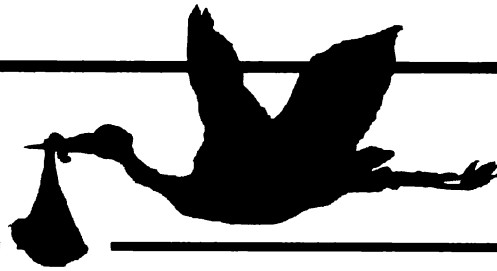


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Planning for Baby

Consumer Issues



PUBLICATION 354-031
2003



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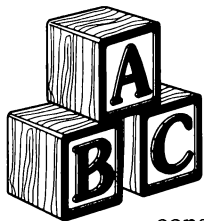
By Celia Ray Hayhoe, Ph.D., CFP®, Virginia Cooperative Extension Family Financial Management specialist, Stephanie Jamison and Anne Fleet Dillard, graduate students, Department of Apparel, Housing, and Resource Management, and Melissa Chase, Ph.D. candidate, Career and Technical Education, Virginia Tech.

The authors would like to thank the following reviewers for their comments:

Robert Flashman, Ph.D., and Susan Badenhop, Ph.D., Cooperative Extension specialists, University of Kentucky, and Heather Greenwood and L. Dawn Barnes, Virginia Cooperative Extension Family and Consumer Sciences and Community Initiatives agents in Fauquier County and Floyd County respectively.

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Introduction

Being a smart consumer is more than finding low prices. If you are a smart consumer, you will keep your new baby comfortable and safe—two goals of new parents—while you watch your budget.

A baby needs a lot of things, but not as many as some businesses would like to sell. Information in this publication includes what you and your baby will need when leaving the hospital and at home, including clothing, crib and other furniture, car seat, and safety items.

What Baby Needs When Leaving the Hospital

- A rear-facing car seat for infants under 20 pounds (See the section on car seat safety later in this publication.)
- Shirt and sleeper
- Receiving blanket
- Diapers and wipes (Some hospitals provide an initial supply.)
- Safety pins and latex or plastic pants if using cloth diapers
- Cold-weather needs: heavy blanket, sweater, and hat
- Warm-weather needs: hat to shield baby's face from sun
- Diaper bag (Since this is something you will be carrying around for about three years, choose one that has enough storage space and is durable.)

Baby Needs at Home

Layette

This list is a good start to prepare to bring your new baby home. You may find you need additional items. However, the items in this list will prepare your household for potential expenses to the budget. (See *Planning for Baby: Financial Issues*, Virginia Cooperative Extension publication 354-030, for help with the financial concerns.) Remember that generic brands are often just as good as name brands. **It is not a good idea to buy large amounts of baby clothes in the smallest sizes.**

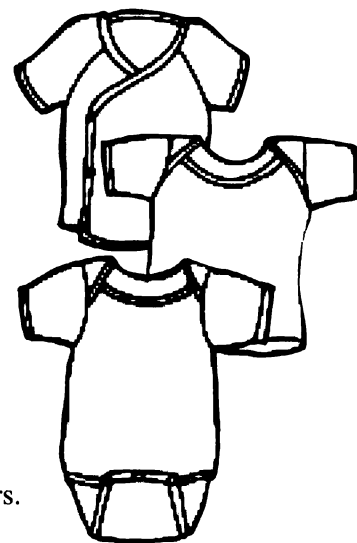
Your baby will spend most of his or her time sleeping. Clothes that will be worn and washed often should be of good quality. Clothes that will be worn only a few times do not need to be as high quality, however, you should still pay attention to care guidelines and fit of these garments.

