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magazine

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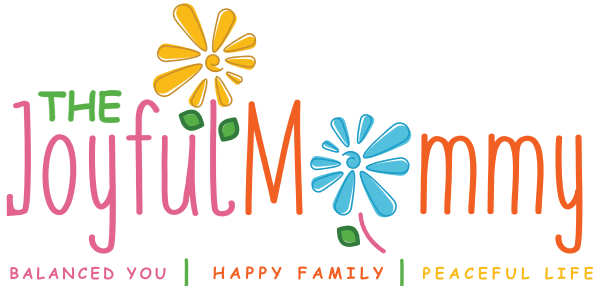
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Letter from the Editor: Braving the Adventure

By Sonya Abrams



Sonya is a photographer, editor, and mom to three. She feels very privileged to have the opportunity to argue about yogurt flavors with her children in exotic locales.

I love vacationing with my family. By “love,” I mean I love the idea of traveling with my family, because the idyllic images in my mind rarely correspond to reality. And by “vacationing,” I mean “temporarily relocating,” because “vacation” implies leisure and enjoyment—qualities that often feel in short supply as I’m refereeing sibling battles at 30,000 feet or failing to figure out an Airbnb lockbox code at midnight. Everyone’s emotional fuses are short during trips, and a million things can, and do, go wrong. The home’s well dries up, there’s a power outage and we can’t find flashlights, we roll up in the middle of monsoon season, and my husband and I bicker over every mini-crisis that presents itself.

So why do we do it, when studies have consistently shown that we experience higher levels of stress while traveling? It’s the break, the disruption of routine. Routines can be comforting, but they can also become numbing. Doing something in an unfamiliar environment, even a mundane activity, can carry a certain thrill of the unknown and provide an opportunity for self-reflection. In addition to broadening our understanding of history and geography and different ways of life, travel provides the opportunity to test our bonds, question our assumptions, and all the many small travel failures build resilience.

This issue, our authors shake us out of our ruts and offer some fresh ideas on how taking a break can have benefits extending across many areas of life. On page 16, Jennifer Butterfoss lays out a case for putting down the iPad and finding meaningful connections outside of screen-based entertainment. On page 20, Jennifer Sato dives deep into the research around intermittent fasting, showing the potential benefits—and possible risks—of taking an extended food break. And Christine Chen, on page 24, helps us keep a little more money in our adventure budgets by sharing price breaks and under-the-radar discount programs.

Routines can be comforting, but they can also become numbing.

Last fall my family traveled slightly north, to Dillon Beach in western Marin County. It was a mini disaster—there was a freak rainstorm on our only beach day, the Airbnb hot tub, for which we’d paid extra, was broken, and the town’s only store/food source was shut down—but there was also a moment when we were driving along the coastal hills and encountered an enormous rock overlooking the ocean, surrounded by cows. We pulled over and I leaned against the hood of my car, watching my kids scramble up the hunk of stone. While their squeals of excitement at discovering new hiding spots mingled with baritone moos nearby, I tipped my head back, felt the sun hit my face, took a deep breath, and felt a deep sense of awareness and appreciation that can only come when we’re plucked out of our routine, even for a moment.

Sonya Abrams

Housekeeping

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COMING NEXT: August/September: Finding Your Voice

Have an idea for an issue theme or article? Please email editor@ggm.org.

THIS ISSUE MADE POSSIBLE BY: Family trip to Palm Springs; Happily attending new family welcome for kindergarten, yet being sad that preschool for firstborn is ending; Amazing toddler dance performances; Fur-baby frustrations; armchair GOT critic yet unable to turn away.

Letter from the Board: Taking a Break Before We Break

By Virginia Green

A good friend, pregnant with her first, recently asked me what I thought had been the hardest part of parenthood so far. Had it been my debilitating morning sickness? The sheer exhaustion of the newborn phase? Sleep training, teething, the terrible twos?

I replied that yes, all of those things had been hard. In the moment, some had felt nearly insurmountable. But I admitted that the hardest part of being a parent so far has actually had nothing to do with the age or stage of my kids and everything to do with *me*.

The thing I find most difficult about being a mom is finding the time, energy, and ability to take a break from my kids. I’m not talking about simply being able to enjoy an uninterrupted shower. In the midst of a relentless life of pickups and dropoffs,

Our love for our children is limitless, but our energy is not.

potty training, and so on, actually managing to leave the house by myself in order to find the space to feel like “me” instead of just “Mommy” can seem impossible.

Thanks to GGMG and the frequency with which this topic comes up on the forums, I know I’m not alone in this quest for a break, nor am I alone in experiencing the guilt that seems to come along with it. It is neither selfish nor irresponsible to admit that we need a break before we break. Our love for our children is limitless, but our energy is not.

Just an hour or two to go wherever it is we can feel most like ourselves can make a significant difference. Being away from our kids allows us to free up enough mental space to refocus and gain a little clarity on what our needs actually are, and in doing so, we can come back and be better, more present parents.

Do you need a break? Let GGMG help you! Check out the calendar of events in this issue and online to see what moms-only events are coming up. Sign up for your local Neighborhood Meetups group at www.ggm.org/groups to see what’s going on in your particular ‘hood. Or join me on the GGMG forums, where we can at least mentally escape, feel connected to other moms, and be reminded that we are not the only ones leading such busy lives.

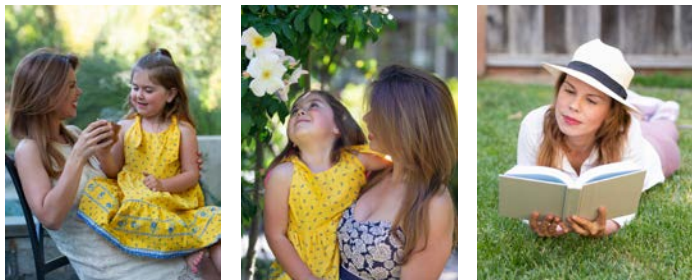
And if you are experiencing a particularly difficult period right now or at any time in the future, please contact us at member.support@ggm.org so we can provide a meal, child care, even house cleaning services, as well as additional resources to help you get back on your feet. GGMG is your village—we are here for you!



Virginia and her husband Alex are parents to Eloise (age 5) and Margaret (age 2). She has been volunteering for GGMG for five years and has no idea how she would’ve survived motherhood so far without this amazing community.

Virginia Green

Cover Outtakes



Only one shot can make it to the cover. Here are some of our other favorites.

Cover photo by Katya Mizrahi Photography
Cover models: Mira and Zoe (5)

10 Quiet Escapes in San Francisco

By Trips Reddy

These 10 local spots will help you escape the hustle and bustle of the city without actually leaving the 7 by 7. Find some rare peace in these quiet havens.

1. Lands End

Enjoy miles of stunning trails and breathtaking views of the coastal terrain and the Golden Gate Bridge from multiple angles. Walk along the ocean and breathe deeply to forget you’re actually still in the city.
nps.gov/goga/planyourvisit/landsend.htm

2. Korean and Japanese Bath Houses

The traditional Japanese communal baths at Kabuki Springs & Spa (with designated women-only days) and the Korean style Pearl Spa (women only), both in Japantown, are relaxing escapes from everyday life.
pearlspasf.com and kabukisprings.com

3. Samovar Tea Lounge

This stunning tea house, with a large open space, high ceilings, lots of natural light, and plants, is dedicated to serving global teas in the lounge or patio overlooking the Yerba Buena Gardens.
samovartea.com/yerba-buena-gardens

4. San Francisco Zen Center

Established in 1969 by Shunryu Suzuki Roshi, they practice a type of Zen meditation called zazen (from Japan) at this meditation center. If you’re a beginner, the Saturday morning zazen meditation instruction at 8:40 a.m. is perfect.
sfzc.org/city-center

5. The Roof Garden at One Kearny

Enter #23 Geary Street and take the elevator to the 11th floor to a 2,500-sq-ft rooftop green space with benches and amazing views of Market Street. If you work downtown, it’s a great lunch getaway.
medium.com/sf-popos/heaven-is-on-floor-eleven-e7a42e66bad3

6. The Gardens in Golden Gate Park

Find your inner peace at the “Garden of Shakespeare’s Flowers,” filled with flowers and plants found in the works of Shakespeare, or sip a cup of tea or meditate at the Japanese Tea House and Garden, filled with soothing waterfalls, lanterns, bridges, and sculptures.
goldengatepark.com/category/gardens

7. Sutro Heights Park

Close to Lands End is this lovely, peaceful little park overlooking Ocean Beach and western San Francisco. You may be lucky enough to see a whale during migration season.
outdoorproject.com/united-states/california/sutro-heights-park

8. Seal Rocks

Located near the Cliff House and accessible by walking in the sand during low tide, you’ll often get a close look at seals and various marine birds.
onlyinyourstate.com/northern-california/san-francisco/believed-san-francisco

9. Flora Grubb Gardens

This gorgeous nursery in Bayview has a Ritual Coffee counter inside. Grab a cup and drink it on a comfy bench surrounded by lush flowers and succulents. Heaven!
floragrubb.com

10. San Francisco Botanical Garden

Breathe deeply as you take a leisurely stroll through the SF Botanical Garden (free for residents with state ID). Don’t miss the soothing Japanese Moon-Viewing Garden.
sfbg.org



Li’l Kid, Big City: San Rafael

By Jessica Williams

A mere 13 miles north of the Golden Gate Bridge lies a sanctuary of trees, grass, and ample parking: warm, sunny San Rafael. The oldest and largest city in Marin County, it’s easily accessible from San Francisco. Just drive north on Highway 101 and take the Central San Rafael exit to head to 4th Street—downtown San Rafael’s main street—where you’ll spot the 20th Spanish mission, founded in 1817 and rebuilt in 1949. Stroll 4th Street to shop and grab a bite to eat at **Arizmendi Bakery**, **State Room Brewery**, **Iron Springs Public House**, or indulge in ice cream at **Double Rainbow Cafe** or doughnuts at **Johnny Doughnuts**. Enjoy a latte while the kiddos play on the indoor playground at the beautiful coffee shop **Fox & Kit**. On a hot day, take Point San Pedro Road to **McNears Beach Park** and swim in its community pool. Or, venture north to Terra Linda and check out the playground and splash pad at **Freitas Park**. Watch the sunset with dinner and live music at **Terrapin Crossroads**, a restaurant founded by Grateful Dead member Phil Lesh with a beachy vibe and outdoor playground. This summer, San Rafael hosts the **Marin County Fair**—with nightly fireworks—July 3 through 7 near Marin County Civic Center, which is also the site of the weekly **Sunday Farmers Market**, one of the largest in the state. ❖

*Jessica recently moved to San Rafael after living in San Francisco for 14 years. She is loving the weather in her new city but really misses the SF food delivery scene. On a night out, you’ll find her and her husband dining at **Le Comptoir** or **Vin Antico** on 4th Street.*

Last-Minute Getaways

By Stephanie AuWerter

Looking to flee the fog? Last-minute family getaways are not only plentiful—they can be great deals to boot, says Amanda Norcross, senior editor at Family Vacation Critic (www.familyvacationcritic.com). The key is flexibility and research. If you’re willing to spin the globe, start with **Google Flights** (tinyurl.com/googleflightGGMG). Enter your departure destination (try OAK and SJC as well as SFO), but leave your destination blank to find the cheapest fares around the world. Fiddle with dates to find the best deals.

