



NANNY MAGAZINE

teach | play | love

April 2017

the beauty issue





The Beauty Issue

Find spring inspiration and advice for the most beautiful season of the year.

for nannies, by nannies

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Spring ahead this season with new tips, advice, and interviews in this issue. Enjoy, readers!

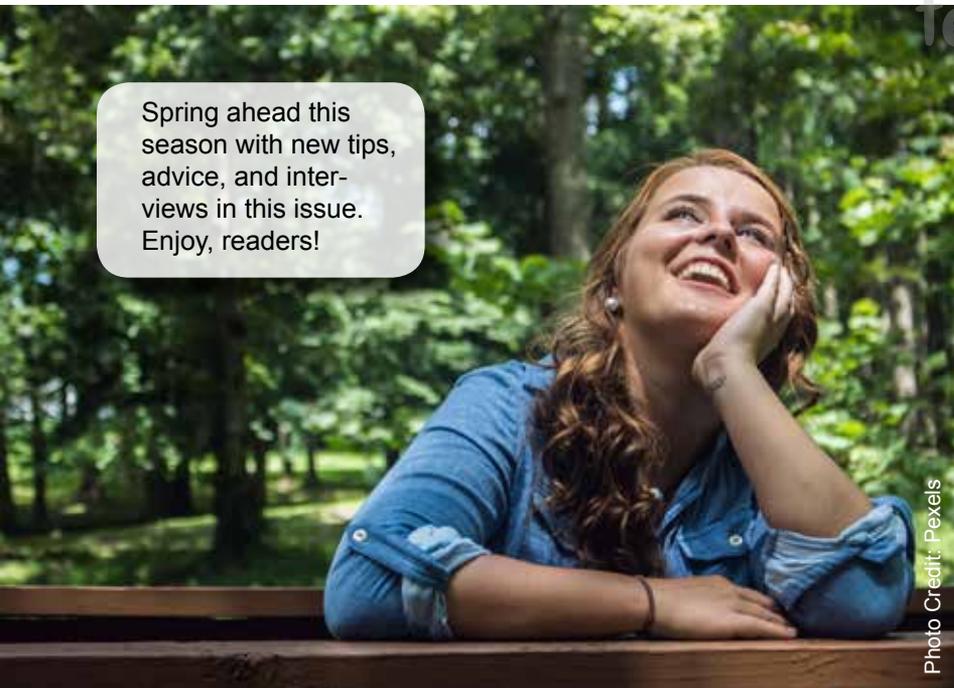


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Editor's Note

Hello, nannies and mannies! The theme of this issue is “Beauty,” and to us, that doesn’t mean makeup and dress-up. No, that means anything you can do to take care of your health and appearance, as well as your charges’. In this issue you’ll find easy and practical beauty tips for both women and men.

This issue is extra special not just because it’s my first full issue as Editor in Chief, but also because of the amazing articles following the theme. Dr. Jess writes this issue’s Kid’s Health column, discussing eczema and body image, and the usual suspects (recipes, Nannies Ask, and activities) are all here. Being that April is Autism Awareness Month, it’s also only fitting that I share how caring for a child with autism made me a stronger nanny. This piece is, of course, very personal, so I hope you find good use in it.

I hope that this issue will help you to take a step back and think about yourself for a change. We know how often nannies are running themselves ragged caring for their charges, their NannyFamilies’ homes, and their own home lives, forever putting themselves last on the list. Breathe in that fresh spring air, kick up your feet, and relax and rejuvenate yourself with your new issue of *Nanny Mag*, an ice cold glass of strawberry-infused H2O (recipe on page 21), and a hydrating facial mask, and remember to take care of yourself for once. You deserve it!

Love,
Amanda Dunyak
Editor in Chief

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Meet Dr. Jessica Richards

She answers our medical questions for this issue, covering sensitive subjects like eczema and weight. Have a question you'd like to send her way? Email us at info@nannymag.com.

Photo courtesy Dr. Richards.

Health Matters

Your questions answered by a pediatrician.

What causes eczema and what causes eczema flare-ups?

Eczema is a complicated disease because there are many things that can contribute to it. While there are some familial links, some environmental factors play a role in causing eczema as well. For example, water hardness for bathing and antibiotic use early in life may contribute to the development of eczema.¹

Eczema has also been associated with comorbidities (two diseases occurring at the same time). These comorbidities are mainly food and respiratory allergies. This does not mean eczema causes allergies or allergies cause eczema, it just means they often occur at the same time. In my practice, I have found eczema oftentimes flares when a patient is having stomach-related problems, even if they are not showing stomach-related symptoms. Through chiropractic adjusting,² eliminating allergies, and choosing an excellent probiotic,³ many cases of eczema have resolved or become more manageable.

Triggers of eczema are different for everyone, although there are some common triggers I've seen show up more often than others. As discussed earlier, food and respiratory allergens may contribute to eczema. Common food allergens related to eczema include eggs, peanuts, and milk. Common respiratory allergens associated with triggering eczema are pollen, animal dander, and dust mites. Many times, everyday objects such as soaps, detergents, and perfumes may cause flare-ups. Infections, increased exposure to heat, and stress also may make eczema worse.⁴

1. Krakowski AC, Eichenfield LF, Dohil MA. Management of atopic dermatitis in the pediatric population. *Pediatrics* 2008;122:812-24.

2. Eldrid DC, Tuchin PJ. Treatment of acute atopic eczema by chiropractic care. *ACO* 1999;8:96-101.

3. Viljanen et al. Probiotic effects on faecal inflammatory markers and on faecal IgA in food allergic atopic eczema/dermatitis syndrome infants. *PAI*. 2005;16:65-71.

4. McAleer MA, Flohr C, Irvine AD. Management of difficult and severe eczema in childhood. *BMJ* 2012;345:e4770.

What are some ways to manage eczema without a prescription?

Bathing can hydrate and cleanse skin and can help clear eczema. Standard everyday soaps are often very harsh and can cause skin irritation. If you find your charge's skin is irritated after a bath, try switching

to a different product. Baths are usually recommended once a day while hydrating products are recommended once to twice a day. Ointments are more hydrating than creams because they are filled with fats that help hydrate your skin.¹ Aqueous creams are usually not recommended.

When I see an unexpected flare-up of eczema, the first thing I suspect is an infection, most commonly due to a bug called *Staphylococcus aureus*.² Many people will try antimicrobial management in these cases, but studies have shown that this may not be as helpful as you would think.³ Although with that in mind, it is vital to keep skin clean to reduce flare-ups.

An option to manage severe eczema is occlusive dressings, more commonly called wet wraps. Usually these are done during sleep because it allows for more comfortable sleeping and creates a barrier to decrease itching during sleep. Wet wraps can make eczema much worse with regard to dryness as well as infections if they are not applied and used correctly, so make sure to follow the directions closely. When used correctly, however, they have been shown to help the flare-up clear more quickly.⁴

One of the hardest aspects of the management of any condition is making sure you actually do what you have agreed to do. Following instructions can be the difference between feeling well managed or out of control.² Do not be afraid to ask if you are unclear about how to use a product. If at any point eczema is not controlled or is obstructing a child's or family's lifestyle, further care should be explored. See your care provider and, as always, do your own research.

1. Darsow U, Wollenberg A, Simon D, Taieb A, Werfel T, Oranje A, et al. ETFAD/EADV eczema task force 2009 position paper on diagnosis and treatment of atopic dermatitis. *J Eur Acad Dermatol Venereol* 2010;24:317-28.

2. McAleer MA, Flohr C, Irvine AD. Management of difficult and severe eczema in childhood. *BMJ* 2012;345:e4770.

3. Birnie AJ, Bath-Hextall FJ, Ravenscroft JC, Williams HC. Interventions to reduce *Staphylococcus aureus* in the management of atopic eczema. *Cochrane Database Syst Rev* 2008;3:CD003871.

4. Krakowski AC, Eichenfield LF, Dohil MA. Management of atopic dermatitis in the pediatric population. *Pediatrics* 2008;122:812-24.

My charge has started to ask me if they are fat. How do I handle this question?

One of the most awkward scenarios can be when an adolescent charge asks if they are fat or you notice them becoming more concerned about their weight. Regardless of how much the child weighs, it is a touchy subject that can shape the child's self-image. While answering the child's question may seem like the obvious choice, sometimes that is not the most important aspect of the conversation. There is a reason your charge is asking this question, and by creating a conversation, you may find out why. Asking, "how do you feel about your



Photo Credit: Pexels

weight" can reveal deeper underlying issues that may be more important than weight. Maybe your charge is being bullied or maybe they want to be faster in a sport. The deeper issue may help you better navigate the conversation.

If your charge wants to become healthier, come up with steps they can take to make healthier choices. Give suggestions like changing food habits. This can be as simple as replacing their favorite cracker with a fruit or increasing activity with a game of tag. Let them come up with their own ideas and pick the ones they think are best. Then join in with them! As we all know, it is easier to stick with something when you feel supported and others join you.

Leading by example is one of the most important strategies to instill positive lifestyle choices. If you, or those around your charge, are talking about cutting calories, getting rid of a muffin top, or slimming for swim suit season, then those things will become a focus in the child's life as well.

Dealing with issues like weight and health can always be a tough conversation. Perhaps your charge has already peppered you with some of these questions and you wish you came up with better answers. Do not worry. You are a huge part of your charge's self-esteem day in and day out and they will look more to what you do than what you say. Luckily, we'll always have the chance to make a positive impression with our actions.

DISCLAIMER

This column should not be considered medical advice. Neither *Nanny Magazine* nor Dr. Jessica Richards assume liability for this content. Please consult your charge's pediatrician or other qualified healthcare provider, with permission from the child's parents or guardians, for professional medical advice.

-Nannies Ask-

By Stephanie Felzenberg (of Be the Best Nanny Newsletter)



Photo via Pexels.

Dear Stephanie,

I have been a professional nanny for many years. Recently, I was diagnosed with a chronic illness. It won't necessarily affect my job performance, but I will have to attend more doctor's visits and there are some days where the pain and fatigue are overwhelming. I am afraid to tell my employers about my diagnosis. What should I do? And if I ever leave them, should I be up front about it with a potential employer as well?

Sincerely,
Hurting Nanny

Dear Hurting Nanny,

If the diagnosis doesn't interfere with your job performance, there is no need to tell your employers about your diagnosis or treatment. In fact, being diagnosed and treated for chronic illness should improve how you feel, as well as your overall health and your job performance.

The only question potential employers can ask about your health is whether you have a medical condition that will interfere with your job duties. So, when interviewing for nanny jobs there is no need to share your medical history with prospective employers.

Talk openly with your doctors about your treatment and medications to ensure they won't interfere with your job or caring for children. If there is any chance treatment will put you or the children in any danger, then you must discuss the risks with the parents that employ you.

Never go to a doctor's appointment during work hours without prior permission from your employers; try to schedule doctor's appointments after hours.

