

July/August 2014

# NANNY MAGAZINE

teach play love



NANNIES,  
REPUTATION, AND  
THE INTERNET

## Professional Development Extravaganza!

Training opportunities for every nanny PLUS the true marks of a professional persona.

APPROPRIATE  
SWIMWEAR  
OPTIONS

CAREER DAY  
FOR YOUR  
CHARGES

BEAT THE  
BACK 2 SCHOOL  
BLUES

THE  
NANNY  
NEXT DOOR

# NANNY MAGAZINE

teach play love

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Education doesn't have  
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# Editors' Note

"MY FUTURE DEPENDS MOSTLY UPON MYSELF."

PAUL ROBESON

The words of Paul Robeson, an African American singer, actor, and civil rights activist ring especially true for nannies. As the country hoists itself out of the greatest recession it's seen since the Great Depression, we can probably all say we've learned a thing or two about resilience and depending on ourselves. Whether we work as nannies or business executives, teachers or lawyers, receptionists or chefs, we all know that despite our connections, our success can be attributed to our own ambitions to create a happier and more stable future for ourselves. An exceptional employee in any field is never satisfied with their current knowledge status.

That's why this issue of *Nanny Magazine* is dedicated to the theme of professional development. As a nanny, staying on top of current trends in the field and always being certified in first aid and CPR are of utmost importance as you ponder the ways to find that next job, get a raise, or just get other people in your life to take your work more seriously. Some of our favorites in this issue include tips to enhance your professionalism, both on and off the job. Plus, Michelle LaRowe writes about the good, the bad, and the ugly of how the Internet has impacted the nanny world, and our resident MomBoss Farrah Haidar explains career woman guilt and why being a mom and having a career is one of the toughest choices. And to spice things up for your charges and get them thinking about what they want to do when they grow up (professional development at an early age), check out the fun ideas for a career day by Stef Tousignant.

Our two stellar starlights of this issue have to be Erin Whaley's article on setting yourself apart as a professional nanny and Sue Downey's article on 12 ways to boost professional development. Sue has even done a podcast exclusively for our readers, highlighting the nanny conference she holds every year, Nannypalooza! What a treat!

Nannies, whether you're just starting out or you've been nannying for 20 years, never fall back into comfort and think you know everything. Something is always changing. New research is always coming out on how you can better care for your charges. Always be on the lookout for new concepts and ideas. Know what's going on around you. No matter where you are in your career, own your worth and strive for continued excellence.



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



“ I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND. ”

—HARPER  
adopted 08-18-09

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

 **adopt**

[theshelterpetproject.org](http://theshelterpetproject.org)



# Summer Shopping Guide

BY NANNY MAGAZINE EDITORS.

LEAVING FOR A FUN-FILLED SUMMER VACATION? OR ARE YOU PLANNING THE GREATEST STAYCATION EVER? EITHER WAY WE HAVE YOUR GEAR COVERED. MAKE SURE YOU'RE BUYING THE BEST PRODUCTS FOR YOUR SUMMER OF FUN!



## 1. PET DOOR

Your summer is jam packed with trips to the pool and fun in the sun. You don't have time to be at home to let Fido outside throughout the day. Enter a sturdy, locking pet door, ideal for small animals to come and go as they please.

Try Pet Mate small door, \$22.00.

## 2. PHONE COVER

Tank tops, flip flops, short sleeves, and bathing suits. You've swapped out your wardrobe to make room for warmer weather, but your phone needs a new outfit for summer, too!

Try the Case Mate Iomoi sandy cay tassel design, \$45.00



## 3. SLING CHAIR

Bring on the lazy days of soaking up the summer in the back yard. Lawn chairs make the outside oh-so comfortable. Grab this adorable sling chair for your charge and you won't have to fight to get him to go outdoors!



Try the KidCraft Sling Lounger, \$29.00



## 4. PLANT WATERING SYSTEM

Don't leave town for vacation without thinking of your houseplants. Show your NannyFamily you're on your game by suggesting these automatic watering pumps. They'll thank you when they come back to living plants.

Try the Hydro Spike Worry Free Watering System, \$9.00

### BUYING GUIDE

Pet door: Amazon.com  
Phone cover: Case-mate.com  
Sling chair: Way-fair.com  
Watering system: Amazon.com

# ***This Isn't Baywatch!***

## ***Nanny Swimwear Guide 2014***

BY JADA PICKETT.  
PHOTOGRAPHY BY  
GARY TANG.

Love it or hate it, it's summer and it's time to break out the swimwear! Lots of fun in the sun and the pool is definitely in session! For some of you, swimming will be an everyday thing with your charges. You already know you need appropriate kid-friendly swimwear on hand, but not just any kind. For most of us, our on-the-job swimwear is completely different from the swim attire you'd purchase for hanging at the beach with your friends. Keep the three B's (bum, boobs, and belly) in mind as you shop for a new swimsuit that won't traumatize your MomBoss.

## THE NANNY TWO PIECE. A.K.A. RASH GUARDS

Rash guards are my favorite two piece for the professional nanny swimwear collection. They're very trendy these days and they protect the skin from the sun. You can get them in a variety of styles such as long and short sleeved or sleeveless, and pair it with a bikini bottom, shorts, a skirt, or pants.

I even recommend a rash guard for the little ones, especially if they have very fair skin. Aside from the safety and fashionable side of it, rash guards ensure modesty. Your three B's won't be exposed so you can feel confident and prepared for all-around fun in the sun.

Cost factor: Rash guards can run pretty high in some places, but a nice one is worth the investment.

Where to shop: If you're on a budget, trust Amazon to find you the best deals if Ross, Marshall's, or TJ Maxx don't come through for you!

## ONE-PIECE WONDER

A fun one-piece can be hard to find. You may be reading this thinking a one-piece bathing suit will suffice. Wrong! There are many one-piece swimsuits that can be much too revealing for your profession and who you represent. You don't want a one-piece that will provide a boost to your cleavage. Instead, go for a more conservative scoop-necked top that will prevent your bust from busting out. Don't be that nanny, please. When choosing a one-piece, channel lifeguards from your community pool or the high school swim team, not Baywatch.

Cost factor: Good news! One pieces are typically less expensive than their two-piece counterparts.

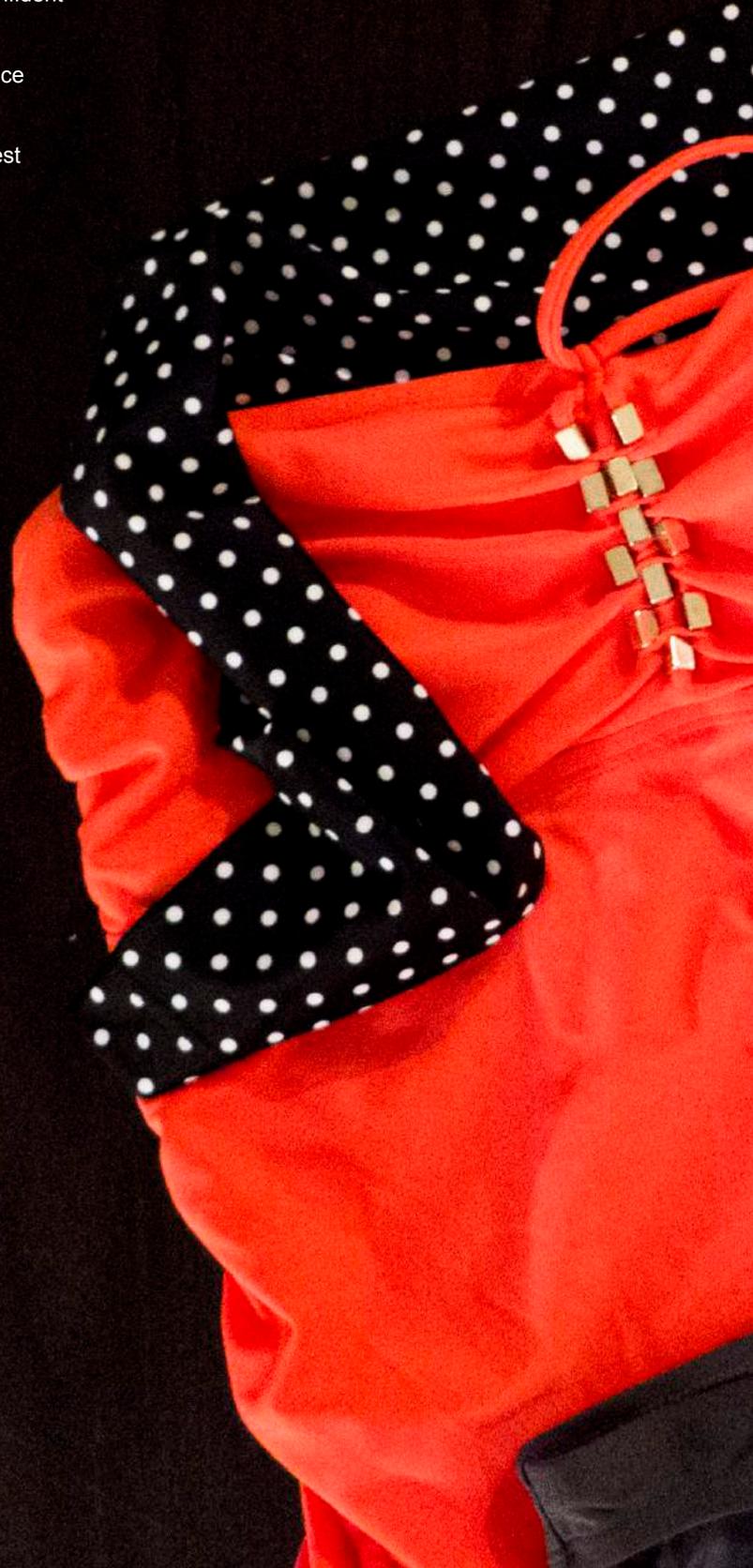
Where to shop: Target is always a good bet for full coverage one-piece swimsuits.

## COVER UP!

By all means, cover up! A nice wrap is not only an extra layer of modesty, but is also great for wearing with any bathing suit, especially the one pieces that tend to expose a little more of our bottom area than we would like. Avoid the sheer cover ups that are easy to see through and go for a solid color instead.

Cost factor: You can find wraps pretty inexpensively if you hunt around.

Where to shop: H&M has fashionable and modest cover ups every year, but Amazon will never let you down in finding the exact style you're looking for!





# Very Berry Sorbet

BY KATARINA GASIC, MS. RD.  
PHOTOGRAPHY BY TIFFANY BREUNIG.

## INGREDIENTS

2 cups frozen mixed berries  
1 banana, ripe  
1 teaspoon fresh mint  
1 teaspoon grated orange rind  
½ cup crushed ice cubes  
¼ cup water

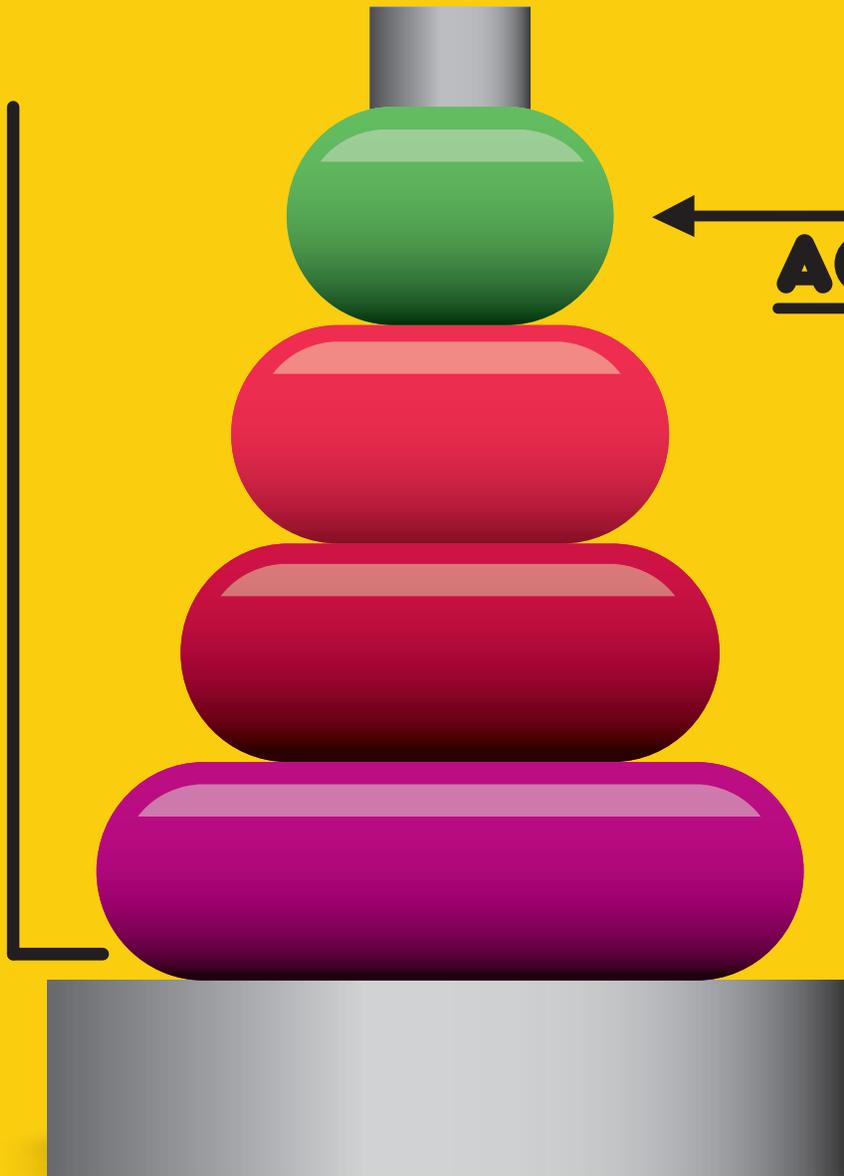
## DIRECTIONS

1. Place frozen berries, banana, ice, and water in a food processor or blender. Blend until smooth.
2. Add the orange rind and mint to the mixture and pulse for a few seconds until all of the ingredients are blended together.
3. Serve immediately or place in the freezer to enjoy at a later time.

