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ParentMap

baby



save, baby, save

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At ParentMap, we make kids of all ages our business. We confer with neuro-science brainiacs; get innovative insights from superstars in child development, education and medicine; and rub shoulders with other families at ParentMap events and lectures. We bring all the best parenting info to you with our award-winning magazine and website, *parentmap.com*.

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8



13



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18



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Adapting and growing

Of all the new-parent moments I remember, ranging from endless crying jags to deliciously satisfying cuddles and funny first smiles, one stands out to me. In my memory, I was standing in the front of my house, at about 3 a.m. I had finally gotten the baby, our first, down to sleep after what had seemed like hours of (sore) breastfeeding. She was a couple of weeks old. Pumped up on a roller coaster of hormones, exhilaration and emotions, I could not get myself back to sleep. That mantra “sleep when the baby sleeps” seemed like a fantasy, or maybe a cruel joke. Anxiety like I had never before experienced (well, maybe except during college finals week when I knew I couldn’t get all my papers and studying done in time even if I refused to sleep) coursed through me. *When would the baby wake next? How much sleep will I get in the next 24 hours? What if I can’t do this day after night after day?*

So there I was, next to my front door on a busy Seattle street, staring out the window past the buildings and the city buses, at the dark September sky. Watching the tiny lit-up airplanes tracing their flight patterns, I suddenly was grasped by an idea that seemed urgent even as I knew it was irrational: *Go to the airport now. Just throw on your jacket, hop in your car, drive down there and buy an airplane ticket for one to somewhere, anywhere. Just go.*

I did not go. The anxiety I felt in those



early weeks eventually subsided, without morphing into a more serious depression or mood disorder that is, it turns out, common for many women (p. 18). This issue’s story on postpartum mood disorder brings you, readers, resources and the stories of other mothers to emphasize the key point that you are not alone if you experience any of these mental-health symptoms, and that help is available. As a village, we should all be watching new mothers

and helping them in any way we can.

On the lighter side, having a baby makes you want to (rightly so) announce your little newcomer to the world. Our roundup of perfect, easy and unique baby announcements will inspire you (p. 13).

Of course we follow our new baby’s every crawl, coo and reflex, trying to discern what each development

That mantra ‘sleep when the baby sleeps’ seemed like a fantasy, or like a cruel joke.

means. Our baby tracker will take you through the first six months (plus a full year online) of key developments, with advice on what to watch for and how to engage your little one’s new skills (p. 8). And we haven’t forgotten how much kishy-cash (as my 9-year-old refers to money) it costs to add a baby to the family. Find tips for sweet savings in this issue, too (p. 24).

Having a baby is like no other experience. We’re there for you with ideas, resources and stories as your family grows: parentmap.com/baby.

—Natalie Singer-Velush
Executive editor



BabyMap 2016

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DISTRIBUTION distribution@parentmap.com

SUBSCRIPTIONS subscriptions@parentmap.com

BabyMap is published annually by ParentMap

7683 S.E. 27th St., PMB#190

Mercer Island, WA 98040

ADMINISTRATION 206-709-9026

parentmap.com

SUBSCRIPTION RATES 1 year: \$24; 2 years: \$40

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Find your favorite favors!

Celebrating future parents is the focus of a baby shower, but the favors are a chance to thank friends and family for joining in on prebaby celebrations. Show your appreciation with small, thoughtful and personalized presents, from local honey, to inspired Mason jars and intentional tea lights. We've rounded up 11 sweet ideas: parentmap.com/babyfavors.

Dinner delivered

Parenting a baby is hard work, and sometimes we need a little outside support. Check out our roundup of innovative food delivery services, where fresh veggies, organic milk from local farms and ready-to-sauté meals are just a click away: parentmap.com/mealdelivery.



Doing diaper duty

Many parents are turning to modern cloth diapering as an ecological choice that can be great for babies with sensitive skin and save money. But what's the difference between a prefold and an all-in-two? Does your bub need disposable liners? We break down the styles and choices so you can get down and dirty: parentmap.com/clothdiaperguide.

Find your tribe

New parenthood can be isolating for sure. But being home with a baby is more fun and relaxing once you have found your tribe. And the tribe is everywhere, from your local parents' group to the movie theater that welcomes you and your crying baby into a matinee (really). Find the best hidden spots for new parents in the north, south, east and west: parentmap.com/babystopsaroundthesound. And get connected to one of the dozens of parent groups and resources near you: parentmap.com/parentnetwork.

Top 20 for baby

Watch commercials or wander around a store these days and you might be led to believe you need an entire moving van's worth of baby gear to support a new family member. But really, a lot of what you think you need — and what others tell you that you must have — isn't necessary for an infant. To simplify the planning and still end up prepared, grab our list of 20 essentials you actually need to bring baby home: parentmap.com/babyessentials.



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Amazing milestones

What to expect in your baby's first six months, month by month

By Maria Bellos Fisher

You've anticipated baby's arrival for nine months, poring over parenting articles and tracking his or her development in the womb. After a dramatic entrance, your baby is here! Your little bundle is eating, crying or pooping every two hours, and you can't see straight. You don't have time to read all those parenting books you bought with the best intentions! That's why we created this quick and easy guide to baby's first year. You can read it in between posting photos on Facebook and Tweeting about every little thing your beautiful baby does.

Read on to learn about your baby's physical and cognitive developments, social milestones and what to watch out for during the first six months; **go online to parentmap.com/baby for your guide to months 7-12**. Remember: Every baby develops differently, and there is a wide range of "normal." If you have concerns, always ask your doctor. Oh, and congratulations!

All about your 1-month-old baby!

Physical development: Baby's hearing is fully developed (for newborns, a hearing screening is done on all babies born in a hospital in Washington state) and he might have a startle response toward familiar sounds — your voice or a loud noise — says Dr. Michelle Terry, an attending physician at Seattle Children's Hospital. At this early stage, his head and neck need careful support.

Brain development: Your baby can't focus farther than 8-12 inches away — just the right distance for him to gaze at your face when he is being held in the crook of your arm. Black-and-white patterns also draw his attention, says Terry.

Social development: Enjoy getting to know your baby. Cuddle him, talk to him and learn how he signals when he's sleepy. Give him plenty of tummy time while he's awake, but always put him on his back to sleep, says Terry.



1

Your baby can't focus farther than 8-12 inches away — just the right distance for him to gaze at your face when he is being held in the crook of your arm.

Fun fact or milestone: Babies are born wired to learn and they do it best by imitating. In studies on imitative learning conducted by Andrew Meltzoff, Ph.D. (of the University of Washington's Institute for Learning and Brain Sciences, or I-LABS), a baby who was 42 minutes old mimicked the doctor's facial movements, says Princess Ivana Maria Pignatelli Aragona Cortes, a real-life princess, mom of two and co-author of the book *A Simple Guide to Pregnancy & Baby's First Year*.

What to watch for/common concerns: Each child develops at his own pace, but Terry advises that you talk to your baby's doctor if your 1-month-old feeds slowly or doesn't suck well; has problems peeing or pooping; doesn't seem to focus his eyes or watch things moving nearby; doesn't react to bright lights; seems especially stiff or floppy; or doesn't respond to loud sounds.



2

Baby can lift her head briefly and turn it to the side when she's on her stomach, but when she's upright, her head and neck still need support.

