





[Baby Mall](#) [108](#) / [You?Baby](#) [124](#) / [130](#) [Book Comment](#) [134](#) / [Life Shop](#) [144](#) / [146](#) [Baby Eating](#) [148](#) [3](#) / [154](#) / [158](#) [For Mommy](#) [158](#) / [Feature](#) [116](#) / [118](#) / [120](#) / [122](#) / [Little fish,Gloria Illustration](#) [71](#)

**1!**  
**Federal Regulatory Directory, 12th Edition**  
**Underway on Nuclear Power**  
**Consumer Products and Their Manufacturers with Addresses and Phone Numbers**  
**Directory of Corporate Affiliations**

Essential Survival Tips Every Expectant Father of Twins Needs If you are an expectant twin dad wondering what your twin pregnancy and future holds, help is on the way... When you find out that you are expecting twins, you are in total shock. Your mind races with a million questions and you start to stress out about what to do to get ready. This guide will help you be prepared and ready to tackle life the next several months without having to wade through a lengthy book you don't have time to read. It is perfect for the expectant twin dad whether your twins are your first and second children or ninth and tenth. Read this guide and you'll uncover money-saving tips, understand your preparation options, and eliminate common surprises that accompany every twin pregnancy and the early days of newborn twins. Money and finances are some of the most common concerns of parents expecting twins. This book covers: answers to "How am I going to pay for all of this?" recommended twin supplies and gear: what you should get and what you don't need how to get cheap (and free) baby formula and supplies for your twins Having twins isn't easy. When you know what to expect, things go a lot smoother. Get this book for: real-life twin dad experiences that you can learn from valuable mindsets to help conquer the overwhelm of twins brutal challenges twin dads must face happy things to look forward to nagging frustrations that you can minimize or avoid the reality of surviving the twin pregnancy Preparing your family is an essential part of preparing for twins. You'll see: how to prepare your kids for their twin siblings' arrival tips for keeping your marriage relationship solid preparations you must make for your newborn twins Being pregnant with twins is full of health risks and specialized medical care. Get a peak into what you could experience with your twins: navigating the logistics of prenatal twin visits and ultrasounds twin-to-twin transfusion syndrome (TTTS), preeclampsia, and other complications types of twins and what it means to your twin pregnancy how to survive bed rest during the twin pregnancy what to expect with a twin delivery delivering twins via c-section NICU time for your newborn twins After reading this guide, you'll be informed, cool, calm, and collected and ready for the challenge ahead. Implement my tips and you, your family, and home will be prepared for your twins' arrival. Scroll up, click the buy button & start getting ready for your twins today!

隔代教養只有壞沒有好？根據許多隔代教養家庭研究，發現隔代教養家庭對於孩子有負面、也有正向的影響，面對隔代教養容易產生的矛盾與困惑，雙方避免「經驗之談」與「紙上談兵」，才能帶給孩子一個健康完滿的童年！  
 隔代教養家庭，逐年漸增！  
 For Baby：隔代教養之於孩子  
 For Parents：隔代教養之於爸媽  
 【編者的話】

「返鄉計畫」，你準備好了嗎？農曆春節將至，爸比媽咪是否都已準備好帶著寶寶出遠門的「返鄉計畫」呢？展開陌生的旅程、離開熟悉的環境，對寶寶來說，或許不像大多數人所想的那般輕鬆，以下，小編特別整理出「食、衣、住、行」各個面向的重點提醒，預祝大家一路上順順利利，與寶寶一起開心過好年喔！  
 食 過年期間，孩子最容易接觸到各式各樣的零食，如：含糖飲料、糖果與重口味點心。由於寶寶正處於抓了就吃、吃不到就鬧的年紀，爸媽可先與家中長輩溝通，在辦年貨時避免一些不健康的食品，不但能為寶寶的健康把關，還能減少因為吃而引發親子衝突的機會。

