



Neighborhood
Parents Network

PARENT TO PARENT

*Summer 2012:
Coping with Change and Transition*



Saying GoodbyePAGE 6

From Conference Calls to PlaydatesPAGE 9

Fostering Independence: Learning to Step BackPAGE 14



WORK
PLAN
BUILD
DREAM

PROVIDENCE
ST. MEL SCHOOL

Are You Already Thinking About
Where Your Child Will Attend College?

FULL DAY



AT PSM...WE'VE GOT THE TICKET!!
For 34 Years, 100% College Acceptance Rate!

EARLY CHILDHOOD PROGRAM

PRE-SCHOOL ~ 3 YEAR-OLD PROGRAM

PRE-KINDERGARTEN ~ 4 YEAR-OLD PROGRAM

KINDERGARTEN ~ 5 YEAR-OLD PROGRAM

PROGRAM HIGHLIGHTS:

- Academic-based, College Preparatory Curriculum
- Structured Learning Environment
- Related Arts Classes
- Dedicated Computer and Science Labs
- Dedicated Library Resource Center
- Enrichment Courses for Parents and Students
- Extra-curriculum Activities for Students

ALL UNDER
ONE ROOF!

Providence St. Mel is a private, independent school.
Pre-School through 12th Grade

For More Information:

Call 773-722-2222 Or Visit www.psmnow.com



OUR MISSION

Connecting a diverse community of families with the resources they need to navigate parenting in the city

PARENT TO PARENT

Jill Chukerman, Managing Editor
newsletter@nnpnparents.org

Peggy Fink, Designer
nldesign@nnpnparents.org

Ellie Ander, Marketing & Advertising
ellie@nnpnparents.org

Sarah Cobb, Executive Director
sarah@nnpnparents.org

Melanie Schlachter, Associate Executive Director
melanie@nnpnparents.org

BJ Slusarczyk, Operations Manager
bj@nnpnparents.org

Parent to Parent contains articles and information straight from our NPN member community. For information about editorial submissions, email newsletter@nnpnparents.org; for advertising, email ellie@nnpnparents.org. We look forward to hearing from you!

INSIDE THIS ISSUE



Features

Saying Goodbye.....	6
Let's Take a Trip	7
Entering Mommydom	8
From Conference Calls to Playdates: Making a Successful Career Change	9
Transitioning From 1 to 2	10
Fostering Independence: Learning to Step Back	14
A Dad's Perspective (I Got This!)	16
From Fertility Patient to Pregnant Woman.....	19
ABCs of a Smooth Transition	20
Kid-Sized Fun This Summer!	22

News & Information

NPN Volunteers.....	5
Welcome to Our Newest NPN Board Members	5
Social Snapshot.....	12
Wake Up & Boogie Down Recap	13
NPN Website News!	22
Upcoming Events.....	Back Cover



Letter from the Executive Director

Warm weather is here and we are free to run around without the usual effort to bundle up our little ones (my daughter is convinced she never needs a coat).

There is so much to be excited about at NPN. At the halfway mark, we are thrilled with how the year is progressing:

- We are at nearly 6,000 NPN members—an all-time high!
- More than 2,700 people “like” us on Facebook. What about you?
- Our website features new blog topics every day. Check them out for some useful tips! Let the RSS feed keep you posted.
- Our calendar includes more than 30 events each month—mostly free or very low cost.
- More than 500 NPN friends and kiddos celebrated with us at the 4th Annual Wake Up & Boogie Down Family Festival. We raised more than \$9,000!
- Our first Developmental Differences Resource Fair was a huge success.
- Our programs meet the needs of families from pregnancy to preschool and beyond, whether they are at the office, home or somewhere in between.

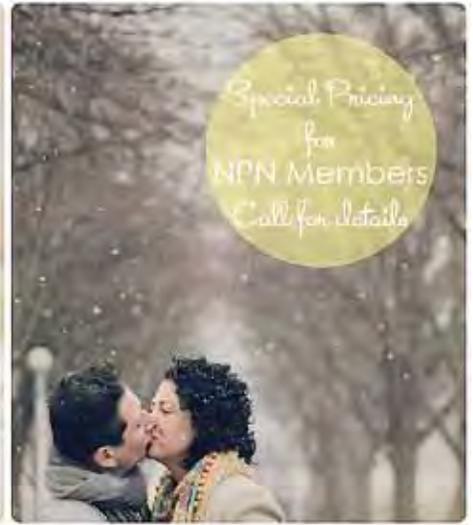
This summer marks some very exciting news for NPN:

- Our NPN Discussion Forum is getting a major facelift; read more about our mobile news in this issue.
- NPN programming has been expanding south to meet the needs of more families in Hyde Park and the South Loop.
- We continue to reach more families through our Fee Waived Membership Program and our nonprofit partnerships.
- The gift of NPN membership, the perfect baby shower gift, is now available at our amazing retail partners like Urba Baby, Kickin', Flourish Studios, Little Threads, vfish, Little Beans Café, Lazar's Furniture and more.

Have a fantastic summer, and don't forget, we are here to help with your child care and/or school search process!

Sarah Cobb





Special Pricing
for
NPN Members
Call for details



A revolutionary media house dedicated to families offering photography & film services for the ultimate keepsake

Our custom photo sessions are designed to encourage our clients to relax & most importantly, be themselves.

We pride ourselves in making every session fun, filled with laughter & on good days, lots of gorgeous light. We think it shows in our photos, the place where it matters most.



Our film product is called the Bum Bul Bee Vignette. Each Vignette features a concept consultation for story development; footage shot on-location in gorgeous full HD & music used with permission from main stream & indie artists from Sony, EMI & others. We keep your memories in motion.

for more info, call: 312.841.7427 (PICS) email: BumBulBee.Photography@Gmail.com
visit: www.BumBulBee.com

It's all about you and baby

Feel confident and supported in birth and early parenting

- Labor and postpartum doula care
- Flexible day & night support
- Breastfeeding consultation
- Childbirth education
- Massage therapy & more

Chicagoland's oldest and largest community of doulas



Chicagoland 888.506.0607 www.birthwaysinc.com



Dr. Weber is dedicated to helping your children be their healthiest and happiest.

Chiropractic care for children can:

- ✦ Improve sleeping patterns
- ✦ Reduce sickness & ear infections
- ✦ Enhance performance & learning

Call today! (773) 348-6908

3259 N. Ashland Avenue
Chicago, IL 60657



Learn more at www.totalbalancechiro.com



NPN THANKS OUR VOLUNTEERS

Clubs

Andersonville-Edgewater	Robin Brannigan/Diane Avraham
Lakeview	Christine Jordan/Miranda Byrd
Lincoln Square-North Center.....	Kelly Cantwell
Near West-South Side.....	Lisa Kulisek/Gina Joslin/Francine Verlotta
Old Town-Gold Coast.....	Mary McGraw/Marisa Fetter
Portage Park	Cyrus Clausen
West Town	Marcie Wolbeck
Adoption.....	Tammy Miller/Julie Rakay
Asian	Jennifer Uson/Ying Zhan
Attorney Moms	Jean Choi
Dads	Ian Smithdahl
Developmental Differences	Ellen Sternweiler/Kandalyhn Hahn
Elementary School Parents.....	Bernadette Pawlik
Moms in Business	Katherine McHenry/Jenny Perillo
Moms' Night Out	Shawna Goelz/Mandy Moise
Moms Over 35	Marie Lona/Lisa Mendell
Multiples.....	Cari Matykiewicz/Becky Reno/Melissa Manning/Michelle Gauthreaux
New Moms Over 40	Sarah Squires-Doyle/Pamela Chianelli/Melissa Deroche
Parents of One	Janet Walkoe
Same Sex Parents.....	Monique Urban/Angela Debello