For cheap last-minute hotel rooms, check out **Hotel Tonight** (www.hoteltonight.com), which, contrary to its name, offers bookings up to 100 days out. Shop around: compare rates at **Hotels.com** (www.hotels.com), and always check directly with the hotel to make sure you’ve got the best rate.

You might find better deals with an air/hotel combo. **Expedia** (www.expedia.com), allows you to build a package and shows your savings along the way.

If cruising is more your style, **Cruise Critic** (www.cruisecritic.com), a partner of Family Vacation Critic, has last-minute deals and will shoot you an email should rates drop before you book.

Once your destination is confirmed, get reacquainted with long-lost friend **Groupon** (www.groupon.com) to search for bargains on airport parking, amusement and water parks, kid-friendly restaurants, aquariums, and more.

To really save money, consider a staycation or drivable destination, says Norcross. Options abound, including Tahoe, Big Sur, Santa Cruz or—the mother lode—Disneyland. Download the **Roadtrippers** app to map out your travels and find local attractions and burger stands along the way. **GasBuddy** will help you find the cheapest gasoline. ❖

Stephanie is a freelance writer and editor.



Ask the Expert

Career and Life Coaching



Annie supports curious, high-achieving adults in further aligning their work and personal lives with what is most important to them. She uses a challenging, yet encouraging coaching style to help her clients find the answers they need, both now and in the future. Her outside-the-box tools help clients build lives that make them proud. Find Annie at www.annienoggcoaching.com.

What advice would you give to women who feel they need a “life change” but are not sure where to start?

The answers you seek around the change you want are already within you. Do the work to discover them. This could be through self-study—reading inspirational books and gaining “ahas.” Maybe you prefer to learn more about what you truly desire by journaling daily. Perhaps you want to hire a coach to help you find your own answers. However you go about it—and it could be a combination of ways—take the time to invest in yourself. Nothing is more important than living as fulfilling of a life as possible. It benefits you, your loved ones, and the world around you when you’re living your purpose.

How often do your clients leave a corporate job to start their own businesses?

All the time. We live in such an entrepreneurial time and geographic area. If you have an idea that lights you up and feels aligned with your existing values, it’s strongly worth considering. My recommendation is to fully think out your idea and explore it from a variety of viewpoints before committing to it. Also, consider starting it and building it up while you’re still getting a paycheck from your company. That way, you can jump to something more stable when you do leave your 9-to-5 place of employment. You are fully capable if doing your own thing if it’s what you truly want to do.

What can moms do to keep their skills relevant even when taking a break from the workforce to care for their children?

If you decide to take a break from the paid workforce after becoming a mom, more power to you! My suggestion is to keep

With Annie Nogg, CPCC, PCC, BA

contributing outside your home not only to keep your résumé up, but to keep a strong professional network. This could be volunteering, joining a board, and/or working on a passion project. Update your résumé at least once a year during your time home with children so you can remember all of your contributions.

Is it reasonable to expect a career change after having a child and taking a leave of absence, or should someone seek the same type of job when returning to the workforce?

Hmmm. Typically, I suggest making one big change at a time. For example, if you want to do something different when returning to work, perhaps consider doing the same role at a different company or even in a different field that appeals to you more. The idea is that you could shift roles in the future after you acquire new skills and/or training. Before applying to these roles and companies, get very clear on what your top priorities are (e.g. work-life balance, challenge, pay, etc.).

The answers you seek around the change you want are already within you.

Now that I’m a mom, I have different needs in a new job than I did before. What should I consider when negotiating a job offer?

Usually when people think of negotiating a job offer, pay is the only thing that comes to mind. Consider the whole package you’re being offered: title, benefits, time off, schedule, location, etc. Choose your top priority and negotiate that. For example, if a flexible schedule is your top priority, forget negotiating pay and title for now. Before trying to negotiate this, dig around on Glassdoor and Yelp to assess if the company is open to alternative schedules for their employees.

According to numerous studies, women consistently make less than their male counterparts. With this wage gap in mind, how can women obtain better paying jobs?

I’m so glad you asked this question! Women can obtain better paying jobs by negotiating job offers instead of being so grateful to get the offer that we just say yes. First, we need to believe we have tremendous worth and bring great value. Then, we need to step into our gutsiness and ask for higher salaries when being offered jobs like our male counterparts do. Get it! ♦

GGMG AT WORK

Community Outreach

Spotlight on Hunger and SF-Marin Food Bank

The Community Outreach committee is always on the lookout for opportunities to volunteer with kids. Among the best volunteer opportunities we’ve found to share and model our values with our children are the food bank, neighborhood or beach cleanups, and gardening.

Every year, 210,000 people rely on the Food Bank. The food bank calls on roughly 38,000 volunteers per year to sort, pack, and distribute food. Children ages 4 and up can volunteer on Sundays, and children ages 8 and up can volunteer to sort and package food on Saturdays. The volunteer openings fill up fast, and each year we reserve about four days for a small number of GGMG members to volunteer together. See page 35 for the next scheduled volunteer days.

“I think the Food Bank projects are great for younger volunteers because even through the simple act of sorting fruits or vegetables, to ensure they are edible, it shows that we should care about how people are treated in this world. It also enables kids to have a feeling of being connected to their communities when they see all of the boxes of food go out to people that need them, hopefully to instill civic engagement later on.”

—Beth Jansson, GGMG Community Outreach volunteer

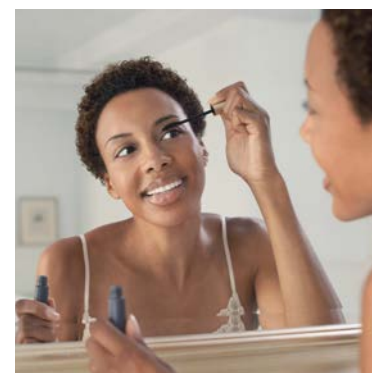
For a list of organizations with volunteer opportunities for families, check out this post on the GGMG blog: www.ggm.org/blog/out-about-giving-back-and-gaining-empathy



Please send us opportunities for volunteering at communityoutreach@ggm.org.

Contest

Mommy Makeover



PHPS PACIFIC HEIGHTS PLASTIC SURGERY
Jonathan Kaplan M.D., M.P.H.

Treat yourself to some serious medical pampering with a Mommy Makeover prize from Pacific Heights Plastic Surgery! One winner will get \$300 towards a non-surgical service of her choice. Services include Latisse (eyelash growth) and Botox/XEOMIN for facial wrinkles.

Dr. Jonathan Kaplan at Pacific Heights Plastic Surgery was voted “Best Cosmetic Surgeon in San Francisco” by *SF Weekly* in 2018. Dr. Kaplan showcases his surgery on Snapchat, Instagram, and YouTube (with patients’ permission), so you can get a glimpse behind the scenes.

Enter the contest by emailing contest@ggm.org with “Makeover” in the subject line by June 30, 2019. Winners are selected at random.

Thank you to our generous prize donor, Pacific Heights Plastic Surgery. Find them at www.pacificheightsplasticsurgery.com.

And congratulations to the winners of our last contest! **Lani Schreibstein** won a 30-minute massage at East-West Holistic Medicine; the Arbonne spa products gift set went to **Mariana Bernasconi**.

Taking a Break from Being a Dad

By Kyle Hughes

Admittedly, I feel bad even beginning to write this article since a father should never “take a break.” For most of us dads, especially if you have a rockstar wife, who is also a mother, like I do, our parenting lives are quite easy. Overall, we do less child-rearing, as society definitely places that onus on the mother—whether or not she has a career. So, our lives are considerably easier, and the thought of taking a break should soon evaporate after we consider what mothers do on a daily basis.

That said, I still have a job to do and that is to describe a getaway from fatherhood in the great city that is San Francisco and the amazing Bay Area. To begin, I like simple things. I never realized the joys of quiet time until I had a child. I took for granted the time at a coffee shop catching up on the day’s news and being surrounded by grownups doing the same. The rare moment of focusing on a work task uninterrupted by demands for milk was something that seemed all too difficult. The respite that comes from watching the big game once seemed so trivial. These small moments now have a whole new meaning after beginning my life as a father. Even though they are small, I think they permit living in the moment for myself, which fatherhood often prohibits by necessity. When you dedicate all of your focus to your child, it can make other things impossible. These small moments are important and can be the quick refresh I sometimes desperately need.

If I’m looking for something more than a small moment, there is so much to do in our backyard that even I forget. Getting outside to enjoy the natural resources we are lucky to have can be inspiring. A hike among the glorious redwoods is like visiting a natural sanctuary that permits not only time away from fatherhood, but also time away from my cell phone, a true peace that can be difficult to find. The refreshing escape of the wind



on the beach can provide a much-needed sweep of stress from my mind. One of the beautiful parks in San Francisco can offer the much-needed greenery and the chance to connect with nature that can be all too often forgotten about in the concrete

jungle of city living. As a native Midwesterner, I admit I’m still in awe of what this area provides.

If I want to really escape, then there is nothing better than what’s been called the “mancation.” Planning a weekend away with my closest friends, who do not live in California, can be one of the purest forms of taking a break from fatherhood. We enjoy planning a trip to a new city. Doing so with dearest friends—not as a dad in a family—can allow me to reconnect with myself and those that have helped make me who I am. Although I’m no fan of camping, joining a trip with friends can be the boost I most need. Spending time with those I love outside my family in a desolate location can offer a time to focus on one another and truly catch up with our lives that a phone call or text message cannot.

All in all, I think finding a true break from fatherhood depends on the individual. What you do and don’t like truly matter. Choosing something that is an escape, but still healthy, is vital. I still struggle with taking my own advice. It can be tough to turn off your fatherhood instinct and reactions. Finding the right

level of getting away is essential. While you cannot go AWOL, being able to completely shut off is necessary. Whatever

you choose, make sure it counts and it’s a true break from fatherhood—because breaks only rarely happen. ❖

Born and raised in the midwest, Kyle has been living in San Francisco for 5 ½ years. He works in tech, focusing on business development and sales. He’s the proud dad of Olin, a 19-month-old toddler who’s quickly becoming an energetic little boy.

If I want to really escape, then there is nothing better than what’s been called the “mancation.”

MEMBER PROFILE: Dy Nguyen

Photograph by Marissa HB Photography

Dy Nguyen is a mother of two (ages 3 and 15 months) living in San Francisco’s Mission District. Dy has been a GGMG ambassador for the past three years, connecting our LGBTQ community with resources and classes. Interviewer Lynn Perkins is CEO of UrbanSitter and hopes to see Dy on the SFUSD Board by 2025.

WHERE DID YOU GROW UP?

I was born and raised in San Jose as a first-generation Vietnamese American, a child of refugees. I spent my high school and early adult life on the Central Coast before coming to live in San Francisco and go to college. San Francisco fit my values and philosophies: progressive, art and music-focused, diverse, queer.

WHAT’S YOUR PROFESSIONAL BACKGROUND?

I am a high school-level Special Education (SPED) and English teacher. I have been teaching since I was a child (tutoring, running camps, teaching). I have a BA in English Literature, credentials in English and SPED, and a master’s degree in education.

CAN WE ASK FOR THOSE WHO DON’T KNOW: WHAT DOES IT MEAN TO BE A “QUEER-IDENTIFIED FAMILY”?