THERE IS NOTHING BETTER THAN A NICE COLD TREAT ON A HOT SUNNY DAY. THIS QUICK AND EASY SORBET IS PACKED WITH VITAMINS AND MAKES FOR A PERFECT HEALTHY SNACK. NOT A FAN OF BERRIES? YOU CAN SUBSTITUTE A FRUIT OF YOUR CHOICE! GET READY TO KEEP EVERYONE FEELING COOL AND ASKING FOR MORE!



**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)





*Career Day  
for Your  
Charges*

BY STEF TOUSIGNANT.

PHOTOGRAPHY BY TIFFANY BREUNIG.

# ACTIVITIES TO HELP TO INSPIRE ANY CAREER PATH YOUR CHARGE MAY CHOOSE, TODAY AND IN THE FUTURE!

“What do you want to be when you grow up?” Was this your favorite question as a child? Have you asked your charges to ponder this quandary? Even the littlest ones always have something amazing and interesting to say about their future!

Caring for future generations is the important work that we do as nannies, but how can you discover what their important work will be now and in their future? And how can you help to mold them to be the best they can be at whatever they set their heart to?

## FOR YOUNGER CHILDREN

Ask them what they want to do when they grow up... but then follow up with “why?” What do they like the most about ballet or firefighting or construction? Sometimes younger children like the idea of being a construction worker because they can wear a hardhat and boots every day while others like the idea of building things. Once you find out the logic behind their decision, ask them to help you list other jobs that include those criteria as well.

Some other ideas for younger children:

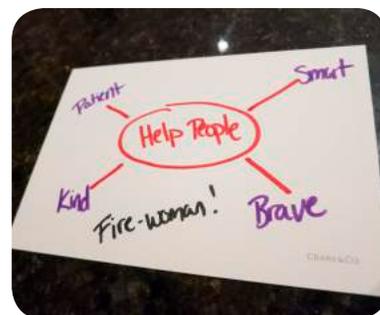
- Role play two different types of jobs with them: the one they want to be and the one you wanted to be when you grew up (a nanny, of course!). This will help to broaden your conversation and open them up to the many choices they will have.
- Set up a space in their play area where they can role play, but keep it pretty generic (some boxes, a table, scarves or fabric, and paper and crayons). Then ask your charge what profession you will pretend to be and what tools you will need. They can then assign themselves a task related to that job. Keeping things open and generic will allow them to change focus without feeling like they let you down. This flexibility will open up their creativity.
- Have your charge draw a picture of themselves during their favorite part of your shared “work” day or collage some of the best aspects of their future job from magazine clippings.



## FOR OLDER CHILDREN

With older children, try and focus more on what qualities are best suited for certain jobs. Mind mapping or web diagramming is a great way to demonstrate this using their own personality traits. Ask them what their favorite thing about themselves is, then draw lines out from that to other skills that make up their personality, like patience or energy or friendliness.

When you are out at the park or driving home from school, point out the different people you see and their jobs, then talk about the positive qualities needed to do the best at those jobs. A bus driver is good with people and is usually outgoing and kind. A mechanic is good with their hands and at problem solving and thinking on their feet. A nanny is kind, patient, a good listener, and a hard worker.



The tools and tasks of each job are almost secondary to the great learning opportunity that exploring the concept of careers offers to a young mind. Discovering the qualities and strengths needed to be the best at the jobs your charge has set their sights on will help them to look at the phrase “what do want to do when they grow up?” in a different light.

This type of exercise will also work with much older kids as well. Have them do their own mind map, web, or even a collage (just make sure they don't put any concrete jobs on it; this will be more like a living, working personality assessment). Make sure to point out a few personality traits that your charge may have overlooked as well. You can even work on your own independent project alongside your charge to reinforce the concepts you are trying to share. When their project is finished, encourage them hang it up in their room and talk to them about their career choices after doing more research on that particular field.

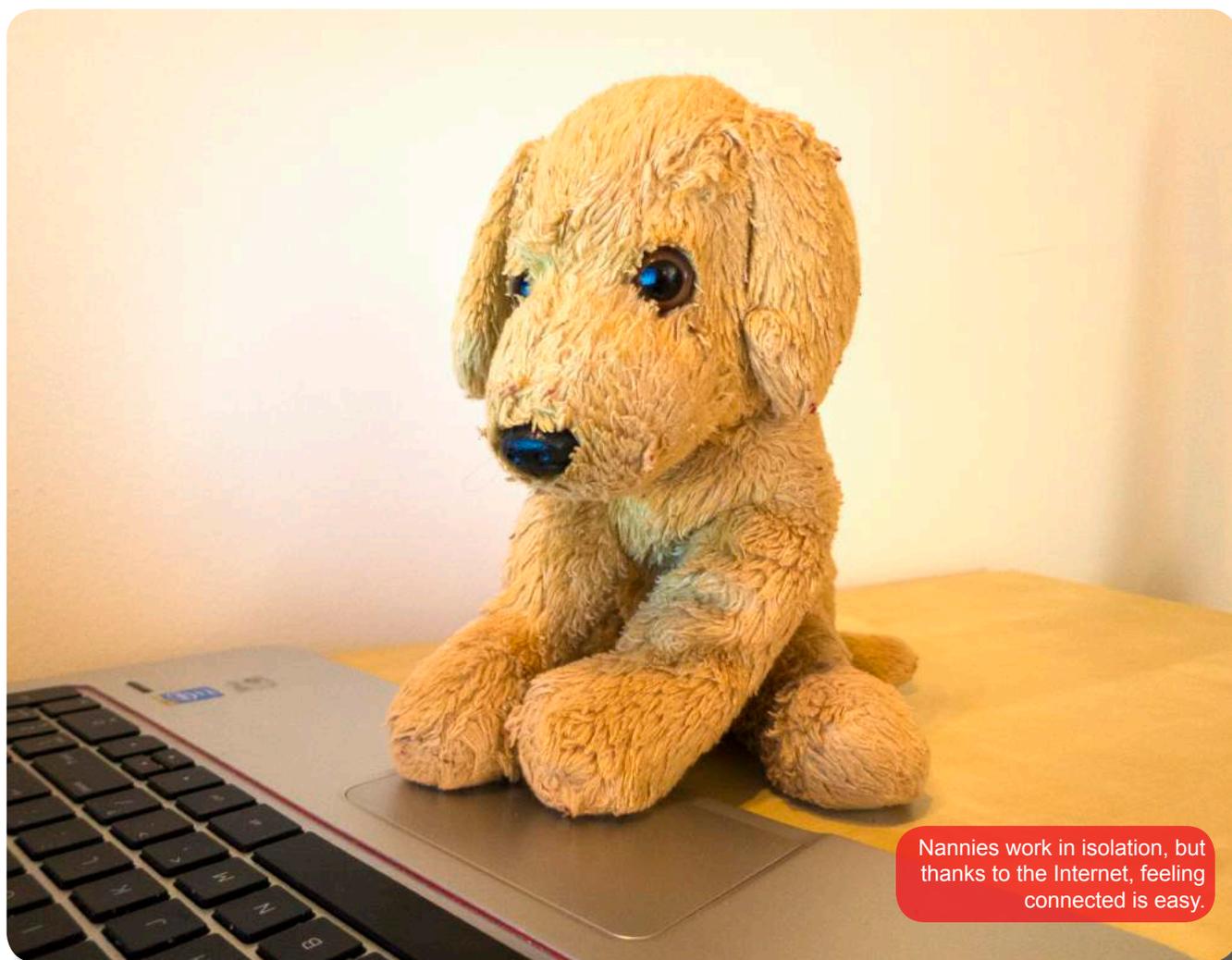
Time to reflect individually may help both the unmotivated and the extremely motivated personality to take stock of their strengths without pushing them further away from or pigeon-holing them into a certain career while they are still, in the grand scheme of things, very young.

# ***The Good, the Bad, and the Ugly***

## *How the Internet Has Impacted the Nanny Industry*

BY MICHELLE LAROWE. PHOTOGRAPHY BY GARY TANG.

WITH THE AGE OF THE INTERNET, THERE'S NO DOUBT THE NANNY WORLD HAS CHANGED. FROM JOB SEARCHING TO CONNECTING WITH OTHER NANNIES, THE INTERNET HAS BROUGHT THE NANNY INDUSTRY CLOSER TOGETHER, AND PERHAPS IN SOME WAYS PULLED IT FARTHER APART.



Nannies work in isolation, but thanks to the Internet, feeling connected is easy.

Years ago, especially if you worked in suburbia, running into another nanny in the park was a big deal. Today, through social media sites and dedicated forums, nannies can make and build connections with other nannies all over the country and world.

## THE WEB HELPS IN BUILDING COMMUNITY

From planning playdates with local nannies to finding other nannies to hang out with when traveling abroad, the Internet has been a powerful tool for helping those women who work in a traditionally isolating environment make meaningful connections. Now more than ever nannies are better connected and able to access information. Want to know what's going on at the local park? Gone are the days of depending on the newspaper and here to stay is the mobile version of the local kids' calendar. The World Wide Web makes connecting in real life a whole lot easier for nannies.

## THE COMPLAINT DEPARTMENT

And while the Internet has provided an avenue for nannies to rally around each other and offer support, guidance, and encouragement, it also has served as an avenue for nannies to express the joys and struggles that come along with such a demanding job. A quick look at any of the online nanny groups will reveal joyful nanny stories sprinkled amongst rants, critiques, and frustrations on anything from an employer's parenting style to what a stranger is feeding her children at the local fast food joint, all shared in the name of venting. Ironically enough, many of these posts seem to be made while Nanny is on the clock.



Now of course every nanny needs a friend or two to confide in. But the Internet isn't a confidante. And it doesn't forget. Words typed online are there for the taking and sharing and can cost a nanny her job when she forgets to log out of her Facebook account on her work computer and her employer becomes privy to her recent posts about her dissatisfaction with her job. Nannies can also be denied a job if a potential employer views the results of a social media search on a nanny applicant and doesn't like what she had to say about the children currently in her charge.

## MORE THAN SOCIAL CONNECTIONS

Beyond how the Internet has affected nanny networking,

it's also affected how nannies see each other and how the world sees nannies. While one media site may publish a feature portraying a professional career-focused nanny who earns a pretty penny, another publication may feature an article focusing on the exploitation of nannies who barely earn a living wage.

While nannies run the gamut with some residing in each financial extreme and others somewhere in the middle, it's often the \$200,000 a year nannies and the nannies who work to send money home to support their own children who make the news. This ongoing portrayal of nannies in either extreme is often credited with fueling an "us" versus "them" mentality in the nanny community that divides what is often referred to as "the sisterhood of

Don't become a cyber bully who hides behind her screen.

nannies," a term coined by Donna Robinson, a former INA Nanny of the Year. It also skews the perception of who and what today's average nanny does, is, and earns, muddying the waters for parents and nannies alike.

## INSPIRING HIGHER STANDARDS

There's a reason the Internet was dubbed the information superhighway in the 90s. Today's nannies can access resources that can be used to increase their caregiving knowledge and enhance their caregiving skills with the tap of a finger. From taking online courses in early childhood development from accredited universities to discovering books specifically written for nannies, the Internet has paved a pathway for furthering the continuing education of nannies.

And with education comes empowerment. The more nannies learn, the more they take charge of their career paths and the more they will encourage others to do the same. For many nannies, it only takes reading a post on the importance of being paid legally to vow never to take another job off the books again.

But when educated and empowered nannies and those who support them get together, watch out. If you've ever attended an international nanny conference, there's no mistaking that you're surrounded by passionate people who are dedicated to improving themselves and their industry. In the days before the Internet, you only heard about nanny conferences if you were somehow personally connected to someone who had previously attended one or if a nanny placement agency received and was kind enough to pass along the information.

Today in the nanny community, nanny organizations are household names and nanny-specific training is becoming more and more accessible to nannies regardless of where they fall on the spectrum.

