

# The Crib Sheet

Mothers and More Chapter 230

December 2005 • Volume 1.1



Emina, Nicole, Michael, Kristine, Matthew, Barry and Charlie at the Halloween Party

## Upcoming Events

Dec. 3: HOLIDAY PARTY. 2:00 p.m. – 4:00 p.m., Sunrise Assisted Living in Yonkers.

Dec. 9: Planning Meeting. 8:00 p.m., Laura P's.

Dec. 11: Movie Night Out! 6:00 p.m., United Artists, Yonkers.

Dec. 14: Open Playgroup. 11:00 a.m., Starbucks, Midway Shopping Center, Central Avenue.

Dec. 21: Cookie Swap. 2:30 p.m., Beth's.

Jan. 6: Planning Meeting, 8:00 p.m., location TBA.

Jan. 10: Story time at Starbucks. 11:00 a.m., at a Starbucks TBA.

Jan. 17: Open House, 10:00 a.m., Laura M's.

Jan. 20: Body Shop Event, 8:00 p.m., location TBA.

Jan. 25: Cuban Cooking Demo. 2:30, Beth's.

## Happy Holidays and Welcome

Welcome to the first newsletter of Mothers and More, Chapter 230.

When we were looking for a name for this newsletter, one suggestion was Choices. It was a great suggestion. Each and every member of Mothers and More has probably made, during the past year, 1000 choices. Some choices we make concern very small issues, some concern very large issues. All I know is that since I made the

choice not to return to work, I have been extremely happy. Of course some of my happiness has to do with my lovely son Charlie, but a lot of my happiness also comes from my interaction with the members of Chapter 230.

So, to all the members, I say thank you and Happy Holidays!

Toby Linder  
toby\_linder@yahoo.com

## Opinions, Opinions and More Opinions

Each edition of the newsletter will contain reviews of programs, products, toys, etc. Please contact Toby Linder if you have anything you'd like to review!

### Product Review: The Nuby Sippy Cup

Name: Nuby

Manufacturer: Luv'n Care

Cost: 3\$ to 5\$

Available: CVS, BuyBuyBaby (sometimes), Target

**What I love about the Nuby:** This is not your average sippy cup! My son refused to drink from sippy cups until Chapter 230 member Rachel told me about this cup. It has a soft spout, almost like a bottle nipple. Once my son learned to drink from this cup, he actually could drink from other cups as well. It changed my life!

**What I dislike about the Nuby:** Not much. However, there are no markings for ounces, and there is no cover for the spout. Also, it is sometimes hard to find.

-t. linder

**If you are looking for more information about Mothers and More, please see our website at [www.mothersandmore.freehomepage.com](http://www.mothersandmore.freehomepage.com).**

**If you are interested in joining Mothers and More, please contact Laura at [lepierson@gmail.com](mailto:lepierson@gmail.com).**

## Activity Review: Gymboree

**Activity:** Gymboree, Level One

**Location:** Central Avenue, Scarsdale

**Cost:** \$285.00 for 13 weeks, plus one time fee of \$35.00

**Description:** My son Daniel and I took the Gymboree Level One Class this past summer. Daniel was born in late March, so by late June, I was ready to add a structured activity to our schedule. I am the type of person who would usually do all sorts of due diligence comparing prices, locations, teaching approaches, etc., before signing up for a program like this, but I received a flier in the mail and I knew a friend of mine had taken the class with her son and recommended it. I also wanted to meet more new moms – so I just signed up. As it turned out, my son really loved it.

The Level One class is from birth through six months. Most of the babies in the class were about three months old. The class is forty-five minutes long and combines music, movement and baby massage. It begins with some singing and rocking. Many of the songs also have parts where you move your baby's arms and legs, rub his or her back or tickle him or her. Every class also has some tummy time where they put a large mirror on the floor so that the babies can see themselves and each other when they lift their heads. The instructor then introduces the activity for the week – she explains how it enhances your baby's development. Over the course of the class we played with the parachute, beach balls, and inflatable equipment. Each class ended with baby massage and then a goodbye song from Gympo (the Gymboree mascot).

**What I like about the Program:** Daniel really loved the singing and the playing. It was so much fun to see Daniel track the colors and squeal with delight while I held a colorful beach ball over his head, or to see him kick his

arms and legs with excitement as the parachute went up and down above him. None of the activities at this stage were so difficult or required unique equipment that I could not do them on my own at home, but I don't think I would have thought of most of them! The instructor was really enthusiastic and great with the babies. A nice feature of the program is that they allow you to take makeup classes at any other class time if you miss a class for any reason. I have really liked that flexibility.

**What I dislike about the Program:** Daniel could have done without the baby massage. I think they spent too much time on it. And, there are some logistical problems with Gymboree in general. I found it somewhat difficult to deal with Gymboree because you cannot call the Scarsdale location directly. I think it is a franchise operation and you call an 800 number where you leave a message and someone calls you back. There were times over the summer when I wanted to speak with someone at my location and I could not get through. Additionally, although we really liked our instructor, the instructors do change from day to day and the quality of the instruction does vary, so I would recommend trying different days until you find an instructor you like. (We went on Friday; our instructor was Bridget).

