

Soothing Teethers

Is your baby drooling, crying, and chomping down on anything she can fit into her mouth?

Her teeth are probably coming in. We've picked our favorite new things to gnaw on.

Mouthing something cold can reduce gum inflammation, so pop this water-filled ring into the refrigerator.

Momma Gino & Jack & Fred
\$6; ginsey.com

Philips Avent
Teether for
Middle Teeth
\$6; babiesrus.com

Choose from three shapes specially designed to target different areas of the mouth.

Lifefactory
Multi-Sensory
Silicone Teether
\$7; lifefactory.com

Wear it as a bangle until your baby starts fussing. The nubs help her get used to various textures.

When your baby bites down on one of the clear bubbles, the teether pulsates to massage his gums.

Sassy Vibrating
Textures
\$5; amazon.com



Good News About Booster Seats

Kids ages 4 to 8 are 45 percent less likely to be seriously injured in a car crash if they're riding in a booster seat instead of just using a seat belt—and backless versions are just as safe as high-backed ones, finds new research from the Center for Injury Research and Prevention at The Children's Hospital of Philadelphia. It's still best for 4- and 5-year-olds to use the high-backed seats; they position shoulder belts properly for smaller children. But if your car has head restraints, backless seats are a great option: They're less pricey, easy to take with you, and older kids may be more willing to ride in them.

52%
of kids ages 4 to 5
don't use booster
seats, reports a
NHTSA survey.

HAVE A SMOKE-FREE PREGNANCY

If you're one of the 15 percent of pregnant women who still smoke, here's another reason to quit: Lighting up while you're expecting can more than double your child's chances of developing ADHD, according to a new study in *Pediatrics*. "Prenatal tobacco exposure has been linked to long-lasting changes in the dopamine and norepinephrine systems in a baby's brain," says study author Tanya Froehlich, M.D. Rather than trying to quit cold turkey, talk to your obstetrician about whether she recommends that you try nicotine-replacement therapy or other drugs in addition to counseling or joining a cessation group. For additional support, check out parentsquitforgood.com or call 800-QUIT-NOW.

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