- Disposable or cloth diapers; purchase a few different brands of diapers to see what works best. (See section on page 5 concerning diapers). You will need at least 49 diapers for the first week, about seven per day. This first week you will be too busy to get to the store.
- 4 to 6 Layette gowns (See the section below on fabrics and clothing.)
- 6 to 9 Sleepers
- 3 to 6 Coveralls
- 2 to 4 Lap-shoulder shirts
- 4 to 6 Playwear outfits
- 6 to 9 Bodysuits
- 4 to 6 Caps and booties
- 6 to 9 Bibs
- 6 to 9 Receiving blankets
- 3 to 6 Hooded towels and washcloths

Source: <http://www.babyultimate.com>

Clothing Choices

Often the most enjoyable activity while waiting for baby is purchasing clothes. It is important to keep a couple of things in mind when making purchases. The most important one is to provide your baby with comfort! The second is that babies grow fast. This section will help you understand comfort and safety, choose fabrics, and read labels. This section also includes information on diapers.



Fabric Choices, Care Labels, and Comfort

The most impractical items are often the most tempting to buy. However, it doesn't matter if the clothing is pink or blue, new or old, as long as the baby feels comfortable and secure. Clothing purchase decisions need to be based on your family's needs, income, lifestyle, and available time.

Fabrics

- Lightweight fabrics are best but not all fabrics are the same. A fabric should “breathe” so body moisture can evaporate, especially in the summer months.
- Cotton and cotton blends are often the best choices. Cotton washes well and is durable, which is necessary for babies. Stains are more easily removed from cotton items and they can be washed at higher temperatures.
- A good choice in cotton is cotton knits. They retain their shape well, do not need ironing, and generally do not shrink.
- There are a few woven fabrics that can work well. Other fabric types such as terry, napped, and plain textures are available in a variety of fibers. Terry fabrics often are knits but may also be a woven fabric that is similar to towels used in your bathroom. Terry fabrics for babies are often cotton and nylon blends. These fabrics are soft, breathe well and are comfortable. Napped fabrics include terrycloth and even fleeces. Plain textures often feel like a soft cotton t-shirt. All these different textures and types of fabrics work well.

Care Labels

- It is important to check the fabric care labels when buying baby items. These labels will tell you at what temperature to wash and dry the item. (See Table 1. Fabric Care Symbols on page 4.) Your baby's clothes should be able to withstand washing in hot water and drying at hot levels. Clothing and other fabric items will also have labels telling you the fabric content (cotton, nylon, linen, etc.) of the item.
- If your baby's clothes need to be bleached, check to see if you can use chlorine bleach or if you can only use a non-chlorine, color-safe bleach.
- Check to see if the clothing has to be washed on a specific cycle.

Do not choose clothing that has to hand-washed or washed on the delicate/gentle cycle. These will not clean as well, they will not stand up for long periods of time, and they will cost you more money over time.

- Avoid clothing that needs to be ironed.
- If you want to use fabric softeners on any of your baby's garments, bedding, or towels, use only dryer-sheet softeners.
- Rinse-cycle softeners reduce the ability of your baby's garments, bedding, or towels to absorb water and let air flow easily.

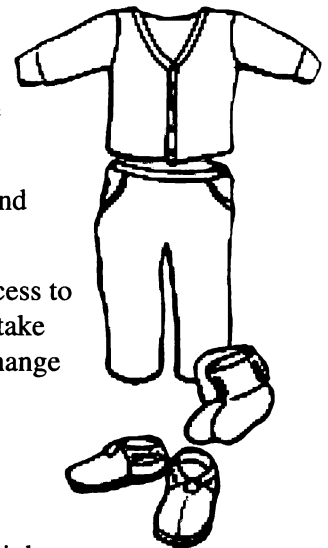
Comfort

- Garments should have a minimal number of seams. These seams should not be bulky.
- Garment edges should be well finished to eliminate irritation. If garments have collars, they should be small and lay flat.
- Sleepwear should not be bulky or irritating. Sleepwear with feet should provide plenty of room for the feet to move. The feet should not feel restricted within the garment.

