

parenting

early years

Baby Bliss

HOW TO
STRESS LESS,
ENJOY
MORE!

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Protecting kids through a divorce

HOW ONE
COUPLE DID IT

You CAN Sleep In

OUR EASY
(AND REALISTIC)
GUIDE

PAGE 80

GET YOUR CUTIE ON OUR COVER,
WIN \$125,000!

SUREFIRE
CURES
FOR CABIN
FEVER

18 Beauty
must-haves
FOR BUSY
MOMS

NEW COLUMN

Your Love & Sex
PROBLEMS — SOLVED! PAGE 24



safer snacking
Check out our online guide at Parenting.com/antichoking.



one full serving of fruit

shh! green veggies inside

low sugar!

EDIBLE DEFENSE

A healthy diet is key to keeping kids' immune systems in top form. These seven bites will give their germ-fighting power an extra jolt.

1 MAIN SQUEEZE You'll find only berries, bananas, and apples in this neatly packaged smoothie. In the words of a 3-year-old kid tester, "You eat it and you dwink it!" **Ella's Kitchen The Red One, \$1.39**

2 D-LIGHTFUL Chocolate straws are a whiz-bang way to get kids slurping vitamin D-rich milk, which helps activate immune cells. Plain milk goes in, and chocolaty yumminess comes out. **Got Milk? Chocolate Flavored Straws, \$3.99 for ten**

3 JUICED UP This wee-size OJ is fortified with vitamins A, D, and E, and as always packs a hefty punch of vitamin C. **Tropicana Healthy Kids, \$3.99 for six**

4 SWEET TART Kiwi is an exciting finger food that is naturally high in vitamin C. Plus, kids look cute when they pucker up.

5 BANAN-O'S This take on classic Cheerios tastes like real 'nanners—not a funky fruit flavor—and has 16 vitamins and minerals, just like the original. **Banana Nut Cheerios, \$3.89**

6 SNEAKY BEANS This yogurt is a stealthy way to slip in green beans. Look for it in smaller cups, too! **YoBaby 3-in-1 Meals in Pear & Green Beans, \$2.99 for six 4-oz cups**

7 A TOTAL PRO Yogurt with probiotics, the good bacteria that restore balance in the digestive system, is the main ingredient in these melts. Watch out, you'll become addicted to the trippy way they dissolve on your tongue. **HappyBaby HappyMelts in Banana Mango, \$4.19**