

PARENT TALK

Katy parents share tips on common topics we all face



Q *What are remedies for constipation in babies?*

Lavender Rub

"We put lavender on the lower tummy in a clockwise motion or lavender on the bottom of her feet. Last time our daughter was constipated, it worked within 45 minutes after application." - Allison S.

Juice Fix

"GlycoLax or apple juice." - Shane E.

Add Apricots

"If they don't like prunes, dried apricots, or apricot baby food will do the trick too!" - Whitney A.

Q *What are your treatments for a baby's yeast infection?*

Oats in Socks

"Put oats in a sock and then bathe her and rub all over. It helps." - Daneen R.

Oatmeal Bath

"Give her an oatmeal bath with some lavender." - Lindsey F.

Combating Yeast

"I would give her tons of yogurt and probiotics to combat the yeast." - Rebecca S.

Coconut Oil

"Coconut oil massage after an oat bath." - Kim B.

Insider Tip

"My kids' doctor said to buy the antifungal foot cream at Walmart. It's the same thing they would prescribe but a lot cheaper, clears in two to three days." - Jessica H.

Creamy Solution

"Lotrimin anti-fungal has helped my daughter before." - Brittni A.

Q *How do you get your kids their necessary nutrition if they are picky eaters?*

Secret Mix

"We carry a powder you mix in with water or juice called Greens and it gives you eight-plus servings of fruits and veggies. My kids love it!" - Cortney F.

Veggies in Disguise

"Disguise them in your food! We have noodles that are completely made from veggies and you can't even tell the difference. Cut up carrots and broccoli and add it to spaghetti sauce - he will never know!" - Trent F.

Fruit Juice

"V8 fruit juice has fruits and veggies mixed in a drink." - Rocky E.

Hidden Treats

"I still give my boys pouches. They think they are treats and I only buy the ones that have veggies with fruit." - Kristen M.

Gold Stars

"There are many fruits that can be replaced veggies. For instance, strawberries have the same properties as spinach, just that they have sugar. Look up online for what replaces what. Gold stars for the week lead to an extra something just for trying." - Maria A.

Veggie Dip

"My mom used to make cheese dip for vegetables. It was a great way to get us to eat raw vegetables because the cheese dip was so yummy." - Kim P.





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