

May/June 2014

NANNY MAGAZINE

teach play love



SHOULD YOU
NANNY ABOARD?

Ultimate Summer Safety Guide

What can you be
doing to keep your
charges safe?

FUN-FILLED
ALPHABET
SUMMER

FOOD SAFETY.
NOT FOOD
SORRY

THE HONEST
TODDLER
EXCLUSIVE

PACK WELL.
TRAVEL
SAFELY

PILOT-
APPROVED
TRAVEL TIPS

NANNY MAGAZINE

teach play love

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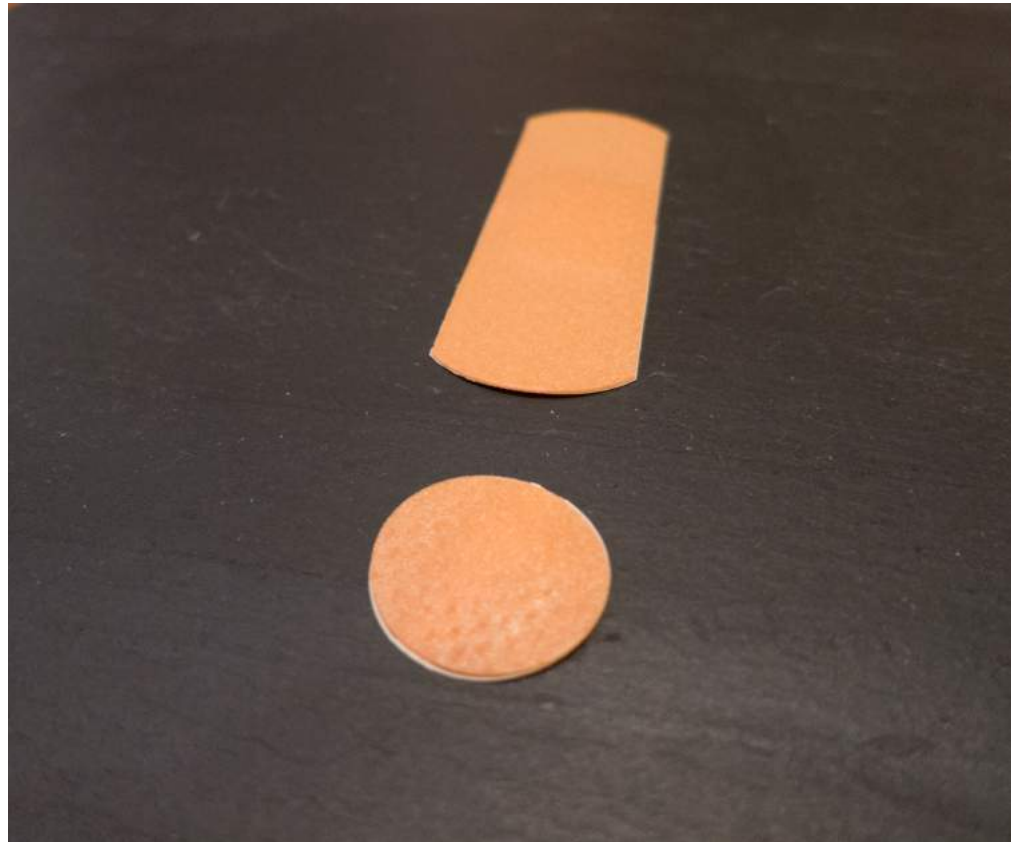
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Editors' Note

"THE SAFETY OF THE PEOPLE SHALL BE THE HIGHEST LAW."

MARCUS TULLIUS CICERO

This year, winter tightened its frigid grasp on the entire country for far too long. Now that we are all thawing back to normal human temperatures, kids are embracing the opportunity to be outside and relish in the outdoors and the warmer weather. But with this newfound immersion in nature comes a host of seasonal threats. That's why *Nanny Magazine's* May/June issue is all about safety: safety in nature, safety while vacationing, safety even in your own home.

Summer can be a dangerous time for kids. Poison ivy, drowning in swimming pools, and bee stings only brush the surface. And since it is a nanny's number one priority to keep her charges safe (number two being to create an educational environment for them), we felt there needed to be a whole issue devoted to the topic.

This issue will bring you articles on everyday safety, such as in our "Summertime Safety 101" article written by our resident RN Deborah Ziebarth. We are also bringing you plenty more unique safety stories such as "Flying Safely with Children" by airplane pilot Victoria Zajiko and "Food Safety, Not Food Sorry" by registered dietitian Sepi Nassiri. And of course, since it is summer, we have some spectacular activities in store for you, including Jen Webb's "Alphabet Summer", so you won't be at a loss for summertime fun. Keep your charges busy this season with fun a new letter-based activity every day of the week!

Plus, with summer comes travel. This issue also includes tips from a nanny who spent time abroad. Are you considering going international? Also, read what a male au pair from Germany has to say of his experience in the United States.

Let's get honest. We've also got a real gem in store for you: a one-on-one *Nanny Magazine* interview with Bunmi Laditan, better known as the mom behind the social media and book sensation "The Honest Toddler". Read about her trademark battle with Jessica Alba's Honest Company and what inspired her success.

We pulled out every stop to ensure that you have a fun and safe summer. We take our commitment to bringing you the best information seriously. That's why this issue is jam packed with data from the Centers for Disease Control and Statistics and other government health agencies, and our selected authors to present this important information to you have all the qualifications to make their reports reliable and accurate. Here's to lots of safe and sunny days ahead!



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

Whitney Tang,
Executive Editor



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

Jennifer Kuhn, MPS,
Executive Editor



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Safety Gear: Cover All Bases

BY NICOLE CLARK.

NANNY MAGAZINE HAS THE SCOOP ON TOP PRODUCTS TO KEEP YOUNG CHARGES SAFE AROUND THE HOME.

Over 2,000 children a year are fatally injured in the home, and over 3 million are sent to the emergency room to be treated for an injury they endured while in the home. As nannies, one of our biggest and most serious fears is the child getting injured while in our care. Preparedness and having the right safety gear can help nannies keep their charges safe.



1. KNOB COVERS

The kitchen is a place of amazement for children and can be a fun place to teach them things, cook, bake, and have a blast.

But when there's no adult in the kitchen, trouble can ensue. Put your mind at ease with knob covers for the stove that prevent children from being able to turn on any heat. Bonus: adults don't have to fully remove the knobs to use the stove.

Try Safety 1st stove knob covers, \$10.49 for a pack of 5.

2. PINCH GUARDS

Kids can get their fingers caught in closing doors. What's particularly scary about this threat is that doors are unavoidable. Adults often focus on keeping kids out of rooms, but kids cannot be (and should not be) kept out of every room in the house. Introduce a simple and practical solution: a soft brace that hugs the door. This not only prevents little fingers from getting caught in a closing door, but I have found that it also prevents the door from slamming.

Try the 4-Pack Doorstop Finger Pinch Guard, \$1.79



3. OUTLET COVERS

We have all seen the plastic covers that go into the outlet to keep kids from getting shocked or electrocuted. But sometimes this is not sufficient because either the last adult to use the outlet didn't put the plastic back in all the way or forgot to do it all together. They now have outlets that require the adults to slide over the three-pronged face of the outlet before it can be used. They are inexpensive, too!



Try Mommy's Helper Safe Plate Automatic Electric Outlet Covers, \$9 for a set of 3.

4. BATH SPOUT COVERS

A child's head is the most dangerous place to sustain an injury. Because the faucet in the bathtub is so close in height to a child's head, it can easily happen in the bath when children are playing. A bath faucet cover will not only prevent this, but also provide a new and fun way to get clean!

Try the Skip Hop Moby Whale spout cover, \$13.



BUYING GUIDE

Door latches: Amazon.com
Outlet covers: Diapers.com
Bath spout covers: Amazon.com
Knob covers: Diapers.com

Packing Rules for the Traveling Nanny

BY JADA PICKETT. PHOTOGRAPHY
BY MACKENZIE KEOUGH.

DOES PACKING FOR A TRIP THROW YOU INTO PANIC MODE? NEVER FEAR.

Traveling with your NannyFamily has to be one of the best perks of the job. Reliving childhood moments with your charges is nothing short of amazing. As a former travel nanny, I have experienced the ups and downs of packing for a work trip and I confess to being that traveler who didn't feel prepared unless she took her entire closet with her. I couldn't help but dream up irrational worst-case scenarios. I once panicked about snow during a winter trip to Miami. "I must bring my snow boots!" I thought to myself. I'm happy to say that I have controlled my tendency to prepare for the worst and have developed a few key strategies to help prevent overpacking, underpacking, and bad packing. As a result, I've transformed my packing mistakes into a learning opportunity for you... just in time for summer vacation!

DETAILS, DETAILS, DETAILS

Find out as much as you can about the trip as soon as possible. Know itineraries, locations, and travel dates, for starters. Know the purpose of the trip. This matters so you'll know what to pack for yourself and your charges, especially if you or they are expected to participate in any official functions.

BE WEATHER WISE

At this point you know where you will be traveling, so check the weather every day leading up to the trip. Meteorologists are always making changes to their predictions, so don't pack for rain only to find out you'll be getting a heat wave. Also make considerations for temperature fluctuations between night and day.

KEEP CALM AND CARRY-ON LUGGAGE

I am petrified of losing my luggage, so I swear by sticking to carry on. There are pros and cons of carrying on. Pro: the peace of mind knowing your luggage won't end up in a different city; con: overhead space is tight. Pro: no baggage fees; con: you will need to make some difficult decisions prioritizing what to pack. Don't forget, most airlines allow you to carry one carry-on bag such as a small roller board plus one personal item, such as a purse or laptop. Cash in on the extra space a large tote or oversized handbag can afford you.

ORGANIZATIONAL MUST HAVES

Packing List: Before, during, and after the trip, keep track of everything on your list to make sure you haven't misplaced anything or become victim of theft.

Work Gear: Though you're away, you still need to track your hours on a timesheet (start from the time you arrive to work to head to the airport. Also keep an envelope to store any receipts for items you'll request reimbursement for later. Bring an extra phone charger so your battery doesn't die, leaving you stranded in a foreign city.

Plastic Bags: Jumbo zippered plastic bags will help save space in your luggage as well separate dirty clothes from the clean ones.

DRESS AIRPORT INTELLIGENT

Be sure that you wear shoes that are easy to take off so that you're not that annoying person holding up the line at security. Remove your multiple earrings and leave any complicated belts at home. Dress in comfortable layers at the airport so you can chase after your twin toddler charges without breaking a sweat or feeling restricted.

READY. SET. JET!

It's true when they say life feels better when you get things done. Now go, traveling nanny, and embrace your journey knowing you've got your packing under control!



CHECK OUT NANNY MAGAZINE'S FREE
ONLINE PACKING LIST. EXCLUSIVELY FOR SUBSCRIBERS!



www.nannymag.com/packinglist



Food Safety, Not Food Sorry!

BY SEPI NASSIRI, MS, RD.
PHOTOGRAPHY BY TIFFANY BREUNIG.

DON'T INVITE GERMS AND BACTERIA TO YOUR SUMMER PICNIC. INSTEAD, LET'S REVIEW PROPER FOOD-HANDLING TECHNIQUES TO KEEP YOUR CHARGES HEALTHY AND NOURISHED AS HOT DAYS ARE DRAWING NEAR.

HERE ARE SOME REGISTERED DIETITIAN-APPROVED FOOD SAFETY TIPS TO KEEP IN MIND AND TEACH YOUR TODDLER CHARGES!



PRO TIP

Wash your hands with your palms facing toward the ceiling to allow water to cleanse under the fingernails.

CHECK LABELS

The first thing I do before I open a new jar of baby food for my five-month-old child is to check the expiration date and read any instructions like “refrigerate after opening”. Looking for the date and reading instructions helps us practice food safety for any product you want to give to your charge. Make this a habit even if the parents instruct you to give a food to the kids. The last thing you want to do is feed your charges expired food.

AVOID THE DANGER ZONE

One food safety catchphrase you should memorize is to “keep hot food hot and cold food cold”. This is an easy way to remember not to leave cooked foods after cooling down in a dangerous temperature zone. The dangerous temperature zone for foods is 40° to 140°. According to www.foodsafety.gov, any food that we serve cold should be kept at 40° or lower and hot food should stay at 140° and above. Fall outside of those ranges and bacteria can grow more quickly on your meals. Cooking food to an internal temperature of 165° kills most harmful

pathogens that are commonly found in foods. Get yourself a meat thermometer to make sure the meat you’re serving your young charges is properly cooked.

WASH THOSE LITTLE HANDS!

Before meals, ask your toddler charge for a proper hand washing to “scare away those naughty bacteria”. Singing the happy birthday song three times gives your charge enough time for a thorough scrub while making it fun for children.

BEWARE OF BACTERIA AND CONTAMINATION

Uncooked meat, especially poultry, shouldn’t come in contact with ready-to-eat foods because of the risk of contamination. Make sure all the countertops and dishes used in preparation are washed thoroughly after coming in contact with raw meat.

As you are packing snacks before leaving the house, just know that mischievous bacteria love protein. Hence, if you have a long day ahead with no refrigerator access, avoid taking any meat, fish, or dairy. Fruits, veggies, and crackers make

MINIMUM COOKING TEMPERATURES

Ground Meat: 160°F

Poultry: 165°F

Pork and Ham: 145°F

Eggs: Cook until yolk and white are firm

Egg Dishes: 160°F

Leftovers: 165°F

Casseroles: 165°F

Fin Fish: 145°F

Shrimp, Lobster, and Crab: Cook until flesh is pearly and opaque.

Clams, Oysters, and Mussels: Cook until shells open during cooking.

Scallops: Cook until flesh is milky white.

Source: Foodsafety.gov

safer snacks. Salmonella and E. coli are common bacteria that affect protein with the least visible signs. If foods that contain water and/or protein stay in the dangerous temperature zone for about an hour or so, they may look fine to the naked eye, however sneaky microorganisms have probably already started growing in them.