To me, it’s a family where the parents identify as LGBTQ or the child(ren) identifies as LGBTQ. Often, these families face unique struggles that heterosexual and cis-gendered families don’t have to think about in family planning and raising children.

WHAT’S A COMMON MISCONCEPTION ABOUT LGBTQ FAMILIES THAT YOU’D LIKE TO CORRECT?

One misconception I would like to clarify is that being queer does not look a certain way. Every family is formed, created, and navigates the world in different ways. I would like people to be cognizant of the privilege that each of us carries in the world of family planning, creation, and raising kids. As two cis-gendered women with no fertility issues and financial means, my wife and I have a lot of privilege in being able to create our family and raise our children in SF. Some, but not all, heterosexual couples have the privilege of not having to procure an egg, sperm, or womb to create their family.

WHAT’S YOUR GO-TO RESOURCE FOR BAY AREA LGBTQ FAMILIES?

Our Family Coalition (www.ourfamily.org)! They “seek to create an inclusive and just world where all LGBTQ families with children have visibility and opportunities to thrive as valued participants in our schools, institutions, and communities.” They provide both spaces for queer families and support for family planning.

WHAT ARE YOUR FAVORITE SAN FRANCISCO ACTIVITIES TO DO WITH KIDS?

We love to ride our awesome family bike (the Taga 2.0) around the Mission. We spend time looking at all the murals and street art. We get coffee at Precita or Dolores Park Cafe and enjoy a sunny day at the park. We love having family dinner at Tacolicious or Roosevelt Tamale Parlor.

IF YOU HAD FIVE HOURS A WEEK TO WORK ON AN ISSUE IN SF, WHAT WOULD IT BE?

Affordable access to quality public education (and childcare) for all SF residents. My heart is and will always be in education. I know firsthand the financial strain of childcare quality and costs, and I know that my worries will transform into finding a good public school for my kids. Now that my kids are closer to elementary school, I’m getting more involved locally, starting with the creation of an LGBTQ Parent Advisory Council.

DO YOU HAVE A PERSONAL HERO?

I draw inspiration from many people. My mother is a hero, modeling the strength of women and the work ethic and resiliency of immigrants. My spouse is my hero for her courage and insanely big heart. My best friend is my hero for her ability to hold contradictions and be who she is against convention. My sister is my hero for the fierceness in which she protects the people she loves. I am blessed with many heroes in my life. ❖



Dy (right) with her wife and children.

Know a mom you want to spotlight in the next issue? Email editor@gmg.org with her name, email, and a few sentences about what makes her an awesome mom for our next Member Profile.

BOOKS for Kids Food

By Laure Latham

Reading about food is a great way for children to get interested in eating it. It's also a way to learn the important role food plays in our world and what we like (or do not like). Whether about taco-loving dragons or night skies explained in cookie bites, these books each present unique approaches to food. In the case of the last book, the story shares a thoughtful insight to how other kids survive hardship when they are denied basic human needs such as water.



TouchWords: Food

Written and illustrated by Rilla Alexander

Using tactile letters and associating them with words they're used in, this book teaches early literacy in a fun way for little ones. Toddlers will love the book's bold illustrations while parents and caregivers will use all the easy words about food as "conversation starters" to describe delicious meals. *Ages: 0 to 3 years*



Dragons Love Tacos 2: The Sequel

Written by Adam Rubin, illustrated by Daniel Salmieri

Everybody knows that dragons love tacos, and that's all fine until the world runs out of tacos. Emergency situation!

The only way to make dragons

happy is to go back in time with a time travel machine, find tacos, plant them, and voilà! Except that time travel is not always an easy affair. If you're a taco lover, you will understand that dragons have to take desperate measures. Your kids will love their time travel adventures searching for the last taco on Earth. *Ages: 3 to 6 years*



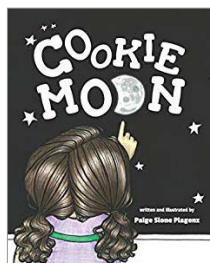
Lady Pancake & Sir French Toast

Written by Josh Funk, illustrated by Brendan Kearney

Have you ever wondered what

leftover food does in the fridge at night? This book is the perfect opportunity to find out. When Lady Pancake and Sir French Toast discover a bottle of maple syrup is almost gone, they bicker and enter into a bitter race to the last sticky drop. Past Sauerkraut Hill and through avalanches of beans, these breakfast foods are neck and neck to reach the syrup. In this funny rhyming story, kids will learn a lot of food names, from the vegetable crispier all the way to the dairy and tofu corner.

Ages: 4 to 7 years

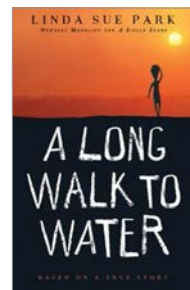


Cookie Moon

Written and illustrated by Paige Slone Plagenz

If your kids love cookies, they're on the right track to learn some night sky fun facts! Written by a high schooler, this book features Mr. Moon and Mrs. Moon, who live in space and each

month bake a giant cookie. This delightful tale explains the phases of the moon in simple terms and will spur school-age children to learn more by visiting a space and science museum. Cookies and milk would make great additions to this bedtime reading. *Ages: 8 to 12 years*



A Long Walk to Water

Written by Linda Sue Park

Two different stories intersect in Sudan. In 1985, 11-year-old Salva's school in Sudan is attacked by soldiers, and he flees on foot to a refugee camp in Ethiopia. In 2008, a young girl living in Sudan spends eight hours a day walking to fetch water for her family. Their lives connect when

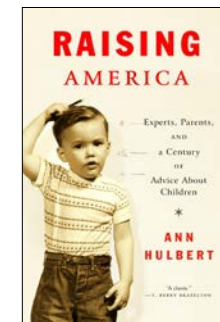
Salva, a grown man, returns to Sudan to build a well for a village, freeing the girl from her water chores and giving her the opportunity to go to school. Based on true events, this is a wonderful book about a part of the world rarely explored in children's books. *Ages: 8 to 12 years*

Laure is the author of the mommy blog Frog Mom (frogmom.com), as well as the book Best Hikes with Kids: San Francisco Bay Area. She writes for several parenting websites and lives in London, where she peppers adventures with her husband and two daughters with compulsory cream tea stops. You can find her on social media @frogmomblog.

BOOKS for Parents

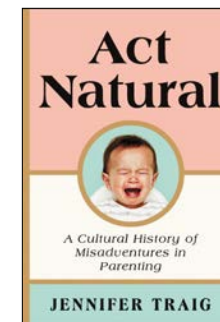
By Gail Cornwall

Two books provide permission to take a break from the "perfect parenting" mindset. Both chronicle child-rearing advice and conclude that humans have long held very firm beliefs about the best way to treat children—beliefs that fluctuate wildly across place and time.



Raising America: Experts, Parents, and a Century of Advice About Children

Ann Hulbert examines how 20th-century parenting experts have offered dramatically varied "dogmas and data," reflecting "American confusions about children's natures and futures, and about mothers' missions." It turns out the new plague of anxiety about child-rearing is almost as old as the plague itself. "Pick any post-medieval century," Hulbert writes, "and you can find historians proclaiming a notable shift in, and rising concern about, parent-child relations." That's comforting, and *Raising America* contains a good deal of interesting information and reflection. But this is a historian's history of the central dilemma ("is it more discipline or more bonding that they need at home?") and as such, one I recommend only if you want to feel like a slogging college student again.



Act Natural: A Cultural History of Misadventures in Parenting

Jennifer Traig does things a little differently. For starters, her scope is broad, covering all of history and the globe. Then there's her tone. Traig's accessible writing brings ease and pleasure to two traditionally taxing topics: historical study and parenting. "Children from all social classes just did not spend that much time with their parents," she writes in a characteristic passage. "Unlike us, they probably did not feel much guilt about it, much as my mail carrier doesn't feel guilty for not mowing my lawn. It's simply not his job."

She doesn't just make the material readable though; Traig makes it funny, like LOL funny. "Medieval childcare books are generally very stern and preachy. They are still fun for the modern reader, however, because early printers used a long s that, to the modern eye, looks just like an f. Since the books tend to dwell at length on breastfeeding, you read a lot about getting the fuckling infant to fuckle. Mostly, however, you read about faving

the infant's foul from fin." Her personal and whimsical asides occasionally annoy, but the vast bulk of them land, helping break up some seriously legit research into manageable chunks.

For example, did you know that "a shocking amount of parenting advice was written by people who either had no children or were estranged from them," including monks? Or that thanks to Freud, "botched toilet training was blamed for everything from homosexual-ity to World War II"? Or that Puritan books had "sunny, child-friendly titles like 'Deaths of Pious Children' and 'The Exhortation that a Father Gave to His Children Which he Wrot a Few Dayes Before His Burning'?"

Like Hulbert, Traig offers solace. "The history of parenting," she writes, "is, in large part, a history of trying to get out of it." And concern about overparenting also is not new. In 1671, Jane Sharp lambasted "overcockering," and during the 1940s, many asserted that "overinvolved mothers were creating a generation of psychological cripples." In some ways though, modern parents have it worse. Take sibling squabbles. For much of history, parents escaped it since they "were less likely to be around their children, and their children were less likely to be around each other, given that they were either working or dead." Along similar lines, Traig concludes that "a lot of parenting's thorniest issues—sleep resistance, picky eating—began when we started trying to fix something that wasn't particularly broken."

For the most part, the book soars. It's interesting. It's amusing. And most of the writing is tight, with flawless transitions. But some of those get sloppy, and there's an uncomfortable amount of unacknowledged repetition—of factoids and even a punchline or two. Another round of edits would have gone a long way. There's also the small issue of the facts receiving gloss. There's just no way to make definitive statements about parenting across the centuries without smoothing over a few things. And I'd be remiss not to note that this "cultural history" focuses on white culture. Still, I highly recommend *Act Natural* as a fun way to get some perspective on modern parenting.

Gail works as a mom and writer in San Francisco. Read about parenting and education from the perspective of a former teacher and lawyer at gailcornwall.com/articles or by finding her on "the Facebook."

From Womb to World

Flying with Little Ones

By Veronica Reilly-Granich

When just getting out of the house seems difficult, the thought of a trip by plane with your newest family member can sound overwhelming. Below are tips from jet-setting moms on how to handle flying with little ones at their most difficult ages.

Flying with newborns

Many airlines will not accept an infant less than seven days old as a passenger without a doctor's note. Pediatricians don't generally recommend flying with a baby less than one month old because of the exposure to a variety of germs. You can check with your pediatrician about getting the initial round of vaccinations as early as six weeks, but plan ahead of time, as they won't be effective immediately.

The reduced air pressure at altitude can also pose some risk. Adults breathe somewhat faster to compensate for this, but not all newborns can adjust. Most healthy babies should not have a problem, but check with your pediatrician to get advice regarding your specific situation.

Flying with babies

If you are planning to take your little one as a lap child (permissible up to her second birthday), make sure to strap on a carrier that your baby feels comfortable in for long periods. Wearing your baby will help keep her calm and close to you. If your baby sleeps easily in a car seat, purchase a seat and bring yours on board. Even if you haven't purchased your infant a seat, you may get lucky by asking if there are any extra seats available during check-in. Either way, feel free to bring your stroller and car seat to the gate, where they can be checked just before boarding. If traveling internationally, you can request a bulkhead seat and a bassinet for baby during booking.