Single Parents	Angela Kezon
South Side	Kristin Myers/Dani Brzozowski/Megan Marshall
Working Moms	Rebekah Kohmescher/Gretchen Speakman/Amanda Wiley

Resources

Legal Counselor	Heather Varon
-----------------------	---------------

NPN Board of Directors

Board President.....	Kelly Ahuja
Vice President	Alex Guzman
Treasurer	Laurie Bauman Nelson
Secretary.....	Jennifer Guimond-Quigley
Board Members.....	Robin Brannigan
	Elisa Kronish Drake
	Marie Lona
	Cindy McCarthy
	Jessica Minahan
	Kristin Myers
	Victoria Nygren
	Sharmila Rao Thakkar



WELCOME TO OUR NEWEST NPN BOARD MEMBERS

ROBIN BRANNIGAN joined NPN in 2009 not long after the birth of her son. Looking for fun activities with her new addition, she volunteered as a neighborhood co-chair. Prior to motherhood, she worked as a project manager in the health insurance industry. She moved to Chicago after graduating from the University of Illinois with a bachelor's degree in finance. Loving life in Chicago, she and her family enjoy many of the city's parks and year-round festivals.

MARIE LONA is an "over 35" mom living in Wicker Park with her husband and two-year-old daughter Morgan. Before becoming a mom, she was a senior partner at a major international law firm, but she has temporarily retired from practice to enjoy time with her daughter. She is also the volunteer co-chair of NPN's Moms Over 35 social group.

JESSICA MINAHAN was introduced to NPN by Olive You Nanny Agency, where she has been a placement provider for the past four years. She has loved using her 10 years of nanny experience to connect families and nannies in Chicago. She has a bachelor's degree in psychology from UW-Madison and a master's in counseling from Loyola University Chicago. She is an aspiring mom and is excited to be part of NPN's incredible network and resources for families in the Chicago.

LAURIE BAUMAN NELSON is a senior manager for a large public accounting firm. She has more than 14 years of experience in consulting and internal auditing serving a variety of clients across multiple industries. She has lived in Chicago for 14 years and currently resides in the Old Town neighborhood with her husband, four-year-old daughter and two-year-old son. She loves raising her children in the city and enjoying all it has to offer. She is looking forward to assisting in the growth and future development of NPN.



SAYING GOODBYE

By Sara Sladoje, GRASP, NPN member since 2010

IT IS IMPORTANT TO ALWAYS SAY GOODBYE WHEN SEPARATING TO CONNECT WORDS WITH ACTIONS AND ESTABLISH A PATTERN.

Something that just came up in a GRASP moms' group recently was the issue of separation anxiety with toddlers. "I just sneak out," a mom explained, "but my son seems clingier than ever and I am getting frustrated." When I shared that sneaking out was part of the problem, there was surprise.

It is important to always say goodbye when separating to connect words with actions and establish a pattern. This helps set your child's expectations and provide a greater sense of security. Knowing what will happen next, even if it's not something your child likes, maintains your little one's sense of trust and consistency. As we know, our anxiety actually increases when there is no sense of what is coming. When you suddenly disappear, your toddler feels anxiety that will likely make him/her clingier when you are around, since there is no "word" or routine associated with your departure.

Although toddlers tend to have a greater issue with separating, I recommend parents start a goodbye routine with young babies. First, it helps you begin and maintain the habit, and second, it introduces the word "bye" to your infant. This becomes especially important as your infant begins to understand that things (like you) still exist even when out of sight. By using the word "bye," you help advance this object permanence concept, especially if you incorporate it with play. For example, a basic game of peek-a-boo is a great way to demonstrate that even when you "disappear" behind your hands, you are still here and will always return.

If you start your goodbye routine when your baby is young—although it might seem easy at first to "sneak out"—it will help decrease clinginess and make it easier to leave when your child is a toddler.

Helpful hints

- Use the word "goodbye."
- Keep it short.
- Give a concrete cue/reminder that you will return—for example, when the clock says 3:00 or after circle time at daycare.
- Keep the routine the same.
- Leave a reminder of you that your child can keep to help transition—for example, a sticker on his/her shirt or your photo.
- Play separation games like peek-a-boo and hide and seek to demonstrate leaving and returning.
- Again, short but consistent!

Sara Sladoje MS, CCLS, is co-founder, with Alison Kramme LCPC, of GRASP group. She is a child development and parent support specialist helping parents navigate parenting issues with an approach that supports the family. She speaks on issues surrounding child development and parenting and, with Alison, leads mother/infant and mother/toddler groups at Little Beans Cafe.



Photo courtesy Sara Sladoje.

LET'S TAKE A TRIP!

By Beth Wilson, Chicago Children's Museum, NPN member since 2011



ENJOYING AND CONNECTING WITH YOUR CHILD BEFORE, DURING AND AFTER A FAMILY OUTING WILL HELP HIM/HER FEEL SECURE AND BETTER ABLE TO COPE WITH TRANSITIONS.

Visits to the museum, park or zoo should be enjoyable outings filled with quality family time. But all too often they feel stressful, rushed and exhausting and may include tears, tantrums and full-on meltdowns! As wonderful as visits to new and exciting places can be, they can also leave families feeling overwhelmed, tired and out of control.

Many challenges during family outings result from transitions children are coping with, including:

- Changes to their daily routine
- Not knowing what to expect or what to do
- Not wanting or needing to move on to the next thing
- Bored with waiting
- Feeling too physically restrained or tired

Remember, it's not so much what you do with your child, but how you do it. Your child craves your patience, love and attention. Enjoying and connecting with your child before, during and after a family outing will help him/her feel secure and better able to cope with transitions.



Photo courtesy Chicago Children's Museum.

Before you go

Talk with your child about where you're going, who will be there and what you plan to do. Explain how you're going to get there, how long you will be there and when you will go home. Provide as much detail as possible.

Talk about what you're going to do first, second and last so everyone is on the same page before making the trip. Let everyone pick one "must-see" or "must-do," and, if possible, work everyone's suggestions into the plan.

Creating a picture plan or schedule (using photographs or simple drawings) can help young children visualize and organize what the outing is going to be like. At Chicago Children's Museum, we have personal schedules for families to plan their visits; it's definitely worth checking ahead of time to see if the place you're visiting has a planning tool.

During your visit

Don't try to do everything! The quality of the experience is more important than seeing or doing everything. Children need time and space to play and learn, so follow their lead. They'll let you know when they are ready to move on to the next thing.

Provide support during the visit. Tune into signals and try to anticipate when your child is getting tired or hungry or might need a break. Balance your child's physical needs, and switch from walking to riding to being carried. Find opportunities for your child to explore independently and move around freely.

Finally, never stop communicating. Before moving on to the next activity or heading home, give a concrete stopping point, say what you're going to do next and follow through. "You can push the button two more times, then we are going to see the fire truck."

Back at home

Turn the outing into a story. Include details about what you and your child did, said and enjoyed. Playfully reflecting on the experience is a great way to talk about successes, challenges and things to think about next time.

Beth Wilson is the manager of early learning initiatives at Chicago Children's Museum. She has been with the museum for five years and leads in the research and development of programs and exhibit experiences for babies, toddlers, preschoolers and their families.

ENTERING MOMMYDOM

By Lindsay Walker Rhodes, NPN member since 2010

THE EARLY YEARS OF PARENTING ARE A VULNERABLE TIME, AND I HAD TO MAKE A CONSCIOUS EFFORT TO BLOCK OUT SOURCES THAT LEFT ME FEELING INSECURE.

Having a baby does change everything, just like the commercials say. We have had our share of sweet kisses and bubble baths since our daughter's birth in November 2010, yet the transition to post-baby life brought numerous challenges I was not expecting. Here are three aspects of being a new parent I found difficult and how I dealt with them.

