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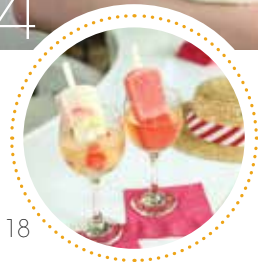
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Slaying the Dragon-in-law  
words Wendy Manwarren Generes

**On the Cover:** Olivia of Lewisville  
**Photography:** Hoyoung Lee

### PUBLISHER/ EDITOR-IN-CHIEF

joylyn niebes

### CREATIVE DIRECTOR

lauren niebes

### EDITORIAL EXECUTIVE EDITOR

wendy manwarren generes

### MANAGING EDITOR

carrie steingruber

### ASSISTANT EDITOR

jessica myers

### RESEARCH EDITOR

beth mcgee

### CALENDAR EDITOR

elizabeth smith

### ART

### GRAPHIC DESIGNER

susan horn

### EDITORIAL DESIGNER

katie garza

### ADVERTISING

### ASSOCIATE PUBLISHER

diana whitworth nelson

### ACCOUNT EXECUTIVES

samantha barnhart, nancy crosbie, nancy mcdaniel, kristen niebes, sandi tijerina, kerensa vest

### ADVERTISING COORDINATOR

amy klembara

### PR/MARKETING

### AUDIENCE DEVELOPMENT

### DIRECTOR

candace emerson

### ADMINISTRATION

### OFFICE MANAGER +

### DISTRIBUTION

robbie scott

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1300 W. Terrell Ave,  
Suite 340  
Fort Worth, TX 76104  
817.735.2300

Dr. Khoi Chu  
Dr. Shanna Combs  
Dr. Frank DeLeon  
Dr. Jacqueline Garda  
Dr. Christine Hoang  
Dr. Kellie Flood-Shaffer  
Dr. Andy Vu

### Acclaim Certified Nurse Midwives

Klabzuba Building  
1300 W. Terrell Ave,  
Suite 360  
Fort Worth, TX 76104  
817.735.2352  
nurse-midwife.com

Hannah Diamond  
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## The Acclaim Women's Health physicians provide the following options and services in healthcare throughout a woman's life:

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For those who choose the natural birthing process, our Certified Nurse Midwives offer the following services: intermittent fetal monitoring, freedom of movement during labor, birthing balls, breathing techniques, nitrous oxide, hydrotherapy and water birth, music, postpartum herbal bath and doulas are welcome.

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PREGNANCY

# PREGNANCY







## MOM-TO-BE: JAYME DITTO

**A**fter weeks of coping with pregnancy pain in her hips, mom-to-be Jayme Ditto traded in working on her feet as a PepsiCo contractor for working full-time from her Dallas home on Yeti & the Beast, the event styling and stationery business she co-owns with best friend Allie Hill. Now, the 29-year-old spends her days designing and nesting (collecting vintage furniture for the nursery) with husband and fellow designer Mitchell until the arrival of their baby girl in April.

**HOW DID YOU TELL MITCHELL YOU WERE PREGNANT?** I bought [the baby] a pair of baby Vans because I always told him that if you get a pair of baby Vans, it means we're pregnant. The next morning, I gave him a card with a quote from his wedding vows and the box with the shoes. He didn't have any idea when he opened the card ... but then he opened the box and saw the shoes.

**DID YOU WANT THE GENDER TO BE A SURPRISE?** No. I was really anxious to know because I wanted to get an early start on nesting and Mitchell wanted to know too. We're both graphic designers and very particular about styling our home, so we took the blood test at 10 or 11 weeks to find out the gender early.

**WHAT WAS RUNNING THROUGH YOUR MIND WHEN YOU GOT THE RESULTS?** Ever since I was little, I wanted a girl

but I was preparing for a boy because girls are extremely rare on my husband's side of the family. With the exception of his cousin's daughter, there hadn't been a girl born in his family in 21 years.

**HAVE YOU DECIDED ON A NAME YET?** We have. It's Harriet Walsh. My husband wanted to name her Harriet. My dad named me, so it was really special for me to have Mitchell pick the name. In the end, I really loved the name he picked so we went with that.

**HOW HAVE YOU BEEN FEELING? ANY NAUSEA OR PAIN?** Lately, heartburn and issues with my hips, but I've been going to Cafe of Life Chiropractic which has been so helpful.

**WHAT ISSUES HAVE YOU HAD WITH YOUR HIP?** I've had symphysis pubis dysfunction where your ligaments in your pelvis

bone become too stretchy too soon and it causes alignment issues. There is pain putting on my pants in the morning, putting on my shoes, walking too long and sitting too long. My chiropractor gave me a little belt to wear. It makes sure my hips aren't misaligned.

**ANY LABOR AND DELIVERY FEARS?** I'm trying to stay really calm about it. My doctor told me that labor is not my show or my husband's show or her show either. It is the baby's show. Just knowing that and accepting that early on released any fears and has helped me go with the flow.

**HOW HAVE YOU BEEN PREPARING FOR LABOR PAIN?** I was introduced to transcendental meditation. Growing up, I lived in an old house and the water heater would go out so quickly. When the water turned cold, I would pretend that I was at the beach enjoying a cold-water shower on a hot, sunny day. And I thought if I could make my body do that, I could do [labor].

**WHAT ADVICE DO YOU HAVE FOR OTHER MOMS-TO-BE?** Go with the flow. You're not in control. There are things you can try to control but your body is going to do what it wants. Take all the advice that people want to give you with a grain of salt because it's so different for every person.

## JAYME'S PREGNANCY MUST-HAVES



1 For a must-have snack, I've recently discovered the magic of a bowl of grapefruit and a dollop of **Noosa coconut yogurt**.



2 **Cafe of Life Chiropractic** has worked a miracle on my hips and back in the short time that I've been going to them.



3 I don't really have constant cravings, but a **root beer float from Dairy-Ette** always sounds good to me.

4 If you have a hankering for ice cream or gelato, **Central Market's gelato bar** will hook a pregnant mama up!



5 Blogs **A Cup of Jo** and **Designformankind** have been a few of my favorite pregnancy and parenting websites; for pregnancy apps, I regularly use **Ovia** and **The Bump** for daily updates, tips and tricks.

6 The **Leachco Snoogle Total Body Pillow** was passed down to me by one of my favorite ladies and it has been a MUST for me to get any sort of decent sleep. I think it should be a staple for every mama.



7 We set a baby moon, pretty early on, to visit **Joshua Tree** as our last hoorah with a few of my best ladies and their hubs.

8 I've loved the **Vans** brand since I was a preteen and I wear them now since I'm limited to flats. ●

*Find these items near you — see page 48.*



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## BEST FOR SOON-TO-BE MOMS

Where locals go when they're expecting

**T**he to-do list of things to accomplish before baby arrives can be overwhelming — and might be growing as a result of reading this issue. North Texas moms took a motherlode of research off your plate, voting for their favorite doula, childbirth class and more. Here, the results, which originally appeared in the February 2017 issues of *CollinChild*, *DallasChild*, *FortWorthChild*, and *NorthTexasChild* magazines.

### BEST CHILDBIRTH CLASSES

**COLLIN AND DENTON COUNTIES // TEXAS HEALTH PRESBYTERIAN HOSPITAL V DENTON AND PLANO**

The Prepared Childbirth classes at Texas Health Denton and Plano offer a crash course in the birth experience. Mom and Dad learn what to expect at each stage of labor and practice breathing techniques and labor positions. You'll leave the class knowing all your options for pain relief and delivery too. If you're within 4–8 weeks of your due date, register for a \$25 session.

Denton, 940/898-7000; [texashealth.org/denton](http://texashealth.org/denton)  
Plano, 877/847-9355; [texashealth.org/plano](http://texashealth.org/plano)

**DALLAS COUNTY // NORTH DALLAS DOULA ASSOCIATES**

The one-day Prepared Child-

birth: The Uncensored Version class, taught through North Dallas Doula Associates, covers topics such as the signs, symptoms and stages of labor; comfort measures like breathing; relaxation and visualization techniques; and ways to avoid unnecessary interventions.

Visit the Facebook

page for a calendar of events. \$125 per couple.

Dallas, 469/360-3810; [northdallas-doulas.com](http://northdallas-doulas.com)



**TARRANT COUNTY // BIRTH BOOT CAMP**

Birth Boot Camp's 10-week program teaches couples how to prepare Mama's mind and body for a natural birth. You'll embark on a nutritional program, learn muscle toning and relaxation techniques, how to write a birth plan and what to do when labor-

induced disorientation arrives (because it will). Tuition includes a workbook outlining labor positions, relaxation exercises and the postpartum period. Find a local instructor and register online. Some charge a \$50 registration fee to reserve a spot in the class.

Fort Worth area; [birthbootcamp.com](http://birthbootcamp.com)

### BEST HOSPITALS TO HAVE A BABY

**COLLIN COUNTY // TEXAS HEALTH PRESBYTERIAN HOSPITAL PLANO**

Texas Health Plano wins again. And the reasons are clear: high-risk pregnancy care, a level IIIB neonatal intensive care unit and private suites with options to use birthing balls and peanuts or a hydro tub during labor. After baby arrives, take advantage of lots of breastfeeding resources, including a breastfeeding support group run by a lactation consultant and Mommy Mixers for support and camaraderie. Call or go online to set up a tour.

Plano, 972/981-8000; [texashealth.org/plano](http://texashealth.org/plano)

**▲ DALLAS COUNTY // BAYLOR UNIVERSITY MEDICAL CENTER AT DALLAS**

Moms choose Baylor Dallas for a number of reasons. Spacious

labor and delivery rooms offer lots of options to help keep Mom comfortable, including oversize balls, an mp3 player hookup and a tub. Parents also like the private postpartum rooms with a sofa bed for Dad, the level III neonatal intensive care unit and the on-site, no-frills hotel that allows Mom (and Dad) to stay close if she's discharged before baby. Plus, postpartum care includes free mommy-and-me yoga classes and breastfeeding support groups. Call or go online to schedule a tour.

.....  
Dallas,  
800/422-9567;  
[baylorhealth.com](http://baylorhealth.com)

#### TARRANT COUNTY // TEXAS HEALTH HARRIS METHODIST HOSPITAL FORT WORTH

Alternative options such as water births and pain management that include nitrous oxide to take the edge off contractions make Texas Health Harris Methodist Hospital Fort Worth the top pick for expectant moms. New parents also praise the 17 private labor and delivery suites, the on-site lactation consultant and the level III NICU. Call or go online to schedule a tour.

.....  
Fort Worth, 817/250-2000; [texashealth.org/fortworth](http://texashealth.org/fortworth)

#### DENTON COUNTY // TEXAS HEALTH PRESBYTERIAN HOSPITAL DENTON

Moms like Texas Health Denton's level III NICU and the 11 private labor and delivery rooms that each have a rocking chair or recliner (some also have a tub). After delivery, you'll likely be famished. Pick your meal

from a menu or ask your hubby to bring your something from the on-site, 24-hour Vibe Fresh Market. Call or visit the website to set up a tour.

