

September/October 2015

NANNY MAGAZINE

teach play love

Nanny Survival Guide to

Uh Ohs and Emergencies

FIND YOUR
NEXT JOB
RIGHT NOW!

BANISH THOSE
TEMPER
TANTRUMS

SICK DAY
FEEL BETTER
SNACK IDEAS

COMMON
EMERGENCIES
HOW TO COPE

September/October 2015

NANNY MAGAZINE

teach play love

Nanny Survival Guide to

Uh Ohs and Emergencies

FIND YOUR
NEXT JOB
RIGHT NOW!

BANISH THOSE
TEMPER
TANTRUMS

SICK DAY
FEEL BETTER
SNACK IDEAS

COMMON
EMERGENCIES
HOW TO COPE

NANNY MAGAZINE

teach play love

EDITOR IN CHIEF

Jennifer Kuhn, MPS

WEB EDITOR

Amanda Duniak

FOOD EDITOR

Amber Ketchum

SOCIAL MEDIA AND MARKETING COORDINATOR

Kerrie Bascomb

NEWSLETTER EDITOR

Jill Ciganek

SOCIAL MEDIA EDITORS

JoAnna Becker and Kristen Brown

CONTRIBUTING EDITORS

Michelle Galetta and Nicole Panteleakos

CONTRIBUTING WRITERS

Val Aono, Alicia Baker Tulloch, Erin Bailey, Kerrie Bascomb, Amanda Duniak, Stephanie Felzenberg, Kellie Geres, Amber Ketchum, MDS, RD, Sarah Koontz, MDS, RD, Jada Pickett, Beth O'Keefe, Amber O'Neil, Nicole Panteleakos, Kelciann Ross, Jen Webb, Liz Weiss, MDS, RD

CONTRIBUTING PHOTOGRAPHERS

Amber Ketchum. Cover photo by Danil Chepko via 123rf.com.

CONNECT WITH NANNY MAGAZINE

www.nannymag.com

www.twitter.com/NannyMagazine

www.facebook.com/NannyMagazine

NANNY MAGAZINE PUBLICATIONS, LLC

P.O. Box 6025

Evanston, IL 60204

626.692.5455

Copyright 2015 Nanny Magazine Publications, LLC

For subscriptions, inquiries, change of address, and back issues, email info@nannymag.com.

For advertising sales, email jennifer@nannymag.com.

No portion of this publication may be distributed or copied without express written consent from *Nanny Magazine*.

CONTENTS

September/October 2015
Allergies & Emergencies

33

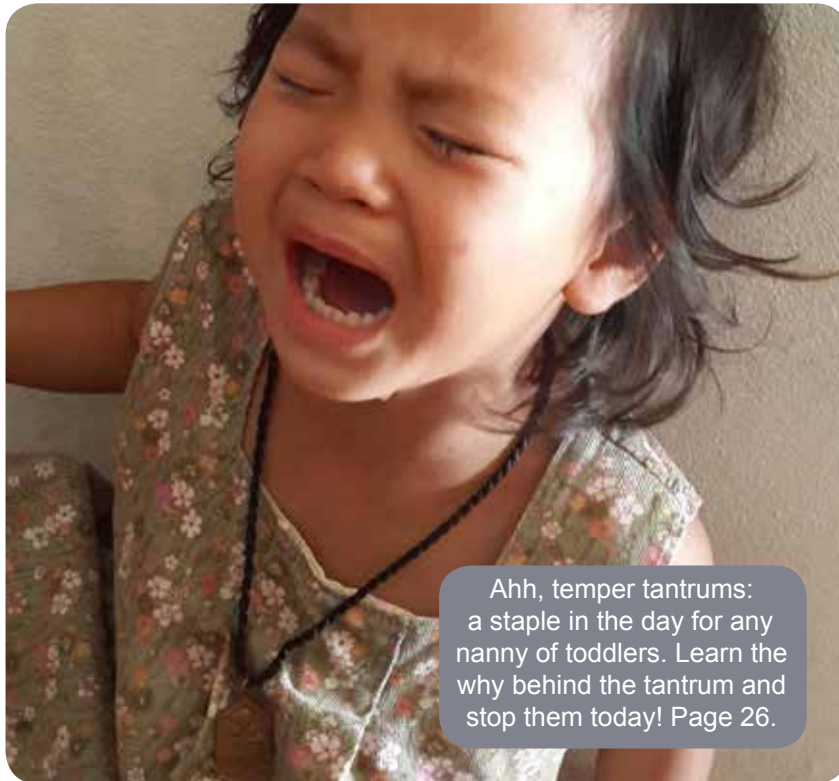
IS IT REALLY JUST PICKY EATING?

Or is it time to see a dietitian?
BY SARAH KOONTZ.

39

FEEL BETTER FRIENDS

Products to make your charges feel better.
BY KELCIANN ROSS



Ahh, temper tantrums: a staple in the day for any nanny of toddlers. Learn the why behind the tantrum and stop them today! Page 26.

Photo Credit: MorgueFile

ON THE COVER

18 COMMON EMERGENCIES AND HOW TO COPE

9 FEEL BETTER SNACKS: DIETITIAN APPROVED

26 BYE BYE, TEMPER TANTRUMS

14 FIND YOUR NEXT JOB NOW: ACE YOUR SEARCH

KIDS

6 Pajama-Rama
Who doesn't love PJs? We've rounded up the best comfort-wear for your charges, sick and well. So cute and comfy they won't want to get dressed!

36 Sick Day Activities
Jen Webb pulls out all the stops with sick day activities to help those littles feel better fast.

DILEMMAS

12 The Contagious charge Should you have to go in to work?

JUST FOR YOU

14 Job Search Toolbox Don't be overwhelmed by your search for a new job. Use Kellie Geres's tricks!

32 Get a Life!
Are you a live-in nanny struggling to feel more alive? Val Aono has top tips for getting out of the house.

13 Comforting Broccoli Soup Reinvented
Learn a healthier way to make this classic.

FUN

38 Quiz Is it allergies, or is your charge actually sick?

9 Snackalicious
Healthy, easy-to-make snacks to promote health (and healing) for you and the little people. Get snacking, nannies!

34 Data Blitz Get your monthly dose of fun, random facts to impress everyone you know!

Editor's Note

"IT IS BY PRESENCE OF MIND IN UNTRIED EMERGENCIES THAT THE NATIVE METAL OF MAN IS TESTED."

—JAMES RUSSELL LOWELL (AMERICAN POET AND DIPLOMAT)



First and foremost, your job as a nanny is to keep your charges out of harm's way, but as so many of us know, accidents happen and sometimes, try as you might, you can't do anything about it. The words of James Russell Lowell are timeless and true: it often seems that you don't know how much you're capable of withstanding or how resilient you can be until life throws you a curveball and you have to. That is why I have chosen this quote to kick off *Nanny Magazine's* Allergies and Emergencies issue.

I remember when I nannied for twin toddler boys, and one day we were preparing to leave the little gym where they had spent the morning when one of them climbed atop a bench, fell off, and hit his little noggin as I was tying his brother's shoes. This was the only emergency situation I faced during my nannying career, but it is one that has certainly stuck with me all these years. I called his mother and we whisked him off to the emergency room as I struggled to not feel guilty even though I knew there was nothing I could have done. I

was lucky that the biggest emergency of my career ended up not being much of a big deal. There are so many worse things that could happen. That's why Nicole Panteleakos writes in this issue about ways nannies can prepare for some of the worst scenarios. We want you and your charges to be happy, healthy, and safe. Turn to page 18 to read this important piece.

Other gems in this issue include veteran nanny Kellie Geres's piece on job search preparation, Amber O'Neil's piece on why it's important for live-in nannies to see the world outside of their NannyFamily's home, and Beth O'Keefe's always-timely advice on how to banish the dreaded temper tantrum. I am also especially eager to share with you a piece that will help you understand when your charge is simply being a picky eater as opposed to when he or she may actually need to start seeing a registered dietitian.

Our regular suspects are also on board and on theme for this issue: Erin Bailey weighs in as MomBoss extraordinaire in her regular column; Stephanie Felzenberg answers our reader's hard-hitting questions; and dietitian Amber Ketchum and friends give us some of the best sick-day snack and soup recipes this side of the solar system. I encourage you to absorb these pages and share your feedback with our editorial team by sending us a note to submissions@nannymag.com.

Happy reading!



Jennifer Kuhn, MPS,
Editor in Chief

Photo Credit: Morguefile



**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.
BECAUSE GREAT THINGS HAPPEN WHEN WE LIVE UNITED.



Pajamarama: Best PJs for Kids

BY ALICIA BAKER TULLOCH.

