




Basic boo-boo care

Hey, it's bound to happen sometime—even super-moms have to deal with baby bumps and bruises. **MEREDITH PARKER** shows you the ropes to boo-boo care.



MAKE BOO-BOOS FUN

Taking care of life's little accidents doesn't have to turn into a cry-fest. Dry your baby's tears and tickle his funny bone with these sure-fire tips.

-  **TIP #1:** Distract with humor. Sing a song, dance a jig, make a face...anything to allow your baby to focus on her silly mom instead of her bleeding knee.
-  **TIP #2:** Play it down. Oftentimes, your baby's reaction to pain is really just a mirror of your own reaction. Resist the urge to freak out and let your baby mimic your nonchalant attitude instead.
-  **TIP #3:** Invest in "cool" boo-boo gear. Buy a first-aid kit in a fun shape or band-aids in colorful shades to make injury care fun for your baby. With all of the kid-friendly options on the market, it won't cost you any more than the standard stuff. Check out these fun options:



BOO BOO GEL
PACK Tiny Tullia,
\$10

FIRST AID KIT
me4kidz, \$20 at
babycenter.com



ON THE GO
FIRST AID KIT
me4kidz,
\$10 for 2 at
babycenter.com



MEDICINE
DELIVERY SYSTEM
ReliaDose,
\$12



FIRST AID KIT Classy Kid, \$25

Boo-Boo: Cut or scrape

FIX: If the wound is bleeding, apply direct pressure with a clean washcloth for about 10 minutes (tip: a red washcloth will disguise the blood to keep your baby calm). If the bleeding persists or if the wound is deep and open, you should take him to the doctor. Wash away any debris with cool, running water. If you can still see foreign objects such as glass, dirt or pebbles, try carefully removing the objects with a sterilized set of tweezers. After the wound is free of debris, wash it gently with

warm water and soap. Apply a thin layer of antibiotic ointment and a fun adhesive bandage and you're good to go!

Boo-Boo: Diaper rash

FIX: The best thing you can do when treating your baby's rash is to keep the area clean and dry by constantly changing her diaper. Wash the area at every diaper change with warm water and pat dry with a clean cloth. Make sure to use a thick layer of diaper rash ointment to protect your baby's skin (look for an ointment with zinc oxide or petroleum).