Fit, Size, and Safety

Fit














- Fit is as important as the fabric used. Snug-fitting sleepwear does not ignite easily and, even if ignited, does not burn readily because there is little oxygen to feed a fire; so flame resistant fabric is not an absolute necessity for infants.
- Neck openings should be large and easy to manipulate.
- The bottom should have easy access to diapers. You should not have to take the whole garment off baby to change a diaper.



Size

- Sizes vary by brand.
- Manufacturers may provide a weight and height chart on the label or size may be labeled by age. Make sure you carefully look at the clothing and not just the size on the label.

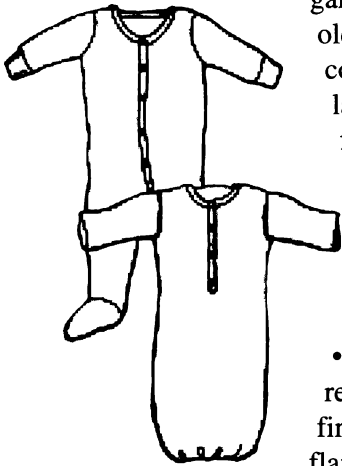
Table 1. Fabric Care Symbols

Symbol	Suitable for Baby?		
	Machine Wash	Okay	<input checked="" type="checkbox"/>
	Machine Wash Gentle Cycle	Avoid	<input type="checkbox"/>
	Hand Wash	Avoid	<input type="checkbox"/>
	Do not Wash	Avoid	<input type="checkbox"/>
	Wash, Permanent Press	Okay	<input checked="" type="checkbox"/>
	Bleach When Needed	Okay	<input checked="" type="checkbox"/>
	Bleach with Non-chlorine bleach	Okay	<input checked="" type="checkbox"/>
	Do not Bleach	Avoid	<input type="checkbox"/>
	Tumble Dry	Okay	<input checked="" type="checkbox"/>
	Do not Tumble Dry	Avoid	<input type="checkbox"/>
	Line Dry	Avoid unless you live in a climate that makes this an option and you have access to clothes lines	<input type="checkbox"/>
	Do Not Iron	Okay	<input checked="" type="checkbox"/>
	Dry Clean	Avoid	<input type="checkbox"/>

- When buying clothes for a newborn infant, consider purchasing sizes in the 3- to 6-month range since babies grow quickly. If you do have items in the newborn size, it may pay not to open the packages until you know your baby's weight and length. Many newborns are too large for the newborn size.

Safety: flame-resistant sleepwear

- Recently, the law has removed the requirement that infant sleepwear be flame resistant. As a result, it is important that the garments fit well. As your child gets older and can reach sources that could ignite the garment, the federal law requires these garments be flame resistant. It is very important that you read the labels carefully.



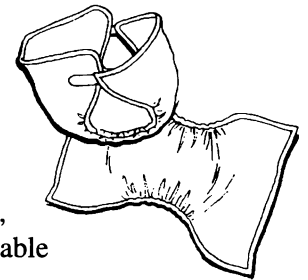
- There is **no** standard flame resistance label; they vary, depending on the manufacturer.
- Flame-resistant or flame-retardant fabrics can resist catching fire, burn slowly in contact with the flame source, and may self-extinguish or be easily extinguished by smothering the flame. Flame-resistant and flame-retardant have the same definition when used on clothing labels.
- Clothes are made with flame-resistant or flame-retardant properties by adding a chemical finish to the fabric. Or, chemicals may be added to the fibers. Garment labels will read "chemical-free" if the flame resistant chemical has been added to fibers instead of the fabric. The fabrics usually found in this category are vinyon, modacrylic, and polyester.
- Tests show garments with chemicals added to the fibers versus the garments with chemicals added to the fabric are equally flame resistant. Keep in mind the garments with chemicals added to the fibers and not the actual fabric **do not** have the extra chemical treatment needed to pass the children's sleepwear flammability standard.
- Most manufacturers use hangtags on their snug-fitting sleepwear to let consumers know that the product meets federal safety standards. The hangtags help parents know a snug fit or flame resistance is necessary for safety.

