



The Right Moves

MeMoves is a DVD program designed to lower stress and help kids 3 and up focus, especially those with ADD and autism. Parents and teachers say that after imitating movements on screen for a few minutes, kids are noticeably calmer. We're impressed! It's being used for kids of all abilities in more than 1,000 school districts. \$60, thinking moves.com

True Story

"My daughter sliced her foot open on a plastic hanger."

Kelli Simpson's 7-year-old daughter, Baylee, was walking in their hallway when she stepped on a plastic hanger left on the floor. Baylee had a huge gash in her right foot and at the emergency room, they learned that she had cut three tendons and a muscle. She ended up having surgery, had to use a walker for six weeks, and has lost some movement in her toes. Now the Beatrice, Nebraska, family makes sure to not leave hangers on the floor. Send your own accident story to truestory@parents.com.



A Solid Start

Babies may benefit from skipping spoon-feeding and going straight to self-feeding with very soft finger foods, suggests a study from the University of Nottingham, in the United Kingdom, that tracked children from 20 months to 6 years. **When kids weaned themselves on finger foods, they paid better attention to their appetite and regulated their food intake accordingly,** leading to a lower body mass index (BMI) than the spoon-fed group. "It's fine to offer some finger foods early in the process alongside or instead of purees," says Parents advisor Jennifer Shu, M.D., coauthor of *Food Fights*. "Keep in mind, though, that many babies may not have the dexterity or coordination to pick up the food and get it into their mouth until 9 to 12 months." If you don't feel comfortable ditching spoon-feeding, stop a meal when your baby starts turning his head away from food or spitting it out. That's his way of telling you he's full. Always avoid foods that can be a choking hazard, such as whole grapes and hot dogs, and serve soft foods cut into small bites.