

January/February 2015

NANNY MAGAZINE

teach play love



From Naps to Nuks

The Newborn Issue

ORIGINAL
FOOTPRINT
ART

KEEPING
BABY
WARM

NEWBORN
PHOTO
TIPS

SCIENCE
BEHIND
SIDS

HOMEMADE
BABY
FOOD

NANNY MAGAZINE

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EDITORS IN CHIEF

Jennifer Kuhn, MPS and Whitney Tang

WEB EDITOR

Sherryn Daniel

FOOD EDITOR

Amber Ketchum

STREET TEAM LEADER

Amanda Dunyak

SOCIAL MEDIA AND MARKETING COORDINATOR

Kerrie Bascomb

CONTRIBUTING WRITERS

Erin Bailey, Tricia Bovey, Nicole Bruno, Sherryn Daniel, Leslie Kendall Dye, Stephanie Felzenberg, Brittany Hunt, Amber Ketchum, Allison Pipkalejs, Jen Webb, Deborah Ziebarth

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NANNY MAGAZINE, LLC

P.O. Box 6025

Evanston, IL 60204

626.692.5455

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Editors' Note

"CHEERS TO A NEW YEAR AND ANOTHER CHANCE FOR US TO GET IT RIGHT."

OPRAH WINFREY

Happy New Year, nannies!

Welcome to 2015 and our second year of publication. We have loved having you along for the ride and getting to know our subscribers is the biggest joy of this adventure in publication. The new year seems like the perfect time for *Nanny Magazine* to publish our much anticipated newborn issue, and it is with great joy that we announce the arrival of our newest editorial assistant, Baby Chase! Born on November 2, 2014 and weighing in at 6 lbs 5 oz, this kiddo is also a junior nanny, accompanying his mommy Whitney to work every day. Yes, those are his cute little feet on the cover of this issue. We have baby fever here at *Nanny Magazine*.

Tiny hands. Tiny ears. Sweet-smelling skin. We just can't get enough. You guessed it—this issue is all about babies! And now that we have a baby staff member on board, the timing for this issue couldn't be better! Whether you're a nanny who works with babies, hoping to have a baby of your own, or lucky enough to be able to say your diaper-changing days are over, you'll be sure to find a few gems in this issue.

Our team has grown to include a dietitian food editor, Amber Ketchum, MS, RD, who shares healthy homemade baby food recipes and easy-to-make baby shower sharables. Leslie Kendall Dye, whose writing has been featured in the Huffington Post, contributes a thoughtful and beautifully written article on the things one should never say to a pregnant woman. This issue also explores the dilemma of whether or not an expecting nanny should plan to bring her newborn to work with her. What do you think?

Write in with your comments on this issue to submissions@nannymag.com!



A handwritten signature in black ink that reads "WJT".

Whitney Tang,
Executive Editor



A handwritten signature in black ink that reads "jmk".

Jennifer Kuhn, MPS,
Executive Editor



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Top Unnecessary Baby Products

BY BRITTANY HUNT.

THERE ARE AN ENORMOUS NUMBER OF BABY PRODUCTS AND ACCESSORIES ON THE MARKET FOR PARENTS TO CHOOSE FROM. WHICH CAN MAKE DISTINGUISHING BETWEEN LUXURIES AND NECESSITIES VERY DIFFICULT. AS A NEWBORN CARE SPECIALIST, I HAVE THE OPPORTUNITY TO WORK WITH A WIDE VARIETY OF PRODUCTS WHILE IN CLIENT'S HOMES. BASED ON MY EXPERIENCES, I HAVE COMPILED A LIST OF FIVE COMMON BABY ITEMS THAT I WOULD CONSIDER TO BE TOTALLY UNNECESSARY.



1. WIPE WARMERS

Many parents like the luxurious idea of a wipe warmer because they think that cold wipes will shock or scare the baby. While it may seem like a great idea for nighttime changes, wipe warmers tend to dry out wipes, which limits their effectiveness. Dried-out wipes do not clean as well and they are scratchy on babies' skin. In addition, the liquid that has evaporated from the wipes can lead to a change in the pH balance of the wipe's formula and cause irritation.



2

2. FANCY DIAPER DISPOSAL SYSTEMS

While diaper disposal systems seem enticing to many new parents, they are certainly not a necessity. Despite what they may claim, systems are unable to completely mask all of the smell and require refill liners. These liners are specific to each system and tend to be quite costly. As a result, many parents find it is easy enough to take out the nursery garbage daily and save on the expense of a diaper disposal system.

3. LUXURY BATHTUBS

A newer trend in baby accessories has been to provide luxury items that make parents feel like they are pampering their baby much like they would be at a spa. It is not uncommon to find baby bathtubs that may include jets or whirlpool-like functions. While enjoyable for older children and adults, the water of a normal bath is stimulating enough without the added water manipulation. These mini-spa tubs may cause overstimulation, leaving parents with a fussy or inconsolable baby.



3

4



CRIB BUMPERS
Despite having been a mainstay of cribs in the past, crib bumpers have been found to be very dangerous for newborns and infants. Crib bumpers have been linked with a higher risk of sudden infant death syndrome (SIDS). As a child grows, they can use the bumper as a step to climb out of the crib. While they may be cute, they are not worth the risk of causing harm to a baby. A baby's crib should contain only a mattress and well-fitting fitted sheet.

PEE PEE TEEPEE

A product that has received a lot of hype is the Pee Pee Tee Pee, which is a cone shaped cloth designed to prevent boy babies spraying their caregivers during diaper changes. While being urinated on is not pleasant, there are several alternatives to these cone products. A wipe or cloth diaper over a boy's diaper area can be used in the same capacity and being quick when changing diapers can also help avoid getting urinated on.



5

Keeping Baby Warm This Winter

BY THE NANNY MAGAZINE EDITORS.

Photo Credit: Eugene Sergeev / 123rf

Your NannyFamily is expecting a new bundle of joy soon and you couldn't be more thrilled. You can't help but imagine all the warm afternoons spent cuddling on the couch and kissing those ten tiny toes. Who wouldn't be excited?

But then reality hits. You realize that those warm afternoons aren't going to be so warm after all. It's the dead of winter and instead of staying in by the cozy fireplace, you'll be trucking Mister Five Year Old to school every day and bringing Miss Three Year Old to dance and gymnastics twice a week. And given the frozen tundra we all found ourselves in last year, you know to expect the worst weatherwise.

This baby has no choice but to face the weather and brace herself. But how do you prepare her when she won't be able to regulate her own temperature, not have the vocabulary to tell you if she's too hot or too cold? And the cold isn't the only factor here—you have to think about the temperature difference between the car and outside, the safety of clothing in relation to the carseat, and things like wind protection. What's a nanny to do!?

Read on to see our suggestions for keeping baby safe and cozy this winter without running the risk of overheating her. Best of luck in braving the cold!

LIGHT LAYERS!

Ditch the bulky sweatshirts this winter and use multiple light layers to keep baby warm. Layering gives you the opportunity to strip them off should Miss Three's dance class be unusually warm. Another reason to steer clear of bulky clothing is the risk of SIDS. Should baby fall asleep in her outfit, you want to avoid it being too plushy. As a general rule of thumb, babies need one more layer of clothing than adults.





CAR SEAT COVERS

If you have older kiddos to take to activities and school, you'll be getting in and out of the car...a lot. Save yourself the hassle of bundling and un-bundling baby every other minute by getting one of these brilliant car seat covers. Now all you need to do is a quick zip or unzip, saving you tons of time and possibly your sanity.

Be sure to get the covers that go OVER the entire seat. Products that have fluff underneath the child have been proven to be unsafe in case of car accidents. Don't ever overlook safety in your quest to keep baby warm.



HATS

Because a baby's head is proportionally larger than an adult's head, they lose more heat through their head. Help baby regulate her body temperature by always making sure those tiny little ears are covered up when you're outside.

