



being a **first-time mom or dad** can be unnerving, but almost all new parents go through the same things—yes, even **salma hayek**. here are milestones to watch for *by june d. bell*

baby meets world

Is there anything Salma Hayek *can't* do?

She became a star at 23 when she landed the lead role in a popular Mexican soap opera. Some actresses would have been content with that fame, but Hayek wanted to make her mark in Hollywood. She moved to Los Angeles.

Before long, she was appearing with Antonio Banderas in *Desperado* and lighting up the screen in Will Smith's *Wild Wild West*. Her stunning features—fiery eyes, lush lips, curvaceous figure and mane of lustrous hair—led to modeling contracts for Chopard, Campari, Avon and Revlon.

Hayek raised the bar for herself again. Gambling her career as an actress, she founded a production company to make *Frida* and star in the 2002 film about Mexican artist Frida Kahlo. Her reward: an Academy Award nomination.

More recently, Hayek has returned to her roots in television. She's executive producer of *Ugly Betty*, which took home a Golden Globe Award for best comedy series last year. "I've reinvented myself a thousand times," she told *Marie Claire* magazine. "It keeps me from getting bored."

Hayek, 41, added another accomplishment in September when she became a mother to Valentina Paloma. The father is Hayek's fiancé, François-Henri Pinault. The French multimillionaire is CEO and chairman of PPR, a conglomerate that owns Puma, Christie's auction house, Gucci, Yves Saint Laurent and Balenciaga.

Hayek's delight in taking on new challenges suggests that she's throwing herself eagerly into her latest role: mom. Every mother is the leading lady in her baby's life, and that star quality is especially apparent in a child's first year.

Here's a look at what new parents can expect in those first magical, exhausting 12 months:



birth to 3 months

You've just arrived home from the hospital with your newborn. Don't waste another minute gushing over teeny toes. Go take a nap. You'll need it.

The first three months of a baby's life are usually the most arduous for parents. A new mom desperately needs rest to recover from the physical trauma of birth, but she's in demand for feedings every three to four hours.

Don't think it's smooth sailing for an infant, either. "There's a reason babies have a frown for the first three months of life," says Bettie Youngs, Ph.D., Ed.D., who has written more than a dozen books on child development and parenting issues. "Life outside the womb in the first three months is difficult."

She urges even the most self-sufficient new parents to enlist family members and friends to help with meal preparation, household tasks and child care. If possible, consider hiring help. New parents should try to eat balanced meals, get as much sleep as possible and be forgiving of each other's flared tempers.

One of the most cherished signs of early development is the toothless grin that infants start flashing between 6 and 10 weeks. Most parents feel that a smile from their little one is fair compensation for all that disruption.

dad on board

Bettie Youngs, Ph.D., Ed.D., adores actor Matt Damon and golf superstar Tiger Woods—not for their hot looks or successful careers but for their unabashed delight in being fathers. Both are involved dads, says Youngs, co-author of *Oh, Baby: 7 Ways a Baby Will Change Your Life the First Year* (Hampton Roads Publishing, 2006).

Many younger men are more involved with day-to-day child care than fathers were years ago. But most first-time dads (and moms) are stunned by how a baby disrupts their routine. To ease that transition, Youngs suggests:

Be kind. Caring for a newborn is a blend of boot camp and a marathon run every day for weeks on end. So don't ask your wife why dinner isn't on the table when you get home from work.

Just do it. Send your wife to bed early and volunteer to do a nighttime feeding of pumped breast milk or formula. Wash and fold the laundry. Buy groceries.

Think like a family guy. Yes, a baby eliminates hopes of spontaneous road trips and midnight movies. Instead of mourning the freedom you've lost, embrace the amazing reality of the family you've created.



3 to 6 months

The scrawny infant of a few months ago has been gaining about a pound a month and plumping up into a chubby-cheeked baby. She's more alert and active, stretching and kicking or reaching up to try to swat a hanging toy.

Parents can start feeding their baby solids at 4 to 6 months, says Tanya Remer Altmann, M.D., a pediatrician and editor in chief of *The Wonder Years: Helping Your Baby and Young Child Successfully Negotiate the Major Developmental Milestones* (Bantam, 2006). A baby is ready for solid foods when she can hold her head up without help and loses the reflex to push solids out of her mouth.

Feeding a new eater demands patience, a sense of humor and an easy-care wardrobe. But meals are a wonderful time to interact with your baby. At this stage, babies begin to focus attentively on loving adults and will respond enthusiastically with gurgles, whoops and flapping arms.

6 to 9 months

That captivating toothless grin has been replaced by a handful of sharp new teeth. Teething is tough, painful work, so give your baby a chilled (but not frozen) squishy teether to chomp on.