EVERYONE NEEDS A SICK DAY NOW AND THEN. AND WHEN ILLNESS OR ALLERGIES STRIKE, WHAT BETTER WAY TO SPEND THE DAY THAN SNUGGLED UP IN A PAIR OF PERFECTLY ADORABLE PJS?

1



INSIDE OUT

Have your bud show you what's hurting on these Skeleton PJs.

Old Navy. \$22.00

2



ALL STARS

Trace the constellations with your little star gazer, and read *Wish Upon A Star*, by Fran Lee, a collection of stories on how the constellations got their names. These jammies even glow in the dark!

J. Crew. \$52

3



INTO THE WOODS

Talk about Abraham Lincoln while you and your little lumberjack build a toy house together with Lincoln Logs or legos.

Lazy Ones. \$24

FLASH DANCE

Make a magical potion together in the kitchen with your little witch or wizard. (They don't need to know it's chicken soup!)

J. Crew. \$52

4



5



TO THE RESCUE

You and your budding superhero can act out the daring tales of his favorite crimefighter while he relaxes in these super-stretchy Superman PJs.

Old Navy. \$14

6



GIDDY UP

Make your own horseshoe game out of paper plates and a table leg, while your princess charge enjoys these horse jammies.

Zulily. \$14

Nannies Ask

BY STEPHANIE
FELZENBERG OF BE
THE BEST NANNY
NEWSLETTER.



Photo Credit: 123rf/Jens Molin

Dear Stephanie,

My CPR certification expired well over a year ago. I've been wanting to ask my MomBoss to pay for me to have it renewed, but I feel ashamed to even ask. Is this normal? How should I approach this situation?

-Barely Breathing

Dear Barely Breathing,

It is normal to find it difficult to ask for money or negotiate terms of a job. But you won't get what you don't ask for. It is essential that nannies keep their CPR and First Aid certifications current. Don't delay. Renew your certificate now.

When bringing up the topic with your employers, I would say something like, "My CPR and First Aid certificate expired a year ago. I know it is essential that I renew my CPR and First Aid certificate but I haven't renewed my certification because it is expensive. I was wondering if you might be willing to help me pay to renew my certification?"

Whether the parents agree to pay a portion of the cost or not, be sure to renew your certification. Ultimately it is your responsibility as a professional nanny to be CPR/First Aid certified.

Sincerely,
Stephanie

3 Perfect Sick Day Foods

BY AMBER KETCHUM, MDS, RD.



IF YOUR CHARGE IS HOME SICK, IT'S IMPORTANT TO MAKE SURE THEY'RE GETTING ENOUGH OF THE RIGHT FOODS AND FLUIDS TO HELP THEM FEEL BETTER. HERE ARE THREE SOOTHING SICK-DAY SNACK IDEAS.

1. POPSICLES

Very warm or very cold foods and liquids can be soothing for a sore or scratchy throat. Popsicles made from 100% fruit or 100% fruit juice are sweet and satisfying options. A good tip for making popsicles at home is to use a mixture of half water and half 100% fruit juice. This still gives the same satisfying flavor, but with less sugar.

2. BROTH-BASED SOUP

Soup is a nice all-purpose sick day snack or meal. It can be soothing for sore throats and also gentle on sensitive tummies. Just make sure to choose something mild; you can't go wrong with the gold-standard: chicken noodle soup!



Photo Credit: Morguefile



Photo Credit: Morguefile

3. PLAIN GRAINS

Crackers, toast, steamed rice, or plain cooked pasta are easy to eat and gentle on tummies.

It's important to encourage foods and fluids, but remember to take things slow and make sure your charge is feeling well enough to consume those foods first.

Note: The BRAT diet (bananas, rice, applesauce, and toast) is a popular and helpful guide for foods that help with recovery from upset stomach and diarrhea. These four foods are helpful for making firmer stools and for providing potassium and other nutrients that may have been lost through vomiting or diarrhea.

Medical Authorization:

WHY YOU NEED IT AND HOW TO GET IT

BY AMBER O'NEIL.



Photo Credit: 123rf.com/Parinya Yodchompoo

The number one goal for all nannies should always be the health and safety of the children they care for. Having fun is also important, but boundaries must be in place. Even with boundaries, kids can get sick or get in an accident on the nanny's watch.

Having a medical authorization form will allow the nanny to seek medical treatment without a parent being right there. The nanny will have the information of what happened, which will allow the necessary medical professionals to treat the child more effectively rather than trying to get the information second hand from the parents, who may or may not have been witness to the accident. It is also important to note that it is needed when

caring for children while the parents are out of town.

That being said, the parent should always be told and consulted on the plan of action for their child. I can personally attest to how important this is to have, and why I now make sure that the families I work for as a nanny have this form signed and ready to go at the outset of my working relationship with them. One of my past charges got sick with pneumonia while her mother was out of town and the dad was in an appointment of his own. The mom had to contact the urgent care to allow me to seek treatment for her daughter. I also had another instance where if we had it in place, I could have signed the discharge papers to allow

the baby I took care of to go home from the hospital after she had been very ill.

Finding a medical authorization form is very easy. You can find several form templates online and look at each one until you find the one you like the most. Once you find your preferred template, you can copy and paste it into a word document to make slight changes to the form before sending it to the parents to look over and fill out. When severe allergies or illness strikes on your watch, you'll be glad you have this form on hand so you can get your charge prompt and proper care on behalf of the parents if they are unable to do so for whatever reason.

Dilemma



YOUR CHARGE IS CONTAGIOUS.
SHOULD YOU GO TO WORK?

Photo Credit: 123rf / Parinya Binsuk

BY JADA PICKETT.

“Must be able to care for children when they are sick” is a common expectation from many employers when hiring a nanny. But should nannies have to work when the kids are contagious? It is very important for families and nannies to discuss in great detail every aspect of the job as much as possible from the get go. Sick care is one part of the job that should definitely be broken down into specifics.

Generally speaking, when a nanny agrees to care for the child even when they are sick, that also includes any stages of illness during which the child is contagious. Melissa Blackburn from Hazlet, New Jersey, says “I have nothing against caring for a child who is sick or contagious. I also don’t have kids of my own yet so my view may change when the time comes, but for now I have never gotten sick from caring for sick or contagious children. My issue is when the parent still wants me to run errands with the child, depending on how sick they are. Being a nanny, we are the child’s third parent and are there for them when their parents can’t be. When one of the kids would be sick, we would snuggle up reading and watching a movie or two.” If a nanny only chooses to care for the children outside of being contagious, it is important that she informs her potential employers to what extent she will care for their children when they are sick.

Corina Yildiz, a Fort Lee, New Jersey nanny, does not agree. “I work part time. When a family’s kids are sick. I want them to tell me. I don’t want to get whatever they have or bring the sickness home to my own family. Granted, a mild cold is no big deal, but if it’s a virus or the flu, no way! Strep throat I can deal with because I never get it.”

Many families have very demanding jobs and know how fast a child can catch the flu (overnight) or an ear infection. This will help both the employers and the nanny decide if this is the right fit or not. Whichever side of the fence you are on, you should never accept or sign a contract for a nanny position without understanding your duties and expectations in full.

CREAMY BROCCOLI SOUP REINVENTED

BY LIZ WEISS, MDS, RD.
REGISTERED DIETITIAN

Words and photography by Liz Weiss, Registered Dietitian from Meal Makeover Moms' Kitchen. Read the blog online at mealmakeovermoms.com/kitchen.

Serves: 6

Ingredients

- 1 tablespoon extra virgin olive oil
- 3 green onions, trim 1 inch off ends and then cut into thin rounds (about $\frac{3}{4}$ cup)
- 1 clove garlic, minced
- One 16-ounce bag frozen broccoli florets
- One 15-ounce can cannellini beans, drained and rinsed
- One 32-ounce carton all-natural vegetable broth
- 1 cup frozen petite peas, thawed
- 2 tablespoons fresh mint
- 2 tablespoons fresh tarragon
- Optional toppers: Croutons, shredded cheese, plain Greek yogurt, chopped green onion, and additional chopped herbs

Instructions

1. Heat the oil in a saucepan over medium-low heat. Add the onion and cook, stirring frequently, until golden, 4 to 5 minutes. Add the garlic and cook, stirring constantly, until golden and fragrant, 30 to 60 seconds.
2. Add the broccoli, beans, and broth. Cover, and bring to a boil. Reduce the heat and simmer, covered, 10 minutes.
3. Add the peas and herbs and use an immersion blender to purée the soup. If you don't have an immersion blender, let cool slightly, transfer to a blender, and purée in batches until very smooth. Reheat the soup until warmed through.
4. Season with salt and pepper to taste, and serve in individual bowls with optional toppers.