It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

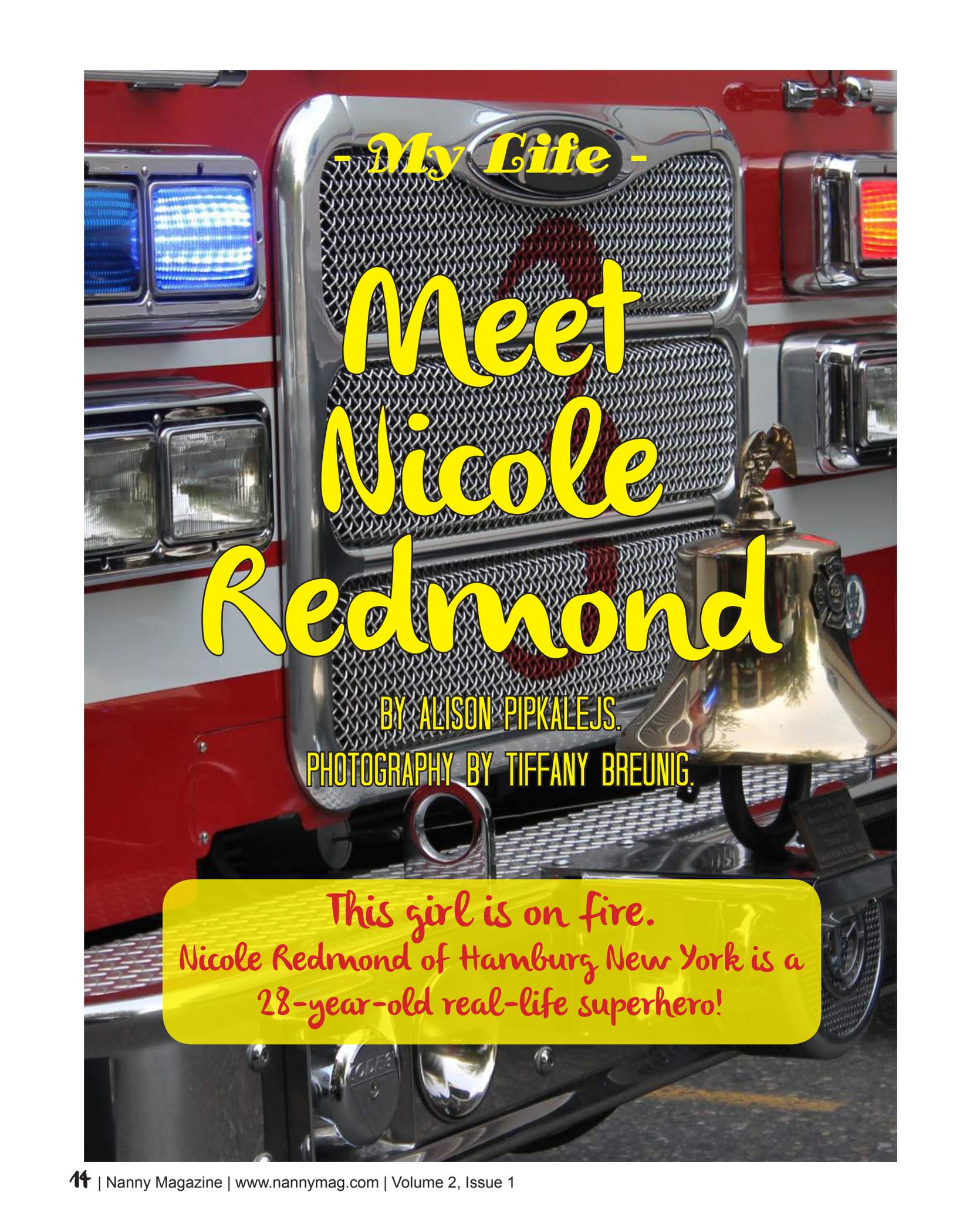


2MIN 2XDAY



Easier than getting them to
eat something green.





- My Life -

Meet Nicole Redmond

BY ALISON PIPKALEJS.

PHOTOGRAPHY BY TIFFANY BREUNIG.

*This girl is on fire.
Nicole Redmond of Hamburg New York is a
28-year-old real-life superhero!*



Nicole Redmond is a full-time nanny and a student of the English Nanny & Governess School in Chagrin Falls, Ohio. Right off the bat, that makes her pretty awesome. But what really makes Nicole stand out? On top of kissing boo-boos, chasing away scary monsters under the bed, preparing nutritious meals, and the slew of other chores that come along with nannying, she also volunteers as a firefighter at her local fire station.

Like many nannies, Nicole went to school and received her bachelor's degree in education. Unable to find a teaching position after college, she began nannying. Nicole's favorite part of nannying is

watching children thrive and being able to connect with them on a one-on-one level, and although she knows that working with children is her true calling in life, she believes that volunteer firefighting gives her a sense of community and brotherhood, something that is very important to her. Those two very noble qualities are also something that she can instill in her charges no matter what their age. Her last family, made up of three little girls, looked at Nicole as their role model, excitedly pointing out her fire station as they drove through town!

Even though Nicole volunteers her time to the fire department, she still had to

receive extensive training to become qualified to volunteer, including a course where she learned skills in a classroom as well as participated in drills including everything from car accident scenarios to answering 911 calls. Nicole is more than prepared for anything life throws at her! Nicole's next adventure began late last summer when she completed her governess certification. From there, she will go on to continue her nannying career where she will undoubtedly gain the instant admiration and respect of every child who finds out that she fights fires and saves lives in her spare time!



Take Darling Photos of Your Newborn Charge

BY TRICIA BOVEY. PHOTOGRAPHY BY GARY TANG.

PHOTOGRAPHING NEWBORNS CAN SEEM LIKE A DAUNTING TASK. BUT BELOW ARE A FEW SIMPLE TIPS TO HELP YOU CAPTURE YOUR OWN PRINT-WORTHY PHOTOS OF THE LITTLE ONES YOU CARE FOR.

The best camera to use is the one you have!

Phone cameras are easy and quick. Find a room in your home with lots of natural light streaming in to avoid needing to use a flash.

Document your daily

There's no denying the popularity of posed newborn portraits, but leave those shots for the pros. Instead, document your daily life with a newborn. Photograph nap time, play time, interactions with family and friends, and all of those magical baby's firsts.

Don't forget to document the details!

Who doesn't love looking back at how tiny their fingers and toes were when they were first born?

Keep your shots simple.

Neutral colors, white onesies, and no props will create classic timeless images. At the same time there are some props that hold significant sentimental value, the quilt great-grandma made or the teddy bear Dad was given as an infant, are perfect small props to photograph your little one with.

Safety is a must!

Posed and propped images are very popular, but definitely require a professional photographer to create. These images necessitate more than one adult to assist in order to keep baby safe, and always require multiple images being stitched together in a composite. Photographers are able to edit out hands and safety devices from the final image with professional editing software. Love posed newborn photography? Please hire a professional.

Misguided: Never give a pregnant woman a book on training a nanny.



BY LESLIE KENDALL DYE.

ARE YOU ABOUT TO START A POSITION WITH A FAMILY THAT IS NEW TO BABIES, NANNIES, AND EVERYTHING CHILDCARE? TELL THEM TO SKIP THE GUIDEBOOK AND CHECK OUT THIS SOUND ADVICE FROM LESLIE KENDALL DYE. AS A MOTHER AND FORMER NANNY, DYE HAS THE UNIQUE PERSPECTIVE NEEDED TO PROVIDE INSIGHT INTO THE DELICATE RELATIONSHIP BETWEEN A NEW MOTHER AND NANNY.

When I found out I was pregnant, I was working evenings for an Irish family on the Upper West Side. They had two delicious children and another baby on the way and they were those impossibly perfect parents, the ones with the enviably stylish but comfortable apartment, the ones who come home when they say they will, a bit buzzed and wanting to chat with you about things other than bedtimes and the amount of dinner their children ate. The children were so cute that you dared not hope to be so lucky when you had your own but whose cuteness inspired you to have one of your own all the same.

When I was 17 weeks along, I had all but stopped working due to a challenging pregnancy. But I still came some nights to help out my family on 121st Street and Broadway. (Heartbreakingly, they moved to another state when the third baby arrived. That little street will always be a landmark of a special—and final—nanny era for me.)

One night, I lay next to the little girl, a night owl who loved Christopher Robin poems. She couldn't sleep, so we talked about how her bed was a boat riding the waves to Dreamland. The fetus kicked. I told her to put her hand to my belly and she felt another little ripple in my womb.

"Is it a girl?" she asked. "I'll find out tomorrow," I told her. "I hope it is," she said. Stroking her little bob, which made her look every inch an Ernest Shepard illustration, I thought, "Me too. *One like you.*" The next day the ultrasound technician delivered the news. I started calling my daughter by the name my husband and I had chosen many years before I was pregnant.

One day, reeling from morning



"Oh how vulnerable to imagery and advice pregnant women are!"

sickness, I made my way to a Barnes and Noble not far from my apartment. A book called *City Baby, New York* caught my eye. Its cover art was masterfully alluring. A mother wearing a kerchief carried her baby against the backdrop of an urban landscape. I wanted to be this mother. She was perfect. I live in New York, too. I was sure we could be friends. Oh how vulnerable to imagery and advice pregnant women are! *Keep them away from the guide books!*

I opened it and skimmed the contents. I came across the "nanny training" chapter. My heart sank. Then it got my blood up. I scribbled down quotes from the bestselling guide. I'd seen the book at my obstetrician's office, I'd seen it on display at every baby supply store, and it had a million stars on Amazon. And yet it shone a spotlight on how and why things can go wrong between nannies and their employers. Perhaps that is the book's only saving grace. It might as well have been a

guide to losing your nanny. Disregard for a nanny's humanity is a deep-rooted weed in the world of childcare.

"You may want to tell your nanny that you have a camera so that she is always on her best behavior."

"We have changed nannies several times...The most important person in your child's life is you, the parent. Kids eventually adjust to a new nanny or caregiver."

"We are big on giving a nanny a trial period. Take this opportunity to observe her with your baby."

I read the entire chapter and I couldn't find one sentence that didn't seem designed to set up an antagonistic attitude toward "the help." I am not arguing for or against nanny-cams, I am not saying that parents aren't entitled to maintain their role as primary love objects for their little ones, I am not saying that sometimes nannies don't need to be replaced.

I am arguing that nanny training books often fan the flames of misunderstanding between a nanny and her employer by embedding a patronizing point of view in a parent's mind. From the start, a tragic dynamic is set in motion. And how unfortunate for that family, because they will inevitably lose their nanny and have no idea why!

It is hard enough to be pregnant and hormonal and terrified of becoming a mother. It is hard enough to say goodbye to a small baby and leave her in the hands of another person. Must guide

books intensify this terror by warning them that nannies may be performing acts of witchcraft in the living room or feeding their children non-organic produce? (True story: an East Side mother once admonished me for buying a banana for her child from a street cart. It was definitely not organic.) If a parent has checked references and spent some time getting to know her nanny as a person as they pass the baby back and forth, her diligence is plenty thorough.

A guide book ought to encourage parents to establish loving and considerate relationships with their nannies. I searched cover to cover for even a paragraph on being respectful of your nanny's time and life. I think you can guess whether or not I found one. Instead, addled, exhausted and nervous pregnant women are reading bunk, and toxic bunk that may damage one of the most important relationships they will ever have: the one they will have with a nanny.