.....  
Denton, 940/898-7000;  
[texashealth.org/denton](http://texashealth.org/denton)

#### BEST BIRTHING CENTERS

##### COLLIN COUNTY // ALLEN BIRTHING CENTER

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#### EDITOR'S PICK

Wendy Manwarren Generes, our executive editor, shares a favorite Dallas-Fort Worth service she discovered while pregnant with her second child.

#### BEST PLACE TO FIND THE RIGHT SUPPORT

##### Nordstrom

As your waistline changes with pregnancy and new motherhood so too does your bosom. And while Nordstrom doesn't carry an extensive selection of nursing bras in store (there are more options online), they will measure you and turn any bra into a nursing bra for a nominal fee (\$16). They can even turn a bra you already own — and love — into a nursing bra (for \$32) or make it more comfortable for you during pregnancy by, say, removing the underwire. Visit the lingerie department for a free fitting.

.....  
Galleria Dallas, Dallas 972/702-0055 // Stonebriar Centre, Frisco, 972/712-3794 // North East Mall, Hurst, 817/590-2599 // NorthPark Center, Dallas, 214/231-3900 // [nordstrom.com](http://nordstrom.com)

Birthing Center offers guidance from four certified nurse-midwives, two private birthing tubs and pain-relieving nitrous oxide. Plus owner and clinical director Amy Giles (best midwife winner) and certified nurse-

midwife Kristen Conroy have hospital privileges at Baylor Medical Center in McKinney should a transfer be necessary. Go online to schedule a tour.

.....  
Allen, 214/495-9911;  
[allenbirthingcenter.com](http://allenbirthingcenter.com)

#### DALLAS COUNTY // BIRTH AND WOMEN'S CENTER

Expecting mothers select Birth and Women's Center because it really is like giving birth at home, a home with certified nurse-midwives and nitrous oxide to

take the edge off your contractions, that is. The two rooms inside the Victorian-era home, which is three blocks from Baylor Medical Center, feature lots of natural light (with curtains you can draw if you prefer darker surroundings), four-poster beds, sofas and ottomans. One room also has a tub for water births.

.....  
Dallas, 214/821-8190;  
[birthcenter.net](http://birthcenter.net)

#### TARRANT COUNTY // FORT WORTH BIRTHING & WELLNESS CENTER

The certified nurse-midwives at Fort Worth Birthing & Wellness Center perform routine gynecological exams, prenatal sonograms, postpartum care and so much more. Plus, each birthing suite is outfitted with a water birth tub, and there's an on-site massage therapist and chiropractor. In the event of a necessary medical transfer, best hospital winner Texas Health

Harris Methodist Hospital Fort Worth is a five-minute drive away. Go online to request more information.

.....  
Fort Worth, 817/878-2737;  
[fbirthcenter.com](http://fbirthcenter.com)



**DENTON COUNTY // INANNA BIRTH AND WOMEN'S CARE**

Laboring moms feel at home in the Victorian-style birthing suites at Inanna Birth and Women's Center in Denton. In an effort to keep the birthing process as comfortable as possible, the certified nurse-midwives furnish the center as if it's a home away from home. Each room comes equipped with a queen-size bed, closet, candles and a tub for relaxation and water births. Call to schedule a tour.

Denton, 940/483-1569;  
[inannabirth.com](http://inannabirth.com)



**BEST DOULAS**

**COLLIN COUNTY // JESSIE PRIM**

Moms recommend Jessie Prim to their expectant friends because of her 33 years of experience in prenatal, birth and postpartum services. With five children and three grandchildren of her own, Prim understands how deeply personal each birth story becomes. She also volunteers with moms at risk. Packages start at \$750 for prenatal, birth and postpartum services.

Plano, 972/208-1591

**DALLAS COUNTY // NORTH DALLAS DOULA ASSOCIATES**

Enlist the services of North Dallas Doula Associates, founded in 1999, to coach you through labor and delivery, provide postpartum help (including lactation consultations) and help you recognize and address the needs of your new little one after she arrives. North Dallas Doulas also offers placenta encapsulation and overnight assistance. Prices available upon request.

Dallas, 469/360-3810;  
[northdallasdoulas.com](http://northdallasdoulas.com)

**▼ TARRANT COUNTY // FORT WORTH DOULA ASSOCIATES**

Moms turn to Fort Worth Doula Associates not just because of the continuous labor support but also for the unlimited email, phone and text support they get in the six weeks following baby's arrival. During labor, use the Transcutaneous Electrical Nerve Stimulation (TENS) tool, which helps alleviate birthing pains without drugs, for

free. Afterwards, take advantage of Fort Worth Doula Associates' placenta encapsulation or belly binding (a cloth wrap that supports weakened abdominal muscles) services at a discounted rate. Packages from \$1,050.

Fort Worth, 682/777-3932;  
[birthfortworth.com](http://birthfortworth.com)

**DENTON COUNTY // MARIA POKLUDA**

Great Expectations Birth owner Maria Pokluda has experience supporting moms during hospital births, water births, VBACs, planned cesareans and more. She also wrote a doula certification program and trains doulas around the world. Simply Doula packages start at \$850.

Dallas-Fort Worth Area, 214/223-0226;  
[greatexpectationsbirth.com](http://greatexpectationsbirth.com)

**BEST MIDWIVES**

**COLLIN COUNTY // AMY GILES**

Amy Giles is known as an encouraging and knowledgeable guide with expertise in high-risk pregnancies. With 15 years of experience under her belt, she serves as owner and clinical director of repeat winner Allen Birthing Center and is among a select few certified nurse-midwives who have dual privileges at both a birthing center and a hospital.



Allen, 214/495-9911;  
[allenbirthingcenter.com](http://allenbirthingcenter.com)

**▼ DALLAS COUNTY // TERI MITCHELL**

Count on certified nurse-midwife and internationally board-certified lactation consultant Teri Mitchell to monitor you and your baby throughout the pregnancy, guide you through a home or water birth and provide postpartum and newborn care, including breastfeeding help (two sessions for free).

Frisco, 469/850-2661;  
[bundleborn.com](http://bundleborn.com)

**TARRANT COUNTY // CARLA MORROW**

Lauded midwife Carla Morrow works in both hospital and non-hospital labor and deliveries, providing families with research and individualized care to help them make decisions during the birthing process. The sought-after certified nurse-midwife is on staff at Fort Worth Birthing Center, Grace OB/GYN and Harris Methodist Southwest Hospital.

Fort Worth, 817/878-2737;  
[fwbirthingcenter.com](http://fwbirthingcenter.com)

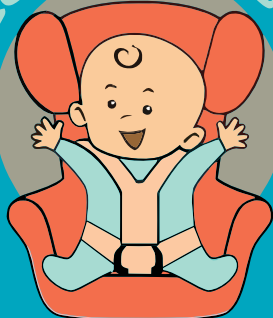
**DENTON COUNTY // SINGING TREE**

Local mamas turn to Singing Tree for prenatal care (at your house if you prefer) and

the ability to choose a home birth or birthing center delivery with licensed midwife Kassia Walcott, who works all over the Dallas-Fort Worth area. Plus, her office, located at the NEST in Addison, gives moms-to-be access to other pregnancy and parenting services such as tub rental (for home births), prenatal chiropractic care, prenatal massage, placenta encapsulation and parenting classes.

Dallas-Fort Worth area, 509/592-5279; [singingtreemidwifery.com](http://singingtreemidwifery.com)

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## MASSAGE FOR TWO

The lowdown on local rubdowns for expectant moms

**P**regnancy takes a toll on the entire body. It does a number on your posture, compresses your lower back, weakens your core and places a lot of additional pressure on your legs and feet. So doctors often recommend massage as a common therapy to help relieve an expectant mom's aches and pains.

According to the American Pregnancy Association, an Irving-based nonprofit that promotes reproductive and pregnancy wellness, studies have shown that prenatal massage can alleviate muscle tension and joint swelling (called edema), as well as reduce Mom's stress, depression and anxiety levels.

Other benefits include curtailing headaches and sciatic nerve pain, improving blood circulation and relieving sleep issues.

It's recommended that expectant moms whose pregnancies are considered high-risk or who have conditions like preeclampsia or high blood pressure discuss with their doctor any potential health risks prior to scheduling a prenatal massage.

A prenatal massage differs from a traditional one: For starters, you'll likely be lying on your side. You may have the option to lie face-down on a massage table that has a hole for your belly.

Regardless of your positioning preference, a prenatal mas-

sage feels amazing. Schedule a session at one of these eight specialists in Dallas-Fort Worth ASAP. You can thank us later.

**@ PEACE FLOATATION SPA //** Float safely in a 95-degree tub loaded with 800 pounds of Epsom salt during a Self Care I package (\$165). As you float, magnesium sulfate leaches toxins from the body and relieves inflammation and stretched-out muscles. In fact, the float is so relaxing that one hour in the tub feels like four hours of restorative sleep. Following the float, massage therapists rub lemongrass, lavender or peppermint essential oils into your skin to knead out any remaining lower back pressure during an hourlong face-down massage. Colleyville, 817/485-3223; [atpeacefloatationspa.com](http://atpeacefloatationspa.com)

**GRAND SPA //** Begin with the 25-minute Hot Oil Scalp massage (\$50). Exotic nut oils are drizzled from a Tahitian coconut bowl and gently rubbed into the scalp and neck. Next, let soothing hands give you a

customized prenatal massage (from \$125), concentrating on the areas that ache the most — such as your lower back and legs — by rubbing them with sweet almond and coconut oils. Dallas, 972/392-9393; [grandspa.com](http://grandspa.com)

**HIATUS SPA //** The 60- or 90-minute side-lying or face-down Momma-To-Be massage (\$120, \$165) begins with a cleansing foot soak and a five-minute aroma journey: Choose from a collection of essential oils, including stress-relieving lavender and rosemary mint, then close your eyes and inhale. Make a day of it, and indulge in a Tailor-Made facial (from \$110), which features steam and acupressure techniques to restore and balance hormone-affected skin (thanks, pregnancy-induced acne) and includes a complimentary hand and foot massage. Then let the pampering continue with a One & Only mani-pedi (\$100) while sitting in a zero-gravity chair. Dallas, 214/352-4111; Plano, 972/836-0500; [hiatusspa.com](http://hiatusspa.com)

**LA BELLA BELLY PRENATAL WELLNESS CENTER //** Try the Naturally Nurturing Stone facial (\$85) that relieves sinus pressure and puffy eyes. Facial enhancers including the pumpkin treatment leave your skin glowing with a healthy dose of restorative beta carotenes. The