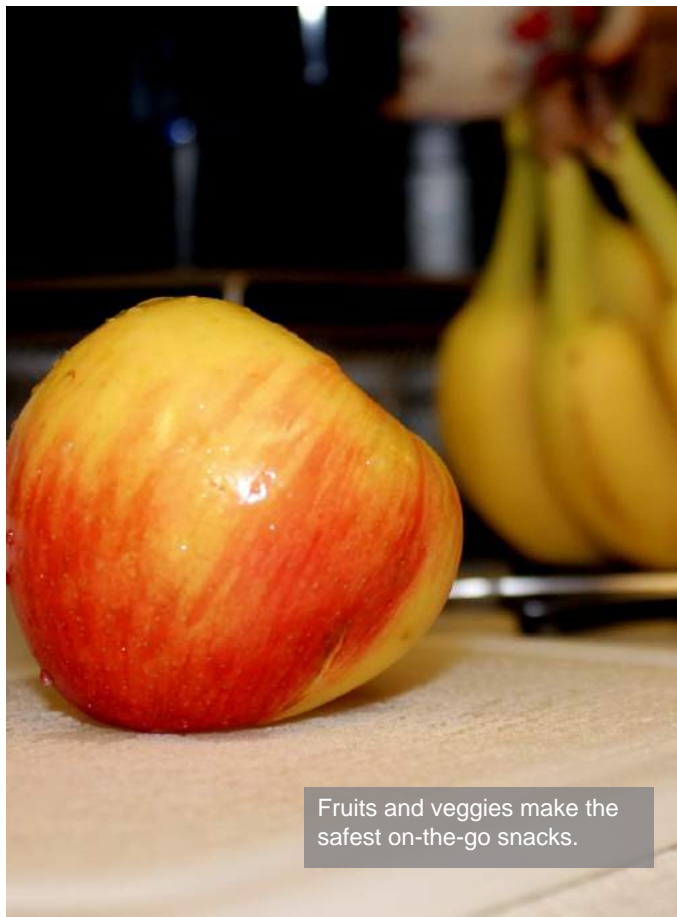
CLEAN OUT THE FRIDGE

I try to sort through and toss out any homemade baby food that stays in my fridge for more than three days. It's safe to store uncooked chicken or beef in the freezer and thaw it out a few hours before cooking time, either in the fridge or under cool running water.

WATCH FOR FOOD RECALLS

Another important step to food safety is to watch for any recalls (for latest information on food recalls and epidemic food poisoning, check www.foodsaftynews.com). Salmonella was to blame for a cantaloupe recall in 2011 (according to the Centers for Disease Control and Prevention). Make sure veggies and fruits, even the prewashed ones, are washed well before use. E. coli, salmonella, and listeria can also attack vegetables like spinach and were the culprits behind the recall of North Carolina spinach in 2012.

Following these steps should keep your charges safe, but remember, food poisoning is sometimes inevitable. Stay mindful of its signs and symptoms like irritability, fever, stomach ache, nausea, vomiting, and diarrhea. If severe food poisoning is suspected, don't delay in calling the pediatrician.



NANNIES. TAKE NOTE OF THESE NASTY BACTERIA!

E. coli: Can cause diarrhea, urinary tract infections, respiratory illness, and more.



Salmonella: Can cause diarrhea, fever, and abdominal cramping for up to 7 days. Severe diarrhea may require hospitalization.



Listeria: Primarily affects babies, pregnant women, elderly persons, and persons with weak immune systems. Can be deadly.



Source: Centers for Disease Control and Prevention

Planes, Trains, and Automobiles: Toddler Travel Made Easy

BY STEF TOUSIGNANT. PHOTOGRAPHY BY TIFFANY BREUNIG.

More than 400 million trips with children are taken in the United States each year. How are these brave souls doing it!? Yes, things can go smoothly, but the real secret lies in being prepared for anything and everything when it comes to travel with youngsters.

PLANE TRAVEL

Flying can be the fastest way to get to your destination, but it's also the hardest, especially if you have a toddler in your care. No matter my charge's age, I always bring blue painter's tape on the plane. What one can do with it depends on the child's interests and maturity, from tape balls to sculptures that span from seat to seat. You can even set up a mini football field on your tray table. The options are endless.

Don't forget to pack wipes! Those tiny cocktail napkins won't be very helpful when your three-year-old charge decides to give himself a mustache out of marker and the seatbelt sign is on! And bring plenty of plastic bags for all kinds of uses, from loose toy pieces to soiled clothes. Afraid of being the least popular person on the plane, you know, the one with a crying toddler? Save your best surprise for those tense moments: a tiny box with a trinket enclosed wrapped inside of another box, inside of another, inside of another! This will distract even the crankiest of toddler travelers.

ROAD TRIPS

80% of the time when Americans travel for fun, they drive. Choosing to embark on a road trip can add a degree of flexibility to your travel, but it may not be a great option if you are having to stop every half hour due to tiny bladders, or even worse, potty training! To keep the littlest travelers happy, make sure to schedule the bulk of your drive during their nap or at night, and bring plenty of soothing music or

lullabies. For older siblings, hit the "public playground" section of www.waymarking.com before your trip to plan a playtime stop along your route. Your charges can blow off a bit of steam and wear themselves out at the same time. And these stops are usually already equipped with parking, picnic tables, and restrooms – bonus!

Before a road trip I like to download lots of audio books, from *Brown Bear, Brown Bear* by Bill Martin Jr. for the youngest charge to chapter books like *Charlotte's Web* by E.B. White for older children. There is sure to be something to please any age, and if you have a car full of children of different ages, let the older kids listen to their books over headphones. Save your most interesting snacks for times when you can tell the car is about to erupt with stir-crazy whining. Make sure it's something fun and interactive, like a fun bento box you prepped at home or, dare I say it, candy! Then use the mobile app US Rest Areas to find the next rest area fast. I love rest areas. Yes, they are perfect for running around and for a grabbing a quick snack or drink, but they are also chock-full of unconventional attention grabbers for your charges. Grab a few photo-filled pamphlets about local attractions and even a magazine about the state you're in and – boom – fresh reading material!

TRAIN TRIPS

Although a train may be a slower way of getting to your destination, it does combine the flexibility of a car trip with the conveniences of a flight – plus, a trip on a train is a unique adventure sure to remain in the memories of your charges long after the trip is over.

Just like when you are on the road or in the air, you need to bring your bag of tricks: books on tape, activity books, and

games. On a train there will definitely be times when your charges will need to sit and play to pass the time, but if you have a burgeoning walker, you will be thankful for the lack of a seatbelt sign.

Pack a backpack for each child with their favorite items to use on the train. If they want to wander (under your supervision, of course), you won't have to leave bags unattended in your seats. Since a toddler can't really run or be very out of control on a train, be prepared for meltdowns. When you board, keep an eye out for a part of the train on which you can bring your cranky charges to catch their breath, and when the need arises, bring some bubbles and literally have them blow off some steam. Also keep in mind that many trains have quiet cars. Steer clear of these designated cars so passengers traveling sans children don't get angry. For trips longer than six hours, traveling at night may be a fun and exciting option. Just remember that these days you will need to reserve a sleeping car if you plan to travel overnight.

STROLLER TRAFFIC

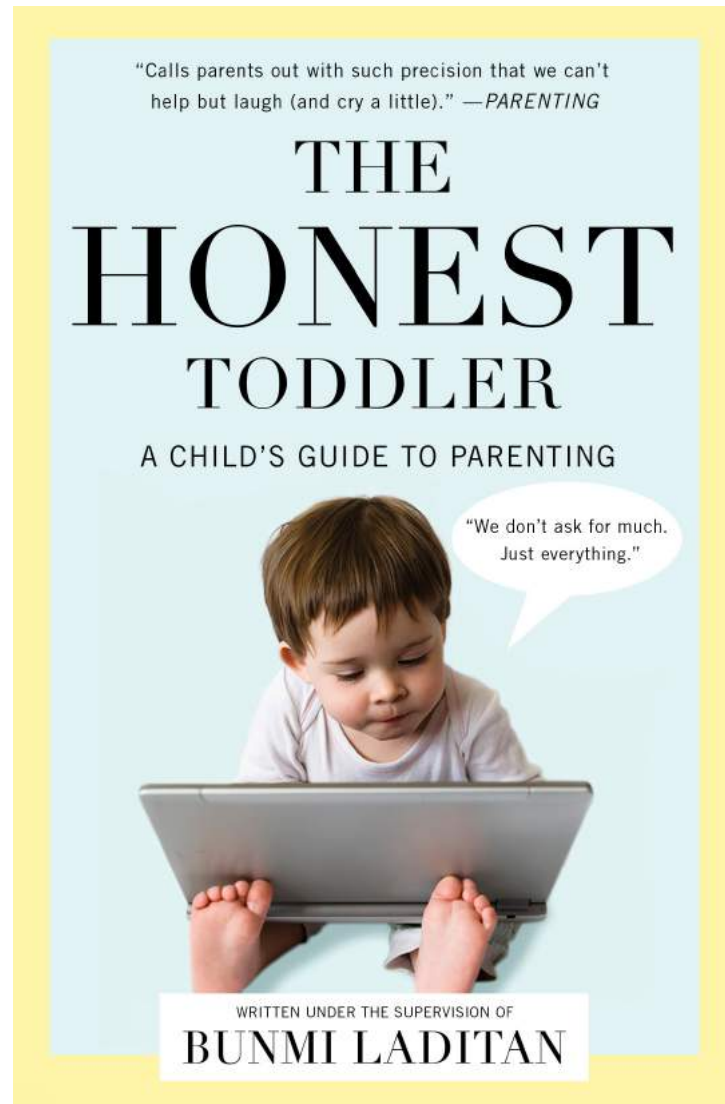
Stroller trips are, of course, the easiest mode of transportation for your younger charges. I love to keep a blanket in my stroller at all times to block the sun or an unexpected cool breeze. A towel comes in handy for wet slides and swings. Add a shovel, bucket, truck, book, or teething ring and you're golden. After all, being prepared is the signature of any professional nanny! For babies, I tuck a carrier in the bottom of the stroller just in case the stroller isn't enough to calm a particularly upset moment.

No matter how you travel, remember to take a moment to look around and discover new things with your charges. And don't forget to breathe. Happy trails!

The Honest Toddler: The Mom Behind the Sensation

BY EMILY STUDY.

"FINDING YOURSELF
IN ARGUMENTS WITH
A SMALL CHILD IS
ALWAYS SHOCKING."



"MY GOAL IS
REALLY EVERY DAY
TO MAKE PEOPLE
LAUGH."

She rushes out of the house to drop off one of her three kids at school, goes to the nearest coffee shop to grab the biggest cup of coffee they sell, drives home for playtime, lunchtime, and naptime, then picks up her daughter from school and returns home for dinnertime, storytime, and bedtime.

Oh yeah, and Bunmi Laditan somehow finds time in her day to manage the hugely popular Honest Toddler Twitter, Facebook page, and blog, write a book, and battle Jessica Alba's business, The Honest Company, in a trademark dispute.

Laditan, who lives just outside Montreal, created the Honest Toddler after being inspired by her daughter Tali, who was two and a half at the time. Now, about two years later, the Honest Toddler franchise portrays the thoughts of a "perpetual 2-year-old," Laditan said.

And as any parent or caretaker knows all too well, it can be exhausting raising kids, let alone toddlers.

Gabrielle Sinagra, a 19 year old from Addison, Illinois, started nannying a few years ago for a family with a 9 month old and a 1 year old and has endured the "terrible twos". The two girls, now 3 and 4, acted much the same way any toddler would.

"Once the 4-year-old had made her mind up, that's what she wanted; she would get fixated on things," Sinagra said. "As a toddler, now they can talk and now they can move around, so they want to do all these things but they don't realize they can't or that it's maybe not safe."

Sinagra added, "The 4 year old would throw a few tantrums here and there but she was mainly just very sensitive. If I would correct



her, she would just start crying as if I said the worst things to her, but she would be very apologetic. When the 3 year old was in her twos, she was very stubborn. If she didn't get her way, she'd just start yelling."

It's exactly these kinds of challenges, though, that helped Laditan come up with the idea to share with the world what she thought her toddler might be thinking.

"Tali was just having a week where she was really pushing the limits in every way, challenging everything. I was so exhausted. Finding yourself in arguments with a small child is always shocking," Laditan said. "The Honest Toddler just came out of a moment of fatigue."

Laditan said the name "Honest Toddler" just came

to her and seemed to fit with her mission: to chronicle the trials and tribulations of the life of a 2 year old from the perspective of the toddler. "I didn't put a lot of thought into it," she said.

But in 2013, Laditan faced opposition to her trademark application when Jessica Alba's business, The Honest Company, disputed her rights to the name. Although Laditan said she signed a confidentiality agreement so as not to discuss the claims, she did say she got her trademark published in late November.

But before the dispute even began, Laditan's previous work with social media helped her get the Honest Toddler up and running.

"My background was managing social media

profiles for family brands, helping them create communities online and grow their pages," she said. "But at the time, I wasn't doing anything on social media for myself."

Now, with more than 250,000 Twitter followers and 180,000 Facebook fans, Laditan has been quite successful in growing her own social media pages. The Web sensation already helped Laditan publish "The Honest Toddler: A Child's Guide to Parenting" in May 2013, which is set to be released again this month with a new cover and "some bonus material," she said. In addition, Laditan said she's working on a children's book as well as another "funny parenting book," both of which she hopes will be finished this year.

But it's only fair that Laditan

owes her success, in part, to 5-year-old Tali, who she said is “like a burst of lightning; she has a lot of opinions and shares them all loudly.” Not surprisingly — given her ability to truly understand toddlers, Laditan has two other young kids, Maya, who is 8, and Felix, who is 1. Maya’s personality, though, is much different than that expressed by the Honest Toddler.

“My 8 year old is quiet and introverted. She loves to read,” Laditan said. “I’m waiting to see what [Felix] will act like. I feel like I deserve another quiet one,” she said, laughing.

Tali and Maya know about their mom’s tweeting and blogging and, Laditan said, both of the girls think it’s modeled after them.

“Maya thinks it’s really funny and interesting and cool that I wrote a book. I’m curious to see what they’ll think about it when they get older,” she said. “I think it will definitely be fun to share with them. This is the only baby book they have; this is the documentation. I hope that they just laugh at it and enjoy it.”

But as the kids get older, Laditan said she has no plans of having the Honest Toddler grow with them. The character hasn’t aged at all, but will always be stuck in the terrible twos phase. This age group, notorious for tantrums and causing trouble, is often challenging for anyone to handle, but Laditan said she’s learned to deal with kids’ bad behaviors (and shows it well with her humor).

“I just go to a happy place in my mind—there are a lot of blankets there,” she said. “The main thing I do is that I try not to respond negatively because it won’t help anything. I keep the mood upbeat. They love it when you get silly with them.”

Like Laditan, Sinagra uses humor as a tactic to avoid meltdowns and tantrums. When the girls were fixated on getting their way, Sinagra said she would quickly change the subject and divert their energy elsewhere.

“Dance parties were a big thing for us,” she said. “If they were focused on something, I’d just say, ‘Let’s go have a dance party and then decide what to do.’ So they’d get all their energy out and then they’d just have fun and think of something else to do.”

In addition to using humor, Laditan uses honesty to better understand her kids.

