

November/December

# NANNY MAGAZINE

teach play love



EXCLUSIVE INTERVIEW  
WITH  
FRAN DRESCHER!

## *Holiday Bliss and Beyond!*

*Gift Guides! Mocktails! Self Care!*

HOLIDAY  
GIFT  
GUIDE

WINTER  
WEATHER  
WARNINGS

LIVE IN  
WORK-LIFE  
BALANCE

DIY  
THANK YOU  
NOTES

BALANCING  
HOLIDAY  
STRESS

# NANNY MAGAZINE

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# CONTENTS

November/December 2014  
The Holiday Issue

24

**FRAN DRESCHER**

**EXCLUSIVE**

The one and only Nanny!  
BY NICOLE  
PANTELEAKOS

15

**CARING FOR  
YOURSELF**

Keep yourself sane this  
holiday season!  
BY MARCIA HALL



## ON THE COVER

**6 HOLIDAY GIFT GUIDE**

**39 WINTER WEATHER  
WARNINGS**

**35 LIVE IN WORK-LIFE  
BALANCE**

**41 DIY THANK YOU  
NOTES**

**43 BALANCING  
HOLIDAY STRESS**

## KIDS

**14 Kid Crafted Recipes** Teach your charge to make these easy recipes for their parents!

## DILEMMAS

**38 Nannies Ask** How to respond to requests for extra holiday hours

**42 Ask an Agency** Back up sick care, flu vaccines, and more!

## JUST FOR YOU

**9 Fashion Column** Transition your outfit from work appropriate to holiday party central!

**23 Mommy Musings** What does MomBoss take into consideration for your Christmas bonus?

**32 Holiday Vacation Fun** Creative ideas on how to spend your holiday vacation!

**19 Mocktails** Toast to the holidays and New Year with these kid-friendly brews!

## FUN, FUN, FUN

**34 Quiz New Year New You:** Will your 2015 beat your 2014?

**18 Nanny Spotlight** Meet this month's spotlight winner, Sheri Lopez!

**30 Data Blitz** Get your daily dose of fun, random facts!

**47 The Diaper Bag** Take a peek into this bag designed for older charges!

# Editors' Note

"KNOW THE TRUE VALUE OF TIME; SNATCH. SEIZE. AND ENJOY EVERY MOMENT OF IT."

LORD CHESTERFIELD

Written in one of Lord Chesterfield's famous letters to his son, this bit of wisdom is the perfect accompaniment to *Nanny Magazine's* holiday issue. After all, aren't the holidays all about seizing the moment and celebrating with loved ones? It's a time where we get to look back on the year behind us with thanksgiving and reflectiveness, celebrate those in our lives that we value dearly, and plan wonderful things for the new year ahead.

This issue of *Nanny Magazine* is meant to embrace this celebration and truly cherish the value of time. From fun holiday-themed mocktail recipes to a thoughtful tutorial on DIY thank you notes for the kids, we hope to get you in the holiday spirit. Of course, we all know that holidays typically come with a helpful dose of stress and anxiety. We want you to truly enjoy every moment of celebration this year, so we brought in some experts to share a few tips on self-care and stress management. Catch Marcia Hall's article "Caring for Yourself over the Holidays" to find some needed tips on relaxing or jump to Stephanie's Felzenberg's "Nannies Ask" column for some help in resolving the "I'm working too much" dilemma many nannies face this time of year.

Of course, we couldn't let the final issue of our first year close without a star-studded interview! We wanted to celebrate the year's end with possibly our biggest interview yet: a chat with Fran Drescher of *The Nanny*! This interview is brought to you straight from inside her dressing room for her Broadway debut in *Cinderella*. Catch up with the star and her thoughts on everything nanny!

We really wanted to conclude this year with a celebratory issue as we here at *Nanny Magazine* have so much to celebrate and be thankful for. You, our devoted readers, have helped us not only survive, but thrive in our first year of publication. The letters and emails of appreciation have kept us going when things got tough and reminded us of the reason we work as hard as we do: for you! So join us in celebrating a successful first year and read on in celebratory fashion!

Write in with your comments on this issue to [submissions@nannymag.com](mailto: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



**WHAT THIS PLACE NEEDS  
IS ACTIVE PLAY EVERY DAY.**

Thanks to our work with NFL PLAY 60, we've brought fun fitness programs to more than 35,000 kids. And it can happen here too.



To donate or volunteer, go to [UNITEDWAY.ORG](http://UNITEDWAY.ORG).  
BECAUSE GREAT THINGS HAPPEN WHEN WE LIVE UNITED.



# Nanny Magazine's Holiday Gift Guide

BY NICOLE CLARK AND JENNIFER KUHN.



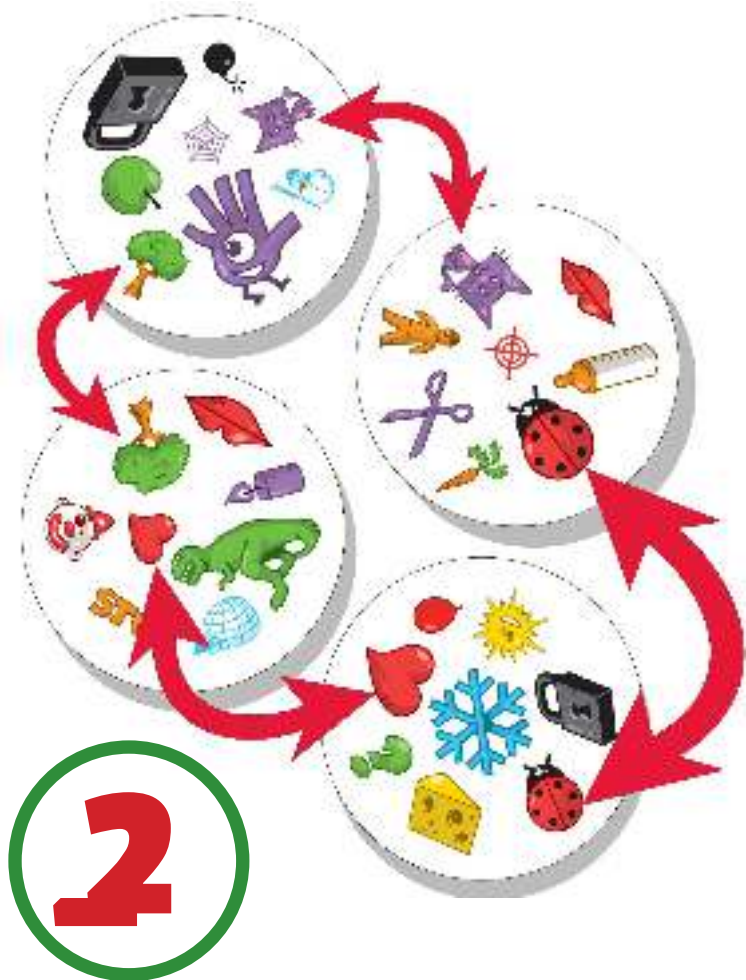
IT'S THAT TIME AGAIN WHEN WE START ASKING OURSELVES WHAT WE SHOULD GET OUR CHARGES FOR THE HOLIDAYS. IT'S A TOUGH DECISION, BUT THANKFULLY, THERE ARE SO MANY GAMES AND OTHER ITEMS OUT THERE THAT ARE NOT ONLY FUN, BUT EDUCATIONAL AS WELL. SCORING POINTS WITH BOTH YOUR CHARGES AND YOUR BOSSES!

1

***“Robot Turtles is really hard at first, but once you get the hang of it, you can’t stop!”***

***-Kid tester, Hannah, age 8***





### 1. ROBOT TURTLES (\$24.99. [ROBOTTURTLES.COM](http://ROBOTTURTLES.COM))

Just released, this game is like no other! As the most backed board game in Kickstarter history, it's no surprise that it's a unique and awesome game! In a world full of technology, it's becoming apparent that knowledge of how it all works will be so beneficial as your charges get older. This game teaches the basic concepts of computer programming. The goal is to get the turtles through the maze and to the gem using code cards. The cards have directions such as "turn right," "turn left," and so on. Once the turtle reaches the gem, the sequence of cards is now a code! The best part about the game is that it can even be made more advanced as your charge grows.

### 2. SPOT IT! GAMES (STARTING AT \$8.98.

[BLUEORANGEGAMES.COM](http://BLUEORANGEGAMES.COM))

Suitable for all ages, these compact card games may seem simple, but sometimes it's the simpler ones that are the most fun! Nanny Magazine's favorite? Deal five cards (each with a picture) to each player. The first player puts down a card and uses it to begin a story. Each person must add on to the story using the cards they have in their hand. The stories can get super silly, allowing the kids to exercise their creativity. And the best part is that all of these games come in little round tins, so you can throw them in your bag and go!

### 3. HEDBANZ (\$13.99. [HEADBANZ.COM](http://HEADBANZ.COM))

Charades for kids! This game is a blast. Kids get to get up and act. Each player wears a headband, and a card is placed on the headband so everyone can see it but the player wearing it. The other players must act out the card so the player wearing the headband can try to guess what is on the card. This one is even fun for adults!

### 4. MYTHICAL DRESS-UP COSTUMES (\$59.99.

[MAGICCABIN.COM](http://MAGICCABIN.COM)) (NOT PICTURED)

Don't let the snowy weather make staying inside boring. Let your charges indulge their creative side by dressing up in these cute, quirky costumes. Not only are the costumes adorable, they fit most children ages 3-7 and loop onto the child's wrist for maximum stay-on power. These unisex costumes are perfect for both boys and girls. Try the unicorn costume and take photos of your charge to brighten MomBoss's day.

