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baby

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Places and spaces to go with baby BACK COVER

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DECISIONS**

From cloth to chlorine-free
disposables **5**

**TO TEST OR
NOT TO TEST**

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Gender-neutral, multi-
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Good Growing
newsletter inside



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Your map to get out of the house and find your people

Becoming a parent is a joyful, nerve-wracking and sometimes lonely experience. The one thing that unites us all is our need for a village. At ParentMap, we're here for the length of your journey, from pregnancy until you wave your kiddo off to college. Find daily advice, research, outing ideas, resources and community (plus see the finalists in our spring baby photo contest) at parentmap.com and facebook.com/parentmap.

ParentMap Baby 2015

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Diaper duty

From cloth to chlorine-free disposables, options are changing

By Deanna Duff

Little bundles of joy require immense bundles of diapers. Happily, there are options for every need and lifestyle: cloth, disposable, delivery services and elimination communication, which endeavors to forgo diapering altogether. The real challenge for parents is learning to navigate the possibilities and finding a solution that works for them.

"It can feel overwhelming, but it is manageable once you break it down," says Joy MacTavish, owner of Sound Doula and an International Childbirth Education Association–certified childbirth educator. "It should feel refreshing to have choices, and it doesn't have to be all or nothing. You can use a combination approach."

Factors to consider when choosing a diapering system include baby's health, your budget, convenience, caregivers and lifestyle preferences, such as environmental impacts. On a daily basis, newborns require 10–14 diapers, and toddlers, 6–8, according to Nancy Woodland, founding board member of the National Diaper Bank Network and executive director of Seattle's WestSide Baby, which distributes diapers to families in need.

"Studies have shown that disposable and cloth diapers both have difficult impacts on the environment," Woodland says. "Human waste is complicated. Cloth makes sense for a lot of people, but it's not an option for everyone, such as low-income populations."

If you can, it's best to take time to weigh the choices early — even before baby arrives. But also remember that as baby changes, your diaper choices might evolve. MacTavish teaches a class on diapering options, "What Goes In, Must Come Out," and advises firsthand research whenever possible.

"Being able to touch and feel options gives a better sense of differences. It's one of the benefits of in-person education and support," she says.

Cloth diapers

Modern cloth diapers are far from one size fits all. Selections include a variety of fabrics (including cotton, hemp and synthetics), styles, folds and

costs. To ensure a sufficient stockpile of clean diapers, MacTavish recommends 36–48 diapers for newborns, which will last between three and four days.

"There is a continuum of cloth diapers. The easiest to use are often the most expensive. The ones that require an extra step or two will be more affordable," MacTavish says.

Examples of more convenient cloth options are all-in-one (AIO) diapers. No folding is required — an AIO consists of one piece with a built-in fastener. In comparison, a pocket diaper requires the extra step of hand-stuffing the absorbent insert. The most economical choice is the two-step system, in which the caregiver lays a simple prefold diaper into a waterproof diaper cover that can be reused for several changes.

"Keep in mind that what's convenient during the newborn stage might be less important as they age," MacTavish advises.

An AIO might be worth the extra cost when time is in particularly short supply. A more affordable, two-step system might be more workable as life settles into a manageable routine.

"Diaper rental systems are particularly great for newborns," MacTavish says. "They offer an assortment of styles shipped to the family. You usually use them for two weeks to 30 days, so you can try before you buy. It's reassuring to do before you make an investment."

The initial financial outlay for cloth diapers can be several hundred dollars, but MacTavish points out that it often saves money in the long run.

"Research shows that babies using cloth diapers are generally potty-trained sooner. It's 18–24 months, compared to disposables, which can be three–four years," she says.

Two years of disposable diapers can cost several thousand dollars.

Cloth delivery services

Count on constant washing with cloth diapers. If the thought makes your head spin, consider delivery. Seattle's Baby Diaper Service has served the area since 1946. Diaper Stork launched in September 2014 to serve the growing demand in Seattle and on the Eastside.

"Of course, there is a financial component, and a diaper service may seem like a luxury," says Jen Harwood, founder of Diaper Stork. "However, it's very affordable when you compare it to the cost of using disposables, depending on the brand."

Diaper services generally deliver clean diapers and pick up soiled ones on a weekly schedule. A cotton prefold style is the typical offering. Inquire about laundering techniques. Services should be

To donate diapers to families in need, visit WestSideBaby.com (westsidebaby.org) for more information and to participate in its annual Stuff the Bus drive in July





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KinderCare.com

Diaper duty

continued from page 5

attentive to using biodegradable, sustainable detergents; the use of harsh chemicals can irritate baby and harms the environment.

"You're already doing laundry constantly, whether it's crib sheets, onesies or bibs. You have to change diapers no matter what, but a service has the huge advantage of giving you back at least some of that time," Harwood says.

Disposable

Many families use a combination approach: cloth diapers at home and disposables on the go. For other families, disposables are a necessity. Many early childhood education programs, low-income child care services, crisis shelters and other similar entities require disposable diapers. Cloth is also problematic for those who cannot afford at-home washers and dryers. In 2014, WestSide Baby provided more than 1 million diapers to impoverished King County families, but the program estimates the need is closer to 22 million diapers.

For all needs, a diversity of disposables exists beyond what's available at big-box stores. For eco-friendly, baby-healthy diapers, look for brands that do not use chlorine, latex, dyes or perfumes, which can cause skin irritations and allergies. Also, research whether a brand was made from renewable resources, the percentage of natural versus synthetic materials used, and specifics regarding biodegradability.

"There is also now what we call a hybrid diaper. It has a reusable shell, which uses an insert that can either be cloth or disposable," MacTavish says.

A common rule of thumb for deciphering diaper labels is to assume that an ingredient is being used unless the brand explicitly states that it is not.

In the Seattle area, Honest Company diapers are a commonly available option at baby boutiques such as Village Maternity at University Village and South Lake Union's Tottini. These diapers are free of dyes, lotions and heavy metals; plus, the inner and outer sheets are biodegradable. The widest variety of disposables is readily found online.

In the City of Seattle, disposable diapers qualify as garbage. They should be cleaned of excrement and placed in the trash bin.

Elimination communication

Some families are forgoing diapers altogether.

"Just as a baby shows cues for being hungry or tired, you can learn when a baby needs to pee or poop," MacTavish explains. "When the time comes, you hold the baby over a bowl or toilet. This eliminates or reduces the need for diapers."

MacTavish says this often requires less observation than parents expect. Babies tend to relieve themselves at reliable times of day, such as first awakening. Some parents exclusively use elimination communication, while others incorporate periods of diaper-free time into a routine.

"It seems kind of out there for a lot of us new parents, but it's used all over the world. It can become an oddly fun and rewarding thing. Plus, it's one less diaper to change!" MacTavish says. ●

Deanna Duff is a Seattle-based freelance writer who contributes to a variety of regional and national publications. She is a member of the Society of Professional Journalists and the Washington Press Association, which has awarded her writing.



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MOD SQUAD

The new hipster nurseries are gender neutral, multipurpose and totally cool

BY TIFFANY DOERR GUERZON

Modern parents are forgoing soft pastels and clunky furniture in favor of mid-century modern nursery decor. Hip baby nurseries boast bright colors, bold geometrics and sleek style. Read on for our curated collection of bespoke nurseries that befit the hippest babies, including gender-neutral inspiration and double-duty spaces.



