



Gotcha, Germs!

Keep your baby's environment as clean as possible during her first three months of life, when her immune system is still developing. Although her room may look spotless, some areas are germ havens. Athena Kourtis, M.D., author of *Keeping Your Child Healthy in a Germ-Filled World*, offers insight on where to put in extra elbow grease.

● toys

A sick playmate can easily pass along a cold just by handling toys. If you know your baby's buddy was ill, be sure to wash the toys well.

● the crib railings

Viruses can linger on surfaces for hours. When your baby or someone else in the family is sick with a cold or a stomach virus, use an antiseptic wipe on places your infant comes into contact with often, such as the railings.

● the floor

To make sure dirt, pesticides, and other residue aren't tracked in, keep shoes and pets out of your baby's bedroom, especially if she uses the floor for tummy time.

● the doorknob and light switch

You probably touch both of these after changing your baby's diaper, so sanitize them daily with a wipe or a cleaner, and always wash your hands after touching a dirty diaper, or use hand sanitizer in a pinch.



Recalls



Lee Carter Infant Rattles

25,000 rattles (sold from February 2001 through October 2011) were recalled because the handle is small and long enough to pose a choking hazard. Call Lee Carter Co. at 415-824-2004 for a full refund.



Triple Eight Helmets

30,400 helmets (sold from August 2006 through October 2011) were recalled because they don't comply with CPSC safety standards for impact resistance, which could lead to injuries from a fall. Call Triple Eight at 888-548-8518 for a full refund.

Special Sibling Support

We love the idea behind *The Other Kid*, a workbook designed to help children handle the emotional impact of having a sibling with a disability, an injury, or a serious illness. The open-ended questions and blank pages allow kids to express their feelings in a thoughtful way. Available in English or Spanish. \$11; theotherkid.com



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