

The Numbers Game:

1

2

3+

?



2016

SRMC Santa Rosa Mothers' Club



September



magazine



SRMC Santa Rosa Mothers' Club

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Letter from the Editor

1 or 2+, that is the Question!

By Dara Kasza



I have no experience going from one child to two, I have thought about it a lot recently. My daughter turned two in April and basically everyone's question to us is "When are you having another?" My original answer was never. I've never had a strong desire to have two kids and the first 5 months of parenting our daughter were trying to say the very least- I've blocked them out almost completely. Thinking about doing all of that newborn stuff again sounded horrendous, especially since we are finally in a super good groove now. Hadley can put her own shoes on, tell me in sentences what she wants, sleeps great and is generally a happy kid. I can leave the house without wondering if she'll take a bottle from my husband or a nap or be hysterical the entire time because I'm gone. I can go to work now and be sad I'm leaving my baby, not the other was around. Heck, I can leave her with anyone and not feel so damn guilty, period. Colic/reflux is a life changer for parents psyches but that's another article. Anyway, my mom guilt is at an all time low right now and I love it.

Right now, you are probably thinking I'm definitely not having another kid and me writing this article for The Numbers Game publication seems silly, well that was almost the case. I had an entirely different article written in my head for this month and it was all about how I'm not having another kid but I'm so glad you all did. It was going to be interesting but after talking to so many moms about having a second child, why they did, how they feel, how hard it was, the overwhelming sentiment was joy and love. Yes, lots of tough times but every single one of you said you would never change a thing and your heart opened wider and found a way to love more. One of my biggest questions was how will I ever love another child as much as my daughter? I really don't want to have to split my love and time but you all said you don't. Your love grows bigger, heart makes more room and that resonated with me tremendously. So, to my fellow SRMC Moms, if you see me rocking a bump in the next year, you can thank yourselves for changing my mind (my husband will thank you too).

Cheers, Dara

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Long summer nights

COMING NEXT: October

Have an idea for an issue theme or article? Please email

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Letter from the Executive Board

Transition to Multiples

By Maitreyi



Transition to multiples: The incredible equation of 1+1 being greater than 2!

I believe that birthing and parenting requires a kind of tenacity that is often taken for granted. What's amazing to me is that we even choose to do it over and over again despite all the challenges it throws at us! For some parents the decision to have multiples is based on their experience with the first, for others it just seems like the most natural thing to do (especially if they've grown up with siblings) and then there are many who know they are done with one. My mom always tells me the story of how she first had my brother and after about four years she came to the conclusion that parenting is a breeze. She could certainly do it again. Then she had me. Period. So it's really quite the gamble, isn't it?!

Sometimes I wish there was a way to interview our kids before they were born, to even have an iota of insight into their personalities. It's like hiring a new team member on your project, except you don't get to choose who. They come with some vaguely predictable combination of genetic code but essentially their strengths and challenges, needs and resources are being revealed to you one HOUR at a time!

Now imagine being able to ask the second unborn baby:

Are you really planning on breastfeeding for only 8 months, 50% less than your sibling?

Babe: Yes.

You be thrilled to know I held onto this heap load of expensive puzzles that your sibling loved, so you can play with them too, right?

Babe: No.

Will mac and cheese really be the ONLY meal that you two can agree on and eat without fussing?

Babe: Yes.

Coming to think of it, I'd be happy if I could even interview the older sibling and get a clue.

Is regression really your best technique to draw attention back to yourself?

Toddler: Yes.

Aren't you glad that we are so blessed with the love of all our family and friends who have been checking in with us ever since your baby sibling was born?

Toddler: No.

Are jealousy and anger really such strong emotions that they come up as bright red and green emojis on my phone?

Toddler: Yes.

Sometimes I think it's easy for parents to fall into the trap of thinking "been there, done that" after their first. However in my view it's like trying a new crazy ride at the fair. No matter what you've done before, it will still take you by surprise! Surely experiences are common in some respects, but honestly one cannot expect the same strategies to work the second time around. In other words, yes, you've been a parent, but you haven't been a parent to an entirely different person (read: personality). So wake up and make sure your morning coffee gives you enough clarity in the head to take on your new "teammate".

Letter from the Executive Board Continued..

Having multiples is a simple lesson in math. Sleep deprivation is directly proportional to the number of kids in the family. And if you remember the lesson on permutations and combinations you will think twice before giving too many choices. Two toddlers with two choices can result in at least four outcomes that YOU, my friend, will have to skillfully navigate to bring it back to YOUR most ideal result. And I say “at least” because your two toddlers have more genius in them than you can imagine. Apparently by the age of five, a child's brain is at 90% of its potential growth. That is proof enough. So if you really don't have it in you to be serving out oatmeal and cereal and granola and sandwiches for breakfast, make that clear from the time go and that will make your mornings less crazy.

In all honesty though, now that it's been three years since I transitioned to two kids, I can't imagine it any other way! We are four quarters of a puzzle and our picture is complete only when we are together. The joy and laughter is exponential. The endless sibling playtime is precious. The constant battles and compromises are full of life lessons. The way their personalities complement each other is a blessing. The strong and deep bonds between them are reassuring and very comforting.

As with many other aspects of parenting, as we transitioned from one to two, I looked out for relevant books and found a couple that I often turn to for inspiration, clarity and guidance. “Peaceful Parent, Happy Siblings” by Dr. Laura Markham as well as “Siblings Without Rivalry” by Adele Faber and Elaine Mazlis. Both have great tips and techniques that can help us get past the daily struggles but more importantly also to evolve as parents and really think more deeply about the many assumptions we make during this 24/7 job called parenting.

As always I want to end by reiterating the importance of a support group during any kind of transition. And that is what SRMC is here for. Be it via playgroups, kids outings, mommy specials, family socials, community service or meals for moms - our devoted Board Members are constantly bringing fun opportunities to connect our network of 100+ members. Thank you for being a part of this valuable resource in our community. Do remember to look at the Newsletter and our Facebook page as regularly as you can so you can pencil in SRMC events on your personal calendar and participate in them!

~ Maitreyi

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ASK THE EXPERT: SRMC Moms!

Advice straight from our very own experts— SRMC Moms with 2+ kids.

1.

Carve out special time for your older child after the baby is born - regardless of how hard that seems!

