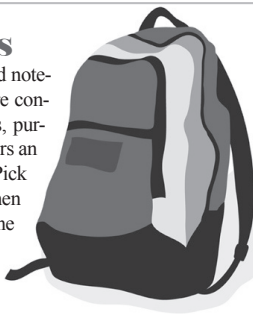


by Christine Werthman

Scale Down Backpacks

Textbooks, pencils, art supplies, calculators, folders and notebooks—backpack loads can quickly add up. If you are concerned that your child's backpack might tip the scales, purchase the Balanza digital luggage scale. The scale offers an easy way to monitor the weight your child is carrying. Pick up your child's bag, clip the scale to the bag's strap, then place the bag down and read the weight on the scale. If the backpack weighs more than 10 percent of your child's weight, your tyke could be at risk for back problems. Log onto www.balanza.com to learn more.



All-Natural Kids

A wide array of natural products exists for adults, and now JASON Natural Products introduces a line of items just for children. The new JASON Kids Only! line provides foaming hand soap, bath and shower gel, daily detangling shampoo and conditioner, extra gentle shampoo and conditioner, and gel toothpaste—all free of parabens, sulfates and other harmful elements and specialized for kids. Visit www.jason-natural.com for purchasing information.

place and parents at ease. The mesh net is washable, the Crib Tent II is a cinch to set up and collapses in a snap for travelers. For additional information, log onto www.totsinmind.com.

Bye to Bugs

Bed bugs have crept into the homes of many families in the United States. These tiny bugs leave behind itchy bites, and they can easily be transferred from one location to the next. Protect your family from these critters by investing in London Luxury LLC's Allergy Luxe® Premium Bed Bug Barrier bedding collection, designed to protect against an infestation of bed bugs. The mattress and pillow protectors use reinforced seams and micro-zipper technology to keep bed bugs at bay and to trap and eventually kill those that already exist in your bedding. The collection is available at Bed Bath & Beyond.



Gourmet Baby

Everyone else in your family is going organic, so why shouldn't your baby? GustOrganics offers a wide selection of fresh, organic baby foods online at www.gustorganics.com. The New York City-based restaurant will deliver its gourmet baby food options like baked squash, zucchini, broccoli and other purees to Manhattan homes and offices. Log on today for more information.

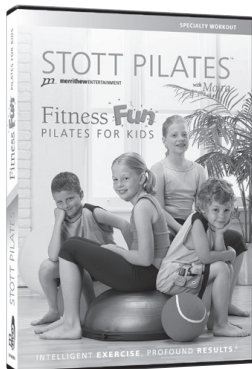


Wipe Teeth Clean

Because baby teeth eventually fall out to make room for permanent teeth, you might think it is not important to take care of them: not true! Tooth decay is on the rise with babies. However, Tooth Tissues are here to save the day, and your baby's smile. Invented by two dentists for their children, Tooth Tissues are disposable textured dental wipes, specifically made to keep your baby's teeth and gums plaque-free, without the use of fluoride or parabens. For further details, log onto www.toothtissues.com.

Petite Pilates

Get kids excited about exercise with the new *Fitness Fun: Pilates for Kids* DVD from Stott Pilates. The DVD teaches kids ages 8-14 how to practice the lengthening and strengthening exercises of Joseph Pilates. Kids use household balls and bands to add to the enjoyment that comes with this style of working out. And for moms-to-be, Stott Pilates presents the *Prenatal Pilates on the Ball* DVD. Pregnant women in their second trimester are told to avoid resting on their backs to exercise, and these exercises focus on making women's upper bodies stronger. Stop by www.stottpilates.com to purchase your copies.



STOTT PILATES® photography © Merrithew Corporation

Tough Questions

Emma, like many children, is one curious kid. Her grandmother fields any questions Emma has and always gives the silliest, most fun answers. But now Emma has a serious question. Her grandmother is in the hospital, and Emma wants to know if her grandmother is going to die. Catherine Urdahl's first children's book, *Emma's Question* (Charlesbridge Publishing), helps families answer questions about death, using simple explanations to describe illness and loving illustrations to portray the bond between Emma and her grandmother. Pick up a copy at your local bookstore or an online retailer.

Stay Put

Crib falls can be dangerous for babies and scary for parents to witness. In an effort to keep little ones from leaning out over the crib rail, Tots in Mind created the Crib Tent II. The tent fits snugly on standard-size cribs, keeping toddlers in

Good Eats

While packing your child's lunchbox can be a hassle, making sure each lunchbox contains nutritious foods can be a chore in itself. In her book *Healthy Lunchboxes for Kids* (Ryland Peters & Small), author and mother Amanda Grant shows parents how to create fuss-free lunchboxes in minutes. The book contains chapters on healthy options for sandwiches, salads, hot food, snacks and sweet stuff. The guidebook is now available at bookstores.



Amanda Grant
photography by Tara Fisher

Easy Screen

Unless you are gearing up for a day at the beach, applying sunscreen is probably the last thing on your mind in the morning. Bethesda Skincare's All Natural Sunscreen Soap makes it easy to slip a sunscreen application into your daily routine. Each time you use the hypo-allergenic body bar in the shower or bath, the soap leaves behind a layer of sunscreen with a minimum of SPF 10. The soap is scented with lemon and lavender oil, so you will smell great while being protected from the sun's harmful rays. Visit www.bethesdaskincare.com to learn more.



Christine Werthman is an assistant editor.