根莖澱粉類方面，需避免糯米製成的年糕，較適合寶寶的有蘿蔔糕、火鍋裡煮爛的芋頭、山藥與適量的發糕。肉類方面，宜選擇煮爛的瘦肉、魚肉與雞肉，避免香腸、臘肉、魷魚與花枝。蔬菜水果方面，以新鮮為佳，年菜中的筍干屬於加工品，較不適合，核果類食品也最好7歲後再給孩子食用。  
 衣 旅途過程裡，爸媽最容易碰到「在北部給寶寶穿很多，一下中南部突然變熱，或是在山下穿很薄，一上山馬上變涼」的問題，忽冷忽熱很容易導致生病，最好採「洋蔥式穿衣法」，使寶寶容易適應溫差。  
 住 好奇心強的寶寶，到了新環境總是異常興奮，尤其過年大人經常聊天、打牌到很晚，孩子也不肯早睡，但由於寶寶的抵抗力較差，過年期間就醫也不容易，最好維持正常作息，大人可以等孩子睡著後再繼續自己的活動。

缺乏安全感的寶寶則正好相反，旅途中容易哭鬧、也不好入睡，可以將寶寶平常慣用的枕頭、小棉被或玩偶等安撫物隨行攜帶，但記得要放在寶寶身邊，別收進行李箱喔！  
 行 搭乘大眾交通工具時，記得為全家人準備口罩，以免交叉感染。如自行開車，路途長或碰上塞車時，寶寶難免失去耐性，可以在中途規畫合適的景點，讓寶寶下車透透氣、轉換心情。要是寶寶容易暈車又睡不著，可請兒科醫師開立安全的藥物讓寶寶預先服用，並記得在車內準備嘔吐袋及換洗衣物一套，屆時才不會手忙腳亂唷！ -- [目錄]

## You & Baby親子特區 36為孩子打造幸福宅

人類是一種非常有趣的有機體，打從呱呱落地的那一刻，便開始透過五感（味覺、觸覺、嗅覺、聽覺、視覺）來探索這多采多姿的世界，並從中獲得各樣的學習與生活開展。根據統計，現代人每天約有80%~90%的時間是在室內空間裡活動，對於0~5歲的嬰幼童而言，待在室內居家空間的時間更長。因此，如何為孩子打造一個能帶來幸福感，又有利健康成長的居家環境，相信是爸媽們最關心的課題！

Healthy Baby寶貝健康 48嬰兒按摩 疲累時，大人會想去按摩放鬆一下，你知道嗎？其實，嬰兒跟成人一樣喜歡按摩。親密的肌膚接觸，不僅僅能帶給寶寶最大的滿足，增進觸覺能力，還能幫助寶寶達到生理放鬆與刺激發展，最重要的是讓爸比媽咪有機會更加了解自己的

孩子，增進親子情感的互動！

56家有肌肉張力不足的孩子 你家的寶貝是否像隻「小懶蟲」，連從房間到客廳都要媽咪抱，不肯自己走？站著喜歡靠牆，能坐就不站，能趴就不坐？亦或是走路經常跌倒、扭到腳踝，遊戲時也容易傷到手腕？寶貝真的只是單純的懶惰嗎？如果是這樣，為何又會受傷？小心！這很有可能是「肌肉張力不足」的徵兆喔！

## 62戰勝早產兒常見疾病

有些寶寶等不及漫長的37週，就從媽咪的肚子裡蹦出來。雖然隨著醫學的進步，早產兒的存活率也越來越高，但是出生之後卻可能容易出現許多病狀，而且在日常生活的照護上也有些地方需要特別留意。本期特別邀請到在早產兒領域的知名小兒科主任為我們解答關於早產兒的問題，期待寶寶也能夠健康快樂的成長。

66小兒的泌尿科問題 包皮、隱睪症、尿液回流、泌尿道感染等等泌尿科的問題在男寶寶的發生率比女寶寶多，但這些問題初期並未有明顯的症狀，藉由定期的體檢能將問題在早期發現早做處理治療，才不會引發更嚴重的症狀。

Baby Care 生活照顧 72午覺，睡不睡？

成長中的兒童需要充足的睡眠幫助發育，當孩子不肯睡午覺，家長到底該堅持，或是乾脆順從孩子的意願？！

76寶寶的如廁訓練，怎麼做？我家寶貝已經可以不用再穿尿布、開始學習如何如廁了嗎？要在什麼時間點訓練比較好？訓練的時候又該注意些什麼嗎？新手家長對於寶寶如廁訓練總有一大堆的問題想問，現在就請專家一一解答。