80-minute Ultimate Revive Me massage (\$150) combines the stress-reducing Ultimate pregnancy massage (\$125) with the Reviving Leg & Foot treatment (\$45) featuring a sugar scrub followed by homeopathic arnica gel applied in gentle, upward motions. [Frisco, 972/772-7212; Rockwall, 972/772-7212; labellabellyspa.com](#)

**MASSAGE BY LACY //** Licensed in massage therapy, trigger point work, reflexology, aromatherapy and more, business owner Lacy Harmon works with Mom to give her exactly what she needs. Harmon customizes a 60-, 90- or 120-minute side-lying session (\$60, \$90, \$120, respectively) to alleviate aches and pains. In addition, Harmon can use hot towel compresses on the feet and lower back and perform bodywork that relieves pressure on the ligaments. [Coppell, 214/694-8894; massagebylacy.com](#)


**MASSAGE HEIGHTS //** Choose a relaxing, energizing or balancing herbal blend oil for the massage therapist to work into your trouble spots during a 60- or 90-minute side-lying prenatal massage (\$49.99, \$74.99). After, ask for Revitalizing Face Massage Elevation (\$24), where therapists massage the scalp and place cold stones underneath the eyes to relieve puffiness and pressure. Or opt for the clear skin facial (\$59.99) that helps prevent further hormone-induced blemishes (McKinney and Allen locations only). [Multiple locations; massageheights.com](#)

**MOKARA SPA AND SALON //** Expectant moms rave about the 50-minute Mother-To-Be massage (\$110 in Fort Worth, \$135 in Dallas and Irving) at Mokara Spa located inside the Omni Mandalay Hotels. Using chemical-free whipped shea butter, therapists work out the knots in a side-lying or face-down session. Make it a full day of pampering with a 30- or 50-minute exfoliating Intuitive facial (\$85 or \$135; available at the Irving location only) that includes a complimentary hand or scalp massage, or Fort Worth's Texas Pecan manicure (\$50). [Multiple locations; omnihotels.com](#)

**SPA HABITAT //** Arrive at this ecofriendly oasis early to enjoy a cup of hot organic tea or a glass of lemon- and cucumber-infused water and a warm, herb-scented neck pillow before getting the Swedish-style 50-minute Earth Mama massage (\$115). Pillows offer additional support as organic oils get worked into your skin, rubbing away pregnancy-related aches. Continue the pampering with a Flower Power facial (\$115), which exfoliates and hydrates with herbal antioxidants. [Multiple locations; spahabitat.com](#) ●



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## FUN & FRUITY

an upscale picnic with  
deep Southern roots



PHOTOS COURTESY OF JOHN CAIN PHOTOGRAPHY



**W**aco native, Dallas transplant and first-time mom Brittany Sargent was craving watermelon and Popsicles in her final trimester, so event planner Emily Clarke designed a Southern summer picnic shower to celebrate baby Catherine. Sixty guests gathered in Clarke's Dallas backyard to raise a glass of ice pop-dipped rosé to the Southern girl-to-be.



The "Ripe and Ready"-themed invitations complemented the equally fresh strawberry centerpieces and vases of hydrangeas and ranunculus in full bloom. As a nod to the gents in attendance, Clarke balanced the feminine vibes with pops of green and a hearty, homestyle picnic spread with fried chicken, mashed potatoes and gravy from Bubba's Cooks Country.



For dessert, guests made their own strawberry shortcakes by piling strawberries and whipped cream into store-bought sponge cake shells.

Before leaving the picnic with monogrammed bottle- and rattle-shaped cookies favors, guests snapped Polaroids in the mobile photo booth and taped them to the guestbook as a souvenir for baby Catherine.





## BEFORE BABY TO-DO LIST

Third trimester preparations  
for your new bundle



ll the prep work involved in welcoming your new bundle is enough to make anyone's head spin — with or without pregnancy brain. So after you've prepared the nursery and been showered with gifts from your registry, check these final basic to-dos off your list.

### WEEKS 27-31

- Properly install car seat. (You'll typically learn this in a baby basics class, but you can always stop by the local fire department to make sure you've installed it correctly.)
- Look into options for storing or donating cord blood (if you choose)
- Buy diapers, wipes and any other baby items still needed
- Stock the freezer with made-ahead meals that can be popped in the oven or reheated
- Tour the hospital or birthing center
- Create a birth plan
- Alert your health insurance company that you will be adding a baby

- Update life insurance and wills to include your new addition, including guardianship
- Take childbirth, baby basics and breastfeeding classes

### WEEKS 31-38

- Check with your insurance about getting a breast pump. (Most insurance companies cover at least part of the cost of a pump; check with yours to weigh your options.)
- Determine a visitation plan for grandparents, family and friends
- Sort out your maternity leave, including whom you should inform when you go into labor
- Find a pediatrician. (Get recommendations through our online directory of Mom-Approved Pediatricians.)

- Schedule a newborn photo shoot
- Determine who will take care of your pets, plants and home while you're in labor and/or staying in the hospital

- Wash all baby clothes and baby bedding

- Set up baby's bed
- Purchase adult diapers (trust us, you're going to want these if you have a vaginal delivery) and nipple balm (if you plan to breastfeed)

- Buy and wash comfortable and stretchy clothes to wear in your fourth trimester

### WEEKS 38-BIRTH

- Pack hospital bags for Mom, Dad and baby
- Pre-register at the hospital or birthing center
- Make a labor and delivery playlist
- Clean the house. (If you're doing the cleaning, make sure to use chemical-free cleansers such as vinegar and water.) ●



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[gymboreeclasses.com](http://gymboreeclasses.com)

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**Cook Children's  
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Urgent Care Center**  
6316 Precinct Line Rd.  
Hurst, TX 76054



# **Prepare yourself. Baby is coming.**

With every positive pregnancy test comes some uncertainty. We've got your back, with a wealth of resources:

- Safe sleep tips
- Your baby's milestones
- Pediatrician finder

**[cookchildrens.org/newborn](https://cookchildrens.org/newborn)**

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B

B A B Y







## NEW MOM: CATHERINE HARRELL

**A**fter years of responding to midnight pager alerts as a medical resident, Fort Worth dermatologist Dr. Catherine Harrell now welcomes waking to the sound of her crying baby Samuel, who arrived in December of last year. Catherine, 33, and her husband Jason spent one year struggling to conceive. When months of fertility treatments failed, Jason's pastor suggested they try IVF — it only took one round for Catherine and Jason to become Mom and Dad.

**WHAT WAS THE IVF PROCESS LIKE?** We started on the IVF journey in January of last year and by April I was pregnant because, fortunately, I only had to go through one round. First, you go through a stimulation process, which is about 2 ½ weeks of going to the doctor every other day, getting ultrasounds and blood work done. Injections were twice a day and would increase depending on my hormones. When the process was finally completed, they harvested 19 eggs and took my husband's sperm. Of those 19, only 14 fertilized, only 12 started to develop and altogether we ended up with seven embryos.

**HOW WAS YOUR PREGNANCY?** Pregnancy seemed like a breeze compared to everything else I went through — giving myself injections and going through the procedures.

**DID YOU HAVE ANY WEIRD CRAVINGS?** I should have known I was having a boy

because all I wanted in the first trimester was barbecue.

**WHAT WAS IT LIKE SEEING YOUR SON FOR THE FIRST TIME?** I thought from things my friends had told me that I'd automatically be so in love with my baby, that I would feel like I've known him forever. Well, I looked at him and said, "I don't know you. You're this whole other person that I need to get to know. You have your own personality. You are not me." That was honestly my first thought which isn't as romantic as I thought it was going to be.

**HOW HAS YOUR MARRIAGE EVOLVED SINCE SAMUEL JOINED THE FAMILY?** It's deepened the relationship. We've always been a pretty good team, even without the baby. Truthfully, I have the best husband ever. He loves to be involved, loves to help, doesn't complain and is just so overjoyed to have a baby that it is fun to watch him be a dad.

**WHEN DID IT REALLY HIT YOU THAT YOU'RE A MOM?** I was speaking to a patient and referred to Samuel as "my son." I had to stop and get used to that.

**WHAT HAS SURPRISED YOU MOST ABOUT MOTHERHOOD?** Breastfeeding has been something no one really prepared me for. It has been a labor of love to try to make sure my child is getting breast milk and enough of it. The hospital says breast is best, but I had to give him formula supplement a few times because I literally wasn't making enough. Because of that, I kind of have this guilt that I wasn't enough — I wasn't providing enough food for my baby.

**HOW DO YOU DEAL WITH SLEEP DEPRIVATION?** It's manageable knowing that it's temporary and won't be like this forever, knowing that it's worth it and you get to hold your baby. There have been times in my life where I didn't sleep for 36 hours straight because I was in the hospital every night working. So for me, it is easier to hear my baby cry and pick him up than respond to my pager in the middle of the night.

**ANY ADVICE FOR OTHER MOMS?** Go with your heart, go with your gut, enjoy your child. If you're doing something because someone else told you to do it, it takes the joy away.

## CATHERINE'S MOMMY MUST-HAVES

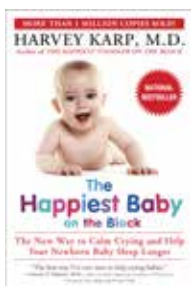


1 My favorite postpartum workout is pushing my little guy up and down the street in his **Chicco Bravo Trio stroller**.

2 The first restaurant we took him to was **Rodeo Goat** in Fort Worth.



3 My mom made me these delicious **lactation energy bites** with peanut butter, oats, chocolate chips, honey and flaxseed. It's a perfect quick energy booster and great for breastfeeding.



4 We read both *The Happiest Baby on the Block* by **Harvey Karp** and *On Becoming Babywise* by **Robert Bucknam** and **Gary Ezzo**, which has been incredibly helpful in getting our child to sleep!



5 **Lucie's List** is a great website full of wonderful resources, especially when moms are creating registries. There are so many options, and she has a review for just about everything.

6 I would tell every new mom to register for a **DockATot**, a **Diaper Genie** and a play gym — we use the **Baby Einstein Nautical Friends Play Gym**.

7 The **Rumina Relaxed Nursing Bra** allows me to be hands-free while pumping.

8 **Sarah Wells** makes a great pump-slash-diaper bag with two big insulated milk storage compartments. It's great for working moms. ●



Find these items near you — see page 48.

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## NURSING NOOKS

Public places with private spaces  
for breastfeeding

**W**e know. We know. Under Texas law, you are free to breastfeed your baby *anywhere*, but that doesn't mean you're comfortable doing so. For many moms (and their babies), breastfeeding requires some quiet, privacy and comfort — which can sometimes be difficult to find in the public arena. Instead of hiding your child (and your bosom) under a hot cover or feeding him in a bathroom stall, duck into one of these nursing-friendly spots around town.

### RUNNING ERRANDS

#### BABIES R US

Find the spacious nursing room (big enough for 2–3 moms and their little ones) at Babies R Us (next to the bathrooms at most locations) furnished with a rocking chair, loveseat and changing table. If you need a sink, you'll have to go to the bathroom.