One important thing you can do for your baby: Encourage him to look at and reach for toys. Make sure he gets plenty of time outside. Go for walks with him. Read to him every day. Baby books are made sturdy because they will be put into mouths and dropped a lot, says Terry.

All about your 2-month-old baby!

Physical development: Baby can lift her head briefly and turn it to the side when she's on her stomach, but when she's upright, her head and neck still need support. Although her arms move jerkily, she can get her hands close to her mouth, says Terry.

Brain development: At birth, your baby's brain is at 25 percent of its adult size. At 12 months, your baby's brain will have grown

to 70 percent of its adult size. Baby's first year marks the most rapid brain growth of her lifetime, says Princess Ivana. During that time, the developing brain (including learning and language abilities) is directly affected by baby's interaction with the world around her. That's why your baby is busy soaking in sounds, sights, tactile sensations, smells, language and emotional surroundings as well. Object recognition and hand-eye coordination are your baby's major developmental tasks at this age.

Social development: Babies are active communicators. An infant shows interest by turning her head toward an object or by gazing at it. If a baby needs a break, she will turn away. Cries are also a means of communication. They tend to have different sounds, depending upon the various cues, whether hungry, sleepy, gassy or lonely and in need of some attention, to name a few. (Want to learn more? See parentmap.com/whybabiescry.) Getting to know your baby's voice is a process of trial and error. Be patient and do your best to respond to her cues. This will teach her both trust and confidence.

Fun fact or milestone: Babies will learn to reach toward you and may grasp objects tightly for a few seconds. They are working on their hand-eye coordination, so you may catch them studying their hands.

3
This is the time your baby's personality comes into play, and play is the way to help your baby grow; when your baby coos, coo back and modulate your voice.



What to watch for/common concerns:

Poor weight gain, lack of responsiveness to lights or noise or extreme floppiness may be warning signals of potentially serious health concerns. Early detection and treatment are key. Be sure to contact your doctor if your baby has any of these symptoms.

One important thing you can do

for your baby: Baby should be drinking breast milk with vitamin D supplements or commercial formula, says Terry. Put her on her tummy daily so she can strengthen her muscles (and not develop a flat head). When she's on her tummy, put toys out of her reach so she can try to get them. Talk and sing to her throughout the day, describing what you're doing and naming familiar objects. Read books together.

All about your 3-month-old baby!

Physical development: Three months usually brings a growth spurt, so your baby may be hungrier. Let him eat as much as he wants, says Princess Ivana. A bonus for breastfeeding moms: Nursing burns calories, which can help you lose the baby weight more quickly. But be careful not to lose too much weight at once; feed yourself healthfully and frequently.

Brain development: Motor skills are getting stronger and with them, the brain's architecture is growing as your baby interacts with the world. White matter, which affects the brain's speedy processing, is growing rapidly, too, laying the foundation for creative thought. At this age, your baby watches faces intently, follows moving objects, recognizes familiar objects and people



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Amazing milestones

continued from page 9

at a distance, starts using hands and eyes in coordination, smiles at the sound of your voice, begins to babble, begins to imitate some sounds and turns his head toward the direction of sound, according to HealthyChildren (healthychildren.org), a website powered by the American Academy of Pediatrics.

Social development: This is the time for the laughter and coos that will warm the heart of everyone your baby comes in contact with. Your baby's personality comes into play, and play is the way to help your baby grow, says Princess Ivana. When your baby coos, coo back. Modulate your voice and don't be afraid of acting silly.

Fun fact or milestone: Baby's tummy time, usually spent stretching and kicking, may turn into partial rolls from side to back. Be sure to give your baby regular, supervised tummy time, which is important for development. If baby gets frustrated, that's absolutely normal. Don't be afraid to let him squirm a little, but always be ready to comfort and give him a different activity when he needs it.

What to watch for/common concerns:

Each child develops at his own pace, but talk to your child's doctor if your 3- to 4-month-old can't support his head well; can't grasp objects; doesn't smile; doesn't react to loud sounds; or ignores new faces, says Terry.

One important thing you can do for your baby: Offer your baby toys to look at. Introduce them one at a time. Allow baby to explore and focus on each one. Use a variety of shapes, sizes and bright colors. Play tracking games by moving your face and toys back and forth. Good toys at this age include rattles, a soft doll or a picture book.

All about your 4-month-old baby!

Physical development: Baby is learning to roll over! Help her learn to sit independently and position her to play on both her stomach and her back.

Brain development: Your baby becomes more aware of her surroundings and wants to explore, says Princess Ivana. Her arms pump and her legs kick as if she's swimming in air. Wiggles get stronger. As hand-eye coordination gets better,



4

Your baby becomes more aware of her surroundings and wants to explore. Peekaboo is a favorite game, and she enjoys finding partially hidden objects.

your baby will be able to grasp objects and find ways to taste the world — everything goes into her mouth. Be careful about what you leave within baby's reach.

Social development: Your baby can laugh, has babbling "conversations" with you and she recognizes the sounds of different languages, so it is not confusing for her to learn multiple languages at the same time, says Terry.

Fun fact or milestone: Peekaboo is a favorite game, and she enjoys finding partially hidden objects. Watching herself in a mirror is sure to delight her, says Terry. She might become fascinated with other babies and older children.

What to watch for/common concerns:

Terry says each child develops at her own pace, but talk to your child's doctor if your baby seems very stiff or floppy; can't hold her head steady; can't sit on her own; doesn't respond to noises or smiles; isn't affectionate with those closest to her; or doesn't reach for objects.

One important thing you can do for your baby: Work on establishing a routine for



5

Read together every day, naming the objects you see in books and around you. Babies begin to recognize words and try to repeat them through practicing various sounds.

sleeping, feeding and playtime. Be flexible, but incorporate as much predictability for her as possible. Steps such as a warm bath at nighttime and a particular piece of music before feeding can become cues to help your baby learn what's coming next and how to calm down.

All about your 5-month-old baby!

Physical development: Your baby may give you a first hug, says Princess Ivana. Babies discover their body parts; tugging on their own ears is especially satisfying. Your baby may make his first attempts to sit up. He may get his first tooth. Baby will have better head control and raise his head well when lying down, according to the Mayo Clinic.

Brain development: Memory and attention span increase, which build stronger recognition skills. Babies begin to recognize words and try to repeat them through practicing various sounds, says Princess Ivana.

Social development: Your baby is getting pretty good at giving you clear signals about what

he wants, using both his burgeoning verbal skills and body language, such as raising both hands when he wants to be picked up. Your baby is likely displaying a sense of humor, too. “No one likes to laugh alone,” Princess Ivana says, so play along and discover your own silly factor.

Fun fact or milestone: Babies like music and can recognize melodies they’ve heard while in the womb, says Princess Ivana. According to recent studies, babies who listen to music show better communication skills. Play music as a focused activity. Try a variety of styles; see which songs are your baby’s favorites. Often you will know by the way your baby bounces to the beat or calms and listens when he hears something he likes. Soft music is a great way for baby to wind down for sleep.

What to watch for/common concerns: Talk to your child’s doctor if your baby seems very stiff or floppy; can’t hold his head steady; can’t sit on his own; doesn’t respond to noises or smiles; isn’t affectionate with those closest to him; or doesn’t reach for objects.

