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A PUBLICATION OF
L.A. Parent

- Tinseltown Moms
on Baby Number Two
- RSV and Your Infant
- Is Your Baby a
Couch Potato?

... and More!

DOMINION
ENTERPRISES
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McCarthy's books, *Belly Laughs: The Naked Truth About Pregnancy and Childbirth* (Perseus Books Group; New Ed edition, 2006) and *Baby Laughs: The Naked Truth About the First Year of Mommyhood* (Dutton Adult, 2005).

While Devon counts down to the birth of her second child, another celebrity couple is celebrating the recent addition to their family.

Tuning Into Reality

Most viewers unknowingly watched a real-life romance develop on the set of Showtime's family drama *Soul Food*. For much of the show's four seasons (2000-2004), co-stars Nicole Ari Parker (Teri Joseph) and Boris Kodjoe (Damon Carter) portrayed love-torn soul mates. Eventually their steamy scenes sparked a flame that flickered with Parker and Kodjoe becoming engaged at the end of *Soul Food's* run. A year later, Parker began playing the dual real-life role of mother and wife to the couple's daughter, Sophie.

Unlike Devon's determined exercise agenda, Parker Kodjoe says she was lackadaisical during her first pregnancy.

"I looked at pregnancy as my time to relax and eat whatever I wanted, whenever I wanted, because I was eating for two," Parker Kodjoe explains. "I felt like this was one of the most important parts of a woman's life, and I wanted to enjoy it fully. Boy, was that the wrong approach to take! Pregnancy is important, yes. But because of what I was eating and not exercising, I ended up gaining 65 pounds."

To regain her slim 5-foot, 8-inch frame, Parker Kodjoe breastfed Sophie

for the first six months. However, the six-time NAACP Image Award nominee also admits to having trouble dropping the last 20 pounds.

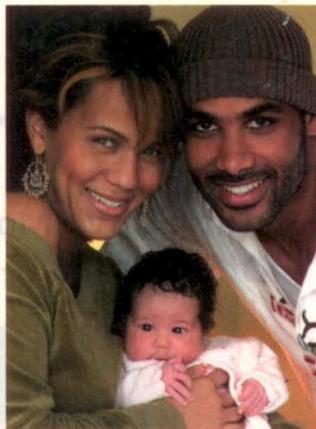
"I would get myself all amped up to get in shape for something – a movie role or TV show. And go into that corrective routine of 'crash and burn' losing and gaining weight. That's crazy, and you set yourself up for failure."

Parker Kodjoe eventually turned to a professional fitness trainer to help her lose the pounds and begin a "sound" nutritional system.

"I learned that you need to be strong during pregnancy and not let yourself fall apart for nine months – and then expect yourself to have the physical strength to have a baby. That's insane and not good for your body," Parker Kodjoe says.

The co-star of *Remember the Titans* with Denzel Washington says the moment she reached her weight loss goal, she became pregnant with baby number two. Parker Kodjoe immediately feared having to experience a second tough weight loss experience.

The Baltimore native read *Body After Baby: The Simple 30-Day Plan to Lose Your Baby Weight* (Penguin Group, 2006) by Jackie Keller. Parker Kodjoe credits the book as a life-changing guide to putting her own pregnancy pounds into perspective. She then con-



Nicole Parker Kodjoe and husband Boris trade smiles when daughter Sophie was less than a year old.

tacted Keller, who is also the founder of NutriFit™ (www.nutritiononline.com). Keller, a nutrition and health coach, helped Parker Kodjoe create a nutrition and exercise program for the entire family to follow.

Building Healthier Families

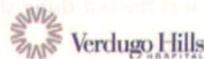
"I feel like I have the peace and power over my food and body," Parker Kodjoe explains. "There's no

panic, because when you panic, you cheat."

The *Body After Baby* plan is designed for six meals to be eaten daily. The book includes a daily meal plan with recipes for postpartum moms who are and are not breastfeeding as well as light exercises to incorporate into a daily routine. As a nutritionist and health coach for more than 20 years, Keller developed a nutritional program that has attracted such high profile clients as Uma Thurman, Susan Sarandon, Angelina Jolie and Tia Carrera. Keller says both pregnant and non-pregnant women need guides for eating healthier.

"The nice thing about *Body After Baby* is that it's a blueprint for healthy living, and the recipes are good for the whole family," says Keller. "I went into each pregnancy in good shape and *that* is the single biggest tip," says 40-something

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