



**DINNER IN  
10 MINUTES  
BOOYAH!**

**BRAT-PROOF  
YOUR  
BABY**

**TREND ALERT  
DADCHELOR  
PARTIES**

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# parenting

modern families + fresh ideas

**GIRL  
POWER  
2.013**

**WHAT YOURS REALLY  
NEEDS TO SUCCEED**

**“MY TODDLER  
HAD  
PLASTIC  
SURGERY”**

**“OUR  
MUSLIM  
FAMILY IS AS  
AMERICAN  
AS YOURS”**

**YOUR  
OMG  
MOM  
MOMENTS**

**HOT NEW REGISTRY ITEM  
COLLEGE  
SAVINGS  
NO, SERIOUSLY.**



# Offspring



**32** Potty time?  
Next-generation  
training pants



**22** Please be seated  
Boosters they'll  
actually want to use

It's a small world  
Internationally inspired  
bedroom style, p. 28

## MAIN SQUEEZE

Pouches are the newest baby-food trend—but not all experts are buying it.

BY KATIE CHOI

Baby food used to be as predictable as a jar of strained pears, but these days stores are filled with colorful pouches in foodie flavors like Peach Mango. With companies reporting double-digit sales growth in recent months, pouches seem to be all the rage—but how do they compare with traditional jars? We asked two experts to weigh in.

### "POUCHES ARE A GREAT ON-THE-GO OPTION."

"The popularity of pouches reflects how busy we are as a society," says Kate Geagan, a registered dietitian in Salt Lake City. "I don't think they should replace jars—you don't want to lose the intimate connection of spoon-feeding your baby. But many pouches are minimally processed to preserve nutrients and flavor, and you can just toss one in your bag and not worry that it will break or leak."

### "SUCKING ON A POUCH CAN REALLY BACKFIRE."

"I have real concerns about this form of feeding," asserts Karen Ansel, a New York-based registered dietitian. "Sucking on purees may breed eaters who are reluctant to chew food with more texture (like real fruits and vegetables). Plus, if parents are always offering a pouch at the first sign of hunger, kids may not develop the hunger and satiety cues that will help them learn not to overeat as they get older."

## BRIGHT IDEA

The right kind of praise lasts longer than you'd think!

Children who are given "process praise" that emphasizes their actions ("You did a great job") are better able to solve challenging problems five years later, compared with those who are given "person praise," which focuses on a child's inherent

quality ("You're so smart!"), according to a new study. The next time your kiddo pulls off a finger-painting job worthy of Monet, let her know you appreciate all her hard work!



Pouch or Jar,  
CHECK THE LABEL FOR  
ADDED SUGAR.

SPoons vs. Pouches: MICHAEL KHANUS; FOOD STYLING: KENICOR; BETSILL; BACKGROUND: SHUTTERSTOCK; GIRL: STEFANIE AUMILLER; GETTY IMAGES; SOURCE FOR "BRIGHT IDEA": STUDY: CHILD DEVELOPMENT