One important thing you can do for your baby: Read together every day, naming the objects you see in books and around you, says Terry. Also, make sure you are providing an enriched environment for your baby with a variety of safe toys. It’s important he has access to objects to help test his developing “theories,” according to the American Academy of Pediatrics. Make sure that everything you give your baby to play with is unbreakable, lightweight and large enough that he can’t possibly swallow it. If you run out of the usual toys or he loses interest in them, plastic or wooden spoons, unbreakable cups, and jar or bowl lids and boxes are endlessly entertaining and inexpensive!



6

Many babies can sit up and roll over. Everything goes in her mouth. Be aware of choking hazards; your baby can reach more items now that she can sit up.

All about your 6-month-old baby!

Physical development: Many babies can sit up and roll over. She’ll roll over often if she’s already rolling by 6 months, says Seattle Children’s pediatrician Dr. Mollie Greves Grow. Your baby is ready for and needs to be introduced to solid foods, according to the American Academy of Pediatrics. Breast milk is still hugely beneficial. Consult your doctor for how to introduce solids. Begin simply, with one appropriate food at a time.

Brain development: Baby is able to focus more on objects. She begins to move objects around with her hands and continues to be very interested in faces, words and interactions, says Grow. Soon your baby may start transferring objects from one hand to the other, according to the Mayo Clinic.

Your baby’s vision will also be clearer. You might notice your baby concentrating on one object or toy, or following a moving object like a ball as it rolls around the room. Position a safe mirror securely on the wall near the ground and let your baby enjoy studying her own reflection.

Social development: She’s very interactive, with more vocalizations, says Grow. By 6 months of age, your baby might recognize her name, according to the Mayo Clinic.

Fun fact or milestone: She’s very interested in food, says Grow. Music can help soothe, entertain and teach. Try playing classical music, lullabies and simple toy instruments with your baby.

What to watch for/common concerns: Everything goes in her mouth. Be aware of choking hazards; your baby can reach more items now that she can sit up, says Grow.

One important thing you can do for your baby: Read to her more often, says Grow. Talk, talk and talk some more, recommends the Mayo Clinic. Your tone of voice can communicate ideas and emotions. Ask your baby questions; describe what you see, hear and smell around you; count toys; sing songs. ■

Maria Bellos Fisher is a regular contributor to ParentMap, a blogger and a mom. Her blog is at mariabellosfisher.com/blog.



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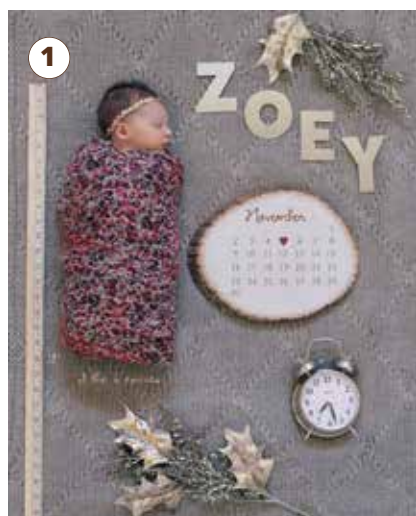
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Oh, baby!

11 adorable ways to welcome your new baby

By Rebecca Mongrain

Welcoming a new baby into your family is big, fantastic news that deserves to be shared. Whether you decide to shout it out loud to the world or announce your bundle of joy in a small way, we've rounded up some of the most precious announcements and ideas to give you the inspiration you need. From luxurious letterpress cards to DIY images and sweet photos, these are some of the most darling announcements we've seen.



LINDSEY MARJOR OF PILLOW THOUGHT

So ph-oh!-togenetic

1 Lindsey of **Pillow Thought** (pillowthought.com) crafted a supercute birth announcement for her daughter, Zoey. The sweet touches of a beautiful baby blanket, swaddled baby, wooden calendar and glittery letters combine to make a swoon-worthy statement. Lindsey also found ways to incorporate important details, such as Zoey's birth weight and length. All of these details add up to a truly adorable way to declare the news.

2 This modern birth announcement from the **Etsy shop Babybaloo** is a sweet way to communicate the arrival of your bundle of joy. The twee owl in the corner adds darling flair to something simple and classic. Wrap your baby in an heirloom blanket and snuggle him to sleep for a captivating photo and then treasure this card forever.

Made to impress

3 Letterpress announcements can be exquisite ways to announce the newest addition to your family. These templates from **Etsy shop Color Quarry** offer a unique way to tell the world about your wonderful news, with fanciful designs ranging from whimsical sea creatures to out-of-this-world space scenes. These cards can also make beautiful framable art for the nursery.

4 Mais oui! Get inspired by the amazing letterpress options at **Coco Rico Letterpress** (cocorico-letterpress.fr) featuring sophisticated drawings, fairy-tale designs and modern typefaces to let the world know about your new baby. The French touches bring an international flair to your homegrown addition and will be treasured by all who receive them. Make sure to save one for the baby book, as your baby will adore seeing these once she is all grown up. (Tip: It helps if you have a Francophone around to help you order!) >>



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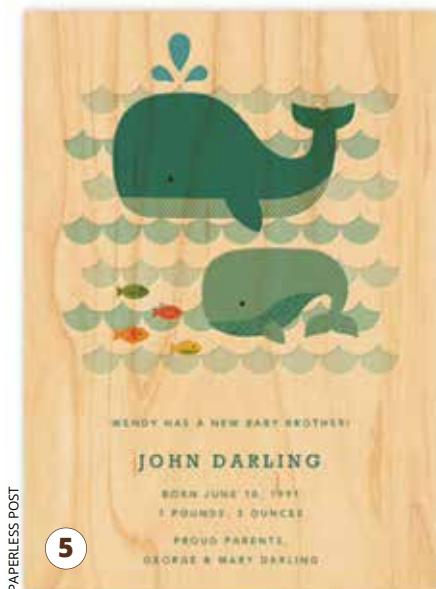
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—Daniel J. Siegel, M.D.
Executive Director,
Mindsight Institute

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Oh, baby!

continued from page 13



PAPERLESS POST

5

5 Love the look of letterpress but dislike the cost? **Paperless Post** (paperlesspost.com) has some sweet letterpress-like options with fantastic illustrations, yet for a fraction of the cost. One design features two whales swimming along in a school of fish while delightfully announcing your exciting addition. Other designs include a vintage airplane putting along in the sky with a hot air balloon and bird. Awwwww.

Drawn to love

6 The **Etsy shop Studio Linus** offers illustrated announcements with darling hand-drawn images ideal for your new little one. You'll fall in love with the whimsy of these cards, which feature charming and customizable details about your sweet pea and family, and you'll want the whole world to see them.



STUDIO LINUS

6



JOE KAYSE

7

7 **Joe Kayse's Etsy shop** will create a custom announcement with all the important details of your baby's arrival. The hand-lettered poster offers a more personal feel, and each is custom illustrated incorporating your baby's pose. Probably no one else will have a birth announcement quite like this one.