Make sure baby has something to suck on during take-off and landing to help prevent discomfort inside his ear due to air pressure changes. Breastfeeding, bottle feeding, or a pacifier all work well for this. If your baby is sleeping, no need to wake him during take-off or landing. Finally, bring plenty of diapers and wipes, as well as some plastic bags. Even if your baby doesn't typically have blowouts, the changes in cabin pressure make them more likely, and you'll want to be able to seal the messy clothes into airtight plastic until you can dispose of all that poop.



Flying with older babies

The more mobile a baby is, the harder it will be to contain her on an airplane. However, many crawlers are also starting to eat food, and offering a variety of novel snacks is one of the best ways to

keep an older baby occupied. For infants who are still reliant on milk as their primary source of nutrition, be prepared with more milk than necessary. You can also breastfeed on the plane, but quarters are close, so you may want a nursing cover even if you don't usually use one. Other easy items to bring onboard to keep little hands busy include Post-its, which can be stuck all over everything and are relatively benign if eaten, board books, and toys with suction cups, which can be stuck to various airplane surfaces. Most babies also love the plastic cups airlines give out, so just keep ordering drinks!

Flying with toddlers

Good luck! In all seriousness, if you don't really need to travel with children between the ages of 12 and 36 months, don't. This tends to be the most difficult age to keep occupied on a plane. That said, my husband and I took our older daughter and our nephew on several cross-country flights just before they both turned two, and we survived!

First, plan to be "on" for the whole trip. Have a clear plan for trading "toddler duty" if you are traveling with your partner or another helpful adult. You may or may not get lucky with a nap, but it's best not to count on that. If the seatbelt sign is off, walking up and down the aisle can be a great way to kill several hours. Reusable stickers may be amusing (but be sure to supervise closely so the stickers do not become food!). A variety of novel snacks is still your best bet. Package them in small, interesting containers as a way to add fun.

No matter what age child you are traveling with, bring at least one change of clothes on board for everyone traveling. And remember, no matter what happens, the flight will be over eventually, and you'll never have to see any of those people again! ♦

Veronica is an educator living in San Francisco. She and her husband have taken their daughters, ages one and four, to New Jersey, Florida, and Cuba over the past year.

GGMG

New Arrivals



Natalie Blumen **Baby Samuel Reed**
Caroline Bruister **Baby Ericson Earl**
Brianne C. **Baby Mack Donahue**
Naomi F. **Baby Silas Dominic**
Katie Hanrahan **Baby Haulie**
Brittany T. **Baby Gordon Patrick**



Congratulations to **Caroline Bruister**! She will be getting joyful moments captured by Anna Munandar from Mini Anna Photography. Anna specializes in capturing joy and every milestone in your family, from birth to college. See her work at www.minianna.com.

To announce your new arrival in the magazine and for a chance to win a \$150 gift card from **Mini Anna Photography**, fill out the form at tinyurl.com/ggmgNewArrivals.

Village Voices: Ideas for Father's Day

"Years ago, our infant son had a medical emergency just prior to Father's Day weekend. Just prior to that chaotic weekend, I had ordered some cute framed pics, along with a picture mug with my husband and child. They arrived, ready to be opened when we got back from the hospital. He was extremely touched about the thoughtfulness, especially given our recent experience. What's amusing is that it was the last time I remembered to give my husband a real gift."

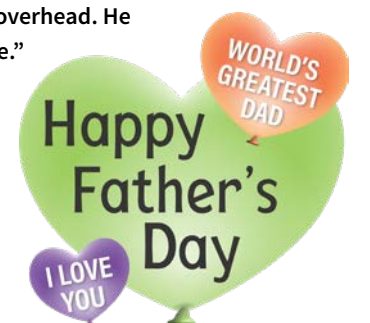
"One year I printed and framed a few pictures of him with the kids. He loved it because we have so few printed photos."

"Our family has aspirations of participating in the King of the County backyard BBQ competition in Martinez that takes place every year on Father's Day weekend. We have stalked this event before and checked out other people's setups and tents. We already have our family logo (Big Butter's BBQ!). We just need to sign up and make it happen!"

"My husband is a musician with a home-based studio. Last year I took the kids, all three of them, to a hotel for the weekend so that he could dive into his creative side uninterrupted and spend the weekend recording music without feet trampling overhead. He deeply appreciated the gesture."

"Every year we pack a picnic and head to the Hamilton pool with dad and dad's dad."

"One year on Father's Day, my own dad was visiting from the East Coast. I left a bright orange, collared shirt waiting for him at the breakfast table, and my daughter and I surprised our dads with a day at the Giants game. It was an awesome double date!"





Let's Unplug: Taking a Break from Technology

Step away from your screens and be present

By Jennifer Kuhr Butterfoss

Photographs by Marie Hamonic Photography

I used to have anywhere from 50 to 80 emails waiting for me each morning. Clearing my inbox was a competitive sport, right up there with challenging my mother-in-law over Fitbit. When it became clear that my demanding 60-plus-hours-a-week job was no longer compatible with having an infant and a toddler at home, I stepped down, took some deep breaths, and awaited the balance and relaxation to set in. Unfortunately, several months after leaving, I found myself still compulsively checking email: in line at the store, waiting for my kid at pick up, even parked at a red light. It was always the same: No new messages. *What*

exactly was I searching for? Was I addicted to my phone?

Since 2007, nearly 1.5 billion smartphones have been sold around the world. Our time on screens has increased by 30 percent since 2015, with the average American spending about three hours a day on her device, according to App Annie. Brain scientists have now determined that simply anticipating an update on Instagram or a “like” response to a Facebook post sends small doses of the feel-good chemical dopamine into our brains and leaves us wanting more. In one 2011 study published in the *European Journal of Radiology*, the brains of young people

diagnosed with Internet addiction showed significantly less gray matter, which is associated with important cognitive functions like planning, decision making, and impulse control.

The danger in our screen addiction is that in our efforts to feel good and more connected with one another, we are actually left with greater unhappiness and stress. In his TedX Talk “Why Our Screens Are Making Us Less Happy,” psychologist Adam Adler explains this unhappiness by analyzing the typical human 24-hour daily cycle, citing the Bureau of Labor Statistics. Eight hours are typically spent on sleep, eight hours on actual working or

commuting, and three hours on human survival activities like eating, childcare, and bathing. This leaves us with just five hours a day for personal time to pursue hobbies, nurture friendships, relate to others, and engage in activities that make us happy. Many of us are going days at a time engaging in less than two hours of the very activities that are meant to make us happy.

How can we break this cycle? What will it take for us to take a true break from technology in our busy, screen-filled lives? Fortunately, there is a growing faction of people asking these same questions and seeking innovative and out-of-the-box ways to provide humans with much-needed respites from technology.

A monthly camping habit

Jillian Lohndorf, a mother of two kids, ages three-and-a-half and two, caught the camping bug in adulthood and hasn't looked back. She organizes a monthly camping escape for her family of four throughout most of the year. “We camp a lot and typically do just one night each time, which some people think sounds crazy,” Jillian says. “It’s actually very simple. We just have a tent and one big family sleeping bag we all fit into. We make a fire and have dinner, usually burgers and hot dogs. In the morning, we’ll heat up water for coffee.”

For many busy families, juggling two small children and the logistics that come with planning a camping trip might seem like a lot. But Lohndorf argues otherwise. “People think of camping as a whole thing,” she says,



“but we keep it simple. If you do it a few times, it’s so easy. I use a large backpacking bag and keep everything ready to go. It quasi-doubles as my emergency bag.”

Lohndorf is a huge advocate for regular camping and is adamant that the benefits to her family have been worth the effort. “One night outside and suddenly the whole family is getting along, everyone is more relaxed. The kids can just run and get their energy out in a different way.”

Most importantly, “The phones stay in the car. When we started it was really easy to not have [cell] service, but now so many of the parks do. It’s nice from a safety standpoint, but it’s so distracting.”

If camping really isn't in the cards for your family, but a cozy rental home might do the trick, consider using the website VRBO and using its search function for “off the grid” properties. These are places with no Internet connectivity and often out of range of any possible service, making it possible to unplug, guilt-free. Your co-workers will simply have to find a way to manage and may even be inspired to try their own off-the-grid getaways.

Family unplugging rituals

For many American families, vacations and getaways might happen just one or two times a year, if at all. There are, however, a number of smaller rituals families can

partake in together and infuse into daily routines to reduce device dependence. Many of these efforts involve placing simple boundaries around technology use and having set times when devices remain off and away.

A joint study by Common Sense Media and the Center for Humane Technology determined that 98 percent of American children under eight have access to a mobile device at their home. Kids eight years old and under spend, on average, a little over two hours a day on screen media, according to a 2017 nationwide report. In order to cut back on screen time, a few small adjustments and rules are in order.

“I try, sometimes unsuccessfully, to stay unplugged between the time I pick up the kids around 5:30ish until bedtime around 7:30ish. We also have a strict ‘no TV, no technology, no toys at the table’ rule at home,” shares Amy Bacharach, mother of two.

The American Academy of Pediatrics heartily supports Bacharach’s ritual and offers resources like family media plans on its webpage at aap.org. The organization also supports an initiative called “#DeviceFreeDinner” to get kids and parents on track to making unplugged rituals and connections a regular part of the family routine.

Other suggestions for a small unplugging



ritual include making the car a screen-free space. The daily commute to and from school, work, or shuttling to different activities is a prime time for conversation, car games, reviewing math facts, or singing along to the soundtrack of *Moana*. Beyond that, car rides, especially painfully long ones, are a unique opportunity to experience boredom, which is not a bad thing.

“Boredom is the gateway to mind-wandering, which helps our brains create those new connections that can solve anything from planning dinner to a breakthrough in combating global warming,” asserts Manoush Zomorodi, author of the book *Bored and Brilliant: How Spacing Out Can Unlock Your Most Productive and Creative Self*.

Health experts implore us to put screens away well before a regular bedtime to ensure a good night’s sleep. To accomplish this, many families have instituted a rule that all electronic devices can only get charged in common areas like the kitchen or living room, not the bedroom. The “blue light” of the screen has a physiological effect, affecting the brain’s production of melatonin. This can delay the onset of sleep, according to research. A 2015 Proceedings of the National Academy of Sciences study shows that people who read from a Kindle as opposed to a print book experienced delayed melatonin release and subsequently took longer to fall asleep. These same people reported feeling less rested the next day.

Some families take this rule a step further by insisting that all electronic activity take place in common areas only, for the purposes of monitoring use. By not allowing kids to use their devices behind closed doors, parents can more actively and mindfully maintain awareness of what their children are being exposed to.

Date night unplugged

While making time and space to unplug as a family is incredibly important, so is making the time to put devices away and connect with your partner. Several studies point to the negative impacts of simply having a device out and insight can have on the quality and flow of conversation between two people. MIT sociologist and author of the best-selling books *Reclaiming Conversation*



and *Alone Together* Sherry Turkle found that 89 percent of Americans reported that during their last social interaction, they took out a phone, and 82 percent said that it deteriorated the quality of the conversation they were having. People reported their partners appearing less empathetically attuned. The phone’s presence inhibited a deeper, more meaningful conversation requiring a degree of trust, attention, and vulnerability.

San Francisco hotspot Bourbon and Branch in the Tenderloin makes a great date night destination and has a strict “no

called Yondr upon entering their venues. Only event staffers have the key to unlock devices upon exiting.

