

WHAT MATTERS TO MOMS

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Parenting

Get your
baby to sleep
through the night

KIDS' SCARY SYMPTOMS
When to call the doctor,
when to relax

"But WHY?"
Easy answers to
tough questions

8 things
no one
tells you
about
being a
mom

**Make family
meals fun**
(Hint: It's
not about
the food!)

Stubborn kids
Keep the spirit,
lose the attitude

Parenting.com



Don't get dumped on!

You're used to saying no to your kids—but how about to your boss? To turn down additional work, without sounding like a slacker:

- **Keep it simple and pleasant**

No one wants to hear an elaborate explanation (your kids tune those out, too). Try “I wish I could help, but I'm swamped with this current project.”

- **Emphasize the upside**

Stress that this will allow you to finish other work your boss really needs you to do. Make sure she knows she can still turn to you in the future.

- **If pressed, suggest a solution**

Perhaps you and a coworker could split the task, or you could get an extension on another project if this new one's a higher priority.

- **Got stuck with it anyway?**

Don't grumble. Negotiate the due date or tasks involved, and keep your boss in the loop if you run into problems.

—LISA TUCKER McELROY

Your next project: learning to just say no

Mom Tip! “When I was breast-feeding, I listened to music in my office while I pumped to help me relax.”

—REBECCA KARAMEHMEDOVIC, PARENTING STAFFER

How to find the best daycare

Touring a facility is the best way to get a feel for the place. But also ask questions that scratch below the surface, like these from the National Association of Child Care Resource & Referral Agencies' free booklet *Is This the Right Place for My Child?* (naccrra.org/parent/quality_indicators.php):

- **Does the staff read to the kids regularly?** A good selection of age-appropriate books will give you a clue.
- **Is someone always present who has first-aid and CPR training?** Ideally, all providers should be certified and should receive continuing education on caring for children.

- **Are there regular daily or weekly activities planned?** Ask if there's a set curriculum—and review it to see if you like it.

- **Do parents evaluate the program?** There might be a report you can read. If not, drop by at pick-up time to get the lowdown from other moms and dads. —AMY ROBERTS



More power to you!

Cell phone dying—again? You don't need to wait till you get home.

The **TC² Charger** takes just two AA batteries and will juice your phone for two days of standby (you can even talk while it charges).

The unit comes with an adapter for your cell phone or other mobile device. \$30; turbocellcharge.com