Multiple locations; [babiesrus.com](http://babiesrus.com)

#### BUY BUY BABY

Buy Buy Baby's nursing room (for two moms and babies) is outfitted with gliders, bassinets, a changing station and outlets. There's no sink, but the bathroom is nearby.

Multiple locations; [buybuybaby.com](http://buybuybaby.com)

#### NORDSTROM

Nordstrom's ladies' lounges set the right mood for a cozy nursing session: comfortable seating options and soft lamp lighting as opposed to harsh overhead lights. Plus, there are ample outlets for pumping moms, and the attached bathroom provides changing tables and sinks.

Multiple locations; [shop.nordstrom.com](http://shop.nordstrom.com)

#### NORTH EAST MALL

In North East Mall's nursing room on the first level near the food court, you'll find a rocking chair, large changing station and an outlet.

Hurst, 817/589-9603; [simon.com/mall/north-east-mall](http://simon.com/mall/north-east-mall)

#### NORTHPARK CENTER

NorthPark boasts several private nursing rooms with extra-wide seats, electrical

outlets, padded changing tables and sinks. Find nursing rooms on the ground level between Bread Winners and Microsoft and on the second floor between Nordstrom and Macy's.

Dallas, 214/363-7441; [northparkcenter.com](http://northparkcenter.com)

#### STONEBRIAR CENTRE

The bathrooms near the food court and carousel at Stonebriar have a separate nursing area furnished with a rocking chair, and there are changing rooms and sinks nearby too. There's an additional nursing space downstairs by the family restrooms near Vera Bradley.

Frisco, 972/668-6255; [shopstonebriar.com](http://shopstonebriar.com)

### FLYING THE FRIENDLY SKIES

#### DALLAS-FORT WORTH INTERNATIONAL AIRPORT

If you're traveling out of terminal A, B or E at DFW Airport, you're in luck. Near Gates A18, B40 and E14, the airport offers nursing rooms with comfortable leather chairs, rocking chairs, changing tables and sinks. Plus, there's a lactation room for moms who just need to pump. Call the number



below to access the room codes, which change monthly to ensure safety.

.....  
Grapevine, 972/973-3112; [dfwairport.com](http://dfwairport.com)

#### DALLAS LOVE FIELD

Dallas Love Field's nursing room is small but sufficient. Two leather recliners, a sink, outlets and a changing table decorate the private room next to the first women's bathroom on your right after you go through security.

.....  
Dallas, 213/670-6080; [dallas-lovefield.com](http://dallas-lovefield.com)

#### OUT AND ABOUT WITH THE FAM DALLAS ZOO

Sneak away to the comfort station in the guest services building beside the gift shop at the Dallas Zoo, where you'll find a futon sofa, rocking chair and changing station.

.....  
Dallas, 469/554-7500; [dallaszoo.com](http://dallaszoo.com)

#### FORT WORTH MUSEUM OF SCIENCE AND HISTORY

The Fort Worth Museum of Science and History offers a designated room for breastfeeding moms in the Innovation Studios area. The room holds a wingback chair, a sink and outlets.

.....  
Fort Worth, 817/255-9300; [fwmuseum.org](http://fwmuseum.org)

#### KIMBELL ART MUSEUM

The Kimbell's private nursing room is in the lower-level restroom by the Piano Auditorium in the Renzo Piano Pavilion. Use the chair, sink and changing table. And if you just need to pump, store your milk in the room's refrigerator until you leave.

.....  
Fort Worth, 817/332-8451; [kimbellart.org](http://kimbellart.org)

#### PEROT MUSEUM OF NATURE AND SCIENCE

Make the trek to level four of the Perot Museum to find the nursing nook, which has outlets for pumping and benches for feeding. While there's no changing table or sink, there are nearby bathrooms on the same level.

.....  
Dallas, 214/428-5555; [perotmuseum.org](http://perotmuseum.org)

#### WATERMARK COMMUNITY CHURCH

At Watermark Community Church, four moms can nurse simultaneously, each in their own mothers' room equipped with padded chairs, outlets and doors that lock.

.....  
Dallas, 214/361-2275; [watermark.org](http://watermark.org) ●

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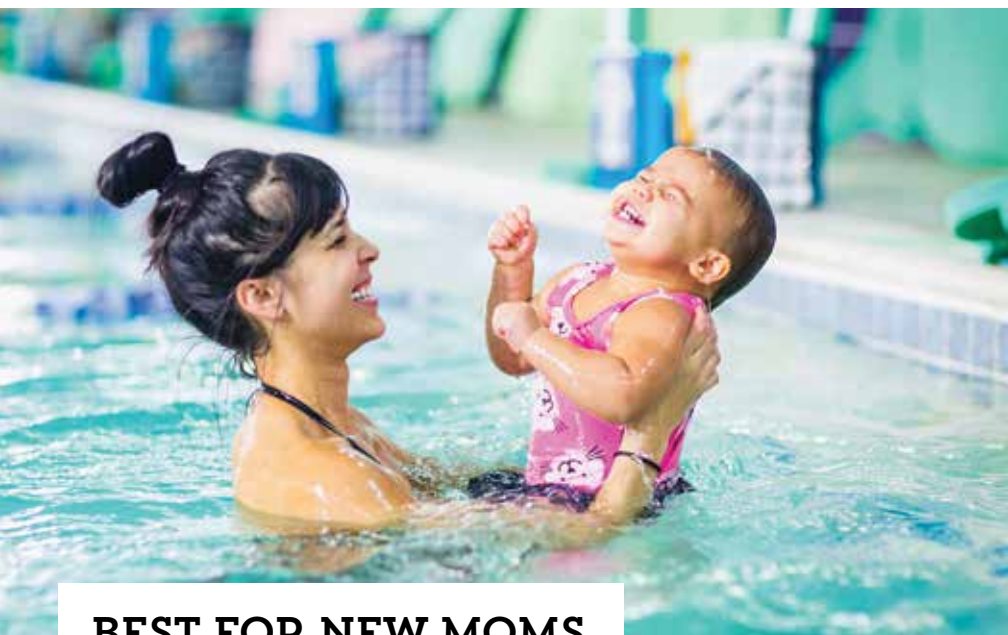
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## BEST FOR NEW MOMS

Oh the places you should go  
with your little one

**T**here's no doubt that you probably have your hands full with your little one, but now that you've gotten into a bit of a groove, you might be ready to venture out, shop and make some mommy friends. So consider this guide, a list of North Texas moms' favorites — from babysitters to sleep specialists — a labor of love for you. These were originally printed in the February 2017 issues of *CollinChild*, *DallasChild*, *FortWorthChild*, and *NorthTexasChild* magazines.

### BEST CHILD CARE CENTERS COLLIN, DALLAS AND DENTON COUNTIES // KIDS 'R' KIDS

For 32 years, parents have entrusted their children to the staff of Kids 'R' Kids. If it's not the "hug first, then teach" philosophy that parents rave about then it's the fact that each classroom incorporates accredited STEAM activities for children 6 weeks

and older. Infants learn sign language, practice tummy time and enjoy the outdoors. Toddlers engage in small-group motor and sensory activities such as feeling new textures, playing with kinetic sand and maneuvering around objects to learn right and left. When you pick your child up for the day, expect



a detailed report of her activities and progress. Go online for a virtual tour or show up to the location nearest you to tour it in person. Prices vary by location.

\*\*\*\*\*  
Multiple locations; [kidsrkids.com](http://kidsrkids.com)

### TARRANT COUNTY // THE ▼ CHILDREN'S COURTYARD

It's not all fun and games at the Children's Courtyard — it's song and dance, exercise and science projects too. Feel safe knowing your child is cared for by a first aid- and CPR-certified educator with a background in childhood education and ongoing child development training that makes them the expert in your child's stage of development. Plus, lunch includes registered dietitian-approved meals packed with whole grains,

raw fruits, veggies and healthy proteins. Schedule a school tour online. Prices vary by location.

Multiple locations;  
[childrenscourtyard.com](#)

### BEST BABYSITTING SOURCE

**EVERYWHERE // CARE.COM**  
Filter through Care.com's large database of sitters by need — from full-time nannies to the occasional date night sitter — and make additional specifications such as skills, age, rate, years of experience, ratings and more, then get emails from candidates available in your ZIP code. Care.com also helps with the hiring process by providing sample interview questions and tax services for managing payments. Download the free app for Apple or Android. Basic membership is free but doesn't allow you access to contact details or references. Premium membership, which costs \$147 a year, does.

Dallas-Fort Worth area,  
877/227-3115; [care.com](#)

### BEST MOMMY & BABY CLASS ▲

**EVERYWHERE // THE LITTLE GYM**  
The mom and baby classes at The Little Gym let baby experiment with his motor skills and independence. In Bug classes for littles 4–10 months old, you help baby sit up and stand while doing something fun like ringing bells. As baby becomes more mobile, floor mats and tunnels encourage scooting and crawling and parallel bars help baby begin to walk. Call to enroll. Drop-in class, \$27; tuition from \$96 per month.

Multiple locations;  
[thelittlegym.com](#)

### BEST INFANT SWIM SCHOOLS

**COLLIN, DALLAS AND TARRANT COUNTIES // EMLER SWIM SCHOOL ▼**

At Emler Swim School, babies as young as 2 months float and kick (supported, of course) in the water during the free 30-minute Bathtime Babies classes, designed to supplement at-home bathtime with songs and activities that help babies get comfortable in the water. Starting at 6 months,

babies join the Waterbabies program and practice back floats and gentle submerging exercises until they can comfortably hold their breath for 8–10 seconds. Register for a free

orientation class and sign up for the summer semester, which begins June 5.

Multiple locations;  
[emlerswimschool.com](#)

### DENTON COUNTY // AQUA-TOTS SWIM SCHOOL (main image)

At Aqua-Tots Swim Schools' infant swim classes, you and your infant learn water awareness from CPR-certified water safety instructors in the Tadpole class for babies 4–12 months.

Babies practice kicking and moving their arms at the same time, submersion exercises and back floats. View the Tadpoles schedule online then call to sign up for a free trial class or to enroll. Rates from \$84 per month.

Multiple locations;  
[aqua-tots.com](#)



### BEST SLEEP SPECIALISTS

**COLLIN AND DENTON COUNTIES // SWEET DREAMS INFANT CARE**

The Dream Team at

Sweet Dreams Infant Care sleep training teaches parents that baby can sleep for up to 12 (wow!) straight hours by the time he's 5 months old. Skeptical? Follow the routine the team establishes during the phone or overnight consult. They encourage parents to let baby self-soothe and put himself back to sleep. Call to schedule a consult. Prices from \$300 for a phone consult; \$550 for 12-hour overnight sleep training.