Change in social interactions

When I returned to work, I felt I could not participate in any water cooler conversations that did not involve stage 2 bottle nipples or Sophie the Giraffe. Surprisingly, no one at my office was talking about those topics, and for a while I felt out of place. Transitioning back into the real world and participating in non-baby conversation took practice, but over time it helped me find my own voice again. My mom friends are just as important, including friends who have older children and have been there before. My new moms' group still gets together monthly, and our discussions have evolved from early sleep habits to the new scary world of toddler discipline. I am grateful to have this trusted network of other moms who understand what I am going through.

Lack of spontaneity

Have you ever sat at a restaurant and noticed a pathetic-looking woman staring longingly at you through the window? Well, that was probably me. One of my hardest adjustments as a mother has been relinquishing the ability to announce, "Let's go out!" at the end of a long day. Spontaneity is not usually associated with going out to eat with a baby or a toddler. Heading to a restaurant with a young child can feel like preparing for battle, but instead of ammunition we come armed with Cheerios. When the afternoon nap aligns with the Earth's poles and the diaper bag is packed with everything from Mum Mums to a bathing suit, we can successfully step out into the sunlight and have a great meal.

When we most want to go out (hello Friday evening!) but can't, we have developed the helpful trick of pretending. We order carry-out from our favorite spots, and, since our daughter is now a toddler, we have started having "Picnic Fridays," eating our dinner while seated on a blanket in the living room. If we can't make it to Pequod's Pizza, then Pequod's comes to us. And I stop staring at people through restaurant windows with tears in my eyes.

Some women do it all and 110% more

The early years of parenting are a vulnerable time, and I had to make a conscious effort to block out sources that left me feeling insecure. If your small success for the day was showering before 10 a.m., try not to be intimidated by the mommy blogger who made 12 dozen cookies for the bake sale while selling homemade pinafores on Etsy. The Internet provides a wealth of information and support for new parents (like NPN, of course!), but it can also be quite the breeding ground for comparisons. You set the baby in her swing, washed your hair and got dressed. Now there's a supermom if I ever saw one.

Lindsay Walker Rhodes (@LWalkerRhodes) lives in Roscoe Village with her husband, daughter and very noisy cat. She works part time as a genetic counselor.



Photo courtesy Lindsay Walker Rhodes.



FROM CONFERENCE CALLS TO PLAYDATES: MAKING A SUCCESSFUL CAREER CHANGE

Elizabeth Bushaw, NPN member since 2011



Photo courtesy Elizabeth Bushaw.

ABOVE ALL, REMEMBER YOU GOT OFF THE CORPORATE LADDER TO SPEND YOUR DAYS WITH SOMEONE WHO LOVES YOU UNCONDITIONALLY.

I just started a new job, and my boss's demands are outrageous. Today she refused to wipe her constantly running nose, so I had to chase her with a tissue. Then she threw her lunch on the floor and made me clean it up. When she didn't agree with a decision I made, she collapsed on the floor in a fit of rage. It's a good thing we're related. I recently left my job to pursue life as a stay-at-home mom, and I'm quickly realizing this new gig will be the most challenging career change of my life.

After 12 weeks of maternity leave, I returned to work for the first year of my daughter's life. While I didn't always enjoy it, I succeeded as a working mom, juggling the responsibilities of my job with the never-ending tasks of parenthood. But after becoming a stay-at-home mom, I struggled to find my groove. Then I experienced a light bulb moment: I still need some tools from the working world.

Network: One of my first goals was to find friends for me and my daughter. Fortunately, there are plenty of resources for Chicago parents. NPN offers a variety of information, events and groups, including free New Moms Groups. I quickly realized playdates would be key to my sanity and my daughter's happiness. Fortunately, I found CheersForMoms.com, a free moms' group offering age-appropriate activities based on the ages of group members' children.

Organization: I've always been a planner, and while working I relied on my Outlook calendar daily. Now, I schedule a few playdates or activities each week and add them to my smart phone's calendar immediately so I don't forget when my brain inevitably turns to mush after a night with the dreaded molars. Filling each day with a few household chores and/or errands, as well as plenty of

play and activity, leaves us both as happy and stress-free as possible with an active toddler.

Strategy: Now living off one salary versus two, our family tries to participate in free or reduced-cost activities. Parenting in an urban area offers endless opportunities—whether it's story hour at a Chicago Public Library branch or a free playdate at a popular play café. The NPN calendar is a great place to start.

Self-improvement: It may not have felt like "me" time when I was sitting on mind-numbing conference calls, but my job allowed me to focus on myself and provided a sense of who I was before becoming a mom. Whether it's returning to the gym or signing up for that photography class you always wanted to try, find a way to focus on you—sans kiddo.

Team building: Local volunteer organizations have figured out ways for you to give back with your tot-sized cubicle mate in tow. More than Milk (morethanmilk.org) and The Honeycomb Project (thehoneycombproject.org) offer opportunities to volunteer as a family, including cleaning up a city beach, preparing breakfast at a shelter or visiting with the elderly.

Adapt: Above all, remember you got off the corporate ladder to spend your days with someone who loves you unconditionally. Your little one may not give two hoots about deadlines or schedules, but she needs you. While I may have planned to grocery shop Tuesday afternoon, if my daughter's nap runs late or one of us simply isn't in the mood, I breathe a sigh of relief because we can always go tomorrow. My new boss would rather play with Tupperware today.

Elizabeth Bushaw lives in Lincoln Park with her husband and the best boss she's ever had, her 14-month-old daughter Ella.

TRANSITIONING FROM 1 TO 2

By Karli Bertocchi, NPN member since 2011

"A PLACE FOR EVERYTHING, AND EVERYTHING IN ITS PLACE" IS MY MANTRA—IN THEORY.

As my due date approached for our second child, my husband and I were concerned about how Miles would react to his baby brother. Within minutes of their first meeting, Miles quickly reassured us that he welcomed Baby Maxwell in his heart. Sharing his space, however, would be a little trickier.

We live in tight quarters—a two-bedroom condo with approximately 1,000 square feet. We love the location, and since our boys could share the second bedroom, it makes sense to stay put.

For the first few months, sharing the space wasn't a problem. But when Maxwell started to crawl, suddenly I saw danger everywhere, and the source was Miles' toys. Almost three years older than his baby brother, Miles is physically adept with great fine motor skills. He loves trains, arts and crafts and, perhaps most of all, marbles.

It was time to put some rules in place, along with some organizing strategies.

Keeping order: a toy story

I started with organizing, strategically placing baby-friendly items on the floor or lowest shelves. Mid-level shelves contained toys safe for Maxwell, but best suited for Miles. Marble games and other toys with small pieces, such as Legos, were stored on the highest shelves requiring an adult to retrieve them. I put colorful toys inside plain storage boxes with no label. Miles is starting to recognize letters, especially M-A-R-B-L-E-S, so I wanted to avoid the temptation for him to pull down the box without supervision.

Three simple rules

"A place for everything, and everything in its place" is my mantra—in theory. But things had gotten lax with Miles. He'd play with toys throughout the day, with clean-up part of our transition from play to lunch or dinner. That needed to change. I explained that his toys were not good for Baby Maxwell, who could put pieces in his mouth. Together we came up with three simple rules:



1. Play with only one toy grouping at a time—trains or puzzles, not both.
2. Put away one toy before taking out the next toy.
3. Play with toys from the "high shelf" only with adults when Maxwell is not around.

This was a big adjustment for Miles, sometimes making him sad or angry when he couldn't play with all his toys all the time—as well as testing my patience and honing my distraction/deflection skills. When we play marble games, we make sure every one is accounted for before putting them away. Here's a tip: remove extra pieces from toys that are unnecessary. Reducing 25 marbles to five makes life easier.

