

A NEW LOOK AT MOTHERHOOD

pregnancy

Give your baby a **HAPPIER and HEALTHIER LIFE** starting now p.65

Saved by the baby!



Mario Lopez & Courtney Mazza
p. 73

35 Great gifts!

Customized keepsakes, greenest toys, and high-tech treats

YOUR BIRTHING TEAM
Who does what—and why p. 47

Tyler Florence's favorite **BABY FOOD** recipes p.56



Pregnancy SERIALS



0033
bib:13399108164

NO

อภิวัฒน์นาการ
บริษัท เมอร์ดิวรี ดาต้า จำกัด
59/70 หมู่ 6 ซ.ชินเขต ถ.งามวงศ์วาน
แขวงทุ่งสองห้อง หลักสี่ กทม 10210

015 08 460989 50750 0

"I think Mario's planning a party in the waiting room."
— Courtney Mazza

ON THE COVER

MODEL:
COURTNEY MAZZA

PHOTOGRAPHER:
LISA FRANCHOT

STYLIST:
JULIE KOZAK

COVER: SWEATER, FROM COURTNEY'S CLOSET; A PEA IN THE POD J BRAND SECRET FIT BELLY S POCKET SKINNY LEG MATERNITY JEANS IN BLACK; ALL JEWELRY FROM COURTNEY'S PERSONAL COLLECTION.

RIGHT: VELVET FOR A PEA IN THE POD ¾ SLEEVE LACE TRIM MATERNITY TUNIC IN DUSTY BLUE.



Tyler's favorite baby food recipes.

57



Features

57 Baby food 911

Celebrity chef and dad Tyler Florence shares his recipes for healthy baby food; plus how he handled his own picky eater! Interview by Abigail Tuller

63 The experimental pregnancy

The new science of fetal origins claims baby's environment in utero determines everything from appetite to temperament. By Annie Murphy Paul

73 Saved by the baby, part 1

Courtney Mazza tells us about her pregnancy while taping a reality show, *Mario Lopez: Saved by the Baby*, with the daddy-to-be. Interview by Abigail Tuller

Word of Mom

79 5 minutes with...

C.S.I. Miami's Emily Procter.

81 Relationships

Learn how to tactfully handle advice from your parents.

85 Fatherhood by GreatDad.com

Who's man enough to be a SAHD?

88 You: having a baby

Thinking of skipping childbirth class? The YOU docs say think again.

92 Nanny Stella

Find excellent child care with Nanny's interviewing tips.

94 Ask our experts

Our ob/gyn, doula, pediatrician, and psychologist answer your questions.

96 There, I said it

Introducing...*Mama Never Told Me*