Erica Wisner

2. Your first born fulfills your desire to bring a life into this world while you have a second to give them a friend for life :) **Jharna Mansukhani**

3. Per dad, get ready to go from man on man coverage to zone defense. My favorite saying - the days are long, but the years are short. **Ginger Sussner**

4. I would say that some of the genuinely happiest moments of my life have been watching my kids interact with each other. There's nothing like how fantastic that is when it works well. But sometimes to get to that point takes some skill and patience, so set out to learn how to be the best mediator and group facilitator you can be and read parenting experts you trust. Make the effort to help each of them be successful and you'll be rewarded with years of watching wonderful friendships unfold.

Also, on a very practical note, if you don't have family or resources to help, I think it's easier if you leave more time before having a second or third. They need you the most the younger they are, so for moms who don't have much help it's definitely easier not to be trying to spread yourself between several really young kids. Just my opinion after 15 years of raising kids with no family nearby! **Terri B**

5. So this is a really important topic to me because before I had our second child, I asked many people for advice and didn't get much real insight. Here are some things I wish someone had told me:

In the early days after a new sibling arrives, lower your standards and expectations as much as possible. Think they're as low as they'll ever get? Lower them some more. Keep activities & schedules as open as possible. Don't worry about the mess, really. Get other people to take care of your older child so you can focus on the baby, but be sure to switch it up and give the big kid solo mama time too! Figure out what #1 self-care item is non-negotiable for you every day to keep you sane and recruit others

so that you get it. Every day. For as many weeks or months as you can. Is it a shower? Changing your clothes? Five minutes outside alone? Time to put on makeup? A walk? Whatever it is, that needs to be everyone's priority for a few weeks at least because when mama's not happy, no one's happy!

When you are overwhelmed and feel like you can't do anything right and both (or all) the kids are crying at once and you feel like you don't have enough arms, brain power or energy to meet anyone's needs, go to bed as soon as you possibly can. Being tired makes it all seem much worse than it really is.

Depending on the age and temperament of the older sib(s), they may be super helpful and in love with the baby, but they also might not be, at least not at first. It is impossible to predict but either reaction is normal and ok. Think of it from their point of view: imagine your spouse comes home with a second wife one day and proclaims their undying love and expects you to love the new wife just as much. She'll live in your house, share everything with you, including your husband, be showered with gifts, and you're expected to love and celebrate this new wife. That's what a new baby can be like, especially for a toddler. No one told me about this possibility before our second son was born. Our oldest was only 19 months and all he could say around his baby brother for the first few weeks was "no!" I was so worried about it until I heard the above explanation. They love each other immensely now though, over five years later. How things are in the beginning is not necessarily how things will be later on.

As demanding as it can feel learning to care for two, remember that the work you are putting in is really for the long-term benefit of both (or all) kids. My boys are each other's closest friends and best medicine. They teach each other in ways I never could. Relax and just let things evolve. Keep your standards low, do what you need to do to keep your spirits high, have *fun* with them and it really will all work out. **Stacey King**

6. Have lots of help and don't be hard on yourself the first year- **Jenny Gwynne**

7. Having multiple children is not for everyone. It's harder and more exhausting and messier and more expensive and multiplies the chaos in your home. BUT if you're up for the challenge, the pay off is immeasurable. This is true for many reasons, but probably my favorite part of having a second child is that I get to watch my children hugging, giggling, and playing together. It makes me feel like my heart will explode on a daily basis. **Abby Mooney**

8. I think my biggest fears before having a 2nd child had to do with my first feeling neglected or hurt by the addition. It's strange to imagine adding another kid to the fold when your whole world revolves around the one you already have. The first few months can be tough, depending on the age of your first but now that they are ages 2 & 5 I'm so happy we did! They are best friends and love to play together. Everything seems more fun when they're together and they miss the other when one is gone. In some ways two is easier than one because now they entertain each other. You'll never give the 2nd (or 3rd) the same amount or kind of attention you did the first but they get the benefit of even more love. They also seem to be tougher, more resilient, and less needy than the first due to the birth order.

In terms of advice:

1. Brace yourself for less sleep. You can't sleep when the baby is sleeping anymore when you have another child.
2. Include older child in helping with the baby i.e. getting diapers, pacifier, helping sing to baby or feed it.
3. Plan special one-on-one time with your first to help with them adjust
4. If you can, enlist a grandparent, aunt/uncle, or babysitter to take first child on outings during first few weeks while you're home bound and nursing around the clock.
5. Try to be present- I think I was so stressed about the other child that I didn't enjoy time with either very well. **Shannon Wilch**

9. First off, having your first child is way harder than having a second. I suppose you already know what to do with the second baby and they seem to just go with the flow. Nothing with baby #2 is really a shock because you have done it all before. You have already lost all your alone time and the easy days of going out with the hubby. The adjustment to two is not very difficult. You do need to account for more time getting places. Tell yourself that you have to be somewhere 1/2 hour before you really need to be there. The hardest part has been keeping the baby safe from your older child, especially since they are close in age (20 months). My older son has thrown objects at the baby, hit him, rocks and shakes him vigorously and even attempts to straddle him and ride him like a horse. He loves him but gets overly excited and doesn't understand the meaning of "gentle" sometimes. Of course I somehow catch all of this at the right time before the baby gets hurt. And it is amazing how resilient he is.

The best advice is to get as much sleep as you can so you are alert and have the energy to take care of both kids. The best thing I did with the 2nd baby was put him in his own room at 3 weeks. I definitely waited too long with the 1st baby. The second baby has been sleeping solid through the night since 2 months and now at 6 months he is an amazing sleeper (12 hours at night) and loves his room. I was really glad I did this because it enabled me to get more sleep and be more on it during the day. It also really helps to get them on the same afternoon nap schedule so you have a few hours to yourself. A routine really helps and mine both sleep from 2-5 in the afternoons everyday. In short, if you already have one child and got through that, you should have no problem with the second. Now I have heard that having a 3rd child is more like having the first, a harder adjustment. **Christie Blaire**

NEW MEMBER SPOTLIGHT:



Name: Elisabeth Millay Young

Where are you originally from?

A small town in Vermont, then NYC for 8 years before heading West. My husband is originally from California and I've always wanted to live out here.

Tell us about your family:

I have a wonderful husband and a 17 month old daughter who keeps me very busy! We live in Santa Rosa along with our two cats. My husband and I are both photographers and have been documenting weddings for 10 years. I'm branching into children's portraits now that I have a little one.

What TV Show/Book/Music are you loving right this minute?

Lately when the whole house is sleeping I sneak in episodes of Broad City, its just hilarious. My husband and I have also been binge watching The Americans and are very hooked.

What is your favorite place to go with your family?

