

# Follow ingenious tips from real mothers

## PARENTING/ FAMILY LIFE

We've gathered the best, most ingenious it-worked-for-me tips from moms and childcare experts to help you sail, not sob, through day-to-day acts of being a mom.

### An Insta-soothers you can count on

**Head To the Loo:** Need help fast? Run the bathroom fan and faucet. Low, droning noises remind your little one of hearing your heartbeat in utero, says Dr. Altmann, mother of Avrck, 4, and Collen, 2.

### How to defuse road rage

**Turn on cool tunes:** As soon as you see a stream of brake lights ahead, pop in a customized CD that sings your child's name in every stanza (\$14.95 to \$19.95; mymusic.cd.com). "When my girls hear their names in a song, they instantly stop crying," says Tomlin, who's the author of "[Chaos 2 Calm: The Moms of Multiples' Guide to an Organized Family](#)" and mom of 3-year-old twins, Peyton and Sydney.

### Nighttime tip

**Go Backward:** Tonia Tomlin of Plano, Texas, got so tired of her twin daughters' late-night ritual of ripping off their pj's that she put their footless zip-up sleepers on backward.

### Better mothering through technology

Heather Gibbs Flett and Whitney Moss, authors of "[The Rookie Mom's Handbook](#)," offer up a way to convert your iPhone into the ultimate mother's helper.

**Make it a baby monitor:** You're at a dinner party and are worried you won't hear your sleeping baby in your host's bedroom. Download the application at [codegoo.com/page/baby-monitor](#) (\$4.99), then stash your phone near the babe. If he stirs, your phone will call a number you've chosen (e.g., Daddy's cell).

**Stand-Up Comedy** (aka the Vertical Diaper Change)

1) Wrap one arm around your child's belly to hold him still, then tear off the old dipe.

2) Ask him to touch his toes if he can, then use your free hand to wipe.

*This column is excerpted from stories and articles that appeared in [Parenting](#) and [Family Life](#) magazines.*