Do it yourself

8 **Elizabeth** (elizabethave.com) shares her tips for an easy and unique DIY birth announcement on her craft and lifestyle blog. She started planning early in pregnancy with a shopping list for props, pinning away on a Pinterest board for inspiration and scouting out the perfect location for photos. Once she had her prep work done, she laid out her set before getting the star of the show ready for photos. Her tips will ensure that you have fantastic baby announcements for a fraction the cost of professional cards. Services such as PicMonkey and Gimp will help make your efforts look polished and professional. >>



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ParentMap

Admission \$16
Online \$14
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Oh, baby!

continued from page 15



POPPY DESIGNS BOUTIQUE

Sweet deets

9 Want to tell the world all the details about your newborn? A custom-designed, playful announcement from the **Etsy shop Poppy Designs Boutique** will inspire you to show off your little one while highlighting all his vital stats: place of birth, date, time, weight and length. Include a photo of your baby in an adorable pose and you have an awwwwww-inspiring baby announcement.

Back to basics

10 Keep things simple with a sweet photo and a minimum of words. Sometimes the uncomplicated announcements make the biggest impact with less to clutter up the image. Take a basic photo of your baby sleeping or wiggling away without any props. Add a few words in a photo-editing program for a smashingly cute announcement. **Sappy Apple's** wiggly announcement (sappyapple.blogspot.ca/2013/03/my-littlest-boy.html) of her baby boy, Casper, shows another way to use minimal text for maximum impact.



KRYSTINE/SAPPY APPLE



BASIC INVITE

11 **Basic Invite's** (basicinvite.com) simple but colorful birth announcements will inspire you to personalize your news with your favorite colors and a sweet typeface. These cards might look basic, but they are anything but boring when paired with bright colors and details about your little one. ■

Rebecca Mongrain is a writer and photographer who writes about the wonders of parenting, food and home. She spends her days with her children while discovering new adventures.

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But you expected to be happy

Recognizing and treating postpartum mood disorder

By Bryony Angell



On Christmas Eve of 2013, Jennifer* walked along a dark Pacific beach, the black waves of high tide crashing nearby. Her two children and mother were back at the rented cottage. She realized that no one would see if she slipped into the surf. She imagined just doing it — taking her own life.

“In the midst of absolute apathy, this obsessive focus felt so good. My suicidal thoughts made it easier to white-knuckle it for another day, allowed me to feel something,” she says.

Jennifer, a former outdoor educator who

lives in north Seattle with her husband and now three children, recalls hardly being able to function, yet she did not initially recognize that she could be suffering from some kind of postpartum mood disorder (PPMD) after the birth of her first child. Her anxiety and distress worsened when she became pregnant with second child, a boy, and dragged on after he was born.

Her guilt and shame at her perceived failure as a mother pushed her further into isolation and depression. It was not until that Christmas Eve that she decided to finally seek help.

Like any other disease

Postpartum mood disorder is a term used to describe any mood disorder that can occur during and after childbirth. It includes symptoms such as depression, anxiety, obsessive-compulsive behavior, apathy and, in rare cases, psychosis. Historic emphasis on depression in new mothers leaves out the other telling signs of this condition.

“Although postpartum *depression* is discussed most frequently, women can develop a range of symptoms and illnesses during pregnancy



Read one
mother's story
of post-weaning
depression:
[parentmap.com/
postweaning
depression](http://parentmap.com/postweaningdepression)

or following childbirth,” says Veronika Zantop, M.D., a psychiatrist at Swedish Medical Center’s Lytle Center for Pregnancy & Newborns in Seattle, who strives to educate mothers about the vast range of experiences possible.

According to the American College of Obstetricians and Gynecologists, women in their childbearing years account for the largest group of Americans with depression. Postpartum mood disorder can develop during pregnancy and up to 18 months after giving birth. “National studies estimate that between 14 and 20 percent of women suffer from some

form of postpartum mood and anxiety disorder, and prior incidence of PPMD puts a woman at 50–80 percent higher risk of recurrence in subsequent pregnancies,” Zantop says.

The danger is that women who experience this distress may discount it as the anxiety of being a new parent, when in fact it is a highly amplified version of nature’s parental biochemical response. “A mother and her support system should consider depression like any other disease during pregnancy, like diabetes or high blood pressure, and that it is treatable,” Zantop says.

“While we are definitely seeing a shift in terms of awareness that these mood disorders exist, there is often still silence, stigma and shame on the part of the women experiencing them,” says Juliana K. Tyler, perinatal and postpartum counselor at Chrysalis Counseling Services in Everett, and former board member of Perinatal Support Washington.

Why the stigma?

The defining of PPMD as a distinct medical condition is relatively new, and as recently as a generation ago, a mother might have been

But you expected to be happy

continued from page 19

labeled mentally ill for exhibiting what we now recognize as PPMD symptoms. A new mother might believe she is expected to feel joy at the birth of her child, and that the admission that she is suffering somehow implicates her baby, therefore making her also ungrateful. Research from the Centers for Disease Control and Prevention suggests that societal expectations of happy motherhood and the persisting stigma of mental illness, sometimes combined with additional hardship of marital strife, poverty and lack of family support, can further compel a mother into isolation.

“Untreated maternal mental health has long-term negative effects both in individual relationships as well as larger communities,” Zantop says. The risks to the pregnant woman include a higher risk of substance abuse, poor prenatal care, relationship stress, obstetrical complications and depression. After pregnancy, a distressed mother is at risk for abuse or neglect of her child, difficulty sustaining primary relationships and in the worst cases, suicide.

Infants of parents with psychiatric disorders are particularly vulnerable and have a higher risk of developing psychiatric disorders in adulthood. “Poor mother-infant attachment can lead to delayed cognitive linguistic skills and

impaired emotional behavioral development,” Zantop says.

Depression that begins early in life versus in adulthood is of particular concern, according to a study published in the journal *Pediatrics & Child Health*. Exposure to depression in childhood is associated with adverse outcomes in adulthood: greater severity of the illness, and higher risk of suicide and other violent behavior.

Jennifer’s experience mirrors that of other mothers reluctant to seek treatment. A combination of self-imposed stigma and isolation kept her from admitting she needed help. She briefly tried group therapy, but eventually shied away from it. “I did not seek other forms of help because I didn’t want to admit that I might have a problem; it was so closely tied to how I judged my ability as a mother.”

Recognizing the need for public health awareness and the potential long-term impact of helping mothers early, federal and state agencies are now setting policies to identify and treat mothers susceptible to PPMD. New Jersey became the first state to mandate PPMD screening of new mothers in 2004.

Since 2010, the Affordable Care Act (ACA) requires all new insurance plans to cover depression screening for adults as part of preventive care. While it does not mandate specific depression screening of pregnant

women or new mothers, the ACA nonetheless recognizes mental health as a primary care issue. And just this January, the U.S. Preventative Services Task Force recommended depression screening for all women during and after pregnancy, and subsequent treatment as necessary, no matter the insurance coverage.

When to intervene

The symptoms of PPMD during and after pregnancy include chronic crying, panic attacks, anxiety, sadness, compulsiveness, rapid weight gain or loss, sleep problems, feeling detached from the baby, anger, excessive fear for the baby’s health and safety and frightening thoughts.

Another Seattleite, Alice**, mom of two kids, credits the intervention of her mother and husband for getting her on an ongoing path to recovery from PPMD. Alice had no history of depression prior to having her first child. She describes herself as “a typical oldest child — striving, upbeat, able to get through the tough times.” So the intense mood swings she experienced two months after the birth of her son felt totally out of left field.

