communication, but also his facial expressions and body language, is key," says Diane Bahr, a speech language pathologist and author of *Nobody Ever Told Me (or My Mother) That! If Baby has his eyes open wide and his arms and legs curled over his belly, he may be ready to eat. Turning away, kicking, and arching his back while he's feeding may mean that he's done. When your sweetie reaches 1 month old, the length of each wail may also help clue you in. A sob of hunger is shorter (about 1.3 seconds) than an "I'm in pain" cry (about 2.6 seconds).*

A kiss (or 10!) a day can go a long way.



## The Power of Love

An Israeli study found that preemies living in nurturing homes caught up to or surpassed their later-born peers' development. "Positive interactions help a baby's brain with bonding and learning," says Wendy Spicer, a clinical coordinator with PinnacleHealth's Infant Development Program, in Harrisburg, Pennsylvania.

- **GO BARE** Parents of preemies are encouraged to do kangaroo care—hold your mostly naked infant on your bare chest—to stabilize vitals, soothe, and promote bonding.
- **MAKE EYE CONTACT** While bottle-feeding or nursing, gaze into Baby's eyes. If she looks back, smile and talk to her. "That back-and-forth conversation along with eye contact helps language development," says Spicer.
- **GET ON THE FLOOR** "One-on-one interactions like tummy time create an emotionally secure baby who thinks, 'I want to be with my mom!'" Spicer explains.



## My infant snores! Should I be worried?

Many infants take pauses while breathing as they slumber, which can sound a lot like snoring. "It's a normal breathing pattern in REM sleep, and Baby should outgrow it by 3 to 6 months," says Sanjeev Kothare, M.D., director of the pediatric sleep medicine program and professor at NYU Langone Medical Center, in New York City. If she doesn't, your doc may refer her to a pediatric sleep specialist. "Serious issues such as infant sleep apnea, when less oxygen is delivered to the brain due to breathing pauses, are uncommon, but it's best to rule them out." A smart first step: Film Baby's breathing during a nap to show your doctor, says Dr. Kothare. This can help determine whether further testing is needed.

44%

The reduced risk of having an overbite later in life if an infant is breastfed for at least six months, reports a study from the University of Adelaide, in Australia.