

NOVEMBER 2016



GGMG | GOLDEN GATE
MOTHERS GROUP®

magazine



Technology

New Preschool

Ages 2 – 5 Years
TK Program
Full Time & Year Round
Bilingual Spanish Option

Play-based philosophy
inspired by
Reggio Emilia and
Montessori

Enroll Now

Conveniently located in the Mission near 24th St. BART

Newly renovated building features:

Light & spacious classrooms, gross motor gym, art and sensory studio, playground with garden area, new bathrooms, seismic retrofits, and state of the art security.



Interested in admissions?

Contact us: info@sftikesacademy.com

Visit: sftikesacademy.com

Lic #384002757 (pending)

Opening Fall 2016!



www.ggm.org

BOARD OF DIRECTORS

Chair	Laurel Kellam
Vice Chair	Cathy Tran
Secretary	Laura Kabler Oswell
Treasurer	Kristen McGuire
Community Support	Tiffany Bindoo
External Communications	Addie Bjornsen
Internal Communications	Virginia Green
Kids Events	Justine Simpson
Member Engagement	Sasha Fahimi
Operations	Laura Kim
Parent Education	Katrina Dirksen
Partnerships	Shikha Goyal-Allain
Technology	Sarah Soto

COMMITTEES

Community Support	Operations
Diversity & Inclusion	Parent Education
Entrepreneurship	Partnerships
Just for Moms	Playgroups
Kids Activities	PR/Marketing
Magazine	Recruiting
Membership	Social Events
	Web Team

MAGAZINE

Editor-in-Chief	Kirsten Pflieger
Managing Editor	Sonya Abrams
Senior Editor	Megan Bushnell
Art Director	JoJo Rhee Chevalier

Writers Stephanie AuWerter, Shaheen Bilgrami, Jennifer Butterfoss, Tara Hardesty, Laure Latham, Bobby Shukla, Catherine Symon

Copy Editors Sarah Brandstetter, Emily deGrassi, Anna Gracia, Arwen Griffith, Neha Masson, Jenny Shaw, Sandy Woo

Advertising Sherri Howe

Designers Jessica Franklin, Jesse Recor, Lani Schreiberstein, Lora Tomova

Photographers Lindsay Lovier, Anna Psalmund, Aviva Roller, Carolyn Soling

For information regarding how to advertise in this magazine, contact advertising@ggm.org.

For questions or comments regarding magazine content, contact editor@ggm.org.

For questions or comments regarding all other aspects of GGMG, including how to advertise an event to our membership, please contact feedback@ggm.org.

Table of Contents

4

**Letter from the Editor:
Modern Family**

Using technology rather than being used by it

Kirsten Pflieger

5

**Letter from the Board:
Celebrating Diversity**

Announcing GGMG's newest committee

Cathy Tran

6

Out and About

A Very Alternative Thanksgiving Day in the City

Jennifer Butterfoss

Li'l Kid, Big City: Ocean Avenue

Megan Bushnell

Sharing Holiday Warmth

Jenny Shaw

8

**Ask the Expert: Detecting and
Preventing Cyberbullying**

Understanding the perils of cyberspace for kids

Eve Kupferman

10

**Dadlands: Channeling The
Good Ol' Days**

Repeating history with technology tug-of-war

P.J. Leffelman

12

**Books for Kids:
Science and Engineering**

For inquiring minds of all ages

Laure Latham

14

**From Womb to World:
How Activity Trackers Work**

Demystifying your magic wristband

Catherine Symon

16

**Technology and Kids: The
Good, the Bad, and the Ugly**

Nurturing technology smarts

Jami Grich

20

Must-Have Apps for Busy Moms

Motherhood: there's an app for that

Shaheen Bilgrami

24

**Integrating Technology into
Elementary Education**

Get the 411 on tech in San Francisco classrooms

Lynn Perkins

28

Hey Amazon, Where's My Toy?

The nuts and bolts of one of the world's biggest retailers

Rutuja Khanzode

39

**I ♥ Mom: Dining Together
When You're 3,000 Miles Apart**

Digital dinners bring a family closer

Jennifer Hofmann

GGMG at Work

4

Housekeeping

5

From Our Readers

9

Drives & Contest

15

New Arrivals

32

GGMG Events

34

Committee Updates

Cover Photo by Carolyn Soling Photography;
Cover model: Elsa (6), Cora (8)

Letter from the Editor: Modern Family

By Kirsten Pflieger



Kirsten loves her smartphone, but sometimes dons a watch and leaves her phone at home, just to see what will happen.

Modern technology is such a core part of our daily existence that it's hard to imagine life without it. Sometimes, I wonder how my parents managed to get through their day without GPS, phones that predict what you need, and instant communication. Other times, when I'm up late to catch up on emails or watch a show I DVR'd, I contemplate the

luxury of being able to live in the moment. Imagine taking the time to complete a conversation rather than dashing off hasty texts throughout the day, or accepting that we may not have the time to watch every show.

As parents, we often consider how technology affects our children and our parenting. Jami Grich looks at the current

[W]hen I'm up late to catch up on emails or watch a show I DVR'd, I contemplate the luxury of being able to live in the moment.

research concerning the effect of screen time on children's cognitive function on page 16. Helping young children understand the relationship between what happens virtually and what

happens in the real world can be challenging. Rutuja Khanzode offers a primer on the magic of Amazon on page 28. On page 24, Lynn Perkins delves into how San Francisco schools are using technology in education.

There is no shortage of apps, devices, and services promising to make our lives easier. But who has the time to figure out which ones might actually be worthwhile? On page 20, Shaheen Bilgrami helps you out by creating a list of useful apps specifically for busy women and parents. Catherine Symon digs into activity trackers on page 14, investigating how they work and why you might or might not want one.

Instant communication has also changed the way that we interact with one another. On page 39, Jennifer Hofmann shares how her children have dinner with their grandparents twice a week, while physically being 3,000 miles apart. On the flip side, Eve Kupferman discusses cyberbullying in our Ask the Expert column on page 8. While technology continues to advance, on page 10, P.J. Leffelman reminds us that we are not the first generation of parents to tell our kids to "just turn that thing off and go outside to play already". So even as we reap the benefits of technology marching on, some things never change. And maybe that's a good thing.

KPflieger

Thank you to everyone who filled out our survey. If you haven't, please take a moment to answer 6 short questions to help us serve you better. <https://www.surveymonkey.com/r/B2C57Q2>

Housekeeping

Opinions expressed in this issue are those of the contributors. Acceptance of advertising does not constitute endorsement by GGMG of any products or services. The editors reserve the right to accept, edit, or reject any content submitted to the magazine.

