**baby health**

**Is Daddy sad?**

Fathers who grappled with depression or anxiety while their partner was pregnant were more likely to have kids with behavioral or emotional problems at age 3, according to a Norwegian study in *Pediatrics*. The authors speculate that while the risk may be partly genetic, it may also be linked to the impact a partner's stress has on an expectant mother. If your guy hasn't been himself, ask him to get help. Offer to go with him to therapy, or try going solo if he's reluctant. Your baby's happiness (and your own) is worth it!

Talking to a pro can help him be a better pop!

---

**HOT SEAT** If you have a Nap Nanny, stop using it immediately. The infant recliner was voluntarily recalled in 2010, but even the newer models have led to injuries and fatalities as a result of infants' falling. Toys "R" Us, Buy Buy Baby, Diapers.com, and Amazon are offering refunds or store credit.

---

**Just call it Restless Baby Syndrome**

Wondering why your super sleeper is suddenly waking more during the wee hours? Research from the University of Haifa, in Israel, has confirmed what you probably already suspected—she may be working on a milestone. Newbie crawlers woke more frequently during the night than they did previously, took longer to doze off again, and even moved around more as they slept. Three months into crawling, the babies returned to their old sleep habits (phew!). But be warned: Research has turned up similar sleep troubles in tots who had just started walking, says study coauthor Anat Scher, Ph.D., head of the University's Department of Counseling and Human Development. Hang in there!

---

**YOU AND IODINE**

Does your prenatal vitamin contain at least 150 micrograms of iodine? If not, talk to your OB. You need extra iodine while pregnant and nursing to help your thyroid and Baby's thyroid function properly, says Alex Stagnaro-Green, M.D., professor of medicine and obstetrics and gynecology at the George Washington University, in Washington, D.C. Even slight iodine deficiency can affect a baby's developing brain. But iodine levels in women of childbearing age have decreased by 50 percent over the last 25 years—probably because women today avoid excess salt or cook with sea and kosher salt, neither of which is fortified with the element. Switch your vitamin, and use salt with iodine too.

---

**Check the label!**