

family+pets

expert **advice** + fun **projects** for the whole crew

"SMART" FOOD

Make school lunch fun with this neat tangram-wich! Spread your fave filling between slices. Next, cut into triangles (two large, one medium, two small), a square and a parallelogram (see left). Use the puzzle pieces (and your imagination) to make cool things like a bunny or a fox. Kidzels, \$3.69 for 10 oz, store.utzsnacks.com.

*cool for
school*

98

pets

112

travel

114





2018

COOL FOR
SCHOOLJACKIE LONDON,
M.S., R.D.GH NUTRITION
DIRECTOR

HEALTHY BREAKFAST TO GO

These on-the-run picks provide protein, fiber and healthy fat to help you (and your kids!) start the day off strong

SUNFLOWER BUTTER +
MULTIGRAIN CRACKERS

LAB PICK: SUNBUTTER ON THE
GO CREAMY SINGLE CUPS

HARD-COOKED EGG +
AN APPLE

LAB PICK: EGGHAND'S BEST
SNACK W/ CHOCOLATE
COVERED ALMONDS AND
SHARP CHEDDAR CHEESE



WAFFLES + NUT BUTTER

LAB PICK: VAN'S WHOLE GRAIN
WAFFLES + RX NUT BUTTER



lose the snooze WAKE 'EM UP

Try these strategies to help everybody rise and shine in a happy mood and get out the door with time to spare

STICK TO A SCHEDULE "Having a regular wake-up time is just as important as having a regular bedtime," says Mandy Gurney, cofounder of the Millpond Children's Sleep Clinic and coauthor of *Teach Your Child to Sleep*. Sleeping in for a little bit on Saturday morning is OK, but Gurney warns that letting your child lie in bed for hours all weekend will make getting her out of bed on Monday morning a total nightmare.

WOW THEM WITH KINDNESS

A small pick-me-up can go a long way toward getting your crew up and moving each day. Instead of barking at your kid for the 10,000th time to wipe the crust out of his eyes and get dressed, bring him a glass of cold milk or a warm washcloth for his face. Research shows that treats

like this can work wonders, particularly when it comes to lighting a fire under teens, whose bodies are naturally programmed to wake up and go to bed later. An offer of 10 minutes

of free gaming time on an iPad may also give elementary-aged kids an incentive to come out of a deep slumber.

LET THEM HANDLE IT

"As a parent, our job is to transfer responsibility to our children," says Marie Masterson, Ph.D.

"The earlier we start, the better."

So let your kids pick out and set their own alarm clocks—for a reasonable time, of course. According to Masterson, little ones as young as 4 and 5 take pride in doing this, and if kids are given some ownership of their wake-up call, they're more likely to abide by it.



QUICK TIP

Let slowpokes
sleep in a clean tee
and tomorrow's
underwear.

Get Them Psyched About the Year

Saying farewell to summer isn't the easiest thing for children of any age. Teachers share how they get students excited about being back in class.



Set Goals

"Create a vision board. It will help them to start thinking about what they want to accomplish this year and all the fun that awaits them."

— Abimbola Cole Kai-Lewis, New York City



Make a Study Playlist

"I download one every year with students' favorite motivational songs and play it whenever they're working independently. It always gets them excited and feeling productive."

— Sandrella Wilkerson-Bush, Irving, TX



Share Your Experiences

"School can seem more exciting when adults talk about their own fun school memories and favorite subjects."

— Taiwana DeShone Anthony, Ph.D., Washington, DC



problem solved:

MASTER THE A.M. DROP-OFF

Separation anxiety is normal for children in preschool through first grade (and some moms too!). Try these strategies for tear-free goodbyes

1

THE NIGHT BEFORE

Curb your anxiety (which your child can pick up) by planning ahead. Have everyone's clothes out, bags packed and lunches prepared, plus a comforting toy or book ready for the car or bus ride.

2

IN THE MORNING

Establish the first day as special by taking fun photos or whipping up rainbow pancakes. This will start your toddler off in the right frame of mind and create a new tradition he'll look forward to.

3

AT SCHOOL

Don't rush him in or leave quickly. If tears happen, avoid trying to stop them fast; instead, offer a warm hug to soothe the child. Look for a cue from the teacher about when she should take over.