One needn’t pay outlandish prices for comedy tickets or fancy drink establishments to unplug, however. Busy moms and dads eager for a night out and a chance to reconnect can simply leave their devices at home and do what older generations did when they went out before cell phones even existed. It is still possible to simply leave the babysitter with the name and number of the places you plan on going during your date

The danger in our screen addiction is that in our efforts to feel good and more connected with one another, we are actually left with greater unhappiness and stress.

phones” policy in place, even going as far as asking customers to leave if they break this rule. The establishment poses as a modern-day speakeasy complete with a reservation requirement and a password you need to share at the door prior to being let in. The dim lighting, hip décor, and fancy cocktails amplify this special screen-free time to connect with loved ones.

Couples in need of a screen-free evening can also consider attending a comedy show together. Many comedians have completely banned cell phones from their events, out of concern about original material getting recorded, posted online, and killing ticket sales, or worse, getting replicated by other artists. Fans of Tracy Morgan and Chris Rock have been told to place their phones inside small, lockable cases produced by a company

night. If it’s truly an emergency, they can call the establishment. Let the deep and meaningful conversation over swirling glasses of wine and a warm breadbasket begin.

With a few more boundaries on our electronics use and some creative hacks to escape its clutches, we can be more responsible, connected, and mindful citizens who give our brains the much-needed respite they need and our family members the kind of presence they crave. As for me, it’s time to get my laptop off the kitchen table and have a fully present, engaged, and deeply empathetic breakfast with my family. ❖

Jennifer is a school administrator with SFUSD and mother of two children. She is also a recovering cell phone addict and aspiring monthly family camper.



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Should I Stay or Should I Go?

It is a common dilemma among young families living in San Francisco, to stay in the City or venture across the bridge to Marin.

Meet SF expert, Emily Beaven, Marin expert, Lori Docherty. We’re here to guide you home.

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Taking a Break from Food?

One busy mom's look into the benefits and risks of intermittent fasting and its impact on whole health

By Jennifer Sato



Motherhood keeps me on my toes. Each stage of development is somehow both easier and harder at the same time. My body and mind aren't the same after kids. I feel aches, pains, and a tiredness I never had before—partly from age, partly from motherhood, and partly from a new chronic condition that makes things a whole lot more difficult. I have also become much more in tune with the mind-body connection—how I think and feel has a direct effect on my body. When my energy levels are low, illness becomes all too frequent, and the same old routine is no longer working for me, my heart and soul seek inspiration for something new to help shake things up in a positive way.

As a busy mom, finding a way to renew my health can be a challenge. Moms often want a fix that doesn't take too much time away from family, doesn't require extra income, and one that can be easily incorporated into a routine. I first learned about intermittent fasting during my graduate studies in nutrition, and after hearing from moms I'd worked with who had tried it, I decided to dig deeper into the science behind the strategy to see how it works.

What is intermittent fasting?

Intermittent fasting, or voluntary cessation of food or drink for a designated time period, is not a new concept. Many variations of intermittent fasting exist. Alternate-day fasting means alternating between days without food or energy-containing beverages with days of consuming food as you wish. Modified fasting describes eating five days of the week without restriction and restricting intake to 20 to 25 percent of energy needs for the other two, nonconsecutive days. Timed-fasting is restricting eating during a certain time period, such as during daylight hours.

Why fast at all?

Neeka, a mother of two, tried intermittent fasting after a foot injury forced her to take a break from physical activity and her weight began to tick upwards. She initially tried fasting for 16 hours per day, keeping mealtimes between 11 a.m. and 7 p.m. "I noticed I would snack late at night after I put the kids down for bed," Neeka says, "almost out of habit, not because I was hungry. After I lost the weight, I stopped

fasting, but I continued to limit the nighttime snacking." She found that short-term, intermittent fasting provided a jump start to being more mindful of her eating, which helped reset her health and make it a priority.

What does fasting do to the body?

A metabolic switch occurs between 12 and 36 hours of abstaining from food or energy-containing drinks. When this metabolic switch occurs, the primary energy source for the body changes from glucose to free fatty acids and ketones. Ketones are then used to generate energy to sustain muscle and brain cell function during times of fasting and prolonged periods of physical exercise. In other words, after a certain amount of time without consuming food, the body presumably switches to fat as its energy source, while preserving muscle.

However, human research for long-term maintenance and lean muscle preservation is lacking. More likely, the first weight loss seen with fasting is fluid loss. Glucose, not ketones, is also the most efficient fuel for the brain and for muscle. Long-term use of ketones as an energy source can lead to kidney failure. Intermittent fasting is thought to be a way to use ketones for energy during times of fasting while utilizing glucose as energy (the body's preferred energy source) during times of eating.

Religious fasting

Not everyone fasts solely for health or weight benefits. Certain religious groups, including Muslims or Seventh-day Adventists, practice intermittent fasting for spiritual reasons. During the month of Ramadan, Muslims who choose to fast do so from dusk to dawn—anywhere from 11 to 22 hours, depending on their geographic location. Some Seventh-day Adventists practice consuming two meals per day with a longer overnight fast. Patterson and Sears conducted a review on metabolic fasting in the *Annual Review of Nutrition* to find that Seventh-day Adventists prioritize a healthy lifestyle and live 7.3 years longer than other white adults. It is not known what percentage of Seventh-day Adventists fast. The authors state that this increase in lifespan

may be due to eating a plant-based diet, regular exercise, and not smoking.

Few studies have been conducted on the health impacts of these rituals, but one 2012 meta-analysis of 35 studies examining weight change during the month of Ramadan found a 2.7-lb weight reduction when these data were combined. Within 16 follow-up studies, however, mean weight regain was 1.6 lbs in the two weeks after Ramadan.

Mixed results on the benefits of fasting

Research on fasting has mainly been done on rodents thus far. These studies reveal that those who fasted had positive changes in hormone levels related to blood sugar, fatty acid breakdown, and appetite. Other rodent studies show a reduction in weight and preservation of muscle while fasting. Although rodent studies are promising in the short term, human studies on fasting are inconclusive. A 2017 randomized clinical trial in the *Journal of American Medicine Internal Medicine* found improvements in high-density lipoprotein cholesterol (HDL) for those in the alternate-day fasting group six months after the intervention period, but not at 12 months. Conversely, mean low-density lipoprotein cholesterol (LDL), also known as the "bad cholesterol," was significantly elevated by month 12 in the alternate-day fasting group compared to the daily calorie restriction group.

When do people typically fast?

With the exception of those fasting for religious reasons, intermittent fasting seems to be the most popular over the nighttime hours given that most people tend to be asleep. The circadian rhythm may hold the answer as to why this form of intermittent fasting is favored over other types.

Each one of us has a master biological clock located in the hypothalamus of our brains that is affected by light and dark stimuli. We also have smaller peripheral clocks in the liver that are affected by food availability. The circadian rhythm regulates metabolism and hormone secretion, including melatonin. When the day becomes dark, melatonin is released, helping us fall asleep. In the morning, melatonin secretion

stops, helping us to wake up. Eating meals at irregular times, typically late at night, is thought to lead to circadian desynchronization and disruption of normal sleep patterns. Observational studies reveal that nighttime eating is associated with poor sleep quality and reduced sleep duration, leading to insulin resistance and increased risks of diabetes, cardiovascular disease, and cancer. Research done on shift workers and those with irregular work schedules shows these groups may also experience interruptions in sleep and consequently increased health risks due to irregular circadian rhythms. More research needs to be done to determine effects of intermittent fasting on circadian rhythm, but the other health risks involved with nighttime eating seem to suggest eating during daylight hours is preferential when feasible.

What about breakfast?

The Industrial Revolution brought about an emphasis on the importance of breakfast as a meal eaten for energy before work. As for what time the first meal of day should occur, results are mixed. A six-week randomized control trial published in the *American Journal of Clinical Nutrition* found no difference in weight, glycemic control, lipids, or inflammatory markers between a group consuming daily breakfast and a group omitting breakfast with an extended fast until lunchtime. However, a 2017 analysis in the *Journal of American College of Cardiology* concluded that people who skip breakfast are more likely to have atherosclerosis, higher





blood pressure, and higher cholesterol levels. Consuming breakfast has also been associated with better blood glucose control and better concentration in school for children and teens. Skipping breakfast should never be an option for those with blood glucose issues or diabetes.

For Joan, a mother of one, skipping breakfast didn't work. She tried intermittent fasting as a way to jumpstart her metabolism, fasting for 15 hours per day from 8 p.m. to 11 a.m., and lasted only a month. "I found myself watching the clock a lot," says Joan. "I would be so hungry by lunchtime I wouldn't make the best choices, and I need an early breakfast or I'm not as productive." Joan concluded that intermittent fasting was "too extreme" for her, but felt good about actively putting her health first.

Risks of intermittent fasting

Regardless of what time your first meal is, some fatigue or dizziness is common when initially trying to fast. The human body needs time to adjust to using ketones instead of glucose for energy. Fasting is not ideal for people with reactive hypoglycemia or low blood sugar. Similarly, people who are taking blood glucose lowering medications should avoid fasting as this can result in severe hypoglycemia and even death.

Intermittent fasting in elderly people has been associated with increased risk of stroke, irregular heartbeat, and cardiovascular disease. Over-restriction of calories, fasting or otherwise, causes hormone fluctuations that may lead to reduced testosterone in men and irregular menstrual cycles in women. Intermittent fasting should not be used by pregnant women, people who participate in heavy physical work or activity, or by children or growing teens. Consultation with a physician or health care provider when starting a new eating or workout regimen is recommended, and a Registered Dietitian Nutritionist can help create a specific nutrition plan. Health is a personal journey and an individual's nutrition plan and goals are unique.

What you eat matters

More human studies need to be done to recommend intermittent fasting as a way to preserve muscle mass and improve cardiovascular and glucoregulatory markers for health. Regardless of when you choose to eat, what you eat is of utmost importance. A plethora of research is available on polyphenols or phytochemicals, which are nutritional substances found in plants that help improve health. One such polyphenol is resveratrol, found in pistachios, peanuts, blueberries, and red grapes. Resveratrol has antioxidant properties and the potential to lower blood pressure and cholesterol levels. The combination of polyphenols and soluble fiber found in apples may help reduce risk of cardiovascular disease by lowering LDL cholesterol levels. Soluble fiber is also found in legumes or black beans, lima beans, broccoli, flax seeds, chia seeds, and many other fruits and vegetables. In addition to helping to lower cholesterol, soluble fiber aids in improving constipation, regulating appetite, and blood glucose control.

What you do also matters

Whether your aim is to lose weight or increase mind-body awareness, there are options beyond intermittent fasting. The American Heart Association (AHA) recommends moderate physical activity for at least 30 minutes a day, five days a week for maintaining health. The AHA describes walking at a

brisk pace, pushing a stroller (with larger child), playing tag with kids, playing a game of volleyball or badminton, and continuous gardening chores (such as weeding and mulching) as moderate activity. Swimming laps, biking uphill, and jogging are just a few

Health is a personal journey and an individual's nutrition plan and goals are unique.

vigorous activities recommended for 15 minutes a day, five days a week, or 75 minutes total each week. Being physically active most days of the week along with strength training helps to maintain muscle mass, improve mood, regulate digestion, reduce oxidative stress, and combat fatigue.