I personally experience chronic pain and find keeping busy by working with children is my best medicine; being creative, having fun, and even keeping busy doing household chores at my nanny job keeps my mind off my pain.

When working as a nanny in a family's home, it is likely that the parents and the children already know you experience pain and fatigue. In this circumstance, the support and understanding of the family is more important than the details of the diagnosis and treatment.

But, ultimately it is up to you to determine if telling the parents more about your condition might reduce their apprehension and enhance their empathy, or not.

Sincerely,
Stephanie felzenberg

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MEET THE QUEEN

HELEN MCCARTHY

Our exclusive interview.
By Amber O'Neil.

Nanny Magazine: Hello Helen! Congratulations on having been awarded the 2016 INA Nanny of the Year award! That is a huge accomplishment! What has the last year been like for you as the Nanny of the Year?

Helen McCarthy: Exciting, challenging, difficult, and rewarding. I have been able to reach out to those in the nanny industry and hopefully have shared an insight into being an international nanny. It really has been an honor to be representing all of the nannies of the world, and especially to be flying the flag for the United Kingdom, as the award has never gone outside of the USA before now.

NM: How has being Nanny of the Year affected your life?

HM: It hasn't. I still get up and go to work every day, meet up with other nannies and continue life as usual.

NM: Tell us a bit about your back-

ground in the nanny world.

HM: I qualified as a NNEB (National Nanny Education Board) nanny back in 1991. This was a 2-year, full-time course, Monday through Friday, 9-5. My first job was looking after 2 children: Madeliene (4 months) and Douglas (18 months). I am still in contact with them and I even attended Maddy's wedding last year! In addition to being a nanny, I've also worked as a NCS and a consultant specializing in babies with allergies, twins, and triplets.

NM: Who inspired you to become a nanny?

HM: My Great Aunt Lilian, who is 96 now, was a children's nanny before and during World War II for the Singer family.

NM: Are you able to spend time with other nannies in your area?

HM: Yes. I arranged the UK'S National Nanny Training Day and National Nanny Night Out this past year. We see other nannies in our

area most days and try to meet up once a month without the children.

NM: What is one thing you have learned as a nanny?

HM: Go with your gut instinct; it's normally correct.

NM: What are some of your favorite books to read?

HM: I love anything by Julia Donaldson (*Room on a Broom* and *Superworm*), Roald Dahl (for his wicked sense of humor), and any cookbook from cake making to *The Hairy Bikers*.

NM: What are some of your favorite activities to do on your own or with your friends?

HM: Being a typical Brit: afternoon tea with champagne, trying new celebrity chefs' restaurants, and going to the movies or theatre.

NM: Back to business! Tell me a bit about Nannypalooza UK.

HM: Nannypalooza UK will be held at the Park Inn Hotel Heathrow on

November 25-26, 2017. Our keynote speaker is Kathryn Mewes, who is author of "The Three Day Nanny." She is a nanny, a mum, and an employer so she understands all of the problems that nannies face. The time to buy early-bird tickets has passed, but the normal rate is £149. We also have great sponsors and vendors from across the globe: Placement Solutions (Australia), Newborn Care Solutions (USA), as well as our homegrown companies of Morton Michel Insurance, Nanny Tax, Voice the Union, My Local Helper, and Nanny Life and Toddler Strife.

NM: What is the process for choosing the next Nanny of the Year and are you involved in the process?

HM: Yes. There is a committee of four, including myself. We read through all of the files for the year's nominees, and I have interviewed each nominee by phone. Then, the committee will get together

via a conference call and choose the next Nanny of the Year.

NM: How are you feeling about passing the torch to the next Nanny of the Year?

HM: Excited and in a way, a little relieved. It's a big responsibility to be representing the professional nannies of the world. I have done my best getting up at 1 a.m. GMT to take part in the INA Town Hall meetings and flying to Australia for a week to speak at a nanny conference.

NM: What is one piece of advice you have for the next Nanny of the Year?

HM: Don't do it! Only joking. My piece of advice is, "Be true to yourself. Some will love you and others won't."

Thank you, Helen, for taking the time to talk to *Nanny Magazine*! Thank you for being a voice for all nannies, and reminding us to be true to ourselves!



Helen McCarthy is pictured here holding her Nanny of the Year 2016 award. Thanks for chatting with us, Helen! Photos courtesy Helen McCarthy.

-Data Blitz-

By Amanda Duniak.

We've scoured the Web to come up with these interesting facts. Learn something new this issue!

1. "Pink" used to be the name of a murky yellow-green color. "A yellowish or greenish-yellow lake pigment made by combining a vegetable coloring matter with a white base, such as a metallic oxide."

Source: *Mental Floss*

2. Play-doh was first manufactured in Cincinnati, Ohio, originally meant as a wallpaper cleaner.

Source: *So True Facts*

3. Belly button lint is made of clothing fibers, hair, and dead skin cells.

Source: *National Geographic Kids*

4. Ketchup was originally sold as medicine.

Source: *National Geographic Kids*

5. Some lipsticks contain fish scales.

Source: *National Institute of Environmental Health Sciences*

6. The trickiest tongue twister in the English language is apparently "Sixth sick sheik's sixth sheep's sick". Give it a try!

Source: *Science Kids*

My Au Pair Experience

By Amy Tolley.



Photo via Pexels.

Before I entered the world of child care, I thought I knew a lot about it.

Back in England I am an elementary school teacher; I thought I knew children inside and out. I assumed that because I was a teacher, and had the authoritative side of behavior management set, the job of an au pair would be easy. If anything, I thought I would have to work on being more emotionally connected with the children, because as a teacher you're trained not to get too emotionally attached. In the 8 months that I've been an au pair, I learned something that many nannies probably already know; children behave very differently at home than they do in school.

My journey to becoming an au pair started when I wanted to take a year out of teaching to travel, but I wanted to work at the same time, as I couldn't afford to just galivant around the world. I stumbled across the au pair program, did some research, and 6 months later I arrived in New Jersey. It took me a while to find my feet here. I had spoken to my host family on Skype a few times before coming, but when you arrive they are practically strangers and you're moving into their house. They told me, "help yourself to anything you want in the kitchen," but I didn't feel comfortable doing that because it feels rude; maybe that's just me being "British." It took about three or four months for me to be completely comfortable eating whatever I wanted from the fridge

without asking, and to walk around in my pajamas.

There are more differences between nannies and au pairs than I first thought; even when I am off duty, I still interact and am highly involved with the children and parents. This has its ups and downs; it's great because I get to really know these people, have connections for life, and love them like a family. However, even though I have my own room I have very little quiet time in the house; I can always hear something (most of the time it's the children screaming or running around), and it can very easily lead to a feeling of being trapped. Luckily, I have other au pair and nanny friends in the area to go to should I need an escape!

I have been extremely lucky with my host family. My host parents are amazing and so accommodating; back in October, I had to take an emergency trip home to the United Kingdom and they couldn't have been more supportive. They are also very good with setting boundaries when I am off duty. If the children try to play with me or bother me in my room they always tell them to leave me alone, which I am thankful for most times. Of course, there are other challenges involved when working this closely with children, and when I speak to other au pairs it seems that everyone has at least one challenge that they face. I always encourage other au pairs not to let one problem spoil their year here. We came to enjoy ourselves and have the experience of a lifetime, and if one or two issues arise, we should not let it jeopardize our experience here in the United States.



How Caring for Children with Autism Made Me a Better Nanny

By Amanda Dunyak. Photos by Diantha Linzey.

I have been in the childcare industry for as long as I can remember and have cared for hundreds of children of all ages and at all levels of development. While my education only went as far as a few years of college with no degree, my experience in the field went far beyond that; I had the opportunity to care for some wonderful children on the autism spectrum in my early days of childcare as a teacher's assistant and as a babysitter. My knowledge of autism didn't go very deep back then and my experience wasn't very hands-on until I became a paraprofessional. Working with children with special needs wasn't something I saw in my future. While I was studying to become a teacher, I was set on working with elementary school-

aged children, teaching English. All of my knowledge and studies were based around "typically functioning" children. I never considered myself to be very knowledgeable or skilled in the area of special education, and I thought for sure a job like this would require more background than I had. But this career path was recommended to me when I was forced to take a break from higher education, and I gave it a go. For three years, I worked as an instructional aide in a preschool class with children ages 3-5 who were on the autism spectrum. I never knew how important and life changing this job would be.

Challenges

The students in my class were extremely diverse and on different

levels of the spectrum. In my three years with this class, I experienced many challenging moments with violent behavior as well as many wonderful moments, such as getting a child to make eye contact for the very first time! Sometimes I left work to cry in my car on the ride home, utterly physically, mentally, and emotionally exhausted. But every morning I was happy to go back and tackle the challenges that the new day would bring because that meant one more day to help them reach another goal. Words cannot describe the feeling you get bearing witness to one of those extraordinary moments and the pride you feel for these children. After three years of working in an environment where anything could happen, where I might leave

April is Autism Awareness Month.

with a broken nose or a concussion, I feel like I can now handle any challenge my career as a nanny throws my way. I can remain calm in a crisis, allowing me to effectively handle a difficult situation.

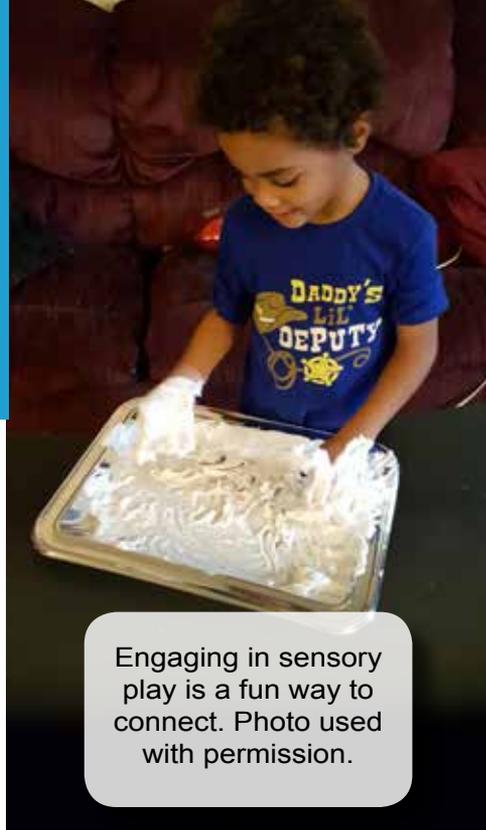
Differentiating Instruction

I had to learn many new skills and how to do things just a little bit differently than I would have had I still been working at a daycare center with 18 preschool children. In many of my daycare jobs, it was almost impossible to differentiate instruction to cater to each individual child and the different levels they were at. Luckily, as a nanny now, I don't have to worry about catering to a large number of children; I love the one-on-one instruction and attention that I can give the children in my care, really helping them to reach their milestones, learn, and grow. I know now how to pinpoint areas of development that a child might be struggling in, and what kind of skills and activities I should be working on with them. If I have multiple children in my care, I can differentiate what each child needs from me and still have the ability to include them all in activities together, ensuring no one gets bored or feels they are participating in an activity that is "too babyish" for them. Many of my charges have had special needs, whether it be language-related or related to their physical development and motor needs. I have been able to work side by side with their therapists to ensure that they are working to meet their goals, especially when their parents and therapists can't be there all the time to do so.