Make it
healthier!



Perfect Your Nanny Job Search Toolkit



BY KELLIE GERES.

GEARING UP TO SEARCH FOR A FANTASTIC NEW JOB?
GET YOUR TOOLS READY FOR A SUCCESSFUL SEARCH.

NOWADAYS, WHEN IT COMES TO SEARCHING FOR A NEW NANNY JOB THERE ARE MANY OPTIONS: ONLINE, BRICK AND MORTAR AGENCIES, WORD OF MOUTH. USING ALL THREE TO EXPAND YOUR JOB SEARCH IS KEY. BUT WHAT ELSE CAN YOU DO WHEN SEARCHING FOR A NEW JOB? HERE ARE FIVE THINGS YOU CAN DO TODAY TO IMPROVE YOUR SEARCH AND FIND YOUR NEXT JOB.

1. UPDATE YOUR RESUME.

This should be done periodically throughout the year as you add to and enhance your skills. Don't have one or haven't touched yours in years? Invest in a professional résumé writer. There are several services out there that will work with you to create a professional résumé and cover letter. This is what you are going to put in front of agencies and parents. Make it stand out from the others, showcase your skills and achievements, and take your application to the next step.

2. CLEAN UP YOUR ONLINE PROFILE.

These days, agencies and parents are looking at social media profiles when considering candidates for jobs. Be careful what you post. Make sure your privacy settings are appropriate, or consider a personal page for family and friends and a separate professional page for your nanny career. Take off any photos that would shine a negative light on you in the eyes of a prospective family, such as the photo of you tossing your cookies at your best friend's bachelorette party. Others may find it funny, but to a potential employer, not so much. Remember, what happens on the Internet, stays on the Internet.

3. UPDATE AND ALERT YOUR REFERENCES.

Let your references know you're job hunting, and be prepared for inquiries. Also remember it's important to ask permission first to use someone as a reference. Make sure this person knows you either professionally (e.g., has seen you interact with the children in your care) or knows you personally and can vouch for your values, personality, and credibility. Ask references how they prefer to be contacted. No one wants to receive phone calls from 10 different prospective families. Maybe they prefer an email inquiry first, then a follow-up call that can be scheduled at a mutually convenient time.

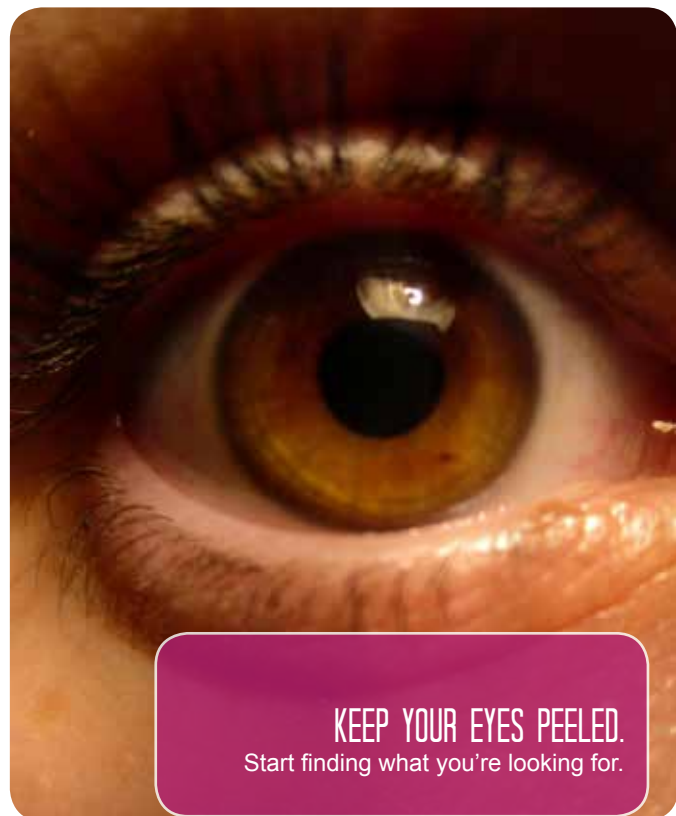
4. ENHANCE YOUR EDUCATION.

With families faced with multiple nanny candidates for a job, what can you do to make yourself stand out from the others? Consider taking classes, workshops, or webinars in child development, special skills, or other areas of learning and enhance your education. Not only are you gaining new skills and knowledge, but you're adding value to your résumé, growing your portfolio, and expanding what you can bring to the family and children in your care. There are many options out there for nannies to achieve higher learning potential: check for online education such as CareAcademy.co and Nanny Coaching Team, in-person learning such as college classes, conferences including Nannypalooza, National Nanny Training Day, and the International Nanny Association. Don't forget good old-fashioned books and articles, too.

5. SPREAD THE WORD.

Tell everyone you know that you are looking for a new position. Someone always knows someone looking for a nanny or knows of jobs out there through agencies or online listings. Print up business cards with your contact info and skills (such as CPR certification, experience with special needs or multiples, INA credentials) on the back of the card and hand it out if you meet someone in the local park or coffee shop.

WHAT OTHER TIPS DO YOU HAVE TO ADD TO THE NANNY'S JOB SEARCH TOOLBOX? SHARE YOUR ADVICE BY EMAILING SUBMISSIONS@NANNYMAG.COM. BE ON THE LOOKOUT IN 2016 FOR NANNY MAGAZINE'S SPECIAL INTERVIEWS ISSUE!



KEEP YOUR EYES PEELED.
Start finding what you're looking for.

Photo Credit: AMorgueFile



Photo: Grant Delin

If you always store your firearm safely, no curious kids will put their fingers on it. And no gun will accidentally fire. Which means no screams of pain will be heard. And no 911 calls will be made. And no scars will be left. So please, always remember to keep your firearm stored safely.



Visit ncpc.org to determine the best firearms safety solution for you.





UH OHS AND EMER

BY NICOLE PANTELEAKOS.



EMERGENCIES

Photo Credit: 123rf / Сергей Тряпицын

No matter how well a nanny plans and prepares, it is not always possible to expect the unexpected. No matter what your emergency may be, the most important thing to do is stay calm. Breathe. When in doubt, dial 911. And when facing one of these five common situations, follow this advice.

1. HUNKA HUNKA BURNIN' KITCHEN

The Scene: It's 3pm. You and your charges have spent the last hour measuring and mixing brownie batter or cookie dough, and you're excited to begin baking. You fill your baking dish, close the oven door, set a timer, and wait. After a few minutes, you start to smell something. Is something burning? Did the cake already cook for too long? You open the oven and see flames. Your confectionary creation has bubbled over, splattering down on the hot coils below, and a small fire has started.

What now?

Don't panic. Shut the oven door. Turn the oven off. And grab the nearest box of baking soda. Open the oven carefully, not too wide, and liberally pour in an abundance of baking soda. If possible, grab your pan and remove it from the oven. Close the door and keep it closed for at least an hour, until the oven and stove have completely cooled down. Open the oven. The baking soda combined with the closed door should have suffocated the fire, leaving everything a powdery, but safe, mess. Clean and move on. Everything's okay.

Should you have a fire on the stove top, baking soda also works, though a less messy and just-as-effective approach would be to completely cover the burner with a glass pot cover, keeping it held down (and turning off the burner) until all is cool. Like the oven fire, this one will have suffocated, leaving you and your charges perfectly safe. You shouldn't need to call 911 for this one, but if the flames are escaping the oven or stovetop and/or the kitchen fills with smoke, get the kids out of the home and dial. Better safe than sorry!

2. BUG BITES AND BEE STINGS

The Scene: It's a happy, sunshine, carefree day. You and your charges are playing outside in the backyard or at a park, tossing a ball or running relay races, when one of them begins to wail. A large welt begins to swell on his forearm, causing pain. He says it was a bug. Or a bee. He's not sure. And you didn't see it. What do you do?

"CATERPILLARS ARE CUTE. FUN. FUZZY. DELICIOUS. OKAY, MAYBE NOT DELICIOUS, BUT THAT DOESN'T STOP KIDDOS FROM OCCASIONALLY PICKING ONE OF THESE CRAWLERS UP AND POPPING IT IN THEIR MOUTHS..."