Urban baby

Skyline silhouettes, street scenes, cars and even street signs: Cityscapes are the new gender-neutral theme in nurseries.

ART

Add color and life to an urban nursery with this gallery-wrapped print from the Etsy shop **NYoriginalpaintings**. This print, titled “A Walk in the City #2,” is gloss-coated and available in three sizes.

etsy.com/listing/178658989/cityscape-urban-skyline-hi-rise

WALLS

Colorful **skyline wall decals** are easy-peasy peel ‘n’ stick, making decorating, and redecorating, a breeze.

dwellstudio.com/DwellStudio-Skyline-Wall-Decal-Skyline-DWL6291.html

DECOR

The crisp black-and-white **New York skyline** on this pillow adds a sophisticated touch to an urban theme.

Urban Works Textiles pays homage to other cities, too, so look for your Philly or LA fix, or check out Etsy shop Stockings, Etc. for custom **woolen Seattle skyline** pillows.

etsy.com/listing/170781147/new-york-skyline-nyc-pillow-new-york

etsy.com/shop/StockingsEtc?section_id=12019256&ref=shopsection_leftnav_1

BEDDING

Modified Tot's City Blocks collection features street scenes in bright colors.

modifiedtot.com/collections/cribbedding/products/city-blocks



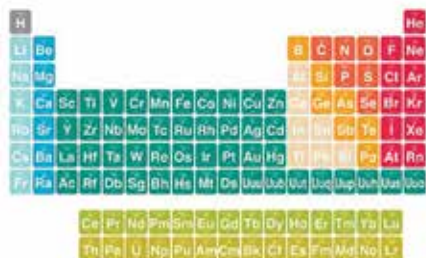
Alpha-tot

Get a head start on early literacy by writing the building blocks of language right into your nursery design!

ART

Get your baby started young with a love of science, with this unique and colorful **periodic table of elements** that doubles as beautiful wall art. This giclee on canvas is produced in Oopsy Daisy's San Diego studio and hand over a custom-built wooden frame. oopsydaisy.com/store/periodic-table-of-elements.html

Complement the literacy theme with **typewriter wall art**. Baby will be typing in no time! etsy.com/listing/217918137/pastel-green-retro-poster-alphabet



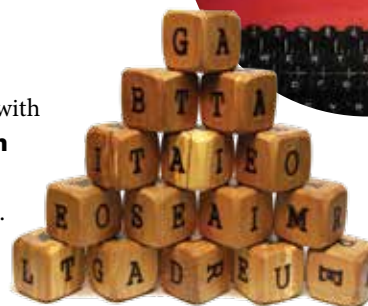
Go full hipster with this **alphabet poster**, mustache included. modifiedtot.com/collections/wall-art/products/hipster-alphabet-wall-art

DECOR

The bright orange **typewriter on this pillow** cover can be personalized with a message of your choice — maybe baby's birth stats? etsy.com/listing/83891870/personalized-typewriter-pillow-cover

TOYS

Get baby spelling early with these gorgeous **wooden alphabet blocks**, handmade in Portland. etsy.com/shop/AhNaturalbaby



Nature's all around

Bring the outdoors in with these hip nature-themed ideas.

DECOR

Mountain pillows in an unexpected shape add punch and cush. modifiedtot.com/collections/room-accessories/products/mountain-pillows

ART

Splurge on an **heirloom-quality needle-felted mobile** of cuddly nature friends. etsy.com/shop/sheepcreeknc?section_id=7262848&ref=shopsection_leftnav_1

Forget creepy moose heads. This whimsical **wall art** is available in zebra, rhino and giraffe, and it's made of recycled materials! anthropologie.com/anthro/pdp/detail.jsp?&id=970123&parentid=BAYNOTE#/



STORAGE

But if you love moose, check out this clever, mod set of **storage hooks** for all those baby blankies, towels and onesies. thegrommet.com/frank-hooks-moose-wall-hook

INDOOR TEPEE

A **tepee in the nursery** makes a great hangout for big brother or sister and a place for crawlers to explore. [>>](http://landofnod.com/a-teepee-to-call-your-own-multi-dot/f15956)



continued from page 9

MORE MOD NURSERY NOTIONS

Furniture

WILLOW SWINGASAN

A Swingasan can be hung from the ceiling or from an iron stand.
pier1.com/furniture/papasan_wicker/swingasan,default,sc.html?cgid=swingasan#nav=left



SWIVEL GLIDER

Glide in comfort in this upholstered swivel glider by Dwell Studios.
allmodern.com/DwellStudio-Myles-Glider-FP-3041-SG-DWL3496.html



POUF

Poufs double as ottomans or extra seating.
wayfair.com/Rizzy-Home-ColorCable-Knit-Ottoman-T05-RZY2678.html



OVAL CRIB

For a crib that grows with your child, consider this Leander four-in-one convertible crib. The crib converts to a daybed, transition bed and finally, a junior bed, and the oval shape saves space.
allmodern.com/Leander-4-in-1-Convertible-Nursery-Set-DS200000-1-LDR1041.html

SPACE-SAVER TWO-LEVEL CRIB

Got twins? Try the modular space-saver two-level crib from Whitney Brothers. The top crib is in a fixed position, and the lower crib slides out on casters.
allmodern.com/Whitney-Brothers-Space-Saver-2-Level-Crib-WB9920-WJ1379.html

SLEEPER SOFA

Sometimes baby's nursery needs to do double duty as a guest space. Create a comfy spot for your baby's admirers to rest (or a space you can sit and feed) with this modern Vilasund sleeper sofa from Ikea.
ikea.com/us/en/catalog/products/S49033481/#/S39033486



Lighting CHANDELIERS

Instead of plain, pedestrian lighting fixtures, bedazzle your baby's space with an elegant chandelier.
potterybarnkids.com/shop/lighting/chandeliers



Toys

BLABLA KIDS KNIT DOLLS

At BlaBla, choose from dolls modeled after babies, animals and even unicorns! Expect the unexpected in these hip knitted toys with bold, bright colors and patterns.
blablakids.com/Online-Shopping/knit-dolls

Safety

MUNCHKIN LOFT ALUMINUM SAFETY GATE

Keep baby safe but avoid the ugly plastic gate look with this sleek aluminum safety gate from Munchkin.
allmodern.com/Munchkin-Loft-Aluminum-Safety-Gate-MZC1066.html



Good Growing

A Seattle Children's Publication | **Spring 2015**

Safety at School: Helping Your Child Be Prepared

Do you remember being a young child at school, practicing safety drills for fires and natural disasters? Today, kids may also practice lockdown drills so that they know what to do in case there's a threat of violence at school.

Fairly often, we hear news reports on radio and TV about a local school being in lockdown. It may be triggered when a threatening stranger is in the vicinity, or when a violent act has happened nearby (such as an armed robbery) and the suspect has not been caught. During a lockdown, students are brought inside, doors are locked, shades are drawn, and students wait silently with their teacher in the safest spot in the room until the threat is gone and an all-clear is given. During a lockdown, no one



except law enforcement may enter or leave the school; in some cases this may include its parking lots.

