

AUGUST 2015 • FREE

What Every Parent's Talking About

parenting OC

*2015 Cutest Kid
Contest Winner,
Aidan of Santa Ana.*

THE BACK-TO-SCHOOL SURVIVAL GUIDE

Backpack, Back Pain
A to Zzzs of Sleep Routines
Unique Style in a Uniform World
The New Class of Healthy Snacks

SPECIAL SECTIONS: PRESCHOOL & EDUCATION, CAMPS & ACTIVITIES, SWIM



Medela Freestyle Breastpump

Freestyle is a double electric breastpump for moms who pump several times a day. The compact, lightweight system fits in a black tote and comes with a rechargeable battery for mobile pumping.
 \$399, www.medelabreastfeedingus.com



Infinity Breastfeeding Scarf

Stylish enough for even non-nursing moms to sport, this chevron'd bit of flair keeps mom and baby covered in sensitive situations without a lot of fuss or needlessly covering baby with a bulky blanket.
 \$25, www.itzyritzy.com

Milkies Milk-Saver and Milk Tray

These genius products solve two problems — losing liquid gold from the non-feeding side (not to mention embarrassing leak marks!) and freezing milk to fit into a bottle without endless slow thaw.
 \$29/\$21, www.fairhavenhealth.com



SPEECH THERAPY
 Coastal Pediatric Speech Clinic
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Ages 0-3
 The Zumbini program is where the science of child development meets the magic of Zumba® for the ultimate bonding experience!

ON GOING SESSIONS

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A welcoming & upbeat atmosphere for kids!
 Classes increase focus and self-confidence, boost metabolism and improve coordination. More than just a great way to stay active and healthy

Ages 7-12