There are many benefits to our new routine. Miles has learned responsibility, picking up after himself and taking pride in keeping our home tidy.

Recently Miles wasn't feeling well and needed to stay inside. I knew he had learned our rules when Maxwell went to sleep and Miles said, "Now I can play with my marbles; Maxwell is sleeping."

Karli Bertocchi and her husband Ben live in Lincoln Park with their two boys, Miles and Maxwell. She founded her organizing company, *Organized With Style*, in 2004, helping clients organize their homes, offices and relocations.

Helping you achieve financial security *no matter where you're starting from*



From **auto**, **home**, and **life insurance** to **retirement planning**, a COUNTRY Financial representative can help you protect what you have and plan for tomorrow. Call today to schedule a free Insurance and Financial Review.



Victoria Nygren
Agency Manager

1701 W. Belmont Ave.
Chicago, IL 60657
773-248-1741

2303 N. Bosworth Ave.
Chicago, IL 60614
773-472-1820

4700 N. Western Ave.
Suite B
Chicago, IL 60625
773-728-2957

3703 N. Harlem
Chicago, IL 60634
773-427-2851

4708 N. Milwaukee Ave.
Chicago, IL 60630
773-427-4364

55 W. Monroe
Suite 3150
Chicago, IL 60603
312-345-1816



0412-512HO

SOCIAL SNAPSHOT *

CONNECTING WITH FAMILIES THROUGH THE NPN BLOG, FACEBOOK AND TWITTER FEEDS



NPN GOES AL FRESCO

Top spots to make sure your Twitter feed—and your bellies—stay full this summer

1. @FrascaPizzeria has daily specials PLUS kids eat free every day 4:30–6 p.m.
2. @nookieschicago has a new location in Edgewater and a Just for Kids menu.
3. @littlebeanscafe has an Ice Cream Shop and a new outdoor play structure.
4. @WholeFoods has all your summer barbecue needs—stop by on your way home from @bubblesacademy songs and stories for kids.
5. @uncommongrd brunch has super-fresh ingredients from its organic rooftop farm—they also offer tours.
6. @foodtrucksinchi knows the best spots around town for lunch on the go.
7. @BurgerBarChi has amazing burgers, craft beer list, mac 'n' cheese and more.

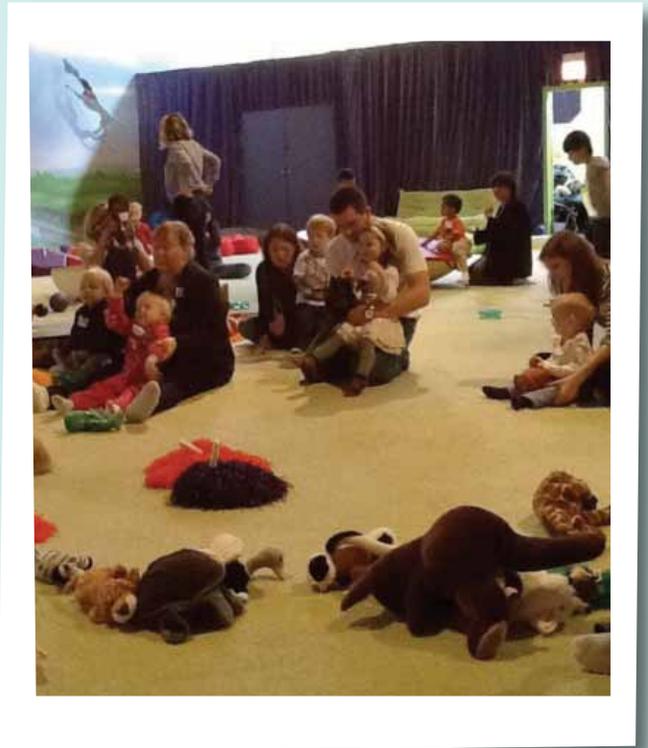
SHARING THE LOVE

Congratulations to **Audrey Shedivy** and **Lindsay Goodman**! They “shared the love” by bringing a guest to a February event and have won On the Go Chicago and NPN memberships.

Also, check out our adorable Valentine photo winner. Our winner enjoyed complimentary tickets to **Girls Night Out – Go Red for Women** and **NPN’s Wake Up & Boogie Down Family Festival**. Thanks for sharing photos of your little sweeties!



“SOCIAL SCENE”: OUT AND ABOUT WITH NPN MEMBERS AND VOLUNTEERS



Single Parents Mixer at Bubbles Academy.



Expectant Parents Event: Secrets of the Night Nurses. Pictured above: night nurses from Olive You Nanny.

Photo courtesy Eva Ho Photography evaho.com.

FOR WAKE UP & BOOGIE DOWN FAMILY FESTIVAL, FOURTH TIME'S A CHARM!

Photos courtesy Shay Feeney Photography

NPN's fourth annual Wake Up & Boogie Down Family Festival FUNdraiser March 3 delivered the FUN! The event sold out early and raised a record \$9,000 for NPN. More than 500 families took over the Cubby Bear and experienced music, dance, food, activities and more thanks to NPN's generous supporters.

Kids (and parents) of all sizes rocked out for the paparazzi—provided by Shay Feeney Photography—on FLOR's mini red carpet, and K Grace got them photo-ready with rock 'n' roll makeovers, complete with glitter and temporary tattoos. Teaching artists from Hubbard Street Dance Chicago kept the pint-sized crowd grooving between high-energy performances by The Happiness Club and live tunes by Bubbles Academy—both back by popular demand.

Little ones explored great activities from the Shedd Aquarium, Kids Science Labs, Multilingual Chicago and more, while their parents bid on fabulous locally themed raffle prizes from On The Go Chicago. Two lucky winners took home Britax strollers. Tasty treats, including burgers and mac 'n' cheese from Burger Bar Chicago, fresh subs from Uncle Sammy's and delicious cheesecake bites from Eli's Cheesecake were the perfect complement to the dancing and fun. Even the youngest guests had their own VIP area: a toddler play zone courtesy of The Little Gym.

NPN sends a huge, heartfelt thank you to the wonderful supporters that made this event so special this year: The Cubby Bear, *Time Out Chicago Kids*, Britax, The Little Gym, COUNTRY Financial, onthegoChicago.com, 101.9 The Mix, Eli's Cheesecake, Burger Bar, Uncle Sammy's, Bubbles Academy, The Happiness Club, Hubbard Street Dance Chicago, Building Blocks Toy Store, FLOR, K Grace Childcare, Shedd Aquarium, Kids Science Labs, Shay Feeney Photography, Multilingual Chicago, Stroller Strides, Little Gems International, FarmedHere, Happy Baby, Kim & Scott's Gourmet Pretzels, Kefir Lifeway, Pirate Brands and Julius Meinl.

FOLLOW US ON TWITTER: @NPNPARENTS

Our feed is chock-full of family-friendly Chicago events, news, fun and everything in between!

"LIKE" NPN ON FACEBOOK

Check out more photos from our fantastic events!

"PIN" WITH US ON PINTEREST

For more fantastic ideas: pinterest.com/nnpnparents and familyfinds.com/nnpnparents



Guests of all ages were captivated.



Families got all glam for the FLOR mini red carpet.



Back by popular demand—The Happiness Club rocked!

FOSTERING INDEPENDENCE: LEARNING TO STEP BACK

By Karen Jacobson, NPN member since 2003



Photo courtesy Karen Jacobson.

ALONG WITH LOVE, ACCEPTANCE AND LIMITS, CHILDREN NEED OPPORTUNITIES TO EXPLORE, EXPERIMENT, DO THINGS ON THEIR OWN AND STRUGGLE.

