

9 Easy Ways To Cook Chicken

HEALTHY KIDS
HAPPY FAMILIES

Parents

**Big-Time
Prize!**
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To Hawaii
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Family Health Makeover

A Simple Plan For
Grown-ups And Kids

How Tall
Will Your
Child Be?

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Learn To Talk So Your
Toddler Will Listen

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**Manners
Every
Kid
Should
Know**

**Mommy
Is Not
An ATM**
AND OTHER
MONEY LESSONS
FOR LITTLE ONES

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SURPRISING BREAKFAST NEWS This morning meal gives kids energy and helps them focus in school. But only 52 percent of children eat it each day, according to new research from the American Dietetic Association.

Q & A

I heard that drop-side cribs won't be in stores for much longer. Do I need to replace my child's?

Come June, drop-side cribs will no longer be sold. "More than 30 babies have been suffocated or strangled by failed drop sides in the last decade," says *Parents* advisor Gary Smith, M.D., Dr.P.H., director of the Center for Injury Research and Policy at Nationwide Children's Hospital, in Columbus, Ohio. "If you have one, you should get a new crib." **Make sure it has a safety seal** from the Juvenile Products Manufacturers Association or ASTM International (American Society for Testing and Materials). Because child-care centers won't be required to have cribs that comply with the new standards until June 2013, check parents.com/recalls to ensure that cribs your center provides are safe—more than 11 million have been recalled in the last three years. If the cribs are questionable, bring a bassinet (that has a safety seal and hasn't been recalled) for your baby.



Start your child's day off with a healthy breakfast.

→ 3-D-Media Caution

You may have heard false reports that 3-D movies, TV shows, and video games can cause seizures and eye problems in kids. "There's no reason to believe that the images will hurt children or cause brain problems," says Paul

Fisher, M.D., chairperson of the American Academy of Pediatrics section on neurology. "But parents of kids whose diagnosed seizure disorder is triggered by light or noise should check with a neurologist before viewing or playing with 3-D technology."

***EXPERTS SAY 3-D GLASSES ARE SAFE FOR MOST CHILDREN.**

As for eye development in young kids, experts say worries are unfounded because vision is fully developed by age 2. If your kid has misaligned vision, though, the problem could be worsened by wearing 3-D glasses. —*Susan Hauser*

Swimming Hole

Eighty-three percent of African-American children reported having little or no swimming ability, compared with about 48 percent of white kids, according to one recent study at the University of Memphis. If your child isn't a swimmer, look for a class offered by the YMCA or American Red Cross. Unintentional drowning is the second-leading cause of death for kids ages 1 to 14, according to the Centers for Disease Control and Prevention.