If you know your charge is allergic to bee stings, you may have to administer an EpiPen while waiting for a response from 911. If this is the case, you and the child's parent(s) should have already discussed the protocol for bee stings well in advance. Do as they've told you. But if this is a bite or sting from an unknown assailant, don't panic. If you know the child was stung by a bee, remove the stinger, if possible (note that wasps and hornets do not leave stingers behind). The faster, the better. The stinger is attached to a sac of venom that can cause intense pain even in children who are not at all allergic to bees. Use your fingernails, tweezers, your driver's license, whatever is handy. Take the child inside to wash the affected area with water and soap, then put on an ice pack for a few minutes to reduce pain and swelling. Contact the child's parents and, if necessary, doctor for further instructions, as the area may be painful or itchy and require medication. Should your charge show ANY signs of an allergic reaction and/or anaphylaxis, dial 911 immediately.

According to the Cleveland Clinic's website, signs include breathing difficulty, swelling of the face, lips, or tongue, hives, vomiting, dizziness, or losing consciousness. An anaphylactic reaction can be fatal in under ten minutes, so spare no time if these symptoms occur.

Most other bugs won't bother your charge (much) but keep an eye on mosquito bites and always be extra vigilant during tick season, especially if you live out in the country. Lyme Disease is serious and not always easy to spot (often, people do not even realize they've been bitten), so if you see a red ring forming around the bite mark on your little boy or girl, see a doctor. Stat.

3. MY CHARGE ATE WHAT?!

The Scene: From the time they learn to scoot along on their tummies, and possibly even before, babies and toddlers are on the lookout for anything they can fit in their mouths. The more dangerous, the better it seems: fuzz, pebbles, their own toes. So what should send up a red flag and what's safe to laugh off?

It's relatively safe to assume that a Cheerio past its "five second rule" is hardly cause for concern, but many other accidental edibles can be more worrisome. You should immediately dial 911 or the Poison Control Center if you believe your charge has swallowed any cleaning materials, poisons, medications, or sharp objects (like thumb tacks), but there are less obvious, more common dangers lurking about as well. These include coins, caterpillars, and age-inappropriate candies. When it comes to coins, it's highly unlikely your little one will manage to choke down a quarter or silver dollar, but every year countless children manage to introduce pennies to their stomachs. While many children who swallow pennies simply pass them a few days later without issue, it is possible for the corrosive zinc of newer pennies (printed since 1982) to cause your charge significant digestive issues. Unless your charge is choking, this is one for the doctor's office. Let her do an exam and x-ray, then she can decide whether or not a trip to the emergency room and/or further immediate medical care is necessary.

Caterpillars are cute. Fun. Fuzzy. Delicious. Okay, maybe not delicious, but that doesn't stop kiddos from occasionally picking one of these little crawlers up and popping it in their mouths, even though, as 8-year-old

T once proclaimed (just after chewing up a fuzzy one), “Caterpillars are not food.” Afterwards, he complained that his tongue felt “funny.” His school nurse assured staff it was nothing to worry about in his case, but it could, in other cases, be quite serious. A New York Times article on the dangers of caterpillars warns that problems “can occur if someone breathes in caterpillar hairs that have been released into the air, or eats caterpillars.” Symptoms of a potential reaction are numerous, including pain/redness/tearing in the eyes, drooling, mouth irritation, headache, cough, shortness of breath, blisters, whole body pain, and hives. If these occur, dial 911. Otherwise, consulting your charge’s pediatrician should suffice.

Finally, age-inappropriate candies. Try to keep the hard candies out of little ones’ reach, because these sweet, sweet choking hazards can be deadly in the wrong esophagus. Since you never know what someone will drop in the sandbox at the baby park, it’s important to be prepared. Hopefully you are CPR and First Aid trained and will know what to do immediately upon the first signs a child is choking. Just a few reminders: do not fish around in the child’s mouth with your fingers, you may end up lodging the candy further into the child’s throat. Do phone 911: if possible, have an older child do it so you can commence with the Heimlich maneuver (remember, the method is different depending on the age and size of the baby/child). If your CPR and/or First Aid training has lapsed, get recertified. It could save a child’s life.

4. WHEN GOLDBLOCKS VISITS

The Scene: You’ve just returned home with the kiddos to find the door slightly ajar. It gives you a bad feeling. You know your MomBoss and DadBoss are gone for the day, but who else would be in the home? You peer through the window. A chair is on its side in the hall. You call out a hello to no response. The bad feeling in your gut gets worse. Do you assume it’s just MomBoss home early and enter?

No. This one is simple. Never assume. Stay outside with the children, move away from the door to the home if possible, remaining in your car, the driveway, or the main area of the apartment building. Phone your boss. If neither of them has been home, you know you’ve had an unexpected visitor since you said goodbye to the cats and the goldfish two

hours ago. If a break in is suspected, do NOT enter the home. Call the local police (it’s important to keep their number handy, though 911 will work in a pinch). Wait until the house has been checked and cleared by police and, preferably, until either your MomBoss or DadBoss has returned home. You never want to risk catching a robber in the act, even if it’s just your local Goldilocks seeking porridge and a comfy bed to nap in. Keeping the kids safe means trusting your instincts, always, and making that call.

5. “MY THUMB FOR AN ONION!” –SYLVIA PLATH

The Scene: The kids are napping and you’re prepping dinner when you slice off the tip of your thumb. Holy guacamole! That’s gotta hurt. What now?

On-the-job injuries are going to happen when you’re working closely with kids in the home, but you’re not usually the one with an owie, and if you hurt yourself, chances are it’ll take more than a Sesame Street band-aid and a kiss on the knee to make you all better. If you cut yourself, step one is to stop the bleeding. Wrap your cut tightly in absorbent cloth and, if possible, hold the bleeding body part above your heart. If you are in the middle of cooking, turn off the heat. Dinner can wait. According to Katharine Martinelli, an internationally published food and travel writer, in her Basic Kitchen Safety article entitled In a Pickle: What To Do If You Cut Yourself in the Kitchen, via sheknows.com, “If the cut is squirting blood or if you feel weak or dizzy, call 911 immediately.” Otherwise, continuing to apply pressure while holding the injury up as aforementioned should suffice. “Once the bleeding has stopped, apply an antibiotic ointment and (bandage),” though if it appears deep enough to require stitches, see a doctor right away. This will mean waking the children, unless your MomBoss or DadBoss is on hand, and please, if you’re feeling dizzy, don’t drive. 911 will send an ambulance. Don’t risk passing out and causing an accident, putting all of you in further danger.

No matter what has happened or what you do, the number one most important thing you absolutely must do is remain calm. Keep the children calm. Assess the situation, and call 911 when necessary. Otherwise, a band-aid, baking soda, or bit of ice should do the trick!



Photo credit: Morguefile

Sources:

1. www.health.clevelandclinic.org
2. www.nytimes.com/health/guides/poison/caterpillars.



GET OUT!

ADVICE FOR LIVE-IN NANNIES

BY AMBER O'NEIL

Live-in nannies have unique lives compared to those of us who are live-out nannies. Both live-in and live-out nanny jobs have their pros and cons. For live-in nannies who are typically stuck in the same environment day in and day out, even when off the clock, there are a few vital reasons to have friends and activities outside the home of the NannyFamily for which they work.

A nanny job can be very isolating for a live-out nanny, but for a live-in nanny, the isolation can be immensely worse. A live-in nanny should be able to have a life of her or his own separate from the job and away from the employers. The ability to have a life separate from the job will allow the live-in nanny to

come back refreshed and ready to do their job well. Making friends, whether they are nannies or working in other professions, allows the nanny to have company when so much of her day is potentially spent only in the presence of people who don't know how to talk yet.

Another reason for the importance of outside friends and activities allows a live-in nanny to show the kids something new that the nanny enjoys. Learning new things is very important for kids and believe it or not, it's just as important for adults to continue expanding their horizons as well. We as nannies want kids to be well rounded in life. You never know what a kid will pick up that they become passionate about that could lead to something great!

Live-in nannies should also get outside of the house for a fresh perspective or a break to avoid becoming resentful of the job and family. The boss parents could potentially take advantage of the live-in nanny's free time, and indeed, very often the lines

are blurred between when you're off the clock and when you're available to entertain the charges while Mom-Boss jumps in the shower. The live-in nanny could feel like they are always on call, particularly if boundaries and time off are not respected.

All nannies are unique in our own way, regardless of whether we live in or out. We are impacting the next generation greatly. It is vital to a live-in nanny's sanity and serves as a benefit to kids that the live-in nanny have friends and activities outside of the job.

Short on ideas? Try some of these suggestions:

1. Join a class at the gym
2. Join a book club at your nearest library
3. Head to www.meetup.com
4. Volunteer at an animal shelter
5. Learn a new art and head to a local paint night event
6. Get a second part-time job to make new friends and earn extra cash!

You're a
dumb piece
of trash.

You don't see
bullying like
this every day.

Your kids do.