## INFLUENCING THE MARKET

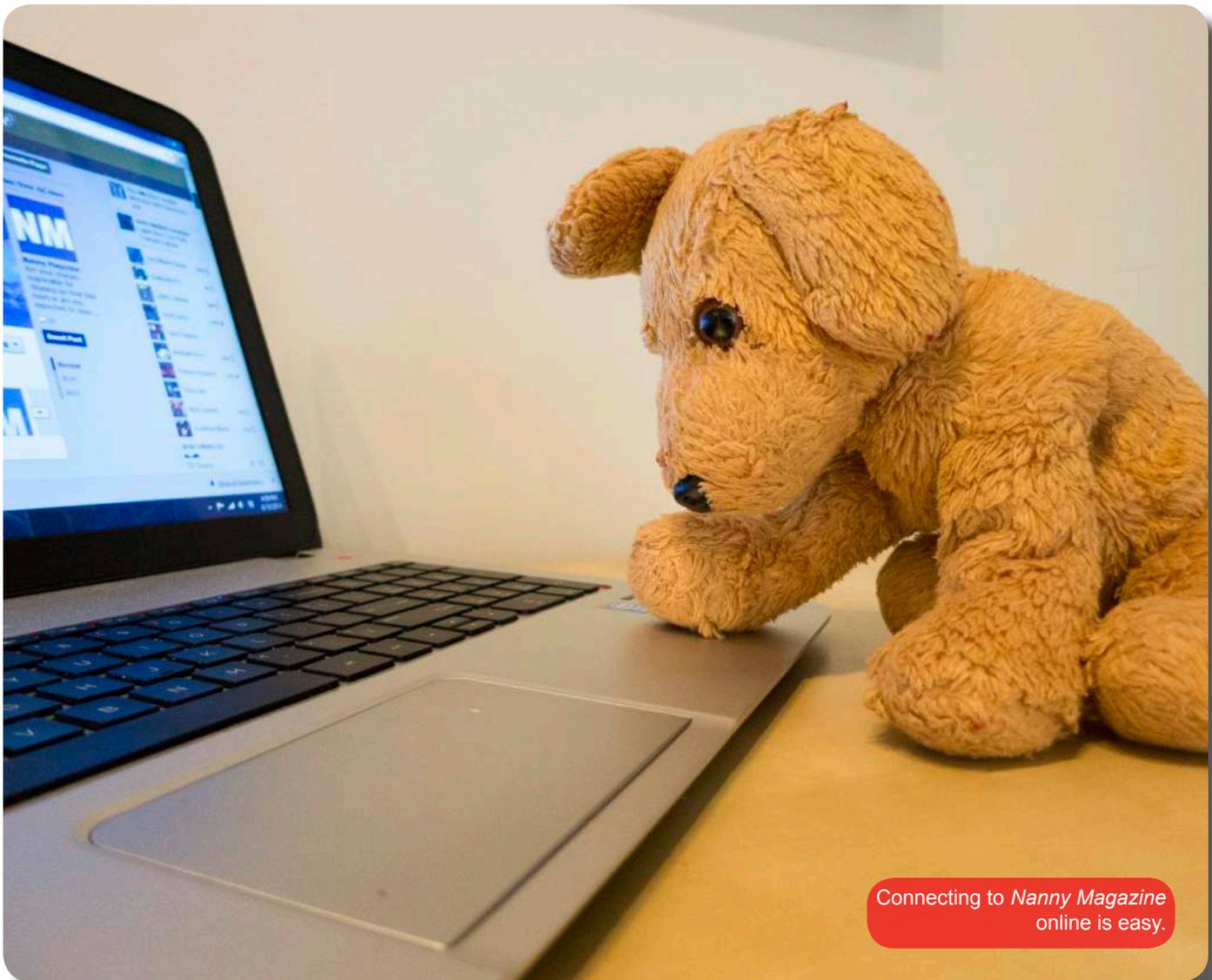
For job seekers, the Internet has opened the floodgates to employment possibilities. If you want to find a live-in nanny job across the country, there's an app for that. If you want to research a local placement agency and read reviews from clients and nannies, that information is easily accessible too.

And while word of mouth still remains a relevant avenue for finding your next position (though more often than not these days introductions are made through social media), long gone are

the days of responding to ads in the classifieds section of the local paper. Today, nanny jobs can be found not only on the websites of local agencies, but they can also be found on designated nanny recruiting websites like eNannySource.com alongside other job-seeker websites.

But all that glitters isn't gold. More opportunities for nannies means more opportunities for people to take advantage of nannies. While it's hard to imagine a nanny taking a job without first meeting the family, stranger things have happened.

Clearly the Internet has affected the nanny industry and it will continue to grow and influence it. How it will affect your career, people's perception of you as a nanny, and your perception of others in the industry, is a question only you can answer for yourself.



Connecting to *Nanny Magazine* online is easy.

# Nanny Spotlight

## LAURIE FREITAG

*As this issue's Nanny Spotlight winner, Laurie will receive a complimentary registration to Nannypalooza 2014 in Philadelphia, furnished by HomeWork Solutions. You can apply to win big for the next issue or nominate a nanny you think deserves the spotlight!*

*Find out more at [www.nannymag.com](http://www.nannymag.com).*

THIS ISSUE'S NANNY SPOTLIGHT WINNER IS LAURIE FREITAG. A LOS ANGELES NANNY WHO DOES SIDE WORK AS A PROFESSIONAL PHOTOGRAPHER. WHAT MAKES LAURIE WORTHY OF THE SPOTLIGHT? FIND OUT BELOW! YOU CAN APPLY TO WIN BIG FOR THE NEXT ISSUE!



Laurie Freitag, 58, didn't start out as a nanny. Laurie has been in the field for 7 years after many years working in the TV industry. After deciding that she missed her nephews far too much, she switched careers and ended up in childcare. "I missed those little feet running to the door when I rang the doorbell," Laurie says. "I missed them climbing over me like little monkeys." And so began her adventures in nannyhood.

Laurie is currently working for two young charges in Los Angeles. She describes herself as being interested in baby communication. "I am convinced that if you watch their cues, they can tell you exactly what they want, need, and prefer." She cites this as something that sets her apart from other nannies.

One of Laurie's past MomBosses wrote in with a letter of recommendation on Laurie's behalf. "One of my favorite things about Laurie is her calm and centered demeanor," says former employer Kristen Daniels-Littrell, the mother of one of Laurie's charges. "I wanted someone who wasn't rushed, who enjoyed cooking and eating great food, someone who would put on Louis Armstrong and have a dance party with my girl. I got all of these things with Laurie and on her last day of work, I cried," says Kristen.

IN ADDITION TO A BUSY CAREER AS A NANNY FOR AN ACTIVE FAMILY, LAURIE ALSO PURSUES HER PASSION OF FINE ART CHILD PHOTOGRAPHY. "MANY OF THE FAMILIES I HAVE WORKED WITH SUPPORT THAT PASSION BY HAVING MY PHOTOGRAPHS OF THEIR CHILDREN ON THEIR WALLS." SHE SAYS.

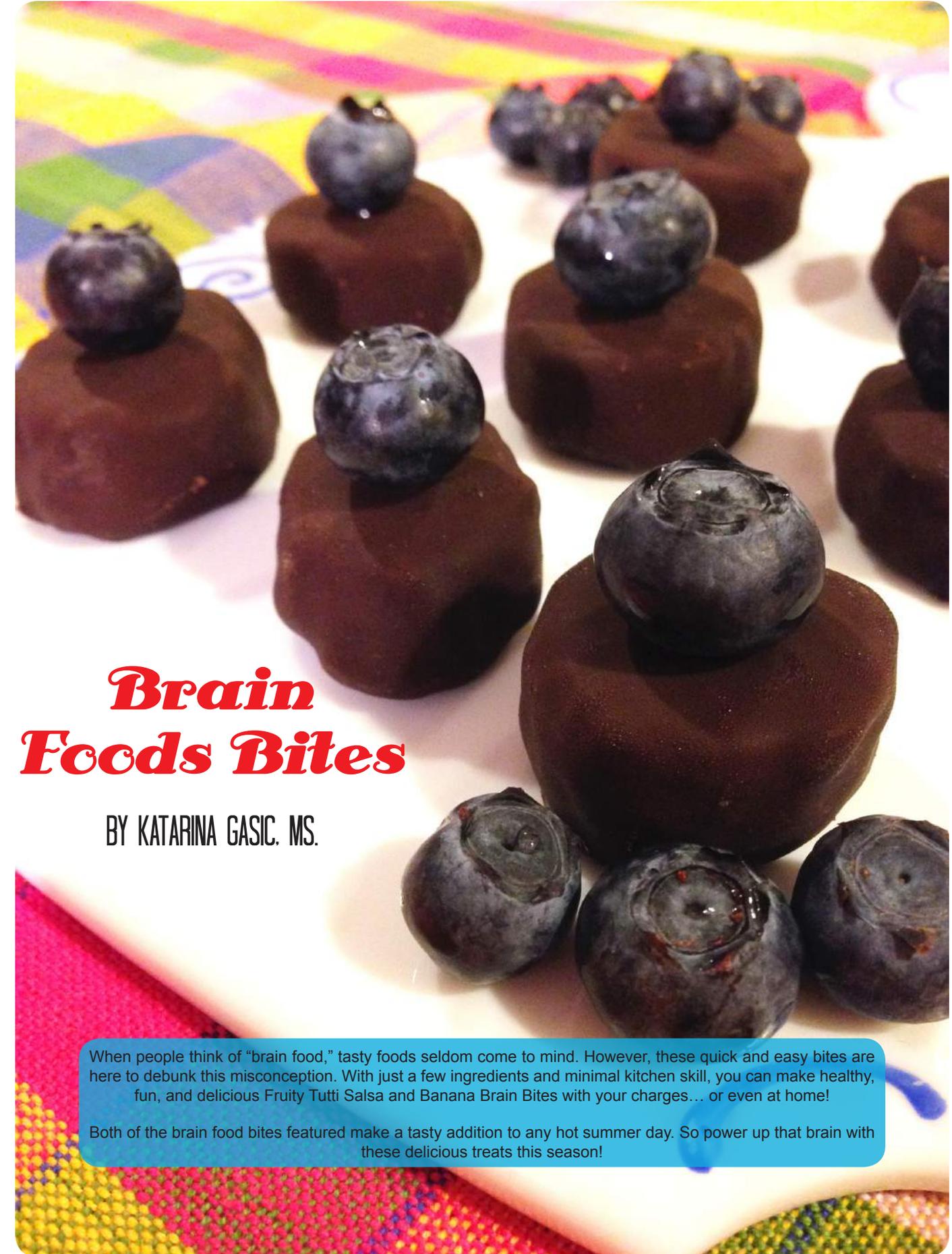
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## ***Brain Foods Bites***

BY KATARINA GASIC, MS.

When people think of “brain food,” tasty foods seldom come to mind. However, these quick and easy bites are here to debunk this misconception. With just a few ingredients and minimal kitchen skill, you can make healthy, fun, and delicious Fruity Tutti Salsa and Banana Brain Bites with your charges... or even at home!

Both of the brain food bites featured make a tasty addition to any hot summer day. So power up that brain with these delicious treats this season!

# Banana Brain Bites

## INGREDIENTS

- 2 bananas
- 1 cup fresh blueberries
- 4 oz. unsweetened dark chocolate

### ***Brain-Berries!***

Studies have indicated that blueberries (or “brain-berries” as they are sometimes called) may improve memory, giving us one more reason to appreciate them.

## DIRECTIONS

1. Peel the bananas and cut them into 1”-thick discs.
2. Wash and dry the blueberries.
3. Line an 8x10” cookie sheet with parchment paper.
4. Break the chocolate into small even pieces and place in a microwave-safe bowl. Place the chocolate in the microwave and microwave on 50% power for 45 seconds. Remove and stir the chocolate. If the chocolate is not melted, place it back in the microwave for an additional 30 seconds. Repeat as necessary until all the chocolate is melted.
5. Dip the banana pieces in the melted chocolate one by one and evenly coat each piece of banana with chocolate.
6. Place the dipped pieces on the cookie sheet and place 1 blueberry on each slice.
7. Repeat these steps for all of the banana slices. Once they are all covered in chocolate and topped with blueberries, place them in the freezer for 2 hours before serving.



# ***Fruity Tutti Salsa***

## **INGREDIENTS**

- 1 cup fresh blueberries
- ½ cup fresh raspberries
- ½ cup diced mango
- ¼ cup minced fresh cilantro
- ¼ cup orange juice
- 1 lime
- Cinnamon tortilla chips (or flavor of your choice)

## **DIRECTIONS**

1. Wash and slice blueberries in half and place them in a bowl.
2. Wash raspberries and place them in the bowl with the blueberries.
3. Peel the mango and dice enough to yield ½ cup. Place the mango in the bowl with the raspberries and blueberries and mix the three together.
4. Wash and dry the fresh cilantro and mince enough to yield ¼ cup. Mix the cilantro into the same bowl with the fruit.
5. In a measuring cup, measure out ¼ cup of orange juice and add the juice of 1 lime. Stir the two juices together.
6. Add the orange and lime juice mixture to the fruit mixture above and place it in the refrigerator.
7. Chill for 30 minutes.





# Mommy Musings

*A real MomBoss weighs in on all things nanny*

## TORN: A DAY IN THE LIFE OF A WORKING MOM

BY FARRAH HAIDAR. PHOTOGRAPHY BY MACKENZIE KEOUGH.

Being a working mom is hard.

I am sure this comes as no surprise to you, dear nanny. After all, you've met your fair share of working moms. Harried, mile-long to-do list, and a healthy case of DMS (distracted multitasker syndrome)? Yup, that's us. My job here, though, isn't to illustrate the obvious. Instead, I am going to take you into a MomBoss' heart because behind the hurried instructions, endless tasks, and exhausted eyes lies a whole lot of things we rarely say.

We are always torn. Whether to go back to work or not is a decision made under a barrage of conflicting needs—what our kids need, what we need and want, financial realities, the logistics of adequate care, what our spouses want, and what message we are sending to our children with our choices. It is never simple or easy.

We often feel like we are failing. The truth is that everything is a trade-off.

There is always something or someone who we are not paying attention to. No matter what choice we make, even when we know it's the right one, there's always someone a working mother is disappointing.

We wonder if it's worth it. There are days when we want to tell Sheryl Sandberg to shove it. Leaning in can feel like walking uphill in two feet of snow and 100 mile per hour winds. Sometimes when the laundry is piled up and our child is crying and our work is crazy, we wonder why we bother.

We long for more "me time". Sure, we're not with our children all the time, which makes it even hard to justify more time away from them when we need it. Our working hours are spent trying to get the most done in the least amount of time possible. Nights and weekends? They're for chores and family time. Me time? It rarely exists.

Each decision is laden with the guilt of

what we are not doing. If we work hard, we're trading hours with our children or we're too tired to actually do anything when we finally get to be with them. If we try to stay with our children more, our work often suffers, as does our passion for the career we worked so hard to build up before we gave birth. If we give everything to our work and our children, our self care shrivels and we run on empty, not to mention the strain it puts on our relationships with our significant others. In the end, we are always missing something.