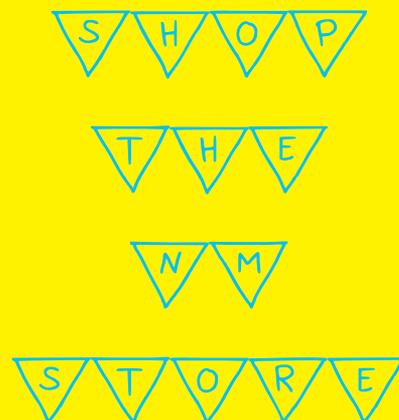
Growing as a Nanny

Working with children with autism spectrum disorder, I learned so much about children in general. I really learned how to see the world through the eyes of a child, something I think that most adults forget about or disregard. It's so easy to lose your patience with a child, to forget that their behavior may be typical for their age and that our expectations might be just a little too high. I learned how to be more patient, to have realistic expectations, and I am better able to recognize areas where my charges might be delayed or struggling. My approach to teaching the alphabet is a bit different because it takes a little bit longer for my charge with a speech disorder to understand; I'll give a lot of nonverbal prompts and cues to get them to answer questions on their own. For my charge with a sensory disorder, I was able to work patiently with her to get her used to new textures. When she had a meltdown, I knew how to calm her down with some sensory input. The approaches to teaching that I had to take when working with my darling autistic preschoolers were approaches I could easily adapt to teaching other preschoolers.

All of my years in college studying to be an English teacher, and all of my years at daycare never taught me these added skills that seem to make me just a little bit better at my career as a nanny. Had I never had this job and this experience with children with special needs, I might never have learned these skills. I can love just a little bit more, try just a little bit harder, and appreciate every moment and milestone that much more.



Engaging in sensory play is a fun way to connect. Photo used with permission.



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5 Quick Tips to Keep You and Your Charges Safe in the Sun!

By Hannah Weeks.

Everyone is itching to go outside to play (both you and your charges!), but before you do, take a look at these tips to keep everyone healthy and happy when playing outdoors.

1. Sunscreen: Everyone knows to put on sunscreen before heading outside, but what SPF do you need? What's the difference between chemical and physical sunscreens? Is sunscreen safe for infants? How often do you need to apply sunscreen to ensure maximum effectiveness?

How much/how often: A broad spectrum SPF of 30 is ideal for playing out in the sun or aquatic play, and should be applied liberally 15-20 minutes before heading out. Let's face it, getting yourself and your charges sunscreensed up will take at least 15 minutes alone! Sunscreen should be reapplied every 90 minutes if very active (think outdoor sports games and practices) in direct sun or swimming, every 2 hours in other varieties of play.

Chemical vs. Physical: Sunscreen containing things like titanium dioxide or zinc oxide are physical sunscreens, meaning they form

a barrier on the skin to physically block the harmful UV rays from penetrating and causing damage. Chemical sunscreen ingredients include things such as oxybenzone, avobenzone, and octocrylene. These are the sunscreens most people tend to have irritation or allergies to and they work by absorbing and then deflecting the UV rays.

Infants and toddlers: Babies 6 months and older can be slathered in sunscreen as well, but physical sunscreens are preferred on baby's delicate skin over chemical, because it is less irritating. If you're taking a baby who is younger than 6 months old outside, make sure to dress them in protective clothing, keep a hat on their head, and try to keep them out of direct sunlight.

2. Physical protection: Sunglasses and hats help protect everyone's eyes, face, and top of the head from getting burned, and should be used in conjunction with sunscreen when possible. It's also important to keep protective clothing on; this mostly just means covering as much skin as you can without overdressing. If little ones are playing in water, it is best for them to wear a rash guard instead of bathing suits that

expose most of their skin.

3. Best and worst times to be outside: The sun's rays are strongest from 10 a.m. to 4 p.m., so be extra vigilant about wearing proper SPF and keeping out of direct sunlight during that time. Also, keep in mind that on cloudier days, UV rays are present in our atmosphere, whether you can see the sun or not. Early morning and later evening outside times are preferred most of the year to get the least amount of exposure to UV, and to avoid the mid-day concentration of heat that small kids are particularly vulnerable to.

4. Stay hydrated! As previously stated, small children are particularly vulnerable to heat exhaustion and just overheating in general. Making sure that kids are drinking plenty of water while playing outside will greatly reduce their risk, and yours, of getting ill while in the heat and sun. Bonus: keeping yourself hydrated will help you from overheating, and will also encourage the little ones to drink more water too!

5. Play in the shade! Lastly, try to play in the shade. If there isn't any natural shade, large umbrellas and pop-up tents/shelters are great lightweight, portable ways to make shade anywhere!

These days, your local drugstore has products to rival high-end department stores when it comes to effective skincare, but with literally thousands of items on endless shelving, how do you choose? These six skincare products get the job done and address a multitude of concerns:

1. A basic cleanser: CeraVe Foaming Facial Cleanser, \$12

A go-to recommendation from dermatologists nationwide, the CeraVe foaming face wash removes dirt, excess oil, and even full faces of makeup. It's loaded with ceramides (to retain moisture, protect), niacinamide (targets enlarged pores, uneven texture), and hyaluronic acid (plumps fine lines, fights dehydration) making it a failsafe for all skin types.

2. An exfoliating toner: Pixi Glow Tonic, \$15

Chemical exfoliants have taken the beauty world by storm lately. Gentler on the skin

Neutrogena makes my favorite drugstore retinols and this particular formula is extremely effective because of the airtight packaging, which prevents degradation. Retinol is the #1 topical treatment to increase cell turnover, and thus, fades dark spots quicker, heals acne breakouts faster, and most importantly, reduces and prevents fine lines and wrinkles. Start using retinol slowly; once a week for the first couple of weeks, gradually letting your skin adjust.

5. A gentle spot treatment: Skin + Pharmacy Advanced Acne Therapy Active Clearing Lotion, \$11.99

We're predisposed to basically burning our faces off when we get a breakout; slathering it in the strongest acne medication we can find. I discovered this Skin + Pharmacy treatment that has a lower dose of benzoyl peroxide (2.5% versus the standard 10%) and works exponentially better than the stronger, more irritating version. Use this as a spot treatment or in a thin layer over the entire face to clear breakouts fast without leaving your skin a flaky mess.

than a physical scrub with powerful ingredients to penetrate deeper into the skin, incorporating an Alpha-Hydroxy Acid (AHA) or Beta-Hydroxy Acid (BHA) toner into your routine will clear breakouts, smooth texture and impart a healthy glow. This AHA formula by Pixi is one of the gentlest because it includes Aloe Vera and Ginseng.

3. An effective SPF: Eucerin Daily Protection Moisturizing Face Lotion SPF 30, \$8

No point in taking care of your skin if you aren't protecting it with a sunscreen daily, even if you're spending most of your time indoors. Sunscreen prevents damage like sunspots, age spots, or acne scars from getting worse, and prevents new spots from forming. This gentle, non-comedogenic formula contains a solid SPF30, which is excellent if you're using an AHA/BHA toner and a must if you're using a retinol, which can make your skin sun-sensitive.

4. A retinol night treatment: Neutrogena Rapid Wrinkle Repair Night Moisturizer, \$16.98.

I personally recommend this moisturizer to my mom and friends who can't get a prescription retinoid from the dermatologist.

6. A weekly mask: Dr. Jart Water Replenishment Sheet Mask, \$6

Korean Beauty is having a major moment lately and the core of their theory revolves around hydration. Hydration should not equal heavy moisturizers (the way we think of it in the western world), but rather thin layers of hydrating products that keep water in the skin. The sheet mask is a great way to relax after a long week and infuse your skin with soothing and softening benefits at an affordable price (most sheet masks are between \$2-8 each). Simply apply the sheet mask to your skin and relax for 10-20 minutes before bed. Remove the mask but leave the excess serum on your skin. The Dr. Jart Water Replenishment Sheet Masks are my most recommended because after I use them, I wake up the next day with poreless, soft, and calmed skin. It's truly a visible difference.

My biggest tip when trying new skincare products is to start slow (especially if you have sensitive skin). Don't stop at your local Target and pick up all of these items and try them at once. Introduce one new item a week. Skin care takes a full 6 to 12 weeks to truly show improvement, so be patient with your new regimen. Before you know it, people will be complimenting you on your glowing and youthful complexion.

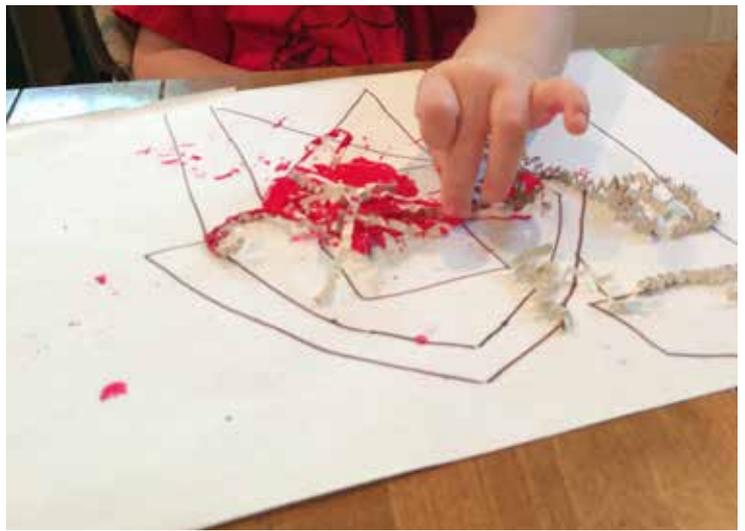
A Skincare Routine You Can Afford

By Steffanie Entralgo.



Down on the Farm: A Themed Lesson

Photography and words by Amanda Dunyak.



Now that the weather is getting nicer in most parts of the country, what's better than bringing your daily lessons with your charges *outside*?! After months of winter or cold and rainy days, I'm sure not only are your charges itching to get out in the sunlight and fresh air to stretch their legs, but I bet their dear nanny is looking forward to it as well! Spring-time is the best time to incorporate a farm-themed lesson into your plans with the kiddos; read some stories that take place on farms, do some art activities that are based around the farm and farm animals, and best of all, go visit a local farm! With a little research, you might even be able to find a historical, working farm somewhere in your state for a nice day trip. Make this lesson a more tangible experience for you and your charges and make some new and

lasting memories together!

Books

Here are some of my favorite children's books that take place at a farm or are about activities that occur on the farm.