ADVERTISING: Advertisements are accepted on a first-come, first-served basis. For submission information, email advertising@ggmg.org.

THIS ISSUE MADE POSSIBLE BY: Birthdays, anniversaries, and one scary advanced French class, a 5-lb voters pamphlet, Conor Gillaspie, family cuddle, Halloween backpacking trip in Scotland, store bought Halloween

costumes, PSL with lots of extra shots, and all the alcohol during debate watching, family free conference, toddler talk.

COMING NEXT: December/January—Inclusion; February/March—International; April/May—Fertility

CONTEST: Congratulations to **Laura Terlouw**, the winner of the perfect video keepsake from GrandVideo.

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

Letter from the Board: Celebrating Diversity

By Cathy Tran

Welcome to November and the start of the busy holiday season! Thanksgiving is one of my favorite holidays, and I am so thankful for this wonderful community of parents who have shared such great advice and shown each other amazing support. The holidays are a time to come together, and an ideal time to celebrate the spirit of inclusion.

The members of the GGMG Board are a diverse group of women representing many socioeconomic backgrounds and family makeups. We strive to ensure that GGMG is not only diverse but welcoming and supportive to all moms—no matter their background, ethnicity, socioeconomic status, sexual orientation, or religion. With that goal in mind, we have recently created an Inclusion and Diversity Committee, whose mission statement is below:

The purpose of the Inclusion and Diversity Committee (IDC) is to (a) identify the inclusion and diversity strengths, issues, and opportunities within all aspects of GGMG; (b) develop strategies and plans to examine ways in which we include and exclude

We strive to ensure that GGMG is not only diverse but welcoming and supportive to all—no matter their background, ethnicity, socioeconomic status, sexual orientation, or religion.

(however unintentionally) GGMG members; (c) systematically examine aspects of GGMG to enhance its effectiveness and ability to meet the needs of its diverse membership; and (d) respectfully celebrate cultural events and holidays. The IDC serves the GGMG

Board of Directors by engaging our shared experiences, and promoting a community of respect that honors the humanity of all.

This work will be accomplished by creating an internal culture that is responsive to the needs and assets of diverse cultures and by adapting the organization's operations and programs to be more attuned to the needs and assets of communities of color.

The Inclusion and Diversity Committee has exciting plans for its initiative, including developing ways to educate members on various issues surrounding inclusion and on ways to communicate with more sensitivity—with one another and with our children. The committee will also be promoting educational books and movies for both adults and children. In addition, its members are planning educational seminars and panels, with the anticipation of hosting at least two celebratory events next year. We are very excited by the work this committee is already doing, and we are looking for more volunteers to contribute to this important work. Please email diversity@ggmg.org to get started!

Cathy



Cathy Tran is mom to two boys, Charlie and James, and wife to an amazing and supportive husband, Peter. She is the co-host of the parenting podcast The MomVent. In her (limited) spare time she enjoys dinners out with friends, nights in watching Bravo, and finding the best breakfast burrito in San Francisco.

From Our Readers

"I just wanted to let you know how much I and my 2-yr old son enjoyed last month's issue. He 'read' the 'choo-choo book' so many times the pages fell apart. Thanks for the great issue, we both loved it :)"

-Jennifer Lashua



A Very Alternative Thanksgiving Day in the City

If you’re like the majority of SF residents, you likely have family outside California. Pre-kids, you may have indulged in plane travel during this awkwardly long weekend: too short to really enjoy time away, too long of a weekend to justify not coming home to mom. But in all fairness, turkeys don’t fly, so why should you? Pat yourself on the back for avoiding canceled flights and lumpy foldaway couches, and consider the alternative Thanksgiving Day options below.

By Jennifer Butterfoss

Rise and Shine

Tire out the little ones and allow everyone to work up an appetite.

SF Turkey Trot

Embrace the Thanksgiving spirit with a family-friendly race of varying course distances that encourages thematic costumes.

TIME: Registration begins at 8 a.m.
PLACE: Golden Gate Park Polo Fields
COST: \$38; 100-meter Gobbler Chase is FREE for kids of registered adults
www.sanfranciscoturkeytrot.com

Thanksgiving Day 5K

If you’ve got visitors wanting to see the Giants Stadium and waterfront area, this may be the perfect event. Bring a canned good to benefit the SF-Marine Food Bank.

TIME: 8 a.m.
PLACE: Terry Francois Blvd. at 3rd St. (behind AT&T Park)
COST: \$20
www.runthanksgivingday.com

Indigenous People’s Sunrise Gathering at Alcatraz

Also known as an “Unthanksgiving Day,” this unique event commemorates the occupation of Alcatraz by the “Indians of All Tribes” from 1969 to 1971. The celebration includes traditional Native American dancing, singing, and other performances.
TIME: Departures at 5, 5:15, and 5:45 a.m.
PLACE: Pier 33
COST: \$14; kids under 5 are FREE

Dishes? What Dishes?

No idea how to cook a turkey? Own it. Having kids means short cuts, outsourcing, and survival. Now pick up the phone and make some turkey dinner plans with these fine options.

Feasting Aboard the Hornblower Cruise

Feeding a family of 4 on this wonderful cruise costs less than 1 plane ticket across the country. Price includes live music and sweeping views of the city, Golden Gate and Bay Bridges, and Alcatraz.
TIME: Departures at 3 or 3:30 p.m.
PLACE: Pier 3
COST: \$125 to \$135
www.hornblower.com

Dining on the Beach

Get a 3-course prix fixe menu with traditional Thanksgiving options at Beach Chalet. Gluten-free and vegan options also available.
TIME: all day
PLACE: 1000 Great Hwy.
COST: \$49; \$19 for children under 12
www.beachchalet.com



Weekend Digestion Entertainment

Maybe you have a set of doting grandparents eager to provide some free babysitting? If so, splurge a little on these wonderful entertainment options.