“I didn’t feel depressed — instead, I felt overwhelmed and anxious, like I was losing control. I began to fixate on small things that wouldn’t have bothered me before having kids. I retreated into myself. I slept a lot. It was all I could do to maintain a facade of normalcy during the day, then come home and collapse,” she says.

The treatment of PPMD is a specialty, and experts advise working with a therapist who is trained in and experienced with this particular

Infants of parents with psychiatric disorders are vulnerable and have a higher risk of developing psychiatric disorders in adulthood.

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branch of psychology. Three things often needed to help a woman recover are psychotherapy, medication and increase in support, Tyler says.

“A lot of women need medication, or a combination of medication and therapy, to manage their illness,” Zantop says. Medication is not a cure-all, but it can relieve women of the weight of distress, allowing them to more easily manage their symptoms during their recovery.

Questions about medication

Some women are concerned about the impacts of medication during pregnancy or breastfeeding. But stress and anxiety during pregnancy can pose a risk to the fetus, too.

According to a recent study published by the Center on the Developing Child at Harvard University, researchers speculate that high cortisol levels (related to stress) in the pregnant mother may alter the development of the fetal brain, making the child more vulnerable to depression or anxiety as an adult.

“Many women fear taking medications during pregnancy or while breastfeeding, but the reality is that there is no such thing as no exposure,” Tyler says. “Babies are either exposed to maternal depression and/or anxiety or to the by-products of the medications taken to control these things.”

If certain medication can provide relief to a mother during or after pregnancy, studies now support its safe use. The recent 2015 study of the use of selective serotonin reuptake inhibitors (SSRIs, such as Prozac and Paxil) during and after pregnancy, published in *BMJ* (British

what is postpartum mood disorder?

Postpartum mood disorder is a term used to describe any mood disorder that can occur during and after childbirth. The following list is an overview of the range of mood disorders possible.

MOST COMMON SYMPTOMS

Depression

Symptoms can include lack of energy, mood swings, feelings of hopelessness and worthlessness, irritability or anger, forgetfulness, sleep difficulties, lack of sex drive, rapid weight loss or gain and feelings of self-harm or suicide.

Anxiety symptoms can include excessive worry that is hard to control, restlessness, edginess, muscle tension, difficulty in concentrating and difficulty in sleeping.

Panic disorder

Symptoms can include anxiety, feelings of dread, fear of dying or going crazy, racing heartbeat, nausea, feelings of choking or smothering, shaking and trembling, hot flashes and chills, sweating and feeling disoriented.

Obsessive-compulsive disorder

This disorder is marked by obsessions that cause

anxiety and distress, compulsions characterized as repetitive behavior or mental acts that a person feels driven to perform because of obsession or a set of rigid self-imposed rules.

LESS COMMON SYMPTOMS

Post-traumatic stress disorder

This disorder can be accompanied by the above disorders in addition to being distinct for the source, i.e. the experience of an event that was perceived as traumatic. Symptoms can also include flashbacks, intrusive memories, nightmares, exaggerated startle response, hyperarousal, hypersensitivity to injustice, fantasies of retaliation, cynicism or distrust.

Bipolar disorder

Bipolar disorder occurs in about 2.6 percent of the general population and is characterized by

intense mood episodes that fluctuate between major depression and mania. Symptoms of hypomania (shorter, less intense episodes of mania) and mania include racing thoughts, unrealistic self-confidence, delusions, immersion in plans or projects, excessive spending, impaired judgement, impulsive sexual activity and changes in physical condition, such as increased energy and reduced need for sleep.

Psychosis

According to research, most psychotic episodes in the postpartum period are caused by bipolar disorder, and occur in the first few days or weeks after birth. Symptoms can include hallucinations, agitation, rapid mood swings, incoherence, sleep disturbance, loss of motivation and blunting of affect or emotions.

Source: *Perinatal Support Washington*



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But you expected to be happy

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Medical Journal), found that use of SSRIs early in pregnancy poses little or no risk for birth defects.

Despite a recent study by Canadian researchers associating greater risk for autism spectrum disorder (ASD) after antidepressant use during pregnancy, that research is still considered inconclusive in the greater medical community. Writing for the *New England Journal of Medicine Journal Watch*, associate editor Allison Bryant, M.D., MPH, observed that the outcomes for ASD were not significantly greater among the medicated mothers than for the unmedicated mothers suffering from depression. She stresses that ASD still has no pinpointed cause, and halting all drug therapies may have other consequences.

Alice based her own decision to try

medication on available research. "I got encouragement from my family to look at medication as a tool, rather than a crutch, or sign of weakness," Alice says. "Why not clear a path for resuming a sane-feeling existence?"

Looking into the research on antidepressants confirmed for me that they could help and were not harmful." She consulted with her primary care provider and now sees a psychiatrist, who manages her medication.

Between her first and second child, she tried going off her medication. "The symptoms came roaring back," she says. "I had a very hard second pregnancy, and though I took Prozac, I still experienced intense perinatal depression. Being armed with knowledge about what was happening and having coping mechanisms made it bearable."

Deciding how to treat PPMD is an

*Deciding
how to treat
PPMD is an
individualized
decision.*

individualized decision; both Zantop and Tyler emphasize the importance of managing depression during and after pregnancy in whatever capacity is best for the mother and at the direction of her health care provider.

Resources abound

The Puget Sound region is rich in health care facilities, and more services have come online in recent years. Perinatal Support Washington connects families to the network of support and resources, as well as to outreach and education options via therapists, doulas, midwives, nurses and physicians. Its website provides links to services through private practice and nonprofit organizations.

More recently, Swedish Medical Center in Seattle established the Lytle Center for Pregnancy & Newborns in 2013, which is open to any new mother, even if she is not a Swedish patient. The center provides a comprehensive perinatal mood disorder program with psychiatrists,

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social workers and family counselors who specialize in maternal mental health, in addition to other services valuable to new parents, such as lactation consulting, baby checkups and a retail store of supplies.

Parenting education and support groups can be found throughout the region, such as the Program for Early Parent Support (PEPS) neighborhood parenting groups. Support groups also exist for parents going through specific issues, such as the loss of a child, infertility or traumatic birth (see resources to the right). Additionally, the region supports many complementary health care and wellness providers (such as massage therapists, acupuncturists, doulas and naturopathic physicians) who specialize in treating women during pregnancy and early motherhood.

Jennifer's recovery is still ongoing. She

and her husband spent a year in couples therapy to strengthen their union and to recognize and prevent Jennifer's triggers for isolation and fatigue. She has never taken medication for her depression, which persists to this day.

"However, since I started writing regularly about having depression, it doesn't seem to have the same grip on me," she says. As for Christmas memories? Jennifer is now grateful for her role as a mother: "I look forward to the simple rituals my kids and I have created, like ice skating and going to see the Christmas Ships." ■

**Last name omitted for privacy*

***Name changed for privacy*

Bryony Angell is a Seattle-area writer and parent. You can see more of her writing at bryonyangell.com and follow her on Twitter @bryonyangell.

resources

Perinatal Support Washington

(formerly Postpartum Support International of Washington) perinatalsupport.org

Lytle Center for Pregnancy & Newborns

swedishfoundation.org/lytle-center
(ParentMap article about the Lytle Center)
parentmap.com/lytle

The Gottman Institute — Bringing Home Baby workshops gottman.com/couples/parenting/new-parents-workshop

Program for Early Parent Support (PEPS)
peps.org

Parent Support of Puget Sound
(neonatal loss support) psopugetsound.org

Resolve (infertility) resolve.org

Solace for Mothers (birth trauma)
solaceformothers.org



In 2016, the juggle of family and work is one of the biggest challenges you will face as parents.