Maisy's Morning on the Farm by Lucy Cousins

Barnyard Dance by Sandra Boynton

Big Red Barn by Margaret Wise Brown

Mrs. Wishy-Washy's Farm by Joy Cowley

Milk from Cow to Carton by Alikei Brandenburg

Spot Goes to the Farm by Eric Hill

Farmer Brown Shears His Sheep: A Yarn about Wool by Teri Sloat

My Big Farm Book by Roger Priddy

Food from Farms by Nancy Dick-

mann

Open the Barn Door by Christopher Santoro

Art

Here are some of my favorite farm-themed art projects to do with my littles:

- Painting with "hay" or "straw." If you can get some hay or straw from a nearby farm, great! If not, buying some of the fake straw from a craft store will suffice. Talk to the children about how they can find this on the farm and what it is used for. Talk about its physical properties. Bundle some together with a rubber band for less mess, or let your charges go to town by dipping it in some colored paint to make their own masterpiece on a white sheet of

paper. I drew a big barn on a white sheet of paper for them to paint. Afterward, we even glued some of the “straw” onto the paper.

•Tractor Painting. It’s always fun to use something other than paintbrushes to paint with. I’m sure you’ve used the wheels of cars and trains to paint with your little ones at some point in time. For this lesson, if you can get your hands on a tractor, it’s even better! Discuss a tractor, what it does on the farm, its physical properties, and then let them “drive” the tractor through a plate of paint and “drive” it back over a sheet of paper. I guarantee you, they will have a blast doing this!

•Pigs in Mud! One of my favorite art projects that I’ve been doing for years with my charges as well as with my past preschool students is this: older kids can draw the pig themselves or you can draw one for them on pink paper. Let the children cut the pig out and glue it to another sheet of paper (any color will do). In a bowl, mix up some shaving cream with Elmer’s glue. Add a few drops of brown paint. Mix with enough glue to make a sticky, “puff” paint. Have the children use brushes to give the piggy a “mud bath.” When the shaving cream mixture dries, it will leave behind a puffy, 3D look. You can also ditch the sticky mess and have them fingerprint with brown paint or chocolate pudding (although that wouldn’t be a project you would want to keep for long!).

Activities

Whether you can take a trip to a working farm or a historical working farm or not, there are still some “farm activities” you can do, from the comfort of your NannyFamily’s home.

•“Milk the Cow.” If you’re lucky enough to have a farm nearby that will let visitors try to milk a cow or if they have a fake cow to “milk” for fun, that’s great! If not, you and your charges can have fun with this at home! Simply prick the fingers of a rubber glove with a needle or safety pin; the tiniest hole will do. Fill the glove with water (trust me, you do not want to use milk for this activity!) and tie off at the end. Talk about how the glove resembles a cow’s udders and maybe look up a YouTube video of someone milking a cow. Tell the children that they are going to get the chance to pretend they are milking their own cow! Hold the glove over an empty bucket or bowl and have your charges pull on the fingers of the glove (or the “teat”) to release the “milk.” Discuss with your charges what the farmer does with the milk afterward and the process it takes to become the milk that they drink from a carton. A great book for this part of the lesson is *Milk from Cow to Carton* by Aliki Brandenburg, which is mentioned on the previous page.

•“Churn Butter.” I am lucky because there is a farm near where my NannyFamily lives that has “stations” where children can do different activi-

ties such as milk a fake cow, wash clothes by hand, and churn butter. But if you aren’t as fortunate, you can certainly make some butter with your charges at home! First, talk about where butter comes from, how it’s made, and how it relates to the farm lesson you are teaching. Then, to make the butter, all you need is a glass mason jar and some heavy whipping cream. Fill the jar about halfway with the cream (add some salt, if you wish), twist the lid on tightly, and have your charge shake it up! After a couple of minutes, they will see it turning from a liquid to more of a solid. Eventually, the butter will start to form and separate from the buttermilk. Feel free to take the lid off to check your progress. After only a few minutes of shaking, you and your charge will have made a nice little pat of butter! Taste your handiwork out on a piece of toast. Take it one step further by doing a quick Google search of the science behind how the cream can turn into butter so easily. This is a fun, hands-on activity that your charge of any age will love to do!

•Sorting Animals. After reading some stories and talking about the different things that happen on a farm, do a simple sorting exercise with your charge. If your charge has animal toys, bring them all into a pile. Using two baskets, have your child sort the animals that live on the farm from the animals that do not. Use this opportunity to talk about each animal, imitate the sounds they make, and discuss their physical characteristics as well as what they do on the farm.

Plan your trip to the farm after doing some of these activities, so that when you do, your charges will have more knowledge about what awaits them and the excitement of the visit will have built up around the lessons you planned. I am a kid at heart, so I love a lesson like this and it’s something I repeat multiple times a year with my little ones. A simple Google search should turn up farms in your area or, visit <http://www.alhfam.org/page-18169> for a listing of living, historic farms around the world to find one near you to give you and your charges the full farm experience!



5 Quick & Healthy Snack Ideas for Kids

By Kori Mann, RDN, LD.

When rushing from one activity to the next, it can be difficult to ensure your charges are properly fueled with nutritious, easy-to-grab snacks. One trick is to try and plan out snacks at the beginning of the week. Choosing to prepare something special like homemade fruit leather (recipe provided), while making sure there are enough yogurt cups and whole fruits around, will make it easy to keep things tasty and fun for the kids.

1. Set out different ingredients for trail mix, such as nuts, unsweetened dried fruit, popcorn, and pretzels, and have your charges put together their own mix. This gets them involved and guarantees healthy choices. Store in to-go containers for easy grabbing!

2. Classic Ants on a Log is so simple and quick! Grab a couple pieces of celery, smear on some peanut butter, and dash on a few raisins! On to soccer practice!

3. Another make-ahead recipe involves dipping half a banana into melted dark chocolate and rolling them in some toasted shredded coconut, chopped nuts, or crushed graham crackers before freezing. Inserting a skewer means that you can pop them out of the freezer and they can be in the kid's hands in a flash!

4. When all else fails, go for the string cheese. Pre-packaged and healthy as well as fun to eat! Pair with a piece of fruit and you are snacking savvy.

5. Fruit leather is a healthier take on the traditional fruit roll-up that every kid (and adult) will love! Using strawberries in the following recipe is a favorite, but have fun and create your own fruit combinations!



Photo Credit: Pexels

Recipe for Fruit Leather

Ingredients

- 5 cups fruit of choice
- 2 tablespoons honey (or to taste)

Directions

1. Preheat your oven to the lowest temperature setting (150-200 degrees)
2. In a saucepan over low heat, cook the fruit until soft and juicy, then add the honey
3. Puree the mixture in a food processor or blender and pour onto a parchment paper-lined pan
4. Bake for 4-6 hours, until the leather easily peels away from the parchment paper. Using scissors, cut into rectangles or fun shapes, and roll-up, keeping the parchment attached. Store in an air-tight container for up to a week.
5. Enjoy!



Night-time beauty

By Hannah Weeks.

Everyone wants to have good skin, but most of us feel like we don't have enough time to invest in our skin-care routine. Sometimes it's just hard to remember to take a few minutes out of a busy day to take care of our skin. Whatever your case may be, night time is the easiest time to take an extra step (or two) and really give your skin some TLC.

Night time can also be the most effective time to do so, as you aren't going out into the world where your skin is constantly assaulted by UV rays, makeup, and various kinds of pollution. Here are my tips and advice for making the most of your night time skin care routine:

1. Remove your makeup! It's a basic concept, but we're all guilty of not doing it every so often. Late nights and long days; we've all been there. Makeup left to sit on your skin overnight can cause breakouts, rough patches or texture, and eye infections. There are a ton of options for makeup removers; my personal favorite is a cleansing balm, but you can also use plain olive or coconut oil to get the same effect. Beware that coconut oil can clog pores, so if you aren't going to thoroughly wash your face, don't use it to remove makeup. Avoid makeup removing or facial cleansing wipes as well, as they are rather harsh to rub around on your face, especially the eye area. A cotton pad and oil-based (or bi-phase) makeup remover is a better option for around the eyes. Simply cleansing your face twice is sufficient for removing most face makeup.

2. Routine! We all know that routines are a key piece of working with children, and your skin requires similar diligence in its routine! Keeping to a routine is one of the easiest ways to help your skin stay healthy and youthful. The basics of a night-time skin care routine are as follows:

- Remove makeup.
- Cleanse the skin and exfoliate (now is the time to use a facial mask, if you'd like).
- Tone.
- Apply any serums or treat-

ments.

e. Apply any oils.

f. Moisturize (may not be necessary if using an oil).

3. Masks. Using a face mask is one of the simplest things you can do to help your skin at night, or even while you sleep! There are tons of different kinds of masks and there is a mask out there for every type of skin.

- Sheet masks are nice for when you're multitasking or just need a quick pick me up. They're simple sheets you apply to your face and wait 15-30 minutes before removing (depending on the mask). These masks are typically geared toward hydrating, anti-aging, and nourishing the skin.

- More traditional masks, such as mud masks, are great for targeting multiple concerns at once or providing more of a treatment. You can use a mud mask in your oily or acne prone zones and a hydrating (or brightening, or anti-aging, etc.) mask in other areas. Or you can simply use one mask all over and follow up with your usual moisturizer.

- Another popular type of face mask is a sleeping mask; these are exclusively for brightening, hydrating, or anti-aging and you apply them after you've washed, toned, etc. This kind of mask is used as a final step, in place of your moisturizer.

4. Exfoliate. Exfoliating your face at night is another great and super quick way to help your skin look and feel better. Exfoliating removes the dead skin so that newer, healthier skin can come through and it can also help unclog pores. This isn't a step that should be done daily, but instead 2-3 times a week depending on your skin type and preferred exfoliant. There are a couple ways to exfoliate; there is the traditional physical exfoliator (the cleanser with the scrubbing beads/particles that most of us have grown accustomed to

using). There are also chemical exfoliators (sometimes also called peels). These exfoliators tend to be a liquid/gel you apply to your face, wait a few minutes, and then rinse away or peel off. There is a third much more subtle way to exfoliate, though, and that is with the use of a facial cleansing device, such as a facial brush or other electric brush. These typically give you a deeper cleanse and mildly exfoliate your skin without extra steps. A device like this can be a great option for people with very sensitive skin. By removing the dead cells, you allow your skin to more efficiently absorb all the other products you put onto it.

5. Serums! Many moisturizers promise to fight age, brighten, or clear your skin, but these tasks are better left to serums. Serums, in essence, are highly concentrated ingredients to target very specific skin concerns and therefore make a great daily step to your night-time routine. Common active ingredients in serums are vitamin C, hyaluronic acid, retinoids, AHAs, BHAs, and antioxidants.

Vitamin C and antioxidant-rich serums are great for protecting the skin from free radicals and damage from simply being out in the world, as well as brightening skin. On a personal note, I've seen these serums brighten skin and help clear up acne. AHAs and BHAs are exfoliating serums; both are acids used to help increase skin cell turn-over and keep skin looking young. Hyaluronic acid is a humectant and despite being called an acid, it helps skin retain moisture. Finally, retinoids are a more extreme anti-aging ingredient. This can be quite harsh on the skin and should not be used for extended periods of time, but can prove to be very effective in reducing signs of aging in the skin.