“Kids are really good at perceiving people’s intentions and knowing the truth. When you lie to them and trick them, you lose their respect,” she said. “I’m pretty honest with them in an age-appropriate way.”

At times, though, it can be utterly frustrating to get kids to cooperate. Whether they’re refusing to eat, crying at the grocery store, or throwing a tantrum at home, it may seem impossible to outlast the terrible twos. Laditan, who was a nanny and a babysitter for about eight years, said caretakers just need to remember what it was like to be so little

and to understand why kids might throw tantrums.

“I remember being so confused. I know what that feels like. It’s fun to be a child, but it’s also overwhelming. They’re toddlers and they’re aware of how small they are in such a big world; that’s why I think there are tantrums,” Laditan said. “I do enjoy helping people consider what they might be thinking.”

And through the Honest Toddler social media, blog, and book, Laditan has found a way to help herself vent and give other caretakers a break from the tantrums.

“My goal is really every day to make people laugh. I like making myself laugh and parents laugh, because it’s so difficult,” she said. “They’ve taken sleep from us, you’re exhausted, it’s frustrating, you’re just wondering when you’re going to feel like a normal person again. Just knowing that I’m helping parents and caretakers laugh through the hard times makes me happy.”

The Honest Toddler also offers a much needed break from the day for nannies on the go to find humor as a way to make their lives less stressful.

“You can look at it and know that everyone goes through this,” Sinagra said. “It not only gives you something to laugh at, but it gives you a sense of relief just to realize you’re not the only one experiencing these things.”



Nanny Spotlight

JACQUIE OLSON

As this issue's Nanny Spotlight winner, Jacquie will receive a complimentary résumé revamp furnished by Riverside Cares. 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.

THIS ISSUE'S NANNY SPOTLIGHT WINNER IS JACQUIE OLSON. A NANNY FROM THE NEW JERSEY SHORE. WHAT MAKES JACQUIE TRULY A STELLAR NANNY WHO DESERVES TO BASK IN THE GLOW OF THE SPOTLIGHT? FIND OUT BELOW! YOU CAN APPLY TO WIN BIG FOR THE NEXT ISSUE!



Jacquie Olson wins the spotlight for this issue after being nominated by an anonymous friend. "I am nominating Jacquie because I admire her as a nanny," says her anonymous nominator. Jacquie will be leaving her position in September of this year when her twin charges start school full time. "I think being in the Nanny Spotlight will boost Jacquie's self-esteem and hopes in this difficult transition period and the résumé revamp will be just what she needs," says her nominator. We couldn't agree more.

In addition to being a stellar nanny who does educational lessons, art projects, and bakes with her charges, Jacquie also owns and operates her own bakery, Add Sweetness (www.addsweetness.com). In what little spare time she has left, she babysits for many of the families she met while working as a daycare teacher. Jacquie also serves on *Nanny Magazine's* Street Team to help spread the word and build hype about the only print publication just for American nannies.

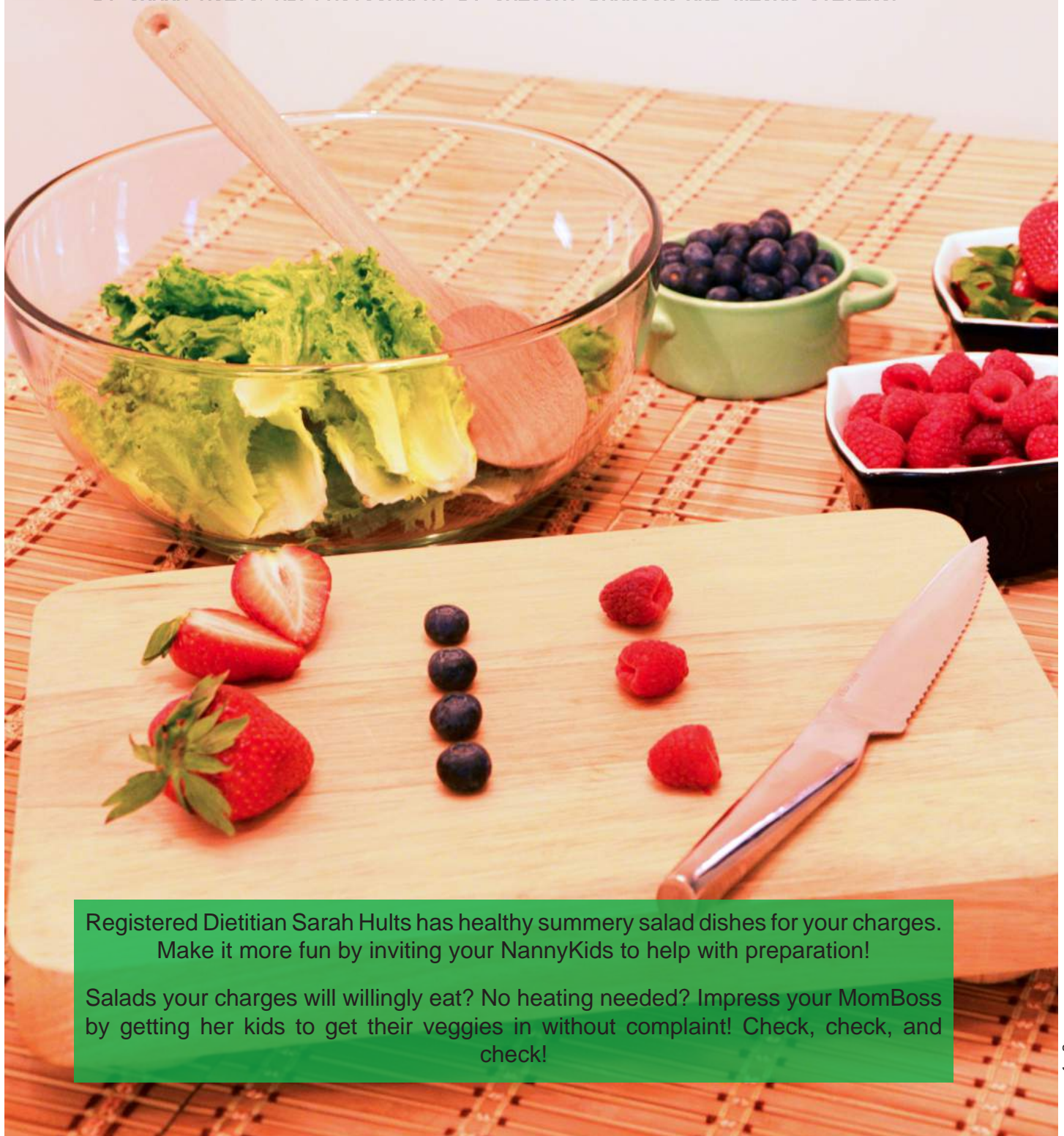
"I CANNOT SAY ENOUGH GOOD THINGS ABOUT JACQUIE. SHE HAS MADE OUR LIVES EASIER." (JACQUIE'S MOMBOSS)

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Summer Salads Your Charges Will Eat!

BY SARAH HULTS, RD. PHOTOGRAPHY BY GREGORY BRANSON AND MEGAN STEVENS.



Registered Dietitian Sarah Hults has healthy summery salad dishes for your charges. Make it more fun by inviting your NannyKids to help with preparation!

Salads your charges will willingly eat? No heating needed? Impress your MomBoss by getting her kids to get their veggies in without complaint! Check, check, and check!

Photo Credit: Gregory Branson

Summer Crunch Salad

Use any leaf that your charges like to crunch on most. For reasons unknown they may prefer kale over spinach or romaine over butter lettuce. For the healthiest punch I like to use the darker greens, which contain more Vitamin D, but to each their own. Enjoy this yummy salad at the park or serve to the kids before dinner to ensure that they eat it right up!

INGREDIENTS

- 1 1/2 cups lettuce or leafy greens (any variety will do)
- 1/2 cup mixed berries (blueberries, raspberries, sliced strawberries)
- 1/4 cup of shredded Swiss or mozzarella cheese
- 1/4 cup of dried fruit (without sulfur and added sugars)

DRESSING

- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Kosher salt and pepper to taste



Tangy Kale and Corn

I like to have this salad with dinner. The tang can help bring out other flavors of whatever protein you're serving alongside the salad. I love a good creamy dressing as well, although I'm not a fan of the heavy dressings that restaurants often use, the base often being a mayonnaise or mayo-like substance. Ease your charges into liking kale by mixing greens if they are picky. Remember, it may take up to 15-20 offerings before children may accept a new food into their diet, which is completely normal. Enjoy!

INGREDIENTS

- 1 1/2 cups kale or dark green-leaf lettuce
- 1/2 cup sweet organic corn*
- 1/4 cup diced red onions
- 1/4 cup peas
- 1/4 cup chopped orange pepper

DRESSING

- 4 tablespoons low-fat or fat-free Greek yogurt
- 1 teaspoon fresh-squeezed lemon juice
- 1/2 teaspoon lemon zest
- 1/2 teaspoon extra virgin olive oil (if necessary)
- Kosher salt to taste

*If you are using canned corn, remember to drain the water and rinse before using it to lower the sodium content.



Photo Credit: Megan Stevens

Mommy Musings

A real MomBoss weighs in on all things nanny

SAFE FUN IN THE SUN

BY FARRAH HAIDAR. PHOTOGRAPHY BY TIFFANY BREUNIG.

Ah, the sun is back! And with it comes a whole lot of fun activities: playing outside, pools, the beach. While your charges (my children) may only see the endless opportunities for summer fun and freedom from school, parents and caregivers are left to deal with the safety risks that are part and parcel of summer vacation. Out of all the things a parent thinks about when hiring a nanny, leaving our child's safety in someone else's hands is probably the most nerve-racking. As a parent, my job is to make sure I mitigate the risk of leaving my child with someone else. So I interview, run background checks, call references, and, yes, ask for certifications in cardiopulmonary resuscitation (CPR) and first aid.

Why are certifications so important? A few reasons, some of which apply to all children and others are for more specific situations.

The first and most common reason I require my nanny to be CPR and

first aid certified is because accidents happen. While leaving my children in someone's care, I don't want to my fear of an accident to restrict my children from activities they would enjoy, like swimming at a local pool. But letting a nanny take my children out to a high-risk activity like the beach can be scary. The Centers for Disease Control and Prevention reports that almost ten people drown in the United States per day, with 20% of those deaths being children 14 or younger. Research has found that CPR can be critical to saving lives and improving the outcome of unintentional drownings. A nanny with a CPR certification can provide reassurance to a worried parent.

A second reason is the unknown. After all, we haven't encountered every situation with our child in the past. For example, our child may be exposed to a food that they have never had and are allergic to. Or a young baby can choke on an object. According to Safe Kids Worldwide, 60% of children treated in

emergency rooms for nonfatal choking incidents choked on food. If something like this happens, I want to know that a nanny can give my child basic medical care after calling 911.

Perhaps the most obvious reason for a parent to require the nanny to be safety certified is because their children are at a higher risk for injury or accident due to allergies or other medical conditions such as asthma. When a child is more prone to needing immediate medical care, having first aid certification goes from being a primary requirement to a non-negotiable.

Obviously, every parent hopes that you will never need to rely on your certifications while watching our children. What your certifications provide is insurance against an uncertain world and a bit of peace of mind. Your certifications may just be what makes it possible for you, your charges, and their families to have a happy and safe summer.

SUMMER SAFETY: SIMPLE WAYS TO MINIMIZE THE DANGERS OF SUMMER FUN

BY DEBORAH ZIEBARTH, MSN ED, RN, PHD CANDIDATE. PHOTOGRAPHY BY TIFFANY BREUNIG, KAREN GIARDELLI, MACKENZIE KEOUGH, AND JASON KNAPP.

Registered nurse Deborah Ziebarth arms nannies with summer safety tips sure to come in handy this summer.

“Summertime and the living’s easy.” So they say. It may be your charges’ favorite season, but as any nanny knows, warmer weather can make for some scary safety situations. Everything from the sun to insects can cause a concern, so brush up on your need-to-know safety skills before the temperatures start to climb and minimize the risk for summer uh-ohs and injuries. The National Safe Kids Campaign estimates that 1 in 4 kids ages 14 and younger will sustain an injury that requires medical attention every year. They also estimate 40% of all injury-related emergency room visits and 42% of all injury deaths happen between May and August, they report, but it’s not all bad news. We can prevent about 90% of these accidents by educating ourselves and our charges on how to stay safe while still enjoying the summer months.

Photo Credit: Mackenzie Keough



FIRST AID FIRST

Summer activities often bring scrapes and bruises (or worse). Keep a first aid kit in the home, in the car, and bring one with you when you head outside. Keep first aid kits somewhere you can get to but out of your charges' reach. A well-stocked first aid kit includes bandages, tweezers, aspirin, antiseptic wipes, adhesive tape, scissors, gauze pads, and more. Check the American Red Cross' website for a complete list of suggested items.

PREVENT HEAT STRESS AND DEHYDRATION

Did you know that if you're feeling thirsty you're already mildly dehydrated? Relying on thirst as a reminder to take a drink leaves you at risk for dehydration. It seems so simple, yet it's so easy to forget. Children need to stay hydrated. Help kids avoid becoming dehydrated by reminding them to drink often throughout the day. Look for these other signs that can indicate that a child is dehydrated: dizziness, dry mouth, irritability, fatigue,

dark yellow urine, or tearless crying.

Playing in the hot sun without regular water breaks can lead to heat exhaustion or heat stroke, which can be life threatening. Staying hydrated in hot weather can help reduce the risk of heat-related illness. Keep water or sports drinks with electrolytes on hand to maintain hydration. Drinking 12 ounces before kids head out to play is appropriate, but avoid sodas, juices, and other fruity drinks. The American Academy of Pediatrics (AAP) recommends having a drink about every 20 minutes if kids are active in sports (5 ounces is right for a kid weighing 88 pounds). Stay in a shady or air conditioned location during the hottest parts of the afternoon. Kids are more susceptible to heat illnesses than adults are because their central nervous system is not yet fully developed. Strenuous activity and dehydration make it difficult for young bodies to regulate changes in body temperature, and chronic health conditions such as diabetes or cardiovascular disease and medicines such as antihistamines also increase the risk.

IS YOUR CHARGE SUFFERING FROM THE HEAT?

Mild symptoms of **HEAT EXHAUSTION** may include feeling thirsty, fatigue, and cramps (legs or abdominal). If left untreated, heat exhaustion can progress quickly to heat stroke.

