

HOW DOES YOUR KIDDO “WORK OUT” WITH YOU?

My kids and I dress up in our superhero gear and go to our local park to “fight crime.” My daughter dresses as Supergirl, my son as Batman, and I usually dress as Robin or Wonder Woman. The kids ride their scooters while I jog beside them. Then, after, we play together at the playground.

Tianna Knight
Riverside, CA

We go for walks down our country dirt road. My kids love picking flowers, and once we even saw a deer and her new baby!

Kimberly Carlson
Ratcliff, AR

We do a lot of scavenger-hunt hikes for different animals, birds, trees. Or we go to the local golf course and look for golf balls left behind in the long grass and trees.

Kerri Weldon
Wellesley Island, NY

My daughter rides her bike and walks the dog at the same time while I walk behind her. I’m also a dance teacher, and she takes many of my classes!

Adriana Cordero
Rancho Cucamonga, CA

We take karate classes together. They’re priceless memories. When do you ever get to pull a takedown on your mom?

Kelly Wolf
Neenah, WI

All-Natural Headache Relief Did you know that 17 percent of kids get frequent or severe headaches? Ouch! If your kiddo ends up with a noggin-pounder, have her start by drinking a big glass of water. Then, try this: Grab a warm towel and wrap it around her feet. “This distracts and diverts blood flow from your child’s head to her feet, which eases pain and induces relaxation,” says Kathi J. Kemper, M.D., author of *The Holistic Pediatrician*.



He'll be back in time to say good night!

FOR THE LOVE OF LOVEY

It's bathtime for your little's hardest-working friend!

LOVEYS ARE THE BEST. They're all soft and cuddly, helping comfort your infant or toddler or—let's face it—big kid when he or she is sleepy or anxious. But, man oh man, do they get gross with all the sucking and dragging and huggin'. In fact, a well-loved stuffed animal was dubbed a “reservoir of bacteria” in a 2015 study in the *Journal of Pediatric Orthopaedics*. (Eww!) The good news: Researchers also noted that a good ol' run in a washer and dryer totally de-germified most of them.

To get your child's toy as clean as

possible, follow this advice from Mary Marlowe Leverette, a bona fide laundry expert for TheSpruce.com.

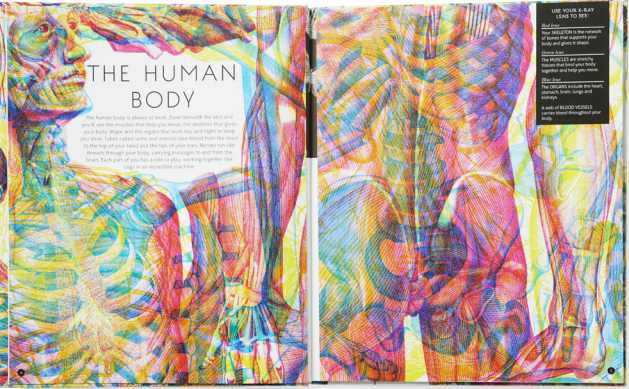
Shake it off. Lightly soiled? Toss it into a zip-top bag and sprinkle in baking soda to absorb grease, odor, and dust. (Start with ½ cup for a 4- to 5-inch animal; 1 cup for up to 12 inches; and 2 cups for larger items.) Shake vigorously for a couple of minutes. Once it's out of the bag, shake again to remove the excess, or vacuum with an upholstery tool.

Use a clothes brush. A clean, dry, soft-bristled brush with nylon bristles can remove dust and surface dirt before—and between—washes. (The thicker the fur, the more dust and dirt gather.) Start at the top and work your way down with soft strokes, following the lines of the fur.

Opt for a sponge bath. Spot cleaning is the way to go if the lovey is filled with small foam balls instead of batting, or if it contains a musical element or has glued-on items. Dip a white cloth in a mix of 1 teaspoon gentle detergent and 1 cup cool water. Blot all around and repeat with a fresh wet cloth to remove the soap. Let it air-dry.

Toss it in a bag. If your child's comfort item doesn't require a sponge bath, place it in a mesh bag or zippered pillowcase before washing on delicate. This will prevent snagging from zippers on other clothes. Plus, the bag can catch any parts that might come loose.

Make a temp decision. If you're working with a blanket or a flat item, go for a hot wash. For others, use cold to keep the toy intact. Be careful with the dryer. Most stuffed toys have synthetic-fiber fur that can easily burn. If you need it back ASAP, try the lowest heat setting. Otherwise, air-dry. (Roll the lovey in a thick, clean white towel to remove moisture more quickly.)



book we love

Insider's Guide to Your Body There's no more beautiful way to get kids into biology than the new book *Illumanatomy*, by Kate Davies (Wide-Eyed Editions; \$20 at Barnes & Noble). At first glance, the pages display vibrant images of the human body in swirls of color. But once you place a special three-color X-ray-like card over the illustrations, something else emerges. Peeking through the red lens reveals the skeletal system. Looking through the green shows how muscles work. And gazing through the blue reveals organs in action. Beyond cool!

COLUMN BY HOLLY PEVZNER

we tried it!

DAIRY-FREE RAVIOLI

Milk is the most common food allergy in young children, which means a lot of kiddos are missing out on one of the biggest joys in the world of pasta: ravioli. But now there's Kite Hill's dairy- and soy-free ravioli made with almond-milk ricotta (\$8; Whole Foods). To see if this vegan ravioli could rival the real deal, we had pasta aficionados (aka kids) test it. The results were unanimous: seconds all around! Half loved the Mushroom Ricotta ravioli. (A self-proclaimed mushroom-hater even declared it “yummy.”) The rest voted for Spinach Ricotta. (“Can you buy this for me again?” asked one 6-year-old.) The best part? Adults loved it too. *And* it's plant-based, so score for taste and health!