Dolls like Us: Tree Change Dolls®

Etsy
Community
Choice
Design
Award
Winner, 2016

Find Tree Change
Dolls on Etsy, You-
Tube, and Face-
book.

A toy review by Michelle Galetta. Photos via Pexels/Etsy.



Based in Hobart, Tasmania, Tree Change Dolls was founded in 2014 by Sonia Singh, a former science communicator who established a creative outlet for herself in giving discarded overly made-up dolls new life, with stunning makeunders showcasing natural beauty. Tree Change Dolls took the world by storm and went viral after just a few creations were shared with friends and family over Facebook. The studio has since been profiled in print and international media. Its creator has been bombarded with orders and requests from all over the world. Sonia has the help of her mother, Sylvia, Tree Change's Dolls' Clothing Expert, who knits and sews each doll's clothing according to its individual style. Sonia strips off the high-maintenance looks of popular fashion dolls and creates a distinctive down-to-earth makeunder for each piece. After their transformation, the dolls look identical to your charge next door and provide a much-needed perspective on how we can mirror the real world in our children's toys, and simultaneously provide an enlightened play atmosphere. Dolls are sourced in thrift shops and flea markets ("tip shops" in Tasmania). Next, Sonia uses various stripping and painting mediums on her creations, and frankly, with such skill, makes it look quite easy in her YouTube tutorials. Delicate, loving production creates pieces of art in doll form, hence the limited release. Each doll takes

days to make, from collection to final dressing. With the constant demand and continuous artisanal working style, Tree Change Dolls are available only once a month through the company's Etsy shop, after being announced on Facebook, and sell out very quickly. Due to the painstaking nature of the process, Sonia prices her creations between \$180 and \$300 AU (\$138-230 US at press time), quite reasonable considering what a family might plunk down on a mass-produced American Girl and her accessories. 10% of all sales go to various charities and relief funds, such as International Women's Development Agency, Tasmanian Land Conservancy, Global March Against Child Labour, Save the Children, Greening Australia, and International Day of the Girl. Each month a doll is also auctioned off on eBay as well with a minimum of 80% of proceeds dedicated to charity. The social and environmental responsibility shown in the working manner of Tree Change Dolls is exactly what we aim to teach our charges every day, and we hope the upcycling movement started by a simple Facebook post increases tenfold. Can't wait for Sonia's dolls to become available? Visit the Etsy shop for the official Tree Change Dolls "Re-Styling Guide" and clothing patterns to make your own! Older charges interested in painting and crafts would delight in this challenging project, and steady-handed nannies will have the privilege of creating something ethically sourced and environmentally sound that their charges can cherish for years to come.



Infuse Your Water!

Text and photo by Heather Cherry.

There are countless benefits to eating fruits and vegetables. Consuming the recommended 5-13 servings a day sometimes feels impossible. A fun way to consume more and get hydrated is to infuse fruits and veggies in water; this packs a one-two punch! There are a variety of fruits and vegetables that are delicious when infused in water. Watermelon, strawberries, cucumbers, mint, lemon... the list is practically endless!

Fruits & Veggies

1. Infusing strawberries in water is a great way to add a sweet tang. Strawberries remain one of the most consumed fruits. Besides their great taste, strawberries aid the fight against multiple diseases and promote supple skin. They are rich in essential nutrients like vitamins C, A, and K, calcium, magnesium, folic acid, phosphorus, potassium, folate, and dietary fiber, helping to slow aging and improve complexion.
2. Cucumbers offer multiple B vitamins including B1, B5, and B7 (biotin). B vitamins are known to reverse the effects of stress, aiding in supple skin for years to come. Cucumbers also have many antioxidant properties and are believed to act as a natural antihistamine.
3. Did you know kiwi offers a higher amount of vitamin C than an orange? This is good news to achieve healthy and glowing skin. Kiwi is an alkaline fruit and helps to counteract the negative effects of acidic foods we consume daily. Kiwi is also a great source of folate and helps digestion.
4. Blackberries offer one of the highest antioxidant levels of all fruits. Blackberries also offer vitamin C and are rich in bioflavonoids. They have a mild flavor so when infused in water they aren't overpowering; a great option for anyone who wants a lot of health benefits without a lot of flavor.
5. Lemon is a tangy and refreshing twist when added to water. It is also one of the most common and widely accepted fruits to infuse into water. Lemon helps with digestion and boosts the immune system. This is good news for the skin since it helps to rid the body of toxins and promote collagen production.

Herbs

Consuming herbs can be tricky. It is hard to deny the amazing health benefits herbs can provide. Infusing

herbs in water is a great way to add to your health while simultaneously creating a delicious and refreshing experience.

1. Mint adds a fresh twist to water, but is also very impressive for health. Mint is known to aid in digestion and decrease inflammation, and has also been known to heal various skin problems. Mint can double as a great skin cleanser, cure infections, and ease itchiness. Use some mint to naturally soothe bites from mosquitoes, honeybees, hornets, wasps, and gnats. The cooling sensation will bring you relief and be a treat for your skin.
2. There is no denying the evergreen scent of rosemary as it is one of the most fragrant herbs. When rosemary is consumed, it offers a rich source of antioxidant and anti-inflammatory properties. Rosemary neutralizes harmful free radicals and improves blood circulation. There is no better way to maintain a supple and youthful complexion!
3. There is nothing better than "more thyme." Having trouble with stubborn acne? Thyme might help! Thyme is known for its antibacterial properties and remains a natural defense against acne. Thyme is also packed with vitamins C and A, and offers a good source of copper, fiber, iron, and manganese.

Fun and Easy Water Infusion Recipes

1. **Strawberry and mint** (sweet with the freshness of mint). Slice four large strawberries. Pull leaves off two sprigs of mint. Wash and dry. Place all ingredients in a tall glass. Add ice and water and sip away!
2. **Cucumber, rosemary, thyme, and mint** (a very distinct taste). Peel and slice 1/3 of a medium cucumber. Use two stems of rosemary, thyme, and mint. Remove most of the stem on the rosemary and thyme. Remove the leaves off the mint stem. Wash and dry all herbs. Put herbs and cucumber slices in a tall glass. Add ice and water and enjoy!
3. **Kiwi and blackberry** (subtle flavor; essential for anyone who has never infused water). Peel and slice one medium sized kiwi. Add to a tall glass. Combine a handful of blackberries (about 10; more or less as desired). Add ice and water for a cold and yummy beverage!
4. **Strawberry and lemon** (tangy but faintly sweet). Slice four to five large strawberries. Wash and dry a medium sized lemon. Slice. Add strawberries and 2-3 slices of lemon in a tall glass with ice. Add less lemon if you don't want it to be as sour. Add water and you're done!



This article has an accompanying Pinterest Board. Visit *Nanny Magazine's* Pinterest page to see the styles described.
<http://bit.ly/2nMWegU>

HAIR TODAY

AND THE NEXT DAY, AND THE NEXT DAY... FRESH NEW (SERIOUSLY DO-ABLE) STYLES FOR NANNIES WHO DON'T HAVE HOURS TO SPEND ON THEIR LOCKS. BY CHEZ WERNER.

Professional nannies of the world, throw away your scrunchies and lose the messy buns and the basic pony tails! How can you professionally transition your hairstyle from play dough and fort-making to dining out with MomBoss and your little charges?

1. One quick and easy alternative is to start your day with an easy, stylish side braid. Using a rubber band that matches your hair color, this is a quick, low-key substitution for a traditional ponytail. Bonus! At the end of your work day, you can easily release the braid, finger comb and fluff the loose curls created from the all-day braid, and voila, your hair is ready for an evening out with friends or family!

2. Another braided style that is easy for any skill level is the braided pony with a twist! Done high or low, start with a sleek ponytail, then braid it all the way down to the end of your hair. Secure with a clear or colored elastic band. Once that is finished, create a hole with your two forefingers just ahead of the elastic band and pull the braid through the top side of the hole. Both sides of the ponytail will turn into a twist that can be left slightly messy or pinned elegantly into place, depending on the amount of wave or curl in your hair. The braided pony still stays

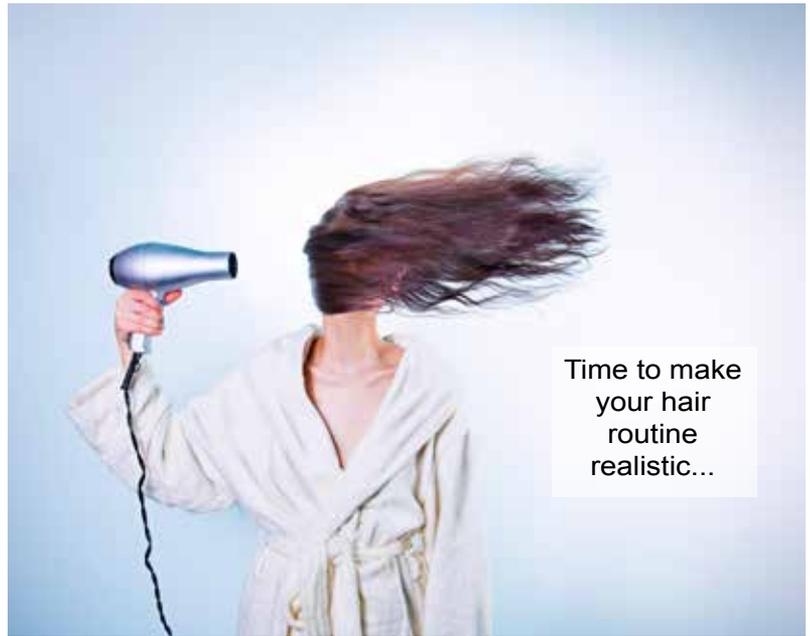
flexible enough to be pinned up during playtime or messy projects, or can be left as is.

3. Perhaps having a stylish braid dangling down is too tempting for your little charge to dip into a container of paint, yogurt, or peanut butter. Or maybe it is even tempting your little charge to swing from it as you lean over to adjust a blanket fort. In those cases, an elegant yet quick and easy bun is a better solution. For this professional style, you will only need a large, decorative side comb. Simply roll your hair into your favorite style of bun and secure it with the large hair comb. My personal favorite: pull your hair back as if you were making a ponytail, pull up the end to fold your hair horizontally in half, then roll it lengthwise to tuck it all in. Secure it with a side comb. You can also pull out a few tendrils on the sides, or keep it tight. There are many ways to create your bun.

4. Another useful tool is the ballerina bun maker, which can be found at any drugstore. Again, pulling your hair into a ponytail, secure the hair with any elastic and slip the sponge-like device over the hair. Then, flip the hair over the sponge, which easily and evenly spreads out in all directions, with

a little help from you. Next, wrap another larger elastic around the whole piece, which will secure the trailing ends around the inside edges of the device. Lastly, twist or tuck these ends under the device with bobby pins to polish the technique.

