

WHAT MATTERS TO MOMS

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# Parenting

## Soothe your baby's summer hassles— SOLVED!

by Stephanie Galluzzo

**FOR BABIES  
WHO CRY AND  
CRY (AND CRY...)**

**5 problems  
your kid's  
doc can miss**

**DISCIPLINE  
TRAPS**  
How not to  
get caught!

Parenting  
magazine  
Mom-Tested!

**GOOF-PROOF  
CAMCORDERS**  
(one's under \$100)

**Q The heels  
and bottoms  
of my feet are like  
sandpaper. What  
can I do to get my  
soft feet back?**

Buff 'em, either in the shower with a pumice stone or with a foot file when they're dry.

**One we love: Microplane**

**Foot File**, \$20. Yes, it looks like a cheese grater, but it fits in the palm of your hand, catches sloughed-off dead skin, and is easy to clean. To maintain smoothness, apply a thick layer of heavy cream (preferably with skin-softening shea butter) when you get out of the shower, then slip on socks for about an hour or so.



Unless otherwise noted  
Experts: Dermatologists

**MOM BLISS  
MOOD  
BOOSTERS  
YOU CAN  
SNEAK  
IN ALL DAY**

Experts: Dermatologist Jeannette Graf, M.D.; celebrity pedicurist Gina Eppolito; makeup artist Cameron Vaught

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