

## Cold-Weather Car Safety

When we hear about a baby tragically dying in a hot car, we assume it happened during a heat wave. But the truth is it can also occur on a 57°F day. Regardless of the outside temperature, a car's interior can heat up by 20 degrees in 10 minutes if it's parked in a sunny spot, the windows are closed, and the air-conditioning is off. If you see a child locked in a car,\* call 911, and then follow these steps from investigative reporter Jeff Rossen's new book, *Rossen to the Rescue*.

1

Grab something heavy from your trunk or surroundings, like a tire iron, a lug wrench, or a "window breaker" (yep, this is a real thing sold in most big-box stores).

2

If the trapped child is seated on the right side of the car, prepare to break the window on the left side (or vice versa) to keep shattered glass from hitting her body.

3

Strike a bottom corner of the window—that's the weakest part. A medium-strength tap should get the job done.

\*Don't let the fear of facing liability cause you to pause before saving a child locked in a hot car. Thirteen states have "Good Samaritan" laws specific to rescuing children in cars, and nine more states have proposed laws.



Rossen demos survival hacks on morning TV too.



THIS IS HOW...

## "I got my toddler to be a better eater."

by Lyz Lenz

**MY SON**, Jude, began life as a chubby baby with a voracious appetite (at 16 months, he picked a rib bone off my plate and gnawed at the pork!). But by 18 months, he began screaming and refusing most of the foods he once loved, including all meat. By age 2, Jude lived on veggies, fruit, and a handful of popcorn. While I joked to friends that he was on the Whole30 diet, I secretly felt that I was failing to fulfill my child's basic need for nourishment.

Desperate for a solution, I tried everything my family and other moms suggested—from just forcing food on Jude, to letting him self-feed and even pick out dinner at the grocery store. None of it worked.

When I explained the situation to my pediatrician, she asked what protein he was willing to eat. My response: "Only those sugary yogurt tubes." She leveled with me: "Then let him eat them!" I had seen myself as a health-food mom—I breastfed and made my own baby food—so those yogurts were my last resort. But in order to nourish my child, I realized I had to change my idea of what a good mom was.

When I put one on Jude's plate, dinner suddenly became much easier. I could relax knowing that he would have something in his belly before bed. And the fewer mealtime battles we had, the more likely Jude was to eat a bit more. Now 4, my son still mostly eats veggies and fruit, but he's a happy and healthy growing boy, who will give almost any new food a shot—as long as he has his yogurt tube first.



AN ALLERGIC KID'S DREAM!

## Nut-Free Ice Cream Coming Your Way!

If you have an ice-cream-loving kid with nut allergies, you know that even basic flavors like chocolate and vanilla often aren't safe to eat. But this Thanksgiving, you can serve him a slice of pumpkin pie, along with a heaping scoop of delicious ice cream—worry-free. A La Mode, New York City's hot spot for nut-free ice cream, is now available for mail order in customizable packs of six pints (\$80; [alamodeshoppe.com](http://alamodeshoppe.com)). Choose from these fun flavors: wired, speed bump, cooks, partly cloudy, pink sprinkle, and, of course, classic chocolate and vanilla. A La Mode is also available by the pint (\$5) in select grocery stores.

ICE CREAM: PETER ARDITO.