

## ***A note from Millie***

*Welcome to our ninth annual newsletter. When we first began writing this, we thought we'd make it a quarterly effort, but after licking a couple thousand stamps, it seemed clear that an annual newsletter would be more appropriate.*

*Putting together this year's newsletter, however, seems almost quaint. The internet has brought so many other ways to let you know what's up with our store and our community.*

*You can now find us online at:*

- *Facebook.com/peapods — daily updates on what's new, links to community news, and your comments and questions*
- *Peapods.com/blog — our store blog*
- *@PeapodsNatural on Twitter — for those who, um, tweet.*

*You can sign our mailing list in store or on our website to receive periodic email updates.*

*Of course, you can also just skip all that and stop in to*

*the store. After all, there is something to be said about the real world. Almost every day, we see people run into someone they know while shopping—they chat by the diapers while their kids play together at the train table. We see parents trying out baby carriers and grandparents browsing through board books. We see kids trying on shoes, checking out toys, and spending their saved coins on a toy that caught their eye last time they visited. These types of interactions don't really happen online and they're a big part of what we love about being shopkeepers. Our interactions with you in the store are a hundred times more rewarding than answering an email or shipping an online order.*

*So, unless we're overwhelmed by nostalgia next year, this newsletter may be the last one we print. Who knows, though—maybe in 2011 the idea of printing words on paper and mailing them will be retro and cool again.*

*In any case, our family appreciates your continued support. We look forward to seeing you again soon in the real world.*

*Peace and best wishes, Millie*



## ***Thirsties Duos to the Rescue!***

Of all the new items we've added to the store in the past year, Thirsties Duos diaper covers have been one of the most popular. They're similar to our regular Thirsties covers, but Duos have snaps in front to adjust their rise so they'll grow with your baby.

Thirsties recognized that many covers that try to be one-size-fits-all are too bulky on a newborn and too trim on a toddler, so they made the Duo as a two-sizes-fit-all cover. Size one fits 6-18 lbs. and size two fits 18-40 lbs. With Thirsties Duos, you get the convenience and savings of an adjustable cover without sacrificing fit. Plus, they come in a rainbow of cute colors and even some limited edition prints.

# Attachment Parenting & Older Kids

When we began Peapods 12 years ago, we were firm devotees of Attachment Parenting. William Sears sets out a list in *The Baby Book*: shared sleep—check. Breastfeeding—check. Responsive to baby—check. We signed up and drank the Kool-aid.

It was really, really hard and really, really good. Best intentions aside, none of our babies were easy. The fundamental lesson of Attachment Parenting for me was trust—trust in my children, trust in myself, trust in the world. Trust that the baby who was awake at 3:00 a.m., after already waking at 2:00 and 1:15, really does need something. Really does need me. That nursing 10 out of 24 hours is accomplishing something. That holding a cranky baby is always more important than weeding the garden.

And it worked! They walked, they talked, they started growing into fabulous small people. Of course the questions and the choices didn't go away. Now we had to trust that they would wean before kindergarten. That someday they would be done with diapers. That provided with good food options, they would make good food choices. That the universe is unfolding as it should.

Fast forward a few years: Abby is 14. She's taller than me. She's smarter than me. Riley is 9 and wants to be a pitcher on his baseball team. Wasn't he just playing T-Ball a few minutes ago? And Duncan is fin-

ishing up his last year of preschool. Suddenly, it seems, we are no longer parents of small children.

There is no checklist anymore. The question, as always, is what do our children need, now, to thrive, to grow deep and tall. And the answer, as always, both changes and stays the same.

The lesson of trusting hasn't really changed as they've grown older. Nor is it a lot easier. My kids have taken their time learning to read. Not like "get out the flashcards" late, but "is it time to call the specialist" late. Now they read. Incessantly. "Put down the book and go outside!"

Today they're tackling challenges like climbing really tall trees, using power tools, and traveling around the city on their own. Soon we'll be looking at driver's ed. These are all wonderful, important things I want my kids to learn. And they can seem so scary as a parent—those trees can be so high, the saw so sharp.

After all the hand wringing, the answer almost always comes back to trust. My kids are capable, strong, and generally not stupid. They need to be safe, but they also need to be righteous. I trust my kids enough to say yes most of the time. I also trust myself enough to say no when I need to. I try to listen to my kids, and in return, they usually listen to me.

-Millie

## Sometimes Everybody Needs a Lullaby

It happens to all of us—babies, toddlers, kids, and grownups. Sometimes at the end of the day we're just too *overstimulated*. What's needed is a good lullaby.

We know there's a lot of cloying lullaby CDs out there—think Twinkle Twinkle Little Star sung like an opera aria with harps and violins. Or, worse, rock classics transformed into tinkly piano ballads.

What we like are original and authentic works that feel like a mother singing to her baby. Which is why we highly recommend Mae Robertson and the *Dreamland* series from Putumayo.