We have a family beach cottage on the coast of Rhode Island. Its been in the family for generations and Its a special place for us to unwind and play.

What's your dream job?

I'd love to work with animals. I've done a bit of volunteering for wildlife rehab centers and its been rewarding to me.



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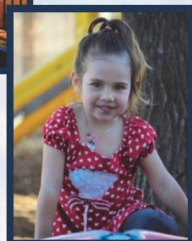
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SRMC Committee Update

Committee Spotlight: Memberships

Meet one of the Steering Committee Chairs behind Memberships: Aditi Upadhye



Why is the committee important to you? - Being part of the SRMC steering committee is a great way to meet other moms in the area, to help new moms as well as to get advice and suggestions from more experienced moms. I have been in Santa Rosa for almost 9 years now but I have found out about so many new kid-friendly activities which I never knew existed before, thanks to this lovely group of ladies.

How do you know you are making a difference?- SRMC is a great knowledge pool to tap into. The group connects so many mothers in the area who can help you with everything from healthy kid-friendly recipes to school recommendations.

What input are you looking for from our SRMC members?- As the membership lead, I would really like to get feedback from our members as to what is working for them and what we as a steering committee can do to help make SRMC stronger.

If another SRMC mom wanted to be a volunteer for your committee, how would they know if they are a good fit?- any mom who is interested in helping other moms would be a good fit. I would welcome anyone who wants to shadow me to see what goes into managing the membership portal of SRMC.

Come Volunteer for SRMC!

Volunteering is a great way to fill that gap in your resume and connect with other interesting moms, while helping one of the best resources in Sonoma—SRMC!

*SRMC Committee Chairs have their SRMC Membership Fee waived for 12 months after one year of successfully volunteering.

Recipe Mama

Zucchini Lasagna By Christina Lozano

INGREDIENTS

- 2 1/2 tablespoons extra-virgin olive oil
 - 1 small onion, finely chopped
 - 1/2 teaspoon red pepper flakes
 - 1 pound ground turkey
 - 1 (28-ounce) can diced tomatoes
 - 3 tablespoons chopped fresh oregano
 - 2 teaspoons salt
 - 2 medium zucchini
 - 1 cup part-skim ricotta cheese
 - 1/4 teaspoon freshly ground black pepper
 - 1/2 cup freshly grated Parmesan cheese
- 2 ounces)



PREPARATION

1. Preheat the oven to 375°F.
2. In a large straight-sided skillet set over medium heat, heat 2 tablespoons of the oil. Add the onion and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the turkey and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes. Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano and salt. Let cool.
3. Slice the zucchini lengthwise into thin strips (about 1/8 inch thick). Put 5 or 6 zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Dot with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon oil. Dot with the remaining 1/4 cup ricotta and season with the black pepper. Top with the Parmesan cheese.
4. Bake for 50 to 60 minutes, until the lasagna is bubbling and the top is brown. Let stand for 10 minutes before serving.

Freezes very well.

For best results, prepare the casserole through step 4. Wrap in foil and freeze for up to 2 months. Thaw the casserole overnight in the refrigerator before baking as stated in the recipe. Note that casseroles that have not been completely thawed may take 15 to 30 minutes longer, so be sure to check for bubbling edges and a hot center.

Have a recipe you love and is kid friendly? Please send to me at editor@santarosamothersclub.org



Why use playdates and playgroups for your children?

Playdates are great for kids! They learn how to interact with other kids, they learn how to share, and just how to get along in general. And it gives parents a great opportunity to connect with other adults to talk about parenting, but also to talk about things totally unrelated to being a parent, which is refreshing.

Using a playdate as an opportunity for parents and children alike is important, experts say. But before you get out your calendar and start making calls to other parents, it's important to understand playdate etiquette. Remember that there's more to it than just scheduling a time, date, and place to meet. Age, frequency, and location are just a few of the important factors to take into consideration when you're planning your little one's social calendar.

By Mansi Gala

September- Theme: The Numbers Game



While the news of baby # 2's arrival is exciting on one hand, it can also be an overwhelming feeling on the other. Suddenly you find yourself short one pair of hands and the thought of starting over with sleepless nights can be daunting! Not to mention the adjustment your only child will have to go through to welcome and accept a new sibling and suddenly learn to share your love, attention and toys. However, it doesn't all have to be daunting and here are a few ways you can make it fun along the way!

- Plan play dates with friends/family that already have two or more kids so your only child can see firsthand how much fun it is to have a sibling! It's like a play date everyday where your friend never leaves 😊
- Plan a play date with a "baby shower" or "sprinkle" where your kiddo is involved. Take their help in opening baby gifts and make them feel a part of the exciting prospect of a new ones arrival!
- Plan an "arts and craft" play date where your child, along with the other little ones, can help make decorations for the new baby's room.
- Finally, this is the one time you may need to plan a "play date" for yourself. Remember you are not only growing a baby, you are still being a mom at home. Don't forget to pamper yourself every once in a while, you deserve it!

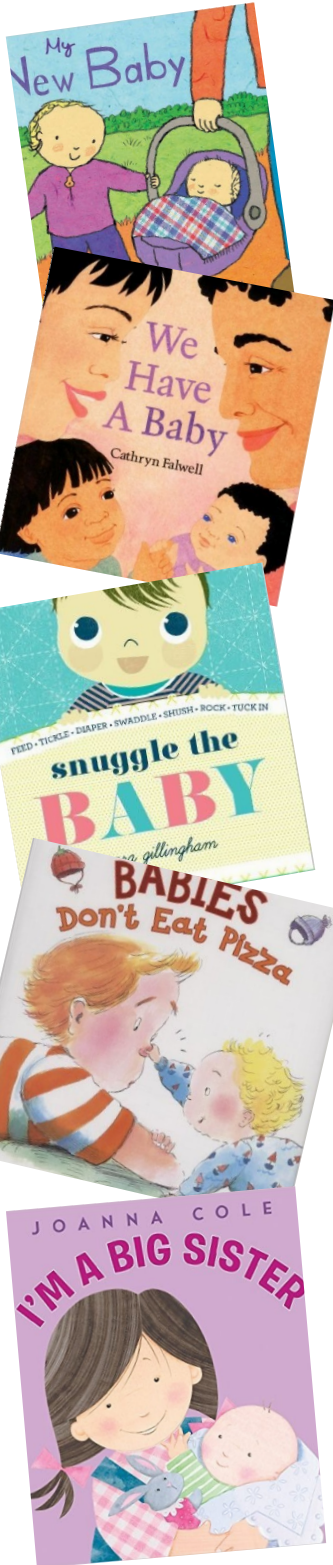
Interested in joining, co-leading or leading a playgroup within SRMC?