HEAT STROKE symptoms may include any of the following: dizziness, trouble breathing, headaches, rapid heartbeat, nausea, vomiting, confusion, and changes in blood pressure. Skin may be flushed and feel hot and dry (not sweaty). Body temperature may rise to 104° or higher, and as it becomes more severe, the risk of organ damage (liver, kidneys, and brain) increases.

Kids are also at risk for heat illnesses if left in a hot car, even if the windows are cracked and even if it's only for a few minutes. Never leave a child unattended in a car.

PLAYGROUND SAFETY

Playgrounds and outdoor play equipment offer kids fresh air, friends, and exercise, but each year, more than 200,000 kids are treated in hospital emergency rooms for playground-related injuries. Many of these could have been prevented with the proper supervision. Before you visit a playground, check to make sure that play areas are designed to allow an adult to clearly see kids while they're playing on all the equipment. Kids should always have adult supervision on the playground. Adult supervision can help prevent injuries by making sure kids properly use playground equipment and don't engage in unsafe behavior around it. Young kids (and sometimes older ones) can't always gauge distances properly and aren't capable of foreseeing

IS YOUR PLAYGROUND SAFE?

- Guardrails and protective barriers should be in place for elevated surfaces, including platforms and ramps.
- Play structures more than 30 inches high should be spaced at least 9 feet apart.
- Swings, seesaws, and other equipment with moving parts should be located in an area separate from the rest of the playground.
- Swings should be limited to two per bay.
- Tot swings with full bucket seats should have their own bay.
- Swings should be spaced at least 24 inches apart and 30 inches between a swing and the support frame.
- Be sure there are no spaces that could trap a child's head, arm, or any other body part. All openings on equipment (for example, rungs on a ladder or bars on a guardrail) should measure less than 3½ inches or they should be wider than 9 inches.
- Climbing nets should have openings that are either too small to allow a child's body through or large enough to prevent entrapment of the head. Net perimeters that are 17 to 18 inches pose entrapment hazards.
- Playground equipment with moving parts like seesaws and merry-go-rounds should be checked for pinch points that could pinch or crush a child's finger or hand.



dangerous situations by themselves. Older kids often like to test their limits on the playground, so it's important for an adult to be there to keep them in check. If an injury does occur, an adult can assist the child and administer any needed first aid right away.

PLAYGROUND DESIGN

The most important factors in evaluating the safety of any playground are proper surface, design and spacing, and equipment inspection and maintenance.

Surfaces

A proper playground surface is one of the most important factors in reducing the overall number and severity of injuries that occur when kids fall from equipment. The surface under the playground equipment should be soft enough and thick enough to soften the impact of a child's fall. Concrete, asphalt, and

blacktop are unsafe and unacceptable. Grass, soil, and packed-earth surfaces are also unsafe because weather and wear can reduce their capacities to cushion a child's fall. The playground surface should be free of standing water and debris that could cause kids to trip and fall, such as rocks, tree stumps, and tree roots. There should be no dangerous materials, like broken glass or twisted metal. The surfaces may be loosely filled with materials like wood chips, mulch, sand, pea gravel, or shredded rubber. Wood chips containing chromated copper arsenate treatment are not recommended because the material can pose a potential health hazard. Surfacing mats made of safety-tested rubber or rubberlike materials are also safe. Rubber mats allow the best access for people in wheelchairs. Loose-fill surface materials 12 inches deep should be used for equipment up to 8 feet high. The material should not be



packed down because this will reduce any cushioning effect. No surfacing materials are considered safe if the combined height of playground and the child (standing on the highest platform) is higher than 12 feet. The cushioned surface should extend at least 6 feet past the equipment. Additional coverage may be needed, depending on how high a slide is or how long a swing is. If there is loose-fill over a hard surface (like asphalt or concrete), there should be 3 to 6 inches of loose-fill—like gravel, a layer of geotextile cloth, a layer of loose-fill surfacing material, and then impact mats under the playground equipment. Keep in mind that even proper surfacing can't prevent all injuries. Also, the greater the height of the equipment, the more likely kids are to get injured if they fall from it

Design and spacing

Playground equipment should be designed for three different age groups: infants

and toddlers under 2, 2 to 5 year olds (preschoolers), and 5 to 12 year olds (school-aged kids). In the safest playgrounds, play areas for younger children are separated from those meant for older kids and signs clearly designate each area to prevent confusion. Younger children should not play on equipment designed for older kids because the equipment sizes and proportions won't be right for small kids, which can lead to injury. Likewise, older kids shouldn't play on equipment designed for younger ones. Smaller equipment and spaces can cause problems for bigger kids.

SUN SAFETY

The sun is a major summer safety concern. According to the Skin Cancer Foundation, getting one blistering sunburn when you're a kid doubles your chances of developing melanoma. Sunscreen should be applied every two hours and after swimming or

vigorous activity (anything that causes you to sweat a lot). UV sunglasses, hats, and protective clothing can also help provide sun protection. Regardless of age and skin type (whether or not you burn easily), the American Academy of Dermatology recommends that everyone, adults and kids alike, apply a water-resistant sunscreen that protects against both UVA and UVB rays every day of the year. Yes, even on cloudy days. Choose a sunscreen that is at least SPF 30 and apply it 15 to 30 minutes before going outside.

BIKE SAFETY

Whether or not you wore a helmet while riding your bike as a child, it's a must for kids these days. Any time your charge rides a bike, scooter, or roller blades, a helmet should be worn. Accidental falls are the number one cause of childhood injury, according to the National Center for Injury Prevention and Control. Nearly 300,000

kids made a visit to the emergency room with bike-related injuries in 2010. Usually it's just a scraped leg or arm, but when kids fall off bikes, they can hit their heads. You can reduce the risk of head injury by as much as 85% by equipping your charge with a well-fitting helmet. The Consumer Product Safety Commission sets standards for helmets, so be sure to choose one with its safety seal on it. Helmets aren't the only way to prevent injury. All sports equipment should be well maintained and the right size for your charge. Run a size check on all of his or her equipment. Does last year's bike still fit? Checking that your charge hasn't outgrown last year's ride is easy: have the child straddle the top bar of his or her bike with both feet flat on the ground. A 1- to 3-inch gap between the bar and your child's body means it's still the correct size.

Nannies can also provide road safety education. Teach charges to always ride in the same direction as the traffic

flow and to obey all traffic signs.

WATER SAFETY

Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water also can be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning, and most drownings occur in home swimming pools. It is the second leading cause of accidental death for people between the ages of 5 and 24. It should go without saying, but I'll say it anyway: kids need constant supervision around water, whether they are in a bathtub, a wading pool, an ornamental fish pond, a swimming pool, a spa, the beach, or a lake. Young children are especially vulnerable; they can drown in less than 2 inches of water. That means drowning can happen where you'd least expect it — the sink, the toilet bowl, fountains, buckets, inflatable pools, or small bodies of standing water around your home, such as ditches filled with rainwater.

If you don't already know how, it's a good idea to learn how to swim. Your charges

older than 4 years should learn to swim, too (check the local recreation center for classes taught by qualified instructors). Don't assume that a child who knows how to swim isn't at risk for drowning. All kids need to be supervised in the water no matter what their swimming skill level. Infants, toddlers, and weak swimmers should have an adult swimmer within arm's reach to provide touch supervision.

Wearing a personal floatation device while boating can save your charge's life. All states have specific regulations for life jackets for kids. Invest in proper-fitting Coast Guard-approved flotation devices (life vests) and use them whenever a child is near water. Check the weight and size recommendations on the label and have your charge try it on to make sure it fits snugly. For kids younger than 5 years old, choose a vest with a strap between the legs and head; the collar support will keep the child's head up and face out of the water. Inflatable vests and arm devices such as water wings are not effective protection against drowning.

The temperature of the water is important, too. Enter the water slowly and make sure it feels comfortable for

you and your charge. A temperature below 70°F (20°C) is cold to most swimmers. Recommended water temperatures vary depending on the activity, swimmer's age, and whether or not they are pregnant. In general, 82° to 86° is comfortable for recreational swimming for children (babies are more comfortable when the water is on the warmer side of this temperature range). Body temperature drops more quickly in water than on land, and it does not take long for hypothermia to set in. If a child is shivering or experiencing muscle cramps, get him or her out of the water immediately.

FOOD SAFETY

Summertime offers so many gorgeous days for picnicking and cookouts. But don't let the heat ruin your outing. Food-borne illnesses are caused by bacteria (such as E.coli, Salmonella, Clostridium botulinum, Listeria, Campylobacter, and Clostridium perfringens), viruses (such as Norwalk virus), parasites, and other toxins. Food-borne illness looks a lot like the flu, and typically includes nausea, stomach cramps, vomiting and diarrhea.

Protect the ones you love!

with Child Safety ID Tags

Includes Plastic Strap to hang on your purse, diaper bag, stroller...

Slides into Clear Plastic Sleeve which adheres to your Car Seat.

EMERGENCY CONTACT INFORMATION
Zachary Miller
10/15/09
Allergies: Penicillin
Medical Conditions: Asthma
Mom 1: Joan Miller - 949-642-3700
Dad 2: Sam Miller - 949-642-3700
Nanny: Sara Davis - 949-642-3700
Doctor: Dr. Jones 949-642-3700
Preferred Hospital: C.H.O.C.

EMERGENCY CONTACT INFORMATION
Jamyson Kaylee Cate
7/19/10 3/12/08 1/8/13
Allergies/Medical: No Known
Mom: Emily Dunn 949-642-3700
Dad: Cameron Dunn 949-642-3700
Nanny: Paige Marshall 949-642-3700
Doctor: Dr. John Richards 949-642-3700
Preferred Hospital: Hoag

EMERGENCY CONTACT INFORMATION
Amayah Jones
9/15/13
Allergies: Peanuts
Medical Conditions: None
Mom: Lisa Jones - 949-642-3700
Dad 2: Bill Jones - 949-642-3700
Nanny: Robin Sims - 949-642-3700
Doctor: Dr. Millian 949-642-3700
Preferred Hospital: C.H.O.C.

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Card Back

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Symptoms can range from mild gastrointestinal discomfort to bloody stools. Read *Nanny Magazine's* registered dietitian-approved food safety article in this issue for more information.

OUTDOOR SAFETY

Insect Repellents

Planning to spend time outside means planning to spray yourself and your charges with insect repellent. Repellents don't kill insects, but they can help reduce bites from mosquitoes, ticks, fleas, and other bothersome bugs.

There are different types of repellents: those that contain DEET and those that don't. Use insect repellents containing DEET on kids sparingly. Never use repellent on infants and check the levels of DEET in formulas before applying to older kids; DEET can be toxic. Repellents with 10 to 30% concentrations of DEET can be used on

exposed skin, clothing, and shoes, but do not apply it to faces or hands. Repellent with 10% DEET is effective for about 2 hours, while 30% DEET works for about 5 hours. Do not apply a spray with high concentration of DEET more than once a day. If you want to avoid DEET, the Centers for Disease Control and Prevention (CDC) recommends repellents that contain picaridin or oil of lemon eucalyptus. Both are nontoxic and able to reduce mosquito bites just as well as formulas with low levels of DEET.

Ticks

Tick season is generally April through October, although that depends on where you live. For example, if you live in a warmer climate, your tick season will be longer. Prevent tick bites and tick-borne illnesses with these four steps:

1. ***Clothing***
It's smart to wear light-colored

clothing and shoes during the summer because they help keep you cooler and they help you spot any ticks that may be crawling on you.

2. ***Repellent***
Insect repellents that contain DEET or permethrin can reduce your chances of tick bites. DEET products may be applied directly to exposed skin (not skin under your clothing) and to clothing, but should be used sparingly on kids. Permethrin should only be applied to clothing.

3. ***Know Your Enemy***
Ticks like to hang out in grassy or wooded areas, and they are especially fond of places that are moist or humid.

4. ***Be Vigilant with Tick Checks***
Do a tick check on everyone in the family every night. Contracting a tick-borne illness can take up to 36 hours if a tick isn't removed, so you want to be prompt and thorough. The CDC

recommends you check under the arms, between the legs, around the waist, inside the navel, and don't forget the hairline and scalp.

Tick removal isn't complicated, but there is a technique. Use fine-tipped tweezers, not your bare fingers, to detach the tick. Hold the tick in the tweezers (get as close to the skin as you can) and pull upwards. Be as steady as you can, as twisting and turning could cause the tick's mouth to break off under the skin (if that happens, use your tweezers to remove it). Disinfect the area and you're done.

POISON IVY

Poison ivy, as well as poison oak and sumac, contains an oil called urushiol, which causes an allergic reaction when it comes in contact with skin in about 85% of the population. The subsequent rash that develops will only appear where the skin came

in contact with the plant's oil. Luckily it isn't contagious, but it can spread through indirect contact (such as petting a dog that has run through poisonous plants). Symptoms of a poison ivy rash may include itchy skin, redness or red streaks, small bumps or hives, and blisters that drain fluid when popped.

The only way to avoid developing the rash is to avoid contact with poisonous plants, but wearing clothing that covers a good amount of skin will help reduce your risk. The American Academy of Dermatology recommends home treatment for mild cases, including cool showers and oatmeal baths. Also, keep calamine lotion on hand to use on skin that breaks out in an itchy rash. If itching and swelling become moderate to severe, prescription medications can be used to reduce symptoms.

TRAMPOLINE SAFETY

Hospital emergency rooms and doctors' offices treat hundreds of thousands of trampoline-related injuries each year. The costs of medical, legal, insurance, and disability expenses exceed \$4 billion. The most common injuries are sprains and fractures resulting from falls on the trampoline mat, falls on the frame or springs, collisions with another jumper, stunts gone wrong, and falls off the trampoline. Severe injuries are not common, but they do occur and can result in paralysis or, rarely, death. The majority of trampoline injuries occur in the home environment. Most injuries occur among children between ages 5 and 14 and when children are unsupervised by parents or adults. More than half of the injuries occur on the mat of the trampoline and nearly two thirds of injuries involve two or more children using the trampoline at the same time. Any use by children age 6 or under should be prohibited.

So, nannies, now that you have a handle on summer safety, don't stop there. Get your first aid kit together and register for a CPR class. Have a happy and, most importantly, safe summer!

IN AN EFFORT TO REDUCE THE NUMBER AND SEVERITY OF INJURIES RESULTING FROM THE USE OF TRAMPOLINES, THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS RECOMMENDS ROUTINE OBSERVATION OF THE FOLLOWING GUIDELINES.

