MY NEW BABY

Kourtney opens up about her first days home with Penelope and how Scott’s stepped up as a dad (but still hasn’t changed a single diaper!)
Hollywood Parenting

A - Z!

Take their word for it! Us presents the trends, gear and grub that have A-list moms and dads talking.

**A**

**ATTACHMENT PARENTING**

At the heart of the 20-year movement popularized by pediatrician William Sears: fostering an emotional bond with a child, often through breast-feeding (think Gisele Bundchen), baby-wearing (Pink) and co-sleeping (Kelly Preston).

**B**

**BABIATORS**

Mariah Carey and Hilary Duff shield their tots' eyes from harmful UV rays with the sturdy, BPA-free plastic shades. And if they're lost or stolen? "We'll replace them for free," says cofounder Molly Fleming ($30, babiators.com).

**C**

**CARRIER FACE-OFF**

Introduced in 1991, the Baby Bjorn ($100, babbjorn.com), used by Beyoncé and Kate Hudson, is a classic. But 2003's revolutionized, heavily padded cotton canvas Ergobaby ($115, ergobaby.com) is carrying increasingly more weight. Sales of the ring worn by Marion Cotillard and Natalie Portman have more than doubled in the past three years.

**E**

**EPIDURAL**

Delivery debate! After Miranda Kerr told U.K. Harper's Bazaar she refused the anesthetic so son Flynn wouldn't be born "drugged up," mom bloggers derided her for being "judgy" and engaging in "mummy-ship." Meanwhile, expectant Nicole "Snooki" Polizzi proudly tells Us, "I'm getting an epidural!"

**F**

**FORE! AXEL & HUDSON HATS**

Hats off to Sandra Bullock and Christina Aguilera for accessorizing their little men in diaper driver's hats, fedoras and ties from the now ecotrendy, golf-inspired boy's line: ($23-$32, foraxelandhudson.com)

**G**

**DR. JAY GORDON**

The Santa Monica-based pediatrician of Suri Cruise and Evan Asher (mom is Jenny McCarthy) is thumbs-up on attachment parenting, thumbs-down on routine vaccinations. He wrote the intro to Mayim Bialik's parenting book, *Beyond the Sling* (drjaygordon.com).

**H**

**HANGOUT**

"They usually have to kick my brood out!" says Julie Bowen of the Coop, a play space in L.A.'s Studio City that hosted her twins' first birthday party. The draw: Kids can wreak havoc in a bouncy house, while parents (such as Isla Fisher and Liv Tyler) chill at the espresso bar. (thecoop-la.com)

**J**

**JACKIE'S CLASS**

"Get on the wait list at three months pregnant," urges an insider of the 10-week Babie's First Class (aka Jackies Class) in L.A.'s Sherman Oaks. Nicole Richie is an alum of the childcare course, taught by occupational therapist Jackie Rosenblatt. (babiesfirstclass.com)

**K**

**KNOT GENIE**

"It comes in handy!" says mom of three Denise Richards of the palm-size groomer that employs various bristle lengths to unravel without tears. ($20, knotgenie.com)