If so, please contact playgroups@santarosamothersclub.org

Books for Kids: You're going to have a sibling!

By Margaret Lamar

This month is all about adding more kids to the bunch, here are some books to help talk about it.



My New Baby (Ages 1-3) There is so much to find out when a baby is born! What does it smell like, and when will it walk? When does it sleep, and what does it like to eat? A new addition to any family is exciting, but the experience can also be worrying and confusing for siblings. Coping with the new situations and emotions that arise can be very challenging. This series of four board books deals with the anticipation of waiting for the new baby, the excitement of the arrival itself, and the beginnings of the special relationship that develops between siblings. The simple conversational text and lively illustrations are carefully designed to encourage further dialogue between reader and child. There are four books in this series: *Waiting for Baby*, *My New Baby*, *You and Me Baby*, and *Look at Me (New Baby)*.

We have a Baby (Ages 1-3): Falwell (Feast for 10) decks out this understated picture book in nursery-room colors--an appropriate choice, as her story prepares small children for the imminent birth of a sibling. A multiracial family welcomes a new child, the parents explaining to their firstborn what having a baby means to the family: "We have a baby! A baby to love . . ." The parents include the older child--for example, the illustration for "A baby to feed" shows the infant at the mother's breast, the child curled at her side, sipping from a straw. The cut-paper artwork has the texture of crayon drawings, adding movement to the clean, clear compositions. Both pictures and text extend to the reader the warm, cozy exchanges of these parents and their young.

Snuggle the Baby (Ages 1-4): This interactive novelty board book plays like a doll and reads as a gentle "How to Care for Baby" manual for young kids. From swaddling to shushing, Gillingham has incorporated real tactics for newborn care, giving the text an authenticity and purpose. Interactivities include tickling, feeding, diapering, swaddling, rocking, and tucking in the baby, all accompanied by tender, instructive narration. Perfect for soon-to-be older siblings or doll-crazy toddlers, this book encourages children to read while they play, and practice empathy and care.

Babies Don't Eat Pizza (Ages 4-8): With kid-friendly humor and honesty, *BABIES DON'T EAT PIZZA* covers waiting for baby and life with baby from birth through toddlerhood. Multicultural families; how babies are born, grow and behave; adoption, premature and special needs babies; breast and bottle feeding, twins, helping and playing with babies, older children's feelings, and a parents' tips page are included. Vetted by teachers, nurse educators, physicians, librarians, and parents, the book speaks to the real questions, perceptions and concerns that the author has heard from over 2,500 children about their baby siblings.

I'm a Big Sister/I'm a Big Brother (Ages 4-8): "Someone new is at our house," begins this loving, reassuring look at sisterhood from trusted author Joanna Cole. Told through the eyes of a new older sister or Brother, this simple story lays out all the good things about being an older sibling, and reminds new sisters that they are just as special as ever. With an author's note about what big siblings need—extra guidance, reassurance, love—and sweet, engaging artwork by Rosalinda Kightley, it's no wonder that over 1 million families have chosen *I'm a Big Sister* and *I'm a Big Brother* to prepare their young ones for their first big transition.

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SRMC Calendar of Events: September 2016

September 1, 2016

Hot Dog Thursday at Pacific Coast Air Museum

11:30am to 1:30pm

On the first Thursday of the month (April-Oct.) the admission to this fun air museum includes a large hot dog, chips, chili, and soda or water.

The Barlow Street Fair

5:00pm

The Barlow
McKinley Street
Sebastopol, California 95472

The 3rd Annual Barlow Street Fair is a free weekly event featuring live music, incredible food vendors, and some of the area's best artisan craftspeople around. Children can play in organized activities hosted by Circle of Hands Children's Shop. The Children's Village offers free guided children's activities as well as provides a jumpy house for the kids to play. The Barlow community of Makers include Vintners, Brewers, Distillers, Bakeries, Restaurants, Boutiques, Art Galleries and more. Come, participate in the fun!

September 2, 2016

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family friendly so bring the kids. There will be many local vendors selling food to eat during the movie.

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking. Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

September 3, 2016

Science Saturday at Environmental Discovery Center

1:00pm to 3:00pm

FREE. Tangible experiments & projects let children explore the natural world. Every first Sat. 1, 2 & 3 p.m. Event is free. Parking \$7. 393 Violetti Rd., Santa Rosa.

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

September 4, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

September 6, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

September 7, 2016

Wee Read

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

Preschool Storytime

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

September 8, 2016

The Barlow Street Fair

5:00pm

The Barlow
McKinley Street
Sebastopol, California 95472

The 3rd Annual Barlow Street Fair is a free weekly event featuring live music, incredible food vendors, and some of the area's best artisan craftspeople around. Children can play in organized activities hosted by Circle of Hands Children's Shop. The Children's Village offers free guided children's activities as well as provides a jumpy house for the kids to play. The Barlow community of Makers include Vintners, Brewers, Distillers, Bakeries, Restaurants, Boutiques, Art Galleries and more. Come, participate in the fun!

Read to a PALS Dog

3:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

September 9, 2016

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family friendly so bring the kids. There will be many local vendors selling food to eat during the movie.

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

September 11, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

SRMC Calendar of Events: September 2016

Kids Outing: Apple Picking at Ratzlaff Ranch

10:00am

Ratzlaff Ranch

13128 Occidental Rd, Sebastopol, CA 95472

Bring the family, a picnic blanket, some lunch and join us for a fun morning apple picking! "Apple-A-Day" Ratzlaff Ranch offers Gravenstein, Golden Delicious, and Rome apples. The ranch also processes and sells fresh apple juice. Late summer marks the start of apple season, and plenty of the tasty and popular fruits can be found, especially in the area around Sebastopol. It's fun to eat and cook with apples, it's even more fun (and educational) to head out into an orchard and pick them yourselves!

September 13, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

September 14, 2016

Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

Preschool Storytime

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

September 15, 2016

The Barlow Street Fair

5:00pm

The Barlow

McKinley Street

Sebastopol, California 95472

The 3rd Annual Barlow Street Fair is a free weekly event featuring live music, incredible food vendors, and some of the area's best artisan craftspeople around. Children can play in organized activities hosted by Circle of Hands Children's Shop. The Children's Village offers free guided children's activities as well as provides a jumpy house for the kids to play. The Barlow community of Makers include Vintners, Brewers, Distillers, Bakeries, Restaurants, Boutiques, Art Galleries and more. Come, participate in the fun!