No quick fix to health exists, and one size (thankfully) does not fit all. Though I would not try intermittent fasting myself given the mixed results and my current lifestyle of waking early and requiring breakfast before my morning workout, I am excited to integrate new ways to shake up my day-to-day health grind. I will be incorporating more vegetables (yay, phytochemicals) and aim to take more relaxing baths after chasing my son around (woo, moderate activity). I feel inspired to give time to self-care by revamping my health routine. Every small change helps! ♦

Further reading

Antonio Paoli et al. 2019. The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. *Nutrients*

Ruth E. Patterson et al. 2015. Intermittent Fasting and Human Metabolic Health. *Journal of the Academy of Nutrition and Dietetics*

Stephen D. Anton et al. 2018. Flipping the Metabolic Switch: Understanding and Applying Health Benefits of Fasting. *Obesity (Silver Spring)*

Ruth E. Patterson and Dorothy D. Sears. 2017. Metabolic Effects of Intermittent Fasting. *Annual Review of Nutrition*

Jennifer is a mother to a 4-year-old son and a Registered Dietitian Nutritionist for Moms, kids, and families at Nutrition for Moms (www.nutritionformoms.org).



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Price Breaks: You Should Never Have to Pay Full Price!

Your guide on how to be frugal and fabulous

By Christine Chen



I have been a mall rat since I was 10 years old, searching for Black Friday “early-bird” specials with my mother in LA, at what would now be considered the very civilized hour of 7 a.m. My love for shopping led to a career in finance analyzing and advising retailers, where my knowledge of margins, markups, and inventory glut only increased my resolve to never pay full price for anything. Retail math is about what you saved, not what you spent. The amount of new “stuff” to buy as an expectant or new mom can be fun, but overwhelming and often expensive. My priorities have shifted over the years, and I now weigh how many Thomas trains I could buy versus a designer bag (which ends up filled with Hot Wheels, wipes, and Goldfish crackers). The retailers below regularly offer frequent deals or steep discounts. Who knows—maybe you’ll be able to procure a designer bag and a few Thomas trains to put inside it.

For baby, family, and mom

Baby Registry: Your baby registry is a great way to buy things you want through the completion discounts retailers offer. Timing here is critical, as most retailers give you a limited time period to use your discount before and after your registered due date (which doesn’t need to be your actual due date). If you find that you need to make a lot of purchases a year later, you can always register again to take advantage of the completion discount (yes, I have done this for both my wedding and baby registries; I have no shame). Some of the best places to register are Amazon (the completion discount can be used twice within the window of 60 days before and after the

registered due date). Target (you can use the discount on almost anything in the registry including things for yourself, but it needs to be used all at once), and Pottery Barn/Williams Sonoma/West Elm (you can create a registry for any event!).

There are two ways to approach registering: 1) register at a store where you might not be shopping regularly because of price and hope to receive gifts from there; or 2) register somewhere that you will be shopping regularly because any returns can be used toward something else and completion discounts can be used by adding items to the registry after the fact.

Amazon Prime: This is Mom’s (and Dad’s) best friend for everything from diapers to entertainment for the kids, groceries, and restaurant delivery. Since the acquisition of Whole Foods, Prime members get additional discounts off Whole Foods’ new lower prices and same-day delivery with Prime Now. The \$119 annual membership may seem steep, but it more than pays for itself as you save 20 percent off subscriptions for new-parent staples such as diapers, wipes, formula, and baby food. The price after the discount is less than what you would pay at Target or Walmart. A bonus is access to libraries of free children’s videos that can be downloaded to watch later. There are also lots of shows and movies for adults, too.

buybuyBABY: buybuyBABY is owned by Bed Bath & Beyond and, as a result, sends out 20 percent off coupons on a regular basis, which never actually expire if used in the store. Coupons can be used online as well (although they do expire online), and there are free online returns.

Albee BABY: This New York-based store carries all major baby brands from affordable to high-end at discount prices. No brick-and-mortar stores in California means no sales tax, and they offer free shipping for orders \$49 and above with frequent sales and coupons. It’s a great place to buy brands that are rarely on sale or excluded from discounts such as Stokke, high-end strollers, and car seats.

Retail math is about what you saved, not what you spent.

Baby Gap and Gap Kids: NEVER pay full price here. Forty percent off sales occur regularly online and in-store, and free online returns are a bonus. Pricing online versus in-store can differ, and stores often have additional discounts off clearance items. Stores will also match online pricing if it is lower. Markdowns are done on Wednesdays in preparation for the

weekend, with the first markdown usually after product has been on the floor for three weeks. A price that ends in 0.97 vs. 0.99 indicates that it is a clearance price, not a markdown price. Pricing will not drop lower than clearance unless there is an additional percentage off markdowns. This is also the case at sister brands Old Navy and Banana Republic. A credit card from any of the Gap family of brands earns five percent in rewards that you can use at any of the brands (Gap, Old Navy, Banana Republic, Athleta, Hill City), 10 percent off of purchases at Gap stores, as well as free shipping with no minimum spend if you earn 5,000 reward points in a year (approximately \$500 annual spend).

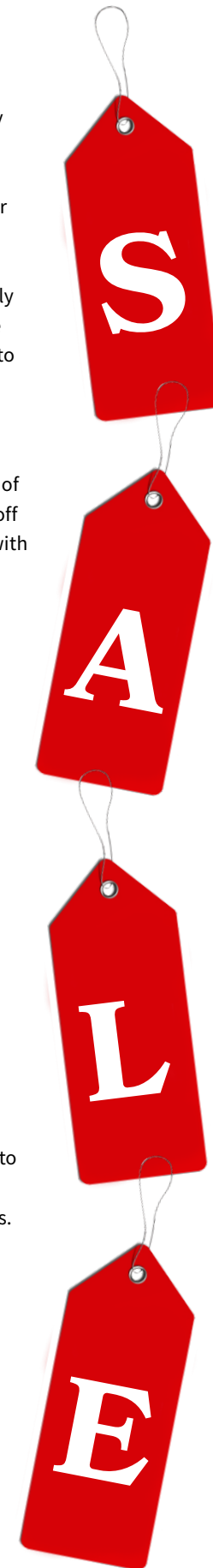
Pottery Barn Family of brands: If you are frequent shopper, or expect to be, the free credit card is one of the best out there, with a 10 percent return on money spent (for every \$250 spent, you get \$25 in rewards back). Combine that with a 20 percent completion discount on registry items, and the prices become quite affordable. Cardholders get a \$25 gift card quarterly plus once a year on your birthday. The outlet store in Alameda gets new inventory daily ranging from display and discontinued items to overstock, including PB Kids and Teen. Friday afternoon is the best day to shop before the store gets picked over on the weekend.

Outlet malls

While I love going to the Vacaville or Livermore outlets for the treasure hunt, most “outlet” stores are not actually the bargain they appear to be. The product in the majority of outlet stores is “made” for outlet (70 to 90 percent), so while items appear to be at a lower price, they are actually of lesser quality. Often prices can be higher than buying the product in full-price stores that have been marked down as traffic in outlet malls is higher.

Restoration Hardware (RH) outlets: There are now three RH outlets in the Bay Area: San Rafael, Vacaville, and Pleasanton. These outlets are filled with returns, cancellations, “damages (usually very minimal),” displays, and discontinued items. The San Rafael store gets all canceled orders from Marin County. They offer great customer service and will actually try to keep a list of specific pieces you are looking for and call you if an item arrives.

Macy’s Furniture and Mattress Clearance Center: The only furniture and mattress clearance center in the Bay Area, the Union City store is filled with inventory from returns and damages. The assortment is random, but great deals can be found here if you are willing to make the drive. What is considered “damaged” can be quite minimal, so it is a great place to find brand-new furniture with no visible damage at deep discounts.





Consignment

ThredUP: As the largest online consignment store, ThredUP is a great place to find second-hand fashion bargains for clothing and accessories for women (including maternity), plus-size, juniors, girls, and boys in excellent condition. Some items still have tags on them though are technically “second-hand.” There is a wide selection of current fashion (less than five years old) of popular retail brands such as Anthropologie, Madewell, and J. Crew as well as designer brands such as DVF, Milly, Trina Turk, and Theory. There are ThredUP stores in Walnut Creek, Burlingame, Los Gatos, and Pleasanton, which offer in-store payouts on select days (bring your clothes in for instant store or online credit rather than mailing them in using the prepaid postage bag).

The Real Real: The #1 luxury consignment site has an amazing selection of designer brands at more affordable prices. The Real Real prides itself on authenticity and good (moderate wear) to pristine condition items (priced accordingly) and employs a team for quality control. For luxury addicts, it is great way to consign and then use the proceeds for the next acquisition.

Goodbyes SF: With three shops on Sacramento Street in Presidio Heights, these consignment stores are filled with discounted brand-name clothes and accessories. They are selective about what they consign, and merchandise is only a few years old with recognizable labels. The assortment constantly changes as consignments are held for only 60 days and after 30 days will be marked 25 percent off. Inventory in good condition moves quickly.

Chloe’s Closet: These consignment shops for maternity, baby, and kids clothing offer online purchasing as well as pick-up in store (Bernal Heights, Inner Sunset, and Berkeley locations). A donation to Chloe’s is a great way to recycle piles of your kids’ clothing and toys that can be used for credit towards the next sizes. Or, simply opt to receive a check.

Free stuff!

Freecycle. This non-profit has local groups run by volunteers who keep a website that lists stuff that people are giving away for free so others may enjoy using then and keeping them out of landfills. Membership is free but you must sign up to see what is being offered.

BuyNothing. These hyper-local Facebook groups offer people a way to give, receive, share, or lend things or provide services within their neighborhood. You can only join one group.

Saving money while shopping with the power of the Internet is easier than ever. When looking for a specific item, a Google search reveals a selection of stores and a WIDE range of prices. Googling a store for coupons will lead you to sites such as www.offers.com and www.retailmenot.com that consolidate coupons and offers (or use ebates.com for cash back). With all the money that you save, you can treat yourself...or add to that train, Hot Wheels, or LEGO collection. ❖

Christine has analyzed and advised consumer companies for a career, regularly conducting “market research” at the mall or online, which has only made her shopping addiction worse. She is convinced that she has saved more money than she has spent. Her 5-year-old son and 3-year-old daughter think everything comes from AMZN or UPS.

GGMG classifieds: A great place to search for thrift shop-priced baby and toddler necessities and toys ranging from car seats and strollers to trains and play kitchens. Often items are free as many moms just want them to be used or loved by someone else rather than donated or thrown away.
www.gmg.org/classifieds

GGMG perks: The \$75 membership fee more than pays for itself if you take advantage of the many discounts and perks available to members only from GGMG Partners and Friends. Popular discounts include \$10 off one Caviar order every month, 35 percent off UrbanSitter fees, 10 percent off JCCSF summer camp, discounted tickets at the SF Ballet and SAP Center, discounts off photography sessions, doula services, and kids’ activities. Volunteers receive extra credits from UrbanSitter and extra free classes at the JCC among other benefits. Log in to your GGMG account for a full list of discounts:

www.gmg.org/member-perks/friends,
www.gmg.org/member-perks/partners



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COMMITTEE SPOTLIGHT: VOLUNTEER ENGAGEMENT

Who are your current volunteers?
Andrea Semancik, Connie Lin, Dawn Gordon, Heather Beckstead, Jennifer Borkowsky, Preeya Dabir.

