

**Good Health - Food That Fights Back (" Australian Women's Weekly "
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Somehow, you learned how to correctly hold and throw a football - even with a perfect spiral! You are so strong and you can throw the ball so hard that I don't even know how it's possible! This month, you started catching balls when we throw them to you.

You adjusted very quickly and made Daddy and I so proud! Mrs.
I'll tell it like it is.

It astounds me how much you have learned about dinosaurs - you can say even the most difficult dinosaur names, like Quetzalcoatlus (technically that is a pterosaur and not a dinosaur).

week! I can hardly believe you're two.

You also say, "bless you" anytime someone sneezes.

You know your ABCs, and the sound each letter makes.

We saw a nutritionist who was only mildly helpful.

You aren't big on snuggling unless you're sick.

If I say, "Up," you will say, "Down" and so on.

Good health choices - bauer media group

Good Health Choices magazine is New Zealand's number one health and wellbeing magazine. The Australian Women's Weekly.

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An Australian Women's Weekly Cookbook. AWW Foods that Fight Back - The Australian Women's Weekly New recipe book. Good diet, good health

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