Dallas-Fort Worth area, 708/429-2229; [sweetdreamsinfantcare.com](#)

### DALLAS AND TARRANT COUNTIES // NEWBORN NIGHTINGALES ▼

Newborn Nightingales founder Melissa O'Neill helps Mom (and Dad) catch some ZZZs. Via an in-home, phone or email consultation or an overnight nursing session, O'Neill and her team of sleep specialists customize a plan, teach you how to establish a nighttime routine and create an environment where baby can put herself to sleep and soothe herself if she wakes. Plus, the

Nightingales answer all your sleep and postpartum questions and provide six months of email support.

Complete the online form to begin the process. Email package starts at \$150; in-home consult package, \$450.

Dallas-Fort Worth area, 214/632-1673; [newbornnightingales.com](#)





## EDITOR'S PICKS

Wendy Manwarren Generes, our executive editor and mom of two, shares her favorite Dallas-Fort Worth shops and services she's sure you'll love too.

### BEST PLACE TO FIND YOUR NEW MOM TRIBE THE NAPPY SHOPPE

The Nappy Shoppe carries a wide range of cloth diapers, baby carriers and nursing supplies, but I love the groups and events that this store hosts best. Drop in to one of the free weekly breastfeeding cafes on Wednesday from noon–1pm, where a certified lactation counselor is in attendance, or for Saturday's mom-to-mom support group from 3–4pm to get nursing advice and chat with other new mommies. Or join one of the free weekly Mum groups (dads welcome too), where you bring baby to socialize and make mom friends. There's a free

postpartum support group too. Check the website for a complete schedule and to register.

Plano, 469/371-5448;  
nappyshoppe.com ▶

### BEST PLACE TO SAVE FACE THE POSH PETUNIA

The Posh Petunia in Plano isn't the only local children's boutique to enlist the creativity of Cut Arts Studio's Karl Johnson to make silhouette artwork using your kids' profiles, but it's one of the most popular services The Posh Petunia offers twice a year (follow them on Facebook and Instagram for details) at their boutique stocked



with newborn, baby and kids' clothing, gifts and accessories. We also love the personal shopping service for days when the schedule's too packed to shop. Call, give your budget and a little about what you're looking for, and owner Kelly Farber and her team will send photos of options that you can browse before popping in to purchase.

Plano, 972/403-1540;  
theposhpetunia.com

### BEST PLACE TO FIND A GIFT THAT KEEPS ON GIVING

#### ST. MICHAEL'S WOMAN'S EXCHANGE

Find a collection of baptism gowns — from linen to silk, simple to ornate — plus sweet religious gifts such as sterling and silver-plate frames adorned with crosses, Bibles, plush toys that recite the Lord's Prayer and more at St. Michael's Woman's Exchange in Highland Park Village. I not only love this store's selection but the fact that all the proceeds go to charity. Completely run by volunteers (134 of them),

St. Michael's has donated more than \$8 million in its nearly six decades in business.

Dallas, 214/521-3862;  
smwexchange.com

### BEST PLACES TO SHOP AND PLAY ▲ SMALL POCKETS

New owners and a new location mean there's also a new concept at Small Pockets. The upscale kids' consignment store offers an on-site space for birthday tea parties, but when it's not booked, moms can use it to host free weekday playdates (call or go online to request the room) or as a place to let little ones explore — with puzzles, books and more — before you shop the collection of new and gently used fashions for

babies and kids. There's also storytime every Friday at 10:30am.

Dallas, 214/484-9240;  
[smallpockets.biz](http://smallpockets.biz)

#### THE HAPPY LARK ►

The Happy Lark carries a modern mix of toys, clothing and books, but the 1,400-square-foot adjoining play area for ages 6 and younger might be Mom's reason for going. Book the space for a playdate (\$125 for up to 25 people) to entertain the kiddos with a rotating collection of toys and activities — including an infant area — while you catch up with friends. Or let them play (\$10 for a day pass for one child; memberships also available) before hitting the shop.

Fort Worth, 682/841-1027;  
[thehappyark.com](http://thehappyark.com)

#### BEST PLACES TO OUTFIT THE KIDS LIKE PRINCE GEORGE AND PRINCESS CHARLOTTE

##### SMOCKED AUCTIONS

Dallas-based Smocked Auctions manufactures and sells classic smocked and monogrammed clothing for babies and kids on their website and through social media channels such as Facebook and Instagram, where you'll find almost daily sales. Plus, twice a year, owners Amy Laws and Nicole Brewer hold a multi-day sample sale. Check the Facebook page for details.

[smockedauctions.com](http://smockedauctions.com)

#### LAYETTE

Layette, the Park Cities shop that stocks classic clothing, ac-

cessories, gifts and special occasion outfits for kids ages newborn to 8, offers monogramming and custom-order services as well as personal shopping too. Crunched for time and in need of a gift now? Call and store manager Lori Lilley and her team can text pictures or pull items that you can pick from when you pop in. Check Instagram to see the most up-to-date pieces.

Dallas, 214/520-7000;  
[layettedallas.com](http://layettedallas.com)

#### BEST DO-GOOD BOUTIQUE

##### HIP! HIP! HOORAY!

The boutique best known for the timeless baby and kids clothing and gifts they've been selling for almost two decades added something new to its repertoire last summer. Hip! Hip! Hooray! started the nonprofit Hip Hip Hooray Helps Dallas and hosted a very successful diaper drive (they collected more than 10,000) for Communities in Schools of the Dallas Region.

They anticipate hosting two drives a year. Follow their Instagram and Facebook feeds for details, or drop off diapers at any time, even the box that's half-full.

Dallas, 214/369-2788; [hiphiphooraydallas.com](http://hiphiphooraydallas.com)

#### BEST PLACE TO GO WHEN YOU DON'T HAVE TIME TO SHOP

##### ZOE & JACK

It can be tough getting out of the house with a newborn, and the people at Zoe & Jack



know that, which is why they offer free FaceTime personal shopping. Call and let them know what you're looking

for — from toys and gifts to jammies, clothing and accessories for babies and kids. The staff works to gather items then sets up a time to chat, letting you virtually shop. Swing by to pick up the purchases (they gift-wrap them for free), or ask them to ship the loot to you (for an additional charge).

Fort Worth, 817/989-2200

#### SMALL FRY CHILDREN'S CLOTHING

Not every mom has hours — even 30 minutes — to spend sifting through racks. That's why the personal shopping experience at Small Fry Children's Clothing, a boutique that carries fun dresses, rompers, swimsuits and outfits for little ones in sizes infant and up, is such a hit. Call ahead to let the staff know what you're looking for. They'll text or email photos, and you can pick and choose your purchases before you even get to the store.

Denton, 940/387-9915

#### BEST PLACE TO GET CUSTOM-MADE CLOTHES

##### BUGS & ROSES (main image)

Located inside the DIME Store and also online, Bugs & Roses is a made-to-order clothing shop for kids size 3 months–5T. Choose a paired print-and-solid, top-and-bottom set, or create your own from the selection of whimsical prints (many of them organic) and styles. Bugs & Roses also offers custom cloth diapers and crib sheets.

Denton, 940/381-2324;  
[bugsandroses.com](http://bugsandroses.com)





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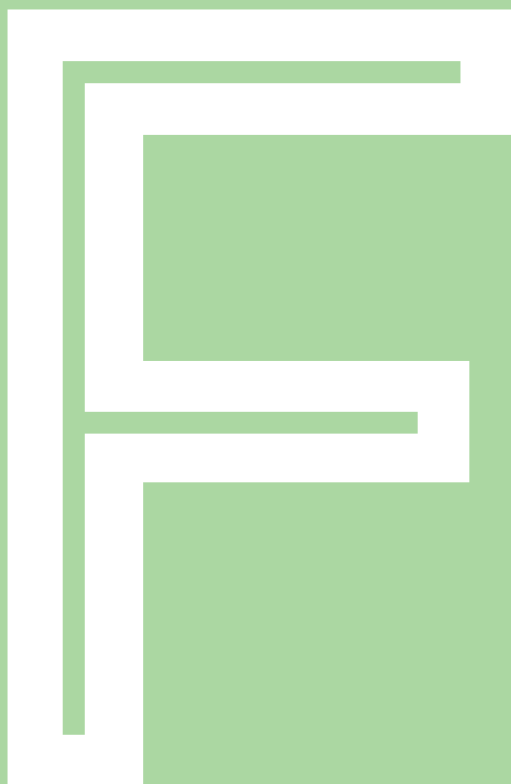
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FAMILY





## SECOND-TIME MOM: SAM STEWART

**S**am Stewart wears many hats — more than just the trendy sun hats she models on her blog, *Style of Sam*, which reaches more than 24,000 readers.

The Fort Worth style maven, 40, is also a part-time pharmacist at John Peter Smith Hospital and a mom of two: Matthew, 3 ½, and Mia, 8 months, both adopted through nonprofit agency Hope Cottage. Sam and Don, her husband of 14 years, finalized Mia's adoption in January.

**DID YOU ALWAYS WANT CHILDREN?** Yes, I've always wanted children — we just ran into a lot of trouble having them. We struggled with infertility, and it took us over seven years to do all of the fertility stuff. By my last surgery, I knew I was ready to start the adoption process.

**DID YOU GET TO CHOOSE THE GENDER?** For both of our adoptions, we were open to either a boy or a girl. Deciding to be surprised made the experience similar to a regular pregnancy — you don't know what you're going to get! Because we had a boy the first time, we just assumed we'd have another boy. When we got the call for a little girl, we were shocked and excited.

**WHAT'S BEEN THE BIGGEST ADJUSTMENT WITH ADDING MIA TO YOUR FAMILY?** I was really worried about splitting our love between two kids. I couldn't understand it until I had Mia, but there's more than enough love to go around. I love Matthew and Mia so differently.

**ANY CHANGES IN YOUR PARENTING PHILOSOPHY NOW THAT YOU HAVE TWO?** I'm a lot more laid-back. With the first one, you worry, "Is he breathing?" But with the second, you realize that you can do it and you really don't need to fret about the little things, because in the big picture, the brand of baby food really doesn't matter.

**WHEN DID YOU START BLOGGING?** All of my friends had children and they blogged about it. They encouraged me to blog about my struggle with infertility and IVF, but I didn't feel comfortable publishing that for the whole world to read. The original name of my blog was *My Friends Want Me To Blog*. My friends always complimented my style, so I decided to focus on that. Then it changed to *Inside My Closet*. But I didn't take it very seriously; I'd take pictures with a self-timing camera.

**NOW YOUR BLOG IS VERY INTENTIONAL — DID YOUR MINDSET CHANGE?** About four

years ago, I changed the name to *Style of Sam* and started devoting more energy towards the blog. At the time, I was undergoing more intense fertility treatments and started working only part time, so it was a good way to use extra time.