This year in our ongoing series called **Making It Work**, we'll go beyond tired-out debates about "having it all" to explore the issues you face, from on-ramping and off-ramping to the search for easy meals and family-friendly benefits. We'll connect with you at Parentmap.com and on Facebook + Twitter with #MakingItWork and #MakeItWorkMondays.

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Save,

25 wallet-friendly
ways to save on
new parenthood

BY PARENTMAP STAFF

New parenthood affects people in many wonderful and difficult ways, from the terrifying amount of love you feel for this small bundle to the daily challenge of sleep deprivation. And then there's the impact on family finances. Suddenly, you have many brand-new expenses (hello, child care) and zero time to look for new ways to save.

So we did the searching for you. With the help of our readers, we've scoured the Internet and other sources for the most wallet-friendly ideas for surviving and thriving with babies in tow around Puget Sound. Here are 25 of our favorites. (Find more ways to save at parentmap.com/babysave.) And remember: Babies might be expensive, but they will never complain about secondhand onesies, diapers or toys.

baby, save!

Baby gear on the cheap

Diapers, baby clothes, high chairs, car seats, bottles: It never ends! Here are websites and tips for saving on all that stuff.

1 Get free stuff! Join a local **Buy Nothing Facebook group** (buynothingproject.org), where you can post wants and needs, browse items up for grabs and donate goods you'd like to get out of the house. And you'll get to know your neighbors in the process (win-win-win!).

2 If you can, **go with reusable diapers**, which can save you \$1,000 or more over the diaper-changing years. Local services such as Baby Diaper Service (babydiaperservice.net) make it simple.

3 **No crib, no problem.** A previously owned pack 'n' play with a specially fitted extra pad is a great inexpensive substitute for a crib, and it saves space, too. (But be safe: Always check for recalls and follow manufacturer recommendations!)

4 Save on groceries by **making your own baby food**, a process that can be as simple as mashing an avocado or microwaving a sweet potato. Find tips at parentmap.com/babyfood.

5 When you can't find gear for free, buy used. Beyond Value Village and Goodwill, shop Craigslist and local family-oriented consignment or secondhand shops, such as **Saturday's Child** in Bothell, **Kym's Kiddy Corner** in North Seattle and **Hopscotch Consignment** in Bellevue.

6 **Thrifty NW Mom's** website (thriftnorthwestmom.com) offers family-friendly saving tips on everything from diapers to vacations, as well as printable coupons on local deals. Discover more sales, deals and tips on cute gear and clothes at **Seattle Moms Deal Finder** (seattlemomsdealfinder.com).

7 Find fabulous deals on baby stuff at **BabySteals** (babysteals.com), and for older kids at **KidSteals** (kidsteals.com).

8 **Frugal Living NW** (frugallivingnw.com) is a one-stop shop for deals, sales and ideas for practical frugal living. The site posts details of sales from major retailers, promotes local businesses and rounds up coupons that you can use.

9 Put yourself on the **Jack & Jill** list (thejackandjillsale.com) to get word of its giant consignment sales, held several times a year and offering loads of baby and kid gear.

10 Want to invest in baby clothes that are so high in quality, you can pass them onto your children's children? Get **Hanna Andersson** clothes at cut-rate prices at its Woodinville outlet store (hannaandersson.com).

11 Reuse, then resell. Babies grow quickly, so you'll be able to sell **your baby's things on Craigslist or eBay** before you know it. Gear such as cribs and high chairs will hold up especially well.

>>

The power of onesie: Get Hanna Andersson clothes at bargain prices at the Woodinville outlet store



Save, baby, save
continued from page 25

Connection, support and child care

Connecting with other parents and community resources is critical, and doesn't have to be expensive.

12 Think you can't afford a doula? Browse **Doula Match** (doulamatch.net), which profiles thousands of doulas with fees that range in affordability.

13 Costs associated with breastfeeding — from a pump to a lactation consultant and more — **should be covered by your health insurance plan**. Check with your plan and find out more at healthcare.gov/coverage/breast-feeding-benefits.

14 **Maximize all the credits you can for child care**. If your employer offers a Flexible Spending Account (FSA), for example, you can set aside funds (up to \$5,000) for child care. You can also claim up to \$3,000 in child-care expenses per child per year on your federal tax return (though you can't claim the maximum for both an FSA and child-care credit).

15 Child care is often the single biggest added expense new parents face. To save, consider a **nannyshare**, a **home-based child-care center** (but make sure it's licensed and high quality) or an **au pair**



Find your village: Find a list of parent groups at parentmap.com/parentnetwork

(who can also teach your child a second language!).

16 Join a **hospital-provided breastfeeding support group**, such as those offered at several Swedish Medical Center locations (swedish.org), where you'll find expert advice and sanity-saving social connections, for an affordable fee.

17 **PEPS**, the flagship support program for new parents in the Seattle area, offers financial

assistance for joining its parent groups. Apply at peps.org/programs/assistance.

18 There are **many free parent groups** offered through local Listservs, Meetup and other platforms; find an extensive local list at parentmap.com/parentnetwork. Or, if you have friends with babies who are the same age as yours, **form your own group** and meet up weekly at someone's home or a baby-friendly coffee shop.



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19 Try one of the many **kid-friendly cafes** in the Seattle area (find a list at parentmap.com/coffee); your baby might not be old enough to play with the toys yet, but you may find a new friend.

20 Get outside, make connections and fight off isolation by joining a local **Hike It Baby** (hikeitbaby.com) group, a fast-growing network that offers parent-led hikes almost every day of the week.

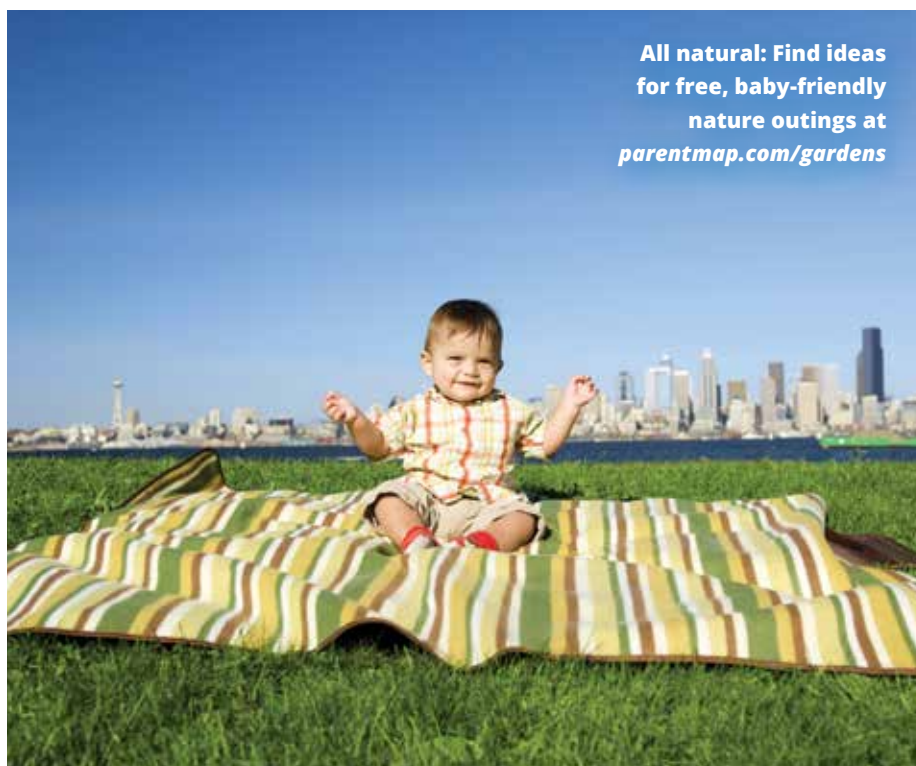
21 When your baby is a little older, your **local pool** is an inexpensive and fun outing, and it gets your babe used to water. Try the heated therapy pool at **Lynnwood Recreation Center**; find a complete list at parentmap.com/indoorpools.