But, most of all, there is that monumental fear. Are we making the right decision? Will we look back one day and see these sacrifices as a necessary part of parenthood or will it feel like wasted time and misplaced effort? That is the question that terrifies us.

So, the next time you catch us rushing to the next thing, try to remember everything we do not say.



# *The Professional Nanny: Setting Yourself Apart*

BY ERIN WHALEY.  
PHOTOGRAPHY BY  
MACKENZIE KEOUGH.

## *Best Foot Forward*

A nanny's job is so much more than that of a babysitter. A nanny is a partner in parenting and directly and actively contributes to the emotional, educational, and social development of a child. That being said, it stands to reason that parents would only entrust true professionals with this important task.

Given the competitive nature of the

job market, particularly for nannies, professional nannies are finding new ways to set themselves apart and raise the bar for the entire industry. In addition to continuing education, maintaining positive references, and staying current on trends in childcare, focusing on looking and behaving like a professional is increasingly critical for success. The way you present yourself, the way you act on and off the job, how you communicate with your employers, and the way you represent yourself on social media all speak to your professionalism.

It is important for a nanny to look like a professional, both during the interview

process and on the job. While the nanny industry is not one that requires business attire for interviews or work for that matter (imagine finger painting with a two year old in a suit!), it is important to present yourself in a professional manner. Being a professional means so much more than having the right answers and wearing a clean shirt. Think about how the small pieces and parts of your outward appearance give a general impression of the type of person you are. Think about the overall image that you're presenting. Yes, it is important to be comfortable and to be yourself, but you need to look at yourself with a critical eye: the eye of your employer.



## CLOTHING

Rule #1 in nanny clothing is versatility. On any given day, you could be out and about doing school dropoffs and pickups, running errands, grocery shopping, on a field trip or a play date, finger painting, playing with clay, going for a walk in the park, building a snowman, making baby food, changing diapers, being spit up on, wiping noses, assisting with potty training, and more. You need to be dressed in something that is easy, flexible, and most importantly washable, but that still looks like you tried harder than rolling out of bed in your pajama

"THINK ABOUT HOW  
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THE TYPE OF PERSON YOU  
ARE."

pants. Everyone has their own personal style. Some people live in jeans and sweatshirts, while others would prefer yoga pants or scrubs. Also consider your choice of shoes. Some families don't allow "outside shoes" to come into the home, so you might consider having a pair of closed-back rubber sole slippers or tennis shoes that have never been worn outside and can be used as your "inside shoes" so that you won't slip on floors or stairs. Just be comfortable. Your charges won't care if you're wearing the latest trend, so opt for something easy and practical and save the high fashion for after hours.



Whatever your preference, you want to make sure that your clothing satisfies the following conditions:

- It looks and smells clean.
- It is free from profanity or inappropriate text and images.
- It is not too tight, high cut, or low cut.

## JEWELRY

When you're on the job, less is more! Dangly earrings are just begging to be pulled on by an infant or toddler, rings can easily scratch little ones, and bracelets and necklaces are just asking to get tangled in hair during snuggle time. Leave the bling at home.

## TATTOOS

Err on the side of caution and keep them covered. If you can't keep your ink covered, do your best. Even the most liberal employers might not want their four year old discussing your tattoo

choices over dinner.

## HAIR

First and foremost, keep your hair clean! If you have long hair, consider tying it back, especially if you're working with infants. Keep extra headbands or elastics on hand so that you can adjust your style throughout the day if necessary. If you plan on dying your hair, consider whether having bright blue bangs or hot pink highlights will contribute to your desire to being perceived and treated as a professional.

## PERFUME

Not everyone considers how their personal choice of fragrance affects those around them. A pregnant mom may not appreciate a strong scent, just as a parent may not want their child smelling like your perfume by the end of the day. If you're looking for a smell, find a body wash that you enjoy, but keep any perfumes or body mists to an

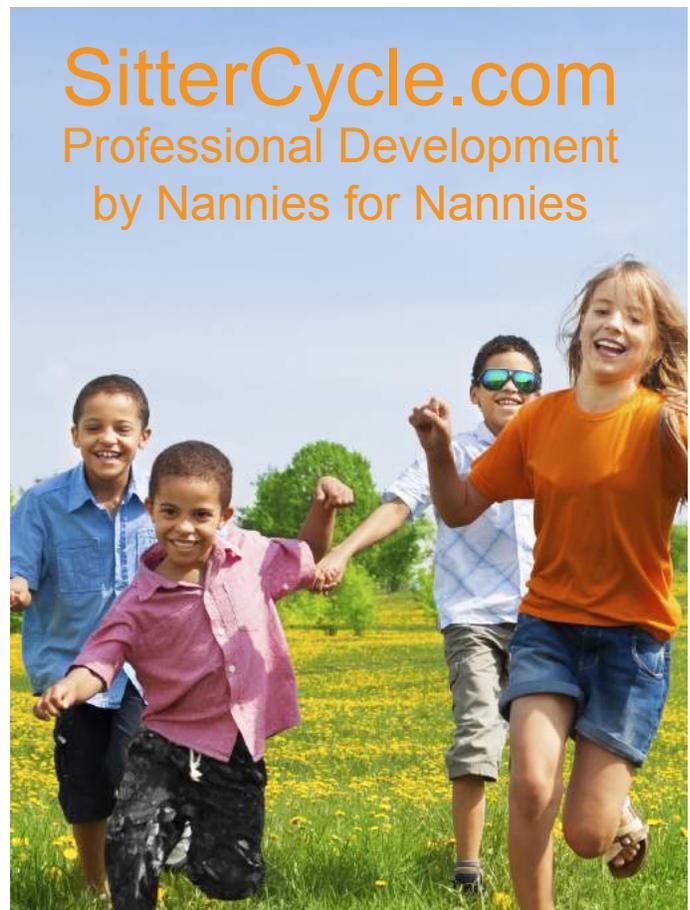
absolute minimum. You don't want to be "that nice nanny that we interviewed who wore too much perfume". Also, do not attempt to use perfume to hide the smell of smoke. Even if you are not the smoker, living with a smoker, attending a cookout with a smoker, or even riding in a car with a smoker can give parents the wrong impression of you. So, if this is an issue, figure out how to keep your clothes and hair smoke free!

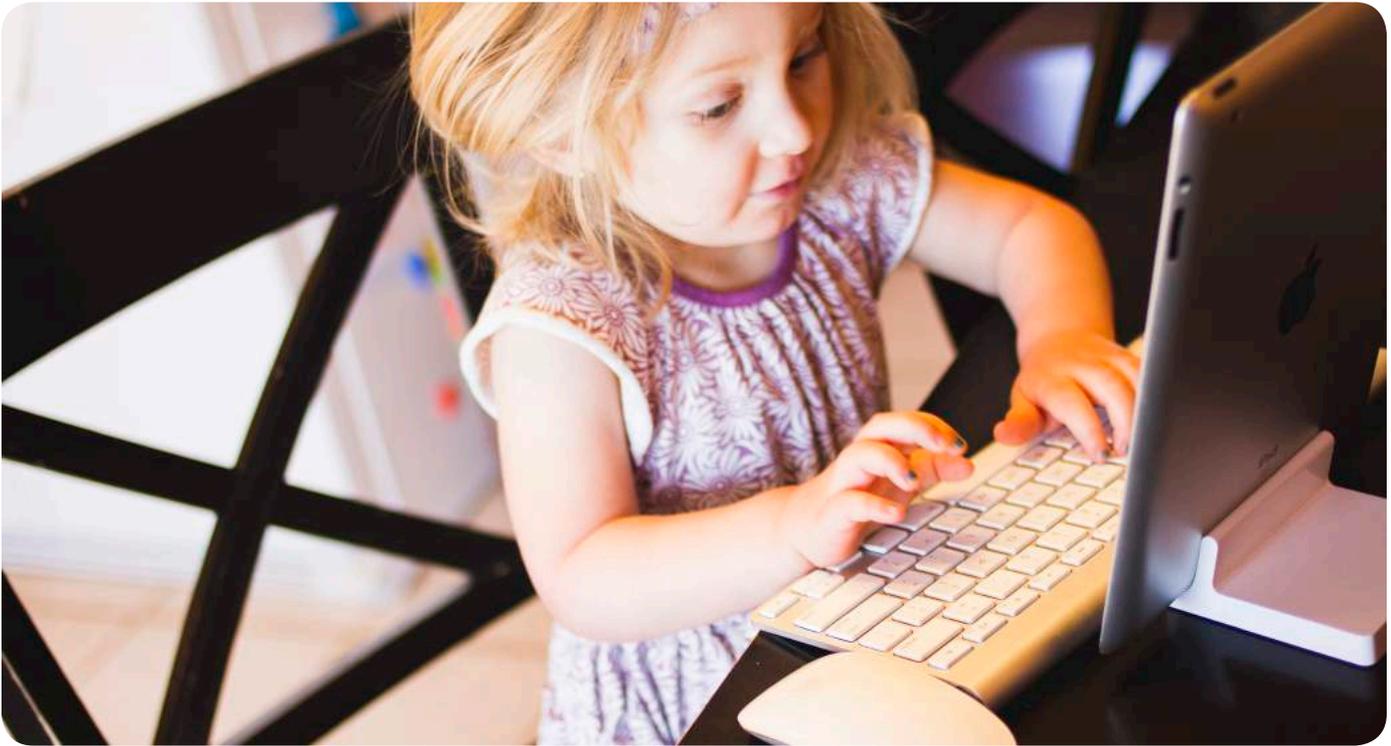
## NAILS

Regardless of whether you keep your nails super short and natural or long and polished, clean is the key as acrylic or chipped nails can harbor germs. If you are working with young children, be sure that your nails can't scratch a little one during diaper or wardrobe changes. If your polish is beginning to chip, take a few minutes to put on a fresh coat or simply

take it off. Having an unkempt look can seem to employers that you yourself are sloppy, unorganized, or simply don't care; these are not qualities that project a professional image.

Overall, keep in mind that the way you present yourself is just the first clue you give others as to who you are as a person and as a caregiver. It is important to be yourself while also keeping your style as neutral as possible for maximum appeal. You don't want to give your employers, agencies, or other nannies any reason to question the care you provide or your commitment to excellence.





# Your Online Persona

With the explosion of social media over the past several years, technology has become not only a method of staying in touch with friends, family, and fellow nannies across the miles, but a means for constant communication, interaction, and even scrutiny at the push of a button.

A recent article on Huffington Post claimed that 80% of employers Google potential employees before scheduling interviews. The article stressed the importance of “personal branding” by controlling how you can and will be perceived via your online presence. “The greater your positive online visibility, the better your online reputation, and the greater the likelihood that you will have a response to your résumé the next time you submit it to an appropriate opportunity.”

Social media outlets such as Facebook, Instagram, and Twitter have become means of expression, but at the same time, with each posting of a thought,

opinion, and picture, you open yourself up to the scrutiny of others.

Many nanny placement agencies and even employers are utilizing social media screening as a means to select a nanny with whom they'd like to work. More than ever before, what you put out into the world of social media can be used against you, so it's important to use a discerning eye and an internal editor. But it doesn't stop with just your private social media accounts. Watch your words in online chat groups and message boards as well.

## IT'S PERMANENT

Operate under the assumption that anything that you post online can and will be public. Even the most conservative privacy settings cannot guarantee that a friend, or friend of a friend, won't copy, paste, repost, or share an opinion, photo, or comment that you've sent out into the world. What you share via social media is an extension of yourself, so it is imperative to use an internal edit button before posting.

## WHY AM I POSTING THIS?

This question should be asked before any posting. Take a moment to think

about what will be gained from your post. If you're venting or just looking for attention, it may be best to bite your tongue (and sit on your hands). If you're looking for advice or input on a difficult situation, ask away, but be respectful, especially if you're referring to your job. If you're bragging about the great time you had at your best friend's birthday party (and happen to throw in how you're trying to climb out from under your hangover), think twice. Is this something you'd want an employer to see?

## MASS APPEAL

Keep in mind that while everyone is certainly entitled to their own opinions, you may inadvertently alienate potential (or current) employers by giving a false impression of the professional, responsible, amazing caregiver that you are. Photos of your friend's 21st birthday party, or your sister's bachelorette party at a strip club, or posts laden with profanity may not be the magic dust you need to secure and maintain a great job with a wonderful family. Consider also the implications of posting controversial political or religious statements. Yes, you certainly have the right to express your opinions, but if you insult an employer or someone in their circle, you may lose your job.

## SAFETY

Unfortunately, the explosion of social media has brought with it new dangers. Predators are using postings and photos against us, learning behaviors, routines, and even neighborhoods of potential victims. Before you post your daily schedule, photos of your charges at the park, or brag about your upcoming vacation, keep in mind that this information can potentially be used to harm you.

## PHOTO POSTING

Rule #1 when it comes to posting or sharing photos of your charges, get written

permission from your employers. Before you begin a nanny position, clarify in detail, what your employers are comfortable with in terms of photo sharing, or sharing of any details of your job, for that matter. Some families might encourage photo sharing on Facebook if they themselves are tagged in photos, while others might have strict “no posting” policies. Whatever your employer’s preference, it is important to respect it.

## ACCEPTING FRIEND REQUESTS FROM EMPLOYERS

This is one of the most common questions that

nannies ask: “Is it okay to be friends with my employer on Facebook?” While there are arguments either way, it’s best to use your own judgment. It’s certainly important to weigh whether you want your employers to have direct access to not only your posts, photos, and history, but those of your friends as well, you can’t control what a friend will choose to post on your wall at any given time. Also, think about why you’d want to be friends with them. In some cases, it can work, but the minute you accept their request, you have given them access to everything you’ve ever posted, or ever will post. If you don’t want to be constantly asking yourself

what your MomBoss will think about every post you make, then perhaps it’s best to pass on the friend request.