As children develop, they become increasingly independent. Walking on one's own, refusing to do something with an adamant "No," using the potty, dressing one's self, walking into school without a parent, riding a bike and making choices are all moves toward independence.

The process: For children, doing things on their own is empowering. Children feel capable and competent; they feel a sense of accomplishment. Doing things independently is a building block for self-esteem. Even when children struggle, get frustrated, make mistakes or can't quite do what they would like to do, having the freedom to try, deal with their feelings, make mistakes, fail and try again develops coping skills and a sense of resilience. Attempting to do things independently is an essential process.

For parents, a child's move towards independence often brings mixed feelings. Parents experience excitement and pride as children acquire new skills, but growth toward independence can bring worry, fear and a sense of loss. Parents wonder: Is he ready? Can he handle this on his own? Will she get hurt? Will she think I don't care if I don't help? If he fails, will his self-esteem suffer? How can I protect my child? Will she still need me?

The trap: Parents can confuse love for their child with doing too much. There is more rescuing, hovering, over-protecting, correcting and monitoring of children today than in the past.

"Over-doing it" with our children can interfere with learning to try doing things on their own and building the internal belief: "I am capable. I can handle challenge."

What helps: Along with love, acceptance and limits, children need opportunities to explore, experiment, do things on their own and struggle. Some children insist on independence. Others are hesitant, and parents need to encourage and resist the urge to help. Often children will want to do tasks on their own one day, then refuse or engage in a power struggle involving the same task the next day. A parent's job is to foster age-appropriate steps toward independence.

1. Look for readiness and interest.
2. Spend time teaching the child how to do the task.
3. Give time (it's faster/easier for us to do it).
4. Break down a large task into smaller, manageable parts.
5. Encourage attempts.
6. Resist the urge to jump in or rescue.
7. Allow for struggle and feelings.
8. Encourage with words such as: "You can do it"; "What is the first step?"; "Give it a try"; "I know it is hard"; "You're okay"; "Keep going"; "It does not have to be perfect"; "Take a deep breath"; "It's okay to take your time"; "Look what you were able to do"; "You will get there one day"; and "It was hard, you got frustrated but you kept trying, wow!"

Parents need to be interested, loving cheerleaders or coaches watching from the sidelines as children make attempts to find their way independently. We step back and get out of their way but we are here when they need us.

Karen Jacobson, MA, LCPC, LMFT, is a family therapist and co-founder of Parenting Perspectives (parentingperspectives.com), which provides parent workshops, parent coaching, counseling and other services to support parents and create healthy families. She is also a school counselor and mom to two boys.

GYMBOREE

Come see why we're the global leader in classes for kids.

Summer Fun Passport

Free Unlimited Classes & Free Special Events
Your First Month is \$59



Membership
Includes
Open Gym
Free Play

gymboreeclasses.com



Art
(Ages 18 mos. - 5 yrs.)
Inspire creativity in visual and interactive arts.



Sports
(Ages 3 - 5 yrs.)
Sample and learn the basics to 8 different sports.



Music
(Ages 6 mos. - 5 yrs.)
Explore music through play, activity and song.



Family
(6 mos. - 5 yrs.)
Bring all your children to the same class!



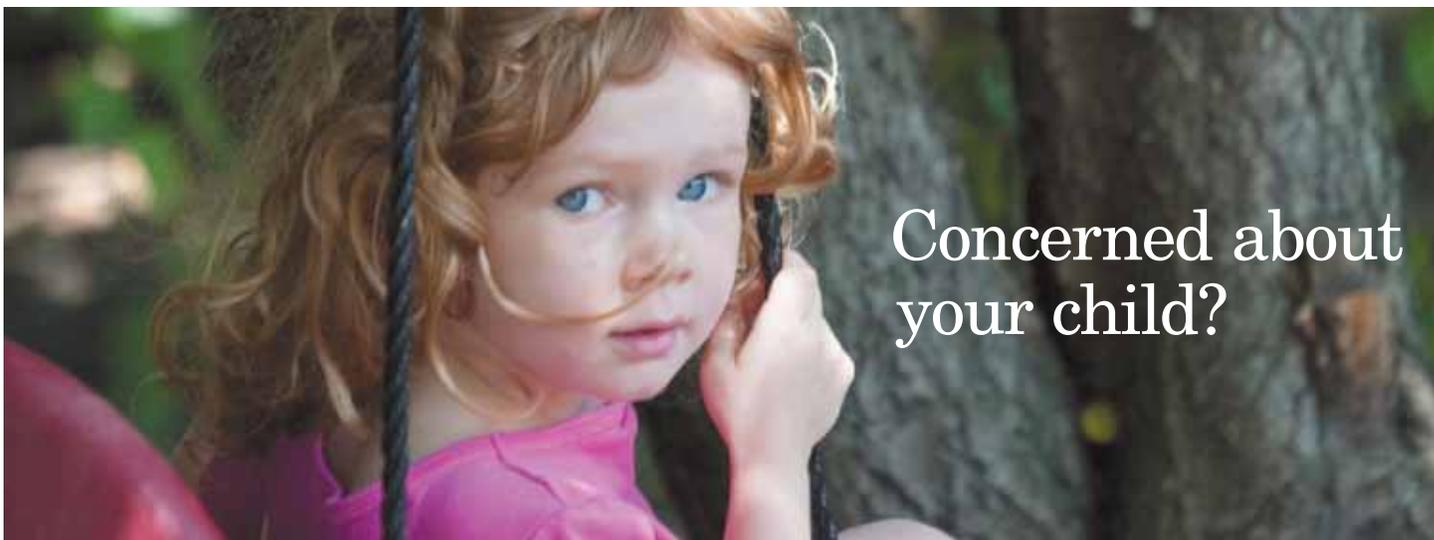
Play & Learn
(Ages 0 - 5 yrs.)
Nurture confidence, curiosity and physical skills.



School Skills
(Ages 3 - 5 yrs.)
Our Preschool Alternative. Develop key social and intellectual skills.

Lakeview North 3158 N. Lincoln Ave (at Belmont) 773.296.1770
 Lakeview South 3152 N. Lincoln Ave (at Belmont) 773.296.6664
 North Avenue 1030 W. North Ave (at Kingsbury) 312.587.7380
 South & West Loop 600 W. Roosevelt Road (at Jefferson) 312.834.0000

*Valid at City of Chicago Play & Music locations only.
See your local Play & Music location for other restrictions and details.



Concerned about your child?

The Center for Children and Families provides family-centered assessment and treatment for children birth through 8.

- Specializing in developmental, emotional, behavioral, and learning issues
- Expert interdisciplinary clinical staff
- Comprehensive assessments, family-focused child therapy, and parent consultation

To schedule an appointment, call **312-893-7119**.

Center for Children and Families
451 North LaSalle Street
Chicago, IL 60654-4510
www.erikson.edu/ccf

erikson
graduate school in child development

A DAD'S PERSPECTIVE (I GOT THIS!)

By Joseph P. Kerney, NPN member since 2009

MY BEST ADVICE IS TO TAKE AN ECLECTIC APPROACH WHEN RAISING DAUGHTERS. A LITTLE BIT FROM EVERYWHERE CAN GO A LONG WAY.

Let me begin by saying that it has been one of the greatest joys of my life to be able to raise my daughter. To be honest, this is my first child, and I have never babysat any little kids, nor has there been a baby in my family for quite some time. So I had no idea what to expect, even after reading all the books.

Since I was the baby in my immediate family, I was spoiled rotten and got used to getting almost everything I wanted. Though I didn't want to spoil my daughter in the same way—let's just say I was not that successful. I have found it's okay to go with the flow and let your natural instincts shine through.