Teach your kids how to
**be more than
a bystander.**

Learn how at
StopBullying.gov



**FREE TO BE...
YOU AND ME**
FREE TO BE FOUNDATION INC.



*Mommy
Musings*

*A real MomBoss
weighs in on all
things nanny*



Photo Credit: 123rf / Nikita Vishneveckiy

A Scenario:
YOU DON'T WANT TO THINK ABOUT
WHAT WOULD HAPPEN IN A CAR
CRASH, BUT YOU PROBABLY SHOULD.

BY ERIN BAILEY.

Imagine this: after a rainy week, you decide to take your charges for a special treat.

You drive across town to a large playground that you don't often get to visit. Your charges have a blast and late in the afternoon you pack everybody up and head home. You are on the interstate for two miles when your right front tire blows. You attempt to control the car but the blowout is strong and sudden. Your car ends up upside down in a ditch with you and your charges inside.

No one wants to think about the worst-case scenarios, but as a nanny responsible for caring for my most precious cargo, you need to be sure you are prepared to handle whatever life throws your way. For many people, this scenario is just the beginning of the nightmare. Did you know that in a case like this, you and your car insurance would be responsible for all of your charge's medical bills, including an ambulance ride or life flight? Most people assume their MomBoss would not sue them, but your MomBoss's car and health insurance may sue you on the child's behalf, leaving your MomBoss out of the decision-making process entirely.

Most MomBosses, myself included, expect their nanny to drive their charges around town on a daily basis as part of his or her job; it seems more often than not, this means that MomBoss expects Nanny to provide their own transportation. So what can you do to protect yourself?

-Carry more coverage than your state mandates. State-mandated insurance limits are never sufficient.

Discuss the appropriate limits with your insurance agent, including a scenario for when you have your charges in the car.

-Notify your car insurance that you are using the vehicle for work. Most car insurance companies ask if you use your car for work on your application. If you said "no" they could deny coverage and leave you holding the bag. If you were not using your car for work when you obtained your insurance but your situation changed, you have a duty to call and inform your insurance company of your change in circumstances.

-If you still do not feel comfortable that you are covered, discuss it with your MomBoss. Some MomBosses can provide a car for the nanny to drive while they are at work. Providing a car for a Nanny can be beneficial in other ways as well. It ensures that the children are being driven around in a safe, well-maintained vehicle and can ensure that there is enough space and enough room for car seats for families with three or more children.

If you must use your own car, you should absolutely make the car insurance question a point of discussion with your employers. Very often, a reasonable MomBoss will be willing to meet you halfway with covering the difference in insurance costs if it means making sure her precious children are taken care of should the unspeakable happen.

"NO ONE WANTS TO THINK ABOUT THE WORST-CASE SCENARIOS. BUT AS A NANNY RESPONSIBLE FOR CARING FOR MY MOST PRECIOUS CARGO, YOU NEED TO BE SURE YOU ARE PREPARED TO HANDLE WHATEVER LIFE THROWS YOUR WAY."



SO LONG

TANTRUMS



G MMS

Photo Credit: 123rf/Olga Murina

BY BETH O'KEEFE. TANTRUMS: "UNPREDICT- ABLE, CHAOTIC, AND LOUD."

Act 1. Scene 1. (Homeport Restaurant, Orleans, MA, 1987). A mother and five small children enter a family restaurant and are led to a booth and given a high chair. The mother speaks quietly with each of her children as she settles and begins to order. An elderly couple in the next booth overhear the mom say, "I know you are hungry, but this is a treat, and sometimes waiting for a treat makes it more special."

The baby is in a carrier next to her on the seat, and the next youngest sits in the high chair, playing with a little puddle of water that the mom dripped deliberately on to the tray for her. But the next one up (about three years old) begins to fidget, climbing up and down from the seat, under the table and back. Within minutes, his two older sisters begin to giggle or complain about the escalating activity at their feet. As the couple at the next table listens in mild amusement, the mother retrieves the little boy and firmly tells him to keep his seat, which he does. For 28 seconds.

Anticipating the inevitable, the couple says, "We should get our check," and waves over the waitress. After promising to return with their bill, the waitress moves to the table with the young family, takes the order the mother dictates, then heads to the kitchen. Following one more repeated offense by the energetic toddler, his mom says in an even voice, "If I have to speak to you once more, we will all leave. Is that understood?" As if to reinforce the integrity of a self-willed three year old, the child sets his little jaw and promptly slides to the floor. His mother quickly collects her family, diaper bag, purse and baby carrier, and begins to herd them out the door. An older sibling complains, "But we didn't do anything!" Without skipping a beat, she replies, "When one person disrespects the rules, everyone suffers." Gliding past the older couple, she smiles and politely asks if they would convey to their server her need to leave immediately, which they are happy to do.

Two weeks later, the same family returns to the same place. There are no incidents. After they had enjoyed their meal together (with plenty of affection and shared fun), the waitress comes to their table to tell them their bill had been paid two weeks earlier by a lovely couple who admired her, muttering some old-school proverb about “an ounce of prevention.”

True story.

Act 1. Scene 2. (Marcy’s Diner, Portland, ME. 2015). A small diner in Maine made the national news this summer and glutted the pages of social media when the owner, Darla Neugebauer, lost her temper. Hot debate ensued when the toddler of customers carried on a lengthy tantrum and the owner yelled at the child to stop. Support for the diner owner ran along the lines of “Parents are not doing their job of controlling and teaching their children the parameters of social behavior, and she had every right to stop it in her own establishment.” Conversely, the crusaders for the parents were indignant at the owner’s interference in their family, citing her profane and aggressive reaction to normal toddler behavior.

True story.

THE NATURE OF THE BEAST

What is a tantrum? What causes it and (more critically) how can we make them stop? Is it possible to prevent them? Every parent’s and caregiver’s frustration with tantrums really goes back as far as birth. Remember the first time you heard that baby cry? Almost automatically, the first response was, “What’s wrong?” and the instinctive focus became how to stop it.

IT IS WHAT IT IS

A tantrum, simply put, is an emotional outburst. It is unpredictable, chaotic, and loud. It cannot be prevented because it cannot be predicted. A child does not plan an outburst in a genuine tantrum (although, if that child has learned that the tantrum will bring an expected response in their favor, they may evolve into intentional, strategic outbursts). The unpredictability of a tantrum stems from the child suddenly faced with a frustration or emotion out of their own control. It is, above all else, a child’s need to communicate (with their limited vocabulary and skill) that frustration. Our role as adults is to help restore the calm and bring the chaos back under control. How do we do this if we don’t understand the outburst? We just want it to stop!

IT’S NOT WHAT IT SEEMS

A tantrum is not (at least initially) theatrics, or “an act,” or “just looking for attention.” It is not funny or cute. It is truly sad to see adults who do not know the best way to respond to a child in emotional distress treat it as a joke. This is disrespectful at the least, and damaging beyond

that. And it will not make it stop!

Let’s talk. You walk into a shop with great urgency and whisper to the clerk, “May I use your restroom please?” You hope that they empathize with your need and show you the way. Relief!

Now let’s change the climate. You walk into a shop with great urgency and whisper to the clerk. Only now you are an English-speaking tourist in Tanzania. The clerk does not speak English and does not understand you. Your need continues to escalate and you make signs and gestures in frustration but to no avail. You can see where I’m going with this.

Except that you are an adult. You have already learned communication skills, and the self-government to convey your need in a creative, controlled, or perhaps even humorous way. Remove those skills, those years of learning how to speak, when things are appropriate and

"WHAT IF INSTEAD, THE ANXIETY-RIDDEN PARENT SAID TO THEIR FRUSTRATION-RIDDEN CHILD, 'IT'S OKAY. YOU CAN DO THIS, AND I AM RIGHT HERE WAITING FOR YOU TO SHOW ME YOUR SUCCESS!'"

when they are not, those lessons of social acceptability, and what do you have left? A toddler.

In this scenario, the toddler plays the part of the foreign tourist as well as the clerk he or she is facing: they not only can’t communicate what they want or need, they often don’t even know what they want or need! They are faced with themselves (someone they are just getting to know) and have little to go on except the sense of urgency: do I need to go potty? This zipper-thing is too big for my fingers! My legs don’t want to walk that whole way! I’m too sleepy to eat dinner and too hungry to go to bed. The world can be a pretty big place to a little person who does not yet possess the skills to navigate it. Perhaps all they are saying is, “Help me to say it.”

“Use your words!” has become so iconic in American child raising that we hear it used in everything from TV sitcom banter to motivational speeches. Even constructing the article that you are reading has required considerable discipline in taking the wild array of my thoughts and research (have I mentioned that I am ADD? Wanna go ride bikes?) and corralling them into a cohesive, readable arrangement. If we strive to be understood by our doctors, to have our meanings correctly interpreted by those with whom we hope to avoid a quarrel, to convey our deepest wishes just before our birthdays, then we learn to communicate.