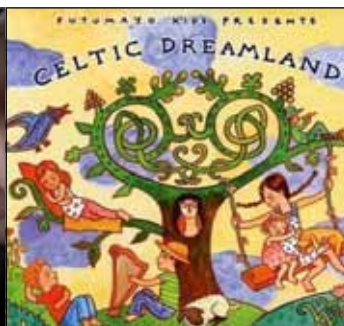
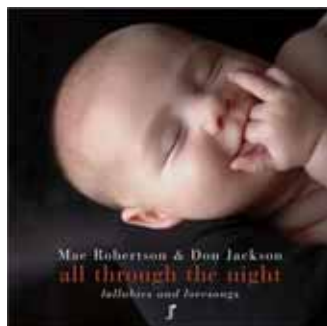
Mae's albums *All Through the Night*, *Sweet*

*Dreams of Home* and *The Sun Upon the Lake is Low* have been our favorites for years. Her voice is warm and soothing and her arrangements uniquely

calming—from Elvis' *Love Me Tender* to the Talking Heads' *This Must be the Place* to, yes, *Twinkle Twinkle Little Star*, her songs are a joy to hear.

Putumayo takes that same aesthetic global with their Asian, Celtic, and African Dreamland albums.

These are beautiful lullabies with multiple languages on each CD. Like all Putumayo albums, the music isn't westernized or over-dubbed with synthesizers—just great lullabies presented as they are sung by mothers and fathers from around the world.



# Toymaker Spotlight: Green Toys

When we first spoke with Robert von Goeben, co-founder of Green Toys, he was working on developing a line of bioplastic toys made out of corn starch. He'd worked as a designer for several large toy companies and was eager to build his own company, which would be environmentally friendly and manufactured in the USA.

After a few months, he concluded that bioplastic wasn't durable enough for toys and switched to using recycled milk bottles. That's when the magic began. In March of 2008, we received our first shipment of Green Toys. We were excited because we knew



*Green Toys Stacker*



that parents were looking for toys like a tea set that wouldn't break and was made in the USA—values that are important to us, too.

Green Toys has grown tremendously since then and has recently introduced a bunch of new toys, including a set of stacking cups, a stacking block set, and a tugboat bath toy. And, they're found in stores all over the country.

But, they've stayed true to their values—they're still made from 100% recycled milk bottles and they're still made in California. To us, they're a home run—play value and green value all in one (recyclable) package.

## Our Bottom Line Savings Cloth Diaper Rewards Program

We've had a lot of great feedback on our cloth diaper frequent buyer program since it began in February. In case you haven't heard, it's simply a way for us to reward you for coming back to us for all your cloth diapering supplies.

Once you sign up for our Bottom Line Saver's program, we'll keep track of your cloth diaper purchases for you—there'll be no special card to carry. When you spend \$200 on cloth diaper supplies with us, we'll give you \$15 in store credit for your next purchase that you can use on anything in the store.

Every cloth diaper, diaper cover, or pocket diaper you buy adds to your rewards total. Save up and spend your rewards on a new toy, some great kids' music, or...some more cloth diapers!



## Friendly Neighbor Coupons

### Do Good Diaper Service

**One free week** for new customers when you sign up for four weeks. Expires 8/31/10. 612-990-2183  
dogooddiapers.com

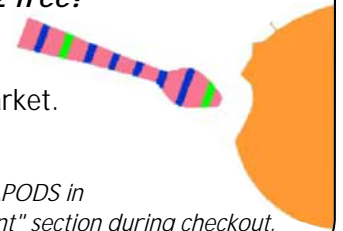


### Sweet Cheeks Baby Food

**Buy \$20 or more and get 2 free!**

Valid online at [sweetcheeksbabyfood.com](http://sweetcheeksbabyfood.com) or at the St. Paul Farmers Market. Expires August 31, 2010.

When buying online, just enter PEAPODS in the "special instructions to merchant" section during checkout.



### Egg|Plant Urban Farm Supply

**Get \$5 off any purchase over \$25**

**EGG|PLANT  
URBAN FARM SUPPLY**



1771 Selby Ave, St. Paul  
[eggplantsupply.com](http://eggplantsupply.com)  
651-645-0818

Expires August 31, 2010.

# 10th Annual Sidewalk Sale!



## *Snelling Avenue (aka Highway 51) Revisited*

Millie counted her boxes and started to sing  
We need some room for more new things  
We've got trikes with dents and games with dings  
Clothes and books we bought last spring  
Do you know how we'll get rid of these things?  
We'll just put some tables out in the sun  
And sell them on the sidewalk of Highway 51.



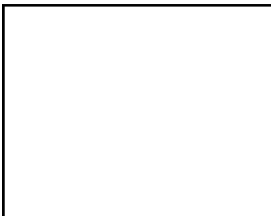
Yes, this is the big event! It only happens once a year—bunches of stuff on sale 25-75% off. Closeouts, scratch & dents, discontinued items, errant purchases...

## *June 25th and 26th 10am to 6pm*

The fine print: Because our sidewalk sale is a busy event next to a busy street, we recommend (but do not require) shopping without small children. Our sale will take place rain or shine. Sidewalk sale purchases are final—no returns or exchanges. We are unable to giftwrap sidewalk sale purchases. Also, just a reminder that we are not able to accept personal checks. No fair arriving early!



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www.peapods.com  
251 Snelling Ave S  
St. Paul, MN 55105-2044



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