September 16, 2016

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family friendly so bring the kids. There will be many local vendors selling food to eat during the movie.

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

September 17, 2016

SRMC Kids Clothing Swap

9:00am to 1:00pm

Daisy Baskin's home at 5274 Wikiup Ct, Santa Rosa, CA 95403

Bring items your child will NEVER wear again and choose some great pieces they will wear. We hope this fun idea inspires you to clean out the kids' closet and gather all "good items" your kids no longer wear or use. This includes toys, feeding supplies, shoes, gear, etc. Bring them the morning of the swap to our host's home for an array of options to choose from! Have a great time with fellow SRMC members while also helping the community since all unclaimed items will be donated to a local charity/shelter. (The Living Room or Goodwill). This event is kid-friendly!

September 18, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage

Center. Copeland & D Streets, Petaluma.

September 20, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

September 21, 2016

Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

Preschool Storytime

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

September 22, 2016

The Barlow Street Fair

5:00pm

The Barlow

McKinley Street

Sebastopol, California 95472

The 3rd Annual Barlow Street Fair is a free weekly event featuring live music, incredible food vendors, and some of the area's best artisan craftspeople around. Children can play in organized activities hosted by Circle of Hands Children's Shop. The Children's Village offers free guided children's activities as well as provides a jumpy house for the kids to play. The Barlow community of Makers include Vintners, Brewers, Distillers, Bakeries, Restaurants.

SRMC Calendar of Events: September 2016

September 23, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

September 24, 2016

Wings over Wine Country

9:00am to 4:00pm

Wings Over Wine Country is more than airplanes. We offer a variety of special events during the show that no aircraft enthusiast will want to miss. Meet pilots and their crews. Take some up-close pictures of your favorite aircraft. Feel the power of after-burning jets. It's a full weekend of flying fun and excitement.

Weekend Along The Farm Trails 2016

10am to 4pm

On Saturday and Sunday, September 24th and 25th, 2016, from 10am to 4pm, Sonoma County farmers will open their gates and barn doors to offer a behind-the-scenes peek at life on the farm. Register now for free and receive more exclusive details! Most of the stops are FREE. All you need is transportation, a map of your route, a cooler to keep your purchases fresh, and a sense of adventure! We offer a chance to explore Sonoma County's vibrant agricultural community. Experience life on the farm behind the barnyard gates. Meet your farmers, vintners & artisan producers. Enjoy tastes, tours, & demonstrations fresh from the source.

September 25, 2016

Wings over Wine Country

9:00am to 4:00pm

Wings Over Wine Country is more than airplanes. We offer a variety of special events during the show that no aircraft enthusiast will want to miss. Meet pilots and their crews. Take some up-close pictures of your favorite aircraft. Feel the power of after-burning jets. It's a full weekend of flying fun and excitement.

Weekend Along The Farm Trails 2016

10am to 4pm

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Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma.

September 26, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child

Charles M. Schulz Museum

September 27, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

September 28, 2016

Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

Preschool Storytime

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

September 29, 2016

The Barlow Street Fair

5:00pm

The Barlow

McKinley Street

Sebastopol, California 95472

The 3rd Annual Barlow Street Fair is a free weekly event featuring live music, incredible food vendors, and some of the area's best artisan craftspeople around. Children can play in organized activities hosted by Circle of Hands Children's Shop. The Children's Village offers free guided children's activities as well as provides a jumpy house for the kids to play. The Barlow community of Makers include Vintners, Brewers, Distillers, Bakeries, Restaurants, Boutiques, Art Galleries and more. Come, participate in the fun!

September 30, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

SRMC EVENTS!

September 11, 2016

Kids Outing: Apple Picking at Ratzlaff Ranch

10:00am

Ratzlaff Ranch

13128 Occidental Rd, Sebastopol, CA 95472

Bring the family, a picnic blanket, some lunch and join us for a fun morning apple picking! "Apple-A-Day" Ratzlaff Ranch offers Gravenstein, Golden Delicious, and Rome apples. The ranch also processes and sells fresh apple juice. Late summer marks the start of apple season, and plenty of the tasty and popular fruits can be found, especially in the area around Sebastopol. It's fun to eat and cook with apples, it's even more fun (and educational) to head out into an orchard and pick them yourselves!

September 17, 2016

SRMC Kids Clothing Swap

9:00am to 1:00pm

Daisy Baskin's home at 5274 Wikiup Ct, Santa Rosa, CA 95403

Bring items your child will NEVER wear again and choose some great pieces they will wear. We hope this fun idea inspires you to clean out the kids' closet and gather all "good items" your kids no longer wear or use. This includes toys, feeding supplies, shoes, gear, etc. Bring them the morning of the swap to our host's home for an array of options to choose from! Have a great time with fellow SRMC members while also helping the community since all unclaimed items will be donated to a local charity/shelter. (The Living Room or Goodwill). This event is kid-friendly!

Baby Proofing: A little reminder

Ginger Susner

A few days back I found myself sitting on the carpet in the family room, cutting congealed silly putty out of the carpet - effectively shearing away the carpet to remove the blue goo. At times like those, it's easy to bring to mind how much Motherhood can still surprise even with (in my case) 10+ years of experience.

The little things like silly putty and carpeting do not mix, may not immediately come to mind until faced with the imminent danger and sorry repercussions. So, in order to help deter such ill fated events, I've done a bit of research of late regarding some of the lesser known household traps of misfortune.

Item 1. Dishwashers. Thank heaven for dishwashers - can I get a Amen!?! However, in case you hadn't noticed, small people really like to climb. A dishwasher left open is very interesting - shiny things inside, lots to break, maybe even soap! So, it's very important to not leave the dishwasher open and unattended, even if you're multitasking like crazy and will get right back to it in just a minute. One of the more important notes - knives should always be pointed down. Also, shut the dishwasher securely. An almost shut dishwasher is practically an invitation for a backwards fall-over, small the head on the floor disaster.

Item 2. Open toilets. I know, gross. But as we all know little ones are very top-heavy and love to splash in water. So, the well-known rules for the bath, the pool, the water table, apply to the toilets as well. Enough said.

Item 3. Pet toys. Those of us with more than one kiddo have developed an eagle eye for the rogue lego that big brother or sister have flung to the far ends of the Earth and forgotten. We too know all about the old doll from grandma with the button eye falling off. The long-discarded half-chewed crinkly mousey that is resting under the couch, however...

