

WHEN EATING ORGANIC IS REALLY WORTH IT

# babytalk

STRAIGHT TALK FOR NEW MOMS

## good night, done right

shut-eye solutions for  
even the fussiest families

### HANDLE WITH CARE

- ▶ bath-time safety
- ▶ car-seat basics
- ▶ preemie primer

... AND NOW  
FOR PLAN B!  
dealing with  
delivery-day  
surprises

october 2009

cravings



**punk rock peanut** Give that little booty a fashion boost with the Zen diaper cover from Mamasan Maternity. This Asian-inspired accessory, made from 100 percent cotton, features a polyester lining and Velcro closures. \$14; [mamasanmaternity.com](http://mamasanmaternity.com)

a to  
ZZZZ

How much  
sleep does  
your little  
one need?

Newborns sleep up to 15 to 16 hours a day, typically in three- to four-hour intervals, separated by one to two hours awake, evenly distributed through the day. By 3 to 4 months, a pattern may begin to emerge. Expect two to three shorter daytime naps and one six- to eight-hour stretch at night. By 4 to 6 months, naps are often consolidated into one morning and one afternoon snooze. Your baby may drop one daytime nap in favor of a single mid-afternoon siesta once he reaches 15 to 18 months.

**wish i'd known that!** Your baby will have an easier time learning to walk if she's barefoot. The close contact between her feet and the ground will provide her with a better sense of stability. So nix the Nikes and start cruising.