Social media, while an incredible means of communication, presents various opportunities for a misrepresentation of our professionalism when not used responsibly. You must be mindful of the fact that what you project is your way of communicating to others who you are, personally and professionally; do not disregard the importance of making a good and lasting impression.





## ***Professionalism in Action***

There's certainly more to being a professional than dressing the part and managing your social media responsibly. You need to be conscious of the way you conduct yourself on the job and how you react to various situations. You are being entrusted with enormous responsibility during your workday, and the way that you do your job gets to the heart of your professionalism. Are you giving it your all or do you take advantage of the fact that you don't have anyone looking over your shoulder?

It's important to consider how your daily actions reflect your commitment to providing high-quality care. No matter how long you're planning to work for your employers, maintaining a professional work ethic and giving 100% on a daily basis will only help if you need a favor, a raise, or a reference.

### **DAY TO DAY**

It's incredibly easy to fall into a rut at work. After a few months, you've gotten comfortable, you know the job inside and out, and you settle into a routine. When this happens, be careful to not let your work ethic suffer. Simple things like continuing to arrive to work on time, ensuring that the house is neat before your employers arrive home, and constantly coming up with fun new activities to do with your charges show that you're committed to providing quality care each and every day.

### **COMMUNICATING WITH EMPLOYERS**

The way you choose to communicate with your employers will surely affect the way you are perceived. In many cases, following their lead is the best way to ensure that you do not give the wrong impression. Ask them directly how they'd like to communicate throughout the day (e.g., texts, written log, touching base for five minutes at the end of your workday). If an employer wishes to receive text messages throughout the day, be mindful of how you word them. Exchanging texts with your employer is not the same as exchanging texts with your best friend. No matter how comfortable you are with your employers, it is best to maintain a level of formality with all communications. Use proper grammar and punctuation!

### **TABLE MANNERS**

Odds are that at some point you'll eat a meal with your employers. Having good table manners is just another way to show that you care about how you are perceived. It may seem old fashioned, but simple things like putting your napkin on your lap, refraining from talking with your mouth full, and saying "please" and "thank you" show that you respect your employers and also sets a great example for your charges.

### **CONTINUING EDUCATION**

It is important for professionals in all industries to keep themselves current on industry trends and new knowledge that is available. Nannies are certainly no exception. With access to in-person training, online education, webinars, and national conferences on a variety of childcare topics, professional

nannies should make it a priority to keep themselves current on the latest in child-related information. Do some research before committing to an event or training opportunity. Find out what will be involved, who the speakers or educators are, who is in charge of organizing the event, and try to speak with other professional nannies who have already participated in the event or training. A commitment to increasing your knowledge and improving your skills is just another way to demonstrate your professionalism to current and future employers. Learn more about professional development for nannies in this issue!

## EMERGENCY SITUATIONS

When parents leave their children in your care, they expect that you'll know what to do in an emergency situation. Take some time to think about what you'll do if one of your charges suffers a serious injury on your watch. What will happen if there's a house fire? Even something as simple as locking yourself out of the house can quickly become an emergency. Professional nannies should be current in CPR and First Aid certifications and be mindful of when these certifications expire. It's important to have a fire prevention plan, an emergency medical plan, signed copies of medical and or surgical consent forms, easy access to

emergency phone numbers, and to have discussed various "what if" situations with your employers. Discuss with your employer their preference so you will be on the same page should there be an emergency. They will appreciate you being proactive, thinking through the potential scenarios, and wanting to have a backup plan in place.

## SOCIALIZING

Whether you're talking to friends, your charge's teacher, or even other nannies, be mindful of what you say about your charges and your employers. Many families include confidentiality clauses in their work agreements with household employees, meaning that you can't discuss things that you see or hear within the household, like credit card statements, business dealings, marital issues, or anything else about the family. Everyone needs to vent from time to time, but you never know who is listening or who will repeat what was said, so think before you share because it may not just be an issue of professionalism, it may also become a legal nightmare.

## INCLEMENT WEATHER

Bad weather happens. So what happens if you're unable to drive to work because of a snowstorm? If your employers have

a snow day, do they expect that you'll have one too? Being proactive in forming solutions for how to deal with dangerous driving conditions in advance or having a backup plan is important so that you and your employers are sure to be on the same page.

Everyone, no matter what their profession, will have good days and bad days. A true professional strives to leave negative emotions at the door, works through challenges, and is constantly trying to improve themselves on the job. Throughout the course of employment, take a step back and evaluate the quality of the work you're providing each day. Meet with your employers regularly, either in a quick huddle at the end of the day or schedule time to sit down together, so that you can touch base and make sure that everyone is on the same page. Request an oral and written performance review every six months with your employers to get some feedback on how they feel things are going and discuss any issues or concerns that either of you have. As a professional nanny, your actions and the way you do your job on a daily basis will reflect not only on you, but on your fellow professional nannies.



Everybody  
hates  
you.

You don't see  
bullying like  
this every day.

Your kids do.

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

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Learn how at  
[StopBullying.gov](http://StopBullying.gov)



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YOU AND ME**

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# Data Blitz

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

The average American consumes 24 pounds of candy each year.  
(DailyInfographic)

It was thought as recently as 30 years ago that kids couldn't suffer from depression.  
(National Institute of Mental Health)

Some babies suck their fingers for comfort (known as non-nutritive sucking) even before they are born.  
(American Academy of Pediatric Dentistry)

There are approximately 1,800 thunderstorms happening on earth at any given moment.  
(NASA)

Spinach, nuts, and whole grains are great sources of magnesium, which helps the body in many ways.  
(National Institutes of Health)

Of children ages 5-17 who are forced into child labor, 60% of those work in agriculture.  
(International Labour Organization)

Most American children do not consume the recommended servings of fruit and vegetables for a given day.  
*(Center for Disease Control)*

Certain toxins in nail polish, such as toluene and butyl acetate, can be harmful if inhaled. Always apply your polish in a ventilated area.  
*(Livestrong.com)*

40 percent of worker turnover is due to job stress.  
*(DailyInfographic)*

One percent of U.S. employers allow employees to take naps during working hours.  
*(About.com)*

Sugary or sweetened drinks are linked to childhood obesity.  
*(Center for Disease Control)*

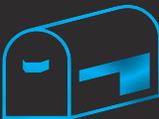
Americans now spend more than 100 hours a year commuting to work.  
*(About.com)*

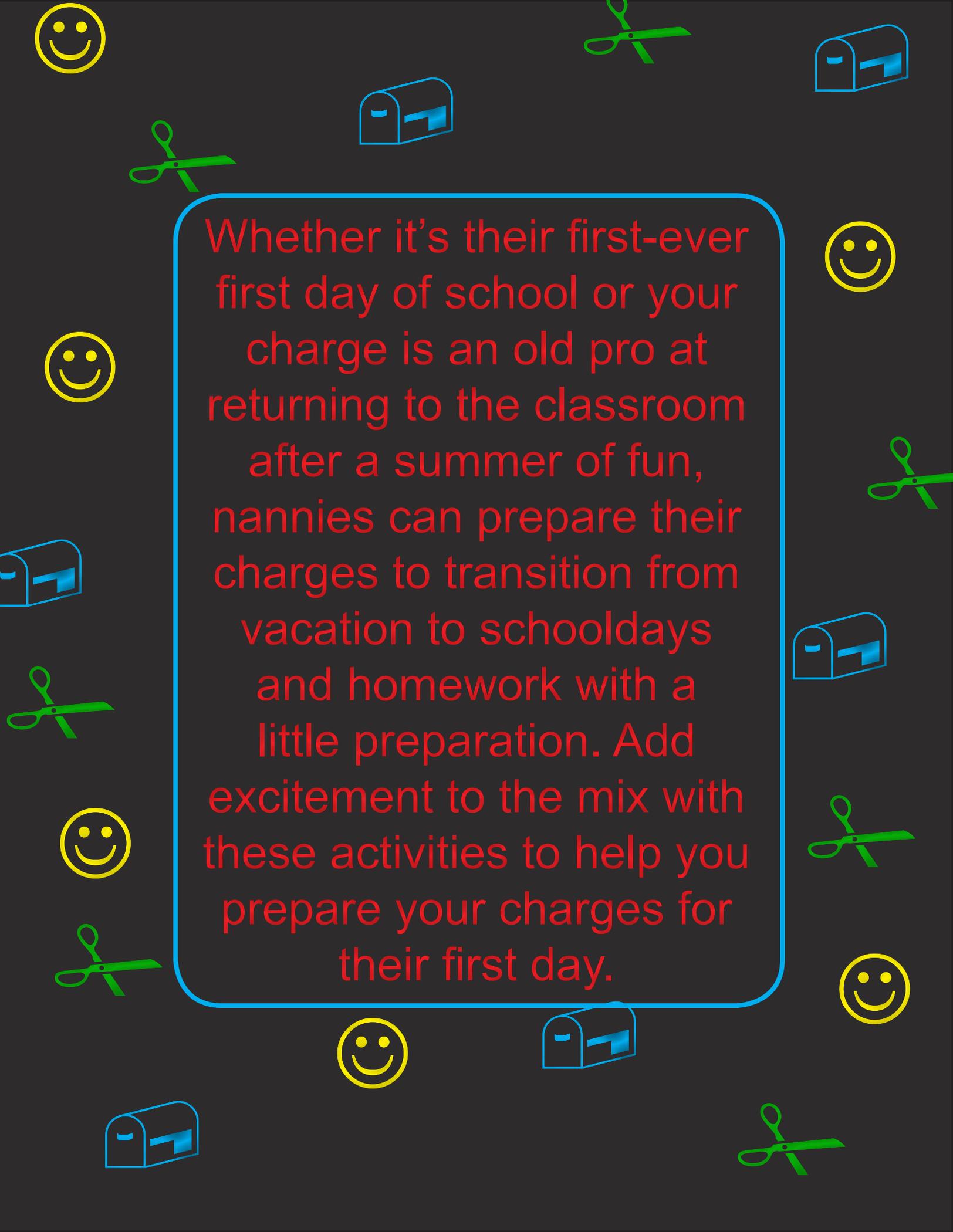


# Preparing for the First Day of School



By Jen Webb.



The background is a solid black color. It is decorated with several icons: yellow smiley faces, green scissors, and blue mailboxes. These icons are scattered around the central text box. The text box itself has a rounded rectangular shape with a blue border. The text inside is in a red, sans-serif font.

Whether it's their first-ever first day of school or your charge is an old pro at returning to the classroom after a summer of fun, nannies can prepare their charges to transition from vacation to schooldays and homework with a little preparation. Add excitement to the mix with these activities to help you prepare your charges for their first day.

# Children Entering Kindergarten

Little kids may be extra scared about leaving home and spending all day away from you or their parents. Spend the last few weeks of summer hyping them up about all the fun things they'll be doing at school, like making new friends, learning how to be more independent, and spending time with the big kids at school. Try to ease them into it by teaching or reinforcing skills that will make their time in the classroom less stressful.

## Writing Skills

Teach your charge how to hold a pencil the correct way and to write their first and last name.



A b C d E f

## Language Arts

Teach your young charge to recognize uppercase and lowercase letters of the alphabet. Teach them book-handling skills like the basic skills of how to hold a book, reading from left to right and top to bottom, and how to turn a page.

## Reading Comprehension

After reading a book, ask your charge questions to test his or her comprehension. Ask what happened in the beginning, middle, and end of the story. Ask what the problem was in the story.



## Safety First!

Never write your charge's name on the outside of their backpack. Do you want strangers to know their name? No! Use initials instead if you're worried every other kid in your charge's class will be toting the same gear.

## Math

Teach your charge to count 20 objects, classify objects by shape or size, and make patterns. Use building blocks or small everyday objects like paper clips or buttons to work on these math skills.

$$2 + 2 = 4$$



## Social Skills

Play board games to practice taking turns and not always winning. Set up play dates with children who will also be going to the same new school.

## Physical Skills

Teach your charge to tie his or her shoes and spare the teacher the agony of having to tie an entire classroom of kids' shoes day after day. Teach your charge how to stand in line without fidgeting and how to sit at a desk or in a circle. Teach your charge how to raise their hand to ask a question or use the restroom.



## Read The Kissing Hand

In this story, a young raccoon is nervous about going to school. His mother kisses his hand and reassures him that whenever he is scared she is always with him. After reading this story, create a special routine between you and your charge to let them know that they will be okay whether you “kiss their hand” or make a bracelet that they will wear the first day of school to remember that you or a parent will be waiting for them at the end of the day.



## Stranger Danger

Have the conversation about stranger danger. Make it clear that they should not take rides home from anyone other than yourself or a parent (unless other arrangements have been made).



# Children Returning to School

Big kids may be used to the routine of heading back to school, but that doesn't mean a nanny's job is cut and dry. Spend the last few days of summer preparing them for the rigors of a more academically challenging year ahead.

## Supplies

Help your charge create a list of school supplies that they will need for their first day of school. This includes a new backpack, lunchbox, pencils, erasers, pencil box, binder, etc. Also, check to see if the school provides a list of suggested materials ahead of time.



## Outfit

Help your charge choose the outfit and shoes they will wear on their first day of school. If they are expected to wear a uniform, make sure that their uniforms fit the school's dress code and are clean and freshly pressed.

## Give Advice

Remind your charges not to be afraid to ask the teacher questions, to be themselves, to not be a bully, and to respect themselves and others.



## Prevent Hour Cuts!

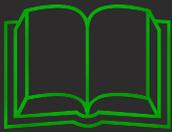
Back to school for children does not necessary mean a cut in hours for a nanny. Help your NannyFamily and keep your schedule by:

1. Organizing children's bedrooms
2. Doing children's and family's laundry
3. Going grocery shopping for the family
4. Running family errands
5. Buying birthday presents for those countless parties your charge will be invited to
6. Taking care of the family pet
7. Finding a nanny share

## Practice Sight Words

Research the sight word list for the grade level your charge is going into and make sure they can recognize those words.

the cat



## Reading

Go to the library often and encourage at least 30 minutes of reading daily. Ask your charges to keep you updated on what they're reading so you can assess their comprehension. Ask them questions about what the book is about.