My 20-month-old daughter is just as independent as a typical three-year-old. She can express "No!" without a second thought and loves to run away from me whenever it's time for a diaper change (one of her favorite games). At times I believe she'll be a food critic, given how easily she dismisses the food options my wife and I offer her. She is also very adamant when she sees something she wants, pointing at the object and saying "this," then pointing back at herself (too cute).

At times I worry if I am doing all the "right" things I am supposed to do, according to the books, doctors, articles and advice from people about raising a girl. I make sure to read to her daily and spend quality time playing even when I am dead tired after work, which can be grueling since I am a teacher. How does a man raise a girl? I don't want to be too strict lest she think me mean. I don't want to be too lenient or she'll think I'm a pushover. I just want her to be respectful, compassionate and friendly; love well; and make wise, thoughtful decisions. I know, it's too soon to think about these things but they cross my mind every now and again.

Finally, with all the resources and advice from others, my best advice is to take an eclectic approach when raising daughters. A little bit from everywhere can go a long way. You are learning who she is, and she will do the same with you. I knew from the moment I saw her that she had me around her finger—and there is no place I would rather be. Dealing with the tantrums—that is a beast all by itself. Next time I'll discuss how you can conquer them—or at least tell all your friends you did.

Joseph P. Kerney is a 5th grade CPS teacher and has been teaching for four years. He enjoys reading, music and playing video games. He has been married for nearly five years. Gillian is a sweet, polite and headstrong 20-month-old who enjoys Elmo, Alvin and the Chipmunks, dancing, the alphabet, reading and music.



Photo courtesy Joseph P. Kerney.



SMART LOVE[®] FAMILY SERVICES



UNLOCK YOUR FAMILY'S GREATEST POTENTIAL

Our professionals understand and treat behavioral, emotional and developmental issues of children and adolescents with special needs. Call us today.



Our Counseling Services Include:

- Neuropsychological and Psychological Testing
- Learning Evaluations
- Young Children 0-5
- Behavioral/Discipline Problems
- Autism Spectrum Disorders
- ADHD
- Anxiety and Depression
- Chronic Medical Illness and Disabilities
- School and Peer Problems
- Parent Counseling



800 W. Buena Ave, 2nd Floor, Chicago • 610 S. Maple Ave, Suite 3400, Oak Park

773.665.8052 x 4 • www.smartlovefamily.org

As a new parent, the only sleep you should be losing is due to that 3am feeding.

Are you concerned about what would happen to your children if you and/or your partner were to become disabled or worse? **You shouldn't be.**

I help parents put a plan in place to cover all the contingencies so that your children are cared for, both financially and personally. I have flexible meeting times to accommodate new parents' hectic schedules and I make housecalls upon request.

Additionally, all NPN members receive a 15% discount off of my estate planning services.

Get a plan in place. Lose less sleep. Call today.

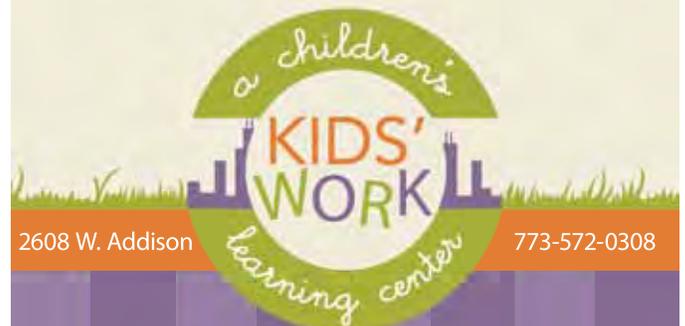


— LAW OFFICE OF —
JENNIFER GUIMOND-QUIGLEY

1101 W. Fulton Market, 3rd Floor • Chicago, IL 60607
312.243.4422 • gqlawoffice.com

second location
COMING SOON!

slated
Summer 2012
Opening



2608 W. Addison

773-572-0308

CHICAGO'S PREMIERE DAYCARE & PRESCHOOL

serving children 6 weeks to 6 years

www.kidsworkchicago.com



Unlimited Classes!

Attend as many age-appropriate classes as you can fit into your schedule during the months of June, July & August!



50% OFF
Lifetime Membership
Plus a FREE My Gym
DVD, CD & T-shirt!

New members only.
Expires 8/15/12.

**My Gym Kids...
Smile Brighter!**

My Gym Chicago • (773) 645-9600 • mygymchicago@gmail.com • www.mygym.com
Parent & Me • Gymnastics • Sports • Camps • Birthday Parties • Parents' Night Out

Give your kids the world...

...with fun, immersive and culturally-rich language classes, camps, school programs & tutoring!

www.multilingual-kids.com | 773.292.7676



REGISTER TODAY!



DAY CAMPS

Week-long day camps
for boys and girls 4-14

ELITE TRAINING CAMPS

Commuter & residential options
for boys 12-18

Additional information &
online registration available
www.uicsoccercamp.com
312-996-6755

FROM FERTILITY PATIENT TO PREGNANT WOMAN

By **Angela LoGalbo**, NPN member since 2012



EVENTUALLY, I REALIZED IT WAS TIME TO ENJOY MY PREGNANCY AND LET GO A LITTLE. I DON'T WANT TO MISS THE HAPPINESS OF PREGNANCY.



My husband and I had been together for years and decided to try for a family right after the wedding. After nearly a year, I started to wonder why we weren't getting pregnant. Eventually my doctor recommended fertility testing. I started the process thinking we could rule out problems, then continue on our own and get pregnant. I was wrong; the start of our fertility testing was the start of entering a new world—a world filled with constant fears, doubts and worries.

The testing process is long, uncomfortable and awfully embarrassing. After all was said and done, they diagnosed me with a condition called Polycystic Ovary Syndrome and my husband with another minor issue. The two problems combined left us with a one to three percent chance of getting pregnant on our own. I saw this as the worst news I ever received.

Our new specialist recommended beginning with the least invasive form of treatment. We went through the first round, and it was tough—blood draws, needles, ultrasounds, and did I mention blood draws? At long last we entered the end of the dreaded two-week wait to see if I was pregnant. I was on pins and needles all day. Finally the call came: congratulations, you're pregnant!

Now what?

Kevin and I had spent nearly two years thinking about becoming pregnant and months involved in fertility testing and the subsequent treatment. Surely, I couldn't be pregnant. I was in denial and shock. I couldn't even feel happy; I was terrified. We worked so hard to be here—what if something went wrong? How did we work so hard to go from one set of worries straight into another set?

The next few days were challenging. We went for an ultrasound to confirm the pregnancy, and, sure enough, the baby was there. After a few more visits to the specialist, I was ready to be transferred to my regular OBGYN, leaving only two ultrasounds for the rest of the pregnancy! In

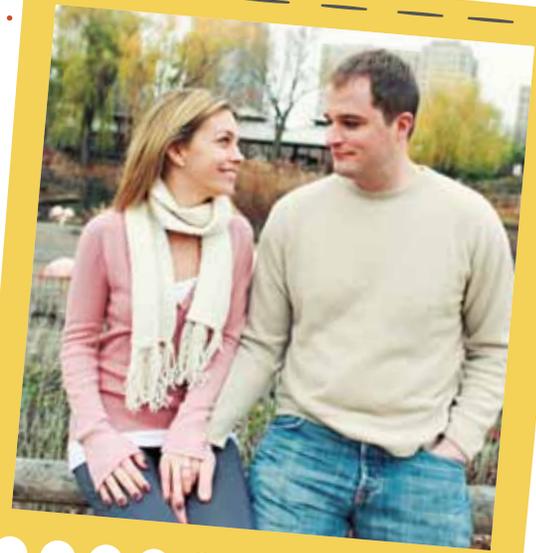


Photo courtesy Angela LoGalbo.

between every doctor visit, I have been a wreck, worrying and obsessing if everything is going well. Eventually, I realized it was time to enjoy my pregnancy and let go a little. I don't want to miss the happiness of pregnancy.