Item 4. Under the couches. See Item 3. There is a treasure trove under couch cushions. Most of that treasure has been supplied by your little one, no doubt. I don't know about you, but we pretty much always find coins, cheerios, a hair tie or two, maybe a little toy car. Your little one is eye level with this magically evolving cache. You (frequently) are not.

Item 5. Houseplants. It's been awhile since my kids were very small, so I'm harkening back a bit on this one. Ages ago, I had pretty little glass stones covering the dirt in the pots of the houseplants. Once junior got moving, so did the stones. Then of course, there were tasty leaves to contend with, and subsequent lack of leaves. Inside and out in the yard, certain plants are toxic. Here are some surprising ones are on the no-good list: Green parts of the potato and tomato plant. Pothos (that's the one that gets rangy and never dies, and is super popular for that reason). Amaryllis, the lovely red and white winter bulb, and it's bulb friends the daffodil, tulip, iris and lily. Post Script... one website actually listed poison Ivy. Really? Duh! And of course the dreaded "mother in-law's tongue". Heretofore I did not know that existed in plant form.

Item 6. Purses - straps, contents. My own purse is basically a black hole. It is a trap for me. For fun, I looked inside my purse just now. I found a pen, a broken necklace with loose pendants (that's where that went!), some Chuck E. Cheese tickets, and a packet of Emergen-C. The less considered issue here however is the straps of the purse. Even short purse straps can become an impossible labyrinth for a baby left to investigate the depths of the black hole.

Item 7. Spout cover for tub faucet. This one is perhaps not so surprising. More surprising however is the frequency in which my kids' heads come into contact with the spout no matter how many times..... just get a spout cover.

CRAFT CORNER

Ice Cream in a BAG

By Dara Kasza

This was SO fun to make, Hadley had the best time smushing the bag around and even more fun eating something she made! Plus it took 15 minutes and this ice cream tasted better than store bought. Seriously.

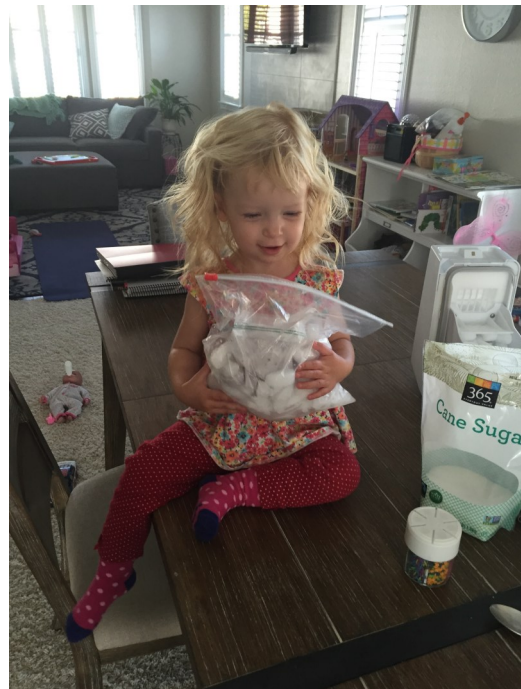
INGREDIENTS

- ½ cup half-and-half
- 1 tablespoon sugar
- ¼ teaspoon vanilla
- 1 sandwich ziploc bag
- 1 gallon ziploc bag
- 3 cups crushed ice
- 1/3 cup rock salt (target)



DIRECTIONS

1. Put first 3 ingredients in the smaller Ziplock bag and seal bag (Make sure it is tightly closed!).
2. Put ice and rock salt in the larger bag and then add the filled small bag. Seal the large bag.
3. Squeeze and shake the bag until ice cream is thickened, about 10-15 minutes.
4. Remove small bag, unseal, and eat with spoon. No need to even dirty a bowl!



Special Dates with your Little One

By Stella Outchkova

When life gets crazy in our home, it's hard to find time to connect or to even remember that we need to connect much less hang out. During the busy season, sometimes family fun night/day gets skipped but for the most part we try to stick to it. In the summer I love our family bike rides. We bought a bike trailer for our baby (now toddler) and we do rounds around the park, bike the Santa Rosa creek trail or Joe Rodota trail all the way to Sebastopol and thoroughly enjoy the quality time. I definitely don't consider myself a hardcore rider, so the nice thing is that there are levels for every type of biker.



There are a few tips I'd love to share which could be suitable for every riding family:

- Bring water, snacks, wipes, extra clothes and a first aid kit (or at least Neosporin and Band-Aids).

Wear safety equipment – helmets, knee and elbow pads.

- If this is your first biking trip with a trailer or young bikers, pick a smooth trail.
- Bring entertainment in the bike trailer for the youngest – books or toys in case they get fussy.
- Bring a spare tire and tools to change it! Let me tell you how NOT fun a 45 min walk along Sebastopol road in scorching heat could be with an upset one year old in the back!!
- Know your path or destination before setting out. This can sometimes be challenging depending

on who you're riding with and the age of your kiddos but it will eventually lead to a pleasant, leisurely ride (especially on potential uphill battles).

- Explain some of the rules of trail biking to young riders. Don't stop in the middle of the trail, stay on the right side of the path, don't ever go onto the path without looking both ways for other riders and pedestrians. ALWAYS stop before crossing any roads.
- And wear sunscreen!!!



15 Differences In The First Child vs. The Second

I thought this was hilarious and spot on from what everyone has told me, I just had to share it. Carisa Miller from Scary Mommy is always a good read. What do you think? Is it accurate? -Dara

1. Celebrating

The first child: When we were expecting our first child, people celebrated me as though no woman had ever had a baby before. I was showered with gifts and attention by family, friends, family friends and friends of family friends' dogs. Upon arrival of the baby, visitors crowded the waiting room and lined up around the block. You have never seen so many homemade lasagnas in your life.

The next one: Umm...where did everybody go?

2. Documentation

Your first child: Photo documentation began before my pregnant belly was even visible and continued weekly (more like daily) throughout the first two years of our daughter's life on the outside.

The next one: Any pictures that captured my second pregnancy were inadvertent until near the end, when we decided we had better take a few shots on purpose just to prove it happened.

3. Illness

The first child: The baby was snuffle free her whole first year of life.

The next one: Due to the infectiousness of her older sibling, now in preschool, the baby has had a runny nose since the week after her birth. She can see us coming with the snot sucker from across the room and it takes all three of us to hold her down to use it.

4. Time Management

The first child: There was no time to do anything but care for the baby. Outings were carefully timed so as not to anger the gods of Nap. I could not commit to any plans without a caveat regarding the likelihood of my cancelling them, because one day's schedule could not predict the next.