***"Headbanz is the silliest game ever...we love it!"***

***-Kid tester, Abby, age 5***





5

### 5. METROVILLE (\$24.14. AMAZON.COM)

This is a great one-player game (i.e. perfect if waiting in line and you need to keep your charge busy!) and is also perfect for older kids. Here's how it works. Your charge chooses a challenge card that specifies the order that the trains must run in. Then, they must arrange the tracks so the trains can travel in the correct order. The cards range from easy to expert, and the cards can even be stored in the board, making this game perfect for travel!



6

### 6. HONEY BEE TREE (\$19.95. TOYSRUS)

It's all about strategy with the Honey Bee Tree game. The game is set up with a beehive filled with bees that are held up by the sticks and leaves of the tree. The goal is to accumulate the smallest number of bees at the end of the game by slowly pulling out the leaves in hopes that no bees will fall out! This game takes patience and strategy, so your charge will have to examine the bee hive at the start of each turn and decide which leaf would be best to pull out without letting any of the bees resting on it fall down. This game is sure to be a hit with the younger crowd.

### 7. LEAPPAD3 LEARNING TABLET (\$99.99. LEAPPAD.COM)

You've heard of the LeapPad, but the LeapPad3 Learning Tablet is better than ever with over 1,000 learning games and apps at the caregivers' fingertips. Available in green, teal, and pink, there's sure to be a color to suit your charge's personality. This product ships free and comes with a kid-proof warranty, protecting the investment. The LeapPad3 comes with 10 songs preinstalled, a video camera, and enables kids to do a child-safe Web search using the built-in WiFi, making learning truly fun and preparing kids for the world of technology awaiting them during their school days.

7



### 8. GIANT DENIM MARBLE MAT (\$17.84. LANDOFMARBLES.COM)

Sometimes it's the simplest games that we remember from our own childhoods that can be the most fun. Get your charges a game that requires skill and careful strategizing without the need for a charging cord and teach them the game of marbles. This giant denim printed marble mat is machine washable and comes with marbles, a shooter, and instructions on how to play. Suitable for older kids who won't feel the need to put the marbles in their mouths.

8





# Holiday Party Work Wear Style Guide

BY ANGELICA STAPLETON.



Running around frantically trying to stay out of way of the caterer, decorator, and housekeeper and take care of your charges can seem overwhelming around the holidays. Worrying about putting the youngest down for their afternoon nap is a must, so you ask the housekeeper to clean their room first. The idea hits you that the oldest child will be getting off the school bus within a half an hour tracking mud or snow all across the freshly cleaned floor. You make a mental note to meet them at the garage door and instruct them to stash all boots and shoes outside.

Glancing at your watch you realize you have less than an hour to change out of your leggings and oversized tee-shirt combo and ready yourself for that evening's family holiday party you have been invited to. Looking in the mirror shouldn't lead you to despair, but rather excitement for the cheer and quality time that is sure to follow during the evening's festivities. After all, this is the most wonderful time of the year.

Standard nanny go-to outfits during winter months are commonly leggings snugly tucked into boots and oversized tees layered with a scarf as a staple. This look is effortless, comfortable, and keeps you warm, whether toting the kids to activities or braving the steadily dropping temperatures while trudging through snow to the bus stop. Unfortunately for evening parties this look just doesn't make the cut. But with a few simple tricks you can easily take your nannying outfit from daytime drab to party ready in no time.



### SWEATER AND RIDING BOOTS

Replacing the tee with a sparkly sweater and your comfy boots or sneakers for riding boots, you can add sophistication to the entire ensemble. Try taking hair out of the ponytail, bun, or braid you wore to work that day and comb your fingers through to create soft brushed-out waves. Reapply the eyeliner you put on early in the morning and wing the tips add just the right amount of drama to finish off the look.



### SKIRT AND HEELS

Not into that look? Switch out pants or leggings for tights for another easy swap and you're ready to rock a fun holiday skirt. You can easily tuck your black or white tee-shirt into a loose-fitting and flowing fabric skirt to add some drama. Pairing the outfit with a pair of heels and pulling hair up and out of your face can really make a difference when trying to look more sophisticated. Adding a bright red lip can polish off the look and even make your teeth look whiter while smiling and laughing throughout the night.



## DRESS AND BLACK TIGHTS

While shimmying out of your skinny jeans, try throwing on a pair of black tights to give your poor legs a break while throwing a pretty dress on top with a pair of heels or ballet flats to really amp up your look. Sparkles, gold, red, and black are all festive and on-trend colors for this time of year. Adding a contrast ring and dangling earrings while pulling hair back into a high ponytail allows for you to appear polished, pretty, and professional.

All of these easy to incorporate wardrobe swapping tips can save you time, hassle, and stress when it comes time to quickly transitioning from professional and comfortable workday chic to party ready in minimal time. You can mingle with your NannyFamily's guests without anyone ever having to know you had baby spit-up on your left shoulder for the earlier part of the day. Now be prepared to sparkle!

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.



# Put Down That Leftover Turkey...

BY AMBER KETCHUM, MDS, RD.

THANKSGIVING FOR MOST AMERICAN FAMILIES MEANS A GLORIOUS DAY FILLED WITH LOTS OF TURKEY AND ALL THE FIXINGS... AND THEN ABOUT A WEEK OF TURKEY-BASED LEFTOVERS. SADLY, THE AVERAGE NANNY CAN ONLY TAKE SO MUCH TRYPTOPHAN-INDUCED ON-THE-CLOCK SLEEPINESS. SO KICK THAT BIRD TO THE CURB AND BUST OUT THESE MEALS THAT YOU CAN PREPARE WITH YOUR CHARGES.

## Pita Pizzas

Use whole grain pita bread as the crust, let the kids spread with marinara sauce, and top with cheese, sliced veggies, and all natural ham. Bake at 350 degrees until the cheese is melted.

## Taco Night

Cook lean ground beef in a skillet and add cumin, chili powder, garlic powder, salsa, and frozen corn; let simmer until everything is cooked through (about 15 minutes).

Chop tomatoes and grate cheese, then have the kids help tear romaine lettuce and assemble a taco bar. Everyone can come and assemble their own tacos with the toppings of their choice.

## Breakfast for Dinner

Kids love mixing pancake batter, scooping muffins into the muffin pan, whisking eggs, and dipping bread in egg mixtures for French toast. Choose a fun breakfast entrée

to make along with various colorful fruits for a bright fruit salad and serve a special breakfast for dinner!

**Bonus:** These meals are healthy and dietitian-approved, and are totally fun for little hands to help prepare. Need another reason to be excited? Go crazy in the kitchen with the kiddos as a treat for MomBoss and Dad-Boss and have dinner on the table for them when they walk through the front door.

# *How to Make Time for Yourself during the Holiday Season*



BY MARCIA HALL.

EVERY YEAR WE SEE WINTER HOLIDAY DECORATIONS ARRIVE IN STORES EARLIER THAN THE LAST. WHILE I LOVE THE HOLIDAY SEASON, SEEING THESE DECORATIONS CAN CAUSE SOME MOMENTARY PANIC AS WELL. ALONG WITH ALL THE FUN AND CELEBRATING, THE SEASON CAN ALSO BRING STRESS, ANXIETY, AND HEADACHES OFTEN FROM THE VERY THINGS THAT ALSO BRING US JOY. DO YOU WANT TO MAKE THE MOST OF THIS HOLIDAY SEASON? HERE ARE SOME TIPS TO HELP YOU FULLY ENJOY THIS SPECIAL TIME.

## DISCUSS THE HOLIDAY SCHEDULE WITH YOUR NANNYFAMILY

Of course you want to be the best possible employee you can be and often this means helping out over the holidays. Sometimes NannyFamilies travel and would like you to join them. Often, the parents we work for have time off surrounding the holidays, but if you work for a NannyFamily who still have to report to work, you may be expected to work through days when other people are enjoying time off with their loved ones. It is also possible that even if your employers have time off they still would like you to help care for the kids, leaving you limited time to celebrate the holidays out of town or just away from the job. If spending time with your own family is important to you, then talk to your employers well in advance. It may mean that you will be asked to take vacation time. Is the time off worth it to you? Think about it. Your own needs are as important as those of the family you work for.

## CHOOSE COMMITMENTS WISELY

During this time of the year, everyone seems to be having parties or inviting you to special events. Everything may sound amazing and fun, but if you are the kind of person who needs some time to yourself, running around to all these activities can quickly become an additional source of holiday stress.

I suggest creating a calendar and planning some "you" time. Do more than just making a mental note that you are going to take some time for yourself; actually schedule that time in advance. That way when you start to get all those invitations, you will have a reminder and an excuse to say "sorry, I have something scheduled."



## AVOID TAKING ON TOO MANY EXTRA JOBS

Who doesn't like having a little extra cushion in their savings account? The holidays can be a great time to make a little extra money. Parents are frequently looking for weeknight or weekend babysitters so they can attend all the holiday events they're getting invited to. But those last-minute weekend requests for your awesome nanny skills can quickly become

overwhelming.

If an opportunity to earn a little side cash means you'd have to skip a big family holiday celebration or delay your own shopping trip for gifts, feel free to decline. No need to tell the families what you're up to; just let them know you have other obligations. Missing holiday gatherings with your own loved ones in order to serve your NannyFamily or another family you occasionally sit for may seem like you're doing a good deed in the short term,

but in the long run you'll feel burned out and resentful. Plus, as a good nanny, you know that when you take time for yourself, you can better care for others.