I've written a few rules for expecting parents to consider. I was a pregnant lady once, but I was a nanny for a lot

longer. I've never had a nanny myself, but I know how I would treat her if I did.

1. Remember that you were not always a parent.

Being a parent need not change you. You can and should remain the warm and caring person you are. It is okay to see a nanny as a friend; it will not diminish your authority. Actually, it will make it *easier* for you to express your needs and concerns.

2. Taking care of your nanny is the same thing as taking care of your kids.

Fight the urge to ask how the kids are whenever you call. First, ask the nanny how she is feeling. Is she tired? Did she get enough to eat? Did the kids give her a hard time today?

3. Don't think nannies are as replaceable as batteries.

You might need to replace one, but respect their place in your child's heart and the time they have been in your home.



"Being a parent need not change you. You can and should remain the warm and caring person you are."



Use this time to consider just how important the relationship you cultivate with your nanny will be.

4. Don't think of the relationship as the same type of professional one you might have with office staff.

Caring for a child is a deeply intimate experience. Talking to a nanny is not running a corporate meeting. Laying out rules and asking questions in a business-like manner can make a nanny feel she is under the command of a drill sergeant. Marching orders don't make for nannies

who obey commands. Mr. Banks had no luck with that. Remember where Mary Poppins took the children on their first outing? They jumped into a painting and ate candied apples.

Further, keeping the relationship "strictly professional" ensures that a discussion of delicate topics like domestic chores or safety concerns is awkward. Formality makes these conversations downright painful for both parties. When

raising a delicate matter with a dear friend, think of how you treat the topic. Your friend has feelings. Nannies have feelings too! You may feel an issue is resolved because you have formally discussed it, but your nanny may feel admonished rather than respected. That resentment usually festers. Yes, she works for you and you have a right to ask for things to be done in a certain manner, but it isn't easy to feel good will toward people who treat you like a servant. Sometimes

tone is everything. Your house is not Downton Abbey.

5. Remember that nannies spend all day nurturing.

They get depleted. When nannies are refueled by being nurtured in return, they go above and beyond. I have scrubbed kitchens, organized bookshelves, taken photos of my charges and framed them for their parents, and brought picture books and treats to houses where I am treated like family. And it's a pleasure. Ask your nanny how her day was. Ask her about her life. Did she do well on that test? How is her boyfriend? Where did she get that nice dress?

6. Remember that many families are eagerly searching for a nanny like yours.

If you allow hurt to build up, if you step on her toes too often, if you forget her humanity, it is easier for her to replace you than vice versa.

I miss my family on 121st Street. The mother gave me all her maternity clothes. I was 20 weeks along, sitting on her living room floor, sorting piles of sack-like sweaters and silky party dresses. Her newborn cooed next to me. She exemplified the kind of parent I wanted to be. She was comfortable with herself. She didn't mind if her children wanted to sleep in her bed or fall asleep next to their nanny. She trusted me. Because she trusted me, I became even more trustworthy. I brought books to read to the kids and stickers to leave under their pillows. When the kids went to bed I used to lie on the burgundy chenille sofa and read Victorian novels often until 1 a.m. or later. When I heard the key in the door, my heart didn't race: a sure sign, if any, that a nanny is with the right family.

Baby Shower Shareables!

BY AMBER KETCHUM, MDS, RD.

Is your MomBoss or nanny bestie expecting? Baby showers are so much fun. Mingling, games, and food! But sometimes it can get a little dull to bring the same dishes over and over again or make something that is really time consuming. Impress other guests with a few fresh ideas for some light and simple dishes everyone will enjoy!

COLORFUL FRUIT SALAD

Skip the boring fruit platter and use beautiful, colorful fruits like strawberries, blackberries, blueberries, grapes, and mango to make an unforgettable fruit salad that everyone will love.

So simple, but it will be popular!

BABY TURKEY PINWHEEL BITES

Take whole wheat tortillas, spread with low fat cream cheese, add layer of baby spinach and low sodium turkey or ham.

Roll up tightly, and cut into one-inch slices to make cute pinwheel shapes.

Spread them out on a platter and refrigerate until ready to use!





QUICK CINNAMON ROLLS

These are so easy and delicious and small enough to not detract from the cake!

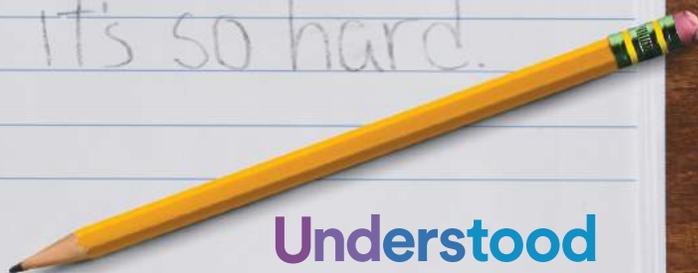
Take a tube of low fat crescent rolls, remove the triangles of dough from the can and arrange them to make a large rectangle, pressing them together tightly.

Spread 1/3 cup brown sugar and 1 teaspoon cinnamon over the rectangle, carefully roll it up, and slice into 1-inch rolls.

Lay them flat on a lightly greased baking sheet and bake at 350° for about 10 minutes or until slightly golden.

I'm really trying.

I want to be
doing better. I
wish I understood
why it's so hard.



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Mommy Musings

A real MomBoss weighs in on all things nanny

First Day Back to Work for MomBoss

BY ERIN BAILEY.

I feel confident in my nanny selection. Yet when the first day of work arrives, I have a deep sense of dread. I cry the night before and feel selfish. I repeat my strength mantra: I want my child to know that women can be strong, independent professionals. I enjoy getting dressed for work. The makeup and jewelry remind me that I was tired of yoga pants and ponytails. I choke back tears as I say goodbye. I draw on my strength mantra as I back out of the driveway.

As I sit at my desk catching up on emails and phone calls, a smile creeps up on me. I enjoy conversing about matters other than sleep schedules and poop. I am negotiating a prison sentence when a pain shoots through my breast. I feel guilty because I have not thought about my baby for at least thirty

minutes. I fumble with my breast pump and double check that my office door is locked.

The rest of the day I alternate between hard-hitting prosecutor and insecure first-time mom. I am confident I chose an excellent nanny, but I still miss my baby and worry about every milestone and moment I will miss. There is no clear path through this maze of conflicting emotions so there is nothing to do but to stay the course and work through insecurities.

This struggle is universal for moms freshly back at work. Nannies, here is how you can help your MomBoss, whether you've just been hired to look after her newborn or you've been with the family for ages.

- Take a few pictures and send them to us throughout the day. Show us

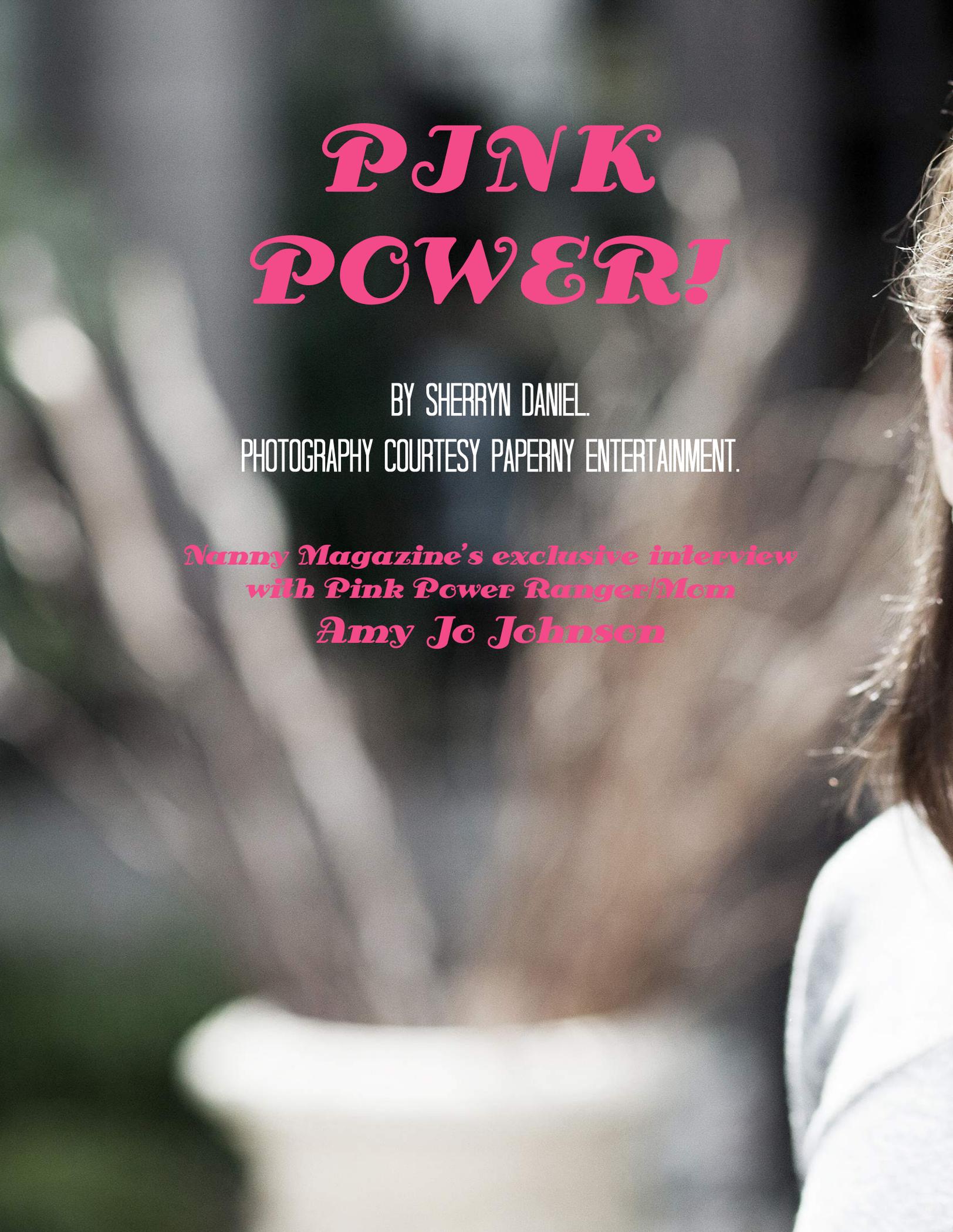
you are bonding with our baby.

