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www.MyChildbirthClass.com



There When You Need It

The Medibag 4 Kidz first-aid kit by Me4kidz is bright red (read: easy to find when you're panicked) and sized so you can supplement it with your own essentials; the company also makes a mini-kit, the Medibuddy, that's ideal for a diaper bag. \$15 and \$5, toysrus.com

- stoppers is easily pried off and becomes a choking hazard," Helms says.
- Keep your purse off the floor and out of reach, so he doesn't play with or ingest contents such as coins, makeup, and medications.
- Install gates at the top and bottom of your stairs, and add corner and edge covers to coffee tables, piano benches, and hearths.

For more information about babyproofing and home safety, check out Consumer Reports' new *Guide to Childproofing & Safety* (\$13, consumerreports.org); it's a comprehensive collection of bite-size tips organized by room. **P**

In addition to writing about pregnancy and baby-related topics, Gina Roberts-Grey is a regular contributor to *Glamour* and *Natural Solutions*.



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