## GIVE GIFTS THAT ARE WITHIN YOUR BUDGET

For some of us it is in our human nature to want outdo ourselves each year. While that may be a noble pursuit, it is also one that can make us go a little crazy. The joy of

Show yourself some love this holiday season!



purchasing and giving that impressive and expensive gift in December will turn into anxiety in January when you realize you don't have enough money for your car payment.

Make a list of everyone for whom you wish to purchase a gift. Find a total that you think you can afford and do a little math to figure out how much you can spend on each person. While common culture tells us that the best gifts are the most expensive ones, the reality is that most people consider a well planned gift to be superior. "It is the thought that counts." Cliché, sure, but those who matter will love that you took the extra time to come up with something unique to their personality and interests. Sometimes a homemade mix CD and cookies can mean far more than a store-bought gift.

When it comes to gifts for the children in your care and their parents, remember to use your personal knowledge of them when selecting a gift. Don't attempt to outdo their friends and family. Keep it simple and focused on who they are.

### THINK AHEAD AND SHOP IN THE WAY YOU ENJOY

Maybe you are the crafty type or maybe the thought of sitting in front of a DIY project makes you want to hide under the table. You might be the kind of person who loves the thrill of shopping at the crowded mall around the holidays or you might travel five miles out of your way to avoid the traffic around the local shops. If you love shopping in your pajamas then online shopping is likely your best bet. Shop in the way that best suits your personality and is most likely to keep your holiday spirit high.

### DON'T TRY TO EXPERIENCE EVERY TRADITION OUT THERE

It can be tempting to get nostalgic and want to recreate your favorite childhood memories and traditions with your charges, but remember that you can't do it all. Pick the things that are the most meaningful to you and that others seem interested in too. There is nothing more frustrating than being excited about a project or event and then feeling like you

are pulling teeth to get the kids to joyfully participate. Focus on a few traditions, like lighting the Christmas tree together or singing holiday songs while drinking hot chocolate, and feel a greater impact with less stress.

### CHANGE YOUR PERSPECTIVE

One of the most amazing things about being a nanny is interacting daily with the most imaginative people in the world: children. They have a way of taking the complex and mundane circumstances in life and making them into something wonderful. Imagine what they can do with the holiday season! Remember to stop and enjoy it on their level, seeing the wonderment of a Christmas cookie or the bright flames on a menorah through their eyes, experiencing the thrill of the holidays anew.

Whatever holidays you celebrate in the months ahead, remember that they aren't really holidays if you can't enjoy them. You should never feel guilty for taking time for yourself.



The advertisement features a photograph of a woman with long dark hair tied back, wearing a white t-shirt, sitting on the floor and reading a book to a baby. The baby is lying on its stomach, also on the floor, looking at the book. To the left of the photo is a logo for the Nanny Coaching Team, which consists of a stylized tree with green leaves and a brown trunk, with a handprint shape integrated into the trunk. Below the logo, the text "Nanny Coaching Team" is written in a green, cursive font. At the bottom of the advertisement, there is a green banner with the text "Coming 2015" in white. Below the banner, the text "Your Continuing Professional Education Team" is written in a bold, black, sans-serif font, followed by the URL "https://www.facebook.com/nannycoachingteam" in a smaller, black, sans-serif font.

# Nanny Spotlight

## SHERI LOPEZ

*In this issue, Nanny Magazine recognizes the tremendous accomplishments and dedication to the field of nannying and infant care of veteran nanny and 2014 INA Nanny of the Year Sheri Lopez. As the Nanny Magazine Nanny Spotlight winner for this issue, Sheri will receive a swaddling set from Aiden + Anais, sponsored by Aiden + Anais. Congratulations, Sheri!*

### WHAT YOU NEED TO KNOW ABOUT SHERI:

AGE: 50

NUMBER OF YEARS AS A NANNY: 33

NUMBER OF FAMILIES WORKED FOR: 45

NUMBER OF CURRENT CHARGES: 1

LOCATION: SCOTTSDALE, ARIZONA



### Sheri's Nanny Story

Sheri is a truly special nanny who deserves the spotlight in this issue for too many reasons to list. With a BA in Early Childhood Education, Sheri, a certified newborn care specialist with proficiency in infant massage and sign language, has given over half of her life to caring for infants. On top of all this, Sheri is a mentor to a young nanny who is just starting out, teaches classes, and spends time with her dogs and grandchildren.

“When I graduated high school in 1982, I was hired for a summer job caring for children. I enjoyed that summer so much that in some ways, I guess my career found me,” Sheri writes.

Because Sheri has cared for dozens of children over the course of her career, she's had lots of time and experience to be able to take note of what sets her apart from other nannies. “I would say the amount of years I have been a professional nanny that I have branched out to create my own niche in the business as a birth to age 1, development, and milestone nanny.” Among her other self-cited top selling points, Sheri lists her expertise with “blending [her] newborn care specialist training with nanny skills to create a solid foundation for a baby's first year of life.”

**Sheri's nanny rules to live by:  
“Be honest, be consistent, and be professional.”**

# Mocktails for All!

BY CANDICE LANE. PHOTOGRAPHY BY GARY TANG.

Whether you are warming up after a day of snowy fun, anxiously awaiting Santa's arrival, or shopping for those last-minute gifts, these liquid treats are sure to enhance your holiday joy. Best of all, there's not a drop of alcohol, so you can whip these up for a holiday party chez NannyFamily or for your nanny besties on a snowy home-bound movie night.

## Root Deer Brew

*Refresh Santa's reindeer with this cool, sweet treat!*

### INGREDIENTS

- 2 liters cream soda
- 2 tablespoons butter extract
- 2 teaspoons rum extract
- 1 seven ounce-container of marshmallow crème
- 1 cup whipping cream
- 1 more teaspoon rum extract (for the cream topping)

### DIRECTIONS

Open the cream soda and add 2 tablespoons of butter extract and 2 teaspoons of rum extract. Put cap back on the bottle of cream soda and slowly roll until well mixed. Refrigerate until ready to serve.

With an electric mixer, combine marshmallow crème, whipping cream, and that extra teaspoon of rum extract. Mix until smooth.

Grab a pilsner glass, pour in chilled Root Deer and top with frothy cream.

Makes approximately 8 servings, enough to refresh Santa's whole team!

# Christmas Tree Green Grenade

*Pucker up, carolers... with this fizzy and festive mocktail!*



## INGREDIENTS

- 1 ice cube tray
- 2 cups of water
- Green food coloring
- 1 liter of lemon-lime soda
- 2 quarts water
- 1 cup sugar
- 1 packet of lime flavored powdered juice

## DIRECTIONS

Ahead of time, mix a couple of drops of green food coloring with 2 cups of water. Add green water to ice cube tray and place in freezer until solid.

Once ice cubes are frozen, mix 2 quarts water, 1 cup sugar, and powdered juice packet in a pitcher. Stir until powder is dissolved.

Take a glass and fill half with lime-flavored juice mixture and other half with lemon-lime soda. Top off with green ice cubes. Soon enough your little carolers will be asking if their tongues are green.

Makes approximately 8 servings.

# Pour S'more!

*After a long day of sledding, warm up with this sweet and salty treat. The kids will be sure to ask if they can have s'more!*



## INGREDIENTS

- 4 cups milk (soymilk can be substituted)
- 4 tablespoons chocolate syrup
- 8 tablespoons marshmallow crème
- 4 graham crackers
- 4 chocolate bar pieces

## DIRECTIONS

In a saucepan, heat 4 cups of milk on low-heat setting. Once milk begins to warm, add chocolate syrup and stir until syrup is dissolved.

Pour warmed milk into glass. Top with 2 tablespoons of marshmallow crème, 1 graham cracker, and 1 chocolate bar piece.

Makes approximately 4 servings.

# Rudolph Punch

*One of his favorite sweets, Rudolph*

*loves to dig in nose deep!*



## INGREDIENTS

2 1/4 cups raspberry sherbet

4 cups cranberry juice cocktail

4 cups cold water

1 packet powdered fruit punch flavoring

2 liters bottle ginger ale

12 maraschino cherries (optional)

## DIRECTIONS

Mix cranberry juice cocktail, water, ginger ale, and fruit punch powder packet together in a pitcher. Stir until powder is dissolved. Refrigerate until ready to leave for Santa's arrival.

Right before bed, place one scoop of sherbet into each glass and pour prepared drink on top. For extra excitement, leave a maraschino cherry (or Rudolph's nose) behind for the kids to find in the morning!

Makes approximately 12 servings, leaving some extra punch for a thirsty Santa!

# The Holiday Bonus: Your Expectations versus Your NannyFamily's Reality

BY FARRAH HAIDAR.

## Mommy Musings

*A real MomBoss weighs in on all things nanny*

The holidays are just around the corner and amidst all the holiday and gift planning, you may be considering what your budget is going to look like. A part of that is whether you will get a bonus this Christmas or not. The smartest thing to do is outline all conditions of your employment, including an expected bonus, in your employment contract. If you have, then you should be all set.

If not, then although customary, you should never expect to receive a bonus. It is completely within the family's discretion and there are several situations where a bonus may not appear in your mailbox.

### Situation #1: The family doesn't know they should give a bonus

You may be the first employee this family has ever had and they may have no idea that a bonus is customary. With my first nanny, I totally didn't think about a bonus until my sister, a MomBoss who had employed several nannies, mentioned it. I ended up giving her a "New Year" bonus. There is no way to politely bring this up with the family. However, you could leave a magazine around that talks about Christmas bonuses (including this issue of Nanny Magazine).

### Situation #2: Things aren't going well

If things haven't been going well with

your family, then they may not feel like a bonus is necessary, especially if they are considering terminating your employment. You should consider whether you would like to continue to work for them. If you do, schedule some time to resolve any open issues.