The next one: I cannot conceive how I ever felt busy caring for only one child and though I continue to respect naps, it would be impossible for me to make the world stop spinning in order to always accommodate the baby at the exact moment she is ready. (By 'the world' I mean my preschooler, by 'spinning' I mean spinning.)

5. Nursing

The first child: I had great big hopes that my breasts would rebound post nursing.

The next one: All hope is lost. But I'm still pulling for pelvic realignment.

6. Attentiveness

The first child: We rushed to respond to night time crying for the baby's sake.

The next one: We rush to respond to night time crying so that she won't wake up her sister.

7. Cleanliness

The first child: The baby got a complete wardrobe change upon receiving the tiniest drop of spit up.

The next one: Wipe slobber and spit up off with other parts of the clothes she is wearing, the clothes I am wearing, rub it off (or rather in) with my thumb, dangle her so she launches it onto the ground. In short, use whatever method of cleanup is most handy and carry on. Spit up and slobber are nothing compared to what her sister uses to dirty clothes. Exponential laundry increase is one of the great shocks of having a second child.

8. Development

The first child: We encouraged motor skill and ambulatory development. Praised all accomplishments.

The next one: Have strapped to the floor with duct tape knowing what difficulties baby mobility brings. I try every day but still cannot physically move in two opposing directions at once. Once the baby starts running around, I will have to decide which child to sacrifice in order to chase after the other.

9. Safety

The first child: Any baby proofing done was to protect from the dangers of the house.

The next one: How could anyone think a house is dangerous compared to a three year old? This baby climbs the stairs by herself on the way to her daily sibling self defense class.

10. Closeness

The first child: I wanted to hold her all the time, she was my first. Her sleeping on me was bliss and I had the leisure to doze at random with her at any point during the day.

The next one: I want to hold her all the time, she is my last. Her sleeping on me is rare because her sister does not recognize my right to be still.

11. Productivity

The first child: On the weekends the family ran errands together. It seemed we had all the time in the world and every trip was novel. There were two of us and one of her...nothing could impede our progress. *The next one:* Divide and conquer. This took a few trips to figure out. Inevitably, one of us would have to make an emergent potty run into a store with the toddler, while the other sat in the parked car nursing the newborn. This left no one to accomplish the errand. (To ease your suspense, it was me in the car.) As I write this I realize that during the week, I run the errands by myself with both girls. Hey wait a minute, that's not fair...

12. Organization

The first child: The house became increasingly scattered with baby gear and toys. I was excited when she grew out of all those clunky baby gadgets such as the activity mat, exersaucer and high chair, until I realized bigger kids have bigger stuff.

The next one: Minimal adult possessions remain. However many attractive receptacles I can find, they are not enough.

13. Benefits

The first child: Had the benefit of all my attention. Good thing because I had no idea what I was doing.

The next one: Has the benefit of my experience. Good thing because I am busy explaining to her sister why she doesn't get all of the attention anymore.

14. Life Impact

The first child: The shock of parenthood was tremendous and the realization that I couldn't turn back was scary like I swallowed a boulder and jumped off a bridge.

The next one: Times two.

15. Lovability

The first child: Brought the most powerful of all love into my life for the first time.

The next one: Brought the most powerful of all love into my life for the first time, again. (My apologies if the sentiment makes you throw up in your mouth, that is just the way it is.)

Carisa Miller from Scary Mommy

2016 SUMMER BUCKET LIST IDEAS

We love our long summers in Sonoma County so lets take advantage and squeeze in a few more summer activities!

- Visit the Point Reyes Lighthouse. A fun trek to the lighthouse in the Point Reyes National Seashore. Beautiful views and interesting history. Read about our visit to the lighthouse [HERE](#).
- Zipline over the redwood canopy. Minimum age 10 years old. [Sonoma Canopy Tours](#) is located in Occidental.
- Ride over beautiful Sonoma County in a Hot Air Balloon! There are several places offering balloon rides in Santa Rosa, Windsor, and Sebastopol. Enjoy amazing scenery, fresh air, and a peaceful quiet that comes with a hot air balloon experience.
- Canoe or kayak on the Russian River. There are family friendly sections of the river with a leisurely current and lots of swimming holes and beaches to stop and play at on the way. Good clean fun for the whole family! There are a few companies in Healdsburg that rent out equipment and provide shuttling. We have used [Russian River Adventures](#) and they were great! There is also [Burke's Canoes](#) if you want to start on the lower part of the river.
- Tour Mrs. Grossman's Sticker Factory. Tours are Monday through Thursday, 10:00, 11:00, 1:00 and 2:00. Reservations required. The tour takes approximately fifty minutes. Adults - \$7.00, Youth under twelve - \$5.00, Children under three – Free! [Mrs. Grossman's Sticker Factory](#) is located at 3810 Cypress Drive in Petaluma.
- Spend the day at the Children's Museum of Sonoma County. Great fun for the whole family. New exhibits open in June 2015, read more [HERE](#). Open Tues-Sun. [CMOSC](#) is located at 1835 W. Steele Lane in Santa Rosa.
- Pick your own apples at Chileno Valley Ranch. They are open on Sundays in August, September, and October. [Chileno Valley Ranch](#) is located at 5105 Chileno Valley Road, Petaluma. There are a couple of other u-pick apple farms in the area too.
- Teach your kids how to fish at Hagemann Ranch. Stocked to the gills with rainbow trout, you are sure to catch your dinner here. They will clean the fish for you and you can grill them on the spot if you prefer. No fishing license is required and the only rules are no catch and release and no catching the frogs! [Hagemann Ranch](#) is located in Bodega Bay.
- Spend the day at Traintown in Sonoma. Ride on the railroad through tunnels, over bridges, and stop in their miniature town and petting zoo. Also features kids carnival style rides. [Traintown](#) is located at 20264 Broadway in Sonoma.
- Go horseback riding on the beach! There are several horse farms offering riding experiences in the area. [Horse N Around Trail Rides](#) in Bodega Bay offers scenic trail rides with ocean views throughout their 378-acre Ranch or rides on the beach.
- Go on an African Safari in Sonoma County! Visit [Safari West](#) in Santa Rosa for a true safari experience. Enjoy a fascinating riding and walking adventure in Safari West's 400-acre preserve. You'll come in contact with giraffes, gazelles, zebras, oryx, antelopes, cape buffalo, wildebeests and many of the other 900 animals in an exotic African savannah setting. Or go "glamping" in a Safari West luxury tent!
- Take a nature walk at Armstrong Redwoods. Pack a picnic lunch and beat the heat under a beautiful, cool canopy of redwoods. Our kids are in awe every time they visit this magical place. There are many levels of trails you can take throughout the park with your family. Or you can go wild and backpack into the adjacent [Austin Creek Recreation area](#) - a great place for beginner backpackers. Don't forget to visit their visitors center and gift shop! [Armstrong Redwoods](#) is located in Guerneville.
- Spend the day at a Sonoma County beach! So many beaches, so little time.. Doran Beach, Dillon Beach, Salmon Creek, and Goat Rock are some of our favorites for families.
- Spend the day at a Russian River beach! Also many beaches along the river: Johnson's, Sunset, Steelhead, and Mother's Beaches.
- Tour the Sonoma County Wildlife Rescue. Tours conducted on Saturdays (once or twice a day, depending on the season). See red-tailed hawks, foxes, coyotes, mountain lions, raccoons, opossums, skunks, and bobcats. Fees: \$15/adults, \$10/4-12 years, FREE for 3 and under. [Sonoma County Wildlife Rescue](#) is located at 403 Mecham Road in Petaluma.
- Rent a boat on Lake Ralphine. Rent paddleboats, kayaks, canoes, sailboats, and rowboats. Easy and fun for families. Fishing is allowed in the lake also. [Lake Ralphine](#) is located in Howarth Park in Santa Rosa.
- Hang at Morton's Warm Springs. All day fun for the whole family. 3 warm geothermal pools in a beautiful setting with walking trails. [Morton's Warm Springs](#) is located at 1651 Warm Springs Rd in Glen Ellen.