**HOW HAS GROWING YOUR FAMILY AFFECTED YOUR MARRIAGE?** When we got Matthew, it was hard. My husband wasn't used to sharing me, and he thought that things would go back to normal after six weeks. So the second time around, we talked about expectations. It's nice because there's a one-to-one ratio of kids to parents, but it's also a challenge because we each put a child to bed, and by the time we are together it's late and we're tired. I have a lot of mom guilt about leaving my kids, so date night is hard. But I would like to set a date time — we miss each other and miss hanging out all the time.

**WHAT ADVICE DO YOU HAVE FOR MOMS ADDING TO THEIR BROOD?** I'm not the best at following this, but give yourself some grace. There's more than just being a mom going on, and it's so easy to overextend yourself.

**DO YOU HAVE PLANS TO EXPAND THE FAMILY FURTHER?** I think we're done. My husband is so in love with Mia — he keeps asking, "Are you sure we're done?" But I'm 40 and I'm tired!

## SAM'S MOMMY MUST-HAVES



**1 Tommee Tippee Perfect Prep Machine** — my mom got it for me and it is awesome.

**2 My diaper bag is a Louis Vuitton Neverfull** that Don got for me as an adoption present.



**3 Multi-sticks by ILIA Beauty and W3LL PEOPLE** can be used as eye shadow, blush and lipstick — it's the best!

**4 iPad** — yes, electronic babysitting is real (in moderation).

**5 Boon Flair Pedestal Highchair**



**6** For going out to eat with the kids, we love **Fireside Pies, Pho District** on West 7<sup>th</sup> and **Torchy's Tacos**.

**7 I'll See You in the Morning by Mike Jolley and Mique Moriuchi** is a favorite with the kids.



**8** My go-to snacks are apple slices for Matthew and **Barney Butter Almond Butter Snack Packs** for me.

**9 IKEA TROFAST Storage Shelf and Boxes and 3 Sprouts Storage Bins**



*Find these items near you — see page 48.*

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## WANTED: THE PERFECT BABYSITTER

Simplify the search for a babysitter with these apps and services

**W**hen you don't have family nearby — or when Grandma's social calendar seems busier than yours — finding the right sitter for the kids can be a time-consuming, stressful pain. These nine apps and services make scheduling, paying and communicating with the best possible caregiver for your little angels quick and easy.

### BABYSITTERS OF DALLAS

**The details:** Get a vetted, CPR-certified sitter (who is at least 24 years old, with a minimum of 10 years experience) at a moment's notice. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Moms who want a company with roots; this agency has been around for more than 60 years. **Why moms love it:** Lots of happy families with forever sitters. **Cost:** \$75 one-time fee; \$10 per hour; booking fees from \$15. **Join the club:** Schedule a phone interview. [214/692-1354](tel:2146921354); [babysittersofdallas.info](http://babysittersofdallas.info)

### CARING HANDS AGENCY

**The details:** Hire CPR-certified sitters with at least two years experience. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Those who prefer talking to texting; requests must be made via phone or email. **Why moms love it:** They specialize in group sits at hotels, churches, private venues or your home. **Cost:** \$50 one-time fee; \$10 per hour; \$12 booking fee. **Join the club:** Complete the registration packet. [469/586-5262](tel:4695865262); [caringhands.net](http://caringhands.net)

### MY SITTERS

**The details:** It's like Match.com for parents and sitters: Families are matched with prescreened,

CPR- and first aid-certified sitters. Serves Collin and Dallas counties. **Best for:** Parents living west of Highway 75 and east of the Dallas North Tollway from Highland Park to Prosper. **Why moms love it:** The app's to-do list lets Mom virtually check in on chores and homework. **Cost:** \$199 one-time fee; \$18 per hour; \$1 per hour per

additional child. **Join the club:** Apply for membership, sign an agreement and download the app. [214/396-8300](tel:2143968300); [collegenanniesandtutors.com/app](http://collegenanniesandtutors.com/app)

### SEEKINGSITTERS

**The details:** SeekingSitters hires private investigators to conduct background checks on every CPR-certified sitter. Serves Collin and Dallas counties. **Best for:** Families who need a regular babysitter. **Why moms love it:** A 24-hour service provides middle-of-the-night care in an emergency. **Cost:** \$59.99 one-time fee; \$15 booking fee or service plans starting at \$14 per month; hourly fees vary. **Join the club:** SeekingSitters conducts a background check on your family too. [972/408-6847](tel:9724086847); [seekingsitters.com](http://seekingsitters.com)

### SITTER

**The details:** Want to use one of the sitters your neighbor loves when yours is unavailable? Sitter lets you share sitters with friends for free. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Parents who want a sitter a friend has used (and liked). **Why moms love it:** The app makes it easy to send requests to multiple sitters — all invited and approved by families — at once. **Cost:** Rates vary; add 4 percent processing fee.



**Join the club:** Download the app.

303/717-7679; [sitter.me](http://sitter.me)

### SITTER BEES

**The details:** Find nearby, prescreened sitters, who are at least 18 years old, in less than 24 hours. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Parents who need a sitter in a crunch. **Why moms love it:** Browse sitters by need and ratings (from other parents).

**Cost:** From \$14 per hour; the app prorates payment by the minute. **Join the club:** Download the free app, create an account and add credit card info. [sitterbees.com](http://sitterbees.com)

### SITTER CENTRAL DALLAS

**The details:** Get matched with CPR- and first aid-certified sitters who have cleared a background check and an in-person interview and have at least three years experience. Serves Dallas County and parts of Collin County. **Best for:** Dallas County residents. **Why moms love it:** Book a sitter that fits your preferences using filters such as experience with multiples, tutoring, even alma mater. **Cost:** From \$11 per hour; \$3 per month to access reviews and references. **Join the club:** Some subscriptions include concierge services. [sittercentral.us](http://sittercentral.us)

### SITTERCITY

**The details:** Post jobs, read reviews and sift through responses from sitters sporting "badges" like CPR certification, foreign language fluency, infant experience and so much more. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Parents who want control over the vetting process. **Why moms love it:** More than a dozen "badges" let Mom specify exactly what she needs. **Cost:** Memberships from \$35 for one month; \$11 per hour.

**Join the club:** Get one month free when you download the app and complete the application. 888/748-2489; [sittercity.com](http://sittercity.com)

### URBANSITTER

**The details:** When you sign up using Facebook, LinkedIn or email, your feed populates with CPR-certified sitters used by people you know from church, your mommy group or the kids' school. Serves Collin, Dallas, Denton and Tarrant counties. **Best for:** Moms who don't buy anything without getting suggestions first. **Why moms love it:** Before booking, view a sitter's response time, ratings and repeat families.

**Cost:** \$99.95 annual fee (monthly subscriptions and one-time fees available); rates vary. **Join the club:** Download the app. [urbansitter.com](http://urbansitter.com) ●



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## CURB APPEAL

Places to park and wait for dinner, groceries, toiletries and more

**R**emember running errands before baby? You could pop in to the grocery store and pick up dinner in no time. Now that you have kids, you know that nothing gets accomplished in no time. At this point, you're lucky if you run one errand; never mind making multiple stops. Lucky for you, lots of Dallas-Fort Worth area stores and services have simplified the task of running errands by offering curbside delivery (usually for free) and letting you check lots of things off the to-do list at once.

**JOHNNY CARINO'S** // Get almost anything to go at Johnny Carino's. Ask for a flat or folded calzone-style pizza over the phone and give a description of your car, and when you pull into one of the curbside parking spots, servers bring you the meal automatically. // Denton, 940/898-0990; Hurst, 817/503-8917; [carinos.com](http://carinos.com)

**LAILI** // Laili combines flavors from Eastern and Western cuisine. Both locations offer

### RESTAURANTS

**SNAP KITCHEN** // Order and pay for your family's healthy dinner-to-go meals from Snap Kitchen over the phone or via the iPhone app. Upon arrival, call to let them know you're outside and someone will bring the food to you. // Multiple locations; [snapkitchen.com](http://snapkitchen.com)

**BLACK WALNUT CAFE** // Call ahead to order from Black Walnut Cafe, and the server will give you a 15- to 20-minute window when you can expect your food. Park in one of the designated parking spaces; servers greet you curbside to review your order and collect payment. // Multiple locations; [blackwalnutcafe.com](http://blackwalnutcafe.com)

**FORT WORTH PIZZERIA** // Pick the family's favorite 10- or 14-inch pie from Fort Worth Pizzeria's online menu then write "curbside pickup" in the special instructions section. Call when you get there, and someone will run the pizza out. // Fort Worth, 817/439-9443; [fortworthpizzeria.com](http://fortworthpizzeria.com)

**THE GEM** // Pop by The Gem to get a salad, fresh-pressed juices and smoothies (all drinks come in kid sizes too) brought to your car. Order online, over the phone or using the store's app, and pay online or at pickup — just call to let them know your car's make and model. // Forest Lane, Dallas, 214/792-9928; Luther Lane, Dallas, 214/750-2929; [insidethegem.com](http://insidethegem.com)

curbside pickup to customers who order online or by phone; just leave a note in the special instructions section requesting it. // Dallas, 214/484-3735; Plano, 972/502-9099; [lailidallas.com](http://lailidallas.com)

**MANGO THAI** // Choose your favorites from the online menu, select curbside pickup, then specify your car's color, make and model at checkout. Pay with Paypal. // Plano, 972/599-0289; [mangoplano.com](http://mangoplano.com)

**UNLEAVENED FRESH KITCHEN** // Unleavened offers unofficial curbside service to parents with children in tow during nonpeak hours. Pay over the phone and call when you arrive. // Dallas, 214/228-7630; [unleavened.com](http://unleavened.com)

**ZOËS KITCHEN** // When you place an order online at Zoës, you'll receive a "promise time" when the Mediterranean fare will be ready for pickup. Upon arrival, call and an associate will bring the food to you. // Multiple locations; [zoeskitchen.com](http://zoeskitchen.com)

### GROCERIES

**KROGER** // Use Kroger's ClickList. Log in, place items in your virtual cart, designate a pickup time (same-day and next-day options) and check out online. When you pick up, follow the blue-and-white signs to the designated ClickList bays and call the number posted on the sign, and an associate will run your order out. If you have

paper coupons, he'll add those to your order and adjust the final price. Delivery costs an additional \$4.95, but your first three trips are free. // Multiple locations; [kroger.com](http://kroger.com)

**WAL-MART** // Sign up for a Wal-Mart account and start shopping — putting at least \$30 worth of groceries in the cart earns you the curbside pickup option. An associate brings the items and loads your car for free. // Multiple locations; [grocery.walmart.com](http://grocery.walmart.com)

**WHOLE FOODS** // Whole Foods' concierge services shop the items on your grocery list and deliver them to your car — just send your list and payment paperwork to the concierge email 24–48 hours before you plan to pick up. Pull up to the front doors and call the store, and an associate will bring your items curbside. Up to \$30 per hour, a fee that may be lower depending on the number of orders the concierge fulfills at once. Contact your local store for details. // Multiple locations; [wholefoodsmarket.com](http://wholefoodsmarket.com)