### Situation #3: The family can't afford it

Although many families consider a bonus within the cost of hiring a nanny, sometimes unforeseen financial expenses arise. If you suspect that is the case with your family, you may try negotiating other perks. For example, "Since it's the holidays, would mind if I had a paid day off?" The family will probably be relieved for the suggestion.

If your NannyFamily does give you a bonus, you should expect it to be in the range of one week's pay. I would note here that this might not be the case if you are in a part time or shared care situation. In either of those situations, the family may assume that they are not the only source of your bonus and therefore give a slightly lower amount.

As always, open communication and honesty are the best policy. If you are unhappy with your bonus situation and have an opportunity to politely discuss it, then don't be afraid to bring it up. The conversation may not always go your way but it's important that you understand your NannyFamily's point of view as well.

# ***“Exactly What the Doctor Prescribed:” An Interview with Fran Drescher***

BY NICOLE PANTELEAKOS. PHOTOGRAPHY COURTESY BIG STOCK PHOTOS.

***Nanny Magazine author, Nicole Panteleakos, shares with readers her unique opportunity to talk with Fran Drescher from within her Broadway dressing room. Hear what Fran has to say about portraying everyone’s favorite nanny and forging a movement aimed at preventing and detecting cancer in order to save lives. Turn the page to listen in!***

## ***Did You Know?***

The television show “The Nanny” ran for 6 seasons from 1993-1999, ending voluntarily and not from cancellation.

***(Fun Trivia)***





# The Nanny

*The Nanny* earned two Emmy nominations and two Golden Globe nominations in the 6 years it ran.

***She had style. She had flair. She was there.***

And that's how Fran Drescher's most well-known character became *The Nanny*.

On Thursday, June 19th, Fran was there again—but this time, “there” was not a millionaire's doorstep, it was her dressing room backstage at The Broadway Theatre in New York City. That's when the actress paused for a chat with *Nanny Magazine* about performing, writing, and surviving cancer. She had a limited time to talk, owing to the fact that it was 7:05 and *Cinderella's* curtain was to rise at 7:30.

We started by discussing the role that made Drescher a household name: Fran Fine, the title character in *The Nanny*.

The series, for which she was a creator and executive producer, aired on CBS from 1993-1999, earning Drescher two Emmy nominations and two Golden Globe nominations. In explaining where the sitcom's premise came from, the show's star said, “We write about things that we know about, and since I had been a hairdresser and my mom was a bridal shop saleslady, that was easy.”

As the catchy theme song explains, Fran “was working in a bridal shop in Flushing, Queens, till her boyfriend kicked her out in one of those crushing scenes.” Hoping to sell makeup, Fran arrived on the door of Broadway producer Maxwell Sheffield, a widower in need of assistance with his three kids: incorrigible tween Brighton, drab teen Maggie, and quirky little Grace.

Drescher explained the origins of the hit

series. “The nanny thing was inspired when I was spending time with my girlfriend's daughter... We were touring London” when the girl complained “her new shoes were hurting. I wasn't ready to return so I said ‘step on the backs of them,’ and she said ‘won't that break them?’ and I said ‘break them *in!*’ I thought this was a funny relationship so I called Peter,” (Peter Marc Jacobson, her then-husband and creative partner) “back in L.A. and I said, ‘what do you think of a spin on *The Sound of Music*, only instead of Julie Andrews, I come to the door!’ and that was the beginning of the series.”

Like her character on the show, Fran Drescher had never been a nanny. When it came to babysitting experience, the actress states that she had, “Almost none. Very, very little.” She explains that she had several jobs before acting full

time. Of her work experience, Drescher says she “usually worked in the neighborhood, selling clothes in a local dress shop, in a movie theatre...” which worked out perfectly for the show. “I always felt that, for the sake of the series, the less I knew, the funnier I was anyway, so having no experience worked in my favor.”

In terms of advice for nannies who are struggling to fit into a world much different than the one they came from, the star reiterated, “I always say the less you know the funnier you are!” Drescher added that she is “just an actress,” but explained that what helped make the show successful was an immaturity to Fran Fine that resulted in her treating the kids like equals. So even without nannying experience, it is clear both Fran Drescher and Fran Fine know the most important rule of childcare—to remember that children are people. Perhaps this is why the 2008 TV Land Awards named Fran Fine “Favorite Nanny.”

Part of the staying power of *The Nanny* is the timelessness of both the plotlines and the execution. Physical comedy was one of the show’s memorable elements. When asked whether that was something she had to specifically train for, Drescher said, “I think it kind of comes naturally to me.” She went on to say that she enjoyed *I Love Lucy* reruns as a kid, and aspired to be like Lucille Ball as an actress, citing that she enjoyed “how she did things. I think that was very helpful to me.” This shouldn’t come as a surprise to any fan of the show. Lucille Ball’s influence in Drescher’s appropriately exaggerated facial expressions and ability to contort her body into hilarious positions in the name of comedy is clear.

Much like it was in *I Love Lucy*, *The Nanny* often relied on farcical tropes, including mistaken identity and “the wrong idea.” Take, for example, the episode in which Fran realizes she’s topless in front of her boss (imagine the embarrassment!). As Fran struggles to throw on her tight new shirt, it gets it stuck halfway over her

head. “Relax, Miss Fine!” Mr. Sheffield shouts. “We’ll get it on!” This is, of course, the moment Niles the butler enters. In another episode, Fran is covering for Maggie as a candy striper when Mr. Sheffield is in the hospital for surgery. A doctor confuses her for an orderly and demands that she shave her boss... *down there*, making

for classic laugh-out-loud comedy whether the viewer is 15 or 55.

*The Nanny* can still be seen in syndication, which has helped it to reach a whole new generation of viewers. When asked if she finds more of her fans to be original watchers or younger people who have discovered the

“It is clear both Fran Drescher and Fran Fine know the most important rule of childcare—to remember that children are people.”





Above is Fran sporting her Cancer Schmancer tee-shirt with Selena Gomez at the premier of *Hotel Transylvania*.

show recently, Drescher said, "All of the above and from all over the world!" This currently includes over 30 countries, though it has aired in at least 80. "The Nanny continues to be a multigenerational phenomenon, and there are fans of the show today who weren't even alive when we were shooting it," Drescher stated proudly.

One young Fran Fine fan can agree to that. Abby Beauregard of Connecticut, now 15, was introduced to the reruns by her nanny and still cracks up while watching. She loves the show because "It's really heartfelt. I know it's supposed to be a comedy, but unlike (other shows) that are way over the top with their campiness, you really believe and fall for the characters in *The Nanny*. You can relate to them a lot."

Since the show ended, Drescher has performed in films and plays, hosted her own talk show, and starred in a TV Land original series, *Happily Divorced*. The sitcom ran from 2011-2013 and was based on the performer's relationship with ex-husband Jacobson, who came out publicly in 2001.

According to her bio in the playbill for *Cinderella* on Broadway, she is "Most proud of her starring role in *The Beautician and the Beast*," (1997). Children and nannies may also recognize her distinct voice as Frankenstein's wife Eunice in the hilarious and adorable animated feature *Hotel Transylvania* (2012).

But there's more to Fran Drescher than performing. She is also a vocal gay rights advocate and a writer. Her children's book *Being Wendy* is all about dreaming outside the box, literally. When asked whether she will write any more picture books, Drescher admitted she doesn't know.

"I've got another adult book in me waiting to come, so I might start that next. As my life continues I think there's good stories to share and wisdom to impart based upon my life experience."

And not all of those life experiences have been happy. In 1985, she was raped at gunpoint during a home invasion. In 1999, she and her husband divorced after 21 years of marriage. And in 2000, after years of misdiagnosis, she was diagnosed with uterine cancer, requiring her to undergo a hysterectomy. According to Drescher, "My whole life has been about changing negatives into positives." She has done in this in part by becoming a *New York Times* bestselling author, having penned two autobiographies. The first, *Enter Whining*, documents her rise to stardom, but doesn't shy away from the pains of her past. The second, *Cancer Schmancer*, details her experiences with the disease.

*Cancer Schmancer* inspired a movement of the same name, the purpose of which is to educate women not only about diagnosis and treatment of the disease, but about early detection and prevention. Drescher's passion for the cause and the Cancer Schmancer Movement was evident during the interview as she described it to *Nanny Magazine*. It is "A three-prong organization. The cornerstone has always been early detection." The second is prevention, the third is policy change. The Cancer Schmancer Movement is currently working in Washington, D.C., with the intention of ensuring that all products are labeled with their potential cancer-causing ingredients. See sidebar for more information from both Fran Drescher and the Cancer Schmancer Movement's website.

## CANCER SCHMANCER

**One American will die of cancer every minute this year.**

**That's 60 deaths per hour, 1,440 deaths per day, and 10,080 deaths per week, for a total of around 525,600 deaths per year.**

But there is hope, through advocacy, prevention, and early detection.

As Fran Drescher says specifically of uterine cancer, "If you catch it on arrival, 95% survival!"

See [www.cancerschmancer.org](http://www.cancerschmancer.org) for more information about detoxifying your life and The Cancer Schmancer Movement.

Check out [www.nannymag.com](http://www.nannymag.com) for a separate full-length article featuring Drescher's thoughts on how to kick cancer.

In 2014, Drescher made her Broadway debut in Rogers & Hammerstein's *Cinderella*. Seven-year-old Meadow Sweet of New York City attended the June 10th performance with her nanny and had only one question for Fran, who played Madame, Ella's cruel (but funny) stepmother: "Do you like playing a mean lady or is it more fun to be kind like Cinderella?"