- Children should never sleep in T-shirts, sweats, or other oversized, loose-fitting cotton or cotton-blend garments. These garments catch fire easily and are associated with 200 to 300 emergency room-treated burn injuries annually to children. (For more details, see the U.S. Consumer Products Safety Commission web site on baby sleepwear, <http://www.cpsc.gov/cpscpub/pubs/slpwear.html>.)
- Rinse-cycle softeners increase the flammability of both cotton and polyester fabrics. Dryer sheets do not affect the flammability of these fabrics.

Please note: The rules for flame resistance or snug fit do not apply to sleepwear for sizes 9 months and under because infants that wear these sizes are insufficiently mobile to expose themselves to an open flame.

Diaper Choices and Comfort

- Neither cloth nor disposable diapers have been shown to be healthier for babies. The choice depends on how much time and money you have to spend on diapers.
- If your child will be in day care, most centers only accept disposable diapers.
- Studies show disposable diapers keep the baby drier and help maintain a normal skin pH. To avoid problems when using cloth diapers, you have to change the baby more often and use diaper liners.



Disposable diapers

- Disposable (single-use) diapers are designed to fit well and hold urine.
- Disposable diapers tend to leak less often than cloth diapers covered with a plastic cover.

Costs of disposable diapers

- Babies use an average of seven disposable diapers per day. This will decrease as the the number of meals the baby eats changes and as the toddler is ready to be toilet trained.
- Cost of disposable diapers depends on the brand and the age of your child. Many stores offer generic brands which work just as well as the expensive name brands.
- There is little or no cost difference in laundering cloth diapers and buying disposable diapers.

Disposable diaper tips

- Empty feces into the toilet.
- Fold diapers with soiled area inside.
- Wrap in a paper or plastic shopping bag or newspaper and put with the trash to be taken out.
- Do not leave used diapers on changing tables or in public places. Always dispose of them properly.

Cloth diapers

- Cloth diapers are usually made of cotton. A couple other fabrics are available and are usually found through mail order catalogues.
- Size of cloth diapers can vary but usually a standard size flat style is available and you can alter the size by folding the fabric differently.
- There are also form-fitted or pre-shaped diapers available with plastic covers. The problem with these is that babies quickly outgrow one size and it is expensive to keep buying them. They also cost more than non-fitted cloth diapers and take longer to dry, therefore, making your utility bill higher.
- You may want to buy a few cloth diapers to use as shoulder protectors (burp cloths).

Cloth diaper tips

- Rinse soiled diapers in the toilet.
- Collect a day's worth of diapers in a bucket containing water and a detergent. You may need to add chlorine bleach according to the directions on the bottle and the size of the diaper pail.
- For better odor control and sanitization, pour diapers and solution into the washer and put it on the spin cycle.
- Then add water and detergent (and bleach if needed) to pre-soak the diapers before setting the washer at full-cycle to wash them.
- You may not need to use bleach every time but always remember to wash the diapers in hot water.
- Fabric softener can cause the fabric not to be as absorbent. If you must use fabric softeners, use dryer sheets.
- Line-dry the diapers or dry the diapers in the dryer on the regular setting.
- Many detergents are advertised for use with cloth diapers. When shopping, check labels to see if the

detergent is for cloth diapers. Other detergents will work, too, but designated detergents tend to work better.

Cloth diaper services

- Depending on where you live, a cloth diaper service may be available; though not usually in rural areas. Also, there are now fewer diaper services available because disposable diapers have become so popular.
- Diaper services cost more than home laundering or disposable diapers.