What has been an unexpected benefit of being involved with Volunteer Engagement?
Getting to plan (and attend!) so many great events and getting to know our fabulous volunteers.

What types of activities or projects do you undertake?
We look to foster a close-knit, supportive volunteer community by hosting monthly volunteer meetings, as well as two annual volunteer appreciation events. Each meeting we recognize a Volunteer of the Month (International Orange gift certificate!) and raffle an UrbanSitter prize. We work hard to make sure the volunteer meetings are run smoothly, with plenty of delicious food and frequently wine!

What's next for your committee?
In June we are celebrating our co-chairs with a night at the Alamo Drafthouse.

How can interested GGMG members get involved with Volunteer Engagement?
We love volunteers! Reach out to operations@ggmg.org to work with our fab team.

What would you say to GGMG members who are thinking of volunteering but cannot imagine adding something to their already hectic lives?
There are so many positions you can do from your pajamas on the couch. There is an opportunity for everyone. If you're interested, come check out one of our volunteer meetings to find a great match.

SOCIAL EVENTS

Spring Fling Success

Thank you to all our incredible GGMG members and families for attending this year's Spring Fling! We very much enjoyed spending part of the day with you. A big thank you to all of our sponsors for helping make this event yet another successful one. We're excited for our next event of the year, Fall Festival, which will be held in October. More information to follow.

If you or someone you know loves planning events and is interested in being a part of our great committee, please email rsvp@ggmg.org with the subject line: SE Volunteer Inquiry. We're always interviewing to add to our team.



MEMBER SUPPORT

You are not Alone:
Support for Survivors of Abuse

Abuse can come in many forms. Whether it is verbal, emotional, or physical, living in an abusive relationship can feel isolating and hopeless. We want you to know that you are not alone and that you have options to pave a path to a happier and healthier future for yourself and your family.

There are several confidential hotlines that have expert resources to aid you in navigating abusive relationships, including the 24-hour crisis line WOMAN, Inc. (415.864.4722), the National Domestic Violence Hotline (800.799.7233), and Talkline (415.441.5437). Do not hesitate to call 911 if you fear for your life or the life of your child.

If you need a safe space, there are shelters across the city dedicated to providing housing, information, and support. These include La Casa de las Madres (1663 Mission St.), Riley Center (1175 Howard St.), Asian Women's Shelter (3543 18th St. [business address]—shelter address is kept confidential), and A Woman's Place (1049 Howard St.).

GGMG is here to support you. Please don't hesitate to reach out to us at member.support@ggmg.org if you or someone you love is in an abusive relationship.

CAREERS & ENTREPRENEURS

Headshot Event: Your Help Needed

We are working to bring back one of our most popular events this fall and make it bigger and better than ever, but we need your help!

We need volunteers for planning and day-of execution. If you know of a great makeup artist, photographer, or event space, please let us know. We are also looking for résumé writers, career coaches, wardrobe consultants, and fashion brands to participate in a pop-up shop at the event—please share your ideas and leads! Contact us at careers@ggmg.org to volunteer or for tips and suggestions.

MEMBER ENGAGEMENT

Connect with Your Mom Tribe



There is nothing quite as rewarding, bewildering, and isolating as being a new mom, but having a mom village can make all the difference! The Membership Engagement Committee welcomes new members, helps them meet other moms, and turns online connections into real-life friendships. We organize three types of events throughout the year: Newborn Playgroup Formation for New Moms, Mom and Toddler Playgroups, and Member Mixers. Our new member welcome emails remind all members to make use of their membership discounts and special pricing (www.ggmg.org/member-perks).

MEMBER PLAYGROUPS AND EVENTS

Our ever-popular Newborn Playgroup Formation event at Presidio Sports Basement (held every three months) is perfect for moms with new babies. If you can't wait for the next formation event, please contact us to be placed into an existing newborn playgroup.

For moms of babies older than 12 months, Mom and Toddler Playgroups (ages 1 to 3) and/or the GGMG Neighborhood Meetups may be a better fit. These playgroup events are posted on ggmg.org and on our Facebook page. Please RSVP through ggmg.org to attend.

Our committee needs volunteers to help in organizing events and member communications. Volunteers receive generous benefits including free GGMG membership after one year of service, and most roles take just a few hours a month or less.

If you have questions or want to learn more about volunteering, please contact playgroups@ggmg.org.

DIVERSITY & INCLUSION

The Power and Potential of Diversity in Kids’ Lit



Few things are more essential to the development of a child’s confidence and sense of belonging than the experience of being affirmed. Characters in television shows, movies, books, and even advertisements in magazines or buses all communicate to children the clear, indisputable message that “You matter. You belong here. You are valued.”

This message is seldom communicated to children of color, though, and when it is, the message lacks the bold clarity of the media examples above.

Lack of diversity in children’s literature is lamented by children, parents, and educators. Books by and about diverse people remain far fewer than their white counterparts. The power of finding oneself in a book is undeniable. As award-winning author Eric Velasquez explains, “Once children see themselves represented in books, their existence is validated, and they feel that they are part of the world.”

Movements like #1000BlackGirlBooks, We Need Diverse Books, and Multicultural Children’s Book Day are helping children of all ethnicities and cultures find themselves in books. Often starting as grassroots movements, campaigns like these evolve into online resource centers with book lists, reading series, and grants.

Thirteen-year-old Marley Dias created the #1000BlackGirlBooks campaign because “[she] wanted to read more books where black girls are the main characters.” We Need Diverse Books is based on the motto “Imagine a world in which all children can see themselves in the pages of a book,” collecting book titles and supporting organizations and authors to create more diverse children’s literature. These organizations

are on the ground, working to create and promote children’s literature by and about diverse people. Organizations such as the Cooperative Children’s Book Center track statistics about diversity in books, seeing numbers of books by and about diverse people double and triple in recent years.

Sharing these diverse works with your children is easy and often free. The San Francisco Public Library offers an array of diverse children’s books in every local branch, as well as in the expansive Main Library. Local bookstores like Charlie’s Corner also promote and stock diverse titles.

At the recent GGMG Spring Fling, the Diversity & Inclusion Committee displayed wonderful children’s books about Ramadan and immigration, in addition to titles like *Trombone Shorty* and *Last Stop on Market Street*. We highly recommend adding these vibrant titles to your next library visit or shopping trip.

What is your favorite diverse book for children? We’d love to hear it at diversity@ggmg.org.

Further reading:
grassrootscommunityfoundation.org/1000-black-girl-books-resource-guide
diversebooks.org
ccbc.education.wisc.edu/books/pcstats.asp
www.cnn.com/2018/10/23/health/diversity-in-childrens-books/index.html
sfpl.org/index.php?pg=0000035201
hereweeread.com/2018/11/the-2019-ultimate-list-of-diverse-childrens-books.html

WATER-SMART FAMILIES. SAFER KIDS.

#1 Drowning is the leading cause of unintentional death for children ages 1-4.

- Always watch children around water.
- Teach children to swim.
- Get CPR and First Aid trained.
- Identify & reduce risks around water.
- Keep pools/spas covered.

La Petite Baleen would like to remind you to stay safe this summer!

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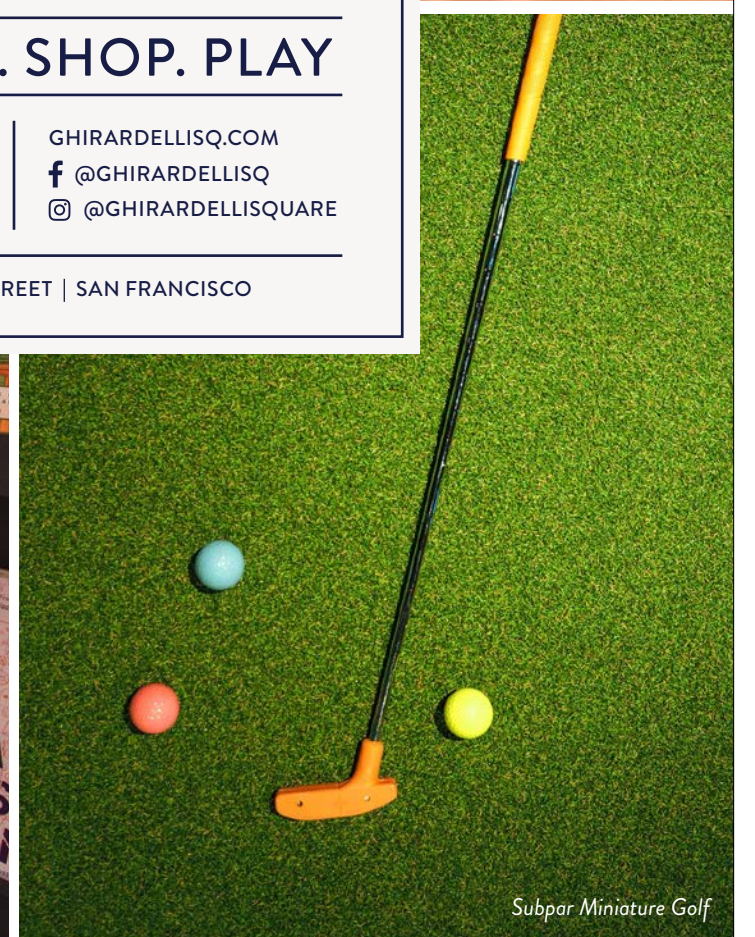
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NEIGHBORHOOD MEETUPS

Mommy Baby & Toddler Playdate at Play Haven

Meet fellow GGMG moms and babies for a playdate at Play Haven at a hugely discounted rate. Babies from infant to toddler are welcome! Older siblings are welcome too. Coffee, tea, and snacks are provided by GGMG! Parking is free at the Forest Hill Church lot next door.

- DATE:** Wednesday, June 29; Wednesday, July 17 (Monthly on the 3rd Wednesday)
- TIME:** 1:30 to 3:30 p.m.
- PLACE:** 254 Laguna Honda Blvd.
- COST:** \$5 per child (regularly \$16). Free for adults and infants 6 months and under.

LGBTQ+ Playgroup – Toddle with Me: Music & Movement Class

Back at a NEW TIME AND LOCATION, this music and movement class for LGBTQ+ parents/ caregivers with toddlers promotes children’s overall development. Using creative physical expression, these classes promote gross and fine motor skill development, coordination and balance, as well as early literacy, pre-math, and social-emotional skills.

Participating families will receive five free passes to the Recess playspace and can also take advantage of In-A-Pinch Child Care courtesy of Our Family Coalition!

- DATE:** Fridays
- TIME:** 9 to 10:30 a.m.
- PLACE:** Recess, 2226 Taraval St.
- COST:** FREE

Weekly Playgroup at Sunnyside Playground

Come out and join Beth and Lukas (3) for a fun playdate. Please email ejansson79@gmail.com if you’re interested in joining!

- DATE:** Mondays
- TIME:** 10 a.m.
- PLACE:** 945 Teresita Blvd.
- COST:** FREE

Drop-in Support for LGBTQ+ Parents

Enjoy a meal with your kids and other LGBTQ2SIA families before parents and caregivers break off for facilitated discussions about family and child-rearing issues with their peers. This monthly group is held at Our Family Coalition’s Main Office. Dinner begins at 6:00 p.m. and the parent group will start at 6:30 p.m. to allow ample time for discussion and peer support. First-time participants will need to complete a brief intake upon arrival.