Every school has its own safety plan, usually created in partnership with local law enforcement. (It covers threats from outsiders, as well as from its own students.) It is worth becoming familiar with your school's lockdown procedures and other safety protocols — including what actions your child would be expected to take. You can help at home by ensuring your child understands what they need to do to stay safe at school. What should they do if they see a weapon, or hear students talking about one? What should they do if they see an online threat?

You know your child best, and what causes them to worry. It is useful to recognize that talking about this subject or going through school lockdown drills may lead to your child feeling anxious for a time, and even interfere with their sleep. If this happens and your child seems worried, encourage them to talk about how they feel. Be a calm and careful listener. Remind them that being prepared is always best, even for something that they are really unlikely to experience. Reassure your child that you and their school are always working to keep them safe.

Visit the “Suggested Points to Emphasize When Talking to Children” section at the link below for ideas on talking with your child about threats to their safety.

TO LEARN MORE:

Visit www.nasponline.org/resources/crisis_safety/talkingviolence.pdf.



It's Time for Spring Cleaning!

Clear the clutter and help support uncompensated care at Seattle Children's. Donate gently used jewelry, furniture, antiques and clothing to Seattle Children's Bargain Boutiques. Feel good knowing that 100% of the stores' net proceeds benefit Seattle Children's. With locations in Shoreline, Redmond, Bainbridge Island, Port Townsend, Kent and Olympia, there's a store near you!

TO LEARN MORE:

Visit www.seattlechildrens.org/bargainboutiques.



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Immunizing Your Child

Vaccines work by triggering our immune systems to create antibodies, thus making our own defense systems stronger. The vaccines currently recommended protect kids from 16 different diseases — some very serious and even life-threatening. Vaccine-preventable diseases like measles and pertussis are currently circulating through communities, so it's especially important to have your child immunized on time. Infants

should get their first shot (for hepatitis B) at birth, before leaving the hospital. The first dose of several other vaccines is recommended at 2 months of age. A baby's system is strong enough to handle getting many vaccines at once. If you have questions, be sure to ask your baby's doctor.

TO LEARN MORE:

Visit www.doh.wa.gov/YouandYourFamily/Immunization.



Open Up the Conversation about Puberty



As kids approach and move through puberty, they wonder and worry if they are normal. They need honest, accurate information — and are often confused by what they hear from friends or see in the media. Puberty can be tricky to discuss, especially if a parent feels uneasy about it. And sometimes, a normally chatty child simply refuses to talk about it with mom or dad. Your child's doctor may recommend a book or an educational video to help get the conversation started. Many families find that taking a class is the best solution. Seattle Children's offers two separate classes for boys or girls ages 10 to 12, who attend

with their parent or guardian. 'For Boys Only' and 'For Girls Only' are lively, reassuring two-part classes packed with facts about the physical and emotional changes puberty brings. Parents report that the class opens up the topic for future conversations at home. The link below has more about class content, schedules and how to register, or see a partial list of upcoming class dates on the back page of this Good Growing newsletter.

TO LEARN MORE:

Visit www.seattlechildrens.org/classes-community/classes-events.

The Truth about Added Sugar

Most adults and kids eat too much added sugar, which means sugar put into processed foods, or that we add ourselves at the table — like syrup on pancakes.

Too much sugar causes weight gain and tooth decay, and can lead to other serious health problems. Some people notice that too much sugar affects mood, energy, appetite or the ability to concentrate. Research shows sugar can affect our brains much like drug addiction. Because of sugar's effects, some people have trouble with moderation and others choose to avoid it entirely.

For most people, it works to enjoy a little added sugar on occasion — balanced out by a healthy diet and an active lifestyle. Even if you skip desserts, you may still be eating more



sugar than you think. Added sugar often 'hides' in foods like juice, yogurt, bread, cereal and even soup. (One recent study found that 88% of juices and other drinks marketed for infants and toddlers contain extra sugar!)

It's best to eat whole, unprocessed food whenever possible. When you do buy

packaged foods, read labels carefully. Know the many names used for sugar, including fructose, dextrose and corn syrup.

To reduce your family's intake, consider high-sugar foods as special-occasion treats, rather than everyday foods. And by all means, kick the soda habit. The American Heart Association says children should have no more than 3 to 4 teaspoons (12 to 16 grams) of sugar a day. But one 12-ounce can of soda contains 10 teaspoons (40 grams) of added sugar. If you can make plain water your go-to drink, that's a big step in a healthy direction.

TO LEARN MORE:

Visit <http://pulse.seattlechildrens.org/overloaded-on-hidden-sugar>.

Kid Bits



It's Spring — Time to Garden!

Kids who grow their own food are more likely to eat fruits and vegetables. It's fun to grow a garden, and you don't need a lot of space or farming experience. Many vegetables will grow happily in containers or a small patch of your yard. Start small and simple, with yummy things that grow easily in the Pacific Northwest like beans, carrots, snap peas and cucumbers. Most kids love potatoes — and digging them up feels like finding buried treasure! If you don't have any space, ask a friend or neighbor to loan you a spot in their garden. Your local pea patch community garden may also have plots just for kids. Many daycares and schools grow gardens, too. Here's to good growing and happy harvesting!

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Let's Help Support Families

We can all help prevent child abuse and neglect through simple yet powerful actions. Start by being a friend to the parents you know. Ask how their kids are doing and provide a friendly ear. If they seem to be struggling, suggest doing something together with your kids, or offer to babysit. Also be a friend to the children you know. Remember their names, smile when you talk with them and ask them about their interests. Show them you care. Talk with neighbors on your block or in your building about looking out for each other's kids. If you can, support programs in your community that help families and children. In doing so, you're building a stronger, happier world for us all!

TO LEARN MORE:

Visit www.whatsyourdot.org.



Dust Mites, Allergies and Asthma

Dust mites are microscopic spiders that live in every home. They can cause big problems for kids and adults with allergies and asthma. Unlike bed bugs, which are about the size of an apple seed, dust mites can't be seen with the naked eye. And unlike bed bugs, dust mites don't bite us; they eat the dead skin cells we shed. Dust mites themselves don't cause allergic reactions, but their waste products do. (Yes, it's gross!) Dust mites live mostly in our couches, mattresses, pillows and bedding. The link below has information on cleaning for dust mites, and keeping allergies and asthma under control.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.

Quick Tip

As the days get longer, try to stick to your child's bedtime routine. Good sleep tonight makes for a better day tomorrow!

Regional Clinics

Find us near you at one of our clinics:

- Bellevue
- Everett
- Federal Way
- Mill Creek
- Olympia
- Tri-Cities
- Wenatchee
- Odessa Brown Children's Clinic

Main Hospital Numbers

206-987-2000
866-987-2000 (Toll-free)

Online Resources

Visit www.seattlechildrens.org for the following:

- Child Health Advice
- my Good Growing e-mail newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101 and Autism blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children's
- Research Institute



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www.youtube.com/seattlechildrens

Heather Cooper is the Editor of Good Growing which is produced four times a year by the Marketing Communications Department of Seattle Children's. You can find *Good Growing* in the January, April, July and October issues of *ParentMap* and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's healthcare provider. © 2015 Seattle Children's, Seattle, Washington.



Seattle Children's
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Classes and Events

To register or view more information, please visit www.seattlechildrens.org/classes. A phone number is provided for those without Internet access. No one will be denied admission if unable to pay the full amount. If you need an interpreter, please let staff know when you register, and one will be provided. These classes are popular and often fill up several months in advance, so register early.

