



*In the news*

FOR PARENTS OF CHILDREN FROM BIRTH TO AGE 5

# Baby

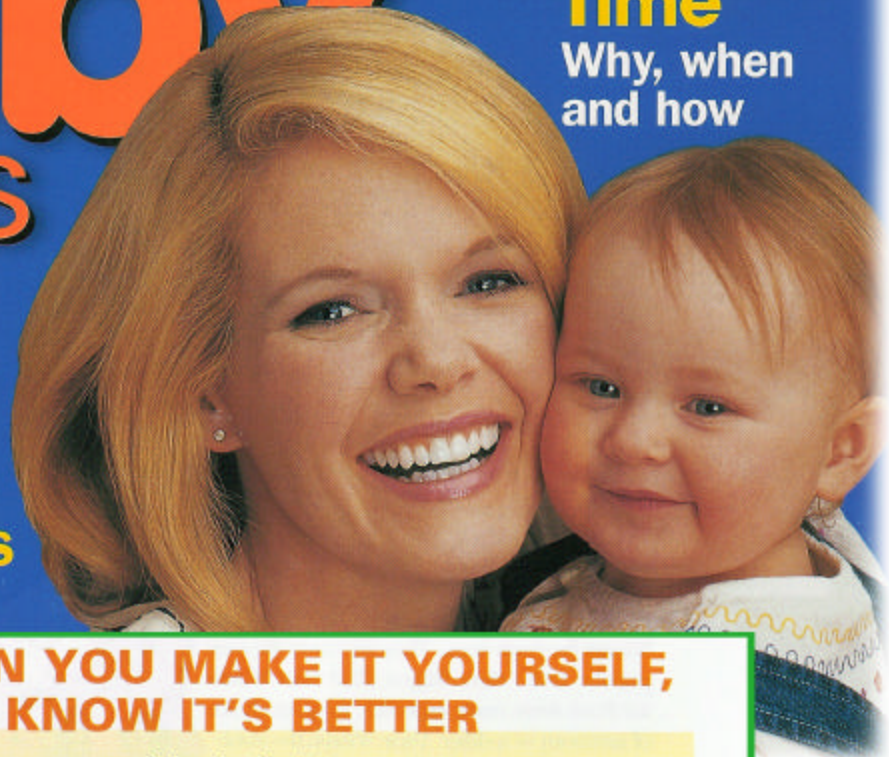
years

## Tummy Time

Why, when and how

# 10

new baby woes  
How to cope



### WHEN YOU MAKE IT YOURSELF, YOU KNOW IT'S BETTER

**E**very parent wants the best for their baby, especially when it comes to eating. That's where The Fresh Start Kit comes in. It is an all-inclusive, instructional guide to making all-natural baby food at home in less than 30 minutes a week.

The Fresh Start Kit contains a book that offers the ideal education to your baby's introduction to solid foods; a quick reference card with essential facts; a video with step-by-step instructions; and freezer trays for making baby food in single serving sizes.

The Fresh Start Kit contains over 40 recipes from apples to zucchini that enable you to create well-balanced meals that nurture healthy eating habits. Not only it is better when you make it yourself, you can save money too.

To purchase The Fresh Start Kit, call (866) 403-7374 or visit [www.freshbaby.com](http://www.freshbaby.com)



18 **Baby Years**