



Q Do babies need to take vitamin supplements?

A If your infant is exclusively breastfed (or gets less than 17 ounces of formula daily), give her extra vitamin D every day. Breast milk doesn't always contain enough of the vitamin to prevent rickets, a bone-softening disease, and although the sun's rays help the body make vitamin D, babies shouldn't be exposed to much direct sunlight, says Parents advisor Ari Brown, M.D., author of *Baby 411*. Breastfed babies should get 200 IU of daily vitamin D from over-the-counter drops (they usually contain vitamins A and C too, which aren't necessary but won't hurt). As long as your baby starts eating iron-fortified foods at 6 months, she shouldn't need any other supplements. One exception: Preemies may need to take a multivitamin with iron for several months.

Lip Service When you're putting sunscreen on your child, don't forget SPF lip protection too. Skin cancer on the lips can be more dangerous than skin cancer on other parts of the body since it's more likely to spread, says Parents advisor Jody Alpert Levine, M.D., a New York City dermatologist. She recommends applying a balm with SPF 30 or higher every two hours (zinc oxide is most protective). Avoid glosses and Vaseline, which can actually attract the sun's rays and worsen sun damage.

PRODUCT RECALLS

1 Rock 'N Ride Plush Rocker Toys

122,000 toys (sold from September 2007 to March 2008) were recalled because the base can become unstable, allowing the rocker to tip over. Call 888-686-2728 for a replacement base.

2 Imaginarium Multi-Sided and Jungle Activity Centers

16,400 toys (sold from August 2007 to February 2008 at Toys "R" Us stores) were recalled because small parts can detach from the activity centers, posing a choking hazard. Return for a refund or store credit.

3 StyleMark Main Street Drag Children's Sunglasses

144,000 pairs (sold from October 2007 to March 2008) were recalled because paint on the stems contains excessive levels of lead. Call 866-928-1913 for a replacement pair.

4 Fun 'N Games Magnetic Dart Boards

870,000 toys (sold from September 2002 to March 2008) were recalled because small magnets on the ends of the darts can detach. If a child swallows multiple magnets, this can lead to intestinal perforations or blockages. Call 888-790-2700 for a refund.