## BrainQuest Workbooks

BrainQuest workbooks are great to prepare children for the next grade. These books are filled with language arts, math, social studies, and science activities.

A pair of blue and white sneakers is shown on a dark asphalt surface. The sneakers are positioned at the top of the page, with one shoe on the left and one on the right. The background is a close-up of the asphalt, showing small stones and some debris. The text is overlaid on a light blue, rounded rectangular background.

# ***Challenge Accepted! A Nanny's Efforts to be a Good Influence***

BY ERICA CHRISTOPHER. PHOTOGRAPHY BY  
GARY TANG.

Being a nanny, it is impossible not to look at your growing charges and imagine what they may become in the future. I often look at my little darlings and wonder what they will aspire to and what kind of influence I will have on that. Ahhh... what an inspirational and heartwarming thought!

I can tell you one thing, though; there are several things I hope my charges don't learn from me. Not to say I am a bad influence, because of course, I am not. But like any human, I have some bad habits. As much as I try to put my best foot forward and urge my little ones to be better and brighter, I worry that my less-than-favorite attributes may rub off on them a bit.

So I'll say this: I have a few "challenges" as a nanny that I do not wish to teach to the next generation. Challenge is a much nicer word than "flaw" or "bad habit", don't ya think? Positivity is definitely not a challenge of mine!

Come a little closer and I'll let you in on some of my biggest nanny/life challenges. But you have to promise not to tell my MomBoss!



Challenge 1: I am a terrible cook. I can absolutely get the job done when fixing a nutritious lunch for the kiddos, but it's never pretty. Or fancy. Or particularly gourmet. I try, I really do, but it is simply not my strong suit.

Solution: I have a "baking" day once a week with my preschooler. She loves being "in charge" and I learn a thing or two as well! Win-win.

Challenge 2: I can be a bit lazy. Maybe it's the lack of caffeine that goes along with an early call time, but in reality I think my body sometimes lacks the ambition to move. Of course, I am a master at "faking it" with my charges and join in every dance party (even if it is just my arms waving from my seated, tired heap of a body. They never know!).

Solution: I have challenged my charges to keep me in check. Our trigger phrase: "running class". I have no idea where that came from but if one of the kiddos sees me slacking in the "moving" department, they will yell "running class!" and we all get up to keep our blood pumping! I will admit that I am not always excited to hear those words, but it is a promise I've made to the kids and I always keep my promises!

Challenge 3: I am sarcastic. I honestly don't think of this as a challenge in "real life", I think it's awesome. But it's alarming to hear the two year old mocking my facetious attitude to her teachers. I'd like to say that I actively try to watch my snarky words, but I don't. So shoot me.

Solution: I simply don't think there needs to be a solution (did I mention that I am stubborn too?). But what I sometimes do is explain when things are "just a joke". I know when I cross the line of an innocent child's understanding. I can see it in their eyes. No biggie, I simply explain to them that I am not actually in fact going to "get out of town" or that "running with a sharp object" is definitely not a good plan (despite my clear words that said the opposite). You see? No problem! Any two year old can grasp the concept of sarcasm!

There I go again.

## Dilemma

# When Is It Okay to Tattle?

BY KEYANNA BARR, PHOTOGRAPHY BY GARY TANG.

IS THE NANNY NEXT DOOR A BAD NANNY (INATTENTIVE TO HER CHARGES OR EVEN HARMING THEM)? HOW SHOULD YOU REACT?

The nanny community at large is actually a pretty small world. You'll almost always find that a nanny you meet knows a nanny you know or have heard of. We connect in myriad ways, from nanny conferences to regional nanny support groups to the comfort of our screens and social media. I like to think of us as a family of sorts; we all look out for each other as an industry and we want the best for each other. But just as in any family, there are "those" members. You know. The cousin who always shows up late and wants all the attention. The uncle who gives the worst gifts but always receives the newest gadgets. Those members. You can't wait for them to leave the table so you can exchange pointed glances with your sister that say, "he got an iPad?! So not fair!"

These people in the nanny community become known as the "bad" nannies. The one whose skirt is too short. The one who is always texting or on the phone at the park while the kids go wild on the monkey bars. The one who doesn't properly buckle her charges in to the car. The one who feeds the kids fast food daily. The one who disciplines too harshly. The one who takes smoke breaks.

Where do we good nannies who observe these bad nannies in action draw the line and speak up about the behavior we witness? If the nanny next door hasn't looked up from her phone in ten minutes while her charges play in the yard, it is your job to say something? Have you noticed the kids in the car without their seat belts

buckled? Does her boyfriend come and go during work hours?

When do you speak up and when do you keep your mouth shut?

Because we work in the private industry, there are not many hard and fast rules governing our behavior as a whole. Unlike doctors, nurses, attorneys, and educators, we are not mandated to follow a specific ethical code, so we have to rely on our individual moral compasses and gut feelings to guide us.

For many of us the line is crossed when safety becomes a concern. As a nanny, many people feel like they are charged with the safety of any and all kids that they can keep safe in any way. Not all members of the community feel this way, and therein lies the dilemma.

No one wants to be a blabber mouth adult. When someone wears something that you think may be too revealing or tight you probably don't need to send their MomBoss an email about how you think their nanny should dress. That employer sees what her nanny has on, and perhaps as the boss, that is not a concern for her. The area of concern should be things that an employer cannot see or seemingly doesn't know about that can place their child in harm's way.

Many would feel compelled to talk to another nanny's employers if they ever saw

a child being harmed or neglected. Use your conscience as a guide. If it doesn't seem right it probably isn't. It doesn't hurt to ask or nudge another nanny in a friendly way about their behavior. Maybe they just need to hear that their behavior isn't okay from a peer. It could be crossing the street safely or using appropriate language around the kids. Sometimes just an olive branch from another nanny can go a very long way.

Gossip can be a very dangerous thing. Taking second- or third-hand information to someone's employers is not a good idea at all. You could be jeopardizing someone's employment and their long-term relationship with their NannyFamily. Encourage the person you heard this from to speak up if you think it needs to be brought to the surface and you were not a witness. Putting yourself in the shoes of the other nanny can also bring some clarity. Would you want someone sharing half truths about you? How would your MomBoss react to an unsubstantiated call from the nanny next door?

Creating camaraderie in the nanny community should be a priority, and while it may not seem like telling on a "bad" nanny is a good way to do that, it actually is. Once we hold ourselves collectively to higher standards we as an industry will flourish. In the world of nannycams and "I Saw your Nanny" blogs, we have to look out for each other and the children that we care for. It's a huge step in the right direction for our small community.

# Nannies Ask

BY STEPHANIE FELZENBERG OF BE THE BEST NANNY NEWSLETTER.

Dear Stephanie,

I watch a very sweet and determined 1 1/2 year old. He has very intense tantrums and physically lashes back and forth when he doesn't get his way. When we go somewhere, he gets upset when we have to leave. He can't talk yet, so I'm guessing he thrashes because he can't fully communicate. I know he is having fun and doesn't want it to end. What's the best way to handle these tantrums?

Sincerely,

*Tired of Tantrums*

Dear Tired of Tantrums,

Young children don't have the maturity to cope with frustration. Children who are under stress, tired, or hungry are more likely to lose control of their emotions. Sidestep temper tantrums by balancing the child's day so they don't get too frustrated, tired, or hungry.

Don't reinforce the behavior by giving the child extra attention. Once a child has lost control of their emotions and is having a tantrum, it is not the time to try to reason with them. Instead, make sure they are safe and talk with them once they've calmed down.

Since your charge is so young, I wouldn't recommend using any form of punishment, like a time out. Instead I would try to prevent the misbehavior by reducing stress during the day and using redirection when possible. Be organized and allow ample time for transitions, rest, and healthy snacks to reduce his frustration and get rid of the frequent tantrums.

Sincerely,

*Stephanie*

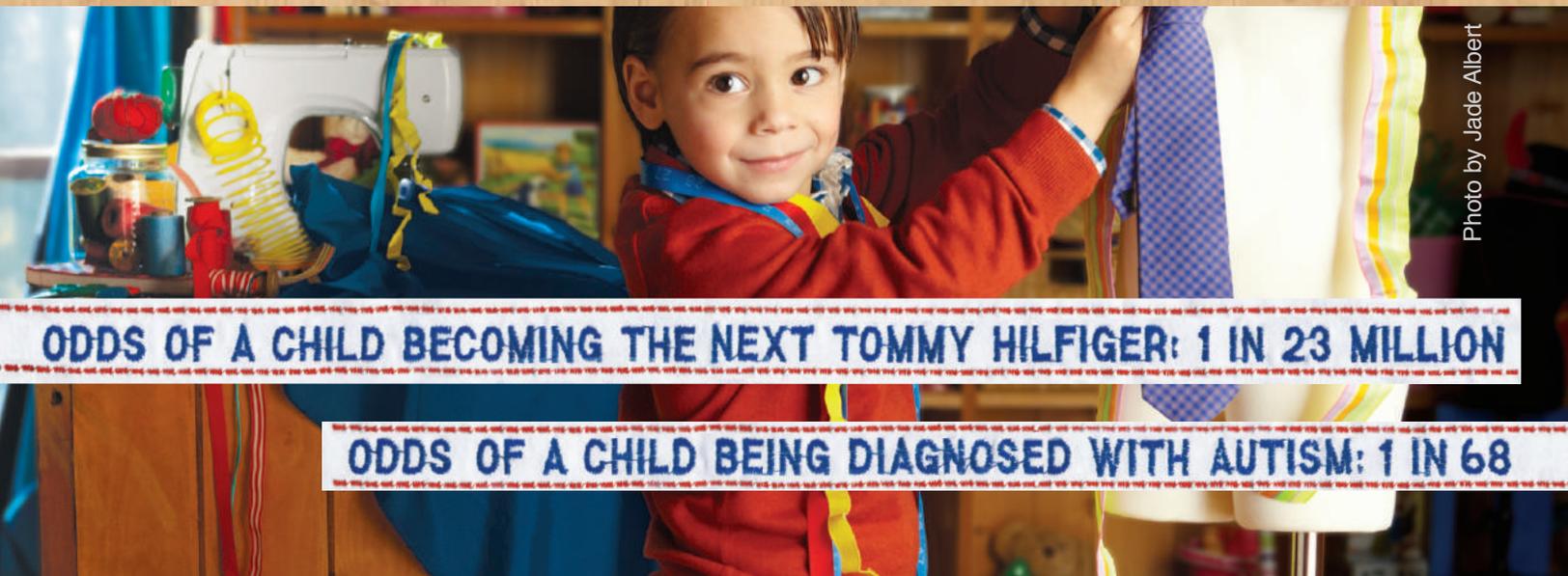


Photo by Jade Albert



Learn more at  
[autismspeaks.org/signs](http://autismspeaks.org/signs)

Some signs to look for:

No big smiles or other joyful expressions by 6 months

No babbling by 12 months

No words by 16 months



**AUTISM SPEAKS**  
It's time to listen.

A close-up photograph of a woman with dark hair, looking out a window. She is holding the edge of a red and white striped curtain. The lighting is soft, and the focus is on her face and the texture of the curtain.

***Helping Your  
Charges  
Reach Their  
Goals***

**BY TRICIA TARWATER.**

**PHOTOGRAPHY BY MACKENZIE KEOUGH AND GARY TANG.**

It's 1:00 on a Saturday afternoon, my day off, and I'm sitting inside a freezing cold ice rink instead of enjoying the warm summer sunshine. Why am I here? Because the girls I nanny for are participating in an ice skating exhibition and I'm here to cheer them on. You see, as nannies we are in the unique position of being able to encourage our charges and cheer them on toward their goals. We go to nanny conferences, read magazines, and search Pinterest. We find a thousand uses for clothes pins and a hundred rainy day activities. Those things are all amazing and a great part of being a nanny, but what are we doing to help our charges reach their goals? What are we doing to invest in their future?

A goal can be anything as simple as wanting to improve their math skills to something as challenging as making it to the Olympics. As nannies, we get to be our charge's #1 cheerleader and encourage them every step of the way. Use the following advice to support your charges as they strive to make their dreams a reality.

### BE AN UNENDING SOURCE OF POSITIVITY.

Our charges look up to us, admire us, and sometimes even hang onto our every word. The words we speak to them are so important. They are told every day all day long by all sorts of people what their flaws are. We nannies get to be the ones who remind them of what makes them special. They need our encouragement and support to remind them of who they are. Go to their special events, even on the weekend.

Being a nanny isn't just a 9-5 job. Nannying is pouring your time and resources into someone else. You can't confine that to normal working hours. Do they have a performance at school in the evening? Surprise them and show up! My charges are ice skaters and I love showing up at their performances. I am so

proud of them, and I love bringing my friends and family to see them skate!

### PRACTICE WITH THEM.

My charges love going to drama camp in the summer. At the end of every session of camp, each class puts on a little play. I love helping them memorize their lines. It gives the girls confidence, and as an added bonus it's really great bonding time for us.

### LEARN TO LOVE WHAT THEY LOVE.

When I first started nannying for my charges, I knew very little about figure skating. I didn't even know there was such a sport as synchronized figure skating! Now I know what a lutz, pass through, waltz jump, and lay back are. I find myself eagerly looking up competition results online. When the girls see that I love what they love, not only does it deepen our relationship, but it validates their passion. When they see that I think their passion is worth investing my time and heart into, they gain confidence.