"I'm having a lot of fun playing the stepmother," answered Drescher. "It's a wonderful show and a great company and I'm sure my replacement will be great too!" (Drescher's run ended June 29). She added, "It's a joyful part, a funny show, and I hope everybody goes to see it whether I'm in it or not!" According to Meadow, it's definitely worth the ticket. "She was so funny! I loved it!"

Fran wasn't able to let us in on her post-Cinderella plans except to say that she has something (or *somethings*) in development, but in the meantime she was excited

to be heading to Africa on safari with her then-boyfriend (now-husband) Dr. Shiva Ayyadurai.

"They're giving me the sign that it's time to wrap up," said Drescher at 7:21 p.m. "I need to get into costume!"

*The flashy girl from Flushing, the nanny named Fran!*

### Acknowledgments

*Nanny Magazine* would like to thank Fran Drescher and Tyler Gutowsky for providing this interview.

# Data Blitz

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

BY AMANDA DUNYAK.

The duffle bag is named for Duffle, Belgium, where the cloth used for the bags was originally sold.  
*(MentalFloss)*

Oscar the Grouch used to be orange. Jim Henson decided to make him green before Season 2.  
*(MentalFloss)*

The lint that collects at the bottom of your pockets is called gnurr.  
*(Buzzfeed)*

Celebrate National Peanut Butter Lover's Month, National Pepper Month, National Doughnut Day, and National Pickle Day in November.  
*(TheNibble)*

The Buckeye Singles Council started "National Singles Week" in Ohio in the 1980s to celebrate single life and recognize singles and their contributions to society.  
*(Census.gov)*

AAA estimated that 42.2 million Americans traveled 50 miles or more from home over the Thanksgiving holiday weekend in 2010.  
*(History.com)*

There were 1,302,000 nannies employed in 2008.  
*(About.com)*

Immediately after birth, an infant normally loses about 5–10% of his or her birth weight but starts to grow again quickly after 2 weeks.  
*(NIH)*

In the Winter Olympics, U.S. athletes have won the most medals in speed skating, figure skating, freestyle skiing, snowboarding, and skeleton.  
*(USA Today)*

Celiac disease is more than just an intolerance to gluten. It's an intestine-damaging disease and 85% of sufferers go undiagnosed.  
*(LiveStrong)*

Winter lasts for 21 years on Uranus.  
*(National Geographic)*

Children aged between 8 and 18 are exposed to 17.5 more hours per week of digital media today than they were in the 1990s.  
*(Daily Infographic)*

# *Best Ways to Spend Your Holiday Vacation*

*Maxin' and relaxin'-tis the season to have some laidback fun!*

BY NANNY MAGAZINE EDITORS.

You've just spent the last month baking countless cookies with your charges, dragging the sled up the hill over and over again, and singing "Frosty the Snowman" more times than you would like to admit. And now that it is time for your holiday vacation, you're wiped! Time to head into your Christmas coma and not come out again until spring bashes your door down (or your alarm goes off for work again in a few days). But just because you're ready to hibernate doesn't mean you need to have a boring vacation! Whether your holiday is only one day or a full ten days, Nanny Magazine wants to make sure you get the most out of it. Check out these original ideas to spice up your time off work while still getting all the TLC you need.

## **Celebrate July in Christmas**

Go against the grain and celebrate July in Christmas (instead of the traditional Christmas in July). Take a break from the cold, the carols, and the cocoa by planning a trip to an indoor water park. Dig out that summer bathing suit, your beach towel, and a few friends, and turn your wintery doldrums into summery fun! No indoor water parks nearby? Check out your local YMCA for their open swim hours; just a few laps in a warm pool will do wonders in warming those chilled bones of yours.

## **Netflix Binge...with a Theme!**

We know that all you really want to do over your holiday break is to curl up under a blanket and binge on all seven seasons of *Gilmore Girls*. Or *Dexter*. Or any other show not produced by PBS or Nickelodeon. And we wouldn't want to get in the way of your binging dreams. We just suggest kicking it up a level by inviting a few friends over (our bet is that they were planning to Netflix binge as well) and adding a theme to the mix. You need to eat, right? Keep to *Gilmore Girls* tradition and lay out Lorelai's typical movie night spread of pizza, popcorn, and candy. Or add a hint of macabre fun to your day with splattered "blood red" cupcakes for a *Dexter* marathon. No reason your hibernation has to be spent in solitary dreariness!



### **Embrace the Dangerous Side of Winter**

Just because you're burned out on winter activities with the kids doesn't mean you can't have a bit of "big kid" fun while on break. You might not be able to stomach another kiddie sledding hill, but skiing or tubing down the local ski slope is nothing like bumbling down that bunny hill in your charge's backyard. Plus, this way you won't be lugging the sled on your own (that's what ski lifts and magic carpets are for).

### **Plan Ahead**

If your holiday break is more than a few days, use the last bit of it to be productive and start in on planning activities for your charge in the new year ahead. The last thing you want is to go back to work unprepared and be faced with a bored kid who has been stuck at home for the past week with nothing to do. Stay on top of the boredom by starting lesson plans early, getting playdates set up, and prepping crafts. A little bit of preparation now will allow you to ease back into work with little stress and will keep your charge happily occupied and constantly learning.

### **Steer Clear of Babysitting!**

We know it's tempting—your sister just needs a few hours here or there. Your cousin has a dentist appointment she needs to get to. The neighbors are hoping for a date night. As a nanny, relatives and friends assume that you are always chipper and ready to sweep up a toddler at the drop of a hat. And while that may or may not be true, we suggest avoiding too much babysitting over your break. This is your time to decompress and reset for the year ahead. That's hard to do if you're lending everyone and their aunt a helping hand when they ask. If you must babysit due to familial obligations or financial constraints, make sure you carve out at least one night for yourself to spend by yourself. The babysitting can wait one night, we promise.

***What are you doing to ensure a festive, fun, and relaxing holiday break? Write us at [submissions@nannymag.com](mailto:submissions@nannymag.com) to let us know!***

# Will Next Year Be Better for You?

2014 IS DRAWING TO A CLOSE AND WITH THE NEW YEAR WE CAN SAY GOODBYE TO ALL OUR WOES AND EMBRACE THE CLEAN SLATE THAT JANUARY 1 BRINGS. SO, IS 2015 SHAPING UP TO BE A BETTER YEAR FOR YOU?

**1. In 2015 I am expecting the following major life changes to occur:**

- A. I'm getting married!
- B. I'm having a baby!
- C. I'm graduating from college (or similar)!
- D. I'm getting a fabulous new job!
- E. None of the above.

**2. In 2014, I endured the following trials:**

- A. I lost my job or a large part of my income
- B. Someone very close to me passed away
- C. I was the victim of a crime
- D. A relationship I truly enjoyed ended
- E. None of the above.

**3. My career is expected to be stable and personally fulfilling in 2015:**

- A. True
- B. False

**4. In 2014 I was paid what I think I am worth for the skills I bring to the table.**

- A. True
- B. False

**5. I expect to be able to stash more away into my savings in 2015 than I did in 2014.**

- A. True
- B. False

**6. We all need a break sometimes. What's your calendar look like for vacations?**

- A. I took vacations with my NannyFamily in 2014 and will again in 2015.
- B. I don't have time for trips. I work pretty much around the clock.
- C. I do a staycation or a solo trip when my NannyFamily skips town.
- D. I take vacation days independent of my NannyFamily's schedule.

**7. What's your pulse for your 2014 resolutions?**

- A. I didn't make any new year's resolutions in 2014.
- B. I made a resolution but totally failed.
- C. I made a resolution and stuck with it for awhile but ultimately didn't reach my goal.
- D. I made a resolution and met it!

## What Are Your Results?

### Answer Key

1. Add 1 point for each option selected A-D. Add 0 for E.
2. Subtract 1 point for each option selected A-D. Add 0 for E.
3. A. (1 point) B. (-1 point)
4. A. (1 point) B. (-1 point)
5. A. (1 point) B. (-1 point)
6. A. (0 points) B. (-1 point) C. (1 point) D. (2 points)
7. A. (0 points) B. (-1 point) C. (1 point) D. (2 points)

### -13 TO -6 POINTS:

You can't wait to kiss 2014 goodbye, but you're still pessimistic about what the future holds. Determine what is bothering you in your life and build a strategy to overcome those issues.

### -6 TO 0 POINTS:

If you are uncertain about 2015, find a friend who can help you put things into perspective. Buy or borrow a sparkly dress and hit the town on New Year's Eve in hopes of finding optimism and maybe making new connections.

### 1 TO 6 POINTS:

2014 makes you feel optimistic about the year ahead with good reason. But just because you're feeling good about 2015 doesn't mean you should settle for mediocrity. What can you do to better your life for the coming year?

### 7 TO 11 POINTS:

You've got big things on the horizon for next year. Lucky you! Don't forget to share the love. Consider volunteering for a charity and remember that bragging too much may alienate your loved ones.

# ***Finding Work-Life Balance as a Live-In Nanny***

***Do  
not  
disturb***

BY VAL AONO.

***Did you know that the average human being spends a third of their adult life at work? For a live-in nanny, that may sometimes inadvertently translate into 99% of their time. As the job title states, they literally live at their place of work. In a live-in work situation it may be difficult to differentiate the fine line of being on duty and having private and personal time to oneself.***

How, then, does a live-in nanny find a healthy work-life balance and avoid the dreaded burnout common in this means of livelihood?

### A WELL-DEFINED CONTRACT

First and foremost, in order to avoid misunderstandings and unnecessary confrontations, a nanny starting at a live-in position must insist on a well-written contract that covers all parties involved. This includes a clear understanding of the nanny's work hours, a well-considered compensation plan (including how to handle overtime hours), and a general outline of the house rules. The contract should define the nanny's workday as well as her living arrangements, off time,

what household duties she is expected to assist with, and a policy regarding guests, especially those of the overnight variety. A professional live-in nanny should not be expected to share a room with a charge. It is paramount that the contract reflects that the nanny is, without a doubt, a professional living in the home, and not some kind of substitute parent.

