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PLUS:
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IDEAS
P. 224

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- CREATE A STUDY-FRIENDLY SPACE
- RAISE AN EAGER LEARNER

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The Working
Parent's Guide
To Sick Kids



Get Your Hair to Behave

If the last time you paid attention to your hair was B.C. (before child), these easy tips will have it looking gorgeous again.

BY TRACY PEREZ



You Want No Frizz

Nothing's more frustrating than taking the time to do your hair in the morning, only to have it frizz up by your lunch break. These tips will help your strands stay smooth all day long.

DO make your life easier if you've got curly-frizzy hair by using products designed to whip ringlets into shape fast.

TRY a blow-dryer attachment like the Deva Fuser (\$35; devachansalon.com) and Rene Furterer Acanthe Perfect Curls Curl Enhancing Leave-In Fluid (\$26; beauty.com).

DO consider a salon service if you want longer-lasting results. One of the best frizz-taming technologies out there now is the keratin treatment (average price: \$300). In addition to virtually eliminating fuzz, it adds incredible shine for up to five months.

TRY the Keratin Complex Mini Iron (\$60; keratincomplex.com) as an alternative (or add-on) to a pro job.



DON'T discount less expensive brands. The formulations have gotten way more sophisticated.

TRY Avon Advance Techniques Frizz Control Lotus Shield (\$12; avon.com), a leave-in conditioner that blocks frizz for three days (even through washing) after you've been using it for a week. John Frieda Frizz-Ease Smooth Start Shampoo, \$7, uses a patented blend of serums, essential oils, and proteins to bring the proper moisture balance to your hair so it holds up to humidity better.

You Want More Body

For tips on how to bring life back to limp locks, we turned to hairstylist Susanna Romano, co-owner of Salon AKS in New York City and mom of two daughters, ages 3 and 6.

DO use a volumizing shampoo and conditioner. "They're a good start to the styling process because they're lightweight and won't weigh your hair down," Romano says.

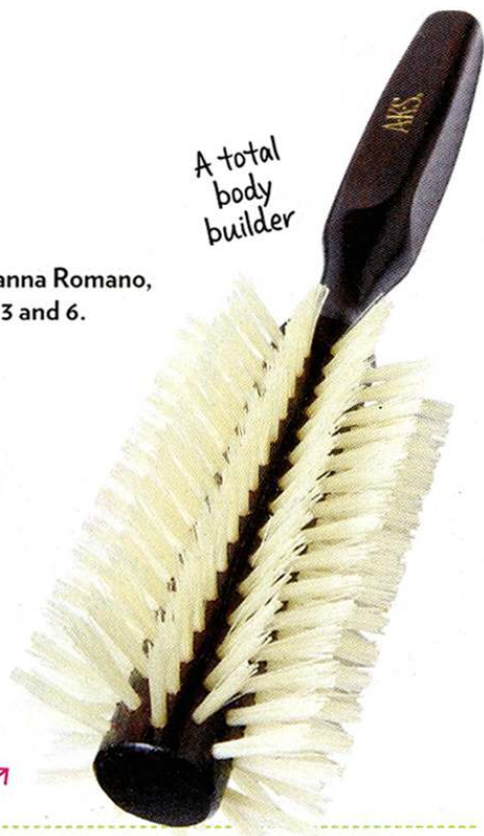
TRY Ojon Hair Volumizing 2-Min Hair Mask (\$34; ojon.com), which offers deep conditioning in the time it takes to shave your legs.



DON'T use a blow-dryer until your hair is halfway dry. Romano recommends towel-drying it first. You'll get more volume this way.

DO invest in a quality natural-bristle round brush. It provides volume, bounce, and shine, all while being extremely gentle on strands.

TRY AKS Silk Bristle Round Brush (\$60; salonaks.com).



DON'T finish blow-drying your hair by flipping your head over. "A lot of women do this to get more volume, but you end up creating frizz by going against the cuticle of the hair," Romano explains. You're better off gently lifting your roots with your fingers and giving them one last blast with the blow-dryer.

You Want Richer Color

Fall's the perfect time to warm up your hair color. To go longer in between touch-ups, try these tips from Nicholas Penna, owner of SalonCapri salons in the Boston area.

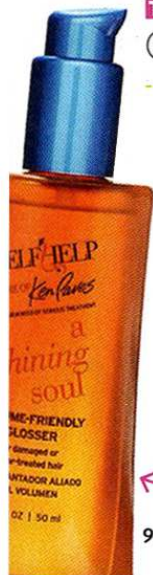
DO switch to a shampoo for color-treated hair. Look for one that's free of sulfates, since these detergents can strip hair of color faster.

TRY Pureology Antifade Complex Hydrate Shampoo (\$27; pureology.com for salons).

DON'T wash it too frequently. Try to go at least a day in between. The more you rinse, the quicker the color will go down the drain.

DO run a shine-enhancing product through your hair when it's dry to boost your hair's radiance in between coloring sessions.

TRY Self Help Care of Ken Paves A Shining Soul Volume-Friendly Glosser (\$15; QVC.com).



Instant Hair Help

No time to wash and style? Try one of these fast fixes to fool everyone.

FALLEN FLAT? Flip your head over, and give your ends a blast with hair spray to refresh your style while adding volume and all-day control. A top choice among stylists: L'Oréal Professionnel Texture Expert Infinium 4 Extreme Hold Finishing Spray (\$8; us.lorealprofessionnel.com).

CURLS GONE MILD? If your curls are lacking bounce, use a spray bottle filled with water to dampen them and start scrunching.

GREASY ROOTS? Grab a bottle of baby powder, shake out about a quarter-size amount, and use your fingers to rub it in along your hairline and scalp.