- Use of trampolines for physical education, competitive gymnastics, diving training, and other similar activities requires careful adult supervision and proper safety measures.
- Trampolines should not be used for unsupervised recreational activity.
- Competent adult supervision and instruction is needed for children at all times.
- Only one participant should use a trampoline at any time.
- Spotters should be present when participants are jumping. Somersaults or high-risk maneuvers should be avoided without proper supervision and instruction; these maneuvers should be done only with proper use of protective equipment, such as a harness.
- The trampoline-jumping surface should be placed at ground level.
- The supporting bars, strings and surrounding landing surfaces should have adequate protective padding.
- Equipment should be checked regularly for safety conditions.
- Safety net enclosures may give a false sense of security – most injuries occur on the trampoline surface.
- Trampolines are not recommended for children under 6 years of age.
- Make sure trampoline ladders are removed after use to prevent unsupervised access by young children.

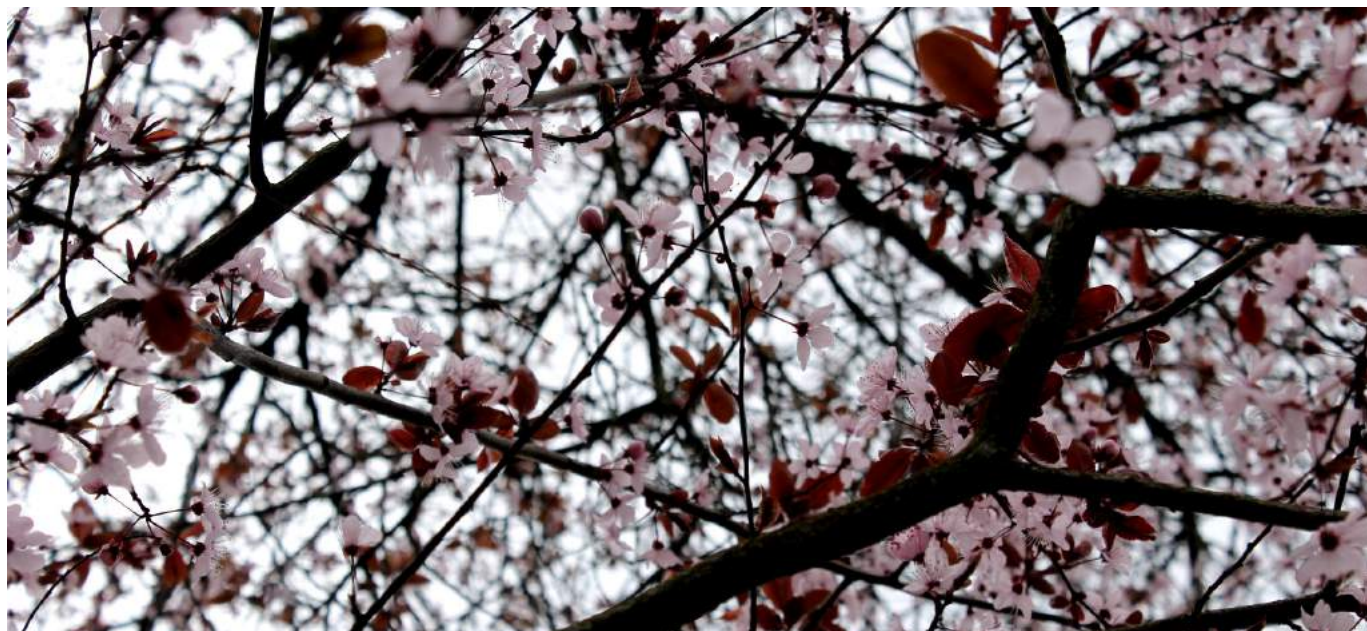


Photo Credit: Tiffany Breunig



The "It's Not Like I'm Drunk" Cocktail

2 oz. tequila
1 oz. triple sec
1/2 ounce lime juice
Salt
1 too many
1 automobile
1 missed red light
1 false sense of security
1 lowered reaction time

Combine ingredients. Shake.
Have another. And another.

Never underestimate 'just a few.'
Buzzed driving is drunk driving.



U.S. Department of Transportation

Data Blitz

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

The first Mother's Day was held on May 10, 1908.
(socialnboston.com)

Babies should visit the dentist before their first birthday.
(American Academy of Pediatric Dentistry)

The average American consumed 20.36 gallons of milk products in 2011.
(International Dairy Foods Association)

Dr. Mae Jemison was the first African American woman in space.
(NASA)

The titan arum, better known as "the corpse flower" in Washington, D.C., emits a foul odor akin to a rotting corpse when it blooms, which is only once every several years.
(NPR)

Eating apples has been linked to a reduced risk of heart disease, asthma, and cancer.
(healthline.com)

Spiders, scorpions, mites, and ticks are all considered arachnids.
(National Geographic News)

In 2008, there were over 1.3 million nannies employed in the United States.
(About.com)

Having breakfast each morning is directly linked to improved cognitive function during the day.
(Center for Disease Control)

In 2011, only 51.8% of students attended at least one physical education class per week.
(Center for Disease Control)

Adding fiber to a child's diet is the best way to prevent and treat constipation.
(WebMD)

The probiotics found in yogurt can help with kids' tummy aches by helping to digest food.
(WebMD)



***Alphabet
Summer:
Every
Day Is a
Different
Letter!***

BY JEN WEBB,
PHOTOGRAPHY BY
JASON KNAPP.

NOW THAT SCHOOL IS OFFICIALLY OVER IT'S TIME TO DO FUN-FILLED ACTIVITIES WITH YOUR CHARGES! HERE IS AN A TO Z LIST ACTIVITIES TO DO IN THE WARM SUN AND RAINY INDOORS THIS SUMMER. SEE HOW MANY YOU AND YOUR CHARGES CAN COMPLETE. YOU CAN EVEN COME UP WITH YOUR OWN ACTIVITIES FOR EXTRA VARIETY!



A



B



C



D



E



F



G

AMUSEMENT PARK

Take your charges to a local amusement park and enjoy the rides. There are rides for children of all ages.

BICYCLE

Enjoy the gorgeous spring air and go for a thrilling bike ride with your charges. If it's okay with your MomBoss and Dad-Boss, teach the younger kids how to ride a bike.

CRAFTS

Spring and summer is the perfect time of

year to collect flowers for crafts. You can enjoy making pressed flower placemats, flower paintings, and flower collages.

DIG

Dig in the sand at the beach or a park and make sandcastles and moats.

EAT

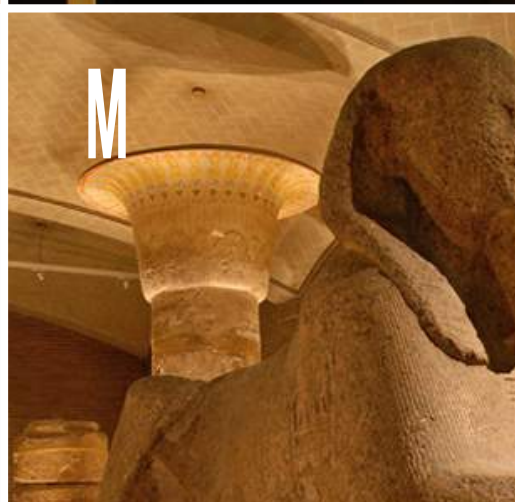
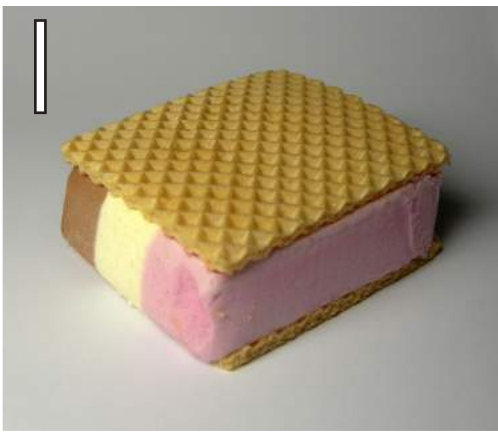
Take your charges out to a local restaurant for lunch and teach them manners for eating in a public place. Feeling more adventurous? Try international cuisines your charge may not be familiar with.

FOUR-SQUARE

Play a game of four-square outside on the pavement. All you need is sidewalk chalk and a basketball. You can find rules on how to play online at www.squarefour.org.

GARDEN

Start a garden in the back yard with the help of your charges and allow them to pick out their favorite flower or vegetable seeds to plant. No yard? No problem. There are plenty of small-pot projects that are perfect for windowsill growing.



Hiking Trails

Go on an exploration nature hike and collect items for future art projects, like pinecones, leaves, and flowers. Take pictures to capture the memory.

Ice Cream Sandwich

On a hot day, make an ice cream sandwich by scooping ice cream between two cookies for a special treat.

Jump Rope

Take out the jump rope and start jumping for excellent exercise and good clean fun.

Fly a Kite

On a warm windy day, go to a park and fly a kite with your charges. Be creative and make a kite with your charges using string, paper, and glue.

Library Day

School is out but a good nanny knows to reinforce reading habits anyway. Visit your local library to take out books and join story-time sessions.

Museums

Visit local museums to teach your charges how to respect culture, history, and art.



NOODLES

Playing with noodles is a fantastic sensory activity for younger children. Cook noodles and let the kids feel the texture of them. If you add paint to the noodles they can paint with the pasta. Wear a smock; this can get messy.

ORANGE JUICE

Make fresh-squeezed orange juice by

lightly tapping the orange on the counter, cutting it in half, and squeezing it into a cup. Watch for seeds!

PICNIC IN THE PARK

On a warm day, pack lunch into a picnic basket and take your charges to a park to have a picnic. Don't forget to bring a blanket to sit on.

QUEST (BRAIN QUEST)

On a rainy day play an educational trivia game and challenge your charges to see how many questions they get correct.



RAIN STICK CRAFT

Twist aluminum foil into a spring shape and push it inside of a paper towel roll. Glue brown paper onto the ends of the paper towel roll. Put uncooked beans or rice inside of the tube and color the outside of the tube. When finished, gently shake from side to side to hear the rain.

smoothie by mixing 4 cups of ripe strawberries, 1 cup of plain low-fat yogurt, 1/2 cup orange juice, and 1 tablespoon of sugar in a blender. Deliciously refreshing!

TENNIS

Play a game of tennis with your charges in the park. Teach them how to score.

neighborhood kids for a great way to encourage socialization even when class is out.

VOLLEYBALL

Head out to a beach or set up a net in the back yard and play a game of volleyball.

STRAWBERRY YOGURT SMOOTHIE

Make a delicious healthy strawberry

ULTIMATE FRISBEE

Plan a game of ultimate Frisbee with the

WATER BALLOON TOSS

Fill a small balloon with water. Stand facing your charge with your toes touch-



W



X



Y



ing. Gently toss the water balloon back and forth one time to each other. If both of you successfully catch the balloon without it dropping, take a giant step back and toss again. If the balloon breaks, the game is over.

X MARKS THE SPOT

Create a treasure hunt in the back yard for your charges. Make a map of the back yard and put an X where the treasure is. Hide a surprise in a box as the treasure.

YO-YO CONTEST

Have a yo-yo contest with your charges to see who can keep it going the longest.

ZOO

Take a trip to the zoo to learn about and see all of the animals.

SAFETY AND FUN GO HAND IN HAND

As you're enjoying your Alphabet Summer, make sure to keep these top safety tips handy.

1. Always wear sunscreen when going outside.
2. Wear appropriate activity-related safety gear, such as helmets or kneepads.
3. Be aware of any outdoor seasonal allergies your charges may suffer from.
4. Always wash hands before and after eating or playing outside.

Summer “Vacation”? Must Be a Typo.

BY ERICA CHRISTOPHER. PHOTOGRAPHY
BY MACKENZIE KEOUGH.

The sun is shining, the air is light and warm, and homework has become a distant memory... Ahh, yes, it's the last day of school! There really is no better feeling... It's summer vacation!

Unless, that is, you're a nanny. For nannies, breaks from school no longer mean play clothes, sleeping in, and lazy days by the pool. Oh no, being a nanny takes the break right out of that thought!

The kiddos rush through the door in a tornado of unneeded school papers and uniforms they don't want to see ever again. They are pumped up on a sugar rush caused by end-of-the-year sweets from their teachers. A nanny's mind races...

“Do I still know how to deal with an emotional eight year old?”

“Did I plan enough outings for the entire summer?”

“How long until the NannyFamily travels to Hawaii without me?”

“How will I break up the inevitable (endless) sibling arguments?”

“Where's that child development textbook of mine?”

“Will I survive another summer?!?”

Sure, it's fun for 4.7 seconds to hang out with your school-aged charges that you barely get to see. But that bliss vanishes



when you hear your now almost third grader singing the latest (inappropriate) pop song and bickering with her now too-cool-for-grade-school sibling over the iPod.

Sure, it's nice to know that your early call time goes from a dreaded 7:30 a.m. to a comfortable 8:30 a.m. now that no one has to rush off to school. That realization is short lived, however, when you remember breakfasts with all four children that aren't saved by the carpool doorbell.

