

## Shortcut to a flat belly

Before & afters you need to see

### EXPOSED!

Husbands caught on America's cheating website

125

## Miranda Lambert

The country superstar & Blake Shelton tell their fiery love story

18

HEALTH SIGNS TO NEVER IGNORE

Erase ten years from your face, naturally



### MOMMY BLOGGER FACE-OFF

## SHOULD PARENTS PUT THEIR CHILDREN ON DIETS?

### ✓ YES

#### *Do it for your kids' health*

"Childhood obesity is an epidemic. We're living in a society that has children suffering from 'adult' health problems, such as diabetes and heart disease—all stemming from their weight. If making changes to a child's eating habits can prevent this, isn't that worthwhile?

When my daughter's weight started creeping up, I made her portion sizes smaller and encouraged her to join me in Wii dance games to get her moving. Now her weight is back in the healthy range. I don't believe we should have kids 'dieting' by drinking shakes and counting calories, but a child's health is a parent's responsibility. It's not about 'fat' or 'skinny'—it's about creating good habits that will last a lifetime."

—CARMEN STACER, CHIEF MOM AT DIETSINREVIEW.COM AND MOMTOTHESCREAMINGMASSSES.COM

### ✓ NO

#### *Dieting destroys their relationship with food*

"I know women who have become obese or anorexic because of issues that started with 'innocent' childhood dieting. I want my kids to have a healthy relationship with food, and introducing them to dietary restrictions when they're young would do the opposite. Kids already feel so much pressure from their friends to look and act a certain way, and they can be cruel to those who don't fit in. So it's even more important for a child's home to be a safe haven where there's no judging or expectation to fit a certain body image. Children's bodies will go through phases as they gain and lose weight during growth spurts and puberty. Regardless of shape and size, parents need to let kids know that they're wonderful exactly as they are."

—LIZ NORD OF SECRETSFORMOMS.COM