Nanny Beth Condon says, “Use your words” to help the five year old in her care to construct his complaint. As an example, she related a story of this little boy whose three-year-old sister kept taking the blocks that he was playing with. His eyes would fill with tears, the lower lip would begin to quiver, and the nanny would prevent the imminent flood by saying, “Your little sister does not know the words that you do, so she cries first. Help me think of some words that you can tell me to let me know what’s wrong.” She then might suggest some words: “Did you fall down? Did a turtle lick your toe?” Even a ludicrous idea gives the child the creative tools to bring order to his own thoughts and he can begin to frame the correct language (“she took my blocks”) as opposed to allowing emotion to control him.

THE NATURE

Let’s take a look at the anatomy of a tantrum: unpredictable, chaotic and loud.

Unpredictable. At best, you may be able to see the warning signs of an impending emotional storm: whining, begging, and pouting are among the most common. To ignore these signs is to invite the escalation of the force behind them. Harder yet is when none of those are in



Photo Credit: MorgueFile

evidence! Like a Florida thunderstorm, one minute the day is sunny and pleasant and the next minute you are in a deluge. What changed in the atmosphere? From birth, that child has built his or her sense of security in a constant environment of mother, father and home, however defined. Whether grandparents or siblings live there or a nanny is employed, that knowledge of constancy is the brick and mortar of a child’s world. As they begin to be exposed to the broader world around them, they must come to terms with how to work with it. Things that have always been representative of trust and safety (the crib rails, the beginning of a meal, Mommy’s voice) are moving boundaries with floor play and friends, eating out and spontaneous meals on the go, the voices of others coming into the family circle.

When faced with new stimuli, people adjust; babies and toddlers as well. But the ability to adjust may be thwarted by the size or speed of the new stimuli, like an incoming wave at high tide overpowering a smaller retreating wave. In adults, this is called stress. For a child without language or coping skills, this can very well be a tantrum.

Chaotic. My son used to like to take things apart when he was a child to see how they worked: a castle built of Legos, his sister’s doll, my camera. In his earlier developmental stages, the castle was manageable for him. The doll, not so much. The camera? Chaos! Screws and pins he couldn’t possibly have managed overtook the kitchen floor in confusion because his limited mechanical experience (he was four) had not yet equipped him to reassemble what seemed to deconstruct so quickly and easily.

The world (and very often the room) turns upside down in a tangible manifestation of the chaos within. When we are able to bring loving, reassuring tools (and sometimes an offer to take over) to that little world of chaos, the order and security returns, stronger for the help that has been given. My camera? I got down my eyeglass repair kit and showed my son how to use the tiny screwdriver. He rebuilt the camera. It has never taken a picture since, but I suspect something else was restored that day and I don’t mind.

Loud. Seriously, what is that? Why does a lack of control (and there’s my own answer!) always have to be accompanied by volume? If you’ve ever felt your own hair follicles release their once-healthy strands and shed all over your black sweater because of the shrieking, glass-shattering whine of a distressed three year old, you will know what I’m talking about. Humans have a natural inclination to raise their voices to speak to someone who does not share the language, as though they were deaf instead of just Tanzanian. Add distress to this recipe, and “loud” just happens. Expect it folks; it happens.

If this is “the nature of the beast”, what is the “the beast”?

THE BEAST

So much of the advice distributed for the handling or prevention of tantrums is directed, and reasonably so, at the child. It is reasonable, but not exclusive. Is the “beast” then, the child? The tantrum itself? Or is it the adult who is supposed to be in control? If it is all three, how is the accountability for its disposal shared?

The Child. We already know that the disposition of the child is one of distress, of underdeveloped communication and frustration. Beastly. I’ve had three different nannies tell me that when they are working with a child in distress mode, they set the parameters of control for them (“you may come back and play when you can be sweet and not yell at me”), and then hug them to reassure them that their behavior does not change the love they receive. This reassurance maintains the foundation of security while setting the boundaries for social behavior. It is, in effect, letting him or her enjoy the crib rails while exploring the room, and saying “no” to the wall outlets at the same time.

The Tantrum. If any of these three can truly be called “the beast,” it is the tantrum itself. Easily fed, self-sustaining, difficult to manage, virtually impossible to stop in its tracks. Identifying these characteristics, we regain the power to recover control. How?

Have you ever unknowingly fed a tantrum? It is insatiable! Just tell an already-crying child, “Aww, poor baby!” and watch the waterfall turn into a torrent! Because the beast is emotion run amok, it is never quenched. To feed that is unfair and deeply unkind to a child already in distress.

There is great force in a temper, and this is not the same thing as great power; a force is uncontained, a power is controlled. A temper sustains itself until the force is depleted and replaced with a controlled power. Picture a magnificent waterfall, beautiful and wild. Then envision a dam being built and the water rushing through the sluice being harnessed for electricity. Teaching this power to the one who is in temper mode enables them to diffuse the force.

Management, then, is to teach diffusion.

“It’s a case-by-case basis; I deal with every child differently,” Melissa Coito, a nanny of over six years, told me: “I explain to them (if they are old enough to understand) why their behavior was not acceptable. I will take the child into a separate room and tell them that when they are ready, they can come back to where I am. Then I give them a hug and let them know I’m not mad at them but do not like their behavior. You can’t reason with a



Photo Credit: MorgueFile

toddler when they are in that state, so trying to only makes it worse.” She adds, “Plus, you don’t want them to think that having a tantrum is how things work.” Removing a child from their immediate society to a safe place to diffuse is a common, successful practice among parents and caregivers. Whether very young and employing only the action (removal and restoration), or older and incorporating reason and an understandable level of logic (“screaming and throwing things is not safe, and when you are ready to safely be with others, you may come back”), this puts the responsibility and power squarely on the individual who has lost control, virtually stopping the tantrum in its tracks.

The Adult. Uh oh. One finger pointing out, four pointing back. No one wants to look in the mirror and see the fur grow and the claws come out. If the beast emerges in us at all, it is for the same reason that it comes out in the temper tantrum of a child: it makes us feel out of control.

Dr. David Alan Coleman Jr., an Indiana clinical psychologist of more than 31 years, spends about 70% of his practice working with children and families. He attributes this hesitation to discuss the matter of tantrums to a lack of genuine understanding. “They don’t understand the dynamics of a tantrum,” he says. “And the best approach is counterintuitive to their instinctive behavior.” A parent sees their child in distress and they want to pull them into their arms and soothe them! It is heartbreaking to see your son or daughter in tears and anguish. But if we do learn those dynamics, we can then gain a positive approach to the opportunity a tantrum affords. Opportunity, you say? With a straight face? When you learned to drive a car (and bravo, if a stick shift), all the newness of the world of driving was like reciting magical incantations: third gear... ease up on the clutch (oh, the clutch! Your mortal enemy for a time!)... accelerator... so

much power with such a tiny key!

But that world was only accessible to you if you squared your shoulders and said, "I can do this." What if every time you put yourself in the driver's seat, your mother or father said, "Don't forget your seatbelt! Check your mirrors! Look behind you!" Well, I guess that happens, doesn't it? It is the frustrated teen's version of that same loving parent thinking they can prevent a maelstrom of emotion in a temperamental three year old by squishing it in an oh-poor-baby hug.

What if instead, the anxiety-ridden parent said to their frustration-ridden child, "It's okay. You can do this, and I am right here waiting for you to show me your success!" Of course (teen or toddler) you have already shown them the how-to's and handed them the tool belt. Now it is time to respect their ability to work with those tools and gain the control they need to navigate that new world they are merging into. One day, that frustrated kid pulls out of the driveway and into traffic to waste money at the mall (the teen, not the toddler). And you can look on in pride and quiet personal accomplishment for helping them get there.

WHOSE LINE IS IT ANYWAY?

The decided advantage for a nanny working with these loveable but wildly unpredictable two-to-five year olds, is the biological disconnect. We love our little charges! We take them on as our own family and want to help raise them to be excellent representatives of the home they are born into, but we didn't give birth to them. That one step back gives us an advantage in perspective that can help us help the parents execute the often-difficult hands-off strategy. Exactly what is our role then, as it relates to the parents? To the children we work with?

PARENTS UNITE! TODDLERS UNTIE!

In talking with many nannies for this writing, I have found several bottom-line commonalities. At the top of the list is that the relationship with the parents excels when the parents' relationship with each other is excellent. When a child grows up in a home where parents are united in working on a great relationship, then it doesn't matter if there are imperfections. What matters to their sense of security is to see the adults in their life acting in love and modeling strategies for responsible growth. The nanny in such an environment is already set up for success.

