

# Kiwi

Growing families the natural and organic way.

help for your  
**sugar junkie!**

## PACK AN **A+** LUNCH

## GO BACK TO SCHOOL GREENER

Fashion, supplies, and more

## Homeschooling myths—busted

## WOULD YOU EAT YOUR PLACENTA?

 Before you say no,  
check out page 42

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**5**  
Natural cures  
for healthier  
kids



# happy

...kids and families

## a grand time

Your kids probably show Grammy and Gramps major love all year long, but we say mark National Grandparents Day (September 9) with an extra-fun bonding activity. Grandparents can gather up a collection of treasures from yesteryear, like a Rolodex, film negatives, or an eight-track, then have their grandchild guess what each item was used for, says Sue Johnson, co-author of *GrandLoving: Making Memories with Your Grandchildren*. Too far away to spend the day together? Build a family network on the new Family iBoard, a multigeneration-friendly social media app (think a more private Facebook) that lets members share news, photos, videos, recipes, and more. (\$24 for a one-year membership for a family of four, plus a one-time \$20 setup fee, [familyiboard.com](http://familyiboard.com))

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