



New & Noteworthy

Winter cold

Babies can find cold relief with **Triaminic Infant Thin Strips**. These films dissolve instantly on the tongue, so you don't have to squirt medicine down the throat of a reluctant, sick baby. The strips, for 2- to 3-year-olds, are in mixed berry flavor, and come 16 to a pack; \$6.50 at drug stores, www.triaminic.com. **Hyland's** has all-natural **Sniffles 'n Sneezes 4 Kids** — 125 quick-dissolving tablets are \$6.99 at drugstores and natural food stores, www.completefluicare.com.



Smoothies

Fruit is a great way to keep your child healthy. Offer a 1/2 serving of fruit, such as apple, grape twirls, in strawberries. A whole serving of fruit with yogurt and strawberries is available at many stores. You