What if you find yourself in a home where the unity is lacking? Or worse, absent? Of course, you do your best to troubleshoot this in the interview process by meeting with both parents, if possible, and using direct language such as, "How do you as parents deal with tantrums?" But, as we all know, you will not necessarily see in practice what you have heard in the interview: "Jordan rarely misbehaves;" "Madison is just a sensitive child, so we try to avoid pressure;" and one of my favorites, "Avery is brilliant, so we like to allow self-expression."

Self-expression, my friends, is not the same as guided expression or self-control. Leaving small children to their own immature unskilled capabilities is to put too much responsibility on their little shoulders. This is why they have grownups in their life. And as one of the primary caregivers and teachers of social behavior, it is imperative that the nanny has clear communication and compatibility with the parents.

One professional nanny I spoke with had such a breakdown in communication with the parents that she asked to be left anonymous as she told me, "It is really important to talk to the parents of the children you are watching and just make sure you are on the same page when it comes to discipline and tantrums. If the parents are always clashing with you and vice versa, it just makes things much harder. It is important that you let the parents know if they are undermining your authority in front of the children. I had a huge problem with that with one of the families I worked for and unfortunately, I was too nervous to say anything because one of the parents was very hard to confront. She made it clear that she was in control and not me. So if you can, just always try to be open with the parents and hopefully it will make for a less stressful environment."

How agonizing is it to have a power struggle over a child? And how confusing for that little one! Of course, the parents have the ultimate authority, but when they hand you the reins to direct their children, they are asking you to take charge of that direction. This nanny is absolutely correct: "Be open with the parents. Make sure you are on the same page. It is really important to talk."

Another seasoned nanny of 12 years, Sara Ward, tells me, "I believe the root of a tantrum is that either the child can't express what he wants and gets frustrated, or the child is told 'no'. In both situations, I think you need to be firm, yet gentle, and explain why that behavior is not acceptable. You don't engage or give in to a child when they are acting like this: it will teach them to think, 'every time I have a tantrum, this will get me what I want.' Let the child have their moment, talk with them on their level, then redirect them and/or take a privilege away."

Lilian Mayuki, a nanny of five years, adds, "You can always expect a tantrum when situations aren't or weren't explained to the kid before. It could be tough to guess and then deal with sudden emotions, but of course, explaining to a kid while crying and screaming are happening could just be a whole lot of 'blah blah blah' for them. Usually, I start my days explaining what we will do, and how it will go, and how it will end because who doesn't feel better when they know what's planned for the day? They need to know where their limit is."

Yes, Lilian, indeed they do.

Most of the tantrums that we have covered here are with respect to incidents that happen at home. Every parent

and nanny knows these are only practice sessions for that Mt. St. Helens-type eruption that they are biding their time for: The Public Tantrum. Whether at the Homeport Restaurant or Whole Foods Market or the dressing room of the public pool, that moment will come when all your personal finesse and decorum is reduced to molten ash at your weary feet. There is no respecter of persons here. Your formidable tower is really a house of cards, but don't let on, because the success of your ability to navigate this instantaneous peril is vulnerable before the watching world. "Who cares?" you say, but you do. You care because how you handle it will be how your little charges handle it. And the world that sees you is the world that those little copycats will have to handle it in.

Everything was right. Lunch was just finished, naps were two hours away. The day was sunny and everyone was happy. I set out with the three adorable little girls in my care, after applications of sunscreen, snacks and water in our backpacks, and a verbal preview of our excursion to the museum just down the street in busy Cambridge, Massachusetts. No surprises, or so I thought. With the seven year old walking closely alongside and already holding the three year old's hand, I reached out for the five year old's at the first traffic intersection, only to not find it as expected. I looked down, and saw her hand thrust rigidly into the folds of her dress, her pink cheeks flushed and her mouth set in determined refusal. For a little girl that looked remarkably like a Precious Moments doll, her fiery look at me said I was in for a time. "Sarah, " I said evenly (and probably with a set jaw also), "You will take my hand to cross the street."

If possible the lips set firmer, the eyes blazed and she stamped her little foot. "I will not!" she hollered. "Daddy doesn't make me!" Still holding the littlest one's hand and marking where the older sister was next to me, I squatted down at eye level and spoke in a quiet, serious tone. "Look closely: I am not your daddy; he's taller (humor helps both of you). But I have to make sure that I bring you home safely to your daddy. So when you are with him, you will do as he says, but when you are with me, you will do as I say. Do you understand what I am telling you?" Her resolve to defy me crumbled and the tears began. I gave her a quick hug but added, "You can cry, it's okay, but you will hold my hand, and if you want a happy day, you will stop soon and start thinking about the fun at the museum, with the new chicks and the story time with the live animal!" Then I stood up, took her hand, and we continued our outing.

Undoubtedly hoping to elicit aid from the passing motorists, she continued her tirade until, moments later, we made a second stop. This time, I assured her that if she was not able to bring it under control, I would help

her by promptly ending our trip, turning around and going home, where I would give her the nap her tired little eyes were seeming to ask for.

Her mood improved miraculously. The rest of our afternoon out was lovely.

The minute we arrived home, this little doll ran in, flying at her father, demanding recompense for the injustice done to her. Her father promptly responded with a stern, "I do not want to hear of you disobeying Beth again! Now you go tell her you are sorry!"

She did, we had a nice love up, tearful and forgiving (the best kind of healing), and then she went back and told her daddy also that she was sorry.

He scooped her up, kissed her and started to tell a funny story that made everyone forget the incident. The best kind of parenting!

Just the same, it is our responsibility to lay the groundwork for stress-free communication from our toddler friends. Beth Condon, the 20-year veteran of our field, tells how a trip to the market is an adventure. "Who can name all of the yellow vegetables? You: find eight different yellow boxes! You: be yellow!" She states emphatically, "Be prepared! Do not leave children on their own (to problem solve); make sure they are fed and dry; keep them engaged; interact with them; teach them to live life, not to just coexist alongside your own life!"

Wise words, my friend.

CH-CH-CH-CHANGES.

From the album "The Beautiful Letdown" recorded in 2003 by the crossover rock band Switchfoot, a single titled "Dare To Move" was released. Its magnificent lyrics tell us what we can tell the next generation:

"Welcome the resistance! The tension is here between who you are and who you could be" (paraphrased).
Why would we let necessary productive change go ignored?
Why would we give the next generation anything less?

As the nanny has said, children cannot be left on their own to learn how to grow up, how to communicate, how to navigate the world. As the adults who are learning how to work with those changes in developing children, we are often in the position of needing to change our perspective of it. Dr. Coleman says, "In order to change the behavior of the child, you need to change the behavior of the adult."

Banish temper tantrums?

You cannot make a tantrum go away any more than you can make a two year old go away, but with our loving guidance, they can both grow beyond it.



HOW TO KNOW WHEN YOUR CHARGE NEEDS TO SEE A DIETITIAN

IS IT JUST PICKY EATING OR COULD IT BE SOMETHING MORE?

BY SARAH KOONTZ, RD

Have you ever wondered how a registered dietitian could help your charge enjoy a healthier childhood? Here are examples of when to call the food and nutrition professional!

PICKY EATER?

You might think that picky eating is normal in children, but there comes a point when it is no longer normal. When your charge has an aversion to textures of food and entire food groups, a visit to a dietitian is warranted. A dietitian can guide you and your charge in exploring food options and expanding their palate. They can help with recipes to present foods in different ways, textures, and consistencies to entice wary charges.

FOOD SENSITIVITIES/ALLERGIES?

If your charge exhibits chronic symptoms such as eczema, runny nose, ear infections, diaper rash, diarrhea, constipation, or fussiness without a clear cause, a food allergy or sensitivity may be at the root. A dietitian can guide you in finding the offending food/foods and providing meal plans in accordance.

DIGESTIVE PROBLEMS?

Often times, digestive issues can be alleviated or solved through diet changes. If your charge has reflux, diarrhea, constipation, bloating, and stomachaches, diet may be your answer! Additionally, if your charge is suffering from ulcerative colitis, Crohn's, Celiac, or IBS, a visit to an RD is in order.

SPECIAL NEEDS?

If your charge has conditions such as cardiac defects, cerebral palsy, developmental disabilities, Down Syndrome, diabetes, has tube feedings, etc., pediatric dietitians specialize in these areas. They can help with these conditions that affect nutrition, growth, and/or feeding.

Data Blitz

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

BY AMANDA DUNYAK.

Allergic diseases, which include asthma, are the fifth most prevalent chronic diseases in all ages, and the third most common in children.

