

# kids' health

## Better Formula?

Probiotics—healthy bacteria that are said to boost immune response in the GI tract, help fight off infections, and reduce the risk of allergies—are now in infant formula. Nestle Good Start Natural Cultures contain Bifidobacterium lactis, the same type of "good" bacteria that is prevalent in the intestines of breastfed babies.

"The biggest difference between the intestinal flora of breastfed and formula-fed babies is the presence of this bacterium," says Robert Yolken, M.D., professor of pediatrics at Johns Hopkins Children's Center, in Baltimore. Probiotics may be especially helpful for babies born by C-section, who don't pick up Mom's healthy bacteria in the birth canal. Good Start Natural Cultures—a similar version has been sold in other countries for 15 years—is only available in powder form, and it costs about \$14 per 12-ounce can. Don't be surprised if other formula companies jump on the probiotic bandwagon.



"Your baby's sweat ducts can easily get clogged and inflamed in summer," says Jody A. Levine, M.D., head of pediatric dermatology at Montefiore Hospital, in New York City. The guideline is to dress your baby in one more layer than you'd wear yourself, **but skip that extra layer in the summer.** If it's tank-top weather for you, all your child needs is a cotton one-piece. **Be careful on long car or stroller rides.** Your baby's legs and back can get sweaty when pressed against the seat, so use your car's AC and a stroller shade. **Soothe irritated skin with a cool bath or compress.** Avoid lotions; they can block sweat ducts. Dust on some cornstarch instead, and pay particular attention to skin folds. But don't skip sunscreen—exposed areas are usually not heat-rash trouble spots.

## COOL FIRST-AID PRODUCTS use these to help your child heal quickly.

**BloodStop Hemostatic Gauze** has been used in E.R.s and hospitals to stop bleeding in seconds, and now it's available for consumers. Place the strip over a cut, wet it with water, and it turns into a clear gel that reacts with the iron in blood to seal a cut. Later, you can just wash off the gel with water.



## Boo-Boo Rescue First Aid & Bravery Kit

comes with everything you need to treat your child's common injuries—and the cute ambulance-shaped box reduces the scare factor. Inside you'll find necessities like no-sting wound cleaner and antibiotic cream, as well as stickers and a toy stethoscope.