5. Looking for another “romantic” hairstyle option? Whether your hair is curly, wavy, braided, or straight, this next style is easy as pie! Make sure you’ve fully combed or conditioned your tresses, so they weave together as smoothly as possible. Comb all your hair straight down your back, and separate the natural part in your crown. Next, grab half of your hair in one hand and the rest of your hair in the other, being careful not to disrupt your part. Take the hair from the left hand, and starting behind your ear, twist it clockwise, pulling toward the right. When you get to your right ear, secure the twist to the hair two inches above the nape of your neck with bobby pins (if your hair



Time to make your hair routine realistic...



Why would anyone ever say that raising the future generation isn't a "real job"?

Find support, tips, advice, and ideas in *Nanny Magazine*.

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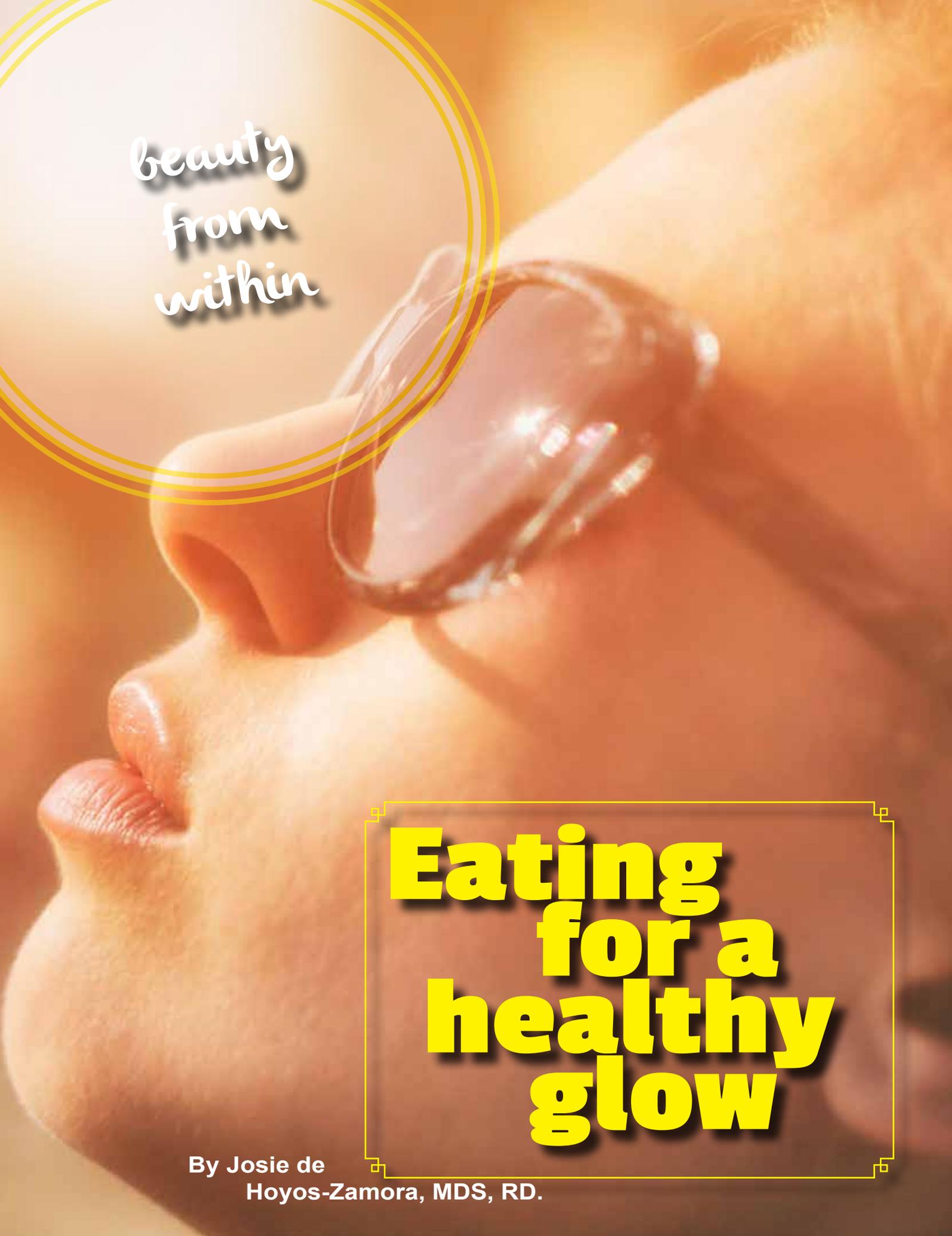
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Be part of our community, make new friends near you, and feel connected to your industry.

is super long, don't worry, there will be time to work with those straggling ends later). Next, reverse the process with the hair over your right shoulder. Twist it counter-clockwise, pulling to the left, and secure. Once the base is secure, take those super long ends and keep twisting, but tuck them in and pin them along or under the twists that are already pinned, tucking them into the wave of tresses.

So, there you have it! Five easy ways to get your hair out of your face when you're on the clock that will easily transition or restyle with a little touch-up of dry shampoo or hairspray when you're off the clock!

Some hair tools to keep in your bag or car for an after-work quick fix: a rubber band or two in your hair color or color of your preference, a large decorative hair comb or clip, travel-sized dry shampoo and/or hairspray, and a stash of bobby pins! Cost effective, space saving, professional, functional, and easy with endless possibilities!



beauty
from
within

Eating for a healthy glow

By Josie de
Hoyos-Zamora, MDS, RD.

The saying that beauty comes from within is definitely the case when it comes to having healthy-looking skin. Various products promise to help achieve flawless skin, but what is often overlooked is the important role diet plays in achieving that glow. Combining a good skincare regimen with these simple nutrition tips will help to retain a youthful radiance.

Hydration Helps

We all know that it's important to drink water, but don't overlook this redundant advice when it comes to achieving a healthy appearance. The skin is the largest organ of the body and its cells thrive on proper hydration. A lack of water intake may not only cause skin to become flaky, tight, and dry, making it more prone to wrinkling. The amount of fluid consumed on a daily basis varies from person to person, however the often-heard "8 cups a day" motto is one that is easy to remember and aim for. One cup refers to an 8-ounce fluid serving, and the majority should come from water or other non-sugar-sweetened drinks like herbal teas.

Aim for Antioxidants

There are many products touting antioxidant-rich formulas promising beautiful skin, but did you know the best and most readily available source of these antioxidants comes from fruits and vegetables? Put simply, antioxidants help to protect cells against the damage of free radicals, which are molecules produced when the body is exposed to pollutants. There are countless research studies on the potential skin benefits of various nutrients; some nutrients that have positive effects on skin are antioxidant-rich vitamins A, C, and E. Substances in these vitamins have been shown to reduce fine wrinkles and help cells repair skin damage caused by

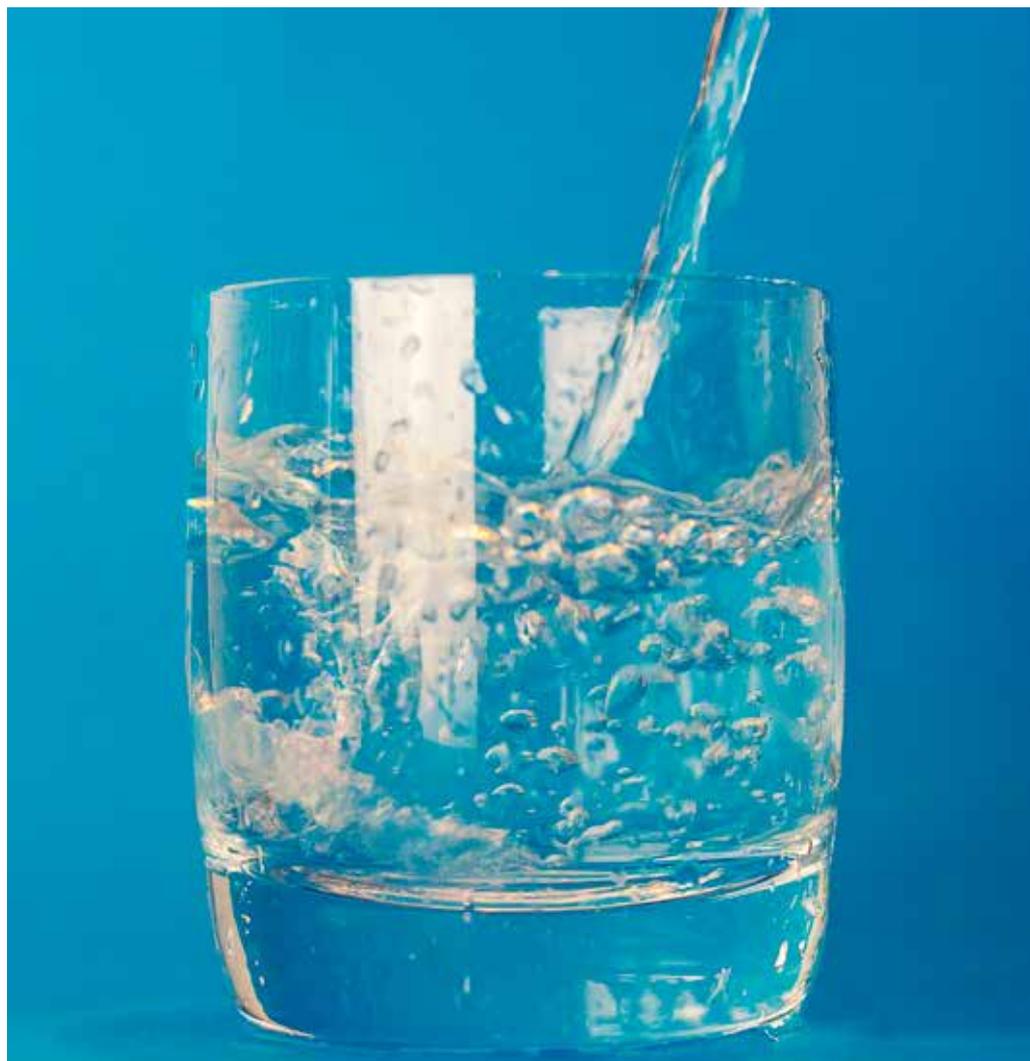
ultraviolet radiation and smoking. Aim to eat at least five servings of various fruits and vegetables in bright, rich colors every day to reap the skin-boosting benefits!

Favor (Healthy) Fats

Believe it or not, fat is what gives the skin its soft, supple appearance because it is one of the skin's main components. During the aging process, skin becomes more loose, weak, and dry, and the fat pads underneath it also begin to disappear. Omega-3 fatty acids are a type of "good" fat and are considered an essential part of nutrition. The body does

not naturally make Omega-3 fatty acids, so it is important to get them in a balanced diet. Omega-3s help to maintain the integrity of cell walls and have shown promise in maintaining healthy skin due to its anti-inflammatory, antiwrinkling, and UV protection properties. Add Omega-3 by including fatty fish like salmon and tuna, and plant-based fats from flaxseeds, chia seeds, and walnuts into your diet.