(acaai.org)

2.4% of children worldwide have "didaskaleinophobia," a fear of going to school.
(dosomething.org)

"Children" is one of only three words in modern English with the plural formed by adding the old suffix *-en*.

(express.co.uk)

The National Center for Education Statistics reports that children who are read to frequently are more likely to learn how to read (or at least pretend to).

(nea.org)

The economic cost of children's food allergies is nearly \$25 billion per year.

(foodallergy.org)

One can of soda contains 10 teaspoons of sugar.

(dosomething.org)

Pluto was named by an 11-year-old girl named Venetia Burney.
(sotruefacts.com)

The 19th-century equivalent of a nanny was called a “nurse.” She was in complete charge of the nursery suite.
(nanny.net)

The lovable Mickey Mouse made his debut on September 19, 1928.
(blog.pch.com)

Strawberries are not actually berries. Berries have very specific characteristics, none of which the strawberry embodies.
(Produe.About.com)

The Chicago fire began on October 8, 1871 and burned for about 30 hours.
(entourages.com)

Human dander can cause allergic rashes in dogs and cats... and in other humans.
(*Discovery Magazine*)

Sick Day Snuggles & Other Activities for Unwell Kiddos

BY JEN WEBB.



Photo Credit: MorgueFile

Your charge is home sick and bored. You are trying to think of activities to keep you and your charge entertained. Here is a list of activities to occupy your charge on this dreary day until he or she feels better. These games and activities will surely make a sick, boring day turn into an exciting day filled with entertainment and imagination.

ARTS AND CRAFTS

There are a variety of arts and craft activities to do with your charge while he or she is sick. You could print coloring pages and color a beautiful picture together. Take out paint, finger paints, or watercolors and create a colorful design. Make homemade play dough, which is a great sensory activity. Gather old unused socks and make sock puppets with markers, pompoms, glue, and paint. When the sock puppets are dry, creating names, personalities, and different voices for each sock puppet will surely put a smile on your charge's face.

GAMES

Pull out the box of building blocks and create new designs and sculptures. Play board games together. Assemble a new or old puzzle, and when finished, buy poster glue, stick it together, and frame it. The framed puzzle will be a memory of the time you spent together while your charge was sick.

SCHOOLWORK

Staying home sick can also mean your charge is missing school. Depending on the age of your charge, do developmentally appropriate schoolwork. Practice handwriting: print handwriting sheets out from the Internet for your charge to



practice writing their name or letters of the alphabet. Teach your charge the letters and sounds of the letters in the alphabet. Practice cutting skills by drawing a line or a design on a piece of paper and have your charge cut along the line. Do a word search. Sort blocks by color and size.

ELECTRONICS

Home sick? Enjoy electronics today. Have a movie day and watch your charge's favorite movies while curled up in bed. Pull out the video games or iPad and play games together. There are many educational games and activities on the iPad for your charge to play.

IMAGINATION

Staying at home with nothing to do is a great time to have your charge exercise his or her imagination while recovering from an illness. Take turns telling stories. You start a story and have your charge add to the story. Go back and forth adding to the story until the story is finished. Go camping in the living room. Put a sheet over your head and bring out the sleeping bags and pillows. Play the "I spy" game.

BOOKS

Read a book to your charge or have your charge read a book to you. Put on your charge's favorite audiobooks and listen to a story together.

The key to any sick day is to help your charge fully recuperate. Keep all activities light, short, and simple. If your charge is too sick to get out of bed, consider skipping out on activities altogether and just let the child get plenty of rest and fluids.



Is It a Cold or Seasonal Allergies?

BY KERRIE BASCOMB AND JENNIFER KUHN.

It's that time of year again: time to test your nanny knowledge as to whether or not your charge is suffering from allergies. Remember, this quiz is intended for fun, and is not meant to replace your charge's pediatrician or parental guidance for treatment.

1. For how long would you say your charge has been experiencing symptoms?

- a. For longer than two weeks
- b. For a few days up to two weeks

3. Does your charge feel general aches and pains that he or she does not typically feel?

- a. No
- b. Yes

5. Does your charge have a sore throat?

- a. No
- b. Yes

2. Does your charge have a cough?

- a. No coughs here.
- b. Yes. The poor kiddo sounds like he's going to cough up a lung.

4. Is your charge experiencing itchy, watery eyes?

- a. Yes
- b. No

6. Check your charge's temperature. Are they running a fever?

- a. No temperature here.
- b. Yes, my charge has a fever.

What Are Your Results?

Mostly A's: It sounds like the little person in your care is suffering from seasonal allergies, but your charge should see a doctor to confirm this. Seasonal allergies are uncomfortable, but are often not accompanied by fever, aches, or sore throat. Note that a cough is not typical of seasonal allergies, but is sometimes a symptom for sufferers, particularly if the child is asthmatic. Ask your charge's parents how you should treat the symptoms and don't worry about catching the discomforting effects (unless you too are allergic to the same particles).

Mostly B's: It's likely that your charge is experiencing the common cold. The common cold is often accompanied by a host of unpleasant effects, including soreness, fatigue, fever, cough, stuffy or runny nose, and sore throat. Combat these sniffles and aches with rest, fluids (particularly orange juice for its high Vitamin C content), and chicken soup. Ask MomBoss how she'd like to treat her child—fever reducers and cold medications may be appropriate, but do not administer any medications without proper permission.

Disclaimer: It is difficult to tell for certain whether your charge is experiencing the common cold or allergies. This quiz is not intended to serve as medical advice and should not be interpreted as such. Your best bet is to consult your charge's parents or guardians and seek medical advice from a qualified pediatric health professional.

Sources

health.usnews.com
Healthline.com

Feel Better Friends

PRODUCTS THAT HELP YOU FEEL BETTER WHEN SUFFERING FROM ALLERGIES

BY KELCI ROSS.

We all know it's that time of year again: allergy season. This means months of stuffy noses, itchy eyes, and plenty of congestion. All we want as caregivers is to know that our little ones are comfortable and happy. Here are some tried-and-true products that will help get rid of the sufferings of this coming allergy season.

1

LITTLE REMEDIES STERILE SALINE NASAL MIST

This non-alcohol nasal mist helps to moisten the mucus in the nasal passageway. The water and sodium chloride mixture is easy on the mucus membrane and safely helps to remove built-up mucus.

- Ages: infant +
- \$7.29
- www.littleremedies.com



2

SIMILASAN KIDS ALLERGY EYE RELIEF

These homeopathic sterile eye drops give children temporary relief from watering, itching, and burning of the eyes from allergens such as pollen, ragweed, pet dander and more.

- Ages: 2+
- \$8.79
- www.similasanusa.com



KLEENEX TISSUES WITH LOTION

These aren't ordinary tissues. They help with getting rid of thick mucus in the nose and they do so with a gentle touch. Each tissue is coated with lotion for extra softness on a delicate nose that's gone through much sneezing and sniffing.

- \$2.29
- www.kleenex.com



CRANE: THE FROG PRINCE AT YOUR SERVICE

This humidifier's Ultrasonic Cool Mist adds moisture to the air for easier breathing and a good night's sleep. The Clean Control Antimicrobial Material in the base even helps decrease mold and bacteria up to 99.96%. If anything, "Fred-dy the Frog" will be sure to put a smile on any child's face.

- Ages: infant+
- \$49.99
- www.crane-usa.com



NOSEFRIDA THE SNOTSUCKER

Yes, that is its real name! Doctors invented this nasal aspirator in Sweden. It may look strange, but it's effective at ridding the nasal passageway of thick mucus in infants.

- Ages: infant
- \$15.00
- www.fridababy.com



KIDS COLD PACKS

These fun and animated cold packs are great for temporary relief on those itchy and irritated eyes. Grab a pack from the fridge and place on top of eyes to cease the need to scratch. These are also great for the unexpected bumps and scrapes that many children acquire.

- \$11.95

- www.kidscoldpacks.com



PEDIALYTE FREEZER POPS

Often allergy season is accompanied by a sore throat and cough. These tasty and satisfying freezer pops can help ease the pain and discomfort of both coughs and sore throats. They are also a convenient way to keep a child hydrated!

- Ages: 1+

- \$4.98/16 pk.

- www.pedialyte.com



VICKS BABY RUB

This nonmedicated salve is composed of fragrances of eucalyptus, lavender, and rosemary designed to ease breathing and reduce congestion. This product works best to calm and soothe a baby or child when applied to the upper chest or to the bottoms of the feet.

- Ages: 3 months+

- \$6.49/1.76 oz

- www.vicks.com





Show off your Nanny Pride today!

\$12.99

Buy Them Here: nannymag.com/tote-bag