22 Many libraries and bookstores feature a **free baby or toddler story time**. One good local option: **Mockingbird Books** in Seattle's Green Lake neighborhood (mockingbirdbooksgl.com), which has story time at 11 a.m. every day of the week except for Sundays.

23 During the rainy season, many local community centers have **indoor baby/toddler play times** several days a week for a small fee. Find a list at parentmap.com/rain.

24 Take advantage of the portability of your infant and check out a local museum exhibit on one of the many **free-admission days at museums** around the Sound: Seattle Art Museum is free every first Thursday, and the Henry Art Gallery is now free every Sunday. Find a complete list at parentmap.com/freemuseum.

25 Take your baby on a nature outing at one of the **Puget Sound area's gorgeous, peaceful gardens** — such as Bellevue Botanical Garden, Kruckeberg Botanic Garden or Kubota Garden — for free, any day of the week. Find ideas at parentmap.com/gardens. ■



All natural: Find ideas for free, baby-friendly nature outings at parentmap.com/gardens



Bear Creek Preschool
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BearCreekPreschool.org
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Dr. Diane Tung, D.D.S.
Board Certified Pediatric Dentist
206-800-7790

19270 Aurora Ave N, Suite 2
Shoreline, WA 98133 (next to YMCA)
www.shorelinekidsdentistry.com

Baby resources

2nd Base ★

Quality used and vintage
sporting goods
Seattle
206-325-2273
2ndbaseseattle.com

8 Limbs Yoga Centers 15

Prenatal and postnatal yoga
classes
Seattle; 206-325-8221
8limbsyoga.com
info@8limbsyoga.com

A Nanny For U ★ 4

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

ACME Bowling, Billiards & Events ★

Bowling, billiards, video games,
food and parties
Tukwila
206-340-2263
acmebowl.com

Adventure Kids Playcare Bellevue ★

Unique, drop-in child care;
infants–age 12
Bellevue
425-453-444
adventurekidsplaycare.com
bellevue@adventurekidsplaycare.com

Allegro Pediatrics (formerly Pediatric Associates) . . . INSERT

Quality children's health care in
your neighborhood
8 *Eastside* locations
425-827-4600
allegropediatrics.com

Annie's Nannies, Inc. ★ . . . 20

Nanny and family assistant
placement
Seattle
206-784-8462
aniseattle.com

Au Pair Foundation ★

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

Baby Bump Expo NW 14

Speakers, vendors, demos,
more; May 7, Oct. 8
Seattle, Tacoma
253-533-0967
babybumpexponw.com
babybumpexponw@gmail.com

Baby Diaper Service 9

Experts in naturally sustainable
cloth diapering
Greater Seattle area
206-634-2229
babydiaperservice.net
info@babydiaperservice.net

Bear Creek Preschool 27

Where faith, mind and heart are
fed together
Redmond; 425-898-1720
bearcreekpreschool.org
admissions@tbcs.org

Bellevue College Parent/Infant and Parent/Toddler Programs 15

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

Bloom . . . Pregnancy and Parenting Network 21

Give and seek advice, discuss
concerns, buy/sell/trade
All areas
bloomapp.com

Bringing Baby Home

New parent workshops with
Brien Wood, MA, LMHC
Seattle; 206-571-3069
brienwood.com
brien@pugetpsychotherapy.com

Capital Medical Center 4

Private birthing suites, expert
care for mom and baby
Olympia
360-754-5858
capitalmedical.com

CareWorks Nanny Referral Service 20

Innovative nanny solutions
Seattle; 206-325-9985
careworksnw.com
careworks.seattle@gmail.com

Chava Sobol Photography... 15

Natural-light photos of children,
families and events
Greater Seattle area
chavasobol.com
info@chavasobol.com

Child Care Aware of Washington Family Center 7

Helping families find quality
child care in Washington
Statewide
800-446-1114, 206-329-1011
wa.childcareaware.org/families

Coordinated Care 12

Health insurance plans for
Washington families
Statewide; 877-644-4613
coordinatedcarehealth.com

Creative Dance Center . . . 21

Classes for babies to adults and
summer camps
Seattle; 206-363-7281
creativedance.org
info@creativedance.org

Dizzy's Tumblebus and Bus Stop ★

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

Down Syndrome Community 2

Outreach, events and
connections for families
Puget Sound area; 206-257-7191
downsyndromecommunity.org
newparent@downsyndromecommunity.org

Eastside Pediatric Dental Group 12

Specializing in children's oral
health care; ages 1–18
Issaquah; 425-392-4048
eastsidepediatricdentalgroup.com
office@eastsidepediatricdental.com

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, classes,
birthday parties; ages 1–10
Redmond; 425-885-3800
greatplay.com/redmond
redmond@greatplay.com

Highlands Kids Dentistry . . 23

Superior dental care for children
Issaquah; 425-270-8920
highlandskidsdentistry.com
info@highlandskidsdentistry.com

Hopscotch Consignment Boutique ★

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

Jenn and David LLP ★

Parent-coaching, counseling,
therapy and support
Seattle; 206-707-1247
jennanddavid.org
jenn@jennanddavid.org

KCTS 9 Television 30

Programs, educational activities
for kids and families
Seattle; 206-728-6463; kcts9.org

Kiddie Academy of Bothell 22

Educational child care, camps,
before/after school
Bothell; 425-485-7200
kiddieacademy.com/bothell

KidsQuest Children's Museum ★

Classes, summer camps, family
workshops, special events
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

