

• TANTRUM TAMER •

Does your kid **FREAK OUT** when his routine gets rocked?

An ear infection, teething trauma, a visit from your college roommate—there goes the best-laid bedtime drill. How to recover that precious predictability: Go back to your routine a day after symptoms subside, guests leave, or you return from vacay, says Carol Weitzman, M.D., an associate professor of pediatrics at Yale. Yes, there may be a few tears, but a baby who had a well-established routine before will pick it right back up. —Jennifer Kelly Geddes



BABY

Hey, Look at Me!

▶ Your baby's eyes widen as he peers into the mirror. He's not sure who that cute little person is, but he's still mesmerized. By gazing at faces, he's beginning to build attachments with others, and sometime after 9 months he'll start recognizing his own image, says Jenn Berman, Psy.D., author of *SuperBaby: 12 Ways to Give Your Child a Head Start in the First 3 Years*. Help him make fun discoveries and build new skills with these simple mirror activities:

• **Mirror the floor** For young babies, you can set an unbreakable baby-safe

mirror on the floor in front of him during tummy time. He may be so interested in his reflection that he'll hold his head up longer, strengthening his neck muscles.

• **Blow bubbles** Babies love them anyway, but in front of a mirror, "they'll blow your baby's mind," says Berman. Plus, it can also help him learn to track moving objects.

• **Name parts** Sit with him in front of a mirror and ask "Where's your nose?" Point to it on his face as he watches the reflection. Soon, he'll be doing it himself.

—Ann Muder

DID YA SEE THIS? You can find diaper-change stations from your phone! p. 19

HERE'S A BRIGHT IDEA... The rechargeable LED Pixie Night Light promises hours of power for late-night diaper changes; later on, your preschooler can tote it on evening trips to the potty with the easy-to-grip knobby handle. \$50; beabausa.com