

Smart Ways To Teach Patience

FEBRUARY 2010

# Parents

Help Your Child

**SLEEP  
BETTER**

So You Can Too

TAKE THE "ICK"  
OUT OF YOUR  
PICKY EATER

>> 49 GENIUS IDEAS

**14**

Reasons To  
Head To The  
Emergency Room

Read P. 30 Before You Need To Go

**Discipline  
Makeover**

5 New Rules To Follow  
(And 5 To Ditch)

NO HUNGER  
LOSE THE  
**BABY  
WEIGHT**  
TREATS  
INCLUDED!  
P. 60

**HUGS! ♥ KISSES!**  
**CRAFTS! ♥ SNACKS!**

COME TO OUR VALENTINE PARTY ON P. 80

■ goody bag



A digital camera that will get big smiles. \$50; amazon.com

## Think Outside the (Toy) Box

These bricks were made for building, but we think Lego-inspired tech, like this digital camera, is just as fun. The fully-functioning cam, which holds up to 80 photos, can't be taken apart, but your kid can build onto it (snap together a tripod, perhaps?). Click away! \$50; amazon.com