WHAT'S CHANGED

What's Changed Since You Raised Kids

You raised your kids well. A few rules have new editions — here is the short version.

SLEEP

THEN Tummies down, and a crib full of blankets, bumpers, and stuffed animals.

NOW On the back, every sleep, in a bare crib — firm mattress, fitted sheet, nothing else.

WHY Sleep got simpler and safer: deaths fell sharply once back-sleeping became the rule.

CAR SEATS

THEN Turned forward-facing early, and a good seat was handed down for years.

NOW Rear-facing as long as the seat's limits allow — and seats carry expiration dates now.

WHY Rear-facing cradles the head, neck, and spine; a dated seat ages out with the standards.

FIRST FOODS

THEN Peanut and egg waited — sometimes until after the first birthday.

NOW They arrive early, around six months, in baby-safe forms. One holdout: no honey before one.

WHY Early tastes help prevent peanut allergy; honey can carry spores a baby can't handle yet.

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Page two — screens, and how parents parent.

SCREENS

THEN The television was simply on; nobody counted a small child's minutes.

NOW No screens under 18 months except video calls with family; about an hour a day at ages two to five.

WHY Babies learn language and people skills from people — screens mostly wait their turn.

HOW PARENTS PARENT

THEN Discipline meant punishment, and big feelings were told to quiet down.

NOW Feelings get named first, limits stay firm, and teaching replaces spanking.

WHY Pediatric research found spanking does not work and can do harm — and knowing the playbook keeps you in the inner circle.

None of this says you did it wrong. It says the instruction sheet got a new edition — and now you have it.

Sources

American Academy of Pediatrics — healthychildren.org · NHTSA — nhtsa.gov · CDC — cdc.gov. Guidance checked November 2026.

Education only — not medical or safety advice for a specific child. Your grandchild's parents and pediatrician know the case.