A Night at the Circus

Once your belly is full, treat your eyes and ears to an artistic feast at Cirque du Soleil’s latest production, *Luzia*, a story inspired by Mexican culture.
PLACE: AT&T Park
COST: \$49 and up
www.cirquedusoleil.com

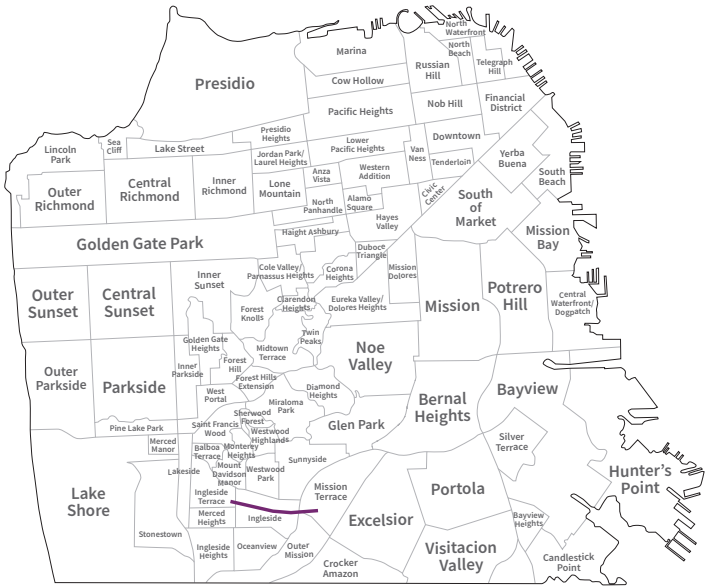
A Broadway Classic

Turn back the clock and travel to 19th century Bangkok for the classic Rodgers and Hammerstein musical, *The King and I* at the SHN theater.
PLACE: 1 Taylor St.
COST: \$55 and up
www.shnsf.com

A San Francisco Original

Beach Blanket Babylon is a must-see, featuring outlandish costumed caricatures of famous celebrities poking fun at both current events and pop culture through show tunes and increasingly exaggerated headgear.
PLACE: 678 Beach Blanket Babylon Blvd.
COST: \$55 and up
www.beachblanketbabylon.com

Jennifer Kuhr Butterfoss is a school administrator through SFUSD and mom of two future public school students.



Li'l Kid, Big City: Ocean Avenue

By Megan Bushnell

The Ocean Avenue thoroughfare, which spans the Excelsior, Mission Terrace, Outer Mission, Miraloma Park, Sunnyside, and Ingleside neighborhoods, is slowly evolving from a sleepy strip of small businesses into a thriving area with opportunities for family-friendly fun. Come check it out!

Community Well (78 Ocean Ave.) in the Excelsior supports wellness and holistic health, offering pre- and postnatal support, yoga, acupuncture, and childbirth and parenting classes. Across I-280, you can enroll in **San Francisco City College’s** (50 Phelan Ave.) free “child observation course,” offered every semester; the parent-child class includes open play to emphasize fine and gross motor skills and circle time.

Continuing west from campus, walk or hop on the K line, stopping at the **Ingleside Branch Library** (1298 Ocean Ave.) for Toddler Tales and Playtime at 10:30 a.m. on Tuesdays. For lunch, try a burger and craft beer at **Ocean Ale House** (1314 Ocean Ave.) to fuel your visit to **Aptos Playground** (105 Aptos Ave.). Then wind down at **Yoga Flow** (385 Ashton Ave.), which offers child care for all regular classes and occasional Saturday family yoga. After such an exhausting day—1.9 miles of walking if you shunned public transport—you will definitely need a specialty drip coffee from **Fog Lifter Café** (1901 Ocean Ave.) for the trek home. ❖

Megan Bushnell is a former marine biologist who spends her time trying to get two little girls to experience as much of the outdoors as possible, within the confines of preschool, naps, and traffic. She drives or walks Ocean Avenue daily.

Sharing Holiday Warmth



By Jenny Shaw

The holidays are a time of giving, via thanks, food, or presents. Not everyone welcomes the holidays with cheer, however. 1 in 4 people in San Francisco and Marin cannot afford all the food they need, according to the SF-Marine Food Bank. So consider volunteering during the holidays to spread some warmth to those with fewer resources or support.

Meals on Wheels

Brighten a senior’s day with homemade cards and Thanksgiving placemats; children are encouraged to create and participate! Help is also needed for gift-wrapping 1,500 presents and stuffing 500 gift bags on Thanksgiving Day.
PLACE: 1375 Fairfax Ave.
DATE: Thanksgiving cards due November 23; holiday cards due December 2.
RSVP: Email Kathy at kstirling@mowsf.org

Raphael House

Raphael House shelters families experiencing personal or financial instability. The Adopt-a-Family program allows you to gift items on a family’s wish list at less than \$50 per item (household items, winter clothing, children’s shoes). Make it a family effort by involving your children in sourcing and preparing the items.
PLACE: 1065 Sutter St.
DATE: gift drop off November 17 through 19
RSVP: Email Jenna at jornbaun@raphaelhouse.org

SF-Marine Food Bank

Prepare food packages for local pantries, children’s snack programs, and soup kitchens. Projects involve cleaning produce, preparing family meals, and assembling grocery boxes for seniors. Feed thousands of people in a single shift! Saturday volunteers must be at least 8 years old; Sunday volunteers must be at least 4 years old.
PLACE: 900 Pennsylvania Ave.
DATE: Saturdays and Sundays
RSVP: www.sfmfoodbank.org/volunteer

Jenny Shaw is a scientist and editor who is deeply humbled by the many families who accomplish so much with very little.



Ask the Expert

Detecting and Preventing Cyberbullying

With Eve Kupferman, Ph.D.



GGMG: *What is cyberbullying and how common is it?*

EK: Cyberbullying is when someone uses technology to willfully and repeatedly inflict harm on another person. Chat apps, anonymous forums, even gaming sites create opportunities to harass, humiliate, and threaten others.

Today, 25 percent of 11- to 18-year-olds report being cyberbullied, with half of those being at the middle school level. Another 17 percent of teens admit to cyberbullying—the problem is very real. What makes cyberbullying particularly devastating is how quickly it can spread thanks to social media, texting, etc. Cyberbullying also has a scary permanence since everything is saved online indefinitely. A victim can feel haunted by hateful comments forever.

Today, 25 percent of 11- to 18-year-olds report being cyberbullied, with half of those being at the middle school level.

GGMG: *What can parents do?*

EK: Most kids are too ashamed to tell their parents they are being victimized. Many also worry that parental involvement (especially at school) will make the situation worse.

Becoming aware of key signs can help parents be alert to potential problems. Watch out if your child unexpectedly stops using his device, appears nervous when online, doesn't want to go to school, seems depressed, or sleeps more or less than usual.

On the flip side, the signs a child may be a cyberbully include tendencies to quickly switch screens or hide a device, being online at all hours, and avoiding discussions about online behavior.

GGMG: *How can parents help?*

EK: If your child has been cyberbullied, it is important to remain calm, show unconditional support and compassion, and collect the facts to assess the situation. Being a victim of bullying makes one feel helpless, so it's critical that children feel validated and in control as much as possible. Acknowledge how much this must hurt and work on a plan of action together. Start documenting evidence of the bullying (texts, social media messages) in case you need proof down the road.

