

# Mother & Baby

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## Health+news

### Gluten-free allergies with breastmilk

Another reason to breastfeed has emerged in the *Archives of Disease in Childhood* journal which published research that found breastfeeding halves a child's risk of developing an intolerance to gluten in later life. The longer babies breastfeed, the less likely they are to develop the intolerance, which affects one in 100 people.



Cuddles feel great, little babies love them and they could help develop essential pathways in a growing youngster's brain according to psychologist Seth Pollack from the University of Wisconsin in the US. Pollack studied four-year-old children who had been brought up from birth by their parents and compared them with Russian and Romanian children who had been adopted as babies from orphanages. He measured 'happy hormone' levels in both sets of children after a cuddle with parents and he found that happy hormone levels did not rise in the adopted children – they did in the non-adopted group. Pollack says that the research debunks the idea that brains come 'ready wired'.



### SIBLING TIME?

If you're keen to add to your tribe and want to have serious, baby-making sex you need to do it when you're ovulating. There's now a home saliva test called Maybe Baby which can make pinpointing the egg release time easier. Your fertile time comes 11 to 15 days after the start of your period but ovulation can happen any time within that five-day span. To use the test, you put saliva on a glass circle that fits onto the end of a lipstick-sized tube. The pack costs \$79.95 and the test, which is 98% accurate, is reusable. Visit [www.maybebaby.com.au](http://www.maybebaby.com.au) or call 1800 788 870 for more information.

### School bugs busted!

Did you know that two-thirds of parents have to take time off work to care for their sick babies during the year? Often bugs invade the family when the eldest starts school. To help, Guardian Pharmacies has launched the 2006 edition of its School Bugs Book. It's free from Guardian Pharmacies and includes summaries of common kids' infections and viruses and hints on treating the most common ones.