Babies this age are developing their balance and are usually able to sit and crawl. They start to realize they can use their hands to hold, grab, pull and touch. Instead of waiting for toys to come to them, they can pick up interesting things to feel and taste.

By 6 months, most babies are sleeping consistently through the night and taking predictable morning and afternoon naps. That schedule allows their parents to begin to emerge from their insular world and see a movie or take a hike.

Around this time, too, parents' confidence begins to grow, Youngs says, as they realize they have been responsible for the transformation of a helpless infant into an endearing little person.

shouldn't i be happier?

Having a baby is a joyous time in a woman's life, but it's not uncommon for the stress of being a new mother—never mind the hormones and lack of sleep—to have an impact. When it gets to be too much, new moms can experience postpartum depression, a clinical condition that should be treated. To better understand this condition, visit 4women.gov/FAQ/postpartum.htm for answers to common questions.

go



Annoyed by frequent, sudden urges in your internal plumbing?

VESicare can help put you back in the driver's seat.

Frequent, sudden bladder urges can sometimes get in the way of what you love to do. It's harder to do things spontaneously. Even the worry of leaking can drive you to distraction. That's why you should talk to your doctor about how to take care with VESicare. Taken once a day, VESicare can reduce frequent, sudden urges and may help effectively manage bladder leakage, day and night. Fewer sudden urges. It doesn't have to be a pipe dream. Ask your doctor about VESicare today.

Important Safety Information

VESicare is for urgency, frequency, and leakage (overactive bladder). VESicare is not for everyone. If you have certain types of stomach, urinary, or glaucoma problems do not take VESicare. While taking VESicare, if you experience a serious allergic reaction, severe abdominal pain, or become constipated for three or more days, tell your doctor right away.

In studies, common side effects were dry mouth, constipation, blurred vision, and indigestion.

Please see important product information on the following page.

VESicare[®]
(solifenacin succinate)
tablets



Take care with VESicare.

Call (800) 403-6565 or
visit vesicare.com and you'll receive:

- Information about overactive bladder
- \$25 savings check*
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If you don't have prescription coverage, visit pparx.org, or call
1-888-4PPA-NOW (1-888-477-2669)

***Subject to eligibility. Restrictions may apply.**

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare®?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare®?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma",
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare®?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESicare can harm your unborn baby),
- are breastfeeding (It is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both).

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare®?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare®?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare®?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare®

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (866) 972-4636 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare®?

Active ingredient: solifenacin succinate

Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

Manufactured by:

Astellas Pharma Technologies Inc.
Norman, Oklahoma 73072

Marketed by:

Astellas Pharma US, Inc.
Deerfield, IL 60015-2548

Marketed and Distributed by:

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9 to 12 months

As a baby approaches her first birthday, her manual dexterity continues to grow. She can bang two objects together and use her thumb and forefinger to pick up bits of food and feed herself. Her babbling becomes more like speech, Altmann says, and includes coos or even expressions like “Ooooh!”

Babies this age don’t want to move at a crawl. They begin pulling themselves up on furniture and may be able to stand without support for a few wobbly seconds.

Her character begins to blossom. “Around one year, you begin to know a baby’s personality,” Youngs says. “You begin to see who that baby is. That makes parenting more fun and personalized. ... And parents begin to see that the price they paid for that year is fine.”

The first year of parenthood “opens your heart and expands you,” Altmann says. “It is definitely exhausting and time-consuming and difficult, but at the same time, it’s amazing and enjoyable.” **v&v**



eye on immunizations

Your baby’s first year of medical care will include a series of immunizations to guard against dangerous and deadly diseases. Day care centers and public schools require proof of immunization for enrollment. The American Academy of Pediatrics recommends the immunizations at right before age 1. Vaccines don’t end here, though. Series for most of these continue after the baby’s first year. Consult your pediatrician for exact information.

Sources: Advisory Committee on Immunization Practices; American Academy of Pediatrics; American Academy of Family Physicians

Vaccine	shortly after birth	2 months	4 months	6 months	8 months	12 to 15 months
HEPATITIS B	•		between 1 and 4 mos.	between 6 and 18 mos.		
ROTAVIRUS		•	•	•		
DTaP (diphtheria and tetanus toxoids and acellular pertussis)		•	•	•		
POLIO		•	•	between 6 and 18 mos.		
HIB (<i>haemophilus influenzae</i> type b)		•	•	•		
PNEUMOCOCCAL VACCINE		•	•	•		
INFLUENZA				•	•	
MMR (measles, mumps and rubella)						•
VARICELLA (chickenpox)						•
HEPATITIS A						•