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# Bellybytes®

MILKITMAMA.COM

ISSUE #11

You're pregnant? A new mom? **Chronicle Books** and **Bellybar** encourage you to **Milk It** while you can. Here's how to make the most of motherhood.

## Featured Sponsor: Medela



Becoming a mom is nothing less than amazing. You build this little life inside you, and then you give birth to that little baby, and it's worth it! That amazing body of yours knows just how to nurture the new love in your life.

We at Medela believe that breast is best! Breastfeeding is convenient, natural and protects from illnesses while promoting good health. Today moms are on-the-go, and there is an increasing need for pump and breastfeeding accessories to compliment all lifestyles. For over 20 years, Medela's primary focus has been and remains breastfeeding. Which Medela pump is right for you? **[Find out which pump is right for you with this chart.](#)**

**[More about Medela](#)**

## Bellybar Nutrition Tip



day!

In all of this holiday craziness, relish in those lovely moments of quiet when you are feeding your baby. Whether you are breastfeeding or using a bottle to nourish your little one, it gives you a moment to take care of you. How? Replenish yourselves with vitamins that breastfeeding, delivery or the daily grind took out of you! Bellybar is choc full of vitamins and minerals for a healthier you, and it even has 8 grams of protein in each bar to keep you going to all of those fun holiday parties. And don't forget, a box of Bellybars is a perfect gift for the expectant or new mom—give her a gift that is good for her and that she'll love every

**[Click here to buy Bellybars from BabyCenter.com](#)**

## Win These Prizes

This week, we're giving away the following prizes. If you haven't entered our sweepstakes, **[do it already!](#)**

(**NOTE:** If you've already entered, you're automatically eligible for every bimonthly giveaway.)



**Pump in Style Advanced backpack from [Medela](#).**  
Retail value: \$350.



Subscription to **[FitPregnancy](#)** magazine.  
Retail value: \$12.97.

[Visit NutraBella's Web Site](#)

## Creating Healthy Children's Rooms



Because children inevitably put toys into their mouths, knowing what their toys are made of is of utmost importance. Some old toys may contain lead paint or mercury beads enclosed in plastic that can be lethal if ingested. If you buy plastic toys, stay away from toxic polyvinyl chloride (PVC) as much as possible. PVC is commonly used in teething toys for young children, beach balls, bath toys, dolls, and other products. Phthalates (the ingredient that makes plastic soft and pliable) have been linked

to reproductive and developmental disorders, cancer, and organ damage. Substitute polyethylene or polypropylene, as they are not chlorinated. Toys made from wood with nontoxic paints or finishes are beautiful alternatives to plastics; they are inspiring to make yourself, or you can support woodworking craftspeople.

Don't forget the imagination of a child, developed in quiet playtime before the days of TV, video games, and cell phones. The development of every individual, including intelligence, personality, health, and happiness, begins when that person is a child. The complexities of brain development are far from being understood, but it is clear that the need for natural play is a real one. Set limits on computer, TV, and electronic toy time. Try to make equal time for active exercise outdoors, contemplative nature walks, quiet time reading, coloring, building with construction-type toys, and make-believe. Music and art are inspiring; many companies sell sustainably made instruments such as drums and nontoxic craft materials. Toys and games in nontoxic materials that focus on teamwork and collaboration teach cooperation. The formative years can set patterns that lead to a healthier, more balanced adult life.

**From: [The Healthy Home Workbook](#)**

**Congratulations to Robyn Hunter of Brookline, MA! Robyn won our tenth round of prizes including the mother of all gift baskets from [Earth Mama Angel Baby](#)—retail value \$250!**

Every two weeks, we're giving away high-end prizes for pregnant women and new mothers. If you've already entered the sweepstakes, you're automatically eligible for each bimonthly giveaway. A new winner will be announced every two weeks until January 2007 in this e-newsletter—so spread the word and invite other expecting or new moms to join in!



Additionally, every two weeks, you'll receive Bellybytes®, this parenting e-newsletter, filled with helpful tips on parenting, nutrition and pregnancy and



**DVD box set from [Laugh and Learn](#). Retail value: \$90.**



**[Healthy Home Workbook](#) from [Chronicle Books](#). Retail value: \$24.95.**



**A box of 12 [Bellybars](#). Retail value \$30.**

**MORE INFO**

## Instant Gratification: Toy Box Tip

Create or purchase storage bins or drawers to hold toys, because some chemicals and finishes on toys can be kept at bay when contained. This also creates good habits and helps to eliminate clutter in a child's room. An orderly house is easier to keep clean and free of dust and dirt, plus it is so nice for you and your children to be able to



special information about our featured prizes.

No purchase necessary—a purchase

won't increase odds of winning. One entry per person. Duplicate entries will be deleted.

find things when you want them.

**From: *The Healthy Home Workbook***

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