How to make it through

Realistically, the transition from fertility patient to pregnant woman is going to be filled with worries. But you have to find ways to keep your life going. Here are the things that have helped me the most:

1. Rely on support systems: your partner or friends and family.
2. Join a group (I was in one for infertility and have just joined NPN's Expectant Moms Group!).
3. Forgive yourself; you can't control any of this and that one cheeseburger is not going to hurt your baby.
4. Write in a pregnancy journal.
5. Keep up date night and girls' night out (sans alcohol!).

RESOURCES

Fertility Center of Illinois

Pulling Down the Moon

The Bump.Com

Conquering Infertility by Alice Domar



Angela LoGalbo was born and raised in Chicago, with no plans to leave the city. She is a teacher and loves to travel. Her favorite place in the world is Italy. She and husband Kevin met at a hotdog stand and have been married since 2010.

ABCs OF A SMOOTH TRANSITION

By Barbi Green, Chicago Jewish Day School, NPN member since 2011

WE DIDN'T NEED A VILLAGE—JUST A SPECIAL SCHOOL THAT MADE COMMUNITY A PRIORITY.

As we inched our way through a New Year's Day blizzard, I should have known the transition to a new country, city, school—a new life—would be anything but smooth. But as the snow in Michigan turned to sunshine in Illinois, I breathed a little easier, certain all would be well.

I was mistaken.

My Canadian optimism (or naiveté?) quickly gave way to the reality of a life turned upside down. We had pulled our children away from their extended family and friends in Toronto, a school they loved and a city they called home. Through the rearview mirror, I bid farewell to amazing colleagues and friends, a rewarding career and my newly widowed mother, now alone for the first time in her life.

It didn't take long for the shine to come off our big adventure.

Yet, as I struggled, the rest of the family seemed to settle in beautifully. My husband Jared, whose inter-company transfer was the catalyst for our move, slipped into his new role seamlessly. Our children, Miranda (seven) and Micah (five) hit the ground running, thanks in large part to the remarkable community at Chicago Jewish Day School (CJDS). The support and kindness demonstrated by many parents and staff has made all the difference.



Photo courtesy Barbi Green.

So what has this school been doing right, and how can yours follow suit?

Breaking the ice and breaking bread

Before we arrived in Chicago, we received numerous invitations for dinners and brunches from CJDS families. The kids spent time with their peers outside the classroom, and Jared and I met their parents, made friends and cooked very few meals. A win-win for all.

The buddy system

It's not just for field trips to the zoo. Once we were accepted to CJDS, we were paired up with a terrific family that gladly pointed us in the right direction and answered questions with a smile (or a smiley icon). The school took the time to find the right match, with kids in the same grades and even a parent who went to high school in Toronto with my husband. Now that's attention to detail!

The playdate parade

Miranda and Micah were invited for plenty of playdates at the homes of their friends, a trend that continues today. Recess, as every parent knows, is never long enough, and it's more fun to play with someone else's Legos.

Doctors, dentists and dry cleaners

Since we'd already had many points of contact with parents, I didn't hesitate to ask for recommendations for everything from pediatricians to violin teachers. CJDS's culture of support and sharing took the edge off a truly exhausting endeavour and introduced me to the wonderful resources at NPN.

It takes a community

We didn't need a village—just a special school that made community a priority. Without the school's warm welcome, frequent calls and emails, advice and kindness, our move to Chicago would have been difficult if not disastrous. Happy kids have paved the way for this happy parent. And while the transition continues, I know CJDS has my back.

Barbi Green used to work in marketing/communications, but for now, she buys groceries, packs lunches and does laundry. She loves Chicago's architecture and shopping at Target, but misses Toronto bagels and socialized health care. CJDS is a multi-denominational JK-8 Jewish day school located on the shores of Lake Michigan.

THE NATALIE G. HEINEMAN

SMART LOVE[®]

PRESCHOOL



ENROLL TODAY!

Rolling Admissions for Preschool • Parent and Toddler Programs

Smart Love Preschool Offers:

- Full & half-day preschool and JK for 3, 4, & 5 year-olds
- Parent and Toddler Explorations (Age 12 months to 4 years)—Morning Classes
- Smart Love Philosophy and Curriculum
- A beautiful mansion setting in Chicago's historic North Side Buena Park neighborhood
- Large outdoor space, including play area and children's garden



773.665.8052 • admissions@smartlovespreschool.org

www.smartlovespreschool.org

LOOKING FOR THE PERFECT GIFT FOR A NEW PARENT?

Give a year of connections, support, & must-have city parenting information!



Neighborhood
Parents Network



BUY THE GIFT OF NPN!

AT ONE OF OUR
RETAIL PARTNERS

EVERYTHING A CITY PARENT NEEDS NPNPARENTS.ORG





NPN WEBSITE NEWS!

By **Mark Rickmeier**, NPN member since 2009

When Stephanie and I decided to start a family, we returned to the U.S., settling in Chicago. In search of “dad-based” family activities. I started the Ravenswood Outdoor Movie Nights (meetup.com/Outdoor-Movie-Nights/) last summer, and thus began my volunteer work with NPN.

My colleagues at NPN mentioned a desire to upgrade the NPN Discussion Forum to improve the user experience and expand into the mobile space. I had recently switched jobs and landed at Table XI, a Web application development firm that serves mid-market and local clients, with discounts for nonprofits. A partnership was born, and in October I began working with NPN as technical advisor. Together we outlined a strategy and are implementing the latest technologies to give NPN members the features they want.

This summer we’ll roll out a new Discussion Forum filled with great features and enhancements. Here are 10 cool new things:

1. **Mobile Access:** Participate in the forums from your mobile device.
2. **Improved Searching:** Find topics and relevant threads quickly through improved browsing, searching and filtering.
3. **My Content:** Easily find your topics, responses and followed threads—no more hunting for your conversations.

4. **New Content:** Quickly identify what’s old and new, as the forum tool highlights unread content for you.
5. **Childcare Forum:** Daycare, nanny and babysitting services have their own forum so members can focus on topics they care about.
6. **Personalization:** Create your own display name and photo and develop your online persona or post anonymously when you prefer.
7. **Notifications:** Control the frequency and method of receiving new posts and responses—immediately or weekly, via email or text and more.
8. **Social Groups:** Connect with other Chicago parents by joining an existing group or creating your own.
9. **Coming soon: Personal Messaging**
10. **Coming soon: Classifieds**

As Table XI and NPN further improve the website, we’ll welcome member feedback. If you’d like to get involved, please email hi@nnpnparents.com. See you at the movies!

Mark Rickmeier, director of delivery at Table XI, is responsible for managing the delivery practice for Chicago’s premier Web application development firm, from the sales process and project inception through delivery to launch and maintenance. He is a longtime Chicago resident and proud father, supporter and volunteer for NPN.

KID-SIZED FUN THIS SUMMER!