SOURCE Rikia Ancar, M.A., PLMFT, a family therapist in New Orleans

KIND CYCLE: *Underwear Drive*

Donating clothes and shoes to those less fortunate is a common practice for many of us. But often overlooked is the need for underwear. After learning this from a social worker in 2008, Rabbi Amy Weiss founded **Undies For Everyone** (UFE), a Houston-based nonprofit that helps provide disadvantaged children with new, clean underwear. Since its inception, UFE has distributed more than 2 million pairs with the help of its partners. Support the cause this school year by holding your own underwear drive or by donating money at undiesforeveryone.org.



2018

COOL FOR
SCHOOL

PRETTY IN MINUTES

We asked one of our favorite mom bloggers—Trina Small, 39, of *The Baby Shopaholic*—for tips on balancing beauty with a busy schedule.



ALWAYS HYDRATE.

If you don't do anything else, be sure you moisturize to keep your skin looking smooth and radiant. Kiehl's Ultra Face Cream, \$16, kiehls.com, is my go-to daily moisturizer and works great during cooler months.



PUT A LID ON IT.

Having a bad-hair day? Throw on a stylish beanie (like this one, \$78, hatattack.com) or a cute baseball hat before reaching the carpool lane.



STASH THE ESSENTIALS.

Keep concealer and lipstick, which can instantly make you look good and awake, in your car or purse. I love L.A. Girl Pro Conceal High-Definition concealer, \$5, Ulta, and Baby Lips Moisturizing Lip Gloss, \$4.50, maybelline.com.



"fast" fashion END GET-DRESSED STRESS

These personal style services deliver affordable and stylish kids' gear straight to your doorstep

ROCKETS OF AWESOME

Every three months, eight clothing items (\$16 to \$38 each, sizes 3 to 12) are hand-selected from the brand's in-house line and mailed to you. Don't like something the stylists chose? Before your box ships, they'll send a sneak-peek link to review with your kiddos. Swap out anything you or your little one isn't into. rocketsofawesome.com

STITCH FIX KIDS

Meet the new kid-friendly version of Stitch Fix. Fill out a questionnaire to give stylists the scoop on your child's style. The company will curate a box of eight to 12 items (\$10 to \$35, sizes 2T to 14) from brands like Nike and Disney along with its exclusive brand, Rumi + Ryder, in addition to motivational stickers and games. stitchfix.com/kids

KIDBOX

Get dressed and give back! For every box purchased and kept (\$98 for six to seven items, sizes 2T to 16), a new clothing item is donated to a child in need. Boxes contain name brands including Puma, Jessica Simpson and Adidas; for \$30, you can also snag Kidsentials, the often-overlooked basics such as socks and underwear. kidbox.com

STYLISH CLOTHES *for special needs*

Hands up if you've had a closet standoff because little Johnny insisted on shorts in December?! Now magnify that angst for a child with diabetes who has to accommodate a pump, or a kid with sensory issues who is overwhelmed by seams or tags. Nearly 13% of the population is faced with such a disability. That's why we're so excited to learn that the supercute Cat & Jack line from Target has developed an **adaptive apparel collection**. The tagless pieces have things like zip-off sleeves, back and side snap closures and hidden openings for abdominal access. It's adorable and affordable—and every piece is under \$40!

at-home tutor

WHAT'S YOUR KID'S HOMEWORK STYLE?

Your child's study method is key to school success — and minimizing parent-kid tension at home. Take this quiz to find out your child's homework personality

1

How long does it take your child to finish an assignment?

A

A while, because he keeps getting sidetracked.

B

Forever, since she forgot her book at school...again.

C

He whips through it in almost no time.

2

When your child is doing math word problems, she:

A

Fidgets or gets up frequently

B

Didn't write down the assignment

C

Does them incorrectly due to reading quickly

3

You're out to dinner, and there's a wait. What does your child do?

A

Paces the floor and complains

B

Digs in your purse while bouncing around

C

Gets frustrated

4

You're baking cookies together. How does your child behave?

A

Gets bored midway through

B

Has ingredients scattered all over the counter

C

Forgets to add key ingredients

5

Time to get ready for school! When he dresses himself, he...

A

Takes forever and gets distracted

B

Puts on a stained and smelly shirt

C

Brushes for two seconds max

Mostly A's

THE DAYDREAMER

Fidgety kids often do things that really annoy parents and teachers, like rocking in chairs or clicking mechanical pencils. Resist the urge to say, "Stop that!" Instead, let her get her energy out, then refocus her by breaking up assignments into short segments.

