

WORKING MOTHER

Shed those last 10 pounds!
The biggest weight-loss mistakes we make

WIN A FAMILY TRIP!
PAGE 10

So long, stress

Secrets to finding our moments of Zen PAGE 30

Should you bribe your picky eater?

BACK-TO-SCHOOL

SMART STYLES AT PRETTY PRICES

REAL MOM
Cat Cora
The Iron Chef's recipe for work-life balance while raising four boys

BEST OF CONGRESS
What Capitol Hill is doing for you



AUGUST/SEPTEMBER 2010 \$3.99 workingmother.com

NURSING MOMS GET A BREAK

Moms who want to pump at work won some long-deserved rights when Congress passed the health-care reform bill in March. Most employers must now provide to their working-mom employees, including hourly workers:

A private lactation space—not a bathroom—where others can't intrude.
Reasonable break time when the employee needs to pump milk.

State laws already in place that are more protective will continue to apply, says

Brian Pedrow, a partner at law firm Ballard Spahr in Philadelphia. But before the new legislation has teeth, the U.S. Department of Labor must determine how to enforce the regulations. In the meantime, working moms can help spread the word about their new rights. "Many employers aren't aware of the law's details, so education is needed," adds Pedrow. To find out more about the new provisions and to print out a copy for your employer, **go to nationalpartnership.org/breastfeeding**.

Folic Acid Update

It's common knowledge, based on several studies, that taking 400 mcg of folic acid daily before conception and during early pregnancy greatly reduces the risk for several birth defects. But be careful what meds you take along with it. Certain medications taken during the first trimester can block folic acid absorption and more than double the risk for defects such as spina bifida and malformations of the brain, according to recent research from Ben-Gurion University of the Negev in Israel. The offending drugs include catrimoxazole, a sulfa drug; trimethoprim, used to prevent and treat urinary tract infections; and anti-epileptics like phenobarbital. If you're taking any medications during pregnancy, consult your doctor to alleviate concerns about drug-folate interaction.

> NURSE IN STYLE

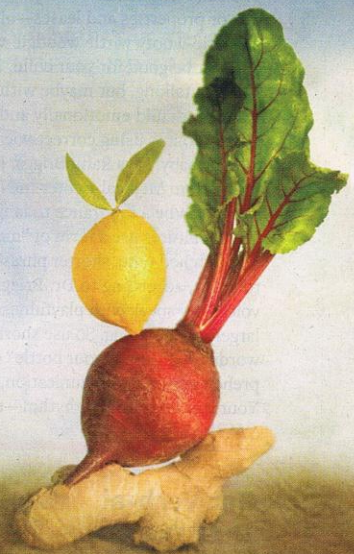
Returning to work? Consider clothing designer **HadleyStilwell's** collection made specifically for breastfeeding moms. The easy-on-off charcoal **Signature Swing Jacket** (at right, \$62) pairs beautifully with the **Signature Dress** (\$87), which features hidden zippers for easy access, so your skin is unexposed while pumping or nursing. It's corporate, yet oh-so-convenient (hadleystilwell.com).



JOHN KELWERTY IMAGES

RAINBOW LIGHT®

The Bio-Balanced Difference



Therapeutic, proven potencies with metabolic co-nutrients

Digestion-enhanced with enzymes, botanicals & probiotics

Targeted base of superfood concentrates



EcoGuaranty™
100% Recycled 100% Recyclable
Bottle

Making a Difference for People, Pets & Planet

800.571.4701 www.rainbowlight.com

At quality health retailers nationwide