

SICK KID? There's an *app* for that! p. 88

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parenting

modern families + fresh ideas

Who's hungry?

74 easy snacks, lunches & Turkey Day treats

How kids change the way you vote

Whoa, baby!

Gorgeous gear you really need

7 tricks for *picky eaters*

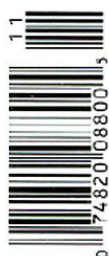
Spoiled tot?
Read this!
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Introducing...

The Eaties!

Awards for the best kid-friendly foods

U.S. \$3.99





Less Makeup!
Golden hair hues liven winter-weary skin, so you can go easy on the blush.

Head Off Trouble

The air isn't all that's crisp these days. Your locks took as much of a beating as the kiddie pool all summer. We turned to the experts for timesaving tips to keep strands lush all winter.

Leave it in

Save a step with leave-in conditioner. "It acts as a cozy coat between your hair and dry air," says Nicholas Penna, Jr., of SalonCapri in Boston. We love Garnier Sleek & Shine Leave-in Treatment.



Smells like baby oil, only better! (\$4)

Dive deep

Using a deep conditioner for ten minutes once every few weeks is enough to keep hair soft. It's a 10 Miracle Deep Conditioner plus Keratin (\$16; amazon.com) gets raves.



Avoid ashy shades

"Regardless of my client's natural color, I add a little warmth in winter," says celeb colorist Denis De Souza. L'Oréal Professionnel Mythic Oil Colour Glow Oil boosts any shade.



Keeps colored hair shiny. (\$32; lpsalons.com)