### INVEST IN THEIR ACADEMIC DREAMS AND GOALS.

I have nannied for all ages from newborns up to teenagers. One thing a nanny can do for almost any age is teach them good work ethic. Teach them to love learning and how to prioritize their time to achieve their academic goals. You can start this in the toddler years and carry it on to their high school years. As I watch my teenaged charge get ready to apply for colleges, I can invest myself in her goals right alongside her. I can help her prep for her ACT. I can make sure she's getting adequate study time and proper nutrition. When I'm with my younger charge, I



Photo Courtesy Gary Tang

can show her how to carve out time for homework and make sure she sees how much fun learning is. With toddlers, time for play is really learning in disguise!

## USE THE INTERNET!

Today's nannies have an amazing advantage that nannies of even ten years ago didn't have. Thanks to the Internet, there are so many resources available at our fingertips. One of my favorite websites is Pinterest. I love the variety of information and creative ideas all in one spot. When my younger charge was looking to improve one of her poses for figure skating I looked it up online and found some simple stretches that I could do with her every day to improve her flexibility. Use all the resources you can. They say it takes a village to raise a child and today we have the entire world available to us in an instant.

## INTRODUCE THEM TO NEW OPPORTUNITIES AND EXPERIENCES.

Maybe they have their life all mapped out, maybe they have no idea what tomorrow holds. No matter what the circumstance, your charges will always benefit from being exposed to new ideas. Take them to museums and bookstores. Bring them sporting events and on nature walks. Give them a chance to explore new worlds. It's amazing to watch them see something new for the first time. In fact, it's one of the reasons I became a nanny in the first place.

## LET THEM KNOW THAT IT'S OKAY TO FAIL.

One of my favorite quotes is by Thomas Edison. "I haven't failed; I've just found 10,000 ways that won't work." We tend to remember only the best about people and sometimes forget how hard it was for that person to reach their goals. We remember the best about Thomas Edison, but don't remember how many times it took before he actually figured out how to create the light bulb. Our job as nannies is to create an atmosphere in which failure is okay, where not succeeding every time is not the worst thing in the world. Teach your charges to use failures as stepping stones. Share your age-appropriate stories from your own life with them to show them that everyone struggles sometimes. Let them know you are proud of them no matter what. As they get older,



their failures get bigger, and the consequences get bigger too. Make sure they still know they can count on you as one of their biggest cheerleaders. Whether they spilled something, failed at a test, or gave in to peer pressure, make sure they know about second chances. And third chances, and however many chances it takes to get it right!

## DON'T LOSE SIGHT OF THE IMPORTANCE OF THE EVERYDAY.

I spend several hours each week in the car driving the girls from activity to activity. Sometimes it feels like I live in my car! Between the headaches of gas prices, traffic jams, and constantly rushing, it's easy to lose sight of the big picture. All those hours I spend in the car and prepping them for activities is really time I spend investing in them. Truth be told, driving in the car to and from activities has become one of my favorite pastimes! As soon as we get in the car to go to the ice rink or violin or soccer, I know it will only take minutes before the big request: "Tricia, tell me a story!" We have turned car time into an hour of sharing stories from my life. We talk about everything from my trips to Africa to what I did this past weekend with my own kids. I think telling my charges about my past while investing in their future is a very fitting reminder of why I'm doing what I'm doing.

## CELEBRATE EVERY SUCCESS.

I love for my charges to feel how great it is to succeed. When they were younger we had a prize basket filled with dollar store trinkets. They got to choose a prize any time they had a small success, ranging from picking up their toys without being asked to keeping a good attitude when it was difficult. I wanted them to know that I saw them make the right choice and that their decisions paid off. When they were brave at the dentist's office, they get a reward. When the girls have a skating exhibition I make sure to bring flowers and let them know how proud I am of them. Celebrate all their accomplishments with them and make sure you tell their mom and dad when they get home. Be proud of them, and let them see that you are.

When parents hire a nanny, they are looking for a person who is going to love and invest in their child like they would. Being a nanny is an amazing job and so rewarding. If you are willing to invest your time and energy into the kids you nanny for, the reward will be so amazing! You can change their lives for the better just by being you! They don't need you to have all the answers. They just need you to love and encourage them as they strive toward that Olympic gold, and once they get it, won't you feel proud?

# Ask an Agency

## ERIN KREX OF FIRST CLASS CARE.

Erin Krex, founder of First Class Care in the Chicagoland area, serves up this month's answers.

**Q. I APPLIED TO AN AGENCY BUT NEVER HEARD BACK. WHAT MAKES AN AGENCY DECIDE TO NEVER REPLY TO A NANNY'S APPLICATION?**

**A.** I feel an agency should at minimum reply to an application and let the nanny know why they cannot work with them, but agencies are often inundated with applications and may not have time to reply to all applicants. If your application was not complete they may just pass over it and wait for you to finish it. The best thing you can do is make sure your application meets all the requirements of the agency. If you're certain your application was flawless and you still haven't heard back, then follow up. Call the agency and ask if they received it. If they say they cannot work with you, then ask why.

**Q. WHAT KINDS OF PROFESSIONAL DEVELOPMENT OPPORTUNITIES DO AGENCIES TYPICALLY OFFER TO THEIR NANNIES?**

**A.** Most agencies will provide at minimum CPR and first aid classes, but not all agencies provide extensive classes. First Class Care provides tons of classes, including how to make a nanny portfolio, baby wearing, how to work with special needs children, and more. A great agency will try to help the nannies develop and improve their skills to be the best nanny they can be. If your agency does not offer these types of classes seek them out! The Internet is a great place to start.

**Q. ARE AGENCIES EVER HELD ACCOUNTABLE IF AN APPLICANT THEY PLACE TURNS OUT TO BE A TERRIBLE FIT FOR THE FAMILY?**

**A.** I think everyone involved would have some accountability, but the nanny is the one who interviewed with the family, hopefully did a trial with them, and then accepted the offer. If something in the job was not disclosed during the initial process then you should definitely call your agency and explain the situation. You should think of the agency as your advocate. They are there to help you, provide advice, and guide you to be successful.

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

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

***Manny Column***

**TRAINING TO BECOME A MALE NANNY:  
THE ROUGH ROAD**





BY NICK MITCHELL. PHOTOGRAPHY BY GARY TANG.

NICK MITCHELL LEFT HIS CORPORATE JOB BEHIND TO WORK AS A NANNY. THE DECISION TO CHANGE CAREERS WAS EASY. BUT BREAKING INTO NANNYING WAS A CHALLENGE HE COULDN'T OVERCOME WITHOUT ADEQUATE SKILLS AND A DEDICATION TO PROFESSIONAL DEVELOPMENT.

My first job after leaving college was working in computer support, which was at that time a male-dominated industry. It's true I had studied four years at the university to earn my degree in technology, but my heart simply wasn't in the work. In my college days I babysat for a few local families, helped at a youth group, and continued babysitting after starting my career in computers. Deep down I knew that I preferred caring for children over working with technology.

Training to become a nanny was something I had heard about and I enrolled in a course at a local college while working part time in computer support. The course to become a nursery nurse was a little under two years long and involved time split between college and voluntary work in daycare, preschool, and kindergarten. You won't be shocked to learn that I was the only man in the course.

It was frightening. Not only was I the only guy, I was also a little older than a lot of my fellow students as by this time I was in my early 20s. Fortunately my tutors were supportive and fellow students accepted me as one of their own, though getting voluntary work proved to be harder. Preschools and daycares were nervous about having a male student helper. It took some work convincing them that I was safe to be around children, but my previous voluntary work in youth group and references from families for whom I babysat helped.

I completed the diploma in nursery nursing, and along with first aid training I was ready to find my first nanny job. I approached nanny agencies and found one that felt they could help. To my dismay, just as with getting work placements during my

education, it was a hard sell but my youth group volunteering and existing childcare experience proved to be very useful in convincing the agency to work with me. The agency had a part-time nanny position available that they thought would suit me. The parents were looking for someone who could cope with three children under the age of seven, who could drive, and did not mind working only three days a week. The part-time job suited me well; I could mix it with working as cover staff in local daycare and attending further training.

Training and experience was necessary to convince parents to employ me. Perhaps parents needed something to help convince themselves but also their friends that having a nanny was acceptable. I knew I worked great with babies, having cared for many as a babysitter, so I looked for a course aimed specifically at caring for babies. A maternity nanny course was available, so I promptly enrolled. I learned theories on good sleep routines for babies. The next family had three children aged one to five. Although their youngest was becoming more of a toddler I think my baby training helped convince them to employ me. It certainly proved to be handy when the mother became pregnant and went back to work when the baby girl was three months old.

Would I have had an easier time finding gainful employment in my chosen field had I been born a female? Absolutely. But my educational background and dedication to continuous improvement and learning certainly made my gender somewhat less of an obstacle to hearing the words "you're hired".

# Is Your Job Consuming Your Life?

DOES YOUR WORK LIFE IMPEDE ON YOUR LIFE OUTSIDE OF THE JOB? DO YOU GO HOME FROM WORK AND DWELL ON THINGS THAT HAPPENED AT WORK ALL NIGHT LONG? FIND OUT IF YOUR JOB IS TAKING OVER YOUR LIFE.

## 1. In a typical work week, how many hours do you log on your time sheet?

- a. 0-20. Part time all the way!
- b. 21-35. I'm technically part time, but I'm flexible.
- c. 35-50, but I'm happy to take extra hours as needed.
- d. 60 or more isn't unusual for me.

## 3. Do you have dreams about your NannyFamily or work-related tasks?

- a. Nope. It's never happened to me.
- b. I've had a dream or two but no recurring nightmares.
- c. My NannyFamily are regular characters in my dreams.
- d. I often wake from panicked nightmares about my charges.

## 5. How would you describe your typical work-related tasks?

- a. I only care for the children (do their dishes, play, teach, etc.)
- b. I care for the kids + do a bit of light housekeeping for which I'm fairly paid.
- c. I do some deep housecleaning and I find myself not having the time to focus on the children.
- d. I am asked to do all the housekeeping plus care for the children and I'm not paid any extra for the cleaning tasks.

## 2. How do you spend your Sundays?

- a. Sundays are my fun-days! I spend it however I want to!
- b. Running errands and doing chores that I don't have time for during the rest of the week.
- c. Making lesson plans for the work week ahead.
- d. I typically get called in to work on Sunday.

## 4. Have you ever received random texts from your employers?

- a. No. They respect my "me time".
- b. Yes, but only while you're on the clock, and not while you're at home.
- c. Once or twice, but only in an emergency.
- d. My MomBoss is always texting me with tasks I need to do the next day.

## 6. Your best friend has tickets to see your favorite movie at a vintage theatre. Do you go?

- a. Definitely. You wouldn't miss it for the world!
- b. You go, but almost arrive late because your MomBoss was late... again.
- c. You ask for the night off, but your DadBoss won't let you because he wants you to babysit that night.
- d. You don't even bother to ask because you know something will happen to ruin your fun.

## What Are Your Results?

### MOSTLY A'S:

Easy, breezy. You've got it made. Your NannyFamily is great and they totally respect your free time.

### MOSTLY B'S:

Not too shabby. You can still make time to see your friends and family outside of work. Your NannyFamily respects you, but sometimes they place their own needs before yours.

### MOSTLY C'S:

Mildly consumed. Your NannyFamily definitely relies on you, perhaps a little more than they should. You go out of your way too often to please them.

### MOSTLY D'S:

Your job consumes your entire being. Ask yourself why you allow that to happen. To be the best nanny you can be, you need your own time and space to do things you like, too. It's not all about them!

# 12 Ways to Boost Professional Development

BY SUE DOWNEY. PHOTOGRAPHY BY TIFFANY BREUNIG AND GARY TANG.

***Being a stellar nanny means going above and beyond the call of day-to-day duty and actively seeking professional development opportunities. At a loss for ideas? Not any more. Sue Downey, founder of the national nanny conference Nannypalooza, chimes in with ways all nannies, regardless of a predefined continuing education budget, can continue seeking professional development.***

Nannies are professionals, and part of being a professional is thinking about career growth through professional development: learning new skills and gaining knowledge pertaining to your work. Nannies do not have a traditional career ladder. While experience and skills may lead to higher salaries, this is not always true. While a nanny is not moving upward in the corporate world toward a managerial position, it is still important to continue to improve your proficiencies. You will be more satisfied

with your work when you gain expertise in your profession. You will be more adept at choosing families that have that “perfect fit”. Depending on the market, being trained in all the latest trends and knowing the hot new research can lead to higher-paying positions. Professional development in the nanny industry benefits you, and also directly impacts the quality of care you provide. The kids you care for deserve it! Here are 12 ways you can boost your professional development.

## 1. MAKE A PLAN

To really take your career seriously, it is essential to make a plan. Start by taking an honest look at your current skill status. Do an honest self evaluation and identify areas of interest and areas of weakness. Ask your mentor or other trusted professional contacts for input as well. Reflect on your past jobs as a jumping-off point:

- What things made you feel productive

and successful?

- What things about previous positions made you feel unsure or nervous?
- What energized and interested you about that job?
- What are the “must haves” in your ideal position?
- How is the nanny profession changing? What trends should you pay attention to for your future success?

After you’ve answered these questions, factor in your view of what the future may look like for you. Once you know where you want to go and where you are starting from, you can make a checklist of the skills and areas for which you may need to study. Make sure your plan is full of actionable items with some loose deadlines to keep yourself on track. Don’t forget to add some items that will not only help you, but will help the whole community as well. By giving back you will gain many people skills and leadership skills that will come in handy as you work with different kinds of families.

## 2. READ A BOOK

Arguably the least expensive and most information-packed way to learn about child development and care is to get a library card and start reading. You can peruse the parenting section for books on sleep training, discipline, nutrition, and much more. You can visit the educator sections for ideas on creating a learning environment, crafts, games, and lesson plans. Even reading the What to Expect series can be a great way to refresh your knowledge of ages and stages, which is invaluable as your charges grow.

