

american baby

HEALTHY PREGNANCY, HAPPY BABY

decode those flutters!
What Baby's Kicks Mean

Enjoy An Earth-Friendly Shower
Simple Party Secrets, P. 78

Listen Up!
How To Care For Infant Ears

7 Little Beauty Lifesavers Every Busy Mom Needs

Know A Cute Baby?
Enter Her In Our Cover Contest!
P. 10

Oh Joy! New Toys
The Best Playthings Of 2010

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showered with love

As a green-minded mom-to-be, I still enjoyed a great party, while staying mindful of the most important mother of them all, Mother Earth!

By Jennifer Grayson

Since I'm an ardent environmentalist (I'm the eco-advice columnist for *The Huffington Post*), I've known from the get-go that I want to instill in my child a deep love and respect for nature. It made sense, then, that my efforts would begin even before she was born, at my shower.

When my friends started talking about throwing me a party, I told them I wanted to have a "green" get-together. By that I meant a celebration that would be healthy for both my baby and the planet. I registered for bedding and toys free of toxic chemicals, and I tried to limit my selections to things I would actually use regularly. For the party itself, I liked the idea of serving delicious, locally sourced food and having decorations that wouldn't go straight to the dump.

The hushbox, at my mom's home in Pasadena, California, was a big success. My baby-girl-to-be and I were the recipients of heartfelt attention—and thoughtful gifts for our future.

How eco-chic! Jennifer's Mateo dress is made from green materials (31% ecocoincollections.com).

Potted herbs make for flavorful favors!

Jennifer's mom cut the fabric into burp cloths after the party!
Vintage fabric by www.Biscuit.Bedding

Photographs
by David Tsay
Styling by Kim Field

Photo: David Tsay
Styling: Kim Field
Dress: Ecocoin Collections
Fabric: Biscuit Bedding
Tablecloth: Biscuit Bedding
Chairs: Target



plant this!

An adorable note (botanicpaperworks.com) that sprouts flowers, a fitting metaphor for a baby shower!

These pretty invites are handmade from 100% recycled materials.

gifts with lots of heart

What baby products are made of and packaged in, and how they last, can all make a difference.



Friends brought organic cotton wrist rattles that come in red keepsake boxes (312) spoonpark.com.

a responsible registry

You can go gaga for great gifts and still be green! Adorable organic cotton babywear is everywhere. Here, I'm holding this sweet Tomato dress (\$36; abemarket.com). I had fun picking unique pieces from online green registries such as thelittlewood.com and ourgreenhouse.com, as well as eco-friendly offerings from Giggle and Amazon. I borrowed several lightly used items (like a bassinet), and I also added a diaper service as well as one for organic meal delivery to my mom-to-be wishlist.



Small Farm bamboo footie pajamas (312) smallfarm.com

Disney Baby Winnie the Pooh organic cotton pajamas (316.00) Disney.com



the buffet brimmed with local fare in vintage dishesware.



✔ No BPA here! Get our Smiling Planet dishware (\$18), smilingplanet.net; a Life Factory bottle (\$11), and a Nether (\$7), lifeafactory.com.

✔ This gear by Dubeds is created from hand-knit cotton that's colored with eco-friendly dyes (\$22), amazon.com.

✔ The Bottoms Up Reusable Cloth Wipes Kit is an initial investment that saves money and cuts waste (\$10), www.mimel.com.

✔ Babies love round teats; this Spa Baby Eco version is made from recycled plastic (\$43), spa-baby.com.

✔ Toiletries from Johnson's (Shutterstock), Naturals by Safety 1st (Diapers "1" Ltd.), and EcoSore (ecorestore.com) are gentle.

✔ An Aden & Anais bamboo blanket makes pretty and practical gift wrap (this for \$40), adenandanais.com.

✔ Cloth diapers are brighter, cuter, and easier to use than ever (\$20), hickstuck.com.

✔ "Peace Love Dream" teething toys are made out of cherrywood and bagged in biodegradable jute (\$58), landofnod.com.

A reusable basket is loaded with natural baby loot.



✔ Kate Green Organics cotton bodysuit (\$17), kategreenorganics.com

✔ Zulfino organic cotton sleeping gown (\$27.95), zulfino.com

✔ Fussy Honey Bunny organic cotton bodysuit (\$28), fussyhoneybunny.com

✔ Coyuchi organic cotton, hand-embroidered jumper (\$28), coyuchi.com



fall faux sangria

16 to 20 servings

- 1 each of the following: orange, apple, pear, lemon
- 4 cups apple juice
- 1/2 cup lemon juice
- 2 cups orange juice, strained
- 1 cup white grape juice
- 7 1/2 cups sparkling pomegranate soda

Combine thinly sliced fruit with juices (fresh is best) in a pitcher. Chill for two hours. Add soda just before serving over ice. You can sub red wine for the soda. Add it with fruit and juices before chilling.

A chef friend at Apples & Onions LA concocted a healthy mocktail.