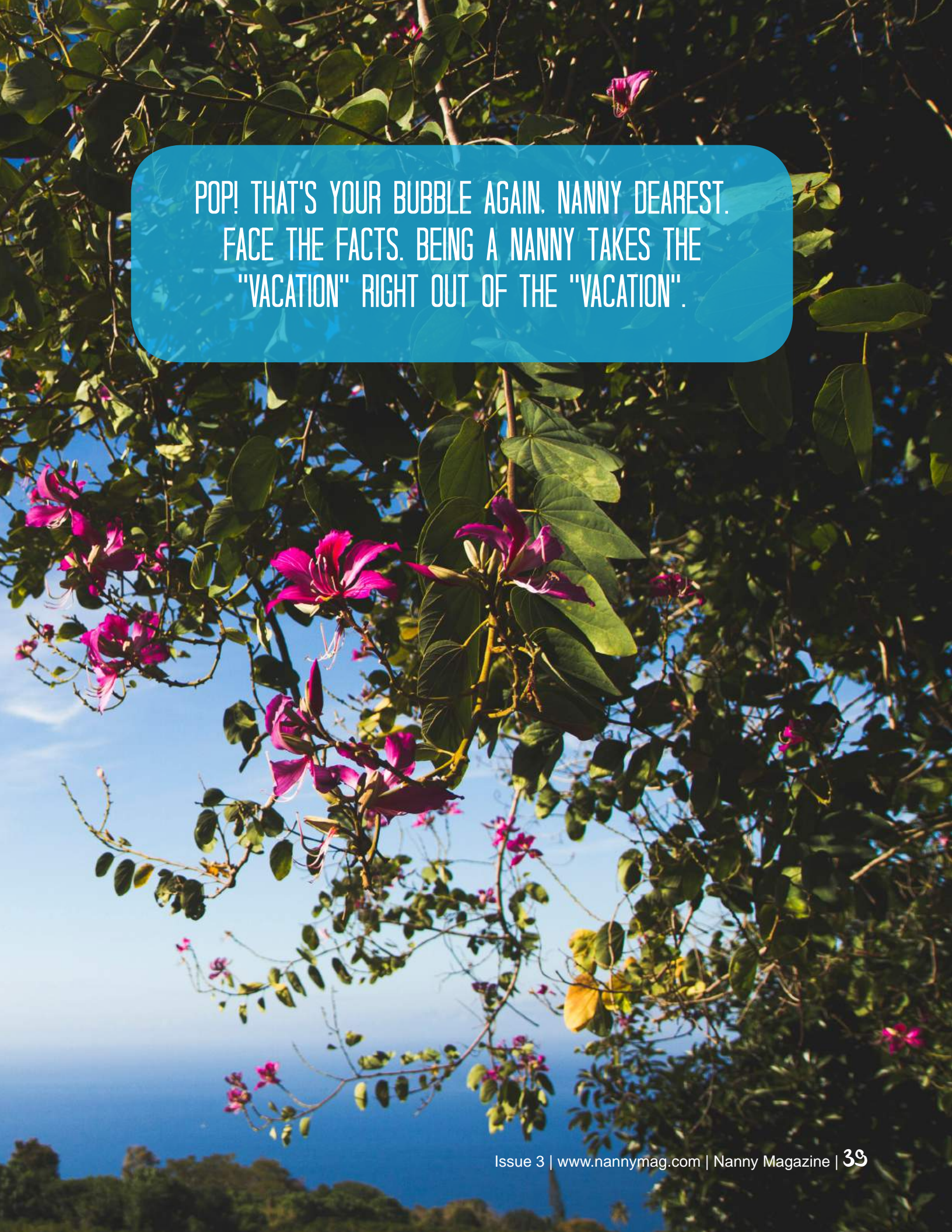
Of course it's awesome to think about how the eldest really is old enough to be your special helper now and you can't wait for her to entertain her little sisters while you straighten up. Sadly, you can almost hear the shattering of your bursted bubble when the adorable baby of the group yells “NO!!!!!!” at the attempted “help” of her sister. There goes that idea.

But you're a pro, Nanny. You can handle three short months of good old-fashioned summertime fun with your energetic charges. No problem! You were a kid once, you remember that June feeling, and you are determined to encourage their freedom! Here we go! Let's embrace this summer vacation!

Pop!

That's your bubble again, Nanny Dearest. Face the facts. Being a nanny takes the “vacation” right out of the “vacation”.

Good luck, from one nanny to another, and happy summer!



POPI! THAT'S YOUR BUBBLE AGAIN. NANNY DEAREST.
FACE THE FACTS. BEING A NANNY TAKES THE
"VACATION" RIGHT OUT OF THE "VACATION".

Do You Need to Brush up on Your Safety Skills?

BY CHELLE COCHRAN AND DR. DEBORAH GILBOA, MD.

1. How often should you apply sunscreen to children?

- a. Whenever you begin to see the skin turn red
- b. One application is just fine
- c. Every two hours and 30 minutes before going outside
- d. Every three hours and 30 minutes before going outside

3. Uh Oh! Your charge falls and scrapes his knee open on the sidewalk. He's now bleeding. What do you do?

- a. Pick him up and slap a bandage on it
- b. Dust off his knee and try to sidetrack him so he's not so upset
- c. Clean it with an alcohol wipe and cover it with a bandage
- d. Wash it well, apply cream, and place a bandage on it

5. What are the signs of heat exhaustion?

- a. Tiredness, dehydration, and crankiness
- b. Tiredness, vomiting, and nausea
- c. Vomiting, nausea, and headache
- d. Nausea, headache, tiredness, dehydration, vomiting, and panting

7. What should you do before allowing your charge to play at the playground?

- a. Check to see if the equipment is too hot
- b. Check to ensure there are no nests (bees, spiders, etc.)
- c. Check for broken items
- d. All of the above

2. How much water should a child drink per day?

- a. Between 5-8 cups
- b. 2 cups
- c. 10 cups
- d. 1 cup

4. What should you do if you find a tick on your charge?

- a. Remove it
- b. Wait until MomBoss and DadBoss get home and let them know
- c. Call the doctor right away
- d. Remove the tick and clean the area

6. Which type of playground is the safest?

- a. One covered in grass
- b. One covered in concrete
- c. One covered with mulch
- d. One covered with a rubbery surface

8. When should a helmet be worn?

- a. Only when riding a bike
- b. When riding a bike and skating
- c. Whenever the child is off of training wheels
- d. Whenever the child is on any kind of wheels regardless of age

9. When is it appropriate to let a child swim on their own?

- a. Age 2
- b. Age 5 if taking swimming lessons
- c. Age 10 if the child is a strong swimmer
- d. Never

10. At what age can a child safely use sunscreen?

- a. Birth
- b. 6 months
- c. 1 year
- d. 4 years

What Are Your Results?

1-3 CORRECT:

It's important for you to be up to date on the safety of children and yourself. Enroll for a first aid class so that you're in the know. Having a first aid and CPR certificate will look great on your résumé and will help you get a better job if you ever find yourself looking again and may just save your charge's life.

4-7 CORRECT:

You've got some knowledge about safety but it looks like you may want to freshen up. Grab a book from the library or pick up a first aid class if you are not already certified. You want to be fully prepared in case your charge gets injured. Being in the know will help you think quickly and ensure safety.

8-10 CORRECT:

You rock and it seems like you're on top of things when it comes to knowing about safety. Stay on top of training yourself and keep on being a rockstar nanny!

Answer Key

1. c; 2. a; 3. d; 4. d; 5. d; 6. d; 7. d; 8. d; 9. d; 10. b



Dilemma

Nanny's Adventure in Vacationland

Does your heart sink when your NannyFamily indicates they want to schedule their vacation? What if the family actually wants you to go on vacation with them? Any nanny who's been on summer "vacation" with their NannyFamily knows, a trip out of town with your charges and their parents is no vacation for the nanny. Where do you stand? Can you say no? If you agree what are you actually signing up for?

Well, yes, you can say no. Your contract probably links to specific hours at a specific location. However, declining could open the door to negativity creeping into the relationship.

The question should be posed during your initial interview: "Am I expected to accompany the family on vacation?" If the answer is yes or sometimes, have an honest and open conversation about how the family envisions this will work. Expectations must meet reality; too often both parties' visions are vastly different. The employer has likely spent a lot on your flight and accommodation, and dining out 24/7 is expensive. Many employers also hold a deeply embedded opinion that it's a whole heap better for Nanny to be working from paradise than working from the regular location.

But it's not the nanny's holiday, and even if the family believes it is, one is wise to approach the period as harder than usual work in prettier than usual surroundings.

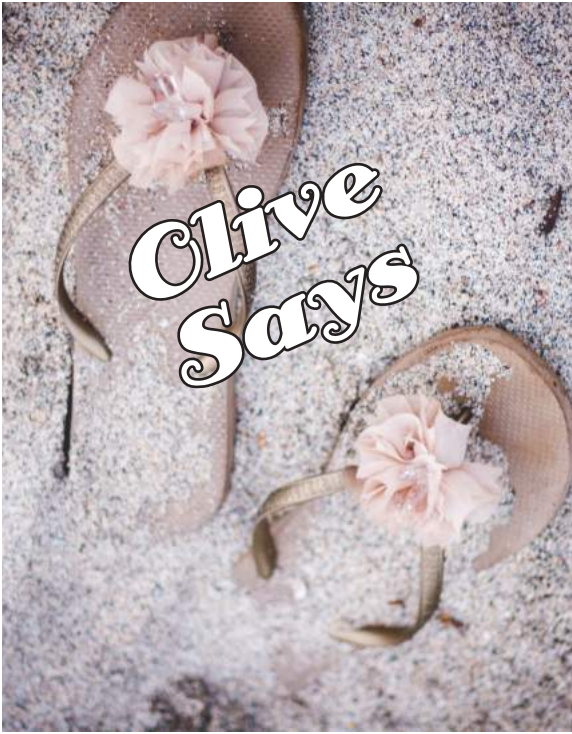
Mauri Kassner, a mother of five, sees the benefits and drawbacks of having her nanny along on the family vacation. "While very helpful in managing the sheer number of children and ferrying them around, it presented its own set of challenges. Not only did it ensure a lack of privacy for the family on holiday, but rooming arrangements can be complicated."

Joanne Willats, a nanny who has worked as a vacation nanny in New York, cannot recommend it more highly. "I accepted I was fully on duty but also fully took part in both childcare and social activities. I see it as a really good experience and a chance to travel without paying for flights and accommodation and getting paid at the same time."

The best advice I ever received was from a nanny working for a military family who constantly travelled. She advises nannies to treat travelling with a family like going on a tour of duty.

Good and bad, traveling with your NannyFamily can be an amazing experience and take you to places you may not be able to get to on your own steam. Managing expectations will always involve a conversation before you depart. It may be fair to offer to be on full duty during the trip with time off upon return. Bear in mind the vacation starts the minute you head for the airport, and you will probably want to have clear expectations regarding your rate of pay.

BY GABY MORRIS. PHOTOGRAPHY
BY MACKENZIE KEOUGH.



Nanny Needs a Vacation

BY SARAH DAVIS. PHOTOGRAPHY BY MACKENZIE KEOUGH.

As you reflect back on the last year as Nanny Dearest, you think of all the fun adventures tooling around town with your little and the amazing trips you have been on with the family. There was Cabo, ahhh, the beautiful weather, the beach, the smell of sunscreen. Then there was Aspen, a whole side of the country you never knew existed. Then a random thought pops into your head. "Wait a minute, was that my vacation?" The short answer is no! Many times families can misinterpret their vacation as yours. Chances are you were chasing the kiddos around the pool (not actually taking a dip), eating PB&J, and getting kicked in the head all night. You deserve a break, plain and simple. Every nanny should get two weeks paid vacation if employed full time (one week for part timers). This does not include family vacations, no matter how luxurious they may be. Step up to the plate and let your boss know that you need a little R&R. Besides, you'll come back to those munchkins refreshed and ready for... a family vacation in Hawaii??

Nannies Ask

BY STEPHANIE FELZENBERG OF BE THE BEST NANNY NEWSLETTER.

Dear Stephanie,

My 18-month-old charge keeps charging into the street and I don't know what to do! My biggest concern is keeping him safe, but the constant redirection doesn't seem to be working. Any time my back is turned to care for his younger brother, he dashes off! I want to be able to give him a time out so that he understands, but his parents are completely against any form of punishment. This is driving me crazy!

Sincerely,

Chased Out

Dear Chased Out,

It's often hard to control kids in parking lots when unloading packages, rifling for keys, and tending to a baby. Anything that takes precious attention away from children leaves them vulnerable to a number of dangerous situations.

That's why a mother of two created Parking Pal. Place the Parking Pal magnet on the side of the vehicle where it will remain safely attached at all times. It was specifically designed with bright colors, playful illustrations, and a small palm children love to place their hands on. When getting out of or coming back to the vehicle, kids go directly to the Parking Pal magnets and put their hands on it, fiddle around with it, and chat with each other while you are getting out of the car. After a couple learning sessions, the child will discover that the Parking Pal is their safe spot, and they will know where to go the second they are outside the car. It also helps teach them that parking lots are no place to play.

Sincerely,

Stephanie



Get Peace of Mind In Turbulent Times

All flights experience some degree of air turbulence. For those times when it's serious, protect your children with Kids Fly Safe CARES Airplane Safety Harness. Designed for young children too small for the seat belt alone, FAA-approved CARES Airplane Safety Harness protects them during air travel and gives you peace of mind.

- **The only FAA-Approved harness-type safety restraint for taxi, takeoff, turbulence, and landing**
- As safe as a car seat
- Eliminates car seat carry-ons
- Easy to use and set up
- Weighs less than 1 lb.
- For children 1+ years old, 22-44 lbs.



KidsFlySafe.com 800-299-6249

Flying with Children

BY VICTORIA ZAJKO.

PHOTOGRAPHY BY TIFFANY BREUNIG.



VICTORIA ZAJKO IS A COMMERCIAL PILOT WORKING IN AVIATION INSURANCE. HER TIPS ARE AIRLINE TESTED FOR MAXIMUM AIR TRAVEL SAFETY AND EFFICIENCY.

Nannies play an integral role in the lives of their charges, which means they will likely travel with them on occasion. Airplanes are a quick and popular form of travel, and it is important to see that your charges are comfortable, entertained, and safe. With proper preparation, a nanny can ensure an enjoyable and memorable trip for all.

There are two forms of airplane travel: general aviation and airlines. General aviation includes all forms of air travel other than scheduled airline flights. This can be small single-engine aircraft with as little as two seats, a multiengine piston aircraft, or a private jet.

GENERAL AVIATION

General aviation offers increased flexibility for those who choose this form of travel. While many airlines are limited to large international airports, general aviation aircraft have access to smaller airports throughout the country. In addition, they allow passengers to bypass long security lines and many Transportation Security Administration (TSA) requirements. While they often save time, general aviation aircraft can also have limits, such as the weather they are capable of flying into and distances they can reach.

