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Health:

LOSE THE BABY WEIGHT! AMY W. SHAPIRO RD, CDN AWS NUTRITION

Struggling to lose those last few baby pounds while juggling your new baby, life and everything that comes along with it? Follow these Seven Slimming Secrets and you'll be back in your pre-baby clothes in no time!

1. Eat breakfast: Studies show individuals who eat breakfast lose more weight than those who don't.
2. Don't skip meals: Eating often will keep your metabolism running on high and will prevent you from getting too hungry. Aim for five small meals a day.
3. Combine protein and fiber at every meal: These nutrients help keep you full on the fewest calories. If you're eating oatmeal, add a handful of nut; pair a piece of fruit with low-fat yogurt or enjoy a large salad with grilled chicken, steak or fish.

4. Always be prepared: Carry healthy snacks like trail mix, energy bars with less than 200 calories or low-fat string cheese with you to help you avoid tempting treats or fast food pitfalls.

5. Stay hydrated: It's easy to confuse thirst with hunger. Drink a glass of water before you snack, you'll find you might not be hungry after all.
6. Journal: It holds you accountable for everything you eat.
7. Don't deprive yourself: Go ahead, have that bite of cake or piece of chocolate. A taste will prevent you from overindulging later on.

Citibabes members receive 10% off Amy Shapiro's services!

Education:

TIPS FOR PARENT INTERVIEWS JENNIFER BROZOST AND VIMMI SHROFF, PEAS

With a new admissions season just around the corner, here are a few tips for parents to keep in mind when interviewing at prospective schools this fall.

- Be honest about your child's strengths but no need to exaggerate.
- The interviewer really wants to get a true glimpse of your child's personality and how it will add to the school's community.
- Turn off your cell phones/ blackberry and free your mind of work-related projects so you can focus on the moment.

We know this process takes a lot out of your busy schedules but, if done with real focus and conviction, you will only have to go through it once!

- Show respect for, and a united front with, your co-parent.

It is important to come across as two people who have common goals and aspirations for their child ...even though this may not always be the case :).

- Feel confident as a family but do not have a sense of entitlement.
- There are so many great families out there with a variety of strengths. Let your positive qualities shine through.
- Ask thoughtful questions showing that you have read the school's materials and visited their website.

Familiarize yourself with the schools to which you are applying. You would not want to tell the interviewer at a co-ed school that you are looking forward to a single-sex educational experience for your child!

Citibabes member receive 1 complimentary two hour consultation with PEAS (value \$400).

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