- [Walk around the Gardens of Cornerstone Sonoma](#). More than 20 artistic gardens to walk around in. Also at Cornerstone are galleries, garden shops, wine tasting rooms, and a restaurant. Read more about our experience at Cornerstone Sonoma [HERE](#). [Cornerstone Sonoma](#) is located at 23570 Arnold Drive in Sonoma.
- [Check out the Petaluma Wildlife Museum](#). Completely run by high school students. Features live snakes, iguanas, and night creatures. Large display of animals from all around the world. The [Petaluma Wildlife Museum](#) is located at 201 Fair Street in Petaluma.
- [Visit the Petrified Forest](#). Self-guided tour of a Petrified Forest. Wonderful little gift shop too! Read more about our visit [HERE](#). The [Petrified Forest](#) is located at 4100 Petrified Forest Road in Calistoga.
- [Pamper your family at the Francis Ford Coppola Winery Pool](#). Rent a cabine and get all day pool access. The cabine has a private shower and changing area. Comes with 4 lounge chairs, towels, wine tastings, water, and juice for the kids. Read more about our visit to the pool [HERE](#). [Francis Ford Coppola Winery](#) is located at 300 Via Archimedes in Geyserville.
- [Learn and explore at the Environmental Discovery Center](#). The center is a natural history museum with hands-on exhibits connecting children and their families to Sonoma County's ecosystems. While you're there, walk around the scenic Spring Lake Loop, a family-friendly trail around Spring Lake. Read more about our visit to Spring Lake and the Discovery Center [HERE](#). The [Environmental Discovery Center](#) is located at Spring Lake Regional Park in Santa Rosa.
- [Camp out at Fairyland in Oakland!](#) Includes dinner, evening rides, puppet show, entertainment, and continental breakfast. Cost is \$55 per adult and \$30 per child.
- [Hit the Santa Cruz Beach Boardwalk!](#) Its famous for a reason - this place is good old-fashioned fun for the whole family. Set right on the Santa Cruz beach overlooking the ocean, the Boardwalk has loads of rides for both the young and old, a huge arcade, mini golf, shopping, and some of that delicious carnival food that we all know and love! Right down the steps, the kids can play in the waves at the beach. In the summer they have FREE Friday night Bands on the Beach. The summer of 2015 shows include Eddie Money, Soul Asylum, Wang Chung, Y&T, Blue Oyster Cult, and Smash Mouth. On Wednesday nights they have FREE movies on the beach. 2015 movies include The Lost Boys (of course), Breakfast Club, Pee Wee's Big Adventure, Dumb and Dumber, Princess Bride, Jumanji, Ferris Bueller, and Back to the Future.
- [Ride the Santa Cruz Mountains Roaring Camp Railroad!](#) From the redwoods right to the beach, take the famous train ride to the boardwalk. Open air or closed cars.
- [Take the famous Alcatraz night Tour!](#) For a more exhilarating, yet educational, experience, visit Alcatraz after the sun goes down. Alcatraz can only be reached by ferry and there is a charge for ferry service to and from the island, which departs from Pier 33 at Fisherman's Wharf in San Francisco (includes the cellhouse audio tour).
- [Camp overnight at the Oakland Zoo](#). Interactive children's zoo activities, snacks, campfire fun, and a hot breakfast in the morning.
- [Take the Jelly Belly Factory Tour](#). Factory is open for tours every day from 9am to 4pm. Tours are FREE and depart approximately every 10-15 minutes throughout the day and last approximately 40 minutes. The [Jelly Belly Factory](#) is located at 1 Jelly Belly Lane in Fairfield.
- [Visit the Bay Area Discovery Museum in Sausalito](#). Summertime is fun at the Bay Museum. Lots of outdoor activities, water play, playground and a sweet view of the Bay and Golden Gate Bridge.
- [Take a ride on the Skunk Train!](#) Runs to and from Fort Bragg and Willits. Amazing scenery through redwoods, tunnels, and canyons.
- [Spend the day at Six Flags](#). Thrill rides, kiddie rides, water rides, animal attractions, and live shows. [Six Flags](#) is located at 1001 Fairgrounds Dr. in Vallejo.
- [Spend the day at Great America](#). Rides for the young and old, Planet Snoopy, Water Park, live entertainment, and special events. [Great America](#) is located at 4701 Great America Pkwy in Santa Clara.
- [See a Mountain Play at Mount Tam](#). Live outdoor theater on Mount Tamalpais in Mill Valley.
- [Watch a SF Giants game at AT&T park](#). If you haven't watched a game at AT&T park, its truly a fun experience. The park sits right on the bay so you have surrounding views of the water. There is a kids fun zone if your kids are getting antsy in their seat. Don't forget to get some of those famous Gilroy Garlic Fries!!
- [Go see the Oakland A's on Wednesday Home Games for \\$2 a ticket!](#) Always fun to go see the Oakland A's play!



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