

THE 2-WEEK FIX FOR PICKY EATERS

MAY 2009

Parents

BIRTHDAY PARTIES THAT WOW

- 12 FUN GAMES
- 5 GENIUS THEMES
- 14 EASY DECORATIONS
- 6 AFFORDABLE FAVORS
- 4 COOL CAKES AND ONE GREAT TIME!

Best Brain-Boosting Baby Toys, p.130

NEW ANTIBIOTIC ALERT

Keep Your Kid Safe

Good Values
How to Teach Them
(And Make Them Stick)

Rehab Your
"Mom Abs," p.74

IS YOUR CHILD OUR NEXT COVER MODEL?

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Super Veggie Spreads

Instead of putting butter or margarine on bread, try one of these healthy and easy-to-make toppers.

SWEET POTATO SPREAD

Puree a couple of cooked, peeled sweet potatoes and blend with a sautéed small onion, diced cooked carrots, and a spoonful of tahini (sesame paste).

Perk Just a quarter cup of sweet potatoes gives your kid more than half a day's worth of vitamin A.

AVOCADO SPREAD

Mash peeled, sliced avocado with a fork and add some lemon juice to taste.

Perk Avocados are a great source of potassium and fiber.

WHITE-BEAN SPREAD

Puree cooked white beans with garlic, lemon juice, salt, and a light sprinkle of pepper.

Perk A quarter cup of beans has more fiber than a small apple, plus three grams of feel-full protein.

Kids Get Kidney Stones Too

Kidney stones may seem like an adult condition, but doctors say this painful problem is rapidly on the rise in children, typically striking around age 5. Experts don't fully understand what's behind the increase, but they think kids are eating too many high-sodium foods (think fast food and quick-fix dinners) and not drinking enough water. Stones form when kids' urine is too concentrated with salt and other minerals.

If your child has pain in her mid to lower back or belly, and blood in her urine, a fever, or vomiting, go to your doctor or the E.R. right away—she may need surgery. Once a child has had one stone, she has a 50 percent chance of having another, says Pasquale Casale, M.D., director of minimally invasive urologic surgery at The Children's Hospital of Philadelphia. He suggests looking at her pee before she flushes. If it's golden and the smell is strong, she could be dehydrated. If it's almost clear, she's in the clear too.



Fast Germ Fighter You can't prevent your baby from putting her toys in her mouth, but now it's a little bit easier to keep them clean. Dapple's new Toy Cleaner Spray helps you quickly wipe off dirt and grime—and it's made of completely natural and safe ingredients (no synthetic dyes, fragrances, parabens, or phthalates). \$7; giggle.com