

\$3,800 IN FREE STUFF UP FOR GRABS! SEE PAGE 17 FOR DETAILS

PREGNANCY & newborn

MOTHERHOOD AT ANY AGE

Starting the journey
in your 20s, 30s
and 40s

Building your tot's wardrobe

WHAT'S UP DOC?

Picking
the perfect
practitioners
for you
and baby

Pregnancy in the 21st century

feast ON THIS

- * Nursing needs
- * Highchairs
- * Feeding wares

**GREEN
YOUR
HOUSE**

**WHEN
THE
STORK
COMES
EARLY**

A preemie
primer

**Freezer-
friendly
meals**



November 2011

\$5.99US \$5.99CAN

11>



Display until November 28, 2011

Home sweet home

Make your house a greener place for baby to grow.

BY JILLIAN SMALLWOOD

Once baby makes three (or more), eco-thinking becomes almost second nature. Adopt small changes in every room of the house to make a big green difference.

nursery

1 Coat the walls with a baby-safe, low-VOC paint. Volatile organic compounds, better known as VOCs, can emit toxic gases, making them a dangerous addition to baby's sleep space.

2 Dave Wentz, author of *The Healthy Home*, recommends buying baby a natural mattress. "Look for an organic mattress made with natural latex or naturally flame-resistant wool."

3 When buying for baby, "stick with natural fibers, such as cotton," advises Wentz. "Man-made materials like nylon and rayon are made with harmful chemicals, which can be absorbed by the skin."



garden

4 Consider making your own baby food from organic fruits and veggies. Pick up produce at the local farmers market or, if you're so inclined, start your own small garden in the backyard.



kitchen

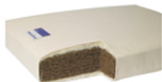
5 Use BPA-free bottles and dishes for baby's meals, and steer clear of PVC and phthalate. Options abound, making it easy to pick up supplies online or at your local big box store.



OUR GREEN PICKS



1 Mythic Paint paint
\$47 per gallon



2 Naturalmat mattress
\$399



3 giggle Better Basics romper
\$30



4 Annabel Karmel by NUK masher
\$7



5 Green to Grow bottle
\$10