PARENTING CLASSES

Autism 101

WHEN: Thursday, April 23, 7 to 8:30 p.m.
FEE: Free
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-8080

For parents and caregivers of children recently diagnosed with autism spectrum disorder who wish to better understand this disorder. The class is also available through Children's video and teleconferencing outreach program in various locations throughout Washington and Alaska.

Autism 200 Series

FEE: Free
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children's video and teleconferencing outreach program in various locations throughout Washington, Alaska, Oregon and Montana.

Autism 205: Special Education Law: Navigating the IEP Process
WHEN: Thursday, May 21, 7 to 8:30 p.m.

Autism 206: Transition to Adulthood - Cognitive Behavior Therapy
WHEN: Thursday, June 18, 7 to 8:30 p.m.

Babysafe

WHEN: Saturday, May 16, 9:30 a.m. to 1:30 p.m.
FEE: \$50 per family
WHERE: Seattle Children's admin building,
6901 Sand Point Way NE, Seattle
CALL: 206-789-2306

For new and expectant parents and infant caregivers. Topics include infant development, baby safety, injury prevention and treatment. Infant CPR is demonstrated and practiced.

Heartsaver First Aid, CPR and AED

WHEN: Sunday, April 26, 8 a.m. to 2:30 p.m.
FEE: \$50
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-9878

For parents and caregivers. Topics include how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use.

PRETEEN AND TEEN CLASSES

Better Babysitters

WHEN: Saturday, May 2, 9 a.m. to 2 p.m.
WHERE: Pavilion for Women & Children,
900 Pacific Ave., Everett

WHEN: Sunday, May 31, 9 a.m. to 2 p.m.
WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle

WHEN: Sunday, June 7, 9 a.m. to 2 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

View more dates online
FEE: \$40 per person
CALL: 206-987-9879 for all locations

For youth, ages 11 to 14. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys, business hints and parent expectations.

CPR and First Aid for Babysitters

WHEN: Sunday, April 19, 9 a.m. to 2:30 p.m.
FEE: \$60 per person
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-9878

For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive 2-year American Heart Association completion card.

For Boys Only: The Joys and Challenges of Growing Up

WHEN: Tuesdays, May 5 & 12,
6:30 to 8:30 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Wednesdays, May 13 & 20,
6:30 to 8:30 p.m.
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

View more dates online
FEE: \$70 per parent/son pair; \$50 per extra son
CALL: 206-789-2306

Two-part series for parents, guardians and sons ages 10 to 12. Focuses on what each can expect as boys begin adolescence. Class covers body changes during puberty, popular myths about growing up, behavior and attitude changes, girls, and how to communicate about the experience of adolescence.

For Girls Only: A Heart-to-Heart Talk on Growing Up

WHEN: Tuesdays, April 14 & 21,
6:30 to 8:30 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave NE, Bellevue

WHEN: Mondays, May 4 & 11, 6:30 to 8:30 p.m.
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

View more dates online
FEE: \$70 per parent/daughter pair;
\$50 per extra daughter
CALL: 206-789-2306

Two-part series for parents, guardians and daughters ages 10 to 12. Focuses on the physical changes of puberty and menstruation, what girls need to know about boys, social issues and sexuality. The sessions use lectures, videos, group activities and humor to emphasize family values and communication.

EVENTS

Car Seat Check

WHEN: Saturday, June 20, 10 a.m. to 1 p.m.
FEE: Free
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-5999

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. No appointments needed.

Bike Helmet Fitting and Giveaway

WHEN: Sunday, June 28, 10 a.m. to 2 p.m.
(view more dates online)
FEE: Free
WHERE: Seattle Parks and Recreation's Big Day of Play, Mount Baker Rowing and Sailing Center,
3800 Lake Washington Blvd. S, Seattle
CALL: 206-987-1569

Come get your child properly fit for a new bike helmet. Kids must be 1 to 18 and present to receive a helmet. First come, first served. No appointments needed. Learn more at www.MakeSureTheHelmetFits.org.



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To test or not to test?

What parents-to-be need to know about genetic testing

By Jen Soriano

Irene Park was 37 years old, six weeks pregnant and worried. She was cramping and bleeding. When her blood tests showed low levels of HCG, a hormone vital to maintaining early pregnancy, her doctor confirmed what she feared most: She was going to have a miscarriage.

Park was devastated. She had endured in vitro fertilization (IVF) to become pregnant, and to learn that she was having a miscarriage seemed too much to bear. But two weeks later, when she returned to the hospital, doctors discovered she was still pregnant with a viable embryo. Park was rattled but extremely relieved.

At the next visit, her doctor recommended genetic testing. Park, who wanted no more surprises, readily agreed. Thirteen weeks into her pregnancy, she had her blood drawn, and 10 days later she received good news: Not only was her fetus viable, it was also most likely free of the more common chromosomal disorders.

"I was so worried my whole first trimester," Park says. "After taking the test I felt such peace of mind. I was also happy to find out I was having a girl."

Help for parents-to-be

Park's is a textbook case of how prenatal genetic testing can help parents-to-be. Because she was older than 35, she was at higher risk for carrying a fetus with genetic disorders. Because she had complications, she was eager for any additional information that could ease her worries about the pregnancy.

For many parents, genetic testing can offer peace of mind. Just a few decades ago, the only way to detect genetic disorders was to have the pregnant woman undergo an amniocentesis, an invasive procedure that can put both the fetus and the mother at risk.

Today, there is a variety of screening tests that measure risk for genetic disorders through simple blood draws (see chart). In Park's case, she took the newest and most accurate blood test available: a cell-free DNA (cfDNA) or non-invasive prenatal test (NIPT). CfDNA tests have a significantly higher rate of accuracy than other



blood tests that screen for genetic disorders. This means that women like Park who receive normal test results can skip invasive diagnostic tests like amniocentesis or chorionic villus sampling (CVS), and they can rest assured that their baby will *most likely* be born without the most common chromosomal disorders.

Though these tests can give reassurance, a normal screening result does not definitively mean that a baby will be born without genetic disorders. Corporate-sponsored studies have shown that the cfDNA test has up to 99 percent accuracy in predicting increased risk for Down syndrome and 98 percent for Edwards syndrome (trisomy 18), but only 65 percent for Patau syndrome.

Because of this uncertainty and disputes over rates of false positives, women whose cfDNA results show increased risk for a genetic disorder need a follow-up amniocentesis or CVS to obtain a definitive answer. These diagnostic tests can confirm or negate the results of an abnormal screen as well as test for a host of additional

Though these tests can give reassurance, a normal screening result does not definitively mean that a baby will be born without genetic disorders.

genetic disorders. Although there are no cures for these conditions, early detection can be useful for two reasons: Parents can start preparing to raise a child with disabilities, or they can opt for early termination of pregnancy. Especially in the cases of Edwards and Patau syndromes, which are often fatal, an early termination can spare the complications of a later procedure, or the pain of giving birth to a stillborn baby or a baby likely not to survive beyond its first month of life.

More tests, more problems?