Help your child also understand that she can disengage, detach, and switch focus. Remind her that computers and phones can be turned off. Cyberbullies feed off responses, and making a choice to step away will empower your child. Reconnecting with fun, productive activities that your child values is another important strategy for dismantling the impact of bullying.

Peer support is an especially powerful antidote. Robust research shows that peers sticking up for someone is the most

effective way to combat bullying. This is another reason for parents to hold off on intervening. By waiting and coaching children, you provide a chance for them to reach out to friends and take action themselves.

Sometimes intervention is necessary, especially if your child doesn't want to go back to school. If this happens, it's important to explain to your child that it's your job to protect and help him. Set up meetings with teachers, school counselors, and key administrators. Parents can reach out to the parents of the bully—many schools even help facilitate these discussions. If there are serious physical threats, you may need to contact the police.

GGMG: *How can parents monitor and prevent destructive online behavior?*

EK: There is no question that kids will encounter mean behavior in some form online. Just as with anything else, parents should talk to kids about responsible and

ethical online behavior and thinking critically about online conduct. Start conversations early, as most kids begin spending time online at a very young age. Having empathy and compassion for others can help prevent negative behavior.

Parents shouldn't be afraid to have rules and monitor kids' online behavior. Explain that just as you keep them safe in other ways, you set limits and monitor behavior to keep them safe online. For example, setting device curfews, locking devices at dinner, or turning off internet at set times can be ways you set healthy boundaries and limits.

There are also software applications to help parents and children use devices responsibly. Some offer the ability for parents to see all texts (even if they are deleted) or choose the sites kids can access. Finally, parents should be very intentional and clear about their own device use. Remember, kids model their behavior after your actions.

GGMG: *How can schools prevent cyberbullying?*

EK: Schools play a critical role in teaching kids how to be good "net citizens." Most teach community standards for how to treat one another online and offline. Schools also play a part in fostering the role of bystanders, and many encourage supporting peers when they see bullying and coming forward.

Finally, schools often provide guidance for parents, such as holding formal and informal conversations or distributing advice and guidelines. Check with your child's school to see what is offered. ♦

Dr. Kupferman is a clinical psychologist with a private practice in San Francisco.

GGMG: Helping Others, Treating Yourself

Community Support

Donate Your New or Gently Used Halloween Costume to Families in Need!

GGMG is partnering with the Homeless Prenatal Program (HPP) to host a costume drive through November 15. Please donate your Halloween costumes to be reused by children next year! Please consider joining us in supporting this organization in one of two ways:

1. Donate funds directly to HPP via the website: www.homelessprenatal.org/donate. Please be sure to choose "GGMG Gives" in the gift designation scroll down menu. This will help us track donations.

2. Drop off new or gently used costumes (size newborn to age 10) at the following locations:

- Imagination Playhouse, 5628 Geary St.
- Peekadoodle, 900 North Point St., Suite F100
- Peek-a-Boo Factory, 2 West Portal Ave.
- Play Haven, 254 Laguna Honda
- Recess, 470 Carolina St.
- Homeless Prenatal Program, 2500 18th St. (Fridays only). Please ask the office to drop the donations off in Sharon's office.



Thank you so much for your support of this drive! For more information, please email drives@ggmg.org.

HPP works to break the cycle of childhood poverty by finding housing for homeless families, providing prenatal and parenting support, training community health workers, and stabilizing families by addressing issues related to mental health, domestic violence, and substance abuse in their clients' lives. HPP also responds to basic emergency needs and childcare issues, provides access to a community technology center for clients, and gives families tools to build financial stability.

Contest

Enter to Win Your Very Own Living Christmas Tree...And a Campout Too!



Forever Green Living Christmas Tree Farm was so well received by GGMG families during the 2015 season that we wanted to celebrate with you again.

We will provide one lucky GGMG household with their very own **4- to 5-foot living Christmas tree that will grow with their family for three seasons**. In addition, the winning family receives **a complimentary spot at our private campout in May 2017**, where Fostering Families get to visit their tree at our farm in McCloud, California, while kayaking, hiking, exploring the waterfalls, or just relaxing by the bonfire with s'mores. A combined value of \$385.

We provide eight different species of trees saved from Oregon Christmas tree farms and delivered free to your home for holiday enjoyment. Our smaller, yet premium trees are extracted with the environment in mind; instead of being cut, the container conifers are "fostered" to caring homes all over the Bay Area. Each household waters and cares for their personal tree during the holiday season, and every tree is guaranteed to be reforested in Northern California.

TO ENTER THE CONTEST, SEND AN EMAIL WITH THE SUBJECT LINE "FOREVER GREEN" TO CONTEST@GGMG.ORG BY NOVEMBER 30, 2016.

DADLANDS

Channeling the Good Ol' Days

By P.J. Leffelman

Ever since playing that first game on our neighbor's Atari, I knew how I wanted to spend my spare time. My mother didn't share my enthusiasm for what she saw as "vegging out." I fought with her daily for more time to play video games, pushing her to get one more level in before she followed through on the threat of No Dinner. I traded up to Super Nintendo between elementary and middle school, which then became a Nintendo 64, and so on. Years after those arguments with my parents, I am now fortunate to develop video games for a paycheck, allowing me to live happily ever after.

Here's the twist: I want to emulate my parents when it comes to limiting screen time, even if it means having those wonderful fights with my wonderful daughter. She is only 1.5 years old now, but I'm already preparing myself.

Obviously, I love video games, but more importantly, I love other things too. Outside of my time in front of a screen, my childhood was filled with riding my bike around town, camping with the Boy Scouts, and playing soccer, football, and baseball (all poorly). I also participated in cross country and track and field, played guitar in local bands, and immersed myself in photography. Had my parents just given in to my video gaming desires, all those other things would have been substituted for time on the couch. The limits handed down by my parents helped me strike a life balance that shaped who I am today.

I want similar experiences for my daughter. I want her to know what life is like outside our living room, and what trees look like without a black border around them. We live in a time when technology is advancing rapidly and enhances our lives for the better overall. These technological advances will improve my daughter's ability to educate herself about the world, and help her excel in the future. But we are also fortunate to live in an amazing place where 30 minutes of driving can take us to the ocean, the mountains, or a world-class city center. Being able to hike through the fog in the Marin Headlands in the morning, then grab a coffee for a stroll down the Embarcadero in the afternoon is unique to this area; for her to miss out on that would be tragic.