Le Petit Village French Immersion School 15

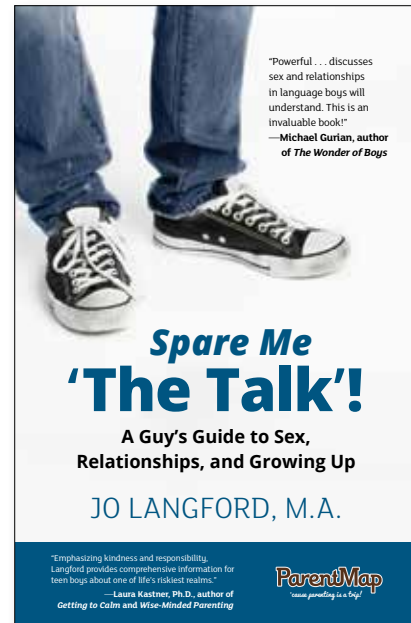
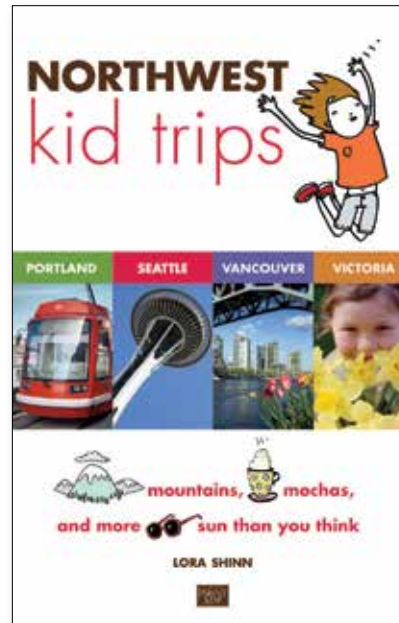
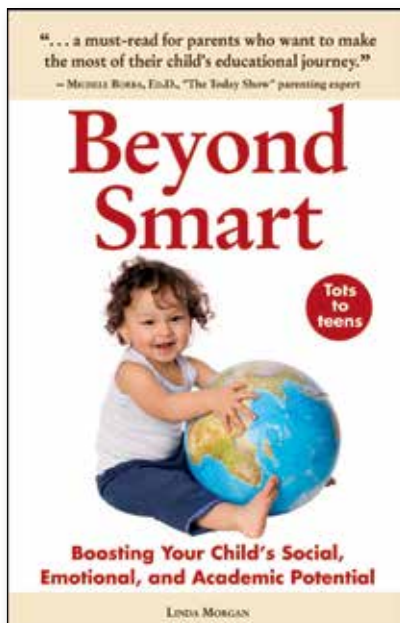
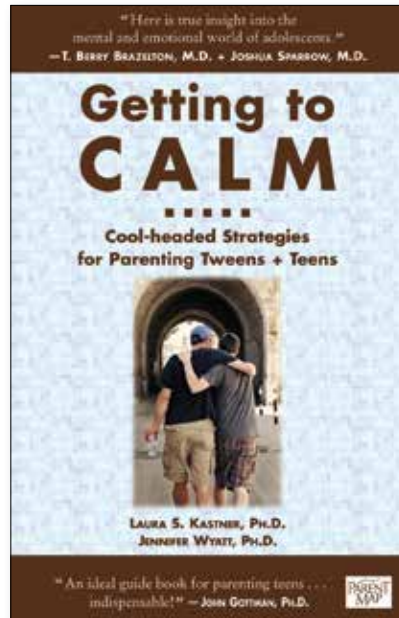
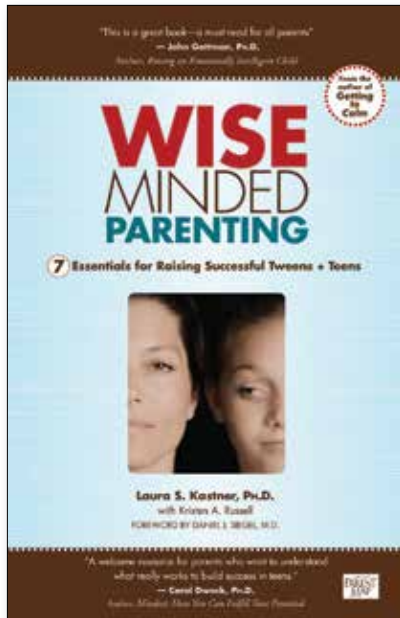
A happy, healthy learning
environment; ages 2–5
Seattle; 206-329-4336
leptvillage.com
jpvetvillage@yahoo.com

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for parents
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years!



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Baby resources

continued from page 29

The Little Gym 4

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

Metro Parks Tacoma ★

Camps and programs for all ages, from art to zoo
Tacoma
253-305-1022
MetroParksTacoma.org
info@tacomaparks.com

Montessori

Children's House 26

Montessori education for students 6 weeks–grade 6
Redmond
425-868-7805
mchkids.com
office@mchkids.com

The Nanny League 20

College-educated nannies and more
Greater Seattle and Eastside
206-349-1622
thenannyleague.com

Northwest Hospital Childbirth Center ★

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

Northwest Women's Show 16

Exhibits, entertainment, fashion, fitness, food, fun
Seattle
nwwomenshow.net

Penny Pumpernickel Pants Playcare ★

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

PEPS — Program for Early Parent Support ★ 2

Support and connections for growing families
Greater Seattle area
206-547-8570
peps.org
peps@peps.org

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

Samena Swim and Recreation Club 12

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

Seattle Children's Hospital ★

World-class health care for babies to young adults
Seattle
206-987-2000
seattlechildrens.org
askus@seattlechildrens.org

★ Featured at parentmap.com/directory



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WEEKDAYS

Wild Kratts

Nature Cat

7:00a

8:00a

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parentmap.com/baby

The Seattle Nanny Network, Inc. ★

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

Shoreline Community College 21

7 co-op preschools with
parenting education
Shoreline
206-546-4593
shoreline.edu/parenting-education

Shoreline Kids Dentistry 27

Specialized dentistry for children
and teens
Shoreline
206-800-7790
shorelinekidsdentistry.com

St. Thomas School 17

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

Sunshine Music Together LLC 9

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

Swedish Urology Group, P.C. 2

Comprehensive, state-of-the-art
urologic care
Seattle
206-386-6266
swedishurology.com

Top Ten Toys 22

Classic and hands-on toys
to inspire creativity
Seattle
206-782-0098
toptentoys.com
info@toptentoys.com

Toy Tamer ★

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

UCDS Studio — Infant Toddler Program ... 11

Each child is unique, capable
and ready to learn
Seattle
206-547-8237
ucds.org/studio
katiew@ucds.org

Wee Tots Children's Store 7

A modern children's store
carrying a large selection
Bellevue
425-502-7182
shopweetots.com
contact@wee-tots.com

Wellspring Counseling 7

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

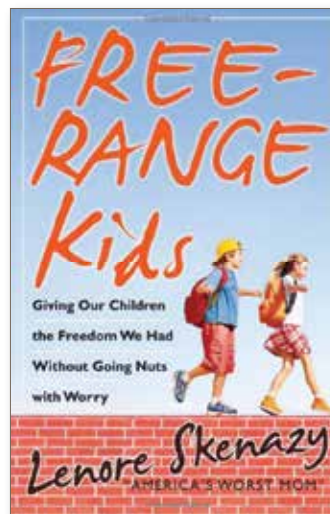
WiggleWorks Kids INSERT

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

YMCA of Greater Seattle 14

Child care where kids grow
and thrive; ages 0-12
Multiple Puget Sound locations
ykids.org

Free-Range Kids author and "World's Worst Mom" comes to Seattle!

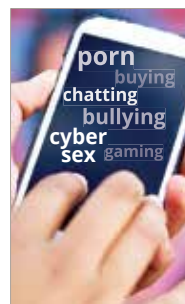


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Fox News, NPR,
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