

The Crib Sheet

Mothers and More Chapter 230

April 2007 • Volume 2.2

Upcoming Events

Friday, April 27: Book Club (Running With Scissors, by Augusten Burroughs). 8:00 p.m.; Abbie's. Contact Amy A./Abbie.

Wednesday, May 2: Mothers Day Pictures; 3:00 p.m.; Kensico Dam. Contact Rebecca.

Friday, May 7: Fundraising Lunch; 12:00 p.m.; Blue Moon. Contact Emina.

Wednesday, May 16: Botanical Gardens; 12:00 p.m. Contact Jen B.

Friday, May 18: Mom's Night Out; location and time to be determined. Contact Erika.

If you are looking for more info. about Mothers and More, please see our website at www.momsofwestchester.com.

If you are interested in joining Mothers and More, please send an e-mail to newmemberinfo@momsofwestchester.com.

Decisions Affected by Depression?

I was unaware (prior to my first son's birth), that parenting involves making at least 1000 decisions a day. Some are big; some are small. Some become all consuming.

For example, well before my older son turned one I was asked whether I was going to send him to a Twos Program. Like a few of the moms who responded to our survey about Twos Programs, I didn't even really know what one was. I now do! (It's basically pre-pre-school).

I did my research and it became obvious that the main issue for us was readiness as our son was what they call a "young 2." In the end, we decided he was ready (and so was I, for various reasons). He's happy; so are we. Half of you are ready too!

Sometimes, we feel incapable of making

decisions and there may be a reason for this. Our 2nd survey covered a very serious topic, post partum depression. Interestingly, although more than 35% of the respondents reported some level of post partum depression, I rarely hear or have heard it mentioned at our gatherings. I hope this will change and that if anyone out there is suffering and needs help, they will feel comfortable either discussing their feelings, or asking for help!

Enjoy the newsletter, and if you have any suggestions as to how it may improve, e-mail me at toby_linder@yahoo.com.

One final note, thanks to Beth P. for distilling the (LONG) list of new members into a very interesting article!

Toby L.

Join Our Bookclub (and Show Your Child That Mommy Reads , Too!)

The book club has been meeting approximately every six weeks and attendance is great.

In January, we read *Thunderstruck*, by Erik Larson. In March, we read the *Secret Lives of Bees*, by Sue Monk Kidd. It led to an interesting discussion on religion.

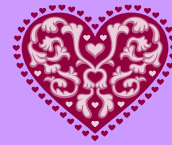
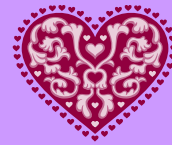
In April, we are reading *Running with Scissors* by Augusten Burroughs. It will be fun to hear our members' take on the poor mothering skills described in the book!

Please e-mail suggestions to applesa1@yahoo.com. Please join us for fun conversation and some good eats!





Parents and children sing along with Rebecca at our Valentine's Day Party



We've Got New Members to Meet and New Names to Learn!

Kids – my how they grow! Our kids, that is, the children of the Mothers and More (M&M) extended family. Not just growing up, but multiplying, exponentially, in the membership ranks of our fine organization.

Since January 07, more than 35 moms and babes have signed on for our communal mothering experience, and we are richer for it. All mothers, new and old pros, benefit the world by adding life to it, and it is no different within our M&M community. New faces bring new life and different experiences to our playgroups, day trips, evening jaunts and family get-togethers. New kids to keep us young. New friends to keep us vital. And new ideas that let M&M flourish.

It would be exhausting to shake out the scroll of new names, but I think that thanking them for their participation is certainly warranted. So let me just say, Sarah Teri Deb Mary Colleen Marisa Lisa Michele Maria Aldina Colleen Maura Tricia Laurie Ann Cecelia Emily Amy Libby Tricia Jules Laura Petra Amishi Joyce Christine Bari Jennifer Michelle Ally Elisabeth Bridget Ellen Nicole Janice...Thanks and

Welcome. And sorry for the exhausting scroll of names that I just shook out.

It's easy to get excited about newcomers joining the fray, but hard to know just what kind of lovely people are now coming to get-togethers simply by looking at the new contact list. Obviously, they all share good taste, as they've joined a splendid organization. But there is something more telling here, buried in the dry Excel formatting. It is the names they gave their children. That, more than many other things, gives a clue into the myriad of interesting types who come to M&M.

Naming a child is one of the first most creative, weighty and personal tasks assigned to parenting. It is the child's initial ID, their literal marker, and eventually shaper of identity and its perception. (Several of the newer baby naming books capitalize on perceived name theme/flavors, listing associative "brother and sister" selections based on the initial name being investigated.) So it is with (continued on next page)

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great interest that I look at the names of the new kids – windows into the personalities of the parents. Which, at first glance, seems to be a wonderful mix of creative and the traditional.

