

# Nurses 'realized there's a disconnect' with information

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Longtime pediatric nurses Jennifer Walker and Laura Hunter often receive calls during the wee hours from frantic parents struggling to soothe fussy babies. Sometimes baby has a

fever or cough. Other times, it's just diaper rash.

"What we discovered with parents is we hear the same questions over and over," said Walker, a 38-year-old Woodstock mom with three kids. "We realized there's a disconnect here with information." The two metro Atlanta

nurses — who have eight kids between them ranging from high schoolers to preschoolers — joined forces to write "The Moms on Call Guide to Basic Baby Care" (Revel, \$17.99). They worked together for some 15 years at North Atlanta Pediatrics, a private practice near Northside Hospital,

where they often fielded phone calls from new moms. The handbook addresses everything from nail clipping to ear infections to getting your baby to sleep through the night. Here are some of the common concerns from parents with answers, from the Atlanta duo.

**Q:** With all of the recalls of toys made in China and concerns about lead in toys, what should parents do?

**WALKER:** "Don't buy consignment toys or toys at discount stores where they

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don't take the toys off the shelves. If you go to a Toys "R" Us, they will clear those shelves as soon as a recall comes in. You can also go to [www.opsc.gov](http://www.opsc.gov) Web site (Consumer Product Safety Commission) for updates on recalls, and you can sign up for a newsletter to receive updates on recalls as they happen. And if you are concerned about lead poisoning, a simple blood test can let you know about whether your child has been exposed to lead poisoning."

**Q:** At what age should you transition the baby from a bottle to a sippy cup?

**HUNTER:**

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**What:** A toddler seminar addressing everything from discipline to potty training

**Where:** Suzuki Village, 4745 Ashford Dunwoody Road, Atlanta

**When:** 2-5 p.m. April 6

**Cost:** \$45 per person/ \$60 per couple

**Registration:** To register (it's required), go to [momsoncall.com](http://momsoncall.com)

months, they are able to hold the sippy cups and drink from it. And then you can start eliminating the bottles beginning with day time bottles and doing the nighttime bottles last."

**Q:** Diaper rash is a common problem with babies. What's the best way to tackle it?

**W:** "Leave it open to air as long as practical. Change diapers frequently and use Aquaphor. Also give baths with Aveeno Oatmeal bath packets and you may also use kitchen cornstarch to keep moisture from irritating the skin."

**Q:** Is TV bad for a baby?

**H:** "If always over and over



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