

# The Crib Sheet

Mothers and More Chapter 230

December 2006 • Volume 2.1

## Upcoming Events

January 12: Book Club; location and time to be determined; contact Abbie O.

## What a Difference a Year Makes

Last holiday season, things were looking up for me. My son was about to walk, and had started napping at least some of the time. I even had some time to myself.

Now, with a newborn, I'm lucky if I brush my hair, let alone take a shower each day. It is tough, and honestly, I'd probably stay home a lot more if it wasn't for Mothers and More.

People see me with both kids at events and question how I managed to get out the door. The answer usually is . . . I barely managed. However, I am determined to attend at least some events, as I need to see other people, as does my older son. Knowing there's a Mothers and More event coming up helps me get through the day. Knowing that I will show up and someone will hold the newborn for a while or at least watch the older one for me, is great too.

The support I've felt since the little one was born is wonderful.

And, it isn't just me. This newsletter contains some additional evidence about how great it is to be part of this organization and how our members have supported each other in times of need. It's so amazing.

I wanted to let everyone know that as of the end of the year, I will be stepping down as co-leader. It's been a great year, thanks to the other members of the board, including Laura P., Kristine, and Laura M. Jen B. has agreed to be a co-leader. I'm thrilled and know she'll do a fabulous job.

Enjoy the newsletter, and if you have any suggestions as to how it can improve, please e-mail me at [toby\\_linder@yahoo.com](mailto:toby_linder@yahoo.com).

Toby L.

## A Note from our Bookclub Coordinator – Amy A.

The book club has been meeting monthly since September.

In September, we read *We Were the Mulvaneys* by Joyce Carol Oates. We Westchester moms did not relate to Ms. Mulvaney. How could we? A mom who sends away her daughter after she has been date-raped, just so her husband wouldn't have to face what happened to his little girl?

In October we read *Wicked*. Again, we couldn't relate to the main character. This poor girl suffered so much because she was green. We swore we would be there for our kids through thick and thin. We actually had an interesting discussion about knowing the difference between being there no matter what versus enabling our children and in the end not helping them at all.

In November, we read *the Power of One*. Finally a book that was inspiring. It was about a child who comes from nothing and accomplishes so much through determination and perseverance.

We are taking a break through the holidays and will resume in January. The selection is *Thunderstruck*, by Erik Larson. Please e-mail suggestions to [applesal@yahoo.com](mailto:applesal@yahoo.com). We usually meet the 2<sup>nd</sup> Friday of the month. Please join us, if not for the scintillating discussion, at least for the yummy food and a glass of wine.

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

If you are interested in joining Mothers and More, please send an e-mail to [newmemberinfo@momsofwestchester.com](mailto:newmemberinfo@momsofwestchester.com).



Three young members enjoy the annual Mothers and More Halloween Party.



*Welcome to our MANY MANY New Members!*

Shara A. and her son Kaleb, born March 05, live in White Plains.

Preethi A. and her daughters Trisha, born Sept. 05, and Lori, born May 03, live in Millwood.

Melissa A. and her son Liam, born April 06, live in White Plains.

Lynn B. and her daughter Sophie, born Sept. 05, live in Rowayton, CT.

Helen B. and her daughter Emily, born May 04, live in Scarsdale.

Sharon C. and her daughter Alessandra, born Aug. 06, live in Hartsdale.

Li-Chiou C. and her daughter Charlotte, born Aug. 06, live in White Plains.

Gretchen C. and her daughter Elizabeth, born April 05, live in Mamaroneck.

Nicole D. and her son Evan, born Feb. 05, reside in the Bronx.

Mara F. and her daughter Gabriella, born March 06, live in White Plains.

Michelle F. and her son Logan, born June 06, live in Scarsdale.

Denise G. and her son Ryan-Sutton, born March 06, live in Mamaroneck.

Christi G. and her son George, born July 06, live in White Plains.

Min G. and her daughter Amber, born March 06, live in White Plains.

Lucy H. and her daughter Ariana, born Feb. 06, live in New Rochelle.

Tara J. and her son Erik, born May 06, live in White Plains.

Katie K. and her son Jamie, born May 06, live in Yonkers.

Nina L. and her son Brian, born Jan. 06, live in Mount Vernon.

Christine M. and her son Aaron, born July 06, live in Hartsdale.

Christine McG. and her daughter Meghan, born June 06, live in Larchmont.

Tara M. and her sons Liam and Cormac, born July 05, live in Irvington.

Stephanie M. and her son Silas, born July 05, live in Dobbs Ferry.