### OPEN COMMUNICATION AND MUTUAL RESPECT

This is important for a number of reasons. The nanny should be able to approach her employer if she feels that her work life is encroaching on her personal life. If the kids have a habit of barging into her room early in the morning before she is officially on duty or enjoy playing with her

personal belongings while she is out on the weekends, she should not feel the need to turn a blind eye for fear of getting kicked out or fired. If an employer needs a good nanny to live in their home and have access to their lives, they need to treat the nanny as they would an integral member of the family and respond accordingly. This ensures that there are no resentful feelings harbored by either party, thus making for a comfortable and well-balanced work and living environment for everyone.

### FIND ACTIVITIES OUTSIDE THE HOME

A live-in nanny's home is her place of employment. How many other professions can make the same claim? Therefore, in the same way that most people need to get away for a vacation once in a while, the live-in nanny also needs to find other activities outside the home in order to breathe freely and unwind.

Getting out of the house allows for the nanny's mind to recharge and body to rejuvenate. Instead of lying in bed on your day off, take the time to explore the neighborhood. This is especially good for nannies living far from home as well as au pairs, as it allows them to actually experience the culture and essence of their new environment. Look up nearby attractions and make a day of it. Go out and smell the cherry blossoms, eat at a unique restaurant, or grab a camera and see the sights. Meet up with friends. Hit the gym. Check out an art flick. Do something, anything, just get out of the house!

### GET AWAY

See that three-day weekend coming up next month? Seize the opportunity to get away from it all. Pack a bag and go visit some family out of state. Gather some friends and take a road trip to little-known getaway haven by the water. Go see that long-lost friend you've been meaning to visit. A trip need not be extravagant to be well planned and well executed. Whatever you chose to do, with whomever you choose to do it, make sure you are present in the moment and not wondering whether DadBoss will remember to change the kid's diaper when MomBoss goes grocery shopping. Relax and free your mind. Enjoy the experience so you can return feeling more energized and balanced.



"It is paramount that the contract reflects that the nanny is, without a doubt, a professional living in the home, and not some kind of substitute parent."



“Let your personality shine through some decorative pillows or create a cozy reading nook in the corner”

### INVITE FRIENDS OR FAMILY TO VISIT. BUT ASK FIRST!

Friends and family almost always make us feel better when we are feeling down or overwhelmed. A visit from your own people will remind you that you are loved and cherished outside of work. Having a laugh with familiar faces will renew your spirit and revitalize your mind. Nevertheless, always remember to be respectful to your bosses' home. Ask and give them advanced notice before you have people over. Keep the number of guests small, intimate, and make sure you know them well. Explain the house rules to them and feed them on your own dime to avoid putting strain on your relationship with your employer. Additionally, remember that your NannyFamily will likely judge you by the company you keep so ensure that your guests

leave a stellar impression.

### ENHANCE YOUR PERSONAL SPACE

Make your quarters your own. Although you may have little say in the permanent fixtures such as the bedroom furniture or the wall color, there are numerous other ways to personalize your living space. Incorporate family pictures in cool frames, bright and cheerful bedding or drapes, a quirky lamp or statement area rug. Let your personality shine through some decorative pillows or create a cozy reading nook in the corner with an oversized beanbag and a great book collection. Familiar fragrances make any space feel warm and inviting. Keep your personal living area neat and serene, a place to unplug and unwind. Remember the old adage: a cluttered room leads to a cluttered mind.

### *10 Tricks for Decorating Your Bedroom, courtesy of Real Simple Magazine*

- Pile on the pillows and do not shy away from mixing patterns.
- Hanging a graphic quilt is a good solution to a big blank wall.
- A printed bedspread does a lot of the heavy lifting when it comes to décor.
- Prints are just as arresting when set on a modern shaped lampshade.
- Top your bed with covers made for snuggling.
- A beautiful piece of furniture becomes a focal point when set angled in a room.
- A cheery yellow rug is like a burst of sunshine in a low key room.
- Add character to a plain bed by draping a colorful quilt over the frame.
- Designate new roles to humdrum furniture.
- Decorate with framed cameos of the little ones you love.

# Nannies Ask

BY STEPHANIE FELZENBERG OF BE THE BEST NANNY  
NEWSLETTER.

Dear Stephanie,

My NannyFamily has asked me to be at work on Christmas Eve to assist with the children during a Christmas party they will be throwing for all their friends and family. Normally I would be happy to help, but that means I won't be able to be with my own family for Christmas because my home is 5 hours away and don't want to spend Christmas morning driving home. How can I politely tell them I don't want to work on Christmas Eve?

Sincerely,

*Not Santa's Helper*

Dear Not Santa's Helper,

To be assertive you need to be kind towards your employers while being firm about what you need. In this case, you can honestly tell them what you just shared with us. Just thank them for asking you if you would be interested to work on Christmas Eve. You can say that any other time of the year you would appreciate the extra income but you are declining so that you can spend the holiday with your family. Happy Holidays!

*Stephanie*

## EXERCISE

Studies have shown that working out releases endorphins that elevate mood and promote overall wellbeing. A live-in nanny may not be able to go to the gym every day or attend yoga every week. However, even the simplest at-home workouts can make a difference in not only your health but your performance in general. There are some great free work out videos on YouTube and also lots of blogs that feature at home work out regimens. Check out Diary of a Fit Mommy ([fitmommydiaries.blogspot.com](http://fitmommydiaries.blogspot.com)) for fun workout ideas.

A good way to end the day is to take a walk outside right after you get off. You may feel tired and lazy after a long day of running after toddlers but a solo walk is a good way to define the end of the day and begin the process of unwinding. Walk at a moderate pace and focus on breathing deeply and thinking happy thoughts.

Once you get back home, begin your bedtime routine with a bath or shower as preferred, read something uplifting, and go to sleep. Avoid plugging into social media at that time because you may get sucked in and not get to sleep until its way too late, thus starting a vicious cycle of exhaustion and eventual burnout.

## GET ENOUGH REST

Schedules vary widely when you work as a live-in nanny. Nonetheless, you should still aim to get restful and consistent sleep every night. Likewise, if you are taking care of younger children who nap during the day, take one with them. If you are not a daytime nap kind of person, make sure you at least take a break and have some down time during the day. Human beings have finite energy reserves and perform better after a break of any kind. Employers who expect nannies to be on the go all day need to remember that a well-rested nanny is more patient, loving, and productive in the long run. That being said, nannies should use, not abuse, their downtime.

## AIM FOR A BLEND

Balancing work and life as a live-in nanny is easier said than done. But reaching a blend of a happy home life and a happy work life can be achieved for live-in nannies. Try having a hobby at home and involving the charges, such as making cool music or comedy videos, trying out interesting recipes, or perusing craft ideas on Pinterest to spruce up your room. If your employers are willing, join them on their weekend excursions if you think it's something you may enjoy, such as a trip to the water park. Have a meal with the family so you don't feel so isolated eating alone. Plan an excursion with other nannies in the neighborhood on your off day, thus cultivating and fostering real friendships at work. These are just a few ways to include your job in your life, after all, good employer-employee relations lead to a great work environment.

Regardless of how burned out you may feel, by using the methods outlined, you will start to feel renewed in no time. As always, remember, being a live-in nanny is one of the most blessed jobs in the world, because you get paid to be a valued part of someone's family. It has been said that if you do what you love, you will never work a day in your life. That statement has never rung truer than in the life of a nanny, whether she lives in or out.

# When a Snow Day Is a “No” Day

BY NANNY MAGAZINE EDITORS.

Bad weather is known to happen this time of year, especially in the more northern regions of the United States. For live-out nannies, the elements can cause a serious dilemma when MomBoss wants you to come into work but Mother Nature wants you to stay off the roads. What’s the nanny who needs her paycheck to do?

Wednesday night. 8:58 p.m. The local TV news meteorologist is calling for eight inches of snow to fall overnight. You’re a live-out nanny with a 30-minute commute. This snowstorm would be one thing if you knew for certain that the roads would be closed, that school would be cancelled, and that your employers would let you stay home, safe and warm, counting the inclement weather as a paid workday. Your contract says nothing about how to handle snow days, but you think in this instance common sense will prevail and your NannyFamily will not ask you to risk life and limb to watch the children during or after a horrendous winter weather event.

The issue becomes even more intense if your employers happen to be work-from-home employees themselves. Just because the schools are closed and the roads are virtually impassable may not mean that they get to play hooky and build igloos in the snow with the children. There is a very real possibility that you

may actually be needed. But is it ever worth it for you to get in the car and brave the slick roads?

Michigan nanny Tanesha Jackson says she’s “okay with driving in snow but if there’s a weather advisory then I take caution and wait until the roads are clear. I inform my employers before winter comes that I do not risk my life driving on dangerous roads.” A wise move indeed. But what if a refusal to drive in could upset your MomBoss and potentially be a risk factor for unemployment?

Alison Pipkalejs is a nanny in Chicago and no stranger to the white stuff. “Unfortunately there have been times when they absolutely needed me to come in despite the bad weather. I have had to spend the night at their house or at my parents’ house just to make it to work on time. I try to go above and beyond because my NannyFamily does the same for me, but neither of us would put myself in a dangerous situation!”

