

# From Babies to Big Kids

Because your family's always on the grow BY HOLLY PEVZNER

**NEWS**  
you can use  
for your child  
right now!



## 0-2 WHAT'S SO FUNNY?

If you want your little one to grow up with a good sense of humor, start laughing now. Six-month-old babies pay extra-close attention when mom or dad guffaw in order to determine if something is humorous, according to researchers at Johnson State College in Johnson, VT. This shows that even wee babies look to their parents for emotional guidance. So go ahead and show off those over-exaggerated smiles and laughs. She's watching!

## 3-5

### No Whining Zone

It's a universal truth that no parent wants to listen to a child whine. But here's something surprising: Your kid doesn't want to hear it either. Apparently, children as young as 3 can tell the difference between complaining for no reason and expressing justified distress, reports a new study in *Developmental Psychology*. Researchers found that kids only express sympathy when complaining is the result of actual wrongdoing, like getting hurt. Whiners got no love.

## 6-7

### FISH PILLS = READING SKILLS

A new study by scientists at Oxford University suggests that DHA, an omega-3 fatty acid found in fish and algae, may improve reading in healthy but underperforming kids. Children who took 600 mg of DHA-rich omega-3 supplements for 16 weeks jumped ahead in progress by as much as two months. Ask your doctor about supplements for your child.

## 8-10 A Behavior Headache

Kids and pre-teens who suffer from migraines are more likely to experience attention problems, anxiety, and depression, according to a study in *Cephalalgia*. If your child has consistent head pain, talk to your M.D. about a screening.



## 11-13

### Anger Management

Offering kids anger- and stress-management classes can improve coping skills and lower blood pressure by about 2 points, according to recent research conducted at Georgia Health Sciences University. Even a slight dip like this can substantially reduce their risk of heart disease later.