

others of us who were now changing him most frequently were using water and soap too much and his skin developed a red bumpy rash.

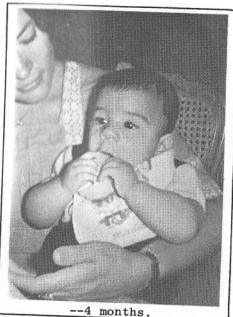
13. WHEN MOMMY SAW IT SHE REALLY GAVE US A STIFF TALKING TO ABOUT WORKING MORE CLOSELY TOGETHER and finding out exactly how he was used to being changed and that we should all follow the procedure we already had found to work well. We needed to make sure that he was changed frequently, wiped dry in the folds of his skin, and that we found a good skin cream that worked.

14. WE HAD PRAYER AND FOLLOWED COUNSEL, but the rash didn't actually go away all together until we realised that Davidito just didn't react well to water on his skin. It was when we stopped washing it so often and just let it air out clean and dry, and only washed it well for doo-doo's, that it became much better. Then it cleared up in a matter of two days, thank You Jesus!

15. WE TRIED SEVERAL DIFFERENT SKIN CREAMS AND SOAPS, BUT AIR AND THE SUN WERE WHAT HELPED IT the most, thanks to Daddy, Dr. Bundeson of the Baby Book and Jesus! Mommy made sure too that the sponges which we used to wash him were washed and aired in the sun and stored in the little open pockets hanging from the changing table, one pocket labeled "bottom" and one labeled "face".

16. WHEN DAVIDITO WAS TWO MONTHS OLD the main good foods we fed him other than his milk formula were natural yogurt,

honey, cod liver oil and Vitamin C supplements, and as he grew older he liked eating grated cheese with vegetable and meat dishes.



--4 months.

17. WE LATER REALISED WE COULD HAVE STARTED THE COD LIVER OIL ALMOST FROM BIRTH, Davidito likes the taste of cod liver oil, and when older, starting at 18 months, even asked for the capsules, which he chews, as well as wheat germ oil and garlic capsules. Some authorities say, however, that most small children cannot absorb the oil from the capsules as well as the liquid in the bottle.

18. IF WE HAD KNOWN THEN WHAT WE DO NOW ABOUT THE ADVANTAGES OF HEALTH FOODS we could have started him much earlier on more nutritious milk formulas and whole grain cereals, rather than offering any sort of starchy or sugary prepared foods.

19. HE SWITCHED FROM DRINKING

SYSTEM FORMULA, which is not of such nutritional value, to fresh or powdered whole milk at about four months old. We read that many commercial formulas are made with imitation or skim milks and sugar and are extremely lacking in the basic nutrients a baby needs.

20. CHILDREN SHOULD NEVER BE GIVEN SKIM MILK, but powdered whole milk is good, especially if the butterfat has not been removed. If it has been removed, you could add a half cup of light cream to every quart of milk to replace it, provided it is easily obtainable and guaranteed safe in your country. Fresh raw milk from certified cows is superior to any, but in many countries may not be completely trustworthy, since fresh milk is contaminated so easily. Nothing



--Trying the Spoon Technique!
--7 months.

is 100% safe except for the Lord, so you must always pray over all food and drink!

21. WHEN I HAD MY OWN BABY I was only able to nurse her for her first two months. Then at three months old she switched from drinking formula to drinking whole powdered milk and natural yogurt with brewers yeast, molasses and Vitamin C added.

22. SHE CONTINUED GETTING HER MILK THIS WAY WITH DAILY VITAMIN SUPPLEMENTS UNTIL SIX MONTHS OLD when we introduced solids such as cheese, egg yolk, blended meat and vegetables. We have tried different methods with several babies and found that when started on good wholesome high-protein foods they grow to prefer them to junk foods that someone may offer later, and they become good healthy eaters, praise the Lord!

23. WE ALSO FOUND THAT JUST BY USING THE FAMILY MEAL LEFT-OVERS WE COULD MAKE GOOD NUTRITIOUS BABY FOOD by blending small servings of meat and vegetable. You can take aside small portions of the dinner meat and vegetable either before or after it's cooked, depending on how you like to prepare it.

24. IT'S VERY EASY TO DO ENOUGH FOR SEVERAL MEALS AT ONE TIME by blending a large portion and then storing one meal in the refrigerator for the next day, and freezing small individual servings in sterile bottle bags, plastic bags or an ice cube tray for the following days meals. It's helpful to mark the bags with the name of the baby food and the date they were made for quick choice and reference.

25. REHEATING THE FOOD COULD