My wife and I have been fairly good about limiting our daughter's consumption of TV, computer, phone, and tablet. I had the intention of limiting this time to zero, but there are realities that hinder that ideal. She FaceTimes with grandparents back in Chicago with the iPad, and to curb the occasional evening meltdowns, we will watch an episode of "Tumble Leaf" on TV. I am happy to report that she doesn't know how to unlock my phone or how to navigate on her own to

a favorite app. Instead she has books, toy cars, and big wooden puzzles that hold her interest way longer than an episode on TV. On lazy weekends, she will insist on going outside, even if we hadn't planned on it. She lights up when we go to nearby parks, and she squeals to be pulled around in her wagon.



I want [my daughter] to know what life is like outside of our living room, and what trees look like without a black border around them.

I'm not naïve though; I understand the world we live in. For starters, I didn't write all of this with pen and paper. My daughter will get older and she'll figure out how to use my phone, and she'll want to message her friends while I want to talk with her at dinner. I will definitely be there to help her learn the ins and outs of technology, so she can get the most out of it as she grows. I just want to make sure that there's a balance that includes interaction with the outside world, one that gets her out and moving, skinning her knees, and maybe even getting an occasional sunburn. I want her to be fully aware of the awesomeness of the internet, Netflix, and Minecraft, but also the complementing awesomeness of the real world and all the memories that it will grant her.

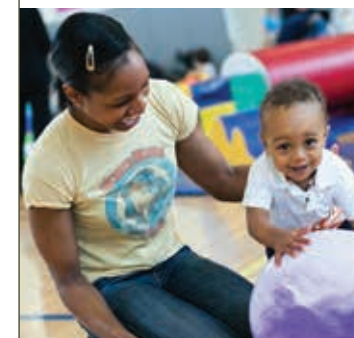
When she's ready to push back and fight for her turn to master Xbox, I'll be prepared. I'm well versed in every argument she's going to throw at me seeing as I used them a good 30 years before she was born. And if I've forgotten any, I have no doubt my mom will be more than happy to remind me of all the fun she and I used to have having the same discussion. ♦

Long-time Bay Area lover, P.J. finally came out west for his job. He is a father and videogame developer, enthusiast, and player.

Kinder FUN Klub

Enjoy the company of other parents and toddlers while your little one plays in a safe and stimulating environment. GGMG members receive three free passes to any JCCSF Kinder Fun Klub drop-in music, art, dance, cooking or gym class.

Learn more at jccsf.org/kinderfunklub.



TO REDEEM OFFER:

Redemption must be done in person. Bring the cover of the current GGMG magazine or your GGMG membership card to the JCCSF Front Desk. Magazine must bear the name and address of the GGMG member.



Jewish Community Center of San Francisco • 3200 California Street, San Francisco, CA 94118



GGMG members enjoy exclusive discounts at the JCCSF on programs and activities for families, including swim lessons, Kinder Fun Klub, Fitness Center Membership and more. Learn more at jccsf.org/ggmg.

kids don't need more stuff... they need experience

make the most of your GGMG Membership & activate your free trial month to Recess today



co-working • childcare! • pilates for mamas • messy art
CPR • baby sign language • free newborn membership & more!

check out our ever-changing variety of special events, new activities & valuable classes led by some of the best in the business.

A place of learning, laughing & leisure, Recess is a living playspace, a cozy cafe, a diverse classroom, an art oasis, your neighborhood meeting spot. Your favorite place to be together, and a place for your child to simply be.

GET STARTED BUILDING YOUR CHILD'S SKILLS
& YOUR PEACE OF MIND TODAY

visit: www.recess-sf.com/ggmg

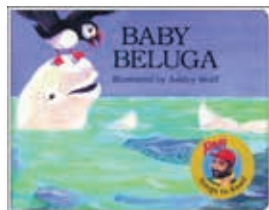


Books for Kids

Science and Engineering

By Laure Latham

As Sid the Science Kid sings, “I want to know why things happen and how, and I wanna know everything now.” Indeed, why wait when there’s so much to learn about science? These books each offer an introduction to different facets of science, from ocean life, to the solar system, to the atom bomb. Encourage your kids to be curious and ask questions when you read to them; that’s how science works!



Baby Beluga

Written by Raffi,
illustrated by Ashley Wolff

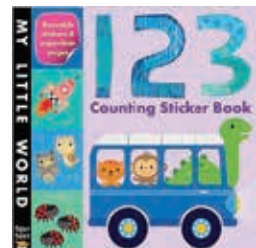
The popular song by the famous Canadian singer is illustrated here in book form. It follows a baby beluga whale into “the deep blue sea” with

introductions to its ocean family and habitat. If you know the song, you’ll be tempted to sing it rather than read it (it’s catchy) and if you don’t, you’ll admire a wonderful nursery rhyme featuring a beloved but near-threatened Arctic whale who, incidentally, stars as Bailey in *Finding Dory*. **Ages: 0 to 2 years**

123 Counting Sticker Book (My Little World)

Written by Jonathan Litton,
illustrated by Fhiona Galloway

It’s never too early to learn your numbers with colorful images. Perfect for long trips, this activity book includes a selection of stickers to place on glossy pages to illustrate numerals 1 through 10. Though the littlest hands might need help removing the stickers neatly, children will love reusing and repositioning them all over the book. **Ages: 0 to 2 years**



Under Water, Under Earth

Written by Aleksandra Mizielinska and
Daniel Mizielinski

The creative duo behind the geographical hit *Maps* returns with a book about what lies below the surface, both under earth and under water. Each page illustrates its own microcosmos with concise text, science facts, and fun illustrations, covering topics as varied as edible roots, natural gas, and deep ocean dwellers. The page on Deepsea Challenger reads like an extreme adventure book. It’s fair to say that kids and adults could spend hours poring over this illustrated mini-encyclopedia. **Ages: 7 to 10 years**



Women in Science: 50 Fearless Pioneers who Changed the World

Written and illustrated
by Rachel Ignotofsky

Forgotten by history for many, these 50 female scientists will inspire young generations to learn science facts they didn’t know. From 17th-century Maria Sibylla Merian who discovered the connection between caterpillars and butterflies to 19th-century Lise Meitner who discovered nuclear fission, this book introduces extraordinary women who challenged stereotypes to become pioneering scientists. Showcasing women scientists from all over the world, this book includes a glossary, a list of sources, lab tools pages, and statistics in STEM. **Ages: 8 to 10 years**