Safety Items and Other Supplies

Following is another checklist to get you started. Remember there are always unexpected needs! These are suggestions. Your budget will determine what you can afford. For more information, visit these web sites, which also contain pregnancy information:

- <http://www.4woman.gov/pregnancy/preparing.htm>
- <http://www.thebabycorner.com>

Safety items

Household

- Night lights, or soft lighting
- Baby monitor
- Outlet protectors
- Cabinet and drawer latches

Baby's room

- Crib and crib linens (While bassinets are pretty, they can only be used for a short period of time. There are much better uses for you money.) (See section on crib safety later in this publication.)
- Playpen, etc. (See section on mesh playpens.)
- Changing table
- Dresser
- Rocking or gliding chair

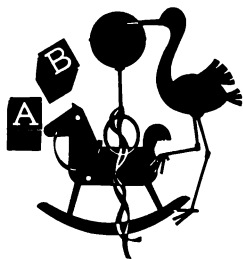
Other Supplies

- Bottles: be sure to get the correct size nipples, such as preemie or newborn. You will need at least four bottles to start. Don't forget the bottlebrushes and sterilizer kit. It's



good to keep a couple of extra disposable bottles on hand.

- For breastfeeding: breast pump, nursing pillow, nipple lotion, disposable nursing pads
- Pacifier (Most parents prefer more than one.)
- Infant's bathtub
- Baby nail clippers/scissors manicure set
- Diaper disposal system (nice to have, but not a necessity)
- Burp cloths (You can never have too many of these!)
- Diaper-rash ointments
- Baby powder (no talcum powder)
- Lotion
- Nose syringe, thermometer, medicine dispenser (often these items come in one package with everything you will need)



- Cortisone cream
- Pain reliever/infant drops
- Books, tapes, CDs (Not a necessity, but books are always a great idea.)

Remember, these are the basics guidelines to get you started. As you become more comfortable and have a set routine, you will have a better idea of

exactly what you will need and not need.

Items Needed as Baby Grows Older

- Toys (See *Tips on Toys*, Virginia Cooperative Extension publication 350-063, on-line at <http://www.ext.vt.edu/pubs/family/350-063/350-063.html>)
- Books
- Highchair
- Gates



The American Academy of Pediatrics recommends that you do NOT purchase a baby walker. For more information visit their web site at <http://www.aap.org/family/babywalkers.htm>.

Crib Safety Tips

Crib design

- Dispose of antique cribs with decorative cutouts, corner posts, or lead paint.
- The space between the slats should be no more than 2-3/8 inches to prevent infants from getting their heads stuck between them. Cribs manufactured after 1974 must meet this and other strict safety standards.
- The corner posts should be the same height as the end panels or less than 1/16 of an inch higher than the end panels.
- No cut-out areas on the headboard or footboard so a baby's head cannot get trapped.
- The top rails of crib sides, in their raised position, should be at least 26 inches above the top of the mattress support at its lowest position.
- As soon as the child can pull him- or herself to a standing position, set and keep the mattress at its lowest position. Stop using the crib once the height of the top rails is less than three-fourths of the child's height.
- Always assemble baby furniture according to instructions and continually check for sturdiness.
- Make sure no lead-based paint is used.

Mattress

- The mattress should fit snugly into the crib with no gaps. If two adult fingers can be placed between the mattress and any part of the crib, immediately replace the mattress.
- Do not use plastic packaging materials, such as dry cleaning bags, as mattress covers. Plastic film can cling to a child's face and should never be in or near the crib.
- Put your baby to sleep on his or her back or side in a crib with a firm, flat mattress and no soft bedding. Talk to your pediatrician about which sleeping position is best for the child.
- Use only a fitted bottom sheet specifically made for crib use.

Crib hardware

- The drop side(s) of the crib should require two distinct actions or a minimum force of 10 pounds with one action to release the latch or the locks. This prevents an accidental release by the child.
- The crib hardware should be checked for disengaged, broken, bent, or loose pieces. Make special checks of the mattress support hangers and brackets. If they are insecure the mattress could drop and seriously injure baby. The hardware and the crib should be smooth and free of sharp edges, points, and rough surfaces.

