

family update

STAY WARM
WITH ENERGY BILLS SOARING, STAY TOASTY FOR LESS THAN 3P A NIGHT* WITH THE DREAMLAND SOFT FLEECE HEATED UNDERBLANKET, £39.14/3,914 POINTS (DOUBLE SIZE).

*Based on the average consumption of a single underblanket on the all-night setting at a typical domestic electricity rate.



Best for Budget



Wise up to weaning

Almost two-thirds (63 per cent) of UK mums believe that a variety of healthy weaning foods, including green, leafy vegetables, red meat and chicken aren't suitable for babies*. Nutrition expert Annabel Karmel (www.annabelkarmel.com) sets the record straight: 'Due to worries about allergies, a lot of mums continue giving only fruit and vegetable purées for those aged nine months and over. But babies also need nutrient-rich foods such as chicken, meat and cheese from around six or seven months to fuel their rapid growth.'

For more advice, join Boots Parenting Club for free at the Ad Card Extra Offers Kiosk in store or at www.boots.com/parentingclub.

family notes

How to stay warm for less, the low-down on weaning and we rate pick-me-ups

MUMS MUST-HAVE

It's squidgy and purple and your kids will love it! The new Babisil Elegant range of toddler tableware is designed to encourage independent feeding. We like **The Munch Set**, £9.78/978 points, which contains a Bowl Anchor, Bendy Spoon and Bib. Suitable from six months.



New

For info on vitamins and supplements, go to www.boots.com/health

3 ON TEST: PICK-ME-UPS

REAL PEOPLE RATE THREE TOP PRODUCTS

1 Boots Energy Plus Boots Exclusive £1.36/136 points (24 tablets), contains caffeine, a stimulant that can help to maintain mental alertness and make you feel less tired. 'I take them after lunch and they seem to ward off my usual 4pm energy dip.' **Faye, 27**

2 Vitabiotics Wellman Fizz Energize, £8.80/880 points (20 tablets), contains vitamins to support a hectic lifestyle. 'This helps keep me energised when I feel I need a lift.' **Gordon, 32**

3 Spatone 100% Natural Iron Supplement, £6.99/699 points (28 sachets; 2 years+). 'Bella, 7, doesn't always get enough iron in her diet, so she occasionally takes this in her juice to keep her topped up and feeling great.' **Claire, 33**



Research by SMA Nutrition. Photography: Getty, Corbis, Pivotalize.biz

health&beauty 77

Our top TV GP is here to solve your health problems ASK DR DAWN



BEHIND THE HEADLINES

Some experts claim that Bisphenol A (BPA), a chemical found in most plastic baby bottles, is a health risk. The concern is that when the bottles are heated, the chemical leaks out and has a hormone-like effect that could be linked to behavioural problems and early puberty. The research was done on animals, however, and the Food Standards Agency says the amount of chemical used is too small to be harmful to babies. My advice is don't pour boiling water into bottles and throw out any that are scratched or damaged. Asda (0845 3001111) now sells a BPA-free range of baby products and the Silbottle, £7.50, is also available at babisil.co.uk.



Katie Holmes makes sure Suri's bottle is BPA-free

CAN I STOP EARACHE?

Q Last year I got an ear infection on holiday and the flight home made it worse. Since then, I seem to be much more susceptible to ear infections. I'm about to go on holiday again and I'm worried that the flight will bring on another attack. What can I do?

Marie, London

A DAWN SAYS: It sounds like you suffered barotrauma. This occurs when the pressure either side of the eardrum is unequal, meaning the drum is overstretched, and it results in pain. It can happen whenever you fly, but would've been worse if you had an ear infection. Flying won't bring on an infection, but you can reduce your chances of recurrent barotrauma by sucking sweets and popping your ears regularly as the plane descends – breathe out gently with your mouth closed while pinching your nose.

IS BAD BREATH NORMAL?

Q My boyfriend's told me that my breath smells, particularly when I'm hungry or if I'm stressed. I'm mortified, despite appreciating his honesty. I'm for ever brushing my teeth, using mouthwash and chewing gum. What's the reason for this?

Janice, Newcastle

A DAWN SAYS: Bad breath (halitosis) affects one in four of us. You may brush your teeth regularly, but you should still see your dentist as gum disease and tooth decay are the most common cause. If you smoke, stop now, and eat regularly as strict dieting causes bad breath. Chewing sugar-free gum to stimulate saliva production or using an artificial saliva spray may help and it's worth investing in a tongue scraper.

3 of the best... ENERGY BOOSTERS

Ferglobin B12
Liquid Iron, Zinc, Minerals & Vitamin B12 complex
Haemoglobin & Red Blood Cells
£4.95
vitabiotics.com

Up your iron levels with Vitabiotics Ferglobin-B12, which helps your body absorb this vital energy-giving nutrient.

teapigs.
extremely high in antioxidants
super power system
organic matcha
£25
teapigs.co.uk

Try super-concentrated Japanese matcha green tea powder for mood and energy boosts without the jitters.

PatchIt!
All Natural
£12.95
patchit.info

Good news for troubled sleepers: research shows that Patch It! foot pads reduce stress levels and improve your sleep.

- ✓ Want to lose weight?
 - ✓ Not sleeping?
 - ✓ No time to get to a GP?
- That's me! I want Dr Dawn's help

How do I get in touch?
TEXT: text* NOWDOC a space and your problem to UK 86611 or IRL 53305
EMAIL: send a private message to drdawn@pcmedia.com
WRITE: Dr Dawn, Now, Blue Fin Building, 110 Southwark Street, London SE1 0SU

*Maximum 160 characters. Texts are charged at 25p each in the UK, 30c each in Ireland, plus network charges. SP: Echoch (UK) Ltd. Dr Dawn regrets that she cannot respond to every query in person