## SHOPPING

**THE CONTAINER STORE** // Shop The Container Store's online selection, add items to your cart and select the Click & Pickup option at check-out. When your order is ready, the store sends a text, email or calls (whatever method you specify). Click or call the number they send to have your items brought out to you. // Multiple locations; [containerstore.com](http://containerstore.com)

**CRATE AND BARREL** // Opt for backdoor pickup when you place an online order through Crate and Barrel. When your order is ready, park near the back door, ring the bell and the associates will deliver your purchase to your trunk. // Dallas, 214/219-1500; Plano, 469/366-2400; [crateandbarrel.com](http://crateandbarrel.com)

**CVS** // Shop CVS online or via the Curbside app to get non-prescription items delivered to your car for free. After you submit your order, the app sends an email and text message letting you know when your order is ready (often within an hour). Open the message and click the link to receive the pickup pass, which you'll need to show before getting your items. Link your ExtraCare number to your account to earn ExtraBucks and receive weekly ad sale prices on your curbside pickup order. // Multiple locations; [cvs.com/express](http://cvs.com/express)

**NORDSTROM** // Create an online account and enter your ZIP code to virtually shop and buy items from the Nordstrom closest to you. Once you arrive, park in the reserved Purchase Pick-Up stall and call the number on the sign. An associate will walk your purchases out to you. // Multiple locations; [shop.nordstrom.com](http://shop.nordstrom.com) ●



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## MEMBERS ONLY

Eleven family memberships to get this year

**W**hen birthdays come up, ask grandparents for a gift that lets you spend quality time as a family. Annual passes and memberships to Dallas-Fort Worth places and attractions typically include more than just general admission. We're all familiar with — and probably have — memberships to the Dallas Arboretum, Perot Museum of Nature and Science and the Fort Worth and Dallas zoos, so we sought out some of the lesser-known memberships that offer perks for everyone in the family.

### FOR SAMPLERS

Upgrade your existing membership at the Dallas Museum of Art, Crow Collection of Asian Art, Dallas Zoo, Perot Museum, Nasher Sculpture Center or Trinity River Audubon Center to include **KIDS CLUB** membership. Kids Club members get discounted admission to all six partnering institutions as well as select store and special exhibit discounts. **Why we love it:** Each institution hosts one big event per year with activities exclusively for Kids Club families. **Cost:** \$50–\$60 to upgrade; visit your membership benefits page for more information



### FOR SHOWSTOPPERS

Pick a four-, five-, six- or eight-

show package as a season subscriber to **► DALLAS CHILDREN'S THEATER**. The 2016–2017 season of Broadway-style kids' shows includes toddler-friendly *Blue* and classics like *James and the Giant Peach*. Most shows are suitable for ages 5 and up. **Why we love it:** Season subscribers get discount pricing on additional tickets, flexible ticket exchanges and free replacement of lost tickets. **Cost:** Starting at \$272 for a family of four // Dallas, 214/740-0051; [dct.org](http://dct.org)

Transport kiddos to another — musical — world with season tickets to the **CHILDREN'S ► THEATRE AT CASA MAÑANA**. Kids (and



parents) sing along to the reimaginings of favorite tales such as Disney's *The Little Mermaid*. **Why we love it:** Season ticket holders get priority access to special ticket offers — this past year that included a special date night show where the theater provided babysitting. **Cost:** Starting at \$150 for a family of four // Fort Worth, 817/332-2272; [casamanana.org](http://casamanana.org)

### ▲ FOR ANIMAL LOVERS SEA LIFE GRAPEVINE

**AQUARIUM**'s annual pass gets you unlimited admission to the aquarium's 16 interactive zones and exhibits showcasing sea-horses, stingrays, sea turtles and more. The pass also guarantees fast-track entry to avoid long lines and 10% off store merchandise and birthday party packages. **Why we love it:** Access to exclusive pass-holder events like an overnight sleepover with the sharks. **Cost:** \$200 for a family of four; free for kids 2 and younger // Grapevine, 877/819-7677; [visitsealife.com/grapevine](http://visitsealife.com/grapevine)

### FOR NATURE LOVERS

Membership at **TEXAS DISCOVERY ▼ GARDENS** in Fair Park yields admission to the redesigned gar-

dens, new insect displays, native snake exhibit and children's story times, plus the main attraction: the Rosine Smith Sammons Butterfly House and Insectarium, where butterflies are released daily at noon.

Members also get 15% off birthday parties and spring break and summer camps. **Why we**

**love it:** Membership includes one-time weekday admission for six to the State Fair, not to mention free admission to nearly 200 other participating gardens in the United States and Canada, including the Fort Worth Botanic Garden.

**Cost:** \$65 per family // Dallas, 214/428-7476; [texasdiscoverygardens.org](http://texasdiscoverygardens.org)

Visit the **HEARD ► NATURAL SCIENCE MUSEUM & WILDLIFE SANCTUARY's**

6.5 miles of scenic, unpaved hiking trails and child-friendly exhibits like the outdoor Pioneer Village playhouses.

Members also get free admission to children's programming like the 45-minute Nature Story Time on select Friday mornings each month. **Why we love it:** Members get reciprocal admission to 200 museums and science centers worldwide. **Cost:** \$80 per family // McKinney, 972/562-5566; [heardmuseum.org](http://heardmuseum.org)

### FOR TRAVELERS

Outdoorsy families benefit from a **TEXAS STATE PARKS** pass, which gives the pass holder and their carload a year of free admission to Texas' more than 90 state parks, including Cedar Hill State Park and Dinosaur Valley State Park in Glen Rose, where kids can walk in actual dinosaur tracks. **Why we love it:** Pass

holders get four coupons for 50% off their second night of camping, plus discounts at the park store. **Cost:** \$70 per family // Multiple locations; [texasstateparks.org](http://texasstateparks.org)

### FOR THRILL-SEEKERS ▲

Get a 2017 season pass to **SIX FLAGS OVER TEXAS** for the springtime debut of the park's 13th roller coaster, a 120-foot *Batman*-themed free-fall ride called The Joker. (Don't worry — there's still plenty for younger kids in Bugs Bunny Boomtown's interactive play structure and bump-free rides.)

Besides free entry, members bring friends for free on select dates, receive discounted admission on additional tickets and get over \$100 worth of in-park savings on dining, gift shop purchases and parking.

**Why we love it:** Plan a road trip to use your passes at 12 other Six Flags locations. **Cost:** \$260 for a family of four // Arlington, 817/640-8900; [sixflags.com/overtexas](http://sixflags.com/overtexas)

### FOR TREE-HUGGERS

Spend fair-weather weekends at the **FORT WORTH BOTANIC GARDEN**. While everyone gets free access to 20 specialized gardens, members also get free entry to the tranquil Japanese Garden and tropical conservatory greenhouse, plus complimentary guest passes and reduced rates for kids' summer camps. **Why**

**we love it:** Families get free entry to two annual Japanese festivals and reciprocal admission to 300 other botanical gardens, including the Dallas Arboretum and Texas Discovery Gardens. **Cost:** \$100 per family // Fort Worth, 817/392-5548; [fwbg.org](http://fwbg.org)

### FOR EXPLORERS

There's something for everyone at the **▼ FORT WORTH MUSEUM OF SCIENCE AND HISTORY**. Get free admission and parking to check out the newly revamped DinoLabs experience, see stars in the Noble Planetarium and play in the Fort Worth Children's Museum, plus discounts on special exhibits, OMNI theater tickets and kids' birthday parties. **Why we love it:** All members receive free admission to the National Cowgirl Museum and Hall of Fame next door. **Cost:** \$115 for a family of five // Fort Worth, 817/255-9300; [fortworthmuseum.org](http://fortworthmuseum.org)

### FOR CREATIVES

A family membership to the **GREATER DENTON ARTS COUNCIL** gets you free admission to select special exhibitions at the Patterson-Appleton Arts Center. Members also receive invitations to special family events like Family Days with activities held on select Saturdays throughout the year.

**Why we love it:**

Members receive discounted admission to the program's summer and spring break camps and after-school programs. **Cost:** \$75 per family // Denton, 940/382-2787; [dentonarts.com](http://dentonarts.com) ●





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# CHILD CARE DIRECTORY

Feeling overwhelmed by all the local child care options? It's tough to find the right people to care for your child when you're not around. Here's a handy guide to make that important decision easier.

CHILD CARE PROVIDER	HOURS	AGES	THINGS YOU SHOULD KNOW
<b>Children's Courtyard</b> DFW area <i>childrencourtyard.com</i>	6:30am–6:30pm	6 weeks	Nurturing care and an exclusive, milestone-based curriculum, Learn from the Start™, we create an early education experience for our infants. <b>See ad on page 27.</b>
<b>Holy Communion Christian Academy</b> Dallas <i>hccadallas.org</i>	7:30am–6pm	6 weeks	Our motto is pray, learn and play. <b>See ad on page 29.</b>
<b>Park Cities Day School</b> Dallas <i>parkcitiesdayschool.org</i>	7am–6pm	6 weeks	Cameras are in all classrooms for parental viewing. Teachers have been here for over 16 years. <b>See ad on page 43.</b>
<b>Prince of Peace Christian School &amp; Early Learning Center</b> Carrollton <i>popcs.org</i>	7am–6pm	6 weeks	Play-based learning center. Frog Street curriculum, music, Spanish, physical education, weekly chapel, Christ-centered environment. Special family events throughout year.
<b>Sherry and Ken Goldberg Early Childhood Center</b> Dallas <i>jccdallas.org/gfecc</i>	7:30am–6pm	1 year	NAEYC accredited. Experienced and caring faculty. Pre- and post-care options. Aquatics, tennis and other activities offered. Kindergarten-ready. <b>See ad on page 39.</b>
<b>Willow Bend Learning Center</b> Plano <i>willowbendlearningcenter.com</i>	7:00am–6:15pm	6 weeks	Curriculum-based Montessori/Whole Languages; Spanish, French, sign language, yoga, origami, outdoor learning, computers, nutritious meals. <b>See ad on page 11.</b>



## WHERE TO BUY

### JAYME DITTO'S MUST-HAVES

from page 10

**Coconut yogurt** by Noosa, \$2.99

[noosayoghurt.com](http://noosayoghurt.com)

**Prenatal chiropractic care**

Cafe of Life Chiropractic  
Dallas, 214/871-7979  
[cafeoflifedallas.com](http://cafeoflifedallas.com)

**Root beer float**, from \$2.95

Dairy-Ette  
Dallas, 214/327-9983

**Gelato**, from \$3.50 per scoop  
Central Market  
[centralmarket.com](http://centralmarket.com)

**A Cup of Jo**

Lifestyle blog by Joanna Goddard  
[cupofjo.com](http://cupofjo.com)

**Design For Mankind**

Lifestyle blog by Erin Loechner  
[designformankind.com](http://designformankind.com)