**Final say:** Overall, I highly recommend the Gymboree program. We are currently in the Level Two class and we are doing more and more with the specialized equipment. Daniel's face lights up when we enter the colorful room. The Gymboree website at [www.gymboree.com](http://www.gymboree.com) (go to the Play and Music link) has current information about classes and prices. Gymboree allows prospective babies to attend a free preview class if you are interested. Feel free to contact me at [eanda@optonline.net](mailto:eanda@optonline.net) if you have any questions at all.

-e. rublin

## New Members

**Nora Horlacher:** *Nora and her son Sean, born April 2005, live in Yorktown Heights.*

**Patricia Segreti-DiDonato:** *Patricia and her daughter Alexa, born February 2004, live in Eastchester.*

**WELCOME !!**

*Yippee!!*

*Please join us in welcoming Lucas, son of co-leader Laura, born October 20<sup>th</sup>!*



## Playgroups

*Part of what Mothers and More does is to organize playgroups! Chapter 230 has many. Each group has a leader, and the overall leader is Emina H. Please contact Emina H. ([mina886@aol.com](mailto:mina886@aol.com)) if you are interested in joining a playgroup and she will put you in contact with the appropriate person.*

**2005:** Cathleen Elliott

**2004:** Emina Hormann

**2004-2005 Combo:** Toby Linder

**2003:** Kim Fitzpatrick

**2002 Saturdays:** Abbie Olsen

**2002:** Cindy Hughes

**2001:** To be determined

**Weekend:** Desiree Destefano

**Music and More 2004-2005:** Beth Ferrer

## A Special Message from Member Janet H.

Janet submitted this heartfelt piece of writing about her son's first day of school. Thank you Janet. Please contact Toby Linder if you have anything you'd like to submit!

### **And then it came, your first day of school...**

Dear Austin,

Since the day you were born, I waited for things. The first smile, the first word, the first steps you took . . . . As you got older, I anticipated other things just like any other mommy does including your first day of school.

I know your reaction towards school has pretty much wrapped up your entire year for you, my son. Sure, your first day was great, but it was short lived. It was only for 2 hours and then we went to celebrate your birthday with your pals at Sportstime. The rest of the week was easy too because it was so new and so was the next. But, by the third week, the novelty wore off and it just wasn't so fun anymore.

From fun, it went to tears. Everyday there has been tears. Mommy went to visit you at lunch to help make it better for you. Daddy went and actually had lunch with you. Grandpa dropped you off. Grandma picked you up. But, no matter what, everyday there has been a battle. Not with the school work or with listening, but just with behavior. You don't speak at school. You don't play in the playground. You're just withdrawn. You actually sit by the wall and wait till the playground time is over, as if you were secretly wishing for it to be. (I know because I go check on you and hide so you don't see me.) You cry, cry, cry. And, although my heart breaks every time you do, I have to leave you because I need you to get used to it.

I know you just turned 4, but you have always been VERY aware of what's going on and telling you that I'm getting coffee or that you were just playing with some new friends wasn't going to cut the cake when I started bringing you to school and leaving you there. Sorry that I have to be the bearer of bad news. But, **YOU ARE OFFICIALLY IN SCHOOL FOR THE REST OF YOUR LIFE.** That's why I have never really been in a rush to put you in anything. Once school starts, it doesn't end for a long, long time. Of course the state does not require you to start until you are six and in the need to go to first grade. But, what the hell are you going to do all day long if you didn't? It's just that in Yonkers, school is 5 days a week and from 8:30am-3:15pm. All day, every day. I couldn't and can't put you in for a few hours to break the ice. Once you are there. You're there.

At school, there are children from age 3 – age 13. The little ones are cute and some are just bad. And, the big ones are not so cute and bad. Mommy, Daddy, Grandpa, Grandma and all your friends like Ben, Nicole, Patrick, Matthew, Sara, Damian and Andrew are just not there. They are not and will

not be the children you see everyday. There are different children there. They are not your buddies yet. There are rules and lots of grown-ups that you have to listen to all day. So, what I thought would be a great experience and what you thought would just be a different place with activities is truly a scary place. And, there's no one to defend you but you.

I know it's been a tough year buddy. You started off the year by running into the radiator and needing stitches, got kicked out of your old room (although getting a bigger and better room) to accommodate your new baby brother and finally got sent to a structured institution where play is a four letter word.

Some day, we'll look back and laugh at this. And, if you are ever valedictorian, I'll never let you forget it. But, for now . . . just hang on little buddy. Like I say everyday, Be Brave, Be Healthy, Be Strong and Be Good. We'll all be here when your day is done. It'll just have to wait until 3:15pm.

All my love,

Momma

*Janet Hourican*  
*Mother of Austin and Dylan*



Janet, Dylan and Austin at the  
Halloween Party