



### Easy deviled eggs

- 1 Peel and then halve eggs.
- 2 Throw the yolks in a bowl.
- 3 Grab your potato masher and mash away.
- 4 Add cumin, paprika, salt, and pepper to taste.
- 5 Stir in low-fat, organic plain yogurt.
- 6 Mix and continue to season to taste.
- 7 Fill the egg whites with the yolk mixture and enjoy your delicious treat!



**Rachel Lincoln Sarnoff** is the mother of three and founder of EcoStiletto.com, an online magazine dedicated to eco-friendly fashion and beauty. She also writes a weekly blog, Mommy Greenest, about eco-friendly parenting.



### Here's the rub

Infant massage moisturizes baby's skin with the added bonding benefit. And studies show that massage benefits cognitive *and* physical development. Experts agree that choosing a safe, all-natural lotion with the right amount of "glide" is the best option. For tips and techniques, go to [infantmassageusa.org](http://infantmassageusa.org).

## 4 | RE-THINK TOYS

Unplugged on a Rug—the NYC company founded by Natalie Cronin Reyes and Ofrit Shiran Peres—wants to change the world with their Great Green Playdates.



The idea was born during a play date where most of the "toys" in use were not toys at all, but repurposed and recycled materials. "Children have the most complex and creative play with the simplest things," Reyes says. "Water bottles, boxes, and containers inspire imagination, tinkering, and discussion."

### Make your own recycled instruments:

- **Wave drum boxes** Put a handful of beads into a cereal box, use strong tape to secure them inside. Rock the box to hear the waves.
- **Cardboard boxes** Bang the box like a great big drum! Cut holes in the side for peeking, dropping balls in, or pulling a scarf through.
- **Fill-and-spill toy** Save baby food jar lids and yogurt containers, then shake it up! 🎱

As with any recycled toy, clean recyclables and supervise your child at all times.



**Natalie Cronin Reyes** is the National Child Development Director for Kidville and has taught play for over 10 years. **Ofrit Shiran Peres** is a musician, program author, and music educator. They are both moms to tots.