

This Month on Child.com

Free prizes, easy recipes, vibrant community, helpful advice, and more!



THE BEST PARENT GUIDE

There's nothing more thrilling—or challenging—than raising a child. We'll help you on this journey with our:

- Comprehensive archive of parenthood articles
- Age-by-age child-development advice
- Expert answers to your questions on the boards
- Information-packed e-newsletters
- Editors' picks of the top kids' books, toys, and products

Go to: www.child.com/web_links

SMART SOLUTIONS

Get quick answers from our interactive tools:

RECIPE FINDER Looking for something special to stir up for your picky eater? We have hundreds of tasty, healthy recipes guaranteed to please the whole family.

BABY NAMER Searching for the perfect name for your child? Choose from our extensive list of trendy and classic monikers for boys and girls.

CAMP FINDER Thinking of sending your son or daughter to camp this summer? Browse our directory of more than 15,000 programs to find the one that's just right for your child.

Go to: www.child.com/tools

WIN AMAZING PRIZES

Enter from March 1 to 31 for your chance to win a limited-edition Bugaboo Denim Frog stroller with matching bag, retailing for \$875. Also up for grabs: a battery-operated Polaris Sportsman 700 ride-on toy from Peg Perego, an ergonomic baby carrier from Maclaren, an electric juicer and stainless steel fruit bowl from Bodum, ice cream- and candy-making kits from WHAM-O, and an assortment of new Johnson's toddler bath and grooming products.



Enter at: www.child.com/sweepstakes



GET EXPERT ADVICE!

Q: While my husband adores our infant, he is nervous around her and is not very involved in her daily care. His mother stayed with us for the first three months to help out, so I know he hasn't had much practice. Now that she's gone, I'd like him to take on a more active role. Plus, I need a break every once in a while. Any suggestions? —Pucamem on child.com

A: My advice: Ease him into it! Your husband is used to you and his mother tending to the baby and may be—like many dads—scared to take care of an infant. One first step is to ask him to help you bathe her or to let him carry her in the baby carrier when you go out for family walks. Gradually you might leave the two of them alone for increasingly long periods of time. Try to back away slowly and let him be in charge even if you feel he isn't doing things the way you would. Remember: He's logged in a lot less time with the baby and hasn't developed routines yet. Whatever you do, try not to criticize his attempts. He will be more likely to participate if he feels competent. If you are bottle-feeding, let him take a turn. There's nothing like cuddling up at feeding time to help a baby and her dad connect. —Lisa Spiegel, co-author of *A Mother's Circle: An Intimate Dialogue on Becoming a Mother*

Have a question for Lisa Spiegel or another child.com expert? Go to: www.child.com/community/boards