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THE INSIDERS GUIDE FOR MODERN PARENTS ★ issue no. 74 03.24.10

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Health:

Fresh is in Season!

By: Anni Daulter, author, Organically Raised: Conscious Cooking for Babies and Toddlers

Happy spring, mamas! This is the beautiful time of year when we start noticing warmer weather, flowers blooming, and new fruits and veggies popping up.

When our babies are ready for solid foods, we all want to feed them the very best possible choices that we can. I know making your own baby food can feel like a daunting task, but remember that your baby's first tastes should be the freshest most delicious tastes you can offer. Why? This is your baby's first experience with food, and if you make it yourself with the freshest ingredients, your baby will ultimately enjoy these new flavors and be excited about the next experience to come.

Keep in mind that baby's first foods are only a supplement to mama's milk or formula up until age one, so don't panic if they're not interested in solid food at first. Some babies will love it right out of the gate, and others will be slow to warm up to it. Either way, be patient with yourself and your baby. Enjoy this fresh spring recipe from my new book!!

Baby Tallulah's "Spring Fling"
kiwifruit, pear, and raisin blend (spring)
(makes 2 servings)

Ingredients: 2 large pears (Bartlett is best), 1 tablespoon raisins, & 2 kiwi fruits

Instructions: 1) Peel and core the pears. Cut the pulp into 1-inch pieces; 2) Steam the pears and raisins together for 10 minutes, or until the pears are soft. Reserve the liquid from the steamer; 3) Peel and cut the kiwis into 1-inch pieces; 4) Combine the pears, raisins, and kiwi in a food processor. Puree until the raisins are finely chopped. Add the reserved liquid in scant 1/8-cup increments to achieve the desired consistency.

For a different variation, substitute 1/2 cup fresh blueberries for 2 kiwi fruits. Blueberries are a wonderful natural

Home:

Co-existing with Clutter

By: Amy Hastings, owner, Practical Magic, Professional Organization Services

It is important for the well-being of a family that each member has a space in the home all their own. The aesthetics of our personal spaces communicate a great deal about our personality types and how we prefer to operate. Some of us thrive in an environment full of stuff, where others cannot concentrate until everything is put away and neat. Aesthetic preferences and differing opinions on clutter are fine when it comes to our personal spaces, yet when clutter invades shared spaces in the home it can become a real point of contention.

In order to find a solution when it comes to clutter and cohabitation, we must first agree on the definitions of clutter and [dis]organization. Clutter should be defined as the items you do not use or need. While neat doesn't always mean efficient, and messy doesn't always mean disorganized, by definition organization has to do with function, not aesthetics. When things can run smoothly, and a space is functional, it is organized.

When it comes to shared spaces in the home; clutter has some hidden side-effects. When different organizational styles cohabitate, and clutter takes over, neat people find their efficiency and concentration compromised. Messy people often take comfort in their "stuff," and prefer things within easy reach.

In order to enhance both organizational styles, while respecting the shared space, you will need to assess your belongings and ask yourself what is useful to those who utilize this space. Once you have determined which belongings are useful within the space, you will need to work together to agree upon "homes" for those belongings. These are the places that the items return to when they are not in use.

As for the rest of your items that did not make the cut - purge the ones that are not useful. And the items that only you need or use? Simply find a home for those belongings outside of the shared space, so that the

antioxidant and this flavor combination is a huge hit with babies.

Enjoy!

efficiency is maximized for the entire family.

Good luck!

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