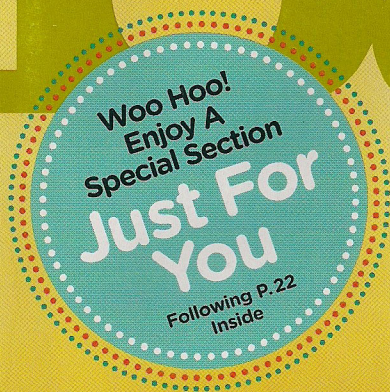


american baby

HEALTHY PREGNANCY, HAPPY BABY



Stay-Well Secrets For Moms-To-Be

- ✓ Stave Off Sniffles
- ✓ Flu-Proof The Family
- ✓ Be Your Healthiest!

The Very Best Baby Carriers

(They're Comfy
For Both Of You)

Alyssa Milano

She Dishes About Little Milo,
Mommy Friends, And Lots More

New Baby, New Year, New Hair!

Gorgeous Looks
That Fit Your Life

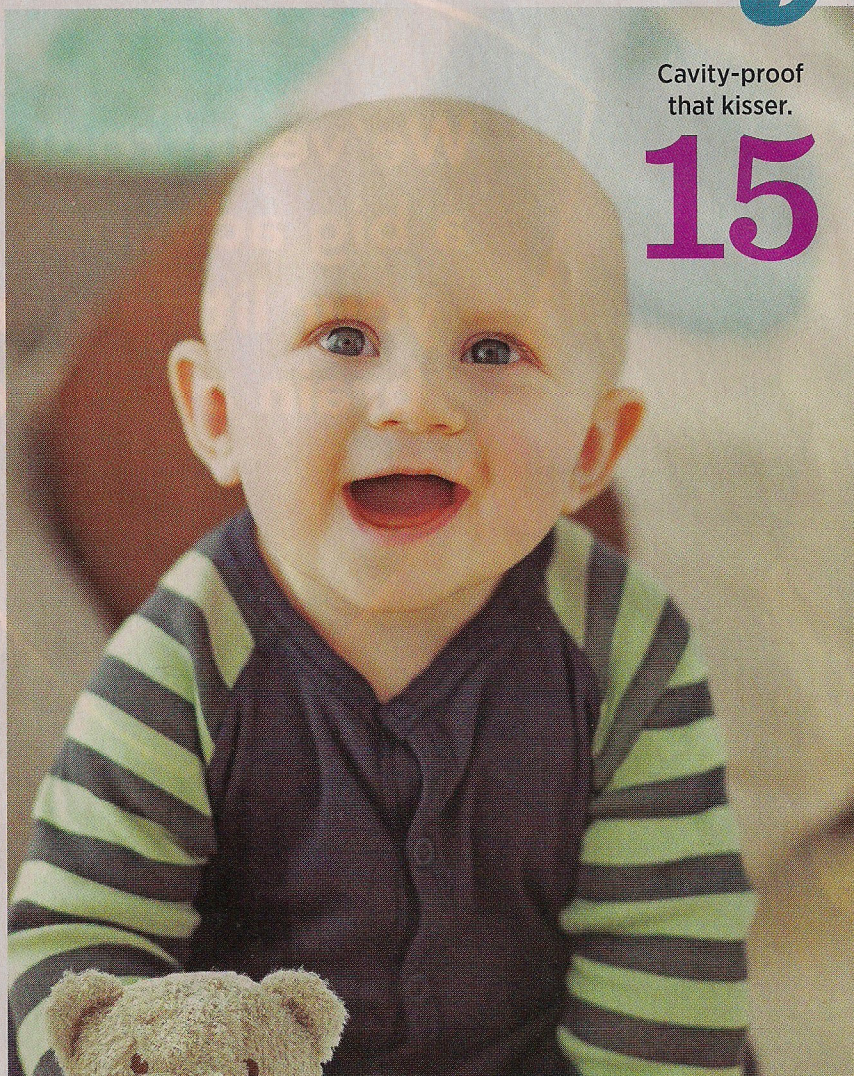
{2012} january

A Special
Section
Just For
You

After page 22, you'll find a must-read section of articles tailored to where you are in your stage of pregnancy. You're going to love it!

Cavity-proof that kisser.

