YOUR #1 BREASTFEEDING ISSUE SOLVED p.66

SOLID TALK FOR NEW MOMS

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everyday ways to give baby a natural start

why your baby needs music, books and dirt

Jessica Alba gets honest! p. 34

all the single ladies check out p. 49!
How a load of baby laundry changed this Hollywood star’s life.

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jessica alba’s
{NATURAL TALENT}

“I’m so sorry!” Jessica Alba is late — and looks frazzled. “My washing machine exploded and my 3-year-old fell down the stairs wearing my high heels. We had to have a chat about why we don’t wear heels on the stairs.”

It’s a sun-soaked Santa Monica, California, day at the offices of the Honest Company (honest.com), Jessica’s latest project: a nostalgic monthly diaper and baby wipe delivery service that’s anything but old-school. The plant-based disposable diapers and other products contain no toxic chemicals — and they’re cute with a capital C! “I don’t know why people think natural products have to be ugly,” says the star of both Fantastic Four and Spy Kids.

As I listen to her talk about baby gear,

I’m reminded that she and her husband, producer Cash Warren, greeted their second daughter Haven a mere five months earlier. For a new mom, Jessica looks, well, a-mazing. Her hair is pulled back into a high bun, showing off the chiseled cheekbones and pouty lips that have helped land her on lists reserved for some of the world’s most beautiful people. As friendly chatter ensues, she slowly reveals how a laundry load of clothes inspired her to launch a biz for new moms just like her.
Being a parent is “hilarious.”
The biggest **surprise** of motherhood is just how secondary everything else is."

**grams knows best**

When Jessica was pregnant with her older daughter, Honor, she turned to her own parents for advice. "My mom said, 'You have to wash all the baby's clothes in this [certain brand of] detergent because that's baby detergent,'" she recalls. "But when I used it, I had a massive allergy attack. I had hives on my skin and I was sneezing. No was I putting this on a newborn. If it was making me feel this bad, imagine how an infant with no immune system would react!"

Shortly thereafter, "I bought these brown diapers," she says, "They weren't cute, but I said, 'You know what, though, they're natural.' Then I found out that the inside of the diaper had the same petroleum-based chemicals as the other diapers. I put a brown diaper on my baby for nothing!"

**jessica wasn't always red-carpet-ready**

If Jessica's motivated by a desire to protect her kids' health, she's also spurred on by painful memories of her childhood. It's hard to believe it looking at her now — in slim leggings, combat boots and an oversize top, she's the very picture of fitness — but she spent her earliest years in and out of hospitals. "I had asthma and allergies that were so severe, my throat would sometimes close," she shares. "I had a collapsed lung." Before she was 10, she'd had everything from a kidney operation to pneumonia and appendicitis.

Today she says she eats mostly organic and fresh foods and considers her triple nonfat latte her biggest indulgence — it's not that hard to figure out why she looks so good. She gently steers Honor toward smart choices too. "I give her flavored sparkling water," she says. "She thinks that it's soda. I told her that 'brown soda' is only for adults, and she believes it!"

**sometimes honesty is overrated**

If you've picked up a tabloid recently, you know paparazzi follow this star's every move. "If Honor's like, 'What are they doing?' I don't want her to have anxiety," Jessica says. "So I'm like, 'Oh, nothing. They're just taking pictures. They do that to everyone. Isn't that silly?' And then that's it. It's a non-issue. Cash and I just ignore them."

You'd think she'd leap to correct every lie printed about her or cringe at the criticisms, but..."
more you don’t know about
JESSICA ALBA

she packed on serious pounds with baby #1. “Cash made me bacon every single morning for, like, eight months!”

the art of spinning prepped Honor for becoming a big sis. “We told her, ’You know, when the baby comes, babies can’t have dessert or lollipops or swing on the swing. They can’t play dress-up or read books or watch movies.’ She was like, ’Whoa, I can do so many things that babies can’t!”

she learned it’s easier to go from baby #1 to baby #2. “Baby number one is like a complete and total mental shift!”

she’s turning into her own mom! “When I was a kid, I said, ’I’m never gonna tell my kids ‘Because I said so!’ I’m gonna give them a reason!’ I fully realize now that because I said so to Honor — without giving reasons.”

her girls = true happiness
“The biggest surprise of motherhood is just how secondary everything else is,” Jessica says. “Before, I was always so focused on my career. Now nothing is more important to me than my kids and their well-being.”

“No, I really don’t care as long as it doesn’t affect my family and their happiness,” she says. “Whether it’s true or false, I won’t say anything. I think it’s just going to add fuel to the fire. My mom’s like, ’It’s not true! That’s an outright lie!’ I tell her, ’Yeah, but if I come out and say that, then it’s going to be circulated again.’”

Jessica spends time off the set with daughter Honor at her family’s company.