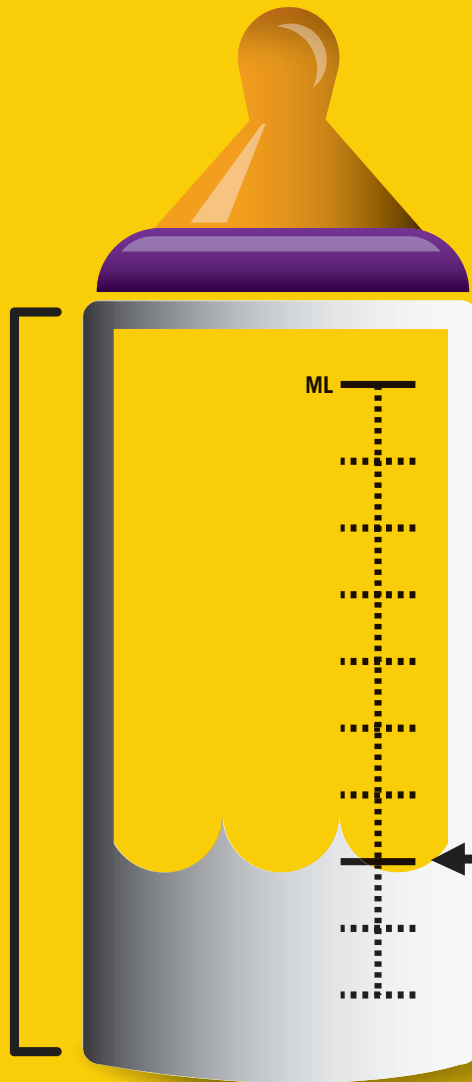
Has bad weather happened to you, nannies? Have you been left stranded on the road in feet of snow or had to rearrange your schedule in order to make it into work during a severe storm? If so, how did you handle it? Were you upset with your NannyFamily for placing such an expectation on you? Email the editors with your story at [submissions@nannymag.com](mailto:submissions@nannymag.com).

CHOOSE CAR SEAT:  
BY AGE & SIZE



THE NUMBER  
OF PEOPLE  
**WHO  
THINK**

THEY HAVE  
THEIR CHILD IN  
THE RIGHT  
SEAT.



THE ONES  
**WHO  
ACTUALLY  
DO.**

**KNOW FOR SURE**

**IF YOUR CHILD IS IN THE RIGHT CAR SEAT.**



VISIT [SAFERCAR.GOV/THERIGHTSEAT](http://SAFERCAR.GOV/THERIGHTSEAT)





# Thankful: Using Cards and Notes to Demonstrate Gratitude

BY STEF TOUSIGNANT. PHOTOGRAPHY BY GARY TANG.

Writing notes to express thanks for gifts received or acts of kindness is a wonderful way to add a values-based activity to your charges' holiday routine. You can have your charges write a thank you note for any act of kindness. Hand one to the garbage collector to thank him for his tireless service, or drop one in the mail to say, "Thanks for visiting, Grandma!" The opportunities are limitless, and with Thanksgiving just around the corner, now is truly the time to focus on giving and showing thanks.

Writing notes of thanks and appreciation provides a perfect opportunity for nannies to aid their charges in practicing gratitude. Nannies can also use this exercise as a way to start a conversation about just who belongs to your charge's village

and how a community and their own families support and care for one another.

You can help create a note or card of thanks with a child of any age. Use a collection of photos, cute messages, handprints, and your charge's handwriting to create a lasting impression for the recipient. These will become prized possessions of all those who receive them. Who knows, maybe you'll become a recipient yourself!

My favorite way to capture a beginner's handwriting but make it manageable for a 4- to 7-year-old's attention span is to have them draw a picture of the event they are discussing in the card, like their birthday party or even their presents sitting around the Christmas tree, then

photocopy that drawing and use it for the front of the card.

For the written part of the note, create a template to make it easy for your charge. Design and print a fill-in-the-blanks sentence and provide a spot for the child to sign their name. Also be sure you added a spot for the recipient's name and what they gave them! If your charge loses interest in filling out each template, you can help out by finishing up the blanks while your charge takes on the task of signing his or her name to the card.

Thank you notes can be a fun way to teach children to reflect on the past with gratitude and their parents will be thrilled with how polite you are teaching them to be



# Ask an Agency

## ROCHELLE VINSON OF NANNY PROS, INC.

Rochelle Vinson of Nanny Pros, Inc., a West Coast agency that has served Seattle since 2005, whips up answers for this issue. Topics covered: holiday breaks, holiday bonuses, and what to do if the flu comes a-knockin' on Nanny's door. Your questions, Rochelle's answers.

**Q. IF I RUN INTO A DILEMMA WITH MY NANNYFAMILY OVER CHRISTMAS BREAK AND MY AGENCY IS CLOSED, HOW SHOULD I PROCEED?**

**A.** The holidays are a stressful time for most people, which naturally tends to bring about more issues than normal. We recommend that you don't make any big decisions during the holidays, like giving your notice, if at all possible. Ask a friend or family member to talk about whatever the issue is. Sometimes just talking about it presents a solution! Send your agency an email, even if they are closed, as most agencies will have at least one person checking email periodically. When things calm down, take the time to have a sit-down conversation with your employers.

**Q. DO YOU ENCOURAGE PARENTS TO PROVIDE THEIR NANNIES WITH CHRISTMAS BONUSES? WHAT'S THE TYPICAL PERCENTAGE OR DOLLAR AMOUNT THAT YOU SEE PARENTS GIFT?**

**A.** Yes! We encourage our client families to not only tell their nannies that they are appreciated, but to show them with merit-based raises and bonuses. We do not suggest a dollar amount as all families have different budgets. We always encourage our families to think about what they would like or expect from their employers as this helps the family to see things from the nanny's point of view. For families who don't have the means to provide cash bonuses, we encourage them to offer extra days off with pay as a holiday bonus or gift.

**Q. WITH THE FLU SEASON UPON US, WHAT DO YOU RECOMMEND AS THE LATEST A NANNY SHOULD CALL IN SICK TO WORK? DOES YOUR AGENCY PROVIDE BACKUPS IF THE SCHEDULED NANNY CAN'T MAKE IT IN DUE TO ILLNESS?**

**A.** We always consult our families to have a specific sick day policy that is outlined in the job offer document, that way when it does happen there is already a set protocol in place. Generally, our clients want their nanny to call or text the parents as soon as possible when they are starting to feel under the weather so that they can stay in touch to plan for a possible sick day. If the nanny has a fever and is not feeling well enough to provide care, it's always a good idea to stay home and rest. We do offer temps to our families in the event that their nanny isn't able to go to work.

DO YOU HAVE A QUESTION YOU WANT TO ASK AN AGENCY?

EMAIL [INFO@NANNYMAG.COM](mailto:INFO@NANNYMAG.COM).

# ***Is Stress Stressing You Out?***

BY AMANDA DUNYAK.  
PHOTOGRAPHY BY MACKENZIE KEOUGH.



"There's never enough time to do all the nothing you want."

- Bill Watterson, author of *Calvin & Hobbes*

How true that is! Never mind finding the time to do nothing, how about finding the time to do what absolutely *needs* to get done! How many times have you heard someone complain about how there are simply not enough hours in the day? The stress of all that needs to get done and all the worrying starts to take its toll.

Knowing that you are stressed, in turn, can stress you out even more. We all know that being a nanny has its perks and fun moments, but this profession is so much more than being a playmate. As a nanny, you are responsible for the safety and well-being of the children in your care. You are there to help with their development. You are a teacher, a nurse, a mentor, a referee, a chef, and a great big ball of energy that may need to run errands or do the housework for your NannyFamily and return their children to them in one healthy, happy piece at the end of the day! That is an extreme amount of pressure for a job. Then you add in your personal life and it all starts to pile up.

### NANNING: A VERY STRESSFUL JOB

Marni Kent, creator and author of the INA Mentor Program, says, "Some people see the career of a nanny as simply unchallenging, yet where else can one

take credit in playing an integral part in the way a young person will become an adult amongst society?" We get to mold the content of a child's character face to face and see the results first hand." Kent, a nanny herself, goes on to say, "I've learned that you can't learn how to be a professional nanny from a book. Each family has a specific blueprint of needs and expectations. The nanny has to be able to morph into those needs, be flexible and accept different parenting styles, temperaments, and personalities."

Other common stressors are your health, finances, school, family life, relationships, social life, extracurricular activities, time management, getting enough sleep, exercise and nutrition—the list could go on and on. This is life for many people regardless of profession. When asked if she's ever been faced with an overwhelming amount of stress, Tanesha Jackson, a nanny from Michigan, says that stress was the main reason she resigned from her previous position. "I was so stressed that my health started to suffer. Being a nanny is some serious work! Just like doctors care for their patients, it takes all of you to raise someone else's child." You may know that you need to make a change for your own health and sanity, but where do you start?

### IDENTIFYING STRESS AND ITS EFFECTS

Not all stress is bad. In 1975, Hans Selye wrote an article describing the two types of stress: eustress and distress. Distress

### What are some of the top ways stress can present itself physically?

- Feeling like you're overwhelmed
  - Insomnia
  - Tension in the body
- Digestive problems (like stomach aches or diarrhea)
  - Overeating
  - Feeling anxious

If you find yourself feeling any of the above-mentioned symptoms for a prolonged period of time, schedule a visit with your doctor to get your stress in check.

is known to have negative implications and eustress is related to positive events in one's life. If you are in distress and you can't figure out a way to cope with it, you can suffer from some very negative effects. This is where you start to see stress taking its toll on a person, both mentally and physically.