- Complement our baby. Show genuine affection. Light up when you first see the baby in the morning. This reminds us about why we hired you and reassures us each day that our child is in loving arms, even if they are not our own.

- Help us feel less overloaded and overwhelmed when we get home at night. We would rather spend time with the baby than unload the dishwasher or wash bottles. These little things (even if we are paying you to do them) mean so much to us.

I come home to a happy but tired baby. After twenty minutes of cooing and cuddling, he falls asleep on my chest. I know that my Nanny will help me through this time and provide me the support I need so I can be confident as a working mom.

Photo Credit: Erik Reis / 123rf



PINK POWER!

BY SHERRY N DANIEL.

PHOTOGRAPHY COURTESY PAPERNY ENTERTAINMENT.

*Nanny Magazine's exclusive interview
with Pink Power Ranger/Mom
Amy Jo Johnson*





Johnson with Sonya Salomaa, her co-star on *Bent*.

Do you remember the original Power Rangers television series? Perhaps you were a nanny for a charge who was obsessed or you recall being obsessed as a kid yourself. Johnson's character on the show, Kimberly Hart, was spunky, headstrong, and confident: pretty much everything you would want in a childhood hero. Since her rise to fame with *Power Rangers*, Johnson has consistently been in the limelight for over 20 years as an actress, singer, writer, director, and mom. You may remember her as Julie Emerick on *Felicity* in the 90s or as Jules Callaghan on *Flashpoint* in the 2000s. And my personal favorite? The Disney throwback, *Susie Q*? Nowadays, Johnson can be found directing films, recording music albums, serving as the mastermind behind hugely successful Indigogo campaigns, and working as a mom to a darling daughter, all while managing a successful career.

Nanny Magazine was fortunate enough to interview Johnson right before the start of her Indiegogo (a popular crowdsourcing platform) campaign for her first full-length feature film, *The Space Between*, starring Michael Cram (Flash Point) and Sonya Salomaa (acclaimed Saturn award-winning Canadian actress). We chatted about all things nanny, girl power, and had the chance to catch up on Johnson's current and future projects.

As a writer and as a director, Johnson has established herself well. Her short films *Lines*, a tale about a woman reaching her forties who was getting swayed into having botox done, and her other film *Bent*, a story about two childhood friends coming to terms with their past and future, has garnered acclaim online as well as offline. *Bent* has reached acclaim in the festival circuit. For starters, it was officially selected

for the Women's International Festival 2013, Toronto Independent Film Festival 2013, and the Boston International Film Festival 2014. It went on to garner some notable awards such as the Shelly Award for Women Filmmakers at the Long Island Film Festival and the Audience Choice Award at the Women in Film and Television Toronto Showcase.

NEXT STOP: "THE SPACE BETWEEN"

Johnson raised nearly \$134,000 using the micro crowd funding site Indiegogo to support her film *The Space Between*. Between October 19 through November 23, 2014, she made waves all over the Internet by promising exciting rewards to funders (personalized voicemails, being written into the movie, and receiving handmade works of art). "This campaign is going to be a lot of fun and

there are many ways for fans become a part of the film,” Johnson said leading into her campaign. Although Johnson and company were in the process of raising funds when we chatted, she mentioned getting a kick out of the writing process. Johnson was on her third draft when we interviewed her and, throughout the writing and editing process, she found “the evolution of the story” incredible.

The Space Between is not Johnson’s first stint as a director, but it is a dream she is checking off her list. The desire to start directing began during her time on *Power Rangers*. In fact, in her 20+ years in show business, she has had several influences in her directing style. “I love the work of Noah Baumbauch. He seems to always make honest films that deal with human emotions in such a way that makes you feel so much,” said Johnson.

Johnson’s successful foray from acting, singing, and now directing has amassed a strong fan base, whom she specifically thanks for their contributions to her success. “We wouldn’t be able to make this film without Indiegogo and the people who have supported my career through the years. I love creating a community around the process of filmmaking,” said Johnson.

Johnson says nannies will enjoy the film because it’s “from the heart and will hopefully bring nannies on a journey of love, acceptance, forgiveness, and a few dirty diapers.”

JOHNSON ON CHILDCARE

Johnson wears several hats, but her most important role as a mom to six-year-old daughter Francesca will always be her most important.

Childcare is an important topic explored in Johnson’s short film *Bent*, a movie about two women dealing with scars from their childhood. In just twenty minutes, it manages to highlight how important caregivers, such as nannies, are in raising kids to be strong and resilient. “It takes a village

and if you live far away from your family you have to create your own. We had a nanny from the time Franky was one and a half to when she turned five. These years were so important and our nanny was wonderful,” said Johnson.

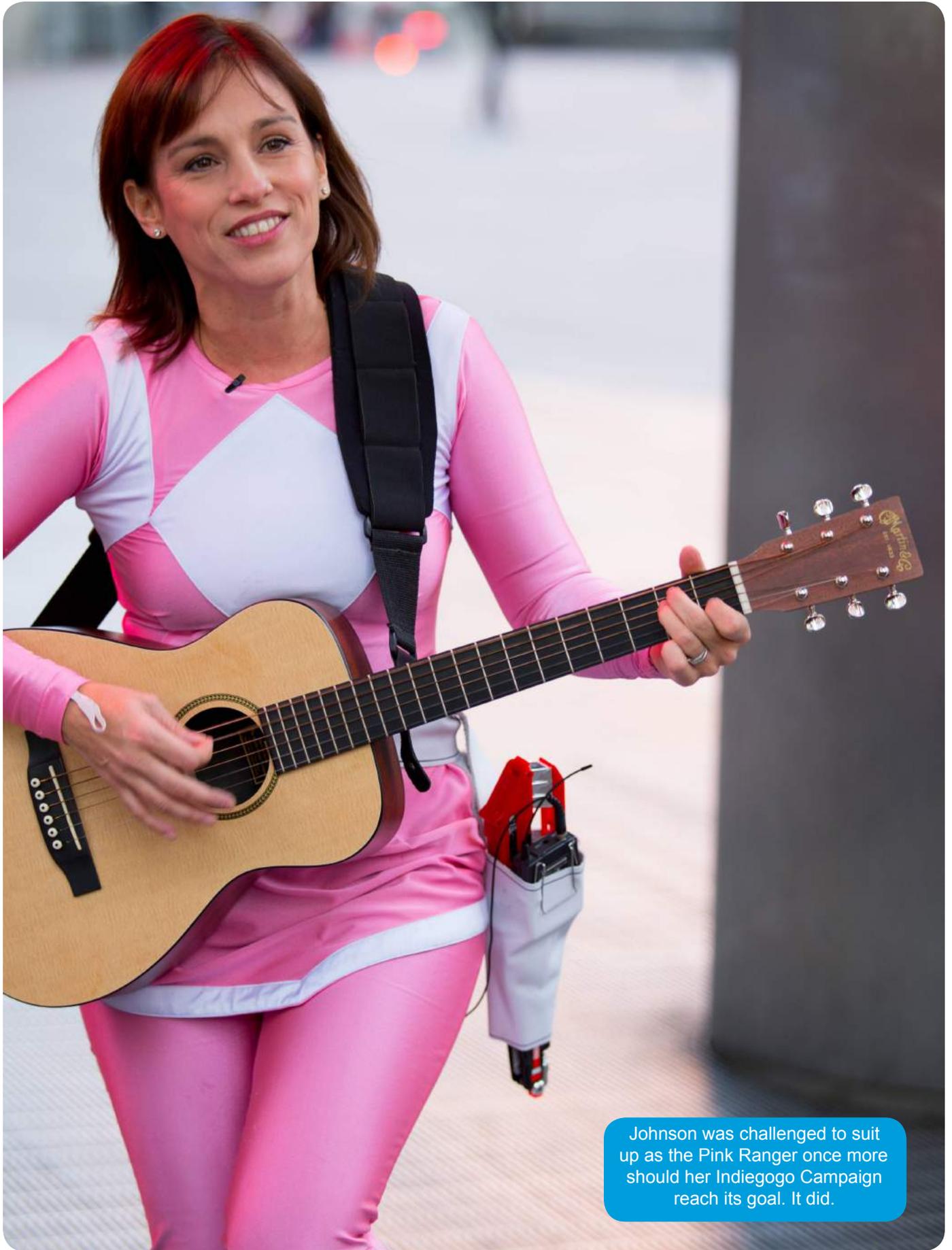
Johnson admits that there

are things she would love to learn from nannies about getting her daughter to eat more from her plate. “Please give me tips! I do struggle a bit with Francesca’s picky eating habits, but am trying to help her make her own choices and be proud of them without using bribing. She’s

Johnson is now a singer, writer, director, actress, and Mom!



AMY JO JOHNSON



Johnson was challenged to suit up as the Pink Ranger once more should her Indiegogo Campaign reach its goal. It did.

slowly opening up her pallet.” A common struggle indeed. Johnson is happy that her daughter loves to eat apples after school. “You know what they say... an apple a day.”

Each of our editors sent in questions for Amy Jo. Check out the fun, silly questions below.

