

BABY TALK

Katy parents share tips on common topics we all face

Q *What is a good way to transition a baby from breast milk to formula?*

Taste Factor

"Add the formula to the breast milk a little at a time. Let them get used to the taste." - A.P.

Mix it Up

"Try mixing the formula with oatmeal and feed it to him." - S.A.

Get Specific

"I used Enfamil Supplementing Formula since it says on the tube that it is specifically for transitioning." - L.M.

Hot vs. Cold

"Try varying the temperature of the formula. Some babies like it cold and some like it warm." - L.B.



Q *Any tips on how to wean a baby off swaddling?*

Zipadee Do Dah

"We used the Zipadee-Zip to wean our son and it worked great!" - C.G.

It's Magic

"Baby Magic Merlin Suit is how we transitioned out of the swaddle." - D.H.

Let Them Be Free

"HALO makes a swaddle/sleep sack where the arms can be out. We started using it at 19 months and we are still using it!" - L.W.

Q *Is 3 months too young to start sleep training?*

Hush Little Baby

"I don't think so, but remember it's okay to soothe your baby at night. If she is waking constantly, she may be hungry or going through a growth spurt." - A.C.

Look in a Book

"I highly suggest you read the first book in the *Babywise* series. It has some great suggestions on sleeping and what to do about comforting in the middle of the night." - S.F.

Big Brains

"Never worry about comforting too much. Their little brains are trying to process so much new information. It won't hurt to try a sleep schedule now." - K.M.

Q *We are potty training my son. Should we use the portable potty seat?*

Mini-Me

"I used a toddler-sized urinal that hooks onto the side of the toilet. It works great!" - T.E.

Give Options

"We went for the removable toddler seat. We also had a stool so he could climb on himself. Worked just fine." - L.S.

Afraid to Fall

"My son is afraid of using the toilet without the seat. I think he's afraid he might fall in. It may be a good idea to get the toddler seat. You can find them cheap at almost any store." - B.D.

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