I wanted to find out how this "distress" can impact a nanny, so I interviewed Karen Shields, a nutritional therapist, and Mark Shields, a life coach, both from Life Practice UK, Ltd. Shields and Shields agree that "Stress starts in the mind because of the way in which we perceive a situation as requiring our immediate attention (i.e., a hostile reaction from a colleague, an exam, a financial crisis, a marriage break up, an impossible deadline, and a loved one's death). Our conscious mind can only cope with an average of seven pieces of information at any one time. Too many things going on for too long can create overload and pressure, therefore we can struggle to cope."

Sandra Finkel, MPH, a mental performance coach and owner of Intentional Balance, LLC, says that "most people know that stress isn't so great, but they don't quite know how to get off the wheel." She describes some of the signs of distress as being overwhelmed, anxious, irritable, over-eating, insomnia, tension in the body, digestive problems,



Take a page out of the book from the little ones you care for and try to enjoy every moment!



Stress is good for us as long as it doesn't overwhelm us. Take time to identify your stressors and evaluate them at the end of the day.

and more seriously, there is a connection between stress and heart disease and cancer.

What about eustress? "If we didn't have certain stressors in our lives, we would be bored and wouldn't grow very much," Finkel says. "It's good when stress can challenge us, but it doesn't bring on such terrible emotions when it becomes too overwhelming." Take the experiences and the coping skills you learn from the eustress and apply that to how you deal when you are in distress.

Pauline Rooney, founder of WorkPlace-EZ and Inner Cor in Australia, says that "stress as a nanny is very necessary. Is it really called 'stress'? Perhaps if that word was changed to a high sense of awareness, maybe we wouldn't all be down, spiraling into a place no one wished

to be. When you are working with other people's children, they have an expectation that is usually higher than they could possibly manage themselves. That is because they are 'stressed' about leaving their precious little ones. This, in turn, places a greater awareness on you. Sometimes it is best to accept the things that are presented to us that cannot be changed, and change the things that *can* be changed. We can change the way we think and this can light us up on end. Take a love/light approach; love what you do and all will be well at the end of the day."

### HOW TO REDUCE AND MANAGE YOUR STRESS

Now that you can identify your stressors and differentiate between the good and the bad, how do you start on the

pathway to minimizing your stress or at least learning how to better manage it to prevent yourself from becoming too overwhelmed and unable to cope? There are many different approaches and perspectives for how to manage stress. What works for one person might not work for another. Cortny Stricker, a nanny from Ohio, says that having a good support system at home as well as a solid nanny support system is a huge help in dealing with her stress and anxiety. "You have to be strong and keep your head up! Don't bottle it all up, either. It's hard but you need to find someone that is willing to really listen to you and understand that you just to get things off your chest! Also, find something to do for you, even if it's a 15-minute walk or watching a favorite TV show!" Stricker also says that making lists and crossing

things off one by one seems to help her manage the demands put on her.

Kent's advice for dealing with a stressful situation as a nanny is this: "Children have such a profound effect on you, whether you realize it or not. When you get down on their level, you are forced to think and learn about patience. Your tone of voice can affect a child so greatly, and most importantly, children teach you how to be happier, and more positive about yourself when you are the one who is supposed to be teaching them."

There are typical common-sense solutions to dealing with stress. Sleep well, eat right, exercise—basically, take care of yourself. Easier said than done for many. Melanie Smithson, author of the book *Stress Free in 30 Seconds*,

"You can relieve stress in every moment through body awareness, posture, breath, and subtle movement. Caring for yourself is the highest service you can offer the world. How you treat yourself becomes the model for how you treat others and who you are in every interaction. External stressors are going to happen, like it or not. How you respond to those outside influences is up to you. And, how you respond is largely influenced by your body and your breath."

Dr. Rosemary Anderson, a health psychologist and director of Anderson Peak Performance, builds on that with ten steps for reducing stress. She says you should "Adopt a healthy lifestyle, know your limitations and don't take on too much, determine the cause of stress and try to change your behavior, avoid unnecessary conflict, learn to manage your time more effectively, take time out to relax and recharge, try to see things differently, find time to meet with friends, avoid alcohol, nicotine, and caffeine as coping mechanisms, and engage in some sort of physical activity and try a relaxation technique."

That all sounds easy enough, doesn't it? But what is considered a "relaxation technique?" Shannon Elhart, a lifestyle for Mindful Living, says that people tend to overlook the power of thought and mind. Elhart teaches meditation and mindful living. She says there are some key steps to dealing with a stressful situation. "First, step away from the stress. Then, tune into your body and to where you are physically feeling the stress. Next, look deeper into your other emotions." Shannon says that more often than not, there is a fear of something hidden beneath the surface. "Look at your thoughts and be

specific and nonjudgmental. And finally, differentiate between the types of emotion that you are feeling." Elhart recommends taking deep breaths, meditating, talking to your higher power, and listening to help balance out your thoughts. "Your emotions are guiding you," she says, "and your thoughts lead to emotion." Elhart says that just three minutes a day of meditation can help lead you to mindfulness. If you've never meditated before, she offers free newsletters through her website ([www.greenheartmindfulness.com](http://www.greenheartmindfulness.com)) through which you can receive quick tutorials on how to meditate.

Another approach to relaxation comes in the form of a therapeutic CD by Professor Thomas Lamb, MSW, MPS. Professor Lamb says, "What is stress? There is a rhythm deep inside us. It is in our heart, in our heartbeat. Our heart exerts and rests, works and rests, works and rests. Most of us have learned how to work (not everyone). Some of us work too much. We do not take enough time to rest. We work, work, work. We violate the natural rhythm which restores our energy and our strength and the joy of living."

Professor Lamb goes on to explain that three skills need to be developed in order to relax deeply. The first is to ignore external sensory stimulation. The second is to ignore that internal monologue. The third is to withdraw into that secret place deep inside. Professor Lamb's CD has been proven in clinical research to reduce symptoms of over a dozen medical problems. Some of these include stress, sleep disorders, anxiety, and PTSD. It is proven to reduce anxiety, blood pressure, and arrhythmias, mild to moderate depression, chronic pain, and headaches. The relaxation

**If you are looking for more information on meditation, relaxation, and stress management, please check out these websites from our experts quoted in this article:**

- [www.lifepractice.co.uk](http://www.lifepractice.co.uk)
- [www.workplace-ez.com.au](http://www.workplace-ez.com.au)
- [www.sandrafinkel.com](http://www.sandrafinkel.com)
- [www.andersonpeakperformance.co.uk](http://www.andersonpeakperformance.co.uk)
- [www.mindchi.com](http://www.mindchi.com)
- [www.greenheartmindfulness.com](http://www.greenheartmindfulness.com)
- [www.melaniesmithson.com](http://www.melaniesmithson.com)
- [www.relaxdeeply.org](http://www.relaxdeeply.org)

exercise, imagery, suggestion, progressive relaxation, background music, and narration and directions make this CD a suitable resource for effective stress reduction.

What else can we do to reduce the stress in our lives? Finkel says, "Being too stressed forces you to look for balance." She explains that a person can control their inner realm, as well as their reaction to life and whatever life throws at them. She explains the keys to a good meditation practice: "Creating space, being quiet, and practice being centered. Relaxation serves a purpose in rejuvenating the body's balance."

"Emotions come in response to life," Finkel says. She explains that often our expectations are out of alignment. A key step to changing this way of thinking is to accept reality on its own terms rather than on the sense that it should be different. "Choose to be more active or passive."

Finkel outlines many ways in

which nannies can generate positive emotions in their lives. Write down at least three things a day that you appreciate, not focusing on or feeding the negativity in your life, soaking in the appreciation and positivity that you are surrounded by, showing compassion and exercising creativity, which "opens up your world and creates expansion in a small period of time."

Finkel's final thought is a provoking question: "What if your job is to feel good? What can you do to support your well-being within those constraints?" Taking care of yourself and adapting techniques to learn how to open your mind and control what you can is the first step toward getting a grip on the stress in your life. A very popular quote by Mary Engelbreit says, "If you don't like something, change it. If you can't change it, change the way you think about it." I bet *she* meditates...

# The Diaper Bag

WHAT'S IN THE WELL-STOCKED BAG OF A NANNY FOR OLDER KIDS? UPSTATE NEW YORK NANNY AND NANNY MAGAZINE'S MARKETING COORDINATOR KERRIE BASCOMB GIVES US A PEEK INSIDE.

## CONSUMABLES

Vanilla extract and ground garlic



Water

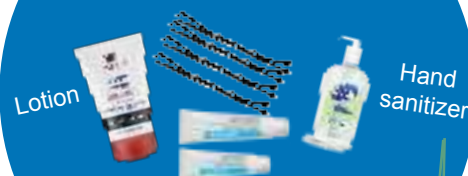
Protein bars

"Trail mix made up of granola bunches, almonds, yogurt chips, and other assorted nuts for snacking on when we are out and the kids start begging for snacks"

"I am always cooking with the kids and on my own and these are my two staples."

## PERSONAL EFFECTS

Bobby pins galore!



Lotion

Hand sanitizer

"I always carry burn cream because I constantly burn my fingers when cooking at work."

"You never know when you'll have to use the port-a-potty at the soccer field."

"So I can keep my youngest charge occupied when he starts to get fidgety."

## BIG KID STUFF



iPhone filled with kids' games

Library card

Small notebook and pen to brainstorm ideas for social media posts and marketing ideas for *Nanny Magazine*

"I like to work on a little extra work for myself with the kids while they do homework because I believe it motivates them to do their homework more efficiently once they see that you never actually stop learning and doing homework."

## ODDS AND ENDS

Receipts, receipts, and more receipts!



Italian language book

Wide cloth headband

"A knot of ribbons made up of my future wedding colors. I like to whip these out when people start asking me questions about my wedding."





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