82異物入侵，不小心嗆到了！嬰幼童正值口腔期，只要小手抓得到的物品，通通都會想往嘴裡塞；對於家中對任何事物都充滿好奇的baby，爸比媽咪的確要多花點心思去防範。

除了從環境中改善也要從生活中去調整。如果baby真的不幸誤食或發生嗆傷意外該怎麼辦呢？

88日常清潔必修3堂課 Topic焦點話題 92帶孩子一起認識年節禁忌&習俗

農曆新年是全家團圓的重要日子，爸比媽咪除了忙著大掃除、辦年貨外，不妨帶著小朋友們一起認識年節背後有趣的故事與意涵吧！

Smart Baby啟蒙教室

96手足教養，不再傷腦筋！兄弟姊妹彼此不玩在一起，如何才能讓他們的感情變好？其中一個孩子長相特別可愛，個性特別活潑，每次出門只有他會頻頻受到稱讚，擔心其它孩子的心靈受傷？當孩子對弟弟妹妹產生反感，經常會說出「我討厭他。」又該怎麼辦呢？

102塑造一個快樂成長的家庭文化

孩子們在探索世界時，展現出對生命的愛，對大自然的好奇，而這份好奇心與關懷能夠維持到什麼時候呢？

108培養幼兒的音樂智能

嬰幼兒時期的音樂經驗，有助於孩子多元感官的刺激，能提升孩子的感受力，促進多種能力的發展。

114讓孩子成為人見人愛的小小人氣王！現代小家庭子女生得少，加上父母都希望能給寶貝最好的一切，但小心專寵、放任的教育，恐怕只會培養出目中無人的小霸王。從幼兒時期就教導、灌輸他正確的待人處事態度，讓他成為人見人愛的好孩子，這才是父母給孩子一生最珍貴的禮物。

Special Report特別報導 118如何預防與處理兒童燒燙傷？

冬天到，熱飲、熱食、熱湯、火鍋這些熱呼呼的食物都出籠了，家長們需要多一份警覺多一些危機意識，才能預防燒燙傷事件發生在孩子身上。

Baby Mall寶寶商城

124市售副食品也可以營養又好吃！如何透過簡單的步驟擺脫一成不變的吃法，使寶寶不容易吃膩以外，還能攝取到更豐富充足的營養？以下我們將請專家分別依據米精、麥精與即食類...等3種市售副食品類別，示範口味與營養兼具的變化吃法！

For Mommy 媽咪專屬 144哺乳媽咪的飲食指南 對於母乳寶寶來說，媽咪吃什麼食物，寶寶就跟著吸收什麼

營養，因此，哺乳媽咪的飲食便顯得格外重要。餵母乳的媽咪有哪些飲食原則與禁忌？哪些食物可以增加乳汁分泌，哪些食物又必須絕對禁止？

150年夜飯輕鬆上桌！Baby Eating營養入門 154寶寶的「顧目睞」料理 158寶寶，學習咀嚼的重要性！許多新手爸媽以為，寶寶與生俱來就具備有咀嚼能力，認為這是人類的本能，因此，時候到了，寶寶

自然就會動動小嘴、吃下固體食物，應該不需要特別注意或訓練。其實，咀嚼對於寶寶來說，可是得經過不斷學習與練習，並需要爸媽的協助，請跟著我們一起瞭解寶寶的咀嚼大事吧！

Life Shop生活情報 162聰明媽咪?美麗必備五大單品！ 164順勢醫學守護+ 媽咪育兒新思維 Recommended Book每月一書 166護理師教您輕鬆照顧0~1歲寶寶 「從來沒有照顧過小嬰兒，我們會是稱職的爸媽嗎？」這想必是許多爸比媽咪將寶寶從醫院抱回家的那一刻，內心共同的忐忑。其實，只要掌握訣竅，每個父母都有機會可以輕鬆養育0~

1歲的寶寶！就讓擁有20年育兒經驗的黃資理護理師來解決新手爸媽們的疑惑吧！

Feature 專欄 小兒健康

134新生兒篩檢新項目—嚴重複合型免疫缺乏症 / 行政院桃園署立醫院小兒科主任 裴仁生 感統開發 136練寫字，不一定要真的寫字 / 彰化基督教醫院復健科職能治療師 陳宜男

幼兒心智 138協助孩子改變不良習慣 / 財團法人為恭紀念醫院兒童心智科主任 吳四維 親職教育 140益智桌遊，親職教育好幫手！ / 文化大學推廣部講師 程祺 母乳協會

142寶寶需要改瓶餵嗎？ / Little fish,Gloria

L' histoire naturelle é claircie dans une de ses parties principales, la conchyliologie, qui traite des coquillages de mer, de riviere et de terre ... augmente de la zoomorphose ...