Gertie's Leap to Greatness

Written by Kate
Beasley, illustrated by
Jillian Tamaki

Gertie Reece is 100% not-from-concentrate awesome. At the beginning of the story,

she resuscitates a bullfrog and takes it to school in a shoebox to be “the best fifth grader.” In fact, she needs to be “the best fifth grader” to show her mother, who is leaving her and her dad behind, what she is missing. But disaster strikes when Gertie realizes that the new kid in town is a famous kid star—tough competition for greatness. Bertie’s mother is an environmental lobbyist and her father an oil rig worker, so young readers will note the environmental subtext of this heartwarming story of childhood bravery. **Ages: 8 to 12 years**



Air (The Toddler Series)

Written by Kyla Ryman, illustrated by Nathalie Trovato

How do you explain something that’s invisible, impossible to touch, and odorless? With simple illustrations that kids will relate to, this book explains the intangible concept of air to preschoolers. **Ages: 2 to 5 years**



Grandmother Fish: A Child's First Book of Evolution

Written by Jonathan Tweet, illustrated by Karen Lewis

Explaining the theory of evolution in simple words to kids is a formidable challenge. (Look at how long it took Charles Darwin to convince his peers, and they were supposedly educated.) Yet this book is not just clear but fun to read, featuring engaging rhymes

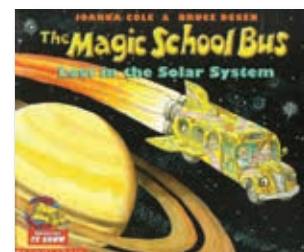
and clever page games to help preschoolers understand where we come from. Isn’t it awesome when science and art meet the living world? **Ages: 3 to 5 years**



Iggy Peck, Architect

Written by Andrea Beaty, illustrated by David Roberts

Whoever builds a tower of dirty diapers at age 2 or a chapel of apples at age 3 is surely destined to a great building career. In this hilarious and inventively rhymed book, kids will find out how young Iggy Peck developed a passion for architecture after a particularly fun anecdote about a bridge held together by shoelaces. **Ages: 4 to 7 years**



The Magic School Bus: Lost in the Solar System

Written by Joanna Cole,
illustrated by Bruce Degen

The 20th anniversary edition of this children’s classic includes updated scientific information for this fantastic story. When Ms. Frizzle’s class finds out that the planetarium is closed, they all board the Magic School Bus for a trip to space and hands-on astronomy lessons. **Ages: 3 to 7 years**



Marie Curie for Kids: Her Life and Scientific Discoveries, with 21 Activities and Experiments

By Amy M. O’Quinn

Marie Curie marked history as an outstanding and pioneering scientist, becoming the first person ever to win a Nobel in two fields—chemistry and physics—as well as discovering periodic elements and coining the term “radioactivity.” Having grown up in Russian-occupied Poland, Marie’s sharp mind and hard-working nature enabled her to make it to France where she became a scientist in the Victorian era. Kids will enjoy her detailed biography and will, no doubt, love the experiments that illustrate each chapter of her life. Whether it’s making a compass to explore magnetism, writing a World War I medic journal, or going on a periodic table of elements scavenger hunt, these hands-on activities will convince more than one kid that science can be very cool. **Ages: 9+ years**



White Sands, Red Menace

By Ellen Klages

A sequel to *The Green Glass Sea* which explains the invention of the atom bomb in the New Mexico desert, the second book finds Suze and Dewey living near the White Sands Missile Range. Suze’s father works on rockets to launch in space while Suze’s mother, a chemist, works on preventing additional atomic bombs after Hiroshima. Sharing secrets, art, and science, Suze and Dewey adjust to high school and confront new challenges, learning what it means to be a family. **Ages: 10+ years**



The Sun Is Also a Star

By Nicola Yoon

Natasha is a girl who believes in science and facts, not fate or destiny. On a perfect fall day, she and her family are 12 hours away from being deported from the United States when Natasha meets Daniel. Their romance becomes a wonderful coming-of-age story, alternating between Natasha, who is rationally refusing to fall in love with Daniel because of her imminent deportation to Jamaica, and Daniel, who is scientifically trying to convince her that she should fall in love because he’s a poet at heart. Teens will love this story of heartbreak, hope, and science. **Ages: 13+ years**

Laure is the author of the mommy blog Frog Mom (www.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 reach her at info@frogmom.com.

From Womb to World

How Activity Trackers Work

By Catherine Symon

Wearable activity trackers are convenient for measuring how much we're moving and sleeping. But how do they work? And are they accurate?

Gravity and acceleration

The heart of the activity tracker is the accelerometer, a tiny (1/50th of an inch) electro-mechanical device that measures movement relative to the constant pull of gravity. The accelerometer measures these movements along three axes (up-down, left-right, front-back) to tell the device when and how it is moving in space. An algorithm is then used to interpret the movements and record them as physical activity, inactivity, or sleep.



Exercise

Most trackers are worn on the wrist and calibrated to measure steps. As your arms swing during walking or running, the repeated motions are recorded as steps. Trackers are less effective at capturing activity when your wrist is stationary, as when riding a bike. And they can't detect different levels of effort, so doing bicep curls with a 25-lb weight will look the same to the tracker as if you used a 5-lb weight. To get a better picture of your overall activity, choose a tracker that records your heart rate. Some monitors even have heat sensors to estimate how many calories you burned.



Sleep

Sleep is the trickiest area for activity trackers. Models that rely on movement can't tell if you are actually sleeping or just lying still. Some models have biosensors that measure heart rate, breathing rate, body temperature, and changes in the electric resistance of the skin to determine sleep status. But sleep experts will tell you that the only way to accurately track sleep is to monitor brain waves.



No two trackers are the same

If you wear two trackers at the same time you'll likely get different readouts. Why? Each manufacturer has its own proprietary algorithm to interpret the information coming from the accelerometer. Each monitor also has a different minimum threshold as to what counts as meaningful movement; a small movement recorded as a step by one brand of tracker might be ignored by another. But if your tracker motivates you to keep moving, 100 percent accuracy is not important. ♦

Accelerometers in smartphones and laptops

The accelerometer makes it possible for your smartphone or tablet interface to change orientation as you rotate the device. And if you drop your laptop, the free fall detected by the accelerometer alerts the hard drive to shut off immediately to minimize file damage upon impact.

Sources: Dimension Engineering, Howstuffworks.com, Scientific American, The New York Times, wareable.com

Catherine Symon is a medical writer. She's looking for an activity monitor that can keep track of the number of questions her 4-year-old daughter asks her each day.

New Arrivals



Congratulations to **Bridget Rodnick**! She will be pampering her little one with products from Babyganics. These plant-based, tear-free, hypoallergenic cleansers and lotions clean and protect skin from head to toe.

