

CANADIAN FAMILY OCTOBER 2010

WELLNESS ADVICE  
FOR NEW MOMS

CAR SEAT SAFETY  
FOR TODDLERS

NATURAL HEALTH  
CURES FOR EVERYONE

# CANADIAN family

**bonus!**  
11 D.I.Y.  
costume  
ideas

*special*

## HEALTH ISSUE

Nutrition, fitness & well-being tips for your whole family!

**16 RECIPES**  
ALLERGY-FRIENDLY  
& POTLUCK PERFECT

life-saving  
baby-proofing  
solutions

*plus*

**WHY AGGRESSIVE  
WORKOUTS ARE  
PERFECT FOR  
MOMS P.17**

How much  
calcium all  
kids need

*how to*  
**BEAT  
THE  
FLU**



SEP10  
E6001  
XX27 (S)

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OCTOBER 2010

NUTRITION FITNESS AND WELL-BEING TIPS FOR THE WHOLE FAMILY!

CANADIANFAMILY.CA