EDITOR INTERVIEWS

Kerrie Boscomb, Social Media and Marketing Coordinator

KB: With all that you are involved with, do you have a nanny or ever thought about hiring one?

AJ: We had a nanny for four years and loved her. She was my freedom to work and do the things I needed to do to be a good mom. My daughter is now in first grade and in school full time so we don't have a nanny any more.

Amanda Dunyak, Street Team Leader

AD: What type of shows do you allow your daughter to watch? Has she ever watched *Power Rangers* or will you ever allow her to watch the show?

AJ: Franky loves *Mia and Me* right now, which I really like. The tone and energy of the show seems positive. I don't like her watching shows that I see a negative effect on her afterwards. Some shows are real sassy and she ends up mimicking their tone. We've sat down and watched a few *Power Rangers* episodes and laughed together. But she's not really into that sort of thing.

Whitney Tang, Editor in Chief

WT: How do you feel your daughter is influenced (or will be influenced) by your decision to be a working mother?

AJ: Working for me brings me so much joy and helps me to be a better mother. I hope that this inspires Francesca to be a career woman as well if that's what she wants. We are all built so different and need different things in life. The most important thing is to know what works best for you.

WT: Do you have any advice for young children who aspire to work in Hollywood, whether it be in directing or acting?

AJ: Go for your dreams and be aware of what is in your way. It's usually yourself.

Jen Kuhn, Editor in Chief

JK: How is being a nanny sort of like being a Rower Ranger?

AJ: Ha! Yes, our nanny was our super hero. She wasn't only Franky's nanny but she also took care of us as working parents. Miss that lady!

JK: What does the pink power ranger think about how a lot of nannies and parents are banning the color pink for girls because they feel it forces them into feminine ideals?

AJ: Really? I did not know this. Hmmm, you know the other day a friend noticed that on Franky's soccer trophy there were two little boys. Not a little boy and little girl. I think this could send the wrong message to little girls. As for the color pink, I wouldn't want to tell my daughter that she can't like the color pink. She can wear and like whatever color she loves.

Sherryn Daniel, Web Editor

SD: If *Power Rangers* had a reunion with the original cast, would you be up for it? If so, what's one thing you would want to happen with the reunion?

AJ: I would love to have a reunion in a bar and share a

FILMOGRAPHY

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| <p style="text-align: center; color: #0099cc;">2014</p> <p style="text-align: center; color: #0099cc;">Lines (Short)</p> <p style="text-align: center; color: #0099cc;">Covet Affairs (Television)</p> <p style="text-align: center; color: #0099cc;">2013</p> <p style="text-align: center; color: #0099cc;">Coming Home for Christmas (Video)</p> <p style="text-align: center; color: #0099cc;">Cracked (Television)</p> <p style="text-align: center; color: #0099cc;">Bent (Short)</p> <p style="text-align: center; color: #0099cc;">2012</p> <p style="text-align: center; color: #0099cc;">Flashpoint (Television - 4yr recurring role)</p> <p style="text-align: center; color: #0099cc;">Tiger Eyes (Film)</p> <p style="text-align: center; color: #0099cc;">2011</p> <p style="text-align: center; color: #0099cc;">Summer Song (Film)</p> <p style="text-align: center; color: #0099cc;">2007</p> <p style="text-align: center; color: #0099cc;">Wildfire (Television - 2yr recurring role)</p> <p style="text-align: center; color: #0099cc;">Islander (Film)</p> <p style="text-align: center; color: #0099cc;">Veritas, Prince of Truth (Film)</p> <p style="text-align: center; color: #0099cc;">2006</p> <p style="text-align: center; color: #0099cc;">What About Brian (Television)</p> <p style="text-align: center; color: #0099cc;">Magma: Volcanic Disaster (Television Movie)</p> <p style="text-align: center; color: #0099cc;">2005</p> <p style="text-align: center; color: #0099cc;">Adjusting Arbie (Short)</p> <p style="text-align: center; color: #0099cc;">2004</p> <p style="text-align: center; color: #0099cc;">The Division (Television)</p> <p style="text-align: center; color: #0099cc;">2002</p> <p style="text-align: center; color: #0099cc;">Infested (film)</p> <p style="text-align: center; color: #0099cc;">Spin City (Television)</p> <p style="text-align: center; color: #0099cc;">Felicity (Television - 2yr recurring role)</p> <p style="text-align: center; color: #0099cc;">2001</p> <p style="text-align: center; color: #0099cc;">ER (Television)</p> <p style="text-align: center; color: #0099cc;">Liars Club (Film)</p> <p style="text-align: center; color: #0099cc;">Night Visions (Television)</p> <p style="text-align: center; color: #0099cc;">Pursuit of Happiness (Film)</p> | <p style="text-align: center; color: #0099cc;">1999</p> <p style="text-align: center; color: #0099cc;">Cold Hearts (Film)</p> <p style="text-align: center; color: #0099cc;">Sweetwater (Television Movie)</p> <p style="text-align: center; color: #0099cc;">1998</p> <p style="text-align: center; color: #0099cc;">Without Limits (Film)</p> <p style="text-align: center; color: #0099cc;">1997</p> <p style="text-align: center; color: #0099cc;">Perfect Body (Television Movie)</p> <p style="text-align: center; color: #0099cc;">Killing Mr. Griffin (Television Movie)</p> <p style="text-align: center; color: #0099cc;">Turbo: A Power Rangers Movie (Film)</p> <p style="text-align: center; color: #0099cc;">1996</p> <p style="text-align: center; color: #0099cc;">Saved by the Bell (Television)</p> <p style="text-align: center; color: #0099cc;">Mighty Morphin Power Rangers: Live (Video)</p> <p style="text-align: center; color: #0099cc;">Campus Cops (Television)</p> <p style="text-align: center; color: #0099cc;">Susie Q (Television Movie)</p> <p style="text-align: center; color: #0099cc;">1995</p> <p style="text-align: center; color: #0099cc;">Mighty Morphin Power Rangers (Television - 4yr recurring role)</p> <p style="text-align: center; color: #0099cc;">The Eddie Files (Television)</p> <p style="text-align: center; color: #0099cc;">Mighty Morphin Power Rangers: The Movie (Film)</p> |
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drink with original cast. Good old friends. I feel far too old to suit up again. Sorry... ;-)

SD: What are your views on children's TV shows impacting the youth today? How do they differ from children's shows

during the early 90's?

AJ: I think there are some awesome children's TV show and I try to make sure Franky only watches positive shows. I do miss *The Flintstones*.

Data Blitz

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

Newborn kneecaps don't show up on x-rays due to the fact that they are made of cartilage.
(MentalFloss)

Newborns can only focus 8-10 inches in front of them and are drawn to black and white graphics.
(MentalFloss)

Babies are born with 300 bones. As adults, this number will shrink to 207.
(Buzzfeed)

A newborn baby's head accounts for 25% of its entire weight.
(TheNibble)

Baby boys are typically heavier than baby girls, weighing in an average 8 oz more.
(Census.gov)

A baby has tastebuds that cover the sides, back, and roof of the mouth. Eventually these disappear.
(History.com)

The most popular day to give birth is Tuesday.
(About.com)

A baby can breathe and swallow at the same time up until around 7 months of age.
(LiveStrong)

A newborn baby's heart beats between 130 and 160 times a minute. That's about twice the heart rate of a normal adult.
(NIH)

The most popular months to give birth are July, August, and September.
(National Geographic)

A baby can work out where a sound is coming from just 10 minutes after being born.
(USA Today)

A newborn typically sleeps 16-17 hours a day.
(Daily Infographic)

Dilemma

Should You Bring Your Newborn to Work?

You just found out you're pregnant and the question lingers...how do you balance being a mom with your nanny career? Do you bring baby with you? Do you stay at home? Do you find other childcare options? Bringing baby to work with you is very tempting because, who doesn't want to be with their child all day long? But as magical as it sounds, there are some serious points to consider when making this decision that could affect the future of your baby's health and your own sanity!

Pro: You don't have to pay for childcare and you get to keep your job!

This is arguably the most enticing incentive for bringing your child to work. Having a child is costly, and if you can cut down costs by bringing baby with you - good for you!

Con: Your pay might decrease and it may be more difficult to find work

If your current employer is open to you bringing your baby to work, great! Just be warned - your pay may decrease significantly. Many parents view this arrangement as a Nanny Share and pay what they would in that instance, which is about half of what you would normally get paid.

If on the other hand you know you will be job hunting, be prepared to face a good amount of obstacles. Many parents don't like the idea of their children having to share your attention. Remember to tout of all the benefits their children will be getting with another youngin' in the house!

Pro: Your child will get the sibling experience

Bringing your newborn to work guarantees that they will not grow up with only child syndrome, even if they are your only offspring for a while. Your child will get all the benefits of having a real sibling as they grow up with your charge, such as learning how to share and understanding the virtue of patience.

Con: When you eventually leave your position, you force your child to lose a "sibling"

You know how torn up you get when you leave a family? Imagine that 100 times fold for your son or daughter when the time is right for you to move positions. Your child will have grown close to their non-biological sibling and won't understand the need to move on. Consider the possible psychological repercussions for your little one when making this weighty decision.

Pro: Your newborn gets exposed to healthy germs

First time moms who stay at home are likely to keep their newborns in bubbles, protecting them from every germ that they might come in contact with. This can lead to serious health problems down the line when the children start preschool and their bodies haven't learned how to tackle germs yet. If you decide to bring your newborn to work



though, you don't run this risk at all.

Con: Your newborn gets exposed to unhealthy germs

On the flip side, your child is more likely to get exposed to nasty bug after nasty bug if you take them to work with you, as snot-dripping playdate friends and coughing preschool passers by become a new constant in their lives.