To announce your new arrival in the magazine and for a chance to win a Babyganics gift set, fill out the form at www.ggmg.org/community.html.

babyganics
GROW BOLDLY



Polina I.	Baby Cornelia
Connie L.	Baby Lucas Erich
Bridget Rodnick	Baby James Patrick
Jasmine & Shannon G.	Baby Solomon Elliot
Blanche B.	Baby Lucia Elyse
Sarah Richardson	Baby Teya Reece

Peekadoodle
ACADEMY

**DON'T FORGET ABOUT
DATE NIGHT DROP-OFF!**

Call For Info • To Sign Up! | 415.440.PEEK

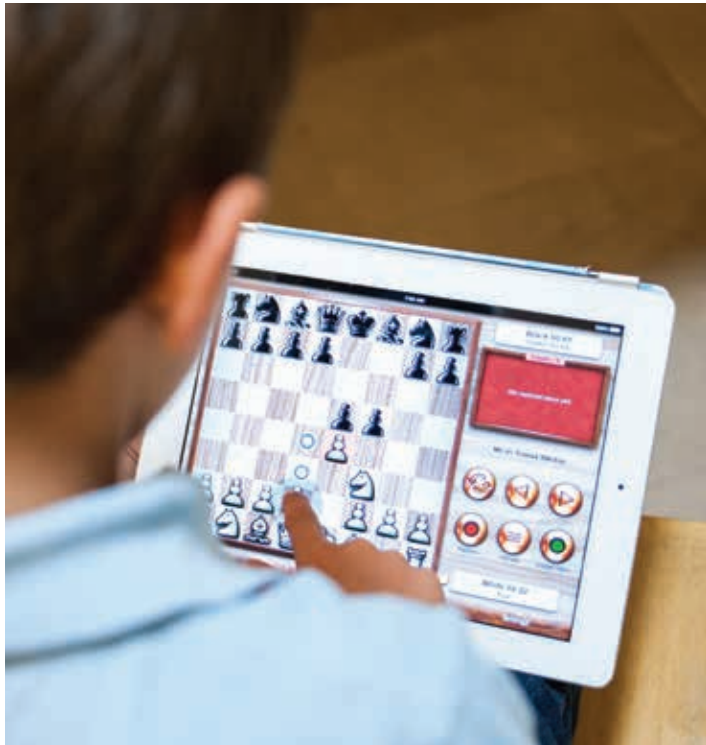
APPLY NOW

2017 - 2018 PRESCHOOL APPLICATIONS DUE JANUARY 31ST

Art + Music + Outdoor Play + Circle Time

APPLY ONLINE AT PEEKADOODLE.COM/GGMG-ACADEMY

Balanced Approach to Learning | Low Student : Teacher Ratios | Potty Training Not Required | Starting at 2.5 Yrs



Technology and Kids: The Good, the Bad, and the Ugly

Sifting through the data, we determine how best to use technology to help children develop lifelong skills.

By Jami Grich Photographs by Anna Psalmond Photography

Parenting so often calls us to check in with our biases and assumptions, and do our homework to discover what’s actually best for our children. There’s hardly a topic more pressing than technology, which has bombarded our lives in recent years.

In my household there’s a divide: my husband is an avid techie who couldn’t wait to download educational apps for our daughter. I, on the other hand, would prefer she get her education from the natural world, and am skeptical about the effects of technology on her young brain. So researching this article was compelling.

What became clear immediately is that the information is incredibly loaded, with headlines ranging from “The Terrifying Truth About What Technology is Doing to Children” to “Technology Essential to Children’s Success.” It’s also incredibly complex. There’s no simple way to comprehensively research these topics. There are compelling arguments both for and against the use of technology for kids.

Monitoring screen time

Experts recommend recognizing that quality is more important than

quantity when it comes to kids’ screen time. Screen time can be thought of in four separate categories: passive consumption (e.g., TV, listening to music), interactive consumption (e.g., internet browsing or educational apps), communication (e.g., video chatting, social media), and content creation (e.g., coding, creating music, drawing/painting apps). The benefits of passive consumption are few compared to content creation, for example, but balance is most important—between categories of media use as well as between online and offline time.

Critics of media use assert that children aren’t spending enough time in nature, moving their bodies, exploring their environment, and connecting with others. There is evidence that the increasing incidence of childhood diabetes and obesity (and a host of other problems) are causally related to technology overuse. It seems clear that this is a balance issue. As speaker Doreen Dodgen-Magee likes to remind teens, it’s “The M word” that matters: moderation. Kids reportedly spend a staggering seven hours per day engaged with technology. Just like your mom likely told you to turn off the TV and go outside, we need to be doing the same.

However, unlike television, technology clearly offers opportunities

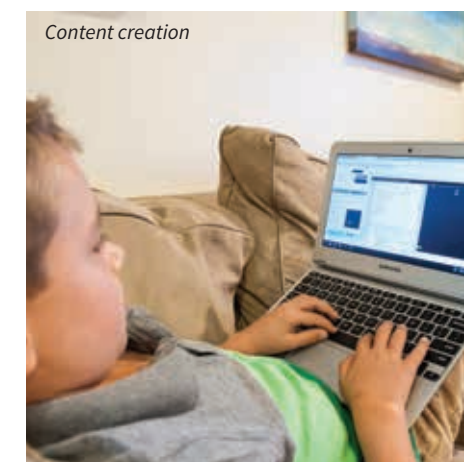
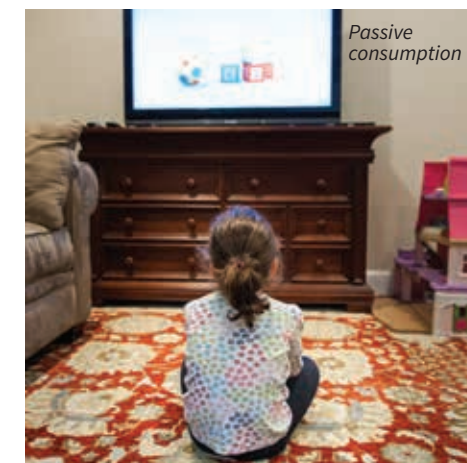
for growth as well. For older kids, tablets, phones, gaming systems, etc...offer incredibly exciting ways to develop skills and talents compatible with their unique interests. One family I know was concerned about their son’s frequent video game playing, until he grew up to be a surgeon who uses robotic systems to treat patients. His gaming directly developed the skills he relies on for a successful career.