15



welcome

5 | Mom Buzz Readers share stretch mark solutions and quotes that inspire them as moms. Plus, advice for the hectic first days at home

6 | Enjoying Baby Bliss With Alyssa Milano* There's only one way to describe how the star feels about baby Milo: charmed.

baby booty

9 | Baby Booty A Boppy you'll want to take everywhere, a blanket for foolproof swaddling, and other editors' favorites

12 | Modern Classic Sabrina Soto, host of HGTV's *High Low Project*, shows you how to create a classy nursery quickly.

all about baby

15 | Health How to protect his teeth before they appear, crucial info on infant weight loss, and other stay-well tidbits

20 | Riding High: Carriers* Five designs for toting your tot while keeping hands free

all about mom

43 | Health Secrets to slimming your bod (and your grocery bill!), free nursing help, and must-knows for moms-to-be with asthma

46 | Mom's the Word Been keeping up on the celeb-mama scene? Put your know-how to the test with our star-quote quiz.

50 | Happy New Hair!* Steal one of these 'dos to make this the year you found your best cut.

52 | Health Secrets for New Moms* Stay-well tips—because you have more important things to attend to than the sniffles

56 | American Babies: Pittsburgh Home of the push-button stroller and big, buttery cookies. Mommy Nirvana!



12 Picks that never go out of style



{ ON THE COVER

Photograph by Alexandra Grablewski. Styling by Kristen Petliski. Hair and makeup by Noelle Marinelli.

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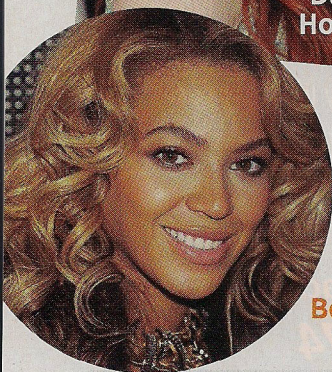
*Cover Story



Kate Hudson



Bryce Dallas Howard



Beyoncé



Jennifer Connolly

mom's the word

Match the celeb to what she reportedly said about her pregnancy and motherhood.

1

"You hear people say it all the time, how life changes so drastically. But you can't possibly grasp how beautiful that is until you have your child."

2

"I crave cantaloupe like a crazy person. But I put salt all over it, so I don't know if it's that healthy. That mixture to me is so good."

3

"Sometimes I stand there going, 'I'm not doing any of this right!' And then I get this big *man* belch out of her, and I go, 'Ah, we accomplished this together.'"

4

"I had to stand in front of my refrigerator, which was open, dipping pretzels in cream cheese and stuffing them in my mouth. If I did that, I was good. Otherwise I was nauseous."

5

"Everything has been different, which is why I think it's a girl. It definitely doesn't belong to me, this area [points to stomach]; it's all 'hers.'"

6

"It is the most powerful creation to have life growing inside of you. There is no bigger gift."

7

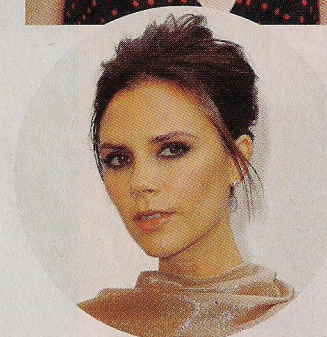
"I'm not really one of those people that likes to go out and pose and flaunt being pregnant."

8

On balancing work and motherhood: "It's hard for any working parent. I think it's one of those things that you can only plan so much. You just have to make decisions on a day-to-day basis."



Christina Applegate



Victoria Beckham



Pink



Jessica Simpson

ANSWERS: 1. Pink. Source: People.com
2. Jessica Simpson. Source: People.com
3. Christina Applegate. Source: People.com
4. Jennifer Connolly. Source: Late Show With David Letterman
5. Kate Hudson. Source: E! Entertainment Weekly
6. Beyoncé. Source: Associated Press
7. Victoria Beckham. Source: People.com
8. Bryce Dallas Howard. Source: Parade

APPLEGATE AND BEYONCÉ (2): GETTY IMAGES; BECKHAM, HUDSON, AND CONNELLY (3): WIREIMAGE/GETTY IMAGES; PINK/APP/GETTY IMAGES; SIMPSON: ELM/IMAGIC/GETTY IMAGES; HOWARD: STEPHANE CARDINALE/PEOPLE AVENUE/CORBIS.