Denise P. and her son Dylan, born Aug. 06, live in Hartsdale.

Sara P. and her son Jake, born April 05, live in Port Chester.

Jana R. and her son Michael, born July 06, live in New Rochelle.

Abby S. and her daughter Esther, born Feb. 06, live in Ossining.

Heidi S. and her daughter Emily, born Sept. 05, live in Scarsdale.

Sarah Y. and her daughter Elspeth, born July 06, live in Dobbs Ferry.

Liz T. and her son Joey, born July 06, live in White Plains.

Beth W. and her son Conrad, born May 06, live in Yonkers.

**THANK YOU**  
to **Laura P.**, who despite breaking her leg in multiple places, continued to devote significant time to our recruitment efforts!

## *It Takes a Village*

By now most of you may have heard about the dangers of apple picking. I stepped on an apple while carrying my son Aiden. We took a tumble down a hill resulting in me breaking my leg and dislocating my ankle. The good news is that Aiden was not scratched and that we were surrounded by friends. My Mothers & More friends have worked hard from that moment to take care of every detail. That day they coordinated getting my car and my son from the orchard and my husband from the train to the hospital way up in Putnam County. Then they stayed with us at the hospital WITH ALL THEIR KIDS until late that evening when I was taken into surgery.

I wish I knew how to best describe the feeling that I had that day and to quantify the effect it has had on my family every day since the accident knowing that my Mothers & More friends were there, thinking ahead about my needs, creating a safety net with kindness and love. In the six weeks that I had my leg in a non-walking cast, we have enjoyed countless meals brought to us by all my good MM friends. So many meals that in the six weeks we have ordered out only twice! My husband has had little cooking to do other than to warm the stew, or the chicken, or the lasagna, or the soup, or the pasta. Many of you attended the "Let's Dish" evening and generously shared your meals with us. I cried (a bit like a baby) when I learned of your generosity so much so my son started crying too until my husband convinced him that mommy was actually really happy.

We have been helped in so many other ways. A friend brought a basket of toys for Aiden shared by her daughter. Being toys he did not have, he was fascinated with them for three days straight when I first came home from the hospital. Those toys kept his attention when I could not give him mine. Aiden has been picked up and taken to playgroups and to the park many times. I have received goody bags with not only books, magazines and candy for me but also fun books for Aiden. He now cries for "fish" over and over which is the Rainbow Fish book he received.

I have received so many email and calls offering help in every way possible. Of course I would never wish anyone to experience such an accident but the experience of friendship that I have experienced since will stay with me a lifetime. Neil and I are not lucky enough to have much family nearby but in our time of need we have sure felt surrounded by an incredible support system. We thank you all and wish you a happy new year.

Much love,

Laura, Neil & Aiden Pierson

### Welcome to our Newest Little Members

Owen, son of Toby L., born in September.

Sienna, daughter of Amy A., born in November.



## *C-Section Survey Results are In!*

We've all read about the increased number of c-sections nationally. After multiple discussions with members, it seemed as if our membership was following the national trend. I was curious if this was actually true. So, we did an informal survey (and we had 50 responses [covering 60 children!]). Here are the results.

There were 29 vaginally delivered children; there were 31 children delivered by c-section.

Of the 31 c-sections, 15 were emergencies, initiated after some labor, due to danger to either mother or child/children.

Of the 16 non-emergent c-sections, 9 were second children, whose older siblings had been delivered by emergency c-section. The remaining 7 c-sections were first born children and were scheduled for a variety of reasons, including breach positioning, large size of child, small size of mother, etc. 6 of the c-sections on first born children were done on recommendation of the mother's physician. Only 1 c-section was truly elective.

None of the respondents who had planned c-sections for the births of the first children had, or plan to attempt, vaginal birth after c-section ("vbac"). 5 of the respondents who had emergency c-sections indicated that they hope to attempt a vbac.

The numbers of c-sections were what I expected. What surprised me was the number of emergency c-sections. I thought more would have been scheduled. The most overwhelming emotion expressed in the responses to the survey was disappointment due to having an emergency c-section.

Please note, there's some discretion in determining whether a c-section was emergent. For example, if a c-section was scheduled 2 days before delivery because the baby was post due date and large, that could be considered "less" emergent than a scheduled c-section due to pre-eclampsia or waiting a few days for steroids to kick in to aid in lung development. I let the respondents determine whether or not they felt the c-section was emergent.

### **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 one of our co-leaders and we will put you in touch with the appropriate group for you and your child.



*Congrats to our Halloween Costume Contest Winners!*