While prenatal genetic testing can offer relief for some parents-to-be, for others, it can bring more worries. I, for one, spent most of my recent pregnancy anxious about test results that showed a high risk for Down syndrome. If Park's was a textbook case of how genetic testing can help, mine was a textbook case of how genetic testing can harm.

When I was 16 weeks pregnant, my doctor sent me to get a series of blood tests. It was only when the results came back that I realized one of the tests was a screen for genetic conditions — specifically,

To test or not to test

continued from page 15

for Down syndrome, Edwards syndrome and two types of neural tube defects called spina bifida and anencephaly. The results were normal for three out of the four conditions. At the time I didn't even know enough to feel relieved. All I knew, based on the test results, was that the fetus I was carrying had an abnormally high risk — a 1 in 26 chance — of having Down syndrome.

My doctor recommended an amniocentesis to verify the results of the blood test, which I now know was the quad screen. My husband and I spent the next three weeks debating. We hadn't wanted genetic testing in the first place, but now what? Because we weren't given the option to decline the quad screen, we were thrown into an unnecessary and unwanted cascade of questions and potential interventions after the results came back.

After much emotional discussion, my husband and I decided to decline the amniocentesis, and I tried to go back to enjoying my pregnancy. But I was haunted by doubt. Was I a bad mother for not finding out more? These doubts were compounded when, at 28 weeks, I was offered the cfDNA test by another care provider, who essentially told me, "Why not have the test? It's easy."

'Why not?'

This "why not?" attitude toward genetic testing is a recent development, and one that is important for parents-to-be to understand.

"If I look just over the past few years, the biggest change [in prenatal genetic testing] came in 2012 when cfDNA screening was launched nationally," says Erin Oehler, genetic counseling supervisor at the University of Washington Medical Center's Maternal and Infant Care Clinic. "There was a big influx of information that went out not only to providers — there were national marketing materials that came out to the general population as well."

What resulted was a cultural shift that repositioned genetic testing as more of a "main course" in prenatal care rather than an option on the side. Other factors that contributed to this shift may include a greater need from the increasing numbers of women having their first children after the age of 35, and the overall tendency toward more intervention in prenatal care.

Since 2007, the American Congress of Obstetricians and Gynecologists (ACOG) has recommended that all women, regardless of age,

be offered genetic screening. ACOG is clear in cautioning that these tests should be offered as a choice, with information on false positive rates, risks and benefits. Regarding the cfDNA screen, ACOG issued a recent recommendation that despite corporate-sponsored studies to the contrary, the cfDNA test should only be offered to women with high-risk pregnancies rather than to all pregnant women.

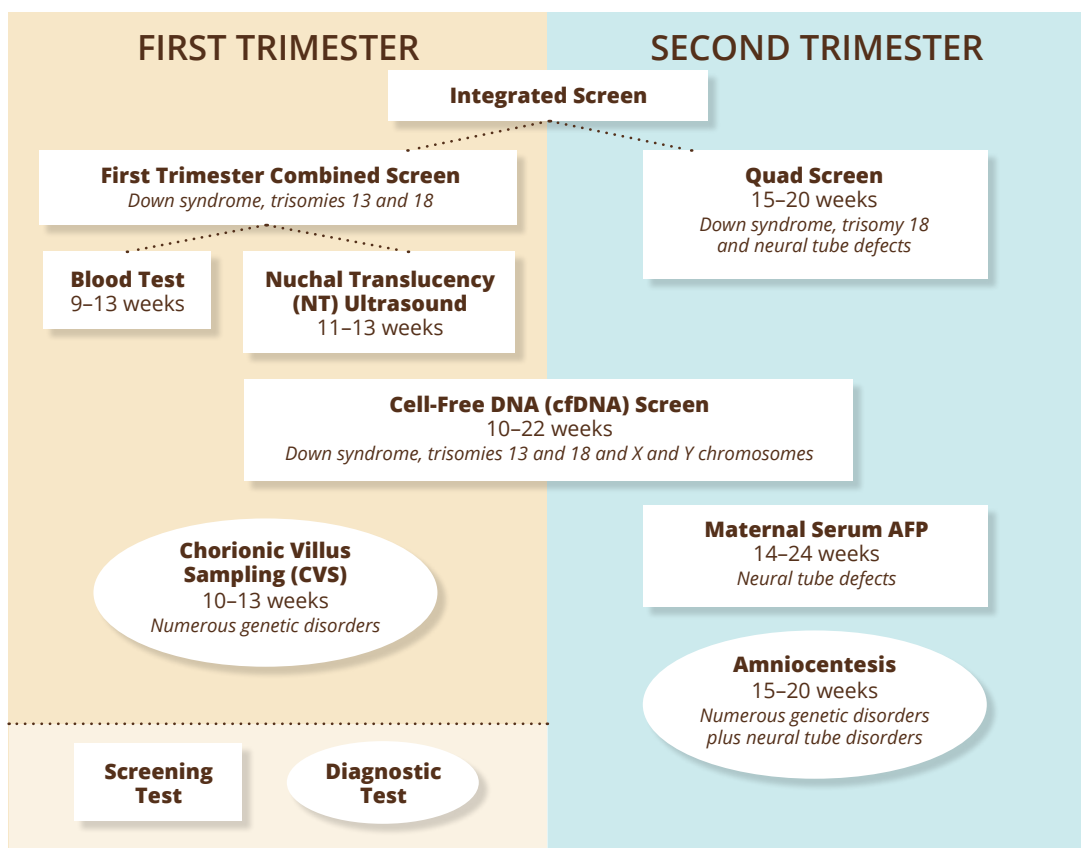
In practice, though, these standards can be swept away, making it all the more important for parents-to-be to have the information necessary to advocate for themselves. Some hospitals order first-trimester genetic screening tests for their patients as part of their standard-of-care procedures. This means that at these hospitals, patients will undergo a special ultrasound called a nuchal translucency (NT) test, a first-trimester blood test, or both (together known as the combined first-trimester screen) unless the patient takes the initiative to opt out.

Take, for example, Ana Popova, of Seattle, who says, "I wasn't even informed that I had a genetic test, I just got the results back and they told me it was normal." Or Ruby Linsao, of Seattle: "I think I

took genetic tests, I'm not sure. If I did, they came back normal, so it wasn't an issue. They did offer me follow-up tests even though my results were normal, but I declined."

Though good results might seem to support the "why not?" practice, there are actually plenty of reasons to opt out of genetic testing. In fact, a recent study shows that the more information women have, the more they choose to decline prenatal genetic tests. Medically, if you're younger than 35 and have no family history of genetic conditions or birth defects, the tests may simply be unnecessary. After all, 95 percent of babies in this country are born healthy. Scientifically, there is always a chance that screening results are wrong. So unless you are prepared to do an invasive amniocentesis or CVS test, genetic screening alone can create false expectations and cause needless worry.

Financially, tests may be a burden for some parents, because not all genetic tests are fully covered by insurance. The cfDNA test could cost nothing, or it could cost as much as \$2,000 out of pocket. Personally, you may not be prepared to choose pregnancy termination or may not want to



contribute to a culture that screens out disabilities. Or you may simply want to enjoy your pregnancy with minimal intervention. I know I did, and I wish I had been given that choice.

Informed choice

“Even in [this area], some hospitals tend to give patients more information about tonsillitis than about many things related to prenatal care,” says Katherine Turla, a gynecology nurse in Seattle.

