

common topics we all face

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.





Any tips on how to wean a baby off swaddling?

Zipadee Do Dah

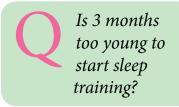
"We used the Zipadee-Zip to wean our son and it worked great!" - C.G

It's Magi

"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.



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.

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.

Look good. Feel better.

Isn't it time you were free of those extra pounds, aches and pains, or persistent allergies? CHIRO DYNAMICS HEALTH & WELLNESS CENTER offers a variety of services and therapies that can help you improve your health, restore your energy, and recover your sense of well-being.



Dr. Craig Nemow, D.C.

Our Services

- Chiropractic
- Spinal Decompression
- Weight Loss Programs
- Massage Therapy
- Auto Accidents/Personal Injury
- Patented Ionic Detox
- Infrared Dome Therapy
- Cold Laser Therapy
- Vibration Plate Machines
- Nutritional Counseling
- Natural Supplements



WE HAVE MOVED & EXPANDED

KATY'S CHIROPRACTIC, WEIGHT LOSS AND WELLNESS CENTER

MOST INSURANCES ACCEPTED

OPEN WEEKDAYS 9:00 AM TO 6:00 PM KIDS DAY ON TUESDAYS



20501 Katy Fwy. Suite 130 (Nottingham Country Bldg.) Katy, TX 77450 3000 Weslayan Suite 150 Houston, TX 77027

281-578-0606 www.chirodynamics.net

Dynamic Trim

LOSE UP TO 30 LBS IN 30 DAYS WITH OUR WEIGHTLOSS SYSTEM!

S395

Includes 30 days of Meal Replacement

Wholesale Distributorships | Retail Sales Positions

dynamictrim.com

281-829-3434 | Open weekdays 9:00 AM to 6:00 PM 20501 Katy Fwy. Suite 132 (Nottingham Country Bldg.) Katy, TX 77450