

POINTERS FOR MOTHERS-TO-BE

Supple skin before, during and after pregnancy

Taking care of your skin should always be part of your daily regimen—especially when you're expecting.

According to the American Academy of Dermatology, stretch marks can affect 90 percent of pregnant women, which means you're likely to have stretch marks after shedding baby weight.

For this reason, you should take care of your skin both during and after pregnancy. It's vital to use high-quality skin care products in order to achieve optimal skin-firming results. Cocoa butter, one of the cornerstone ingredients in Palmer's products, is considered

to be one of nature's best skin care remedies, helping skin to retain its natural elasticity and moisture.

There are many different options available for various skin concerns, so consider the results when choosing a lotion.

For example, if you've recently lost weight and want to restore your taut, supple skin, try a firming lotion, such as Palmer's Cocoa Butter Formula Firming Butter, infused with cocoa butter, collagen, elastin, coenzyme Q10, ginseng and vitamin E. You can

use it all over or on specific areas in need of an extra lift.

Using a daily moisturizer is great for keeping skin in tip-top shape; however, proper application is essential. To maximize the benefits of skin hydration, follow these tips:

- Massage a skin-firming lotion onto your thighs, upper arms and midriff with uplifting, circular strokes.
- Use an intensive firming lotion on your bustline, such as Palmer's Cocoa Butter Bust Firming Massage Cream, to prevent stretch marks in this ultrasensitive area.
- Apply lotion immediately after getting out of the shower while skin is still warm to increase absorption and hydration.

In addition, using a daily all-

over moisturizer to improve skin's appearance and elasticity can help ensure a youthful glow. Whether applying moisturizer after your morning shower or at bedtime, your skin will begin to look more radiant in as little as one week.

With a little extra effort, you'll be on your way toward more beautiful skin—just like your baby's.

For more skin care tips and products, visit www.palmerscocoabutter.com.

A skin-firming lotion can help prevent stretch marks, which affect 90 percent of pregnant women. ■

NAPSI



CHILDREN'S HEALTH UPDATE

Sugar, empty calories, no nutritional value

Two-Thirds Of Moms Say Their Kid's Snacks Are Mostly Full Of Sugar And Empty Calories, With No Nutritional Value

Whether fueling for little league or packing for a day at school, moms struggle to satisfy their children's picky taste buds with smart snack options. Nine out of 10 moms in a recent survey said they worry about their child's nutrition, according to Impulse Research Corporation.

"The greatest challenge for moms today is finding nutritious snacks to feed kids in between meals," says Elizabeth Ward, R.D., mother of three and author of *The Pocket Idiot's Guide to the New Food Pyramids*. "Snacking is a prime opportunity to sneak in some of those important vitamins and minerals that round out a wholesome diet."

The survey revealed that moms' snack food purchases are influenced most by taste and nutritional value. Over half of the moms surveyed consider sugar content among the top concerns, followed by the need to squeeze more vitamins and minerals into their children's diets. The challenge lies in find-

ing snacks that fit moms' nutrition goals and still appeal to kids' taste buds.

One of kids' favorite snacks, chocolatey s'mores, sounds like a red flag for moms, but a new product demonstrates that snacking can be both tasty and nutritious. PediaSure® NutriPals™, a new line of delicious and nutritious snacks for children, introduces bars and drinks in indulgent flavors that provide balanced nutrition anywhere, anytime.

"New NutriPals, a good source of protein and more than 20 vitamins and minerals, is a smart choice for a convenient snack," says Ward. "These bars and drinks are just what moms have been looking for—good nutrition in a snack that satisfies."

For tasty snacks that require little preparation, Ward recommends these kid-friendly combinations. Choose two or three a day to satisfy your kids when they are hungry between meals.

- Four three-inch-long celery sticks with a tablespoon of peanut butter
- Handful of whole-grain snack crackers with

a low-fat cheese stick

- Strawberry Yogurt snack bar from NutriPals
- Baby carrots with a tablespoon of hummus spread
- Four small graham crackers with peanut butter or no-sugar-added jelly
- A chocolate NutriPals drink.

When packing snacks for the day, moms should remember to check refrigeration requirements on packaging. As a helpful hint for snacks that are not prepackaged, separate individual servings into resealable storage bags. Use measuring cups to determine the appropriate portions. ■

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GIFT IDEAS

New infant etiquette

It's hard not to make a fuss over a new baby, even before the little bundle of joy is born.

But people are often stumped about what to give to the new arrival or the parents to be, whether it's at a baby shower, at the hospital, for baby's homecoming or at a religious or other special observance. Peggy Post, the great-granddaughter-in-law of Emily Post, today's leading authority on etiquette and 1-800-FLOWERS.COM's etiquette expert, provides gift-giving solutions and advice on what and how to give to your baby:

- Some soon-to-be parents prefer not to have a shower or receive gifts until after the safe arrival of the baby. If that's the case, loved ones should honor their wishes.
- On the other end of

the spectrum, some couples choose to register for items they'll need in advance. That's fine, says Post, but moms and dads should remember two important things: First, the choice of what to give is always up to the giver and no one should be coerced into purchasing gifts from a registry. Second, Post says to communicate registry information politely—wait to be asked if you have registered or what you'd like for a gift. You can then respond with, "I'm sure we'll love whatever you select, but if you need ideas, we've registered at the XYZ Store."

If you're bringing a gift in person, make sure to call ahead to announce your visit. And regardless of what the new mom and

dad say, don't stay too long.

