

# BABY TALK

*Katy parents share tips on common topics we all face*



**Q** *How can we help our baby sleep through the night?*

## **Soothing Noise**

"I used a white noise machine. It helped with our bedtime ritual and sometimes helped them soothe themselves back to sleep."

- A. Satterwhite

## **Swaddling Transition**

"The Zipadee-Zip is an awesome blanket that helps the transition from being swaddled. He can still turn over and move around, but it helps with the startle reflex that can wake them."

- S. Popham

**Q** *How do you cure baby hiccups?*

## **Organic Water**

"Try Wellements Organic Gripe Water. It worked for Addi."

- L. Fojtik

## **Nursing Trick**

"Try nursing for a few minutes - kind of like you getting a drink when you have the hiccups."

- C. Spann

## **Drink Up**

"Give them a little water."

- P. Dunlap

## **Wife's Tale**

"Get a little red string, wet it with your mouth, and put it on her forehead. Yes, it works."

- P. Cantu

## **A Little Sugar**

"A little sugar water seems to do the trick."

- R. Rangel

**Q** *How do you clean your house when you have a little one who keeps getting everything out?*

## **Toy Boxes**

"Lock everything up and then give her an empty box. Never tried it, but it's got to work. Kids love boxes!"

- D. Hartensteiner

## **Mom and Me**

"Give it up and just get down on the floor for a mommy 'n me plastics playdate! Savor the moment!"

- K. Katsarelis

## **Little Helper**

"I always gave Emily a rag and a squirt bottle with water. She 'cleaned' too and couldn't hurt herself or anything else. Other than that, she just undid whatever I did."

- D. Willmann

## **Doing Dishes**

"Let her play with the plastic containers. Ashley would get into the cabinet right next to the kitchen sink so when I was washing dishes, she would play right there and she put them back. I knew she would be right back there the next night."

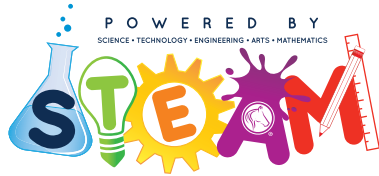
- D. Speckels

## **Special Cabinet**

"My in-laws baby-proofed all of the kitchen cabinets except for one. They kept the plastic cups and Tupperware in there, and the little ones always knew that was their cabinet. They'd go in there and sit on the floor playing with the cups forever."

- L. Grote





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