While general aviation is convenient, it is a different experience on several levels. With travel in a smaller craft, all the bumps and bounces caused by turbulent air can be felt much more strongly than they would if you were flying with a major airline. When able, if traveling on a smaller airplane, it's best to slowly increase the length of the flight to get used to all the new feel-

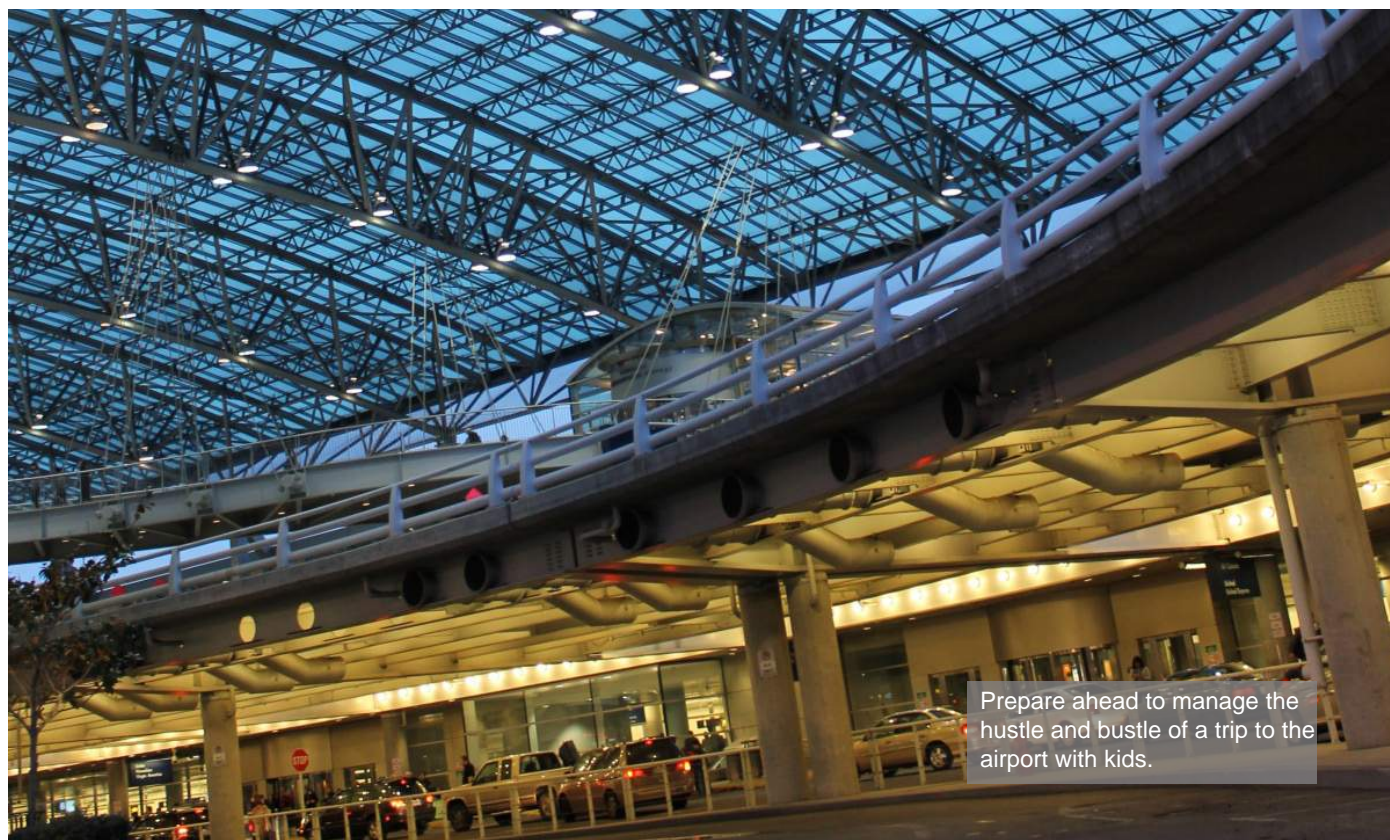
ings and the pressure change. If a child (or an adult) becomes nauseous or worried, tell them to look straight ahead and not out of the side window. This often helps, although you should always be prepared with a sick bag.

Many smaller planes require headsets to hear and talk to each other over the noise of the plane. Headsets are often the highlight of a child's (and adult's) flight because they look so cool. Many are adjustable and it is important to have a headset that is made specifically for small children to ensure comfort and proper hearing protection. It is also helpful to instruct the child on how to best use the microphone on the headset. The microphone must be brought close to the mouth so that it almost brushes their lips, otherwise it would make it hard for them to be heard. Unfortunately, infant headsets are hard to come by. If one is not available, a good hat that covers the ears will offer some hearing protection.

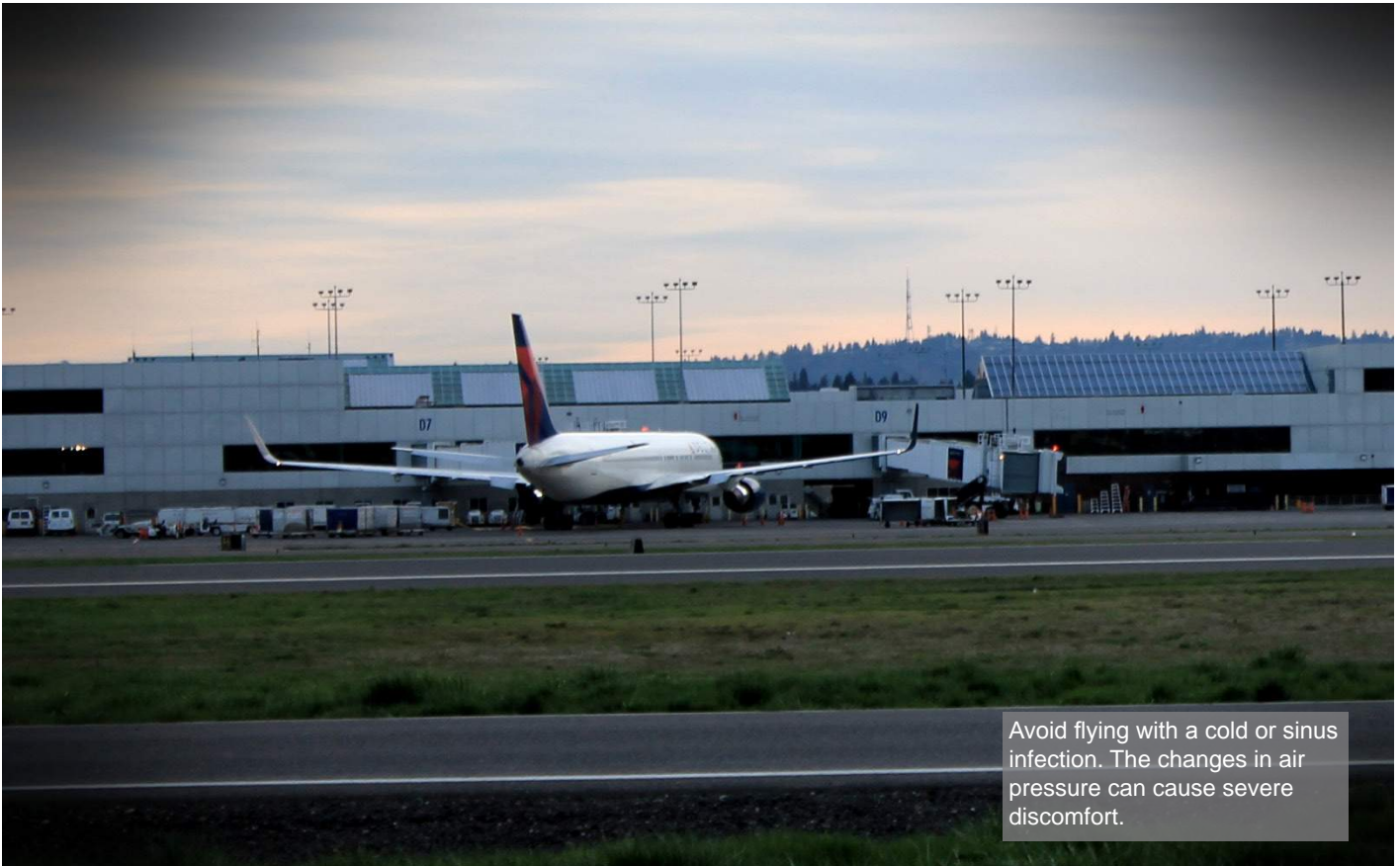
Pilot Jon Harden of Aviation Insurance Resources explains. "My daughters have been flying with me since they were two weeks old. They were always in a car seat, and as they got older I made sure to explain to them how airplanes work to them and what all the controls do. It made flying educational, fun, and not as scary."

COMMERCIAL

Unlike general aviation, commercial airlines don't offer flexibility with time. These days, a passenger must arrive one to two hours prior to boarding time to ensure they clear security. With children, time means entertainment! Remember to plan enough



Prepare ahead to manage the hustle and bustle of a trip to the airport with kids.



Avoid flying with a cold or sinus infection. The changes in air pressure can cause severe discomfort.

simple activities to keep the children occupied while waiting as well as en route to the final destination. Also, think light! You'll be lugging these all around the terminal and onto the plane.

In 2006, new security regulations began to limit what may be brought aboard the aircraft in a carry-on bag. For liquids in your carry-ons, TSA explains that each individual may only carry aboard the aircraft one 1-quart clear zip-top bag containing a maximum bottle size of 3.4 ounces (100ml).

However, for those that have required medication or baby formula, the 3.4 ounce bottle rule does not apply. Inform the TSA officer in your line of what you are carrying, and although you will be put through additional screening, the formula and medication will make it aboard your flight. When in doubt and when possible, just put it with your checked bags. Visit www.TSA.gov to learn more.

Besides going through security, a common nightmare in travel is losing luggage. Be sure you are prepared with a change of clothing, diapers, and other necessities

so your charges' comfort and schedule is not interrupted in the case of lost bags. Additionally, carry on a phone charger and extra batteries for toys. These can become lifesavers in a pinch.

Sethany Van Lehn works as a flight attendant for a major airline. She says that tablet computers with games and movies make for a quick flight. If the kids get a little rambunctious, "I tell them that the Captain would like them to put on their seat belt and lower their voices and that he or she would be so grateful for the help! The kids are always happy to listen to the 'Captain'."

FLYING WHEN UNDER THE WEATHER

Most nannies are deeply in tune to their charges' health, and when they are under the weather, it may be best that they stay at home. Often, however, a trip has to be made regardless of their health. Depending on the cause, this could lead to an uncomfortable trip for the child.

Sinus infections and colds are the biggest culprit. Various stages of flight call for the

airplane to ascend or descend to different altitudes. As you fly higher, the air becomes thinner and air pressure decreases. Sinus openings must adjust to this new air pressure, but if they are clogged, that adjustment can be extremely painful. Vertigo (loss of equilibrium) or ringing in the ears can also occur.

Medication can help alleviate some of these symptoms and there are some handy tricks to try in the air as well. Simply swallowing or yawning can often help "pop" the ears and reduce painful pressure. Before flight, chewing gum or sucking on candy (or a pacifier) can help prevent this from occurring.

Diaper bag? Check! Toys? Check! Change of clothes? Check! Children? Check! Yes, travels with children can be a lot of work and sometimes stressful. But, don't let your nanny-cation become strained and full of checklists and to-dos. With some preparation, whether flying commercial or privately, traveling with your charges can be a fun and memorable activity.

Body language can tell you all sorts of things. Like someone is having a **stroke**.

F **FACE DROOPING**

A **ARM WEAKNESS**

S **SPEECH DIFFICULTY**

T **TIME TO CALL 911**

Ad Council



strokeassociation.org

American Heart Association | American Stroke Association

Together to End Stroke™

Know the sudden signs. Spot a stroke **F.A.S.T.**

Ask an Agency

JENNIFER RUSSO OF BOSTON NANNY CENTRE, INC.

Jennifer Russo, a placement counselor from Boston Nanny Centre, Inc. serves up this month's answers.

Q. DO YOU PROVIDE FAMILIES WITH ANY TRAINING ON HOW TO BE A GOOD EMPLOYER?

A. A nanny placement agency has two primary purposes. The first is the prescreening of nanny candidates, which includes reference checking, background checking, and interviewing. The second is the initial matching of nannies with families, which is facilitated by having a clear picture of a family client's needs as well as a thorough understanding of what a nanny is seeking in a position. Beyond these two primary purposes, we are happy to provide as much placement and hiring support as possible, but want to avoid being overbearing. We provide families with all the information and resources they need to understand their legal requirements as a household employer and also make recommendations based on our 25 years of successful placement experience. Many family clients are receptive to our recommendations and are genuinely interested in our advice about how to be a good employer, and it is in those placements that we see the highest success rate.

Q. HOW DO YOU RESOLVE POOR COMMUNICATION BETWEEN A FAMILY AND NANNY?

A. At any point in a placement, the agency is here for questions or issues that may arise. We can't fix communication issues, but we can be a great sounding board and a neutral third party so both the family and nanny feel they have someone who understands the situation. Often it is easier for a family to hear something from the agency than from the nanny directly and vice versa. Minor issues become much larger when they are not discussed. Most often it is a simple misunderstanding or the other party is operating from a different basic assumption. Having an open discussion directly or talking with the agency about what is typical regarding certain common issues can most often resolve basic placement challenges.

Q. IS AN AGENCY RIGHT FOR A SUMMER NANNY, OR ARE THEY ONLY USEFUL FOR CAREER NANNIES?

A. An agency is right for anyone seeking a professional long-term nanny position. The families that come to agencies are seeking stability for their family and often this means they are looking for at least a one-year commitment. Our agency specifically does not accept candidates who aren't available for at least one year (but many other agencies do), given that our screening process is so involved and we have such a small number of temporary summer openings. A caregiver doesn't necessarily have to feel being a nanny is their lifelong career to be a strong candidate in our pool. What we do need is someone with a proven track record of childcare experience who understands that when a family hires a nanny they are seeking someone that they can count on who will build a positive long-term relationship with their children.

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

EMAIL INFO@NANNYMAG.COM.

Manny Column

CULTURE SHOCK: WHY ONE MAN DECIDED TO DO AMERICA AS AN AU PAIR





BY MARIO KÖRBS. PHOTOGRAPHY BY GARY TANG.

Until I decided to go abroad after graduating high school, I had never heard of such a thing as an au pair, but once I started investigating what it was I had the feeling that it was the right thing for me. In today's world, women are astronauts, CEOs of global companies, and leaders of countries, so why shouldn't a guy become an au pair?

When I look back, becoming a male au pair and going to the United States felt like a piece of cake compared to when I first told people in my native country, Germany, that I wanted to work with kids in America. They just looked at me in disbelief. Usually they would ask me why and remind me that au pairs were mostly women. To be fair, it is an eligible question. My usual response was to assure the asker that they were correct, but let them know there was no reason a male couldn't be an au pair too.

After this question was out of the way, people were really supportive and wished me the best. They all knew that in a global economy you have to have some experience abroad and they saw this as a chance for me to grow and mature. My mom later told me that even though she was heartbroken when I left, she knew that it was the right thing to do and that she would have done the same when she was younger if she'd had the opportunity.

Being an au pair is the easiest and cheapest way to get to the United States for a full year. Furthermore you are not only living in the country, you are really experiencing it. There are plenty of jarring cultural differences between any European country and the United States, of course, but if you are open, positive, and willing to adapt, you will really learn to embrace and appreciate the cultural diversity.

At first when I came to America I felt strange being a male au pair. People were often surprised when I told them what I did for a living. My au pair program coordinator in the United States echoed what others had said on the subject about it being uncommon for guys to become au pairs. However after awhile I got used to it and it didn't matter to me anymore. Especially since I was really confident with the job I was doing and I got great feedback from my host parents, program coordinator, and friends regarding how I was taking care of the kids in my

charge. And to be honest, this is all that matters. It should be not about your gender; it should be about your work!

