

“COULD MY BABY REALLY HAVE AUTISM?” P. 30

babyspeak

FRESH IDEAS FOR NEW MOMS

ON DIAPER DUTY
SINCE 1935

your stress-free
guide to raising
a baby who'll

EAT
anything

*the sleep
routine*
you should
start tonight

**conquer
colic!**

the secret
is on p.13



**highchairs
you won't
want to hide**

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features

24 recipe for success

New reasons you should pass on purées and let baby take the lead at the table.

BY LISA BAKER

28 the greenie awards

The best baby buys (and more!) for eco-conscious new mamas. BY ALAN GREENE M.D.

30 could my baby have autism?

What you need to know now and why early intervention can make a world of difference.

BY KELLEY KING HEYWORTH

EAT IT UP!

Our foodie issue is chock-full of nuggets for your little gourmet.

Stylish and eco-friendly? We'll take it!

drool dish buzz

- 9 Hot baby-name trends and pregnancy TMI on Facebook. *plus:* Adorable mail-order pick-me-ups.
- 10 April showers got you down? These cloudy-day goodies will have you singin' in the rain!

ON THE COVER

Image Source/Getty Images

eat sleep grow

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life work family

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BABY EATING: MIEKE DALLE/GETTY IMAGES

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THE 2013 Greenies



Contributing editor and natural-lifestyle champion Alan Greene M.D. is the author of *Raising Baby Green*.

Ready to green up your (and baby's) life – without spending a lot of time or effort? Eco expert Alan Greene M.D. shares his top tips and picks. And the awards go to ...

safer sleeping

Most babies spend more than half of their first year asleep – often with their faces just a few inches from the crib mattress, which may emit chemical fumes. One of my top recommendations is a green mattress, like **Naturepedic's Organic Cotton Lightweight Classic**. (\$260; babiesrus.com) Not in your budget? Just airing out a regular mattress can reduce fumes.



the greenest wheels

Talk about a cool ride! The **Bumbleride Indie's** exterior fabric is made from 50 percent recycled material. The stroller also has bamboo fiber in the seat to regulate moisture and temperature. The bamboo doesn't just keep baby comfy on the go, it also has natural antibacterial properties, and it is replenished very quickly since it is one of the world's fastest-growing plants. Now that's what I call a win-win-win. (\$529; bumbleride.com)



top color coating

Painting the nursery? Fresh paint can have high levels of volatile organic compounds. Sherwin-Williams' newly enhanced **Harmony paint** has zero VOCs, and it even lowers airborne VOCs from other sources, such as insulation. It also has a washable finish in case you have a crayon Picasso. (from \$49; Sherwin-Williams)



mama milk

Breastfeeding is one of the greenest choices you can make as a parent. It's the ultimate in eating local. You reduce your carbon footprint in terms of transportation, energy and the costs involved in manufacturing, packaging, shipping and storage. You also lower the lifetime risk of cancer for you and your baby and reduce the odds that your baby will need antibiotics or surgery during the first year – super mom!

bare necessities

The bodysuit is baby's little black dress, and organic cotton is the healthy, natural choice. I like **Manny & Simon** (shown) for style, **Under the Nile** for value and **Super Sproutz** bodysuit gift baskets. (\$28; mannyandsimon.com, from \$18; underthenile.com, \$28; supersproutz.com)