**Ovia app** by Ovia Health, free  
Apple App Store and Google Play  
[ovuline.com](http://ovuline.com)

**The Bump app**, free

Apple App Store and Google Play  
[thebump.com](http://thebump.com)

**Snoogle Original** by Leachco,  
from \$54  
[leachco.com](http://leachco.com)

**Joshua Tree National Park**

California, 760/367-5500  
[nps.gov/jotr](http://nps.gov/jotr)

**Mono Canvas Old Skool in Peach Blush**, \$55 // **Black and White Checker Slip-Ons**, \$50

Vans  
[vans.com](http://vans.com)

### FUN AND FRUITY

from page 18

**Ice pops** by BerryNaked,  
from \$2.99

Dallas, 214/242-0077  
[berrynaked.com](http://berrynaked.com)

**Bubba's Cooks Country**

Dallas, 214/373-6527  
[bubbasdallas.com](http://bubbasdallas.com)

**Invitations and napkins** by The Detail Department  
Emily Clarke Events  
Dallas, 214/754-5822  
[emilyclarkeevents.com](http://emilyclarkeevents.com)

**Polka-dot Balloons** by Shop

Sweet Lulu, \$1 each  
[shopsweetlulu.com](http://shopsweetlulu.com)

**Monogrammed cookie favors**

by Stein's Bakery  
Dallas, 972/385-9911  
[steinsbakery.net](http://steinsbakery.net)

**Flower arrangements** by

Todd Events  
Dallas, 214/749-0400  
[toddevents.com](http://toddevents.com)

### CATHERINE HARRELL'S MUST-HAVES

from page 26

**Bravo Trio Travel System** by

Chicco, \$379.99  
[chiccoshop.com](http://chiccoshop.com)

**Rodeo Goat**

Dallas, 214/741-4628  
Fort Worth, 817/877-4628  
[rodeogoat.com](http://rodeogoat.com)

**No-bake lactation bites**

The Baker Mama by Maegan Brown  
[thebakermama.com](http://thebakermama.com)

**The Happiest Baby on the Block**

by Dr. Harvey Karp, \$10.33  
Amazon  
[happiestbaby.com](http://happiestbaby.com)

**On Becoming Babywise** by Drs.

Robert Bucknam and Gary Ezzo,  
\$12.19  
amazon.com

**Lucie's List**

Resource blog by Meg Collins  
[lucieslist.com](http://lucieslist.com)

**Deluxe Dock** by DockATot,

from \$165  
[dockatot.com](http://dockatot.com)

**Diaper Genie** by Playtex,

from \$19.99  
[playtexbaby.com](http://playtexbaby.com)

**Nautical Friends Play Gym** by Baby Einstein, \$69.99  
[kidsii.com](http://kidsii.com)

**Relaxed Pump&Nurse Bra** by

Rumina, \$28  
[ruminaformoms.com](http://ruminaformoms.com)

**Lizzy Breast Pump Bag in Navy**

by Sarah Wells, from \$99.99  
[sarahwellsbags.com](http://sarahwellsbags.com)

### SAM STEWART'S MUST-HAVES

from page 38

**Perfect Prep Formula Machine**

by Tommee Tippee, \$189.99  
[tommeeetippee.us](http://tommeeetippee.us)

**Neverfull** by Louis Vuitton,

from \$1,180  
[us.louisvuitton.com](http://us.louisvuitton.com)

**Multi-Stick** by ILIA, \$34

[iliabeauty.com](http://iliabeauty.com)

**Multi-Use Cream** by W3LL

PEOPLE, \$23.99  
[w3llpeople.com](http://w3llpeople.com)

**iPad Air 2** by Apple, \$499

[apple.com](http://apple.com)

**Flair Pedestal High Chair** by

Boon, \$249.99  
[booninc.com](http://booninc.com)

**Fireside Pies**

[firesidepies.com](http://firesidepies.com)

**Pho District**

Fort Worth, 817/862-9988  
[phodistrict.com](http://phodistrict.com)

**Torchy's Tacos**

[torchystacos.com](http://torchystacos.com)

**I'll See You in the Morning** by Mike

Jolley and Mique Moriuchi, \$5.30  
Barnes & Noble  
[barnesandnoble.com](http://barnesandnoble.com)

**Almond Butter Snack Packs** by

Barney Butter, from \$3.60 for six  
[barneybutter.com](http://barneybutter.com)

**TROFAST storage shelf and**

**boxes** by IKEA, from \$41.99  
[ikea.com](http://ikea.com)

**Storage bins** by 3 Sprouts, \$19.99

[3sprouts.com](http://3sprouts.com) ●



## OB/GYNS, MIDWIVES & PEDIATRICIANS

Starting a family can be as stressful as it is joyful. The best health care strategy for your pregnancy and childbirth is to take advice from the pros — moms who have been there. The following health care professionals have the coveted Mom-Approved stamp of approval. It's a great place to start.

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### Donnellyn Dominguez, LM, CPM

MIDWIFERY



Donnellyn Dominguez is a Licensed Midwife and Certified Professional Midwife. Her birth center, All About Babies, is located in Argyle. There are several other staff midwives working with her, who provide a more natural approach to prenatal care.

At All About Babies Birth Center, they strive for excellence! The beautifully decorated facility is situated on four country acres with fresh air, and professionals that want to help you accomplish the birth of your dreams, at the birth center or at your home.

Donnellyn believes that God created the female body to give birth. She truly loves babies! She is grateful that her passion has

become her profession. Come visit for details. [www.allaboutbabies.net](http://www.allaboutbabies.net).



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## Michelle Jowdy, DO & Jill Saffran Sedacca, MD

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We are proud to have Dr. Jowdy and Dr. Saffran Sedacca be nominated by the readers of *DallasChild* as Mom-Approved Doctors. For an appointment, call 214-414-2805 or for more information, visit [www.LakewoodPeds.com](http://www.LakewoodPeds.com).



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214-414-2805  
[www.lakewoodpeds.com](http://www.lakewoodpeds.com)

## James E. Schermerhorn, MD

### OBSTETRICS & GYNECOLOGY



Women's healthcare is Dr. Jim Schermerhorn's passion. He has been living and working in the East Dallas area for 30 years. The moment you walk into the office you'll be treated like family. Dr. Schermerhorn provides the most up-to-date medical care, from obstetrics to minimally invasive treatments like da Vinci™ robotic surgery, aiming to get you back to your life quickly. His medical care focuses on your very specific needs. Your story is what matters and Dr. Schermerhorn will take the time to learn about you. Let Dr. Schermerhorn show you that personalized, family-centered medicine still exists! In fact, Dr. Schermerhorn personally delivers to almost all of his patients. His practice

is located at Baylor Scott and White Medical Center at White Rock, where he serves as chairman of the Obstetrics, Gynecology and Pediatrics Department. Please call today to speak with a staff member about scheduling your appointment.

### James E. Schermerhorn, MD, FACOG

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[www.schermdoc.com](http://www.schermdoc.com)



MOM-APPROVED DOCTOR:  
**2015–2016**

## Cheryl Smitherman, DNP, CNM

MIDWIFERY



As a certified nurse-midwife with a Doctorate of Nursing Practice, Cheryl treats women from adolescence through geriatric patients, performs well-woman exams and, of course, delivers babies in the hospital setting. "I, like Dr. Paroski, am very patient-oriented and feel that my primary role in the practice is to empower patients to make informed decisions about their healthcare concerns and needs."

With more than 20 years of experience in the medical field, Cheryl brought expertise in nursing administration and teaching to Women's Wellness at Flower Mound in 2014. Cheryl is married and has three children.

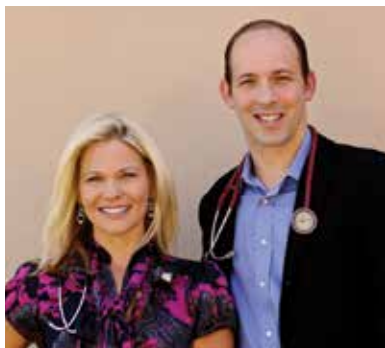


3051 Churchill Dr., Ste. #220  
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972-355-9436  
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## Jonathan Snead, MD

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## SLAYING THE DRAGON-IN-LAW

When I had Genevieve 2½ years ago, both my mom and my mother-in-law came to help me take care of my newborn baby.

My mom did everything I asked and then some. She cooked, cleaned, even packed and unpacked (we closed on our new home when Genevieve was 3 weeks old). My mother-in-law, on the other hand, gave me unsolicited advice and not much else.

I know I didn't admit it at the time (at least not to her), but I didn't know what the heck I was doing. I had, however, done a lot of research and read loads of books about babies and mothering while I was pregnant. And just as I become an expert on the topics I cover as a journalist, I thought I knew everything thanks to the parenting studies and articles I had read before giving birth.

Yep, I was *that* mom, the one who argued with my mother-in-law about her outdated (read: late '70s) child-rearing practices on everything from letting a baby watch TV to dressing a baby in her Sunday best to do nothing more than roll around on the ground.

I took issue with the littlest things: how much she should be held and rocked and how to properly feed and burp her when I wasn't nursing.

Thankfully, my snotty attitude seems to have disappeared with

the birth of Graydon last summer. I now realize I don't know *everything* and even welcome some "things to try" when I'm at my wits' end with a stubborn toddler or constipated baby.

Plus, I appreciate time with my husband and time alone so much more. I no longer feel like I have to hover and correct how she cares for the kids. I'm just glad to be able to have a quiet, mess-free meal out with Scott or a pedicure that I don't have to do myself at midnight.

If I could do it all over again, I would totally do it differently. I would channel my best friend, who also has a highly opinionated mother-in-law but who accepts every piece of advice with such grace — even the advice that she thinks is completely ludicrous, like putting cereal in her 4-month-old's bottles to "help him sleep." She just smiles and says, "Thanks, I hadn't thought of that," rather than do what I used to do and get all confrontational about the research that

proves that theory wrong, citing statistics and quoting experts like I'm on *Meet the Press*.

I owe my mother-in-law an apology, not just for my attitude in the months after Genevieve arrived but also for not realizing sooner that grandparents and in-laws play a vital role when it comes to raising my babies. It isn't about me (or my mother-in-law for that matter), it's about my kids and surrounding them with people who love them to pieces, a job that both grandmothers nail.

I know that my mother-in-law respects my non-negotiables, like feeding Graydon only the food I've left for him or making sure that Genevieve eats her veggies, but I also know that when she visits, she gives both of my kids all her love, even if that means giving Genevieve two cupcakes (let it go, Wendy). In the end, I know that the relationship Genevieve has — and that Graydon will one day have — with both of her grandmothers is priceless.

I only grew up with one grandparent. My kids have four plus a very special guardian Oppa. I want them to have as much time with all of them as possible. For me, that means approaching each in-law visit with a whole lot more grace and remembering just how lucky my kiddos are to have her love — and how lucky I am to have her help. ●

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