So how’s a parent to decide? If your kid lights up when talking about the hours he just spent writing a song, he may be developing a passion that could turn into a rewarding career. In contrast, passive consumption generally doesn’t lead to cognitive gains. It is our job to help our

If they’re acting like zombies...or they’re mad that you’re taking away their device, they’ve probably had either too much or poor quality screen time.

kids differentiate: am I really benefitting from this screen time? Or am I just being mindlessly entertained? Enjoying a little mindless entertainment never hurt anyone, but losing several hours a day to it is not a good choice.

It is important to pay attention to how your kids are acting during and after screen time. If they’re acting like zombies (a condition referred to as “digital fog” which affects adults as well) or they’re mad that you’re taking away their device, they’ve probably had either too much or poor quality screen time. If they’re acting out a new game they’ve invented based on what they just saw or being creative in a new way, you’re onto something. My 3-year-old has become a master play-doh builder partly due to YouTube videos she found—ones that I had originally shrugged off as passive-consumption screen time.



In all my research, I didn’t find any evidence that screen time in and of itself is harmful for young children other than the potential sleep difficulties related to the blue light emitted by screens. Even the data concluding that Baby Einstein videos had a negative impact on infant language development has now been re-analyzed. The researchers concluded that exposure to educational programming tended to be positively related to language development, and infants exposed to no media had lower levels of language development compared to infants with some exposure. One study reported negative developmental impact of television watching for infants, but only for those who watched older child/adult-oriented tv shows.

This is your brain on technology

Brain scans of kids today look substantially different from scans of same-aged kids just 18 years ago. They are so different that Mark Prensky, who originally coined the terms “digital natives” (those who have never known life without technology) and “digital immigrants” (those who have transitioned to the use of technology) said in 2001 that kids “think and process information fundamentally differently from their predecessors.” In one study, brain scans of non-internet users looked different after just five hours of internet use.

One widely cited difference in the way modern brains work is that linear thinking and learning has been replaced by minds that jump around and multi-task. Some claim that heavy use of technology has resulted in kids with shortened attention spans. This may be true in some ways (even some digital immigrants are noticing a proclivity nowadays to read less and scan more), but when learning is tailored to digital natives’ learning style, their attention doesn’t show impairment. Mental skills that are enhanced by digital media and computer games include “inductive discovery” (i.e., the making of observations leading to the discovery of rules governing the behavior of a dynamic representation), “mental paper folding” (i.e., picturing the results of various origami-like folds in your mind without actually doing



them), and “representational competence” (i.e., reading visual images as representations of three dimensional space).

On the other end of the continuum, “techno-brain burnout” is of concern. Gigi Vorgan and Gary Small, authors of “Your Brain Is Evolving Right Now” in *Digital Divide*, believe the mental stress of hour upon hour of digital connectivity leads to cortisol and adrenaline secretion that can result in depression and cognitive impairment over time.

Media violence and aggression

Somehow, people are still asking if media violence leads to aggression. The research on this is clear and bountiful and has been accumulating for decades. According to the The American Academy of Pediatrics (AAP), “research shows that without guidance or controls [virtual violence] has the power to make children more aggressive, violent, and fearful.” Way back in 1982, the National Institute of Mental Health reported that the effects of viewing violence on TV were abundant enough for concern. The advent of first-person shooter video games such as *Call of Duty* have created a whole new cause for concern.

A 2014 meta-analysis of 98 independent studies (with a total of almost 37,000 participants) concluded that violent video games increase aggression and aggression-related variables and decrease prosocial outcomes. Interestingly, the study also concluded that prosocial video games have the opposite effects, strengthening the conclusion that the effects of technology go

both ways. Even violent video games have positive effects on skills sets such as increasing reaction time and flexible mindset, visual-spatial skills and others, and contrary to popular belief, violent video games do not appear to result in poor impulse control.

Frighteningly, though, one study found that kids who had played violent video games were four times more likely to report that they’d carried a weapon to school and were more likely to be arrested and prosecuted for criminal acts as adults. Another convincing piece of research was a longitudinal, cross-cultural, meta-analysis that reported a link between exposure to violent video games and increased aggressive behavior.

Christopher Ferguson, a prolific researcher who believes that the previously mentioned studies overstate the situation, claims that factors such as depression, antisocial personality traits, family violence, and peer influence are larger factors than media violence contributing to violent behavior. Although that may be true, it doesn’t negate the link. Groups including the AAP, American Medical Association (AMA), and American Psychological Association (APA) support the conclusion that the research translates to significant societal level effects. The good news? Research shows that kids whose parents actively manage their media use consume less and make higher quality choices on their own.

And about that Facebook post...

Many of us have a love-hate relationship with social media. And it’s no wonder, given that



the immediate rewards of social media have a dopaminergic effect on the brain: every time a text or a “like” is received, happy hormones are released in the brain, at a level similar to when a groom sees his bride at the altar.

In addition, social media is ripe with opportunities for social comparison, which can potentially lead to either enhanced or harmed self-image. In fact, satisfaction with body image and/or life is negatively associated with time spent on Facebook. And unfortunately, kids are seeing and learning things on the internet we’d rather they weren’t. One study found increased risk-taking behavior in adolescents to be related to exposure to risky social media content.

This is yet another area where parents are called to monitor their children’s use of media, teach self-regulation, and encourage healthy media choices. The same way you wouldn’t let them eat cookies all day long, it’s best not to let them indulge their Instagram obsession. Although “Facebook Depression” exists, it’s also been shown that supportive communication with parents can alleviate it. And don’t forget that there are powerful pro-social opportunities presented by social media. Kids can and do use Facebook to pay it forward and change the world.

The big takeaway

Don’t get lackadaisical. The evidence so far supports that smart use of technology includes

- avoiding over-consumption/sedentary lifestyles,
- allowing kids to be their digital native selves and remembering that their brains are radically different from ours,
- balancing technological and non-technological growth and learning opportunities,
- choosing technology that has an educational component or pro-social benefit more often than passive consumption or addictive social media,
- proactively encouraging kids to flourish with the amazing opportunities provided in the digital environment, and
- recognizing the negative impact of violent media and educating children about the reality of violence when they are exposed to it.

We’re all familiar with IQ and EQ. Perhaps we ought to start thinking in terms of a TQ—technological quotient. This would include both hard skills, such as skillful gaming and discerning internet surfing, as well as soft skills like knowing when to turn it off and how to use technology to maximize our own creative potential, sense of belonging and self-worth, and interpersonal relationships.

In the decades to come, the gap between those with high and low TQ is likely to be frighteningly evident. For particularly moving examples, see the movie *Idiocracy* and compare it to a series of inspiring TED talks by young adults called “TEDx Nextgeneration Asheville.” Being mindful and investