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President's Corner

We have had an incredible year together. Thank you for allowing me the opportunity to serve as your President.

I am so grateful and appreciative of all that our members have contributed this year. From the donations to the Jaydie Lynn King Foundation and class baskets for Corks for Kids, to participation in NCPG events and sharing personal stories in class, each of you have contributed to making this a truly amazing year.

Thank you to our Board of Directors for the time, sacrifice, and synergy you bring to NCPG. Without each of your dedication and creative spirits, this organization would not continue to grow. Each one of you brings something so unique and special as we continue to make positive change and be the voice of our members.

Thank you to our teachers for sharing your knowledge, experience, and endless compassion as you help us all navigate through this journey as mothers.

As we look towards the summer months, please stay safe in your travels, and I look forward to seeing you in the 2014-15 NCPG year, which will be here before we know it.

In my family we say "It's not goodbye, it's see ya later."

Truly, to each of you, I say Thank You!

Kori Shapiro, NCPG President 2013-2014

Meet the New NCPG Leadership

We are proud to present the slate for the 2014-15 NCPG Board of Directors.

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Parent Times

is valuable, useful, informative, and fun! We don't want this to be something that gets lost in your stack of mail.

Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Thanks for your help!

Editors - Sarah Frey and Carlie Garcia

Designer - Neill Fox, foxnoggin, thinking@foxnoggin.com

On the Cover

Ashley Rutledge was photographed by Jen Wilbur of Bluestitch Photography. See Jen's work at www.bluestitchphotography.com.



5 Ways to Reset Your Mood When Anger Strikes

By: Ruth Soukup of www.thebettermom.com

Though it has been a few years, I can still remember the conversation like it was yesterday. In one of our marathon phone sessions, I poured out all my frustration to my sister:

Chuck is such a jerk! I'm so tired of feeling like I can't do anything right! And the girls are driving me absolutely crazy! No sooner do I get one mess cleaned up than they make another one. Annie still won't sleep through the night and Maggie refuses to sit on the potty and they both just won't. stop. whining. I feel so tired and crabby and angry! I just want to scream!

Although she was 3,000 miles away, her response stopped me dead in my tracks, and she may as well have slapped me across the face. Six years older, with kids that were now in high school, she had already made it through those exasperating preschool years. She quietly said, I know how hard it is, but you have to remember that a mom sets the tone for her household. The mood of your family will ultimately reflect your own. If you are crabby, they will be too.

My kids are a little older now, both potty trained and sleeping through the night. They pick up after themselves, at least some of the time, and I'm not quite as exhausted as I was when they were babies. While I still struggle with crabbiness far more than I would like to admit, over the years I have discovered a few surefire ways to improve my mood and my attitude when I am feeling on edge. They might just work for you too:

- Play a game. I can honestly tell you that there is nothing I feel like doing less when I am crabby than playing a game with my kids. Even so, I have discovered that there is nothing that will reset my mood or snap me out of a funk quicker than a rousing game of hide-and-seek. There is just something so silly about a full-grown adult trying to squeeze into a tight space! Other games that always seem to get us laughing include Spot It and Go Fish.
- Clean something. I don't know about you but I get some of the best cleaning done when I am really ticked off! If you really feel like you might explode, why not channel all that anger into a power cleaning session, something that will actually make you feel a whole lot better when you are done rather than something that will make you feel a whole lot worse, like yelling at your kids or husband.
- Breathe. I love yoga, if for no other reason than it has taught me the importance of learning how to breathe.

The next time you feel tense, try this exercise: Close your eyes and take a long deep breath in through your nose, then exhale very slowly through your mouth. Do this ten more times, or until you have calmed down. I've also discovered that this is a great exercise to teach your kids when they are upset!

- Take a time-Out. If your kids or husband are truly driving you nuts and you feel like you might snap, do whatever necessary to remove yourself from the situation. Put your kids in their room for quiet time, take a hot bath or a long shower, or go for a walk around the block.
- GIVE YOURSELF GRACE. None of us are perfect. Every mom gets angry sometimes, and we all make mistakes. Acknowledge your feelings in the moment, tell yourself, "I am angry right now, and that is okay," then also give yourself permission to let it go and to move on.

On the Nightstand Book Review

Title: The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More.

Author: Bruce Feiler

Reviewed by: Laura Kaiser for NPR

Think of Bruce Feiler as a kind of positive psychology aggregator. He writes a column on family life for The New York Times, and he's on a quest for fresh ideas to help the sandwich generation manage our frenetic home lives. Some of the ideas sound counter-intuitive. For example, let your kids pick their punishments. Or skip the vaunted family dinner. You can get away with such radicalism if you are what he calls an agile family.

What's that? You remain structured yet flexible. You create checklists for the morning routine, post chores on a white board and hold at least one family powwow a week to go over what went well, what could have gone better and what everyone hopes to accomplish in the coming week.

Sounds exhausting. But as I read this book, I couldn't help keeping a mental scorecard. As for what we were doing right, after my second child was born, for some reason my husband dubbed our nuclear unit Team Family. According to Feiler, branding your family is a brilliant move — thank you very much - because it gives the kids a sense of belonging.

And I can testify that, amazingly, nothing quashes a bout of whining faster than the rhetorical question, hey, is that what Team Family does?

So I decided to test drive some other Feiler ideas. We had a family meeting. We created a belief board. That means we shouted out the values we hold dear as my daughter wrote them down on a whiteboard. We all got a kick out of that. But I pushed my luck. When we tried drafting a playbook of rules to live by, my 7-year-old son insisted we respect his right not to use a knife and fork. And, well, things bogged down.

But that won't stop me from still trying to improve my family the Feiler way. I like his parenting style, even if some of his gambits seem corny. Hey, I'm corny, he shrugs. I have to admit, I am too. What parent isn't? But there are limits. One family in the book painted their belief board on a wall in their house. Yeah, right. Graffiti is not in the Team Family playbook.



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5 Tips for Proper Dental Care for Kids

Instilling proper dental care at a young age is one of the best gifts parents can give their children. Not only does persistent, proper dental care help safeguard from common dental woes, it helps cut down on large dental bills and anxiety. Determine to teach your kids about proper dental care while they are little. It will prove to be a major investment for years to come. Below are 5 tips for proper dental care for kids.



Children should first visit the dentist by age 2 or even earlier. Find a dentist who will make your child feel comfortable and keep up with the recommended biannual checkups. The dentist will provide a thorough exam and cleaning and will incorporate x-rays as needed. Your dentist will reinforce proper dental hygiene tips and will challenge your child to remain cavity free. And for a little bit of encouragement, your child will go home with an exciting dental goody bag.

2. Proper Brushing

Parents often wonder when they should start brushing their little one's teeth. Dentists actually recommend brushing the teeth as soon as they erupt through the gums. Parents now have a wide variety of tooth brushes and products to choose from – all of them specifically created with your child in mind.

Proper brushing includes brushing every angle and side of the tooth exposed in the mouth. While little ones gain confidence in their tooth brushing skills, it is important for parents to supervise the process to make sure no shortcuts are taken and that only a pea-size amount of







sticky, sugary foods are eaten. For a young child with a full set of teeth, brushing should typically take two minutes to complete.

3. Proper Flossing

Flossing once a day is critical for adults and children alike. Proper flossing will access the areas that a toothbrush may not be able to reach. It is encouraged for parents to floss their child's teeth until the skill has been acquired. For children with minimal spacing between the teeth, proper flossing is a must! Food stuck between the teeth is the perfect spot for a cavity to thrive.

4. Limit Sugary Snacks

It may be common sense that candy and soda are an unhealthy snack and will eventually lead to cavities or worse. However, parents sometimes don't realize that juices and fruit snacks are common causes for cavities in young children. Instead, offer your child milk, water and fresh fruits to combat a sweet tooth.

5. Incorporate Fluoride

Fluoride helps to strengthen the enamel of the teeth and protects against developing cavities. Fluoride is now available over the counter and can be used in conjunction with brushing your child's teeth. If the child is too young to swish with fluoride, you can dip your child's toothbrush into the fluoride and then brush it onto your child's teeth. Even in cities with fluoridated water, over-the-counter fluoride treatments will prove helpful.

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Fun Things to Do This Summer

Phoenix Zoo Leapin Lounge "Sprayground" and Yakulla Caverns

455 N Galvin Pkwy, Phoenix

The spray pad is a zero depth water play area. The caverns have a waterfall, a splash pad area, and other unique (and shaded) features. Both areas are included with paid admission to the Phoenix Zoo.

Scottsdale Quarter Splash Pad

15037 N. Scottsdale Rd., Scottsdale

In the center of the Scottsdale Quarter shopping area you'll find a place where kids (and grownups) can play in the cool fountain waters. The water play area is located on the ground level, in between South and North Streets, just west of 73rd place. The north and south parking lots are equidistant from the fountain. There is no admission charge to this splash fountain. The pop-jet fountain here is surrounded by grassy areas and lounge chairs. It is outdoors and is open every day. No children in diapers.

Stuffington Bear Factory Tour

1717 E McDowell Rd, Phoenix

Stuffington Bear Factory has been making stuffed animals in Phoenix since 1959. They design, sew, and retail their teddy bears (and dogs and rabbits and other animals) all by hand. Free tours are offered six days a week. During the drop-in tour you'll learn about the history of the teddy bear, and actually visit the manufacturing floor and see how the stuffed animals are created. At the end of the tour, you can purchase a ready-made stuffed animal at Stuffington, or you can stuff your own.

Arizona Museum of Natural History

53 N. Macdonald, Mesa

The best dinosaurs in town, a history courtyard where visitors pan for gold, a native peoples' gallery includes a replica village and pottery.

Phoenix Children's Museum

Monroe School Building at 215 N. 7th Street, Phoenix The Museum's exhibits are thoughtfully designed to be unique, to arouse curiosity, and to engage the minds, muscles and imaginations of our visitors.

Arizona Railway Museum

330 E. Ryan Rd., Chandler

The Arizona Railway Museum was founded and incorporated in 1983 as a non-profit, educational and historical organization. The Museum is dedicated to the railways of Arizona and the Southwest.

Flashlight Exploring at the Desert **Botanical Gardens**

1201 N. Galvin Parkway, Phoenix

The desert can be spooky at night, but with a flashlight and tour guide it can be educational and exciting. Desert Botanical Garden offers flashlight tours on Thursday and Saturday nights from May through August, where you might see night-blooming flowers, hear snakes and spot nighthawks.

Dolly Steamboat Cruise

16802 N.E. Highway 88, Tortilla Flat

You don't think of a cruise in the desert, but you can at Canyon Lake aboard the Dolly Steamboat. Several cruises are offered at Canyon Lake Marina, including a narrated nature cruise, an astronomy cruise, a dinner and a lunch cruise. Cruises range from 90 minutes to 2 1/2 hours.

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Early registration is discounted to \$200. Visit http://ncpgaz.org/join-ncpg to register.

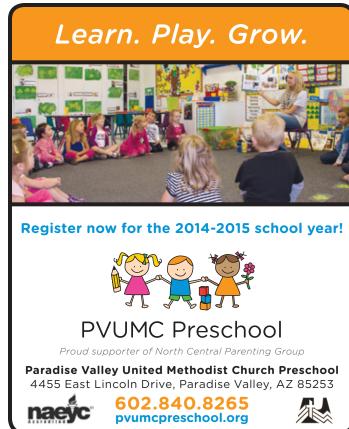
DAY CLASSES	November 19	March 4
September 10	December 10	April 1
September 24	January 7	April 15
October 8	January 21	April 29
October 22	February 4	

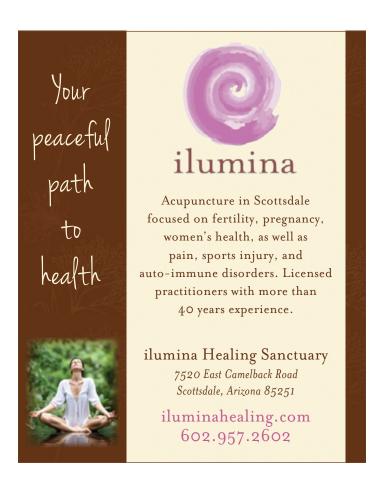
February 18

EVENING	November 12	March 11
CLASSES	December 3	March 25
September 17	January 14	April 8
October 1	January 28	April 22
October 15	February 11	May 6
October 29	February 25	

November 5















Corks for Kids — A Great Success

Thank you to all of our Community Donors, Corks Volunteers, NCPG Board Members, Instructors and Classes that help support Corks for Kids 2014!

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Urban Wax

Vino 100

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Whisked Away

Wildlife World Zoo

Yard House

Yippee Yoga

Special Thank You to cord Partners.

Donor list as of April 21, 2014



Nicole Wood

Husband: Kurt Wood

Children: Oliver (5), Victoria (3), Fiona

Born, Raised & Lived: Born in Martins-Los Gatos, CA

City & years married: Married in San Francisco, CA - 11 years this June

Career or previous career:

Bilingual elementary teacher and housewares sales rep.

Non-mother hobby: Forrest yoga, all things holistic health, decorating my

5 words to describe yourself:

Favorite vacation spot:

Chicago in the summertime

Favorite adult spot to dine in town:

Favorite children's book to read: Skippyjon Jones

Favorite family hangout: Home

Rules to mother by:

Trust yourself. When my first was born, I tried to do everything "right" and by the book. I have since found my intuition and learned to trust it, even if it means going against the grain.

Most meaningful mom moment:

Having a successful VBA2C (vaginal birth after 2 caesarians) without pain

Best mothering advice given to you:

My sweet neighbor with grown children told me that she wishes she had laughed that when I'm feeling stressed.

Who introduced you to NCPG?

Lisa Geyser, the Membership Coordinator six years ago.

Best thing learned in class this year?

There are so many great ones. My favorite recently is a technique for positive recognition. First: observe and point out what we see them doing. ("I see that all of the toys are put away and the house is so clean.") Second: let them know how that makes us feel. ("I feel so respected when you do what I ask. And now I can relax in this nice clean space.") Third: attach



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Laryn Callaway

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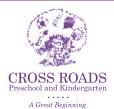
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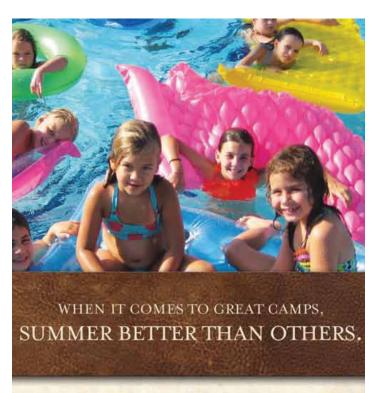
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New Arrivals! Please welcome these recent additions to our NCPG family!









Savannah Kate Forsythe March 21, 2014

Weight: 6 lbs 3.8 oz, Length: 19 1/2 inches Parents: Warren and Amy Forsythe Big sister, Elise (23 months) and big brother, Connor (12)



Everlee Rose Raab April 2, 2014

Weight: 8 lbs, Length: 20 inches Parents: Brian and Kacey Raab Older brothers, Hudson and Hartley

Five Ways Parents Can Reduce Gender Stereotyping in Children

Children learn about gender roles from parents, caregivers, friends, media and other sources. Children begin to understand gender between ages 3 and 5 and soon develop stereotypes about what it means to be male or female. These stereotypes are strongly developed by age 7, according to an article from "Dimensions of Early Childhood," a journal published by the Southern Early Childhood Association. Internalizing negative stereotypes, such as the notion that girls can't do math, can affect self-esteem, academic performance and career choices. However, parents can help reduce negative stereotyping by creating an environment of equality and opportunity.

Children learn by imitating their parents, so avoid reinforcing gender stereotypes in your household. For example, if children see both parents doing household tasks such as cooking dinner, washing dishes or mowing the lawn, they'll learn that both genders can perform such tasks. However, if parents divide responsibilities by gender roles or make statements such as "Fixing the car is your dad's job," kids learn that certain activities are only for males or females. In addition, try to use gender-neutral language. Say "congress member" instead of "congressman" and "firefighter" rather than "fireman."

Assign Chores Fairly

Assigning chores and responsibilities based on gender teaches children that certain types of tasks are only for girls or boys. For example, don't expect your daughters to always dust or wash dishes while your sons take out the garbage or wash the car. Instead, divide chores equally or rotate who is responsible for each chore.

Support Gender-Neutral Play

Children also learn about gender roles from toys and games. Parents can reduce gender stereotyping by supporting their child's interest in a variety of activities, including those commonly associated with the other gender. For example, encourage your boy to play with dolls or play dress-up and your girl to build with blocks or play with action figures. Finally, pay attention to the gender stereotypes in the toys and games you purchase for your children and purchase gender-neutral toys when possible.

Provide Balanced Books

Ensure that your children read books that include male and female protagonists. In addition, check that characters don't exemplify gender stereotypes and that books include characters of various races and ethnicity. If you're reading a book that relies on gender stereotypes, use it as an opportunity for conversation. Books that break gender stereotypes include "Amazing Grace" by Mary Hoffman, "The Chalk Box Kid" by Clyde Bulla and "The Paper Bag Princess" by Robert Munsch.

Discuss Stereotypes in Media

Movies, TV shows, commercials, billboards, video games, websites and other media teach gender stereotypes. For example, a 2001 study of advertisements for computers found that males were typically portrayed as engaged and competent users while females were displayed as passive and decorative, according to "Dimensions of Early Childhood." While you can restrict or monitor the media your child consumes, you should also discuss stereotypes in the media that your family encounters so your child can learn to approach media critically and thoughtfully.





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MILLIE BEHERA, M.D. FACOG, FRCPSC

The Second Time Around: Secondary Infertility Facts



Even if you've successfully conceived before, you might have fertility issues later in life. These facts can help understand secondary fertility.

What is secondary infertility?

Secondary infertility refers to a couple's inability to conceive a baby, even though they've had at least one child in the past, either together or with a previous partner. Couples who experience this condition may confront a range of physical and emotional frustrations, despite the fact that they've been able to successfully reproduce in the past.

How many couples have secondary infertility, and why?

According to the National Survey of Family Growth, more than 1 million couples grapple with secondary infertility. The most common explanations are these: A previously fertile partner is trying to have a child with a new spouse, or one or both partners in an existing relationship have developed fertility problems since their last child was conceived. For instance, a woman might have developed endometriosis (one of the most frequent causes of secondary infertility in women), irregular ovulation, or fallopian tube disease. Or a man might have had a decline in the concentration or motility of his sperm. Other factors can involve age (even five years can make a big difference in a woman's fertility cycle and a man's sperm count), scarring after childbirth, or stress, which can affect ovulation and sperm production.

Couples who have had a previous pregnancy often think of themselves as having "normal" fertility, but this isn't always the case. That's why it's important for both the man and woman to have a complete infertility workup as soon as they feel they're having trouble conceiving.

Why is secondary infertility so emotionally difficult?

Some couples are shocked and in disbelief when they find themselves unable to conceive a second child, particularly if they became pregnant easily, or accidentally, the first time. Other couples, who previously had problems with fertility, may be anxious to try again, and may feel greater pressure the second time around since they know it's possible to have a baby. Still other couples may feel enormous guilt, or a sense of selfishness, for not providing a sibling for their only child, or for delaying a second pregnancy until it became "too late" to conceive.

On top of this, well-meaning friends and family members may unknowingly ask insensitive questions about when a couple is going to have another baby or why they've decided to only have one. They may also be less sensitive to a couple's plight, saying things like "You're lucky to have one child" or "Just relax. It will happen in time." An infertile couple may find it stressful, too, to go through the rigors of testing and treatment when they have a small child at home to care for.

How can couples best cope with the situation?

Couples without children often choose to avoid pregnancy- or child-related activities, such as friends' or relatives' baby showers or first-birthday parties, in order to minimize their pain. But couples with secondary infertility often have young kids of their own and may find themselves surrounded by mothers who are pregnant or nursing, or by the younger siblings of their children's friends. This, of course, makes it harder to sidestep the issue or to avoid their child's questions about wanting a little sister or brother.

Like any infertile couple, those who are facing secondary infertility need empathy, validation, and support from their friends, family members, and fertility clinic staff. They also need time to grieve and accept their situation and whatever outcome it might produce. In time, some couples do go on to achieve a successful pregnancy, while others add to their family through adoption, using a Surrogate, using a sperm/egg donor or accept their family size the way it is.

The bottom line is that secondary infertility can cause stress, sadness, frustration, and loss for many couples. If you and your spouse (or someone you know) is facing this condition, it's important to learn all you can through reputable resources and organizations, and to attain the support you need to make the best decisions for you and your family.

Sources: The Couple's Guide to Fertility by Gary S. Berger, MD, Marc Goldstein, MD, and Mark Fuerst (Broadway Books, 2001); The Fertility Sourcebook by M. Sara Rosenthal (Lowell House, 1995); RESOLVE: The National Infertility Association.

Local Support Groups East Valley General Infertility Support Group

Meets on the second Wednesday of every month at 6:30pm. For NClinger05@gmail.com.

West Valley General Infertility Support Group

Meets on the second Monday Please contact Brooke at brooke. kingston09@gmail.com before attending your first meeting.

Scottsdale/Paradise **Valley General Infertility Support Group**

Please contact Kathy Graf at gogrl7@aol.com before attending your first meeting.

East and South Valley, **Phoenix Exploring Adoption Support Group**

of each month at 6:00pm. For questions or to RSVP, please contact Jessica at paramore05@ymail.com.

Scottsdale Pregnancy and **Beyond Support Group**

Meets on the Third Saturday of the third month of each questions or to RSVP, please contact Cristina Wong at Cristinalwong@gmail.com.

Tempe, Men's Support Group Meeting dates vary. For questions Janes at *zcjanes@excite.com*.

West and North Valley Phoenix Exploring Adoption Peer-led Support Group

Meets on the third Wednesday of each month at 6:30pm. Contact Donnie Straus at illbedmd@hotmail.com.

Summer Safety Guide

How to keep your little one safe on the beach, at the park, and in your own backyard

By Janene Mascarella. Source: Parenting.com

Sneaky Beach Bummers

Sand - It's so soft and squishy, but it can sizzle little feet as well as irritate the mouth and eyes when it (inevitably) becomes airborne.

Play it Safe - Keep your baby's sandals or water shoes on, especially on extra-bot days. When you get to your spot, plop him down facing you so you can keep an eye out for taste-testing, throwing, or blowing sand. If the grit gets in his mouth, do what you can to rinse it (you may have to wipe it out). For sand in his eyes, try to flush them with fresh water — he'll scream, but getting even a little in will help. If he's still rubbing after an hour, seek medical attention to be sure there are no scratches or particles left under the eyelid.

Rip Currents - These powerful channels of water that flow away from shore can occur at any beach with breaking waves. Some are so strong you can even lose your footing in knee-deep water. Play it Safe - Head into the water near a lifeguard tower, and check the current conditions before you go in (either ask the guard or look for posted signs). Hold your little dipper's hand as he gets his feet wet, and if you go for a double dip, stay close to shore. If you feel yourself getting pulled out, try not to panic. Swim parallel to the beach until you break free — it won't be far, most rips are quite narrow.

Jellyfish - These ocean ouchies are frequent problems for swimmers. And you don't even have to be in the water to encounter one -- you can actually get stung on the beach.

Play it Safe - Avoid, avoid, avoid -- obviously. But should you or your baby fall within a tentacled grip, head straight to the lifeguard station for aid. They'll have supplies that can help minimize the pain.

Shells - They sure are fun to hunt, but jagged ones can cause big-time boo-boos, and small ones can be easy-to-overlook choking hazards.

Play it Safe - Shoes go far here as well, but, let's face it, some kids just love going barefoot. If yours gets a cut, just head to the bathroom to wash it out with soap and water, then ask the lifeguard for a bandage. If the bleeding doesn't stop after applying ten minutes of pressure, head to the ER.

Hidden Park Hazards

Jungle Gyms - No playground worth your tot's time is without a slide, a few baby swings, and something to climb on. Yet aging equipment, hot metal, or older (rowdier) kids can put a quick damper on your day.

Play it Safe - When you arrive, give the area a once-over. If the slides are metal, make sure they're not too hot from baking in the sun, and look out for any open "S" books or bolt ends that can scrape or catch clothing. As for those pushy big kids, expect small collisions now and then — it's all part of the adventure. More worrisome is when your explorer falls from a height higher than her own. If she hits her head, look for bleeding, vomiting, or a sudden onset of sleepiness; if you've got a feeling she's just not acting right, call the doctor. Bone fractures aren't always easy to identify right away, so watch for an inability to move her arm or leg, swelling, or crying that won't stop

Backyard Drags

Baby Pools - There's nothing like splish-splashing all day long in your own personal blow-up pool, but even the cutest can turn gross if left too long. After one afternoon's dip, it can become a bacteria hotbed, increasing the risk of urinary, skin, and gastrointestinal infections. And, of course, even a small amount of water can be a potential drowning risk to babies.

Play it Safe - Close supervision -- meaning, close enough to touch — at any size pool is key. And make it a rule: No drinking the water! Sounds like a no-brainer, but you'd be surprised how many tots consider that plastic tub the ultimate tea party. Those swimmy diapers do a good job at containing waste, but hold off if she's got diarrhea. At day's end, empty the pool and turn it over. Fill and repeat!

Sandboxes - You can squeeze hours of fun out of sandboxes — if you take a couple of precautions.

Play it Safe - Yeah, you let him crawl around in the sand at the beach that's full of who knows what, but at home, it's worth buying sand specially prepared for play. This way you can be sure that it's free of bacteria, fungus, insects, glass, and metals that could injure your baby. You can find it at most toy, bardware, and gardening stores or at SafeSand.com. You'll also want to keep the sandbox covered to prevent animals, bugs, and water from getting in-all of which can turn it into a bacteria breeding ground. The main thing: If an animal bas left a buried treasure or should your baby have an accident, it's best to dump the whole box and replace the sand.





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