Pro: Your charges will keep baby entertained and make things easier on you

You will be amazed at how interested your newborn is in watching your charges and everything they do. Even if your charges aren't directly entertaining your newborn, they will keep his attention piqued as they run past with colorful toy cars and dance to silly songs. This will give you the amazing chance to actually sneak a bit of lunch in!

Con: Juggling a newborn with older children plus a commute and living out of two houses is HARD

You may think that bringing your newborn to work is just the equivalent of your NannyFamily having one more child - no big deal, right? Wrong. It is so much harder than you could ever imagine. The commute and constant car seat transfers are tiring on your arms and your emotions as you wonder if all this car seat sleeping will affect your little one's sleep habits in the future. You'll need to have double everything (strollers, high chairs, cribs, etc) unless you have a car large enough to pack everything and a back strong enough to make multiple transfers a day. You'll need to have diaper stations stocked at each home and in the car and you'll drive yourself mad remembering which location was out of wipes and whether or not you have enough clean clothes at work to make it through the typical 4 costume changes for baby tomorrow. That's not to mention how one day of bad traffic can ruin your day as not only are you now late for work, you're also late for a feeding and you only have 10 minutes from the moment you walk through the door to feed baby, change the poop blowout from the drive, get your charge ready for school, and figure out what in the world to do with the stained carseat you now need to put baby back into to drive your charge to school.

Bringing your baby is tough. But it is also rewarding as you get all the benefits of being a stay at home mom while also making an income and following your passion. If you decide it's right for you, be ready for a rollercoaster of emotions.

How well do you know your baby reflexes?

BABY REFLEXES ARE VITAL FOR THEIR SURVIVAL THOSE FIRST FEW MONTHS. THEY ALSO LET YOU KNOW THAT THEIR BRAIN IS DEVELOPING WITHOUT ANY NEUROLOGICAL PROBLEMS. DO YOU KNOW WHAT REFLEXES TO LOOK FOR?

1. When you touch a finger to a newborn's cheek, they are supposed to:

- A. Grab your finger
- B. Turn their face toward your finger and make a sucking action with their mouth
- C. Hiccup
- D. Turn their head the opposite direction

2. What body part is stroked in order to elicit the Babinski reflex?

- A. Top of head
- B. Belly
- C. Kneecap
- D. Sole of foot

3. Most reflexes are supposed to fade after only a few months.

- A. True
- B. False

4. The Moro Reflex is commonly referred to as the startle reflex.

- A. True
- B. False

5. When a newborn is placed on her back, she is supposed to make fists and turn her head to the left.

- A. True
- B. False

6. If a newborn were to be placed face down in the water, what would his natural reflex be?

- A. To make coordinated swimming motions
- B. To scream
- C. To roll over in order to breathe
- D. To curl into a ball

7. What is the doll's eye reflex?

- A. When a newborn cries when he sees a doll
- B. When a newborn's eyes remain stable as head is turned from side to side
- C. When a newborn's eyes automatically close when they're laid down
- D. When a newborn's pupils get larger in the light

What Are Your Results?

Answer Key

- 1. B
- 2. D
- 3. A
- 4. A
- 5. B
- 6. A
- 7. B

1 TO 2 CORRECT:

It seems like you've been out of the baby business for a while now. There's nothing wrong with that! Enjoy your days post diaper changes and bottle washing, but remember to brush up on your newborn lingo should your family decide to add a new little one to the mix!

3 TO 5 CORRECT:

You know your stuff. You've either recently taken care of a little one or you have a fantastic memory from when your charge was tiny. Good for you! This will come in handy for future positions as you can wow MomBoss with your knowledge.

6 TO 7 CORRECT:

Whoa! You're a baby genius! Err..make that a genius on babies. You probably took some child development classes and have gotten enough real life experience that you can go back and teach the class yourself! Let's just hopw that your answer from number 6 didn't come from inquisitive exploration...

The Science behind SIDS

BY DEBORAH ZIEBARTH, RN, MSN, PHDC

Each year in the United States, about 4,000 infants die suddenly of no immediately obvious cause. Here is what nannies, parents, and other caregivers need to know about SIDS. Nanny Magazine presents this topic in a concise, easy-to-follow question and answer format to help you navigate and quickly access information. Advice is based on clinical data and research, and this article has been written by a certified nurse. For questions on this hard-hitting topic and for medical advice, write in to info@nannymag.com.

What is SIDS?

Sudden Infant Death Syndrome (SIDS) describes the sudden, unexplained death of a seemingly healthy baby who is younger than a year old. SIDS usually occurs during sleep and is sometimes called “crib death” even though cribs do not cause SIDS.

What is the prevalence or rate of occurrence of SIDS in the United States?

About half of Sudden Unexpected Infant Deaths (SUIDs) are due to SIDS, the leading cause of SUID and of all deaths among infants aged 1–12 months. SIDS deaths account for 2,063 of SUIDs. Accidental suffocation and strangulation in bed account for 629 deaths and 918 deaths are from causes unknown.

How is SIDS identified as cause of death?

A thorough case investigation, including examination of the death scene, review of the infant’s clinical history, and complete autopsy, must be conducted. Even when a thorough investigation is conducted, it may be difficult to separate SIDS from poisoning, metabolic disorders, hyperthermia or hypothermia, neglect and homicide, and accidental suffocation in bed.

Is it preventable?

Although risk factors are not necessarily the cause of a condition, by studying risk factors, scientists are able to better understand a disease or condition, which often leads to detecting a cause. SIDS experts now know that the baby’s sleep position, exposure to smoke, and

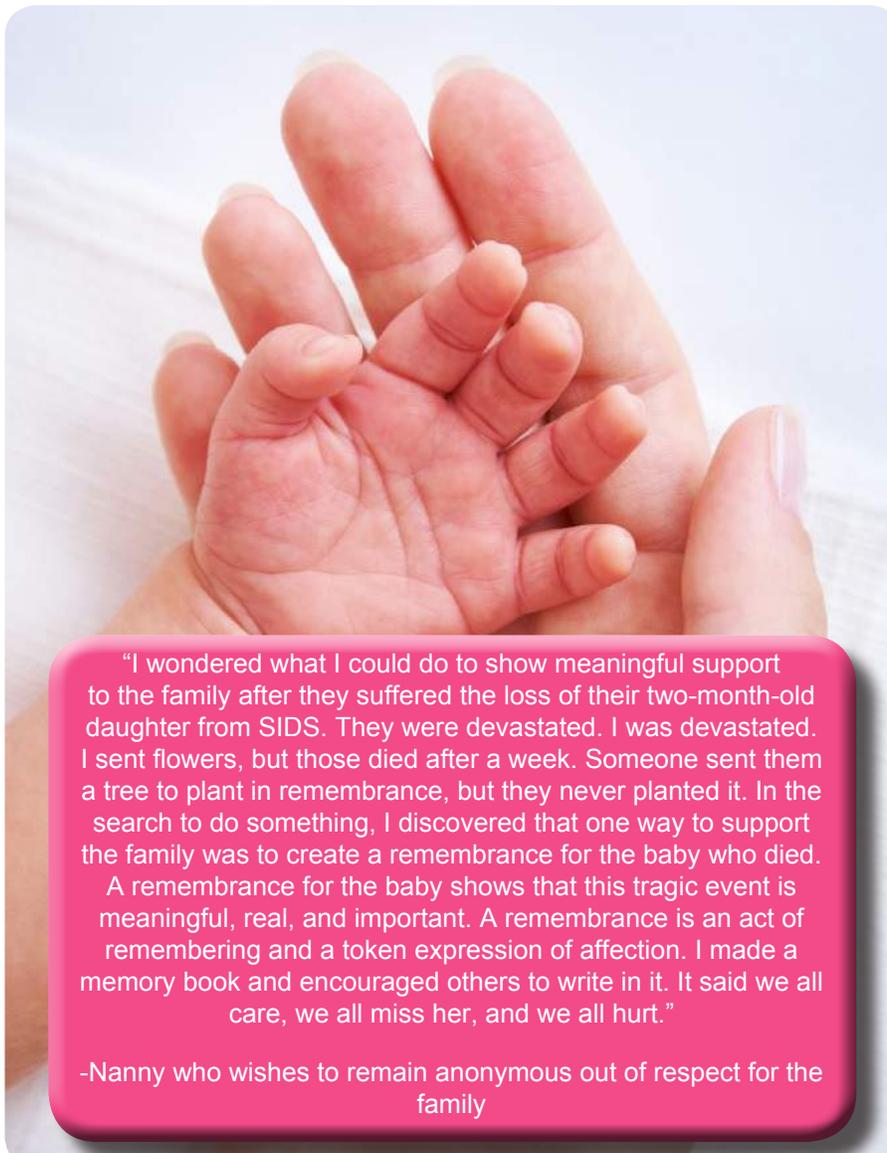
becoming overheated while asleep can increase the infant’s risk for SIDS. Certain sleep environments have also been linked to increased risk.

The safest way for baby to sleep is on his or her back in his or her own safety-approved crib with a firm mattress covered by a tight-fitting sheet. It is important to remove fluffy bedding, pillows, or stuffed toys from the baby’s sleep area. Most babies should sleep on their backs but few babies have health conditions that require them to sleep on their tummies. If your baby or charge was born with a birth defect or has a breathing, lung, or heart problem, be sure to talk to a doctor or a nurse about which sleep position is best for the baby.