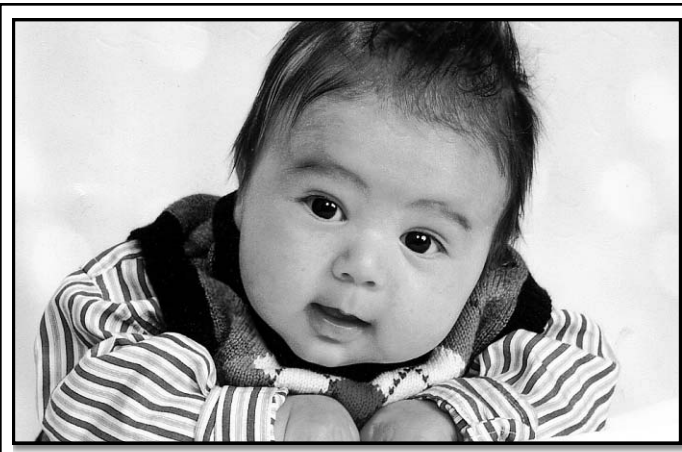
If the baby has a big brother and sister, it's thoughtful to take or send a very small present for him or her as well.

Finally, Post adds: "Flowers are always a wonderful choice. I haven't met a new mom yet who didn't love to get flowers."

You can celebrate a new baby's arrival with heartfelt and unique gifts from 1-800-FLOWERS.COM, including Baby's First Year Gift Set, an exclusive layette set of 16 garments in various sizes to help your baby through a year of growing.

A new baby's first year can be a breeze with this fabulous gift set of assorted outfits. ■

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MARLEY ELIAS QUITEVIS

Weight: 8 Pounds 1 Ounce
Date of Birth: 8/31/06

Proud Parents: Ted & Brandy



Krishneet Aryan Raj

Weight: 7 pounds 4 ounces
Date of Birth: 09/06/04

Proud Parents: Ugendra Raj & Anjani P. Lata



ALIZA JANELLE REYES

Weight: 5 Pounds 6 Ounces
Date of Birth: 12/2/06

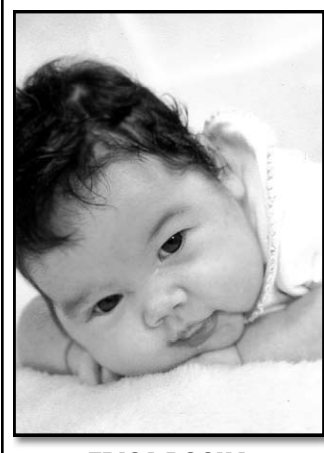
Proud Parents: Rosanna Moreno & Aaron Reyes



ISABELLA REGA

Weight: 8 Pounds 7 Ounces
Date of Birth: 9/3/06

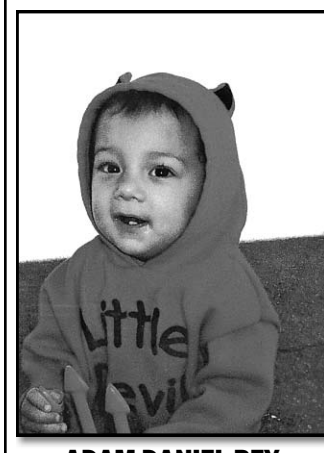
Proud Parents: Ben & Jessie



ERICA ROCHA

Weight: 8 Pounds 13 Ounces
Date of Birth: 8/16/06

Proud Parents: Veronica & Mario Rocha
Proud Grandma: Teresa Florez



ADAM DANIEL REY RODRIGUEZ

Weight: 2 Pounds 6 Ounces
Date of Birth: 6/19/05

Proud Parents: Kelli Cordeiro



SAVANNA BELL RADOWICZ

Weight: 6 Pounds 15 Ounces
Date of Birth: 1/7/07

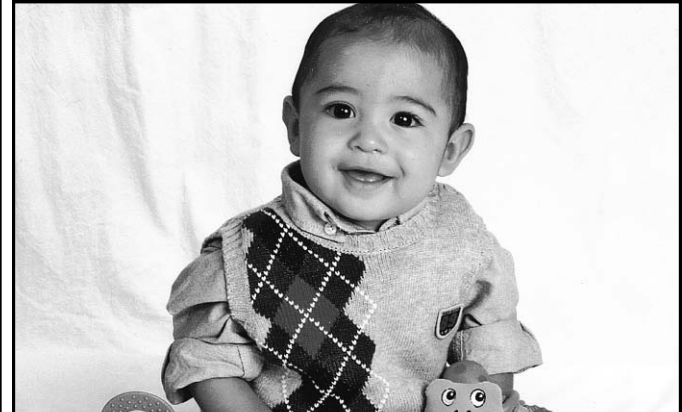
Proud Parents: Melissa & Steve Radowicz



CAMMIE, LEILANI, TRINITY QUIAMBAO-GONZALEZ

Weight: 7 Pounds 7 Ounces, 7 Pounds 11 Ounces, 7 Pounds 5 Ounces
Date of Birth: 7/30/04, 1/19/06, 6/23/03

Proud Parents: Berthin & Nicole Q. Gonzalez



VINCENT NATHANIEL RUIZ

Weight: 7 Pounds 18 Ounces
Date of Birth: 3/24/06

Proud Parents: Adabel & Vince Ruiz



KYLEE REBECCA RUST

Weight: 7 pounds 5.5 ounces
Date of Birth: 6/14/06

Proud Parents: Erin Norris & Will Rust