Crib accessories

- Bumper pads should cover the entire inside perimeter of the crib and tie or snap in place. Bumper pads should have at least six straps or ties and any excess length of straps or ties should be cut off. Bumper pads should never be used instead of proper spacing between the slats. Remove bumper pads as soon as the child can pull him- or herself to a standing position.
- Damaged teething rails should be fixed, replaced, or removed immediately.
- When the child is 5 months old or begins to push up onto hands and knees or can pull him- or herself up, remove mobiles and crib gyms that hang over or across the crib to prevent possible entanglement.
- Keep the crib clear of plastic sheets, pillows, and large stuffed animals or toys. These can suffocate children or can enable youngsters to climb out of the crib.
- Any loose or torn cloth or vinyl items should be replaced or repaired immediately.
- Consider using a sleeper instead of a blanket.
- Do not put pillows, quilts, comforters, sheepskins, pillow-like bumper pads or pillow-like stuffed toys in the crib.
- If you use a blanket, place your baby with feet towards the foot of the crib. Tuck a thin blanket around the crib mattress, covering baby only as high as his or her chest.

Environment Safety

- Do not place the crib next to a window. Drapery and blind cords pose an entanglement hazard and window screens are not intended to keep a child in, only insects out.

- Install smoke detectors. Follow the manufacturer's directions for placing them. Check them at least once a month to make sure both the battery and the smoke detector itself are in good working condition.
- Lead is a health hazard, especially to young children. It can be found in dust and soil off busy roadways, in old paint on walls, toys, and furniture and sometimes in paint on new imported items. If you think your child has taken in leaded paint or soil, or if you need help with identifying or removing lead paint, call the National Safety Council's National Lead Information Center at (800) 424-5323.
- Do not place your baby on a waterbed.
- Never leave baby unattended on a bed. Put your baby in a crib or bassinet if you have to put him or her down.
- Never let your child bounce on a bed.

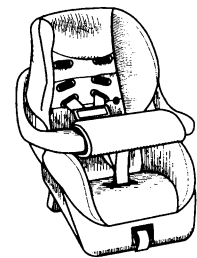
Mesh-sided Cribs or Playpens

- Use mesh that is less than 1/4 inch in size (smaller than the tiny buttons on a baby's clothing).
- Use mesh with no tears, holes, or loose threads that could entangle a baby.
- Mesh should be securely attached to the top rail and floor plate.
- The top rail cover should not have tears or holes.
- If staples are used, be sure none of them are missing, loose, or exposed.

Transportation and the Baby

Items Needed to Transport Baby

- Car seat (See section with car seat information later in this publication.)
- Stroller
- Backpacks and soft carriers



Car Seat Safety

- **Children under the age of 1** must sit in a rear-facing child seat and in the back seat if there is one.

- Look for a seat that meets the higher rear-facing weight limit for heavier babies less than 1 year old.
- Infants must ride facing the rear of the car even if they are out of the driver's view in the back seat. In this position, the safety seat protects baby's head and back. Always read the instructions included with the safety seat. Read the section on safety belts and child seat installation in your vehicle owner's manual. Follow both sets of instructions.
- **Children age 1 and weighing 20 pounds** should sit in a front-facing child seat in the back seat.
- **Children ages over 40 pounds and under 80 pounds** can sit in a booster seat in the back seat.
- Each person must have one seat belt. Buckling two people, even children, into one belt could injure both.
- If no shoulder belt is available, it is much safer for anyone (except small babies who can't sit up) to use just a lap belt than to ride loose. Keep the lap belt low and snug across the thighs. If several children are riding in back, and there are shoulder belts there, let the older ones use the shoulder belts. Put the child riding in the car seat in the middle where there is only a lap belt.

Recycled Car Seats

- Do not use a child safety seat that is more than 5 years old. If you do not have a copy of the manufacturer's instruction book, get one. Make sure that all parts are on the child seat. Find out whether that seat has been recalled. For more information on recycled car seats call 800-745-SAFE (English) or (800) 747-SANO (Spanish) or visit <http://carseat.org> or <http://aap.org/family/cps.htm>.