We may have a long way to go toward a culture of informed consent for prenatal genetic testing, but there are good models to follow that can help us get there. According to Oehler, informed consent should start with a conversation with your caregiver. Ideally at your first or second prenatal visit, your caregiver would give you an overview of genetic testing options. If this doesn’t happen, you can ask for it as well as for documents explaining available tests. You could also request an explanation of each blood test your caregiver orders, to ensure that a genetic screen is not ordered by default.

Some midwifery clinics and hospitals have established informed consent processes for genetic testing. For example, at Pacific Natural Birth, midwives use a detailed informed consent document to discuss genetic testing options. This document, which is available at their office, is a good model for all care providers and also for parents-to-be who want to advocate for themselves.

“Usually between 8 and 10 weeks, we go over all the information in the document, and continue to discuss the options as needed,” says midwife Jenn Boelter. “Presented with all the pros and cons, benefits and limits, most of our clients actually end up declining genetic testing.”

If you are considering genetic testing, you can ask your provider for a document like this. At any point you can also ask to talk to a genetic counselor. At Midwife Seattle, which has a process and consent form similar to that of Pacific Natural Birth, clients who want additional support are referred to counselors who work with a partner alliance of care providers.

At the primary birthing hospitals in the Seattle area, genetic counselors are integrated into the prenatal care process. According to Nancy Palmer, a genetic counselor at Swedish Medical Center in Issaquah, caregivers usually refer patients to counselors at around 11–12 weeks into their pregnancy. If patients elect to be tested, counselors will continue to meet with them throughout their pregnancy to discuss results and options for further testing.

Genetic counselors are a critical resource to counter the “why not?” pressure of prenatal genetic testing.

If you don’t have access to a counselor, you can take steps to educate yourself in order to become your own advocate. The Lytle Center at Swedish First Hill has a new prenatal genetic testing class designed to prepare you for decision making with your care provider. The one-hour class is open to anyone, but is recommended for those considering pregnancy and for parents-to-be in their first trimester.

Prenatal genetic testing is expanding and is here to stay. In the near future, genetic tests will be able to show not only what conditions a baby may be born with, but also what hereditary diseases he or she could develop later in life. How much of this information is useful, and how much is too much? That’s a question that only parents-to-be can answer for ourselves. ●

Jen Soriano is a freelance writer and communications consultant for social justice organizations. She is her 10-month-old son’s personal assistant and is a co-founder of the Center for Media Justice (centerformediajustice.org) which recently helped win net neutrality for all. Connect with her at jensoriano.net or on twitter @lionswrite.

resources

PROTOCOLS

Group Health prenatal testing guidelines

ghc.org/all-sites/guidelines/prenatal.pdf

American Congress of Obstetricians and Gynecologists (ACOG) guidelines on prenatal genetic screening (not online)

Society for Maternal Fetal Medicine statement on cfDNA screening

smfm.org/publications/157-smfm-statement-maternal-serum-cell-free-dna-screening-in-low-risk-women

CLASSES

Swedish Lytle Center class “Prenatal Genetic Testing: Which Tests Are Right for Me?”

swedish.org/classes-and-resources/childbirth-parenting-classes#Prenatal_Testing

BOOKS

What Every Woman Needs to Know About Prenatal Testing: Insights from a Mom Who Has Been There by Amy Julia Becker

To Test or Not to Test, A Guide to Genetic Screening and Risk by Doris Teichler Zallen

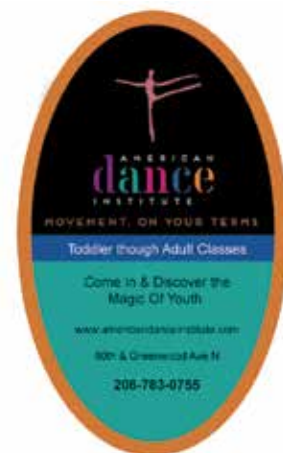
VIDEOS

Prenatal Screening: Is It Right for You?

youtube.com/watch?v=UTQ1KFGqnXY

CNN’s Dr. Sanjay Gupta on Carrier Testing

youtube.com/watch?v=HX-BCuRDyEQ





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By Tiffany Doerr Guerzon

Gear up! We've searched high and low to discover the newest, cleverest baby transportation gear, from the most well-designed strollers rolling off the assembly line to top-rated baby carriers and debonair diaper bags. More online (plus new car-seat rules) at parentmap.com/babytravelgear.



SINGLE JOGGER
BOB Revolution Pro

This updated BOB Revolution jogger has a safety hand brake for fast moms and dads who like to go up and down hills. It features a nine-position adjustable handlebar, roomy canopy and two mesh pockets on the inside for toy and snack storage, to keep baby happy. If you don't need a hand brake, check out the BOB Revolution Flex, which is the no. 1 best seller in jogging strollers on Amazon.



LUXURY STROLLER
Nuna IVVI

Rolling along on run-flat rubber tires, the all-wheel suspension and 11-inch rear tires on this posh model ensure a smooth, all-terrain ride. The Nuna IVVI accommodates a child from birth to 50 pounds and converts to a pram with a carry-cot or a travel system with a car-seat adapter. Hello, dream stroller.

strollers



LIGHTWEIGHT STROLLER
Armadillo City Slimline Big Little Stroller

Perfect for travel, public transport and city life, this stroller folds with the use of one hand in three seconds flat, so you can make your connection or hop onto the bus. As a bonus, the seat reclines almost fully, and the basket holds a large diaper bag. Plenty of wiggle room for your kiddo while still friendly in tight spaces.



REGULAR STROLLER
Graco FastAction Fold Click Connect

It's not the brand-newest stroller on the block, but it's a top seller in its category and the go-to transport system for legions of parent fans. This Graco model is described as economical and simple to use by BabyCenter editors, who rated it five out of five stars. Features a compatible Graco SnugRide car seat with a base that remains in the car, a multi-position reclining seat and — yeah, baby — one-second folding action.



CONVERTIBLE/DOUBLE STROLLER
UppaBaby Vista

As a single stroller, the UppaBaby Vista features a reversible seat, one-handed incline, telescoping handle, big basket and a bassinet. The 2015 model turns into a double stroller with the new 2015 RumbleSeat, with the ability to hold two infant car seats, two bassinets or two toddler seats. With the adapters, which you purchase separately, there are a total of eight different seating combos on this baby! Oh, and the bassinet has a ventilated canopy and is approved for overnight sleeping. >>

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gear

continued from page 19

baby carriers

FRONT, BACK + HIP

Ergobaby Performance

The Ergobaby baby carrier has long been a favorite for moms and dads, and was a top pick on *BabyCenter.com* in 2014. The newest version boasts a moisture-wicking mesh lining to keep both parent and baby cool. The 2015 version has all the great features of the original: ergonomic positioning of baby in a natural sitting position, combined with a padded waist strap that ensures better back support for parents.



FRONT, BACK + HIP

Moby Wrap Aria

New as of December 2014, the Aria features a mesh panel for cool comfort. For colder seasons, it comes with a button-on cover to keep baby warm. Moby Wrap Aria has three carrying positions and an integrated infant seat, which means you don't have to purchase an extra insert. Keep your baby close and cozy.