Recommendations include following the Safe Sleep Top 10

1. Always place baby on his or her back for naps and at night.
2. Place baby on a firm sleep surface, such as on a safety-approved crib and mattress, covered by a fitted sheet. Never place baby to sleep on pillows, quilts, sheepskin, or other soft surfaces.
3. Keep soft objects, toys, and loose bedding out of baby’s sleep area. Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the sleep area and keep all items away from baby’s face.
4. Do not allow smoking around the baby. Babies and young children exposed to smoke have more colds and other diseases, as well as an increased risk of SIDS.
5. Keep baby’s sleep area close to but separate from where adults sleep. Babies should not sleep in a bed or on a couch or armchair with adults or other children.
6. Think about using a clean, dry pacifier when placing your infant down to sleep but don’t force baby to take it.
7. Do not let the baby overheat during sleep. Dress baby in light sleep clothing. Keep room at a temperature that is comfortable for an adult.
8. Avoid products that claim to reduce the risk of SIDS. Most have not been tested for effectiveness or safety. Do not use wedges or positioners to prop the baby or to keep on back.

Photo Credit: Yanlev/ 123rf



“I wondered what I could do to show meaningful support to the family after they suffered the loss of their two-month-old daughter from SIDS. They were devastated. I was devastated. I sent flowers, but those died after a week. Someone sent them a tree to plant in remembrance, but they never planted it. In the search to do something, I discovered that one way to support the family was to create a remembrance for the baby who died. A remembrance for the baby shows that this tragic event is meaningful, real, and important. A remembrance is an act of remembering and a token expression of affection. I made a memory book and encouraged others to write in it. It said we all care, we all miss her, and we all hurt.”

-Nanny who wishes to remain anonymous out of respect for the family



“Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the sleep area”

9. Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other conditions, talk to a healthcare provider.

10. Reduce the chance that flat spots will develop on the baby’s head. Place baby on tummy when awake and someone is watching. Avoid too much time in car seats, carriers, and bouncers.

THE AFTERMATH OF SIDS

Emotional Damage

SIDS is a unique crisis for a family and community, for the child has died suddenly, unexpectedly, and for no apparent reason (DeFrain, 1991, 2007). The death of a baby from SIDS often occurs at the home and the caregiver or parent is stunned to discover the lifeless infant. There is no time to prepare, and there is no adequate explanation for the death. Bewilderment and numbness characterize early

reactions to a child’s death. After the initial shock begins to wear off, there may be prolonged depression, which may affect concentration. Exhaustion and irritability may result from sleep disruption. Some parents may fear for the safety of their other children and be reluctant to let them out of their sight, while others may be unable to carry on with the normal responsibilities of family life. Loss of appetite is common for some, while others may eat to excess. It is normal to express grief in different ways. For instance, women are more inclined to cry and to “talk out” their grief, while men tend to grieve in silence.

Managing Feelings of Guilt

Feelings of guilt and self-recrimination are normal first reactions because the baby’s death cannot be explained. Remember that SIDS is not anyone’s fault. SIDS is a tragedy that even doctors cannot fully explain, and parents and caregivers should not shoulder the weight of this unfortunate

Further Reading

DeFrain, J., & Asay, S. (2007). *The Family Strengths Perspective: Strong Families Around the World*. Haworth Publishing: New York.

DeFrain, J., Martens, L., Stork, J., & Stork, W. (1990). The psychological effects of a stillbirth on surviving family members. *Omega*, 22(2), 87–102.

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National Institute of Child Health and Human Development, the American Academy of Pediatrics, First Candle/SIDS Alliance, and the Association of SIDS and Infant Mortality Programs.

SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations located at <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>

Nannies Ask

BY STEPHANIE FELZENBERG OF BE THE BEST NANNY
NEWSLETTER.

Dear Stephanie,

How do I get a six-week-old newborn on the schedule of napping, eating, and playing when the parents aren't putting him on any sort of a schedule? And how do I get the parents to listen to me about this topic? I feel like this is one area where my years of experience as a nanny should be worth something...

Sincerely,

Nanny Knows More

Dear Nanny Knows More,

You should remain humble and never force the parents to use a different technique than what they are comfortable with. For example, if the parents like to rock their baby to sleep they would find it cruel of you to place the baby in a crib to cry himself to sleep.

Always remember that the parents are in charge. At every stage of development, the nanny and the parents will need to be consistent. If the nanny tries to sleep train a child differently than the parents, it will simply confuse the child and frustrate both the employee and the parents.

Sincerely,

Stephanie

event.

Find Support Groups

In many areas of the United States, efforts have been expanded to help those affected by SIDS. Some states now have SIDS projects, and all SIDS activities and counseling are available through these projects. In other states, SIDS activities and counseling are offered through state public health departments. Parents and others who have difficulty obtaining information about SIDS can contact the First Candle/SIDS Alliance, 1314 Bedford Avenue, Suite 210, Baltimore, MD, 21208 (800-221-7437 or www.sidsalliance.org) for more information.

Supporting Surviving Siblings

Children are affected profoundly by a death in the family, and surviving brothers and sisters tend to feel dismayed and confused about the death of their sibling. Surviving children unconsciously know that their lives will be forever shaped by that death. They may feel that they are now expected to live for two, or they build protective walls of silence around themselves. Often, surviving siblings express confusion about whether or not they are expected to acknowledge that their brother or sister ever existed (DeVita, 1993).

Surviving children may feel especially guilty about having resented all the attention lavished on the new baby. Did they somehow wish the baby's death? They may be especially troubled in the case of a SIDS death because the baby seemed healthy and normal. They may be fearful because the infant died while asleep or at rest. Could it happen to them? Surviving children may sense that there is not enough parental attention and concern to go around, and they may try to cope on their own.

THE UNIQUE ROLE/POSITION OF THE NANNY IN THIS SITUATION

How to Support the Surviving Siblings

Your role as the nanny can be an important one to support surviving siblings to express their thoughts or questions about the death as they arise. Young children may have some very frightening thoughts that they cannot express. Older children should be told as much as they are able to understand. They need to know that grief is a very human process; it is a way to live with a loss. Otherwise the mourning phase of grief may never end.

How to Support the Parents

Supporting with physical comforts is very important. Your role as the nanny may be to offer help with routine chores. Grocery shopping, cooking, cleaning, laundry—these are physical ways to be present and care. Listening to their story on this journey of grieving and healing is imperative. Listening does not mean advising or suggesting there are ways to fix the experience they are having. It means honoring their story, their suffering, pain, anger, and sadness. Showing empathy allows parents to feel their feelings. In addition, your ability to clarify misunderstandings about SIDS for others can help un-complicate the situation.



7 Unique Ways to Showcase Baby's Footprints

BY JEN WEBB.



1. Clay footprints

Roll clay into a ball and gently flatten it into a circular shape. Press the baby's footprints into the clay. After the clay has dried, place the clay footprints into a box frame.

2. Heart-shaped footprints

Press the infant's feet into a red ink pad. Next, create the shape of a heart with the footprints onto a piece of paper. To do this, angle the left foot to make the left side of

the heart and angle the right foot to make the right side of the heart. When dry, frame the picture. Paint can also be used as a substitute for ink.

3. Ghost footprints

Paint the bottom of the infant's foot with white paint. Press the footprints on a black piece of paper. The heel should be at the top of the page and the toes at the bottom. With black paint draw two eyes and a mouth on the heel. This is a great project to do for

Halloween.

4. Butterfly footprints

Paint the bottom of the baby's feet with one color. Next, dab different colors on top of the main color. Press the right foot on the left side of the canvas. Press the left foot on the right side of the canvas. Leave less than an inch space between the two footprints. Using a marker or a paint brush, make the body of the butterfly between the footprints. Lastly, add the antenna.



5. Reindeer footprints

Press the baby's feet into a black ink pad. Stamp the footprints onto a white piece of paper with the toes at the top and the heel at the bottom. Next, draw two antlers upward coming from the toes of each footprint. Draw two eyes in the middle of the footprint and a red nose at the heel. This is a great project to do during the Christmas holiday.

6. Plate footprints

Purchase a white plate from a dollar store. Paint the bottom of the baby's foot with any color. Stamp the feet onto the plate. Add embellishments as you wish.

7. Growing footprints

This project will display a baby's footprint growth throughout the first year. Divide poster paper into

fourths. In the first square write 1 day and using paint or ink press the infant's footprints under the words. In the second square write 4 months and when the infant is 4 months old press the footprints under the words. Do the same for 8 months old and 12 months old. This will be a treasured keepsake.

Online Extra!

Check out our Pinterest board with these ideas and get to crafting!

Baby Food

101

BY KATARINA GASIC, MDS, RD.

Making homemade baby food can seem like a lot of trouble, making the jarred store-bought options seem appealing and convenient. Pump the brakes! Baby food is actually very simple and quick to prepare! In just a few minutes, you can have fresh, healthy food ready to pop in the freezer for future use. The best part is you can choose what foods to use and have complete control over the quality of ingredients. To prepare the most basic baby food from scratch, all you need is some cooked fruit or vegetables, water, and a blender!

There is one very important point to remember when making baby food: safety first. Babies have sensitive immune systems and are not as able to fight off bacteria as well as older kids and adults can. It is extremely important that everything be as clean as possible, from your hands to utensils. All equipment used in preparing homemade baby food needs to be sterile.

These two recipes are hot with the baby set. Ready, set, cook!