Nautilus Magazine of New Thought

Annual Report to Congress

Brands and Their Companies

La Conchyliologie, Ou Trait é General Des Coquillages De Mer, De Riviere Et De Terre, Dans Lequel On Trouvera Une Nouvelle m é thode, accompagn é e de tables Latines & Fran ç oises, pour distribuer ces Coquillages suivant leurs caracteres g é n é riques dans les classes qui leur conviennent

How to Survive the Twin Pregnancy and Prepare for Your Twins

Directory is indexed by name (parent and subsidiary), geographic location, Standard Industrial Classification (SIC) Code, and corporate responsibility. Find out *The Best Time to Mow the Lawn \* Remodel the Kitchen \* Run the Dishwasher \* Buy Tomatoes \* and More...* From the founders of YOURWAY.NET and DEALSEEKINGMOM.COM (One of Forbes Magazine's "Top 100 Websites for Women") A few dollars wasted here, a few minutes lost there...it all adds up, and soon you're stretched thin, stressed out, and wishing you had more free time and financial resources for the important things, like your family-and yourself. These authors know-as busy moms with nine children between them, they've been there! It's time to get your house- and schedule-in order. The secret to streamlining your life is in the timing: knowing exactly when to do, buy, travel, or try... FIND OUT THE SMARTEST TIMING FOR getting a haircut \* flipping a mattress \* buying a grill \* taking a family vacation \* filling the gas tank \* buying (and applying) sunscreen \* stocking a gift closet \* seeing the dentist \* getting a mammogram \* buying a bike (and learning to ride) \* filling a prescription \* and much more PLUS: LEARN THE SECRETS TO CUTTING YOUR GROCERY BILL WITH OR WITHOUT CLIPPING COUPONS

*L' histoire naturelle éclaircie dans deux de ses parties principales, la conchyliologie, qui traite des coquillages de mer, de riviere et de terre; augmentée de la zoomorphose. Ou representation des animaux a coquilles ... Par M des Sociétés Royales des Sciences de Londres & de Montpellier*

*Merchant Vessels of the United States...*

*Catalog of Copyright Entries*

*When to Save, Stock Up, and Schedule Everything for Your Home*

*Lead Paint, the Consumer Product Safety Commission, and Toy Safety Standards : Hearings Before a Subcommittee of the Committee on Appropriations, United States Senate, One Hundred Tenth Congress, First Session, Special Hearings, June 18, 2007, Washington, DC [i.e. Chicago, IL], September 12, 2007, Washington, DC.*

*Dad's Guide to Twins*

America's best-selling and best-loved guide to baby gear is back with an updated and revised edition! Yes, a baby book that actually answers the big question about having a baby: How am I going to afford all this? With the average cost of a baby topping \$7400 for just the first year alone, new parents need creative solutions and innovative ideas to navigate the consumer maze that confronts all parents-to-be.

BabyBargains is the answer! Inside, you'll discover: • BEST BET PICKS for cribs, car seats, strollers, high chairs, diapers and more! • CHEAT SHEETS for your baby registry?create a baby registry in minutes with our good, better, best ideas. • SEVEN THINGS no one tells you about baby gear, from nursery furniture to feeding baby. • THE TRUTH ABOUT STROLLERS?and which brands work best in the real world. • Dozens of SAFETY TIPS to keep baby safe and affordably baby proof your home. • DETAILED CHARTS that compare brands of cribs, high chairs, car seats and more. This new 13th edition adds the latest tips and advice on getting bargains on baby gear, including: 1. Streamlined recommendations by parenting lifestyle, from a crib for space-challenged urban parents to an affordable car seat for Grandma's car. 2. New recommendations for baby feeding, from baby food processors to storage ideas for home-made baby food. 3. BUDGET-FRIENDLY picks for dozens of items, from high chairs to infant car seats. 4. Expanded coverage of the price war on diapers?who's got the best deals now?

*Small Great Things*

*Official Gazette of the United States Patent and Trademark Office*

*Standard Directory of Advertisers*

*Merchant Vessels of the United States*

*50th Anniversary of USS Nautilus*