



## Get a Kick Out of These

Now even your baby can bend it like Beckham with these First Cleats shoes! Styled to look like the big kids', with a sporty striped trim and a fold-over tongue, they'll help your little one Hamm it up as she watches her brothers and sisters from the sidelines. One size, 0 to 6 months; \$30, [firstcleats.com](http://firstcleats.com)

## Grow a Bigger Brain

**Baby 0 to 1** If sore breasts, wet shirts, and constant worrying (*Is my baby getting enough to eat?*) make you wonder if nursing is worth the trouble, here's even more evidence that breast is best. New research out of the United Kingdom's Durham University shows

that the longer a mammal (yep, that includes humans) nurses its young, the bigger its baby's brain grows. Apparently the size of a baby's brain at birth is determined by how long the pregnancy lasts, but how the brain grows afterward is affected by how long Mom nurses. The new findings

back up the idea that breast milk is optimal for brain development, and add even more weight to the American Academy of Pediatrics's recommendation that new moms breastfeed exclusively for six months, and continue to nurse for at least the first year (and ideally beyond).

—Holly Pevzner

### Pick a card, any card

*Boddler Bites Food in a Flash are A to Z flash cards loaded with fresh ideas for when your baby is ready for solids. Each card mentions at least three foods that begin with that letter, along with a yummy recipe and prep tips for even older babies, i.e., boddlers. For example, the "K" card includes a recipe for kale chips and instructions on how to peel a kiwi. \$20; [boddlerbites.com](http://boddlerbites.com)*