From Tate and Tadhg to Michael and Rachel, the names run the gamut of flavor and tone. Gannon, Rowan, Aiden, Roman fall lyrically off the tongue. Isaac, Maxwell, Vito and Nick emanate strength. Annika, Elisha, Derya, Giuliana dance off the spreadsheet on the power of vowels alone. And

on and on – names that parents held in their hearts before bestowing on their heads. How lucky we are to meet them, and know them beyond their monikers! But because we are a growing place, as dynamic as the names that keep lengthening our rosters, it's important that we all stay connected as we expand. It keeps us feeling like friends, and even family. So next time you get together, introduce yourself, and reach out to a face you haven't seen before. M&M is a neighborly place, after all. And I'm sure they'll remember your name.

-Beth P.

My Child is Two, What to do?

We recently asked our members if they were sending (or had sent) their children to twos programs and, if so, how many days per week. We also asked our members to provide us with their reasons for sending or not sending their children to a program.

Of the 25 people who responded, 13 are sending their children to twos programs and 12 are not.

Of the children who will be attending, they will be attending the following number of days:

1 day	1 child
2 days	4 children
3 days	3 children
4 days	0 children
5 days	1 child.

(Note, only 9 of the 13 people who responded informed us of the number of days their child would be attending).

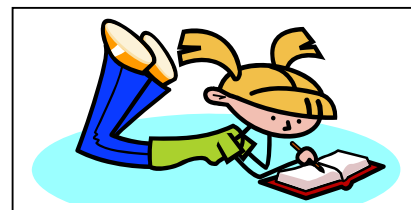
The most common reason provided (5 respondents) for sending a child to a twos program was the desire for the child to interact with other children.

Other reasons were: meet local children (2 respondents); provide structure for child (1 respondent); mom needs a break (1 respondent); and want someone else to teach child how to share (1 respondent).

The most common reason (7 respondents) for not sending a child was the concern that the child was too young and/or not ready. This might be because the child is born near the end of the year (i.e. like my son, born Nov. 9 and the cut off for school in our district is Dec. 31st and for the district in which our pre-school is located is Dec. 1st). Related to the age issue was the expense. 2 respondents expressed concern that the classes were expensive, and not worth the expense for children so young.

Other reasons were: belief that child gets enough interaction with other children through playgroups (1 respondent); feeling that as had decided to be a stay at home mom, should actually be WITH child (1 respondent); and concern about ability to speak and articulate health/allergy concerns (1 respondent).

Given the split almost down the middle, the survey results can't tell you whether or not you should send your child to a twos program. However, the reasons provided by the respondents give us a lot to think about! Good luck with your decisions.



Post-Partum Depression: More Prevalent than Expected

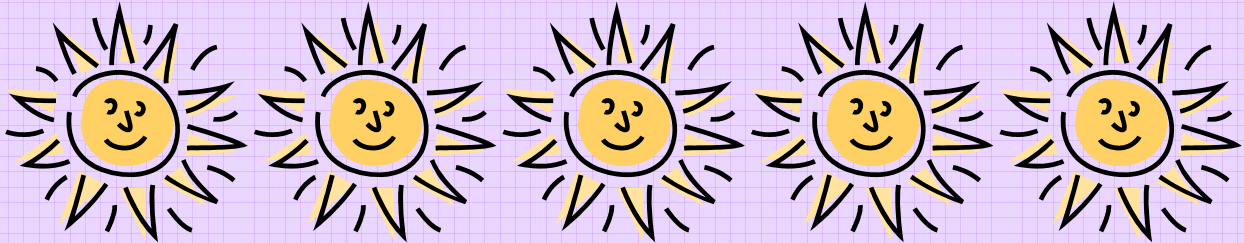
Over the past few years, public awareness about post-partum depression (“PPD”) has increased. We’ve seen Brooke Shields and Tom Cruise fight about it. We’ve seen Britney Spears invoke it to describe her strange behavior. We’ve probably had our OBs ask us about it. However, when I began feeling a little down about 4 months after my second son was born, I tried to think if PPD had ever come up during my interactions with Mothers and More members. To my memory, it had never been discussed, at least not in depth. So, we decided to survey our members about it.

We had responses covering 28 births (a few less actual respondents as some of our members have more than one child). Interestingly, 12 moms reported suffering from PPD. Here is how they rated their experiences:

Mild PPD	4 respondents
Moderate PPD	7 respondents
Severe PPD	1 respondent.

Four respondents took medication; two sought counseling.

The most interesting fact, to me, was that a number of the respondents indicated that, thinking back, they probably were suffering from PPD but brushed their feelings off as exhaustion, fear, breast feeding terror, etc. They indicated that they wished they’d discussed it with someone rather than suffering in silence. I think that’s very telling and hope that this changes!



Playgroups

Part of what Mothers and More does is to organize playgroups! Chapter 230 has many, mainly organized by year of birth. We also have one based on location (north of 287) and a Saturday group. If you are interested in joining a playgroup, please contact our leader and she will put you in touch with the appropriate group for you and your child.



Our busy members (and one great poser) at the Stepping Stones Museum in March.