FRONT CARRIER

Mission Critical baby carrier

Dads want to look cool, too! If there were a baby carrier in *Mission Impossible*, this would definitely be it. This front carrier allows baby to face in or out; has a hidden hood and a removable, washable liner; and is for babies weighing 8–35 pounds. Add on the optional daypack, which straps onto the front, and you'll be mission-ready!



accessories

LEAD-IN WORDS

Skip Hop diaper bags

Skip Hops have long been loved for their variety in sizes and models, their modern patterns and prints (check out their special editions!), and their convenient features, such as roomy pockets, sippy-cup slots and zippered compartments for mom's or dad's items. Investigate the Chelsea for runway-inspired day-to-dinner style, or the Duo for classic functionality.



car seats + boosters

HIGH-BACK BOOSTER

Britax Pinnacle 90

The Britax boasts an integrated system for impact protection. Energy-absorbing foam, steel bars and SafeCell technology help keep baby safe in the event of a crash. The ClickTight system helps to ensure correct installation. This model, plus two others in the Britax family, earned the highest rating from the Insurance Institute for Highway Safety.



INFANT CAR SEAT

Ingenuity InTrust 35 Pro

Rated "top choice" for infant car seat online at *BestReviews.com* in February 2015, this seat features the unique SmartAdjust headrest, which simultaneously adjusts the harness and headrest for a whole body fit. AirInfuse technology prevents baby from overheating, and the SureClick Connection System lets you know that the seat has been properly secured.



CONVERTIBLE CAR SEAT

Evenflo Tribute Sport

The no. 1 new release in convertible car seats on Amazon, this seat was rated four and a half out of five stars by parents. Designed to be lightweight and narrow, this seat fits most cars. Parents also rated it highly for ease of use and affordability. Perfect for switching easily between multiple cars, too.



BACKLESS BOOSTER

Graco Backless TurboBooster

It's easy to see why this booster is the no. 1 seller on Amazon in backless boosters. With two hideaway cupholders and a removable, washable cover, this seat fits kids ages 4-10 or 40-100 pounds and allows your busy, hungry kiddo to cruise safely in style. ●



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ACME Bowl

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Tukwila; 206-340-2263; acmebowl.com

Adventure Kids Playcare Bellevue

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Bellevue; 425-453-444
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American Dance Institute 17

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info@americandanceinstitute.com

Creative Dance Center 22

Classes for infants, children, teens and adults
Seattle; 206-363-7281
creativedance.org; info@creativedance.org

Giggles and Grins

Indoor play space, parties; walk-ins; ages 2-12
Redmond; 425-889-9229
gigglesandgrins.com
contactus@gigglesandgrins.com

Great Play of Redmond

Summer camps, ages 3-9; birthday parties, ages 1-10
Redmond; 425-885-3800
greatplay.com/redmond;
redmond@greatplay.com

Gymboree Seattle at Magnuson Park 4

Play & Learn and music classes; infants-age 5
Seattle; 206-522-2045; gymboreeclases.com

KidsQuest Children's Museum

Art, science and engineering camps for ages 3-8
Bellevue; 425-637-8100; kidsquestmuseum.org
info@kidsquestmuseum.org

Kidz Bounce

Inflatable fun for drop-in play and parties
Preston; 425-222-5439; kidzbounce.com

The Little Gym 2

Gymnastics, parties, camps, karate, dance, sports skills
11 Puget Sound locations; thelittlegym.com

Metro Parks Tacoma

Parks, arts, fitness, facility rentals, camps, more
Tacoma; 253-305-1000
metroparkstacoma.org; info@tacomaparks.com

My Gym Children's Fitness Center 17

Fun fitness for kids, classes, camps, parties
Bellevue; 425-451-1393
mygymbellevue.com; info@mygymbellevue.com

PlayHappy Café

Play space for ages 0-6, café, parties, preschool, more
Lynnwood; 425-582-7007
playhappycafe.com; info@playhappycafe.com

Pump It Up

Birthday parties, open jumps, summer camps, more
Kirkland, Lynnwood
425-820-2297, 425-774-2297
pumpitupparty.com/kirkland-wa
pumpitupparty.com/lynnwood-wa

Redmond Toddler Group

Baby and toddler classes with parenting discussion
Redmond; redmontoddler.org
redmond_toddler@hotmail.com

Samena Swim and Recreation Club 20

Preschool, camps, before and after care, swimming, more
Bellevue; 425-746-1160
samena.com; info@samena.com

Sunshine Music Together LLC. . . 7

Early-childhood music classes; ages 0-5
Various Puget Sound locations; 206-281-1111
sunshinemusictogether.com

WiggleWorks Kids

Indoor play and party area for kids 48" and under
Bellevue, Puyallup
425-641-2186, 253-445-6551
wiggleworkskids.com

BIRTH AND SUPPORT

Capital Medical Center 4

Birthing suites and expert OB/GYN care
Olympia; 360-754-5858; capitalmedical.com

Northwest Hospital Childbirth Center

Flexible, supportive birth experiences for families
Seattle; 206-368-1784; nwhospital.org/childbirth

CHILD CARE, NANNIES AND SCHOOLS

A Nanny for U

Nannies, doulas, domestic solutions, events, more
Seattle, Eastside; 206-525-1510
anannyforu.com; info@anannyforu.com

Annie's Nannies, Inc.

Nanny placement for Seattle and Eastside families
Seattle; 206-784-8462
aniseattle.com; info@aniseattle.com

Au Pair Foundation

Qualified agency matching host families with au pairs
All areas; 866-428-7247; aupairfoundation.org
inquiry@aupairfoundation.org

Bear Creek Preschool 18

Christian liberal arts education; ages 3-5
Redmond, Sammamish; 425-898-1720
bearcreekpreschool.com; admissions@tbcs.org

Bellevue College Parent/Infant and Parent/Toddler Programs . . 17

Early learning, parent education, music, nutrition
Greater Eastside; 425-564-2365
bellevuecollege.edu/parented

CareWorks Nanny Referral Service 22

Innovative nanny solutions
Seattle; 206-325-9985
careworkseattle.com
careworks@comcast.net

Child Care Aware of Washington Family Center 7

Helping parents find child care across Washington
Statewide; 206-329-5544 or 800-446-1114
childcarenet.org/families/your-search
familycenter@childcare.org

Dizzy's Tumblebus and Bus Stop

Preschool, drop-in care, camps, parties, more
Bellevue; 425-564-8287
dizzybus.com; info@dizzybus.com

Kiddie Academy of Bothell

Child care, camp, kindergarten, extended school-age care
Bothell; 425-485-7200
kiddieacademy.com/bothell

KinderCare Learning Centers . . . 6

Expertly-designed early education; infant-school-age
Multiple Puget Sound locations
888-523-6765
kindercare.com

Le Petit Village French Immersion School 22

A happy, healthy learning environment; ages 2-8
Seattle; 206-329-4336
leptvillage.com
jpetitvillage@yahoo.com

Montessori Children's House . . 18

Holistic, natural school for infants to elementary
Redmond; 425-868-7805
mchkids.com; info@mchkids.com

NannySure

Nanny management tools
Greater Puget Sound area; 206-501-8991
nannysureusa.com; hello@nannysureusa.com

Penny Pumpnickel Pants Playcare

Play-based preschool and drop-in care; ages 2½-4½
Seattle; 206-769-2387
pennypumpnickelpants.com

The Seattle Nanny Network, Inc.