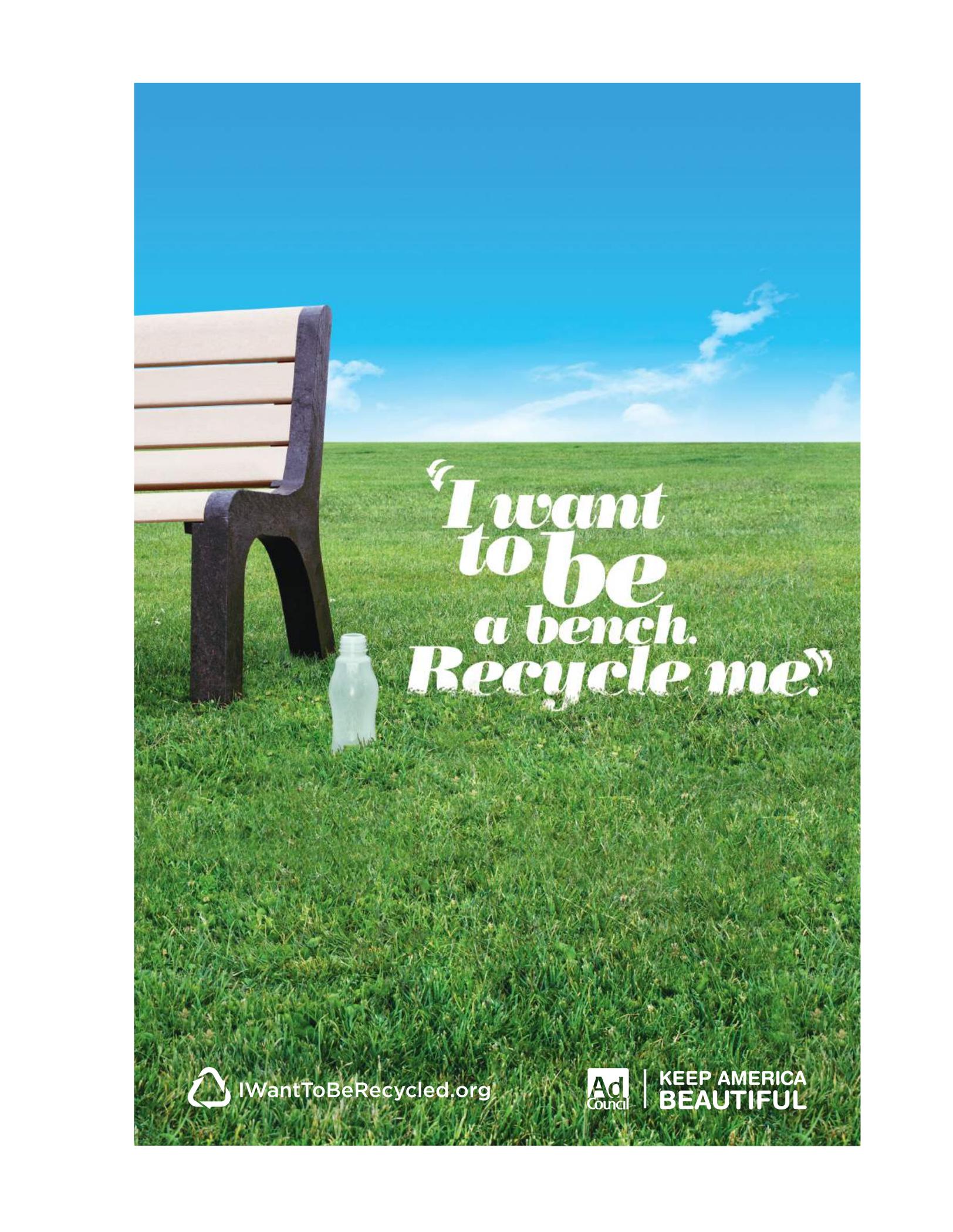
Sweet Potato Baby Food

1. Start with a small sweet potato, wash it very well, then prick all over with a fork. Place on a microwave-safe plate and cook the potato for about 5 minutes, or until it can easily be pierced all the way through with a fork. Remove it and let cool.
2. Once it is cooled enough to handle, cut it in half, scoop out the flesh, and place it in the blender with 1/4 cup water. Blend until smooth. If after blending the mixture is too thick, add water 2 tablespoons at a time until it is completely smooth.

Pureed Pea Baby Food

1. Start with 1 cup of frozen peas and let thaw so they can be softened enough to blend.
2. Place in the blender with 1/4 cup water and blend until completely smooth.

Once cooled, serve immediately or pour your freshly made baby food into a clean ice cube tray and place in the freezer. When you're ready to use the food, pop out 1 or 2 cubes (or as many as you want), put them in the microwave and heat until smooth. Cool and feed to the baby. It will be creamy, healthy, and perfect!

A photograph of a park bench with a dark wooden frame and light-colored wooden slats. To the right of the bench, a clear plastic bottle sits on the grass. The background is a vast green field under a bright blue sky with a few wispy clouds. The text is overlaid on the right side of the image.

*“I want
to be
a bench.
Recycle me.”*

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Preparing for a New Baby: How Can a Nanny Help the Family Transition?



BY NICOLE BRUNO.

BABIES ARE CRAZY AND WONDERFUL TINY HUMANS. BUT THEY REQUIRE A LOT OF PREPARATION. NO MATTER IF THIS IS #1 OR #5. EACH BABY BRINGS IN ITS WAKE A WHOLE HOST OF EMOTIONS, DISORGANIZATION, AND CRAZINESS. LEARN WHAT YOU CAN DO TO LOWER THE STRESS FOR MOMBOSS AND HELP EVERYONE INVOLVED ADJUST BETTER TO THE NEWEST LITTLE BUNDLE OF JOY

Congratulations! Your MomBoss is having another baby! No matter if she is going from one child to two, or the fifth to the sixth, each pregnancy, birth, and postpartum experience is unique and different from the last. Bringing home a new little life is always intimidating for parents, but it can also be intimidating for older siblings and care providers. What will it be like? Will my charge love or hate a new baby? Will there be new and different boundaries? What are the expectations? Below is a list of do's and don'ts that can help you navigate the challenges of bringing home a new baby.

DO: Be familiar with her birth options.

For many women, their birth experience is very important to them. It is helpful to know if she is aiming for a natural birth or if a C-section is required. If her birth experience ends up not going according to plan, it can dramatically change how mom handles new motherhood with multiple children, including a higher rate of postpartum depression, exhaustion, and potential surgery recovery. While a vaginal delivery generally doesn't need an extensive amount of recovery time, it is still an emotional, overwhelming, exhausting experience, with no break between becoming a new mother (again) and being a mom to another child. If mom requires a C-section, as more than 1/3 of women in the United States do, you can anticipate MomBoss not only to be figuring out how to parent multiple children, but also heal from major abdominal surgery. Knowing her anticipated plans and how things go will help you prepare for your role as a caretaker to her children and mentally prepare yourself for possible issues you might not



Being familiar with Mom's birth plan will help you better know how to help her.

have anticipated, such as not being able to hold or carry her children, or having to visit her newborn in the NICU. Being flexible and willing to help will be valued tremendously in these situations.

DO: Be supportive within your scope as a nanny.

There are lots of things you can do that will be helpful to a mom with a newborn that do not fall outside of your scope as a nanny. Check in with MomBoss very frequently;

her needs for support of her children may vary hour to hour in the beginning. She will constantly be concerned and potentially feeling guilty about not being with her older children (especially if they are young), so it will provide her great comfort if you have planned special activities. If they are old enough, cook together in the kitchen (maybe bake lactation cookies!), go to the park so MomBoss can rest, or put the older kids in charge of something special, like being the family

photographer or the healthy snack provider. Jealousy is often an issue for older siblings, and it is important to talk to MomBoss about the balance between wanting to keep a child busy and distracted and also feeling loved and supported by both you and the parents. If you are not sure what the balance is, just ask! When MomBoss is spending time with her older children, respect the space and intimacy they are sharing. It is very valued time. Offering to take the baby for a

walk or even just spend time in the same room with a sleeping infant may provide her with comfort knowing that someone is there if the baby wakes while she can spend time with her other children.

DO: Be familiar with some new baby basics.

Did you know that a breastfed baby won't follow the same feeding schedule as a formula-fed baby? Breast milk is digested quickly, and the baby may need to feed more frequently but in smaller amounts. Interested in taking your charges to the park? Throw on a carrier (ask MomBoss first!) so the baby can take a snuggly nap while leaving your hands free to play with other children. How many naps does a newborn versus a six-month-old baby take? Sleep patterns can vary greatly from child to child, but generally speaking, newborns sleep 16 to 17 hours in a 24-hour period. Compare that with the 14 hours a baby aged 6 months sleeps. The more familiar you are with the variations of baby basics, the easier it will be for you, your charges, and your boss. Don't be afraid to add these proficiencies to your résumé; these skills

can land you a job over someone equally as qualified!

DON'T: Give a bottle without MomBoss's permission.

If your employers are working, the feeding relationship with a newborn, whether nursing or formula-fed, may be particularly important. A breastfeeding mother may be rushing home to feed her child not only for bonding, but because she is physically uncomfortable. If a baby seems especially hungry but MomBoss is due home soon, call and ask what her preference is.

DON'T: Take snapping personally.

No one likes to be yelled at or made to feel they did something wrong. If this happens, try your best to understand that MomBoss is going through many changes, including being sleep deprived, physical birth recovery, home-work balance, and emotional fatigue. If she seems particularly difficult, don't be afraid to ask for help and offer support. Use kind words. "It seems like you are under a lot of pressure. If I can specifically help

with something or manage differently for you, please let me know." This small supportive gesture can go a long way.

If you really love the family you work with, you may be interested in going a little above and beyond. Though not a requirement of your job, new moms often need an extra hand and would greatly appreciate the help. Some of these things might be cooking extra breakfast anticipating sleepless nights (quiche or oatmeal bakes are good healthy choices), doing laundry, gifting a free evening of childcare for date night, or simply offering a heartfelt "how are you" with time to listen. Whatever efforts you can make, both big and small, will likely not go unnoticed. And remember, they are only little for a little while! Enjoy the chaos and sweet baby smells—they are some great perks of the job.



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