Source: <http://www.todaysdietitian.com/newarchives/tdmarch-2008pg50.shtml>



Make sure you're getting enough of the good stuff. Photos by Pexels.

ASK THE AGENCY

By Lisa DesBoine of Nannies from the Heart Agency in Texas.

1. What are some of the skills or qualities about myself that I should highlight on my résumé?

Contrary to a traditional résumé, which emphasizes that a person limit the “extra stuff,” a nanny’s résumé should inevitably reflect more. The old cliché “less is more” does not apply. However, one commonality between the two résumé styles is the importance of the résumé content and power words. As a career nanny, the strength of your résumé is no doubt driven by three power words: flexible, self-guided, and organized. These attributes are commensurate to gold and should always be mentioned in either your résumé’s “Summary” or “Highlights” section. Additional areas to spotlight on your résumé are:

- Consistency & Commitment: Nothing speaks louder on a nanny’s résumé than her quality of being consistent and committed; they go hand in hand. For a prospective family, this minimizes the worry of having to repeat multiple candidate searches within short periods of time or worse yet, having to frequently take off work because the nanny often calls out. Consistency and commitment also show a nanny’s genuine desire for building a long-term relationship with the family, which is particularly important for the emotional health of the children.
- Industry-Related Training: Don’t be shy! Your skillset entails more than being Infant/Adult CPR Certified. Highlight all recent (within past 3 years) industry-specific training, particularly if obtained through the INA (International Nanny Association), APNA (Association of Premier Nanny Agencies), or certified Newborn Care Specialist (NCS) program. Workshops attended can also be mentioned in your resume cover letter if the material taught was specific to a job you’re applying for. Often a nanny thinks it’s not important enough to include such information on her résumé. Quite the contrary; it confirms the commitment to investing in your profession, which in turn allows you to positively and effectively invest in your charges. Remember, you are not a babysitter, but a professionally trained nanny with proven training and experience.

2. Are families allowed to require their nanny to wear a uniform to work?

Absolutely! Remember, a professional nanny is a family’s employee, not a 1099 or an occasional babysitter, which also means the family would typically supply the uniform. As with any employer, a family can mandate a nanny wear a uniform for the simple reason that she holds a professional position under their leadership and she is a representation of the family. Certain social interactions requested of the nanny can also play a further role in a family’s decision for a uniform requirement. However, taking into consideration the physical demands often required of a nanny, the selected uniform should be non-constrictive and in no way interfere with her the responsibilities. Ironically, a professional uniform can sometimes turn out to be more comfortable than traditional street clothes picked out of one’s closet.

3. Do you instruct your nannies on how best to present themselves to potential employers? For example, what they wear, how much makeup they wear, how their hair should be, jewelry, etc.?

Yes! Yoga pants cannot double as black dress pants for your interview! As owner of Nannies from the Heart, I feel an overwhelming responsibility to educate nannies on professional presentation, along with proper interviewing etiquette for meeting with a family. A prospective family is not interested in how well a nanny blended her make-up, or seeing what her tattoo can do. You only get one first impression! I stress to my nannies that simplicity is classy and you’re going to a job interview. Save the “club” look for the club and the gym look for the gym, not your prospective new employer. NH Nannies are given written information on our attire expectations, and they must sign a form acknowledging their understanding. Our agency serves a wonderfully diverse group of families who are all concerned with one thing: the safety and well-being of the children they will entrust to the nanny. At time of interview, and over the course of employment, the last thing a family (or agency) wants to deal with is playing “fashion police.” Stay classy, my nannies!

~ fashion ~

HOW TO DRESS FOR INTERVIEW SUCCESS

By

Guy Maddalone, Founder & CEO, GTM Payroll Services.

Appearances can make all the difference between working for your dream NannyFamily or continuing a seemingly never-ending job search. Tattoos, piercings, colored hair, body challenges, clothing choices, and the way you conduct yourself could interfere with your ability to land a desirable position.

However, you have total control in how you present yourself to families, both visually and professionally, and it starts before the family even lays eyes on you.

Make Your First Impression Count

Families may likely become familiar with you through your online profile or a nanny agency profile or résumé. Focus your efforts on highlighting your strengths, experiences, how you handle children, education, and certifications, as well as any letters of recommendation from past NannyFamilies.

Line Up Your Advocates

Make sure you have solid references. These are previous employers who will vouch for you when contacted by a family who may want to hire you. If you're going through a nanny agency, your placement coordinator will also be a strong advocate for your candidacy.

And remember, the best advocate for you...is you. No one knows you better and what you are capable of doing. Make sure your potential employers know about your background in child-care.

Eliminate Surprises

No one likes surprises during the hiring process. If you have prominent tattoos, colored hair, or anything else that could be distracting during an interview, let the family know ahead of time. Being upfront and honest from the start is a great way to

establish trust with the family. This will also remove any awkwardness when meeting a potential employer and they may appreciate your openness. However, besides basic earrings, you should remove any visible piercings such as nose, eyebrow, and tongue rings. These types of piercings are not appropriate for interviews or for the day-to-day job of being a nanny. They present safety hazards when dealing with children. Long, dangly jewelry can also be dangerous when working.

As far as weight and age are concerned, you may want to let potential employers know that you have no issues keeping up with active toddlers and other children on the go. Highlight some of the physical activities you do with your charge or the daily duties you have had at previous jobs to show that being an older nanny or slightly overweight will not interfere with your ability to care for their children.

Present Yourself as a Professional

If you present yourself as a professional, you'll be treated as such. This means dressing appropriately for job interviews. While there is no need to wear a business suit, you will want to avoid jeans and other casual wear. An ideal outfit would be pants and a nice blouse or button-down shirt. Many families will have you interact with their children during the interview. You'll want to be comfortable if you need to get down on a play mat. That's tough to do in high heels, ladies! If needed, "tone down" your hair and makeup so it's in line with how a professional would present themselves.

Focus on What the Family Wants

A recent survey of domestic employers, conducted by GTM

Payroll Services, asked families about the most important factors when hiring a nanny. Demonstrated responsibility and trustworthiness, a passion for childcare, and personality fit were the top responses. Families also place an importance on references. In case you're wondering, 92% of families said a nanny's "smart and tidy appearance" was at least somewhat important when making a hire.

Get the Job. Keep the Job.

You've done everything right, proven yourself to be the best candidate, and landed the job. Congratulations! But you still need to stay in control of your appearance. On the job may not be the best time to wear t-shirts that are potentially offensive or support a political cause. Your personality can shine at home and during your off hours. Continue to dress properly for the day-to-day tasks of being a nanny. Tattoo sleeves may need to be covered and piercings removed during work hours.

In the summer months, it may be tempting to wear skimpy outfits. While comfort is key, you still need to be appropriate. Leave the crop tops at home. Wear longer shorts. You may be taking the kids out in public to the library or park. When doing so, you are representing your family. They hired a professional and you should present yourself as one. If the family is happy with you, that's another reference for your résumé.

Ultimately, families will determine what is important to them when hiring a nanny. Appearances may win out over other factors. The best you can do is present yourself as a responsible, trustworthy, reliable, and experienced candidate that is the best fit for their family.



Beyond Words: Books as a Sensory Experience

By Megan Hughes.

As a book addict, I was surprised when I became a nanny and uncovered the true versatility of books. As an adult, I typically devour books as fast as I can and then scour the shelves for another candidate and repeat the process. I am a reading factory, however I forgot all of the ways that books can be enjoyed until I started working with children. Children are such physical beings that they have the ability to make books take on an even greater

physical aspect. The physicality of books allows for a sensory experience beyond the words. Books become toys and physical objects to be manipulated. Therefore, I keep books in play spaces and encourage alone time with books for the children as much as possible throughout the day.

Books as Toys

The three year old I currently nanny can turn anything into a

construction object. This holds true for books. Books can be ramps, towers, trays, or tents. For him, books can have a number of other uses as well. Young kids can use books to practice motor skills by stacking and unstacking them on the shelf or by taking them in and out of their basket. The 18 month old I formerly watched loved bags and buckets and would use them to carry the books around. I also previous-

**“Remember,
...books are
physical
and should
always be
a part of
play.”**

ly nannied for a ten month old who would lie on his back and manipulate the book, turning it upside down, right side up, and opening it and closing it. He enjoyed that activity so much that he often chose it over his toys. Don't get me started on the books that have "lift-the-flaps," noise buttons, touch and feel pages, activities, or other interactive elements! Books with craft activities, play adventures, or songs around book themes are just a few of the other added elements I love about children's books. Remember, books are physical and should always be a part of play.

If you are looking for fun books that have fun interactive elements, some of my favorites are:

Max and Ruby's Treasure Hunt by Rosemary Wells.

If you are looking for a new way to incorporate classic nursery rhymes, then this is

the book for you and your little one. Max, Ruby, and friends are bored at their grandma's house because it is raining. Ruby devises a treasure hunt for the kids to follow nursery rhyme clues around the house in order to find the treasure. The clues are all hidden under flaps designed to look like an envelope. Your charges can also help to complete the nursery rhymes to find the next clue leading to the treasure. This book is so much fun and is great because it includes characters a lot of kids are already familiar with.

The House that Jill Built by Phyllis Root.

This book is out of print, so you are unlikely to find it in a bookstore. However, you should be able to find it online via Amazon or barnesandnoble.com. This is another book that incorporates classic characters from nursery rhymes in a fun way. The premise is that Jill built a house, but has to keep adding onto it for all of her nursery rhyme friends. There are flaps on almost every page to find the classic characters and to see what they are doing in their rooms. The last page is a pop-up of her completed house with a roof that you can lift to look inside. I like it because it introduces so many topics: construction, sharing, the different rooms in a house, rhyming, and incorporating the elements of nursery rhyme as well.

Experiencing Books on Their Own

With children, there is often a lot of emphasis on reading aloud together and the bonding experience of books. We forget to also emphasize that books are something that are nice to enjoy alone. I would always read two stories before nap time, but also

allowed the three year old to pick two stories to read and explore by himself. Although he often knew the books that he chose so well that he could have recited them to me, I could tell that he was using the opportunity to explore the book in his own way. Also, I would often read part of a chapter book and he would ask for it so he could continue to look at it during nap time. When nap time was over, he would finish the story for me by telling me what he thought happened based on the pictures. By calling it a sensory experience to be enjoyed beyond the words, I am attesting to the fact that being able to manipulate and explore the book on one's own without the verbal element is just as important as being read to.

Here is part of one of the chapter books he "spoiled" for me:

My Father's Dragon by Ruth Stiles Gannett.