By **Cindy McCarthy**, NPN member since 2008, NPN board member since 2011

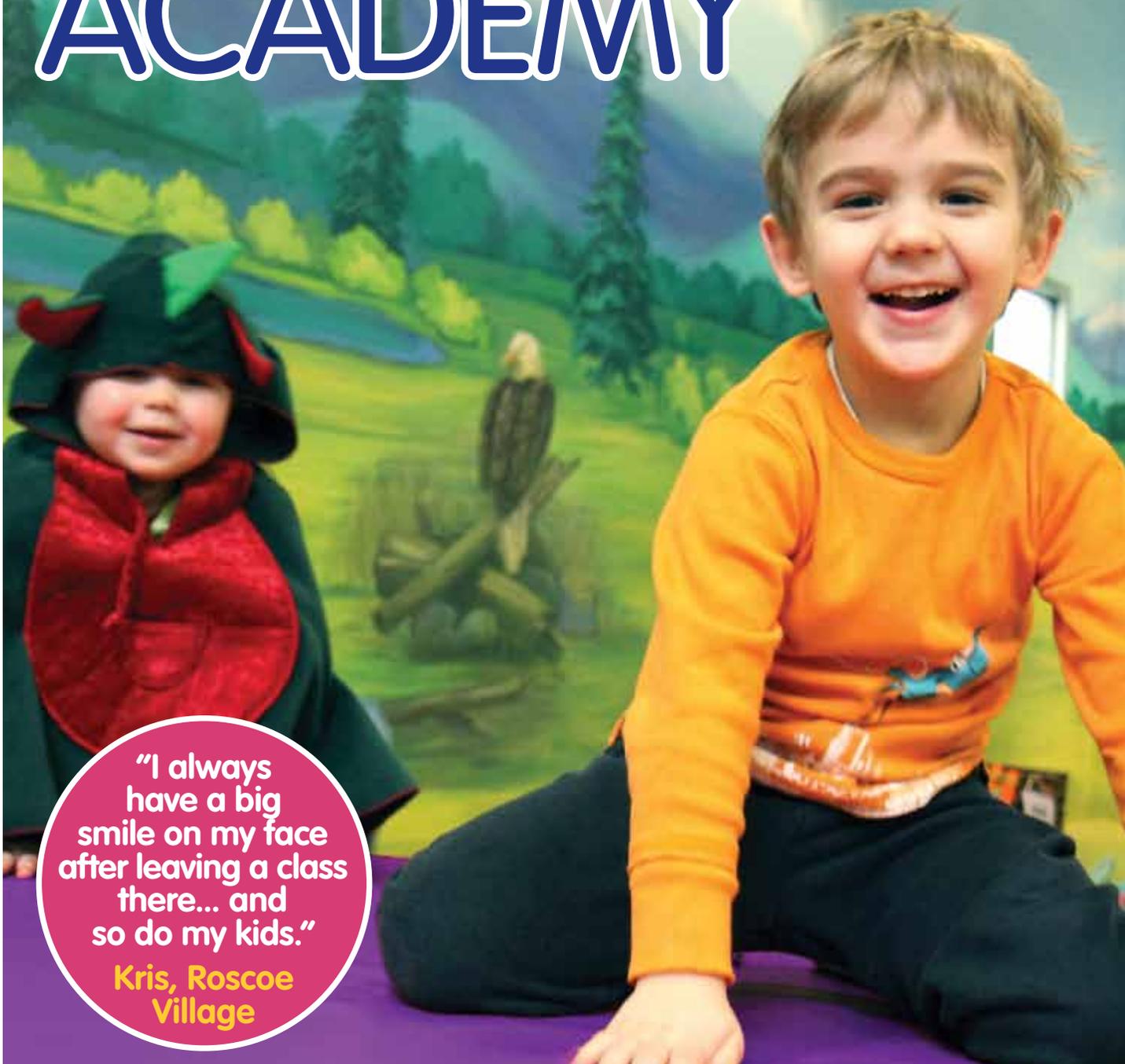


As we transition into the dog days of summer, Chicago seems to burst at its seams with family fun. Here are 10 ways to celebrate the season with the wee ones!

1. **Embrace your inner tree hugger.** Enjoy the great outdoors at the North Park Village Nature Center, Morton Arboretum, Chicago Botanic Garden or the Nature Boardwalk at the Lincoln Park Zoo.
2. **Soak up the rays!** Visit one of the many Chicago beaches with stroller mats. Montrose Beach and Foster Beach have lifeguards, food, bathrooms and parking.
3. **Enjoy farm-fresh produce.** Stroll through one of the city’s 20-plus farmers markets. Many offer live music.
4. **Dance through the streets.** Take the kids to the many family-friendly street festivals. Most offer dedicated kids’ sections and live family entertainment.
5. **Splish-splash, let’s get wet!** Check out one of the city’s great water playgrounds, like Adams Park and River Park.
6. **Have a picnic on a farm.** Watch the cows, horses and chickens, then enjoy a lazy summer picnic at Wagner Farm or Kline Creek Farm. Both are FREE!
7. **Explore a new park.** Oz Park is great for picnics, Supera Park has a cool pirate ship theme and giant sandbox, and Indian Boundary boasts a pond with fish and ducks.
8. **Take a trip around the world.** Learn about different cultures in one of Chicago’s many ethnic neighborhoods, including Greek Town, Chinatown, Andersonville (Swedish), Lincoln Square (German) and Pilsen (Hispanic).
9. **Rock out!** Many of Chicago’s parks offer free concerts during the summer. Visit chicagoparkdistrict.com for a schedule of upcoming concerts.
10. **Enjoy the journey!** Kids love trains, buses and boats. Take a train downtown, then hop on the water taxi to Chinatown. The journey will be as much fun as the destination.

Cindy McCarthy is a mother of two, an urban explorer of kid-sized Chicago and founder of onthegoChicago.com, which highlights the best kid-sized places to eat, shop, play and learn in Chicago. *Parents Magazine* named it Best Local Website in the Nation for 2012.

Bubbles ACADEMY



"I always
have a big
smile on my face
after leaving a class
there... and
so do my kids."

**Kris, Roscoe
Village**

creative movement ● art ● school prep ● music ● yoga ● cooking and more for ages 0-5.
educational speakers ● community events ● stroller fitness classes and more for parents.

1504 N. Fremont, Chicago ● 312-944-7677 ● bubblesacademy.com

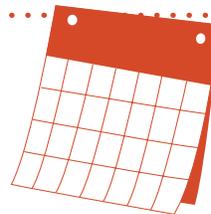


**Neighborhood Parents
Network of Chicago**

3020 N. Lincoln Ave.
Chicago, IL 60657
312.409.2233
nnpnparents.org
info@nnpnparents.org

UPCOMING EVENTS

Visit our [Calendar](#) for more great events all over Chicago!



<p>AUGUST</p> <p>23</p> <p>7-8:30 p.m.</p>	<p><i>Insider's Guide to Preschool & Elementary School Admissions</i></p> <p>Daystar Center 1550 S. State, Chicago</p> <p>An insider's guide to preschool and kindergarten admissions Presented by PREP Chicago</p>
<p>SEPTEMBER</p> <p>22</p> <p>10 a.m.-2 p.m.</p>	<p><i>South Side Preschool & Elementary School Fair</i></p> <p>Hyde Park Details coming soon!</p> <p>South Side Parents, Hyde Park Parents Support Network and NPN jointly present this event to help South Side families tackle the school search process. Exhibitors include public and private schools, enrichment programs and organizations serving South Side neighborhoods.</p>
<p>OCTOBER</p> <p>13</p> <p>10 a.m.-2 p.m.</p>	<p><i>NPN Preschool & Elementary School Fair</i></p> <p>Grossinger City Autoplex 1561 N. Fremont, Chicago</p> <p>NPN members get unparalleled access to public and private schools, enrichment programs, businesses and nonprofits—more than 130 exhibitors! Turn to NPN to navigate school search in Chicago.</p>

Stay connected!

Get the RSS feed for our daily NPN News Blog, including posts from parents and experts on everything Chicago families want.

- Parent Perks and Special Offers
- Parent-approved problem solvers for ages 0-24 months
- Five reasons to switch to cloth diapers
- Toy picks for planes, trains and automobiles
- The 411 on night nurses

Read more at nnpnparents.org/posts



Not a member yet? Join today at nnpnparents.org!