Dinner and childcare are provided FREE with registration at least 24 hours in advance. Please register all family members who plan to attend (including any dietary restrictions as well as ages of children) so staff can make arrangements. For more information, please contact Jeannette Page at jeannette@ourfamily.org or 415-981-1960 x309.

- DATE:** Tuesday, June 11
- TIME:** 6 to 8 p.m.
- PLACE:** 1385 Mission St., Suite 340
- COST:** FREE

LGBTQ+ Family Monthly Meetup at Community Well

Whether it’s busting out the ball pit, singing songs with local visiting musicians, or having a dance party, the LGBTQ+ family group knows how to have fun! Queer families can come join us every first Saturday of the month at Community Well. We provide a safe space for queer families to meet, play, and discuss topics that are unique to the LGBTQ community.

Community Well is a great community space that has everything needed for babies: changing tables, compostable diaper system, lots of space and toys for the kids, and a ball pit!

- DATE:** First Saturday of the month
- TIME:** 3 to 5 p.m.
- PLACE:** 78 Ocean Ave.
- COST:** FREE

Mandarin Playgroup for Toddlers

This class is for children 20 months old and up with an adult caretaker. Join us for a 90-minute Mandarin playgroup led by Emma, a native Mandarin speaker and California-certified Mandarin teacher, who is committed to providing children with a fun learning experience.

Participants will learn conversational Mandarin through songs, stories, and multi-sensory activities. The methodology of the class is multi-disciplinary, integrating images, stories, occasional short screen time and various materials.

One of our goals is to initiate the authentic use of conversational Mandarin among teacher and kids. The bilingual environment encourages kids who do not have a Mandarin background to learn Mandarin as well.

The class will take place in a member’s house in Noe Valley or meet in an outdoor playground.

- DATE:** Fridays
- TIME:** 10:00 to 11:45 a.m.
- PLACE:** Will be emailed to those who RSVP
- COST:** \$16

Private Class at Yoga Tree with Kari Marble

A mother herself, Kari is very aware of the changes a mama’s body has gone through; she’s the perfect guide to show us how to care for ourselves so we can stay healthy and happy!

Check-in will begin at 12:45 p.m., providing everyone time to set up and share any special requests. Class runs from 1 to 2:30 p.m. Tea and light refreshments will be provided after class, so stick around to catch up with fellow parents

This event is open to moms, dads, and even non-members (adults only).

- DATE:** Sunday, June 23
- TIME:** 12:45 to 3 p.m.
- PLACE:** 186 6th Ave.
- COST:** \$10/Member, \$15/Non-member



Neighborhood 6 Monthly Moms’ Wine Nights (various locations)

Come join us for our monthly wine nights at various locations throughout Neighborhood 6. Sometimes we meet at a member’s house, other times we explore different bars and restaurants in the area. Wherever we are, we like to drink some wine, share our stories of motherhood, vent about our jobs (or partners!), and just have a good time!

- DATE:** Tuesday, June 11
- TIME:** 7 to 10 p.m.
- PLACE:** White Cap, 3608 Taraval St.
- COST:** Attendees pay for their own cocktails

- DATE:** Tuesday, July 9
- TIME:** 7 to 10 p.m.
- PLACE:** Que Syrah, 230 West Portal Ave.
- COST:** GGMG will provide appetizers and some wine; attendees pay for other food and drinks.

Moms Evening Out—Soma/Mission Bay/Rincon Hill/South Beach

Ditch the work duds and burp cloths and get comfy at our casual moms evening out. Come on over for coffee, tea, wine, or a bite at the lovely Crossroads Cafe. Meet other neighborhood moms and swap stories and advice. Neighborhood 4 will be sponsoring wine and appetizers. We’re hoping to make this a monthly event if there’s enough interest.

- DATE:** Thursday, June 27
- TIME:** 7 to 9 p.m.
- PLACE:** 699 Delancey St.
- COST:** FREE



COMMUNITY OUTREACH



8 and Up Volunteer Project at SF-Marin Food Bank

Join GGMG families and their kids, ages 8 and up, in a fun morning of giving back to the community. We will be sorting, weighing, and packing food to go to various community organizations.

- DATE:** Saturday, June 22
- TIME:** Noon to 2 p.m.
- PLACE:** 900 Pennsylvania Ave.
- COST:** FREE

4 and Up Volunteer Project at SF-Marin Food Bank

Join GGMG families and their kids, ages 4 and up, in a fun morning of giving back to the community. We will be sorting fruits and vegetables or packing food to go to various community organizations. Note that one adult must be present for each child in attendance.

- DATE:** Sunday, July 17
- TIME:** 9 a.m. to noon
- PLACE:** 900 Pennsylvania Ave.
- COST:** FREE

KIDS ACTIVITIES

Color-Me-Pride
Celebrate Pride Month and join us for some kid-friendly crafting activities. We'll be making tie-dye shirts and special rainbow artwork. We will also have supplies so you can make your own signs for the SF Pride Parade happening on June 30. Come out, meet some new friends, and celebrate the diversity and vibrancy of San Francisco! We will provide crafting supplies, snacks, and drinks. Hosted by the Kids Activities and Diversity and Inclusion committees.

DATE: Saturday, June 15
TIME: 10 a.m. to 1 p.m.
PLACE: TBD
COST: FREE

CAREERS AND ENTREPRENEURS

Live in Marin, Work in SF (webinar)
Living north of the Golden Gate Bridge can offer a lot for families—more education options, larger homes, and better weather. But what if you work in SF? What's the commute like, how is the traffic, and do people really take boats to work? Join us for a one-hour, lunch-time webinar with Compass Real Estate Agents Lori Docherty and Emily Beaven to understand what a move to Marin could look like for you. Email careers@ggmg.org to get on the guest list.

DATE: Wednesday, June 26
TIME: Noon to 1 p.m.
PLACE: online webinar
COST: FREE

MEMBER ENGAGEMENT

Bi-Monthly Toddler and Mom Playgroup, Golden Gate Park
We will be in the Blue Playground in Golden Gate Park with sweet treats, coffee, and our little ones. Look for the link on the GGMG calendar to sign up. Hope to see you there!

DATE: Thursday, June 13
TIME: 10 a.m. to noon
PLACE: 3473 Fulton St.
COST: FREE

REGISTER FOR EVENTS AT GGMG.ORG/CALENDAR



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A few random things I have actually done for my clients...

Went to my sellers' house at midnight to let them in after they locked themselves out.

Cleaned poop (dog, I hope) off of the sidewalk before an Open House.

Recommended a service provider who successfully removed a spirit from a house.

Talked buyers OUT OF buying a home that was entirely TOO RISKY for them.

Hiked up my skirt and climbed over a fence IN MY HEELS to access a poorly-placed lockbox.

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Sherri Howe
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TO REDEEM PASS: Bring the cover of the current GGMG magazine or a screenshot of the GGMG account webpage showing your name and address in person to the JCCSF Front Desk. Magazine must bear the name and address of the GGMG member.

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I ♥ Mom

Love and Misunderstandings

By Victoria Dvorak

My mom arrived at my house one afternoon carrying a Swiffer WetJet container, having previously announced that she'd bring some food over. She headed for the kitchen and started to rifle around. "Where the deep fry?" she asked. I replied that I don't have a deep fryer and then asked why she brought over Swiffers. "I bring egg roll," she replied as she removed the top to reveal about two dozen uncooked egg rolls neatly lined up inside the green plastic tub. Like most in the organic, grass-fed, free-range, non-GMO bubble that we live in, I was properly mortified: "Um, mom? This is not a food container. It's filled with chemicals to clean floors. You shouldn't put food inside." That look of both disapproval and disappointment came over her face: My daughter is so Westernized. Her reply: "Hmph. It ok! You think everything dirty, no good. I wash it! It ok!"

Conversations like this epitomize the sometimes tenuous and oftentimes hilarious encounters with my mom. Just now, my mom called and asked me to book appointments for her primary physician and the DMV: "V, you make me appoin'men' at doctor, I feel bad and DMV I get real ID." Click. Just one run-on directive.

Whenever I get a message like this, I get annoyed first. It shows her lack of awareness that I have three children and have little bandwidth for chasing down crucial details like preferred dates and times for appointments, what's going on with her meds, and why in the world she wants a Real ID when she has a passport. I'm still annoyed when I call back, but I inevitably soften and accommodate her.

Mom may not have gotten the memo on affection or gushing, blubbing love to us, but she got it a hundred times over with her grandkids.

Mom got an iPhone years ago. Four years later, she's still unable to navigate it. She often complains that her phone is broken, or that it won't send texts or pictures. Nevermind that when taking a picture, she pushes hard on the button, resulting in a blurred photo, she accidentally puts her phone on do-not-disturb, and though she's occasionally managed to compose a text or upload a picture she still hasn't mastered the art of actually hitting "send."

For a woman who came to the States in her late twenties, my

mom's command of the English vernacular is pretty good. She understands a great deal more than she can speak. I've quizzed my older siblings about my mom's early years and they tell me she was quieter, more stressed, and meaner. One thing we all recall is that she was not affectionate or loving, which is both surreal and painful for me to acknowledge simply because I can't relate at all. I literally eat my children with kisses and hugs.

Mother's Day is a holiday my mom doesn't recognize. I don't

know whether to attribute this to her being a Buddhist or if she just thinks it's hooey. I always dreaded making Mother's Day gifts in grade school. I'd hand her yet another Dada-esque sculpture that looked like what you'd get if an ashtray and a mug had a love-child. "Here," I'd say. Mom would take it and mutter something non-committal. It's clear to me now that she reacted the way she did because the concept of a day for mothers was so foreign, like it was inconceivable.

I don't recognize Mother's Day either. I do wonder what I'm communicating to my kids in this regard. The difference between my mom and I, however, is that I celebrate

every bastardized, lovechild combination of a urinal/fruit bowl creation they bring home. I even go so far as to put my jewelry in these concoctions until I'm reprimanded that it's a not a jewelry holder, but a Komodo dragon that got into a fight and another dragon ate a piece of its back and that's why it's concave.

My relationship with my mom today is complicated, real, and sometimes uncomfortable. I have a deep reverence for my mom that's fraught with extreme irritation. Ours is a role reversal with me as the caretaker.

She brings considerable joy to my kids.

Mom may not have

gotten the memo on affection or gushing, blubbing love to us, but she got it a hundred times over with her grandkids. I like to think it's because she's less stressed. She no longer has to juggle two jobs with English as a second language, four kids ages 8 and younger, and all the familiar things parents struggle with in the present day. ♦

Victoria lives in SF with her three kids, husband, and tortoise that she fought against adopting but is now like one of her kids (tortoise, not husband). She enjoys but sucks at gardening and baking.





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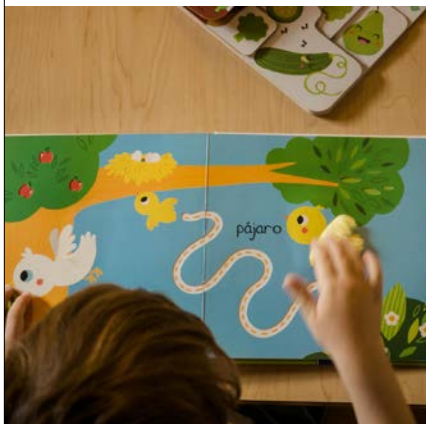
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