I checked this book out because it includes the elements of a trickster tale and we had just finished reading another story about a trickster spider at library story time. The tale is about Elmer Elevator, the narrator's father, who runs away to rescue a baby dragon on a wild island with a bunch of seemingly incongruous items. He subsequently uses the items and his wiles to free the dragon. We did not finish it before nap time. When we started reading it again, he would tell me how Elmer tricked the other animals because he looked at the pictures during nap time. I think he enjoyed that he figured it out on his own and was able to finish the book in his own way first.

-QUIZ-



So Many Subscription Boxes, So Little Time!

By Michelle Galetta.



Photo via Pexels.

The options for subscription boxes get better and better every year, with luxury extras thrown in and contents tailored just for you. Yet, with better selections comes many more options to weed through, and that can become quite overwhelming. How do you choose the right box for yourself, your friends, or significant other? Let us help you out with some options for nannies and man-nies and everyone in between!

1. When *Nanny Magazine* goes live, or arrives at your door, what is the first article you are aching to read?

- I comb for any fashion or makeup ideas before settling in for heavier reading.
- Food column! Do you even have to ask?
- Anything related to helping my charge grow and learn.

2. If you were look at your bathroom sink right now, what items would be sprawling over it?

- It's covered in skincare products, and anything and everything I need to put on my best face for the day.
- A few things necessary to clean up and get to work... and the plate holding my pancakes, eggs, and bacon so I can take a bite when I can get in AND out of the shower.
- Just the basics! I'm not one to fuss too much in front of the mirror.

3. You've got a spontaneous afternoon free to yourself. Chores are done and you've got Friday's check burning a hole in your pocket. It's time to indulge yourself! Where will you spend this precious time and money?

- Life is short; I'm going to Ulta!
- I'm heading straight to my favorite grocery store to stock up on ingredients for my weekend recipes.
- I've been eyeing the new activity kits all week. I've got to check them out for my charges before I do anything else!

4. In this day and age, it's so hard to stay away from social media, but I try to filter my interests so I'm not bombarded with extras. When I purge, I always delete...

- Food interests. I don't need any more temptation than I find in my daily life!
- Beauty and Lifestyle pages. I mostly read recipes and nutrition tips in my free time.
- Lifestyle products and food interests. I like to focus my following on educating myself about world news and culture.

5. Next week is an important birthday for your closest friend. They've never tried a subscription box before, and it seems like the perfect gift to add to their big day! What surprise box would be most useful to them?

- They're a skincare fiend, and are always running out of fresh options. A box of fresh looks or tools would be great!
- My friend's favorite thing to do on her birthday is cook a fresh recipe for the group. I'd love to gift her a meal she's never tried before.
- They have just about everything! I need a gift they would never get for themselves.

6. Other than *Nanny Magazine*, what other publications do you subscribe to?

- Vogue, People, GQ.*
- Food & Wine, Bon Appetit, Good Housekeeping.*
- National Geographic, Time, TV Guide.*

7. If you could travel anywhere tomorrow, no strings attached, what would be your perfect trip destination?

- A metropolitan, high-culture city where I can get my hands on all the latest trends and visit flagship stores for my favorite brands.
- I'm in love with (insert favorite food). I *need* to go to the source!
- Melding with the local culture is always my favorite part. I love to be out in the country, away from tourist areas and city distractions.

8. I JUST ran out of _____ and I wish I had replacements right at my door!

- My favorite moisturizer.
- ALL OF MY PANTRY STOCK! HELP!
- My nanny activity supply.

9. The older your charges get, the more they want to emulate the caregiver they love so much. What's your favorite lifestyle facet to teach your charges?

- Hygiene and skincare.
- Nutritional health.
- Social responsibility.

10. Outside of work and social obligations, what is the majority of your day focused on?

- My personal care routine.
- Meal planning and cooking.
- Organizing future endeavors with the community groups I belong to.



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Legally Speaking

By Sterling Chillico, JD.

Q: I drive my NannyFamily's van during my workday with the children. What happens if I am in an accident while driving their car? What am I liable for and is there something specific I should be doing to protect myself in case this ever happens?

A: Keep in mind that each state has its own laws concerning insurance and liability. Some state policies regarding auto insurance require that the policy follow the driver, while others require that the coverage stay with the vehicle.

If you are in a state in which your insurance covers "you," not your vehicle, and you happen to be at fault in an accident while driving your NannyFamily's vehicle, your insurance may be principally liable. However, if you were driving the vehicle while performing an obligation of your job, your insurance company may seek reimbursement from your employer.

Alternatively, if you are in a state where the insurance coverage is attached to the vehicle, and you are at fault in an accident while driving the family's vehicle, the family's policy would be primarily liable. However, similar to the alternative situation, if you were not driving their car in performance of job duties, such as, they loaned you their car so you could run personal errands, they may seek reimbursement from you.

Ultimately, the safest option is to become an authorized driver on the family's insurance policy. This will help to protect everyone.

As always, if ever you should find yourself in a situation of which you are unsure, seek the advice of an attorney licensed in your jurisdiction.

Disclaimer: This article does not constitute legal advice, and should not be taken as such. If you find yourself in a situation such as this, please contact a lawyer who is licensed to practice in your jurisdiction. Sterling Chillico and *Nanny Magazine* do not endorse this information as legal advice.

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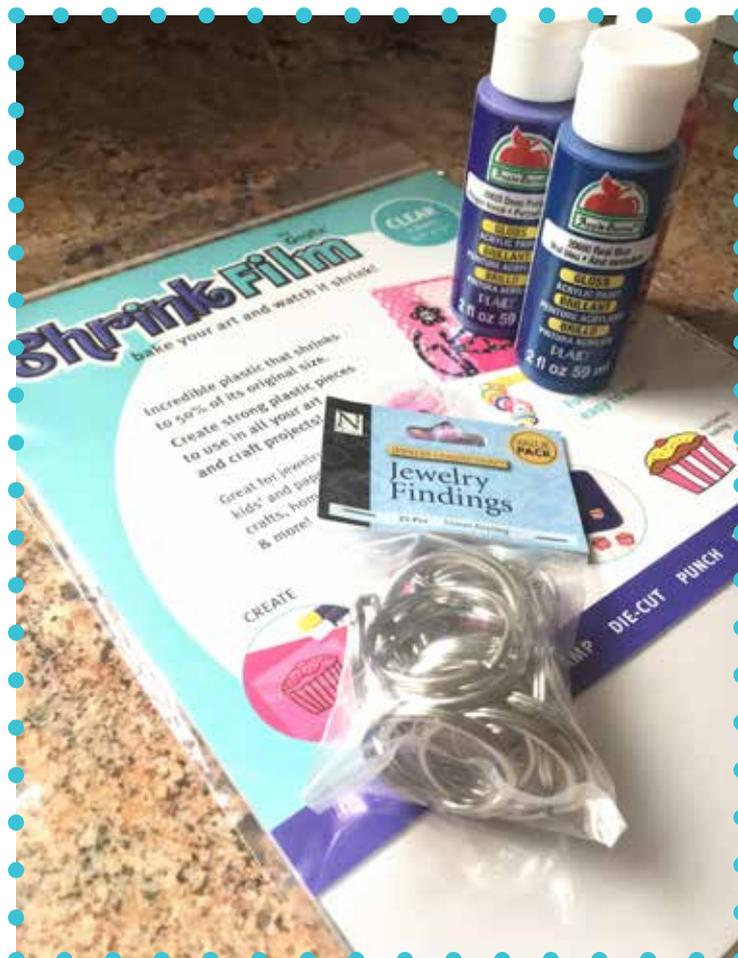
DANKO LAW LLC

Quick & Easy Mother's & Father's Day Crafts

Words and photos by Amanda Dunyak.

Mother's Day and Father's Day are right around the corner, and if you're anything like me, you like to plan ahead for what your charge's little hands are going to make this year. I've been a nanny for so long and have done so many different gift-type projects that I always have to be careful not to recycle the same ideas. Here are some of my favorites from over the years that will work for any parent on their special day!

1. Questionnaire Book: This one is my personal favorite: I either print out or write out a list of statements about MomBoss or Dad-Boss for my charge to complete. Depending on the age of the child, I will either write the answers in for them, or have them write their own answers. Some of the statements I use are "My mom is ____ years old. My father's favorite food is _____. My mom has ____ hair and ____ eyes. My dad's job is a _____. I love my mother because _____. My favorite thing to do with Daddy is _____," and so on and so forth. The answers are usually hilarious. Then, I have the child draw a picture of their mom or dad. The younger ones might tell you that they "can't," but tell them to try their best or walk them through the steps of drawing a





person with prompts like, “Draw a head. Now, draw the body. Add some arms and legs. What’s on a person’s face?” This type of project usually turns out so cute and it’s something that they can look back on years from now, visiting their parents with their own children, and can laugh and fondly remember this time in their lives.

2. Shrinky-Dink Key Chain: Remember Shrinky-Dinks from your childhood where you draw a picture on a clear piece of film-like material, stick it in the oven, and shrink it down to less than half its size? Well, that stuff still exists! Go to your local craft store and pick some up. While you’re there, pick up some acrylic paint in the color of your choice, and some clear embossing glitter if you want your creation to have some sparkle. Paint your charge’s hand with the acrylic paint (wash immediately after with soap and water, as this type of paint will stain!) and put their handprint onto the film. Cut out the handprint. Dust with some embossing powder and let dry completely. Place the creation on a parchment paper-lined baking sheet and follow the directions on the Shrinky-Dink package. Watch with your charge as their handprint shrinks right before their eyes! Use a hole punch to poke a hole in your creation. You can buy some key rings from the craft store as well and when the shrunken handprints have cooled, you can pop them onto a keyring and present to mom or dad.

3. Coffee Mug. Another super easy and useful craft to make your charge’s parents for the holiday is a coffee mug (even if they aren’t a coffee drinker, they can use it for other liquids!). You can buy a blank, white coffee mug at most craft stores or by doing an online search. Have your charges paint the mug with acrylic paint. Take some pictures of your charge holding signs with the letters “M-O-M” or “D-A-D” on it, or signs that say “Happy Mother’s/Father’s Day!” and take their picture. If you have multiple children, you can get creative and try to form the letters out of their bodies, taking the picture from above. Print the pictures (regular printer paper works a lot better than photo paper) and use some Mod Podge to stick them to the mug and use a sealer over that to ensure it doesn’t fall apart in washing (hand wash only).

4. Picture in a Frame. Another super simple idea is to take a picture of your charge holding a sheet of paper that says, “I love my mommy/daddy because_____” and write in whatever reason or reasons they give. Print out in the size of your choice and put in a frame. Quick and easy and not lacking in love!

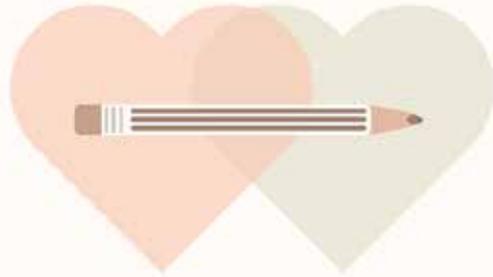


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