

THE 2-WEEK FIX FOR PICKY EATERS

MAY 2009

# Parents

## BIRTHDAY PARTIES THAT WOW

- 12 FUN GAMES
- 5 GENIUS THEMES
- 14 EASY DECORATIONS
- 6 AFFORDABLE FAVORS
- 4 COOL CAKES AND ONE GREAT TIME!

Rehab Your  
"Mom Abs," p.74

NEW ANTIBIOTIC ALERT

Keep Your Kid Safe

### Good Values

How to Teach Them  
(And Make Them Stick)

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goody bag



## Access to Nancy O'Dell's Scrapbook

Who knew that the *Access Hollywood* cohost is a scrapbooking fiend? "I keep pretty much everything that has to do with anything in our lives, but my most treasured books are the ones I made during my pregnancy with Ashby [now almost 2]," says O'Dell. She graciously let us take a peek at her scrapbook and gave us clever tips for creating your own.

### START WITH ...

- An empty scrapbook with acid-free paper to prevent deterioration. It's also a good idea to use plastic sleeves.

### THEN, ADD PICTURES LIKE ...

- Your positive EPT.
- Your ultrasounds. They're printed on heat-sensitive paper, which breaks down over time. So I made copies of mine on good-quality thick photo paper and then laminated them.
- Belly shots at regular intervals, taken from the side, of course!
- Snaps of siblings and grandparents with your expanding stomach.
- Photos of meaningful occasions—to document what you were doing over the weeks. I took one with every celeb I interviewed during my pregnancy.

### DON'T FORGET MEMORABILIA

- Shower invitations.
- Advice from your girlfriends. Mine wrote down their tips at my shower.
- Swatches of fabric from nursery bedding or draperies.
- Nursery-paint color cards.
- Pages from your daily calendar. I chart everything in mine.

### AND WRITE ABOUT ...

- How you felt when you found out you were pregnant.
- How you told friends and family and how they reacted.
- All the stuff you're going through: Did you have cravings? Unusual dreams? What songs did you listen to? What baby names did you consider? The list is endless!

From the book *Full of Life: Mom-to-Mom Tips I Wish Someone Had Told Me When I Was Pregnant*, by Nancy O'Dell, copyright Simon Spotlight Entertainment.