Long-term and short-term nanny placement
Kirkland; 425-803-9511
seattlenanny.com
family@seattlenanny.com

St. Thomas School 21
Challenging, non-sectarian school;
preschool-grade 8
Medina; 425-454-5880
stthomasschool.org; info@stthomasschool.org

Starling Agency
Placing nannies, household managers,
mother's helpers
Seattle; 206-484-1366
starlingagency.com
mandie@starlingagency.com

**Stroum Jewish Community
Center** 20
Early childhood school serving infants-
preschool
Seattle, Mercer Island
206-526-8073; 206-232-7115; sjcc.org

Sunny World School 23
Bilingual English and Mandarin preschool;
ages 2½-6
Bellevue; 425-531-7586
sunnyworldschool.com
sunnyworldschool@gmail.com

**UCDS Studio - Infant Toddler
Program** 7
Each child is unique, competent and ready
to learn
Seattle; 206-547-8237
ucds.org/studio; katiw@ucds.org

YMCA of Greater Seattle 3
Child care where kids grow and thrive;
ages 0-12
Multiple Puget Sound locations; ykids.org

FAMILY SERVICES AND SUPPORT

**Community of Mindful
Parenting** 7
Listening Mothers classes
Greater Puget Sound area
communityofmindfulparenting.com

Cooper House 18
Therapy and support for children;
birth-age 5
Seattle; 206-402-3168
cooperhouse.org; info@cooperhouse.org

Jenn and David LLP
Intensive parent-coaching, therapy and
support services
Seattle; 206-707-1247
jennanddavid.org
jenn@jennanddavid.org

**PEPS - Program for Early Parent
Support** 3
Support and connections for growing
families
Greater Seattle area; 206-547-8570
peps.org; peps@peps.org

Seattle Children's Hospital . . 11-14
World-class health care for babies to
young adults
Seattle; 206-987-2000
seattlechildrens.org
askus@seattlechildrens.org

SweetiePie Parenting
Love and Logic® parenting classes
Greater Seattle; 206-200-8488
sweetiepieparenting.com
lorri@sweetiepieparenting.com

Wellspring Counseling 6
Counseling and classes for moms, dads
and babies
Bellevue, Redmond, Seattle; 206-524-9055
wellspringfs.org/counseling/parenting-support

RETAIL AND SERVICES

2nd Base
Quality used and vintage sporting goods
Seattle; 206-325-BASE
2ndbaseatl.com; info2ndbase@gmail.com

Baby Bump Expo NW 2
Speakers, vendors, demos, more; April 25
Tacoma; 253-328-1324
babybumpexpnww.com

**Eastside Pediatric Dental
Group** 23
Specializing in children's oral health care;
ages 1-18
Issaquah; 425-392-4048
eastsidepediatricdentalgroup.com
office@eastsidepediatricdental.com

**Guaranteed Education Tuition
(GET) Program** 4
Washington's 529 plan helping families
save for college
Statewide; 800-955-2318
get.wa.gov; getinfo@wsac.wa.gov

**Hopscotch Consignment
Boutique**
Quality children's and maternity
consignment
Bellevue; 425-462-4751
hopscotchconsign.com
info@hopscotchconsign.com

Kym's Kiddy Corner 22
New and gently-used kids' clothing,
baby gear, more
Seattle; 206-361-5974
kymskiddycorner.com
kym@kymskiddycorner.com

**Shoreline Community
College** 4
100+ academic, professional/technical,
training programs
Shoreline; 206-546-4101
shoreline.edu

Top Ten Toys 4
Classic and hands-on toys to inspire
creativity
Seattle; 206-782-0098
toptentoys.com; toptentoys@msn.com

Toy Tamer
Tether for toys, pacifiers, snack cups,
stuffedies, more
Buy online
tameyourtoys.com
angegoodwindesigns@gmail.com



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find your village

New parents: Want to get out of the house once in a while and find your people? Here's your map.

COMPILED BY ELISA MURRAY • ILLUSTRATIONS BY ALLI ARNOLD

Villages come in many forms: That priceless tip about where to nurse in public; the restaurant that always provides fresh crayons; that neighborhood parenting group that just might save your sanity. New parenthood (heck, any stage of parenthood) can be isolating. And there's no better advice than that from your fellow parents in the trenches. Read on for our readers' best insider tips. (This is just the start; find more tot spots at parentmap.com/babymapped)



seattle

"G & O Family Cyclery in Greenwood: Get your bike set up with a baby seat in front."

"The Zoomazium at the Woodland Park Zoo is great, even for babies that can only sit up."

"Village Maternity at University Village is fab, and the nursing corner at **Kid's Club** has saved me many times."

"Julep Nail Parlor [University Village, Bellevue] has Mommy Mondays, where you can bring in your baby and get your nails done."

"Nordstrom women's lounges [multiple locations] are the BEST place to go breastfeed when out shopping."

"Zeeks Pizza on Queen Anne has outdoor seating, dough and crayons for the kids, and is loud enough that any cries won't bother people."



"Chaco Canyon in West Seattle, with organic food and a children's play area."

"Lil Diggers playtime at Sandbox Sports has clean sand, toys and a place for moms to hang out and have a coffee."

"Rainier Beach pool: Fountains, buckets of water that pour on your head, lazy river, warm water, hot tub."

eastside

"Baby's Day at the Movies at Kirkland Parkplace Cinema 6 every other Friday!"

"Bellevue Botanical Garden has stroller-friendly trails, and an awesome ravine with suspension bridge."

"Crossroads Mall is the perfect spot to have grown-up conversation while listening to music."



group think

When you're new at the parenting game, finding a group of fellow travelers on the path of joy and sleep deprivation is better than free child care. Luckily, there are groups for every kind of parent. Here's a sampling of local parenting groups, including four regional Facebook groups recently launched by ParentMap. Find a complete list by region at parentmap.com/village.

Eastside Mothers of Multiples, emoms.org

Families of Color Seattle parent groups
focseattle.com

Feather Boa Fathers, featherboafathers.com

Listening Mothers
communityofmindfulparenting.com

MOMS Club, momsclub.org

Parent to Parent of Pierce County
piercecountyparent2parent.com

ParentMap Facebook parent groups, by region
parentmap.com/parentgroups

PEPS, peps.org

Seattle Single Parents Meetup Group, meetup.com/the-seattle-single-parents-meetup-group



"Forest Park in the summer!" Free-admission animal farm in Everett with goats, sheep, ducks and pigs.

"Mountlake Terrace pool is a great pool for babies and toddlers."

"Anthony's Beach Cafe [Edmonds] has a sandbox on its patio in the summer."

south of seattle

"Children's Museum of Tacoma offers pay-what-you-want museum entry, also an inclusive Play to Learn program."

"Treetops Playgrounds at STAR Center have drop-in family group activities and Child Watch for members."

"Tacoma Nature Center is a great nature outing, and it's free."

"The tot lot and wading pool at Fircrest community center are both amazing outdoor play spots."

"Westfield Southcenter has a great area for nursing mamas."

"Frog n Kiwi Cafe at University Place has a nice play area for small kids, good coffee, good community."

bainbridge island

"KiDiMu [Kids Discovery Museum] has a great area for babies and tiny tots only."