SOURCE Ann Dolin, founder of Washington, DC's Educational Connections Tutoring Service

Mostly B's

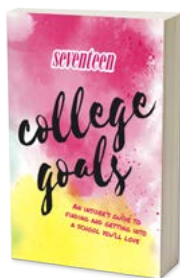
THE DISORGANIZED ONE

This is the child who always forgets his book at school or where he put his homework. The fix: a regular backpack overhaul. Each night, have your child empty his bag and organize notes and anything needed for the next day, which will get him in the habit of decluttering.

Mostly C's

THE RUSHER

Assignments are completed very fast and are often full of mistakes. Check over her work? Never! She's got better things to do. Saying "Slow down!" won't work. Instead, institute a set study period of dedicated homework time and encourage her to use any extra minutes to check her work.



SENIOR YEAR LIFESAVER

Planning for college can be nerve-racking for both you and your kids. Here to help: *Seventeen's College Goals* (\$17, amazon.com), an interactive journal and guide that takes the stress out of finding and getting into a school that's a perfect fit for your teen. It tackles every step of the admissions process with tips, quizzes, quotes and more. Best of all: It emphasizes self-care and fun just as much as goal-setting.

Books for Bedtime

Great stories to send your toddlers, tweens and teens to sleep with sweet dreams



CECE LOVES SCIENCE

by Kimberly Derting and Shelli R. Johannes

Follow a curious little scientist on a mission to see whether dogs eat vegetables with a series of fun experiments.



THE MAGIC MISFITS

by Neil Patrick Harris

Leila and her friends embark on an adventure to keep their city safe from ghosts, mad monkeys and more.



FINDING YVONNE

by Brandy Colbert

After high school, Yvonne has big plans. But family strain, self-doubt and unforeseen events force her to make some tough decisions about the future.

best of the test

BACKPACKS

Finding a sturdy, functional *and* stylish one can be a real test. These top picks from our Textiles Lab pros really make the grade



how we tested:
The Good Housekeeping Institute Textiles Lab tested 26 backpacks, checking them for:

- Fabric/strap strength
- Capacity/packability
- Water repellency
- Weight and padding



96/100

WINNER

AGES 7 TO 12

Its large capacity and durability made this **Garnet Hill Kids** pack excel. The back and straps are well padded, and the adjustable chest strap keeps the bag balanced. Pockets galore will help kids stay organized.

LAB LOWDOWN This recycled-PET fabric bag (made from 18 plastic bottles) aced our abrasion and rain tests and held 10 pounds of books and supplies with room to spare.

GARNET HILL KIDS ECO SIGNATURE BACKPACK, \$50, GARNETHILL.COM

92/100

RUNNER-UP

AGES 7 TO 12

With glow-in-the-dark trim and graphics, this **L.L.Bean** backpack helps kids be visible and safe in the dark. Its shoulder straps had the most padding of all the bags tested.

LAB LOWDOWN Our abrasion and drop tests were no challenge for this lightweight bag. It repelled water well and easily held extra notebooks. All it lacks is a waist or chest strap for extra stability.

L.L.BEAN DISCOVERY GLOW BOOK PACK, \$40, LLBEAN.COM

92/100

WINNER

AGES 13 AND UP

This **Columbia** bag scored high marks for being lightweight and having thick padding. Two full center sections mean there's room for a laptop and the extra books older kids carry.

LAB LOWDOWN The fabric scored well for tear and abrasion resistance, and we liked the added protection of the faux-leather bottom. Like the L.L.Bean, it doesn't have a waist or chest strap.

COLUMBIA NORTHERN PASS BACKPACK, \$65, COLUMBIA.COM

91/100

RUNNER-UP

AGES 13 AND UP

A pack made to go from the classroom to the trail, the **Osprey** is an organizer's dream. It has plenty of pockets, with slots to hold a laptop and a tablet. Lightweight and nicely padded, this bag has mesh fabric on the back and straps to keep it breathable.

LAB LOWDOWN The Osprey aced our drop and water repellency tests and resisted abrasion. It has both a waist and a chest strap, and the rubbery oval zipper pulls are easy to grab.

OSPREY PERIGEE, \$90, OSPREY.COM