## 3. SUBSCRIBE TO A MAGAZINE

Of course, you already subscribe to *Nanny Magazine* if you’re reading this article, but there are many parenting magazines that can really benefit us as nannies as well. *Parenting Magazine* is the trusted veteran with info on all ages. *Family Fun* magazine is a great resource for craft ideas, recipes, games, and outings. Scholastic has a few options, too—my favorite is *Parent and Child*, which offers ideas for games and ways

to boost development. There are many more out there, just find the ones that offer what you are looking for. Magazines can be a great resource to parents as well, so consider asking if you can subscribe as a family. Parents are often happy to cover the cost and share the resource.

## 4. STUDY A PROFESSIONAL JOURNAL

Professional journals are similar to magazines in that they look like a magazine, but in every other way they are different. These periodicals are written with more technical language and are geared toward a professional audience instead of the layperson. The articles within are not generally meant to be quick and easy reads, but they offer expert peer-reviewed research for high-level reading. For example, you may see an article titled “Reading to Your Child” with 10 tips on choosing books and reading with your toddler in a parenting magazine. In a professional journal, a title may be “Characteristics of Children Who Struggle with Reading: Teachers and Speech-Language Pathologists Collaborate to Support Young Learners” and would include research and evidence to support the claims the researchers make about the topic. One professional journal that’s worth the effort is *Young Children*, which comes free with a membership to NAEYC. Journals can be expensive, with prices of single-article full-text downloads commonly set around \$35, but are worth the cost as they offer expert information. You may be able to search online to find free journal articles through open access licenses. Point your browser to Google Scholar to get started.

## 5. TAKE AN ONLINE CLASS

This has become one of the most convenient ways to learn something new! There are a wealth of online classes and workshops available from all kinds of sources. Many are nanny specific, whereas others are geared toward parents. There are a plethora of webinars geared toward early childhood professionals. When you look at webinars, make sure that you check out the credentials of the actual presenter and not just the company offering the webinar. Free webinars are often used to hook you in to buying a class or books, so be prepared to hear a sales pitch

### ***How to approach your employers about supporting your professional development:***

- \* Make sure to share your newfound knowledge with your employers. Give them a copy of handouts, articles, or the titles of books you are reading.
- \* Speak with them at contract negotiation time, either before you are on the job or at your yearly review about how to add funds for professional development to your compensation package.
- \* Give them written materials about what you are considering. Want them to help pay for a class or conference? Give them info about what is offered and info about the costs. Give them a chance to consider, then ask if they will contribute.
- \* Share with them how it benefits their kids. Be specific when you are able to address a problem with info from a class or resource. “I used the technique to stop the tantrum from that class I took at a nanny conference. Thanks for supporting me with that.”
- \* Don’t be afraid to just ask. Many employers will say yes if you just ask. “Will you pay for me to take this reading workshop? I feel like it will really be helpful for me as we get Johnny ready for school.”



Do your homework to find out what local training is offered near you.

if you don't have to pay to attend. The saying "nothing in life is free" is never more true than with webinars, but don't let that automatically dissuade you. Good information may still be provided if the presenter is credible and the topic is worthwhile.

## 6. GO TO A LOCAL WORKSHOP OR TRAINING EVENT

If you are lucky to live in a city that has a local nanny support group or a quality agency, check for periodic events. Make sure to be on any and every mailing list. (Hint: even if you weren't placed by an agency, you can ask to be on their mailing list to be in the loop on any upcoming professional developing or networking events!) Many colleges and universities have a co-op that will offer resources for early childhood education and parents. Check out your closest state university and do a little searching. I have also found events advertised at my local library. And each spring there

is always National Nanny Training Day. Events were held in 35 cities in April 2014.

## 7. ATTEND A NATIONAL CONFERENCE

There is something amazing about being in a group of nannies gathered from all across the United States. National nanny conferences bring together nannies from around the country for two or three days of workshops, networking, and other activities. Workshops at these conferences will expose you to experts from within our profession as well as professionals from outside the nanny world. Also try searching for conferences geared toward early childhood educators. The cost of attending a national conference is higher than most other options because it often requires a professional membership to the hosting organization (to get a discounted conference rate), travel, and hotel expenses, but despite the cost, most

people agree that taking part in a national conference will not only offer you plenty of new information but it will reignite your love of the profession and offer you some inspiration that you may not find from smaller experiences.

## 8. FIND A NANNY MENTOR

A great way to help guide your professional path is to find a nanny mentor. Mentors can offer advice on your career path, act as a sounding board for problems you may be facing, and support you during your journey. Finding a mentor is not tough. Connect locally through a nanny meet up or more globally at a conference. You can also meet a mentor online or through a mutual friend. Look for someone who has some experience and shares your basic philosophies. Don't be shy about asking questions. With your mentor you can map out a professional plan and imagine where you want to be in five or ten years. You can find out what classes,

schools, and resources may help you and which ones are not worth the time. Nannies have a very unique experience and very few outsiders understand. When you have a conflict with an employer, there is no advice better than someone who has been there before!

## 9. SEEK OUT CAREER CHALLENGES

Want to work with multiples? Newborns? Special needs? Work-at-home moms? To find your niche, seek out experiences where you can really stretch yourself. Find families through a local agency or an online job site who need some part-time sitters or a mom who needs an extra pair of hands. Find a local school that may need some classroom assistance. There are loads of places you can volunteer that will give you a chance to stretch your wings. Even if you don't want to work with multiples, having experiences outside of your comfort zone will help

your focus. Plus, it can add zing to your résumé!

## 10. LEARN A NEW SKILL

Want to make yourself more marketable? Try adding cooking, home organization, or sewing to your résumé! You can learn these skills by using online resources or through local classes. These ancillary skills will help you stand out in a competitive market. They may also help you transition with your current family as the kids grow up and enter school. Instead of moving on to a new position, you may just be able to tweak your job description. Nannies who know foreign languages, how to play musical instruments, or are skilled in a sport or activity may find it easier to find a new position. Even becoming more proficient in a hobby like photography or yoga may help you grow as a caregiver.

## 11. ASK FOR AND LISTEN TO CONSTRUCTIVE CRITICISM

This is a tough one, but if you really want to grow as a professional, it is

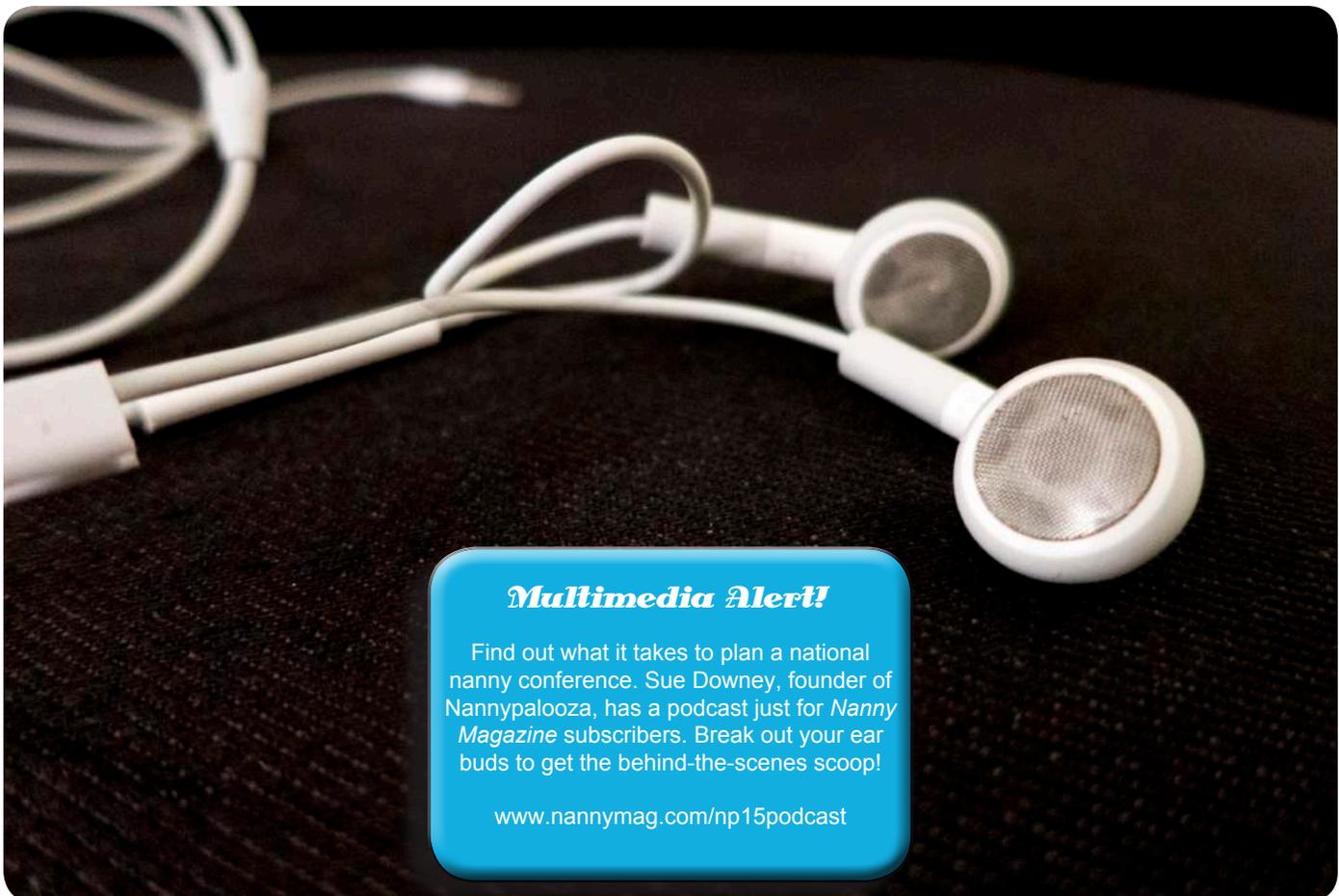
important to know your weaknesses. Ask your current employer or maybe some nanny friends who observe you with your charges to learn what you could be doing better. Is there an area in which you could improve? Have a moment of defensiveness, then get over yourself and make a plan to make a positive change. How can you know where improvements can be made if you haven't really targeted your weaknesses? As nannies we do not usually have formal observations or review periods like most teachers, so you need to find ways to seek that feedback on your own. Tough to talk to your current employers? Try asking your last employer for some candid observations.

## 12. DON'T IGNORE THOSE PEOPLE SKILLS!

Often one of the biggest deficits in professional development is the soft skills. This skill set includes things like negotiating, communication, flexibility, listening, stress management, and self awareness. These gifts are essential to landing higher-paying jobs, as well as finding success in every position. Because we are often working with an "office staff" that consists of a lone

three-year-old child, nannies don't have the same opportunities to practice these abilities as most professionals. This is why it is important to find places to not only learn about these skills (workshops, books, etc.), but also places to practice them. Volunteering is a great way! Find something you feel passionately about and get involved in planning an event, raising awareness, or just helping out. Attending a conference will help with these capabilities, and there are loads of opportunities outside of the nanny world to attend trainings on these topics. Seek out and surround yourself with people who demonstrate these skills and really pay attention. Having a good set of people skills will help you professionally as a nanny, and these abilities will travel with you in your personal life as well!

However you decide to pursue professional development, make sure you keep good records and keep that résumé and portfolio updated. Being able to show a prospective family that you take your career seriously will go a long way toward getting those dream jobs that will have you feeling like a million bucks!



### **Multimedia Alert!**

Find out what it takes to plan a national nanny conference. Sue Downey, founder of Nannypalooza, has a podcast just for *Nanny Magazine* subscribers. Break out your ear buds to get the behind-the-scenes scoop!

[www.nannymag.com/np15podcast](http://www.nannymag.com/np15podcast)

Photo Credit: Gary Tang

# The Diaper Bag



## NANNY MAGAZINE EDITOR WHITNEY TANG IS ALLOWING US A PEAK INTO HER HALF NANNY/HALF EDITOR BAG FOR THIS SPECIAL ISSUE!

Whitney is one of the executive editors at *Nanny Magazine*, but that doesn't mean that she has abandoned the nanny practice! By day, Whitney is a full-time nanny for a very busy 4 year old who is just as active as she is! Between soccer, gymnastics, and camp, Whitney needs to be prepared to be on the go for her 4-year-old charge's packed schedule! In the brief moments of down time she gets, Whitney works hard to design each issue of *Nanny Magazine* you see before you! Her nanny bag needs to be able to transition at a moment's notice from nanny necessity to professional tote extraordinaire!

Do you want your superstar nanny bag featured in an upcoming issue? Email [info@nannymag.com](mailto:info@nannymag.com) to find out how!

### SNACKS AND DRINKS

Whitney keeps stashed with snacks because between soccer practice, the beach, and gymnastics, her little one gets hungry!

1. Reusable water bottle
2. Apples
3. Go Apples applesauce
4. Goldfish

### SUN PROTECTION

Both Whitney and her charge are fair skinned, which means they need to be prepared for fun in the sun everywhere they go!

1. SPF 50 sunscreen
2. Sunglasses for Whitney
3. Sunglasses for her charge

### NANNY MAG PREP

Whitney gets 20 minutes of downtime here and there while her charge is at her activities, so Whitney needs to be ready at the drop of a pen to pick up with NM work where she left off!

1. Pens galore!
2. Steno pad
3. iPhone (perfect for answering all those emails!)
4. Business cards

### ODDS AND ENDS

The rest of Whitney's purse doesn't quite fit into a category, but she would be lost without all of these!

1. Wipes
2. Tylenol
3. Hair ties
4. Phone charger





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