Before I came to the United States, my agency gave me the name of another nearby male au pair from their group. Two weeks into my American adventure, I went with him and his friends to a karaoke party. One thing I learned that night was that I needed to build up a group of friends I could hang out with so I didn't feel isolated or lonely. While all the people at the karaoke party were really nice, it was pointless to build friendships with them because they were all au pairs and returned to their home countries a few weeks later. However, because my agency organized mandatory monthly meetings for au pairs, finding new friends wasn't too hard. It seemed that all my friends were either from Germany or could at least speak German, but most of them were, of course, female. I enjoyed the time with them but it was also nice to expand my friend base to include people from the United States, South Africa, and Australia. It gave the whole au pair experience an even bigger cultural twist, and of course it was awesome for my foreign language skills to hang out with native English speakers.

Before I came to America, I thought for sure I wouldn't get homesick, but, of course, after awhile, I did. This is something that happens to every au pair. In the beginning everything is like a new exciting adventure. You meet new people, see new cities, and live your dream. But after awhile the routine slips in. Things begin to seem less cool as they become more familiar and you start to focus on the negative aspects of daily living. Skyping, writing, and phoning my friends and family back in Germany helped. My host family helped me through some tough times too. Looking back I have to say that although I had my struggles, my host family turned them into positive experiences and in doing so laid the cornerstone for our very healthy relationship, which is still running strong even three years after I've moved back to Germany.

Even though I endured homesickness and other challenges during my time in America, I wouldn't change a thing. My two years as male au pair were some of the best years of my life. It may not have been the typical thing for a German male of my age to do, but I wouldn't trade it for the world.

WANT TO NANNY ABROAD?

CONSIDER THESE POINTS FIRST.

BY JACQUELINE D. KELLUM.

PHOTOGRAPHY BY
GARY TANG.

When my employer got a job transfer that meant I'd have to move with them from North Carolina to Sydney, Australia, I was in for more international experiences than I'd ever dreamed possible.



It's very easy to romanticize faraway destinations and dream of how wonderful it would be to live and work somewhere else. In the summer of 2007, with six years' experience as an American nanny in North Carolina, I boarded a plane with my American employers and charges and started an international journey that would eventually take me all over the world. Between July 2007 and December 2011 I worked for four different families abroad. Thanks to my positions as an international nanny, I stood on top of the Sydney Harbor Bridge, hiked to the top of Mt. Cising in Taiwan, visited the Hobbiton set in New Zealand, went scuba diving in the Great Barrier Reef, learned a smattering of Italian and Mandarin, and had so many other amazing and positive experiences too numerous to list here. I wrote over 100 entries on my travel blog and took hundreds of photos to remind me of my adventures.

But we cannot forget that though there were lots of sweet perks, there were also plenty of bitter moments too. I had some of the best—and worst—experiences of my nannying career while working abroad, and I will now turn them over to

you as the advice I wish I'd had prior to my departure.

BEFORE YOU GO: VISAS AND OTHER CONSIDERATIONS

If you're like me and you've dreamed of living and working abroad since your teen years, you'd love to just pack a bag and board a plane tomorrow. You'll manage the details when you get there, right? After all, it works that way in the movies! But in the real world, there are many important legal and logistical questions that should be answered before you depart.

American nanny Bonnie Mills is from Wheaton, Maryland, and has worked abroad for several years in Italy, Spain, and the Middle East. She advises that "the biggest thing to think about, depending on where you want to go, is, 'are you going to be able to live and work there legally?'"

Having a legal work visa for the country in which you want to work is crucial, but

for some countries it can be next to impossible to obtain one. A nanny trying to get a work visa for another country may be asked to have a full medical exam and the visa fees can be quite expensive. Time needed to complete visa applications varies greatly, depending on the country.

There are always loopholes, of course. Some countries will allow a relocating family to bring their current nanny with them, with proof that she has already worked for them for a year in their home country. In other situations, if the nanny is young enough (under twenty-six for most countries) she may be able to get an au pair visa, allowing her to work part time while studying a foreign language and culture. Nannies over that age limit can still try to obtain a student visa to allow them to be in the country legally, but that may or may not allow them to work legally.

People all over the world risk working in another country without proper authorization, but as Mills says, "If you do decide to risk it be aware of what the consequences are so you're making an

educated choice.”

One of the biggest risks taken by a nanny working illegally in another country is the possibility of being caught not paying their taxes. “Any family regardless of nationality is committing a criminal offense if they don’t pay tax for a permanent nanny in their home,” says Rosemary Newton, founder of Nannies of St. James agency in London “I believe that the candidate can be fined too for accepting payment without tax.”

ON THE PERSONALITY FRONT

Assuming that visas have been dealt with, a nanny should carefully consider whether her personality type will allow her to adapt to life in a foreign country on both the personal and professional level. Are you independent and adaptable? Will you see different norms and ways of doing things as new and exciting? Are you adept at learning other languages or a champion charades artist with abundant patience and humor?

Renee Bartsch is an Australian who has worked in America, Italy, and the Middle East. She has this advice for nannies considering a position overseas. “You need to think whether or not you will be able to cope with being so far away from family, friends, and significant others. Fortunately you do have Skype, email, and phones, but it’s not the same. It can be extremely hard for some people to be away from their loved ones for so long, especially during celebrated holidays like Christmas or New Year’s, which may not be celebrated everywhere in the world.”

RESEARCH. RESEARCH. RESEARCH

It is commonly said that knowledge is power. So it follows that having a well-formed perspective and lots of information about the place where you’re considering a job will be key in making a good decision.

Newton strongly urges researching possible destinations in advance. “Research the countries that you find to

be of interest.” She says nannies should research the region’s culture and religion and how this could play into a nanny’s comfort level. For instance, taking a nanny position in certain countries in the Middle East may require huge changes for a Western nanny. “Many nannies look at job and weather and money and don’t have a clue about the country’s history.”

You should know as much as you can about the region you’re looking at before making your decision. Think about things like religion, standards of dress and hygiene, transportation options, foods, language, safety, crime, and housing. You don’t want to start your first day on the job in a foreign country only to discover that you deem their standard mode of dress to be intolerable or you can’t stand the local fare.

THE RIGHT REASONS

Gianna Taccone is an associate of Europlacements Agency in Milan and works to place nannies with families.



In addition to researching a destination, she adds that “a nanny should also make sure she is coming abroad for the right reasons, for a positive reason, with a real curiosity to work abroad. It is always wrong to come abroad thinking one can solve their problems by getting away from something.”

Jacqueline de Cristofaro is the founder of Europlacements. She says that in her twenty years of seeing nanny candidates travel abroad, many were trying to escape personal problems. She cites failed relationships and depression and just some of the reasons for nannies looking to skip country. “Unfortunately, by coming abroad these issues don’t disappear. In fact in many cases they are fertile ground for candidates not to be able to overcome the difficulties of being abroad. It is important that coming abroad be a proactive choice, not a rebound decision.”

ISOLATION ABROAD

Experienced nannies know (and hopefully new nannies get warned) that even when working in the United States, a nanny’s job can be very isolating. Meeting with friends after work or on days off can sometimes be our only sanity saver. But what if you’ve moved to a foreign country where not only do you not know anyone, but it’s difficult to make new friends because of language barriers and cultural differences?

Alexandra McLennan is a nanny who holds dual American and Canadian citizenship. She worked in Italy for a year and commented on the need for a nanny to be proactive in making friends in the new country. “It can be difficult to make friends because you work alone with the children. Being outgoing and sociable is certainly helpful to make friendships. In my experience,



my friendships made my year.”

Ask yourself if you're the type of person who can easily make friends or can learn to live without them. With language and cultural barriers common in international communication, even people who can easily forge new friendships locally may find it difficult to make new connections abroad.

CULTURAL DIFFERENCES

Any experienced nanny knows that even in the United States parenting styles, job descriptions, and the treatment of nannies vary widely from one family or city to the next. Throw in cultural differences and things can really get complicated.

“For me one of the hardest adjustments has been the different ways they raise children abroad,” Mills says. “In Italy and Spain, for example, it's more common than not to see parents and

caregivers doing everything for the children. You often see mothers carrying all of their children's bags to school and they go so far as to not only preselect their school-age children's clothes, but to put them on for them. The children just stand there like giant dolls.”

I observed something similar at one position, when I watched my three-year-old charge get spoon fed at the dinner table every night. If she got tired of sitting at the table, she would get up without asking to be excused and start playing. Her mother, grandmother, or local nanny would then follow her around as she played, continuing to spoon feed her.

Newton warns about the pitfalls of expecting a position abroad to have the same standards as one at home. “When clients pay high salaries overseas, they are buying the package. As far as hours and days are concerned, nannies in demanding households

can work 28 days straight if the family are traveling, be expected to share a room with either their charges, or even share accommodation with another member of staff traveling in the party. Nannies must understand that working as a nanny in the United Kingdom is totally different in terms of expectation of the duties by some employers in other countries.”

However, she also notes that “there is a huge opportunity to earn a high salary overseas with excellent benefits.” The same jobs that require the long hours and flexibility will hopefully pay well if the nanny chooses the right family and position. In many countries, any native speaker of English will find herself at an advantage when job hunting because many parents want their children to grow up speaking English. Those high-paying positions do exist, and there are many wonderful families all over the world who are eager to welcome a newcomer to their home and share their culture.

THE WORST-CASE SCENARIO

There's always the flip side of the coin, isn't there? Positions with long hours and low pay also exist. Therefore, the nanny needs to protect herself with legal documentation and a clear contract, just as she would if working in her home country.

Before going abroad, plan for a worst-case scenario. I give that advice as the voice of experience. I myself had a horrible experience with one family abroad, who refused to pay me the last several thousand dollars of my salary when I left.

I don't consider that one bad experience to be typical. Weighed against that is my memory of two absolutely wonderful families that I loved working for. I also worked for another family on a trial basis and although we were not a good match for several reasons, we parted on good terms and I considered my time in that country to be a

worthwhile experience. Mills and Bartsch both had positive experiences, and McLennan says, "I know of so many experiences that are great. I knew a great group of people when I nannied. We all stayed for a year and got along well with our families. Some I knew really felt like a family member and one nanny even returned after going home for a while. My experience is that the experience is great and that the bad cases are far outnumbered by the good."

The fact is that good and bad families can be found anywhere. The difference when working abroad is that you're so much further away from your support system. Nannies have been known to be put out on the street late at night, with only their suitcases. If that were to happen to you in a foreign country, would you be able to cope? Would you have the finances reserved to stay the night in a hotel or book a flight home? Have you maintained contact with the agency that placed you so you can call them for help? Do you know where your country's nearest embassy is, in case you lose your passport? Preparing for events like these fall in the same category as asking parents to sign a consent to authorize medical treatment form, in my opinion. We tell parents that we hope we'll never need that information for one of their kids, but if the time comes that we do, we'll be glad we thought of it in advance.

IS IT WORTH IT?

Now that all the warnings have been made and advice for avoiding disaster have been given, let's talk about the upside to working internationally.

Bartsch recounts her favorite parts of nanning in the United Arab Emirates.

"One of the best experiences I had was working for a royal family in the United Arab Emirates. I had so much fun. They had amazing birthday parties and engagement parties and did a lot of fun things for the children. They looked after me very well and I learned a lot about their culture and customs. Over the years I have traveled so much and seen so many amazing places and met so many amazing people."

Mills lists learning foreign languages as one of the biggest benefits of her time abroad. "I've picked up bits and pieces of the language from everywhere I've lived. It's a survival skill that comes most into play when shopping and eating out, but you never know when language will come in handy. I can recognize 'chicken' on a menu in at least five different languages and say 'thank you' in at least eight."

"Hands down, though, the biggest pro is the friends you'll meet."

I would agree whole-heartedly with Mills' sentiment. I would also cite keeping in touch with families and the accompanying open invitation for visits in Shanghai and Sydney as a major bonus of my time abroad.

Newton has seen nannies rewarded for their hard work by "being bought a home as a gift, providing the venue for a nanny's wedding, even introducing her to her prospective husband. Some clients are incredibly good to a loyal nanny."

Taccone mentions the résumé enhancement that comes with international experience. By nanning abroad, she says, "one learns new things and experiences new places, new foods, and new ways of doing things!" This shows prospective future employers that

she's a nanny who isn't afraid of trying new things.

McLennan elaborates on that same sentiment. "Simple things like grocery shopping and taking the children to school and afterschool activities open up new worlds," she says. "I was a foreign visitor living a citizen's life. It's very strange but a wonderful way to experience a place."

Hopefully readers understand by now that nanning in another country should not be seen through the proverbial rose-tinted glasses. Your time abroad will not pass by in a movie montage of only the best moments. It's a decision that should not be made lightly and it's essential that nannies be prepared to accept the positives and negatives equally.

For myself, my last experience working in a foreign country ended almost two years ago, so I'm now far enough away from my travels to have some perspective. And although not every experience I had was positive, overall I wouldn't trade those years abroad for anything. When I look back, I remember the positives so much more clearly than the negatives.

I'll be the first to agree that nanning abroad can be wonderful, but I will add that anyone considering an international nanny position should carefully consider their reasons for wanting to nanny internationally, and like all nannies they should research the job and destination thoroughly, and have a back-up plan in the event that things go badly. After considering the sum total of my experiences, would I recommend international work to a well-informed nanny who is doing it for the right reasons and going into it with balanced expectations? A thousand times yes.



The Diaper Bag



AMY JULIAN IS A 23-YEAR-OLD NANNY FROM STANTON, CALIFORNIA THROUGH MOLLYCODDLERS, AN ON-CALL AGENCY.

Working as an on-call nanny comes with its own unique challenges and demands. “My agency requires us to carry a nanny bag with toys for children of all ages,” Amy says. Not knowing where the day will take her means Amy needs to be prepared for anything, so her diaper bag is an absolute necessity for the 3-5 children she usually ends up caring for. Amy has been living the on-call nanny life for over two years and is happy to have her trusty nanny bag along with her wherever she ends up. Let’s peek inside!

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

SNACKS AND DRINKS

Julia keeps snacks simple. “Our agency tells us to be cautious of new families because we need to know their allergies before bringing anything.”

1. Water
2. Gummy snacks
3. Never any nuts!

ENTERTAINMENT

Because Julia doesn’t know her charges ahead of time, she keeps a wide array of options on hand.

1. Bat and ball
2. Dolls
3. Race cars
4. Spy camera

JUST FOR AMY

Amy is ever conscious of demonstrating good reading habits and makes sure to always carry a book with her. She even makes the confession: “I’ve carried my Twilight books in my bag before.”

FIRST AID KIT

“Kids don’t usually get a big kick out of my first aid kit,” Amy says, but she bring it with her anyway.

1. Bandages
2. Tweezers
3. Hand Sanitizer





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