Child Safety Seat Check

- Put the belt through the correct slot. If your safety seat can be used facing either way, use the correct belt slots for each direction. The safety belt must stay tight when securing the safety seat. Check the vehicle owner's manual for tips on using the safety belts.
- Keep the straps over your child's shoulders. The harness should be adjusted so you can slip only one finger underneath the straps at your child's chest. Place the chest clip at armpit level.
- Keep your child in a safety seat with a full harness until he or she reaches 40 pounds; it's the law. Then use a belt-positioning booster seat which helps the adult lap and shoulder belt fit better. A belt-positioning booster seat is preferred for children between 40 and 80 pounds. Check on special products for heavy children and those too active to sit still in a booster.
- The child must be tall enough, at least 4' 9" tall, and weigh enough, at least 80 pounds, to sit without slouching, knees bent at the edge of the seat, and feet on the floor to use the adult lap and shoulder belt system without a booster seat. The lap belt must fit low and tight across the upper thighs. The shoulder belt should rest over the shoulder and across the chest.
- Never put the shoulder belt under the arm or behind the child's back.

Air Bag Safety

A passenger air bag can seriously harm a child riding in the front seat of the car.

- Many new cars have air bags for the right front seat. Air bags work with lap/shoulder belts to protect teens and adults. To check if your vehicle has air bags, look for a warning label on the sun visor or the letters "SRS" or "SIR" embossed on the dashboard.
- An inflating passenger air bag can kill a baby who is sitting in the front seat in a rear-facing safety seat. An air bag also can be hazardous for children 12 and under who ride in the front seat.
- If there is no room in the back and you have no alternative, a child over 1 year old and over 20 pounds who is using a forward-facing seat may have to ride in front. Make sure the child is correctly buckled up for his or her age and size and that the vehicle seat is moved as far back as possible. Fasten the harness snugly, and make sure a child using a lap and shoulder belt does not lean toward the dashboard.
- For the nearest child safety seat inspection station visit the National Highway Traffic Safety web site <http://www.nhtsa.dor.gov/nhtsa/whatis/regions/index.cfm?fitting=yes> or call your local police station.

Scams

What Baby Doesn't Need

They appear like magic. The mailers, magazines, catalogs, e-mail, and phone calls multiply as your baby's arrival date gets closer. It seems that the marketers and con artists know your baby is on its way almost as soon as you do. Everyone has something to sell to make your baby smarter, healthier, safer, or wealthier than all the other babies.

The Social Security Scams

The fraudulent agencies use official-sounding names like Federal Document Services or National Records Service and offer to handle clerical details of getting a Social Security number for your baby. The fee is only around \$15. They don't tell you that getting a Social Security number for your child is free. You will not only lose the \$15, you could be giving the company information that should be kept private. What do you get for your \$15? The company fills out the application, returns it to you, and tells you to take it to your local Social Security office and wait in line. Most hospitals offer to submit a Social Security number application to the Social Security Administration when they process the information for a birth certificate; for free.

Watch for any mailings or e-mail that says your baby is eligible to receive refunds from the manufacturers of baby food, formula, or other children's products, due to settlements of lawsuits. The catch in this scam is that you are required to provide your child's Social Security number. Do not provide this information, if you do, it will almost surely be used illegally.

Child Genius?

According to experts on child psychology and brain development, there is no video, classical music CD, flashcards, computer program, or toy that can "boost" your baby's intelligence. Nothing beats simple human interaction, especially parent-child interaction, to increase child brain development in that critical zero to 3-years-old period. Put the money you would have spent on some "genius baby" computer program into a savings plan for your child's college education. The best way to build your child's self-esteem is with love and attention. (From Scripps Howard News Service)

Modeling and Photography Scams

It is so flattering. The modeling agency wants your child to be a model. Who could resist? Maybe you should. Watch for the red flags that indicate you could become part of a modeling scam. Watch out:

- if you're asked to pay
- if the agency insists on professional photos for very young children
- if the agency guarantees work or a certain income
- if you're approached out of the blue

A legitimate modeling agency never asks for up-front fees; it invests in a child's career and then takes a percentage of what the child earns as a model. Nor would the agency require children under 3 to have professional photos taken; a couple of color snapshots are enough. Unless you live in a big city, such as New York or Los Angeles, there is not going to be enough work available to bring in the big bucks. Most child models are "discovered" after their parents have sent photos to a reputable agency. If someone stops you and/or your child in the mall, places an ad in a newspaper, or sends you a letter stating that your child has been selected, be suspicious. While some reputable agents find kids this way, it's rare. (From http://www.parenting.com/parenting/article/article_general/0,8266,7548,00.html)

You should also watch out for specials on photos that require you sign up for many sittings. Do you really want to go to that photographer or studio every year for the next eight years to have a birthday photo taken? Will the photographer even be in business in eight years? The companies with these long-term contracts count on the fact that most parents will never come back for all the sittings. It is now possible to get baby pictures very reasonably so check around before purchasing a contract.

Deals for products that sound too good to be true probably are. You will also get many coupons and specials on photos, etc. Remember that a coupon only saves you money if you would normally purchase the item.

Resources for New Parents

General

American Academy of Pediatrics web site, <http://www.aap.org>, contains many useful resources under the “You and Your Family” button.

Fields, Denise and Fields, Alan (2002). *Baby Bargains: Secrets to saving 20%-50% on baby furniture, equipment, clothes, toys, maternity wear and much, much more*, 4th ed. Boulder, Colo.: Windsor Peak Press.

Jones, Sandy (2001). *Consumer Reports Guide to Baby Products*. Yonkers, N.Y.: Consumer Reports Special Publications.

Consumer Product Safety Commission, <http://www.cpsc.gov/>

Consumer Product Safety Commission recalled products at <http://www.cpsc.gov/cgi-bin/recalldb/prod.asp> and click on “Conduct a New Search.”

Crib Safety

Crib Safety, <http://www.cribsafety.org/>

Storkcraft Baby, <http://www.storkcraft.com/safety/tips.asp>

Car Seat Safety

Buckle Up America’s Online Headquarters, <http://www.buckleupamerica.org/>

Children’s Car Seat Safety Guide, http://www.keepkidshealthy.com/welcome/safety/car_seats_safety/

DOT Auto Safety Hotline, (888) DASH-2-DOT

Safety Belt Safe USA, <http://www.carseat.org/>

The safety belt safe USA web site is where you can find handouts on recycled car seats and a list of child restraints and manufacturers. They are under the reproducible handouts category.

Safety Restraint Coalition, (425) 828-8975

Seat Check, <http://www.seatcheck.org/>

Seat Checks list of car seat recalls, <http://www.seatcheck.org/recalls.html>

Local Health Department for information on Virginia’s free car seat program

National Highway Traffic Safety Administration, <http://www.nhtsa.dot.gov/nhtsa/whatis/regions/index.cfm?fitting=yes>

Community-based

Here are some of the nationwide resources that will have local offices. The numbers and localities will vary from community to community. Look in the phone book to find the location and numbers for local resources for new parents in case a situation arises and you need assistance from a community-based resources.

- The Department of Social Services, <http://www.dss.state.va.us/>
- The Salvation Army, http://www.salvationarmyusa.org/www_usn.nsf
- The Red Cross, <http://www.redcross.org/>
- Check with local churches
- Check with hospitals
- The Food Bank of the Virginia Peninsula, <http://www.charityadvantage.com/foodbank/Home.asp>
- The Food Bank of Southeastern Virginia, <http://www.foodbankseva.org/>
- Southwestern Virginia Second Harvest Food Bank, <http://www.swvasecondharvest.org/>
- Food Bank Locations in Virginia, http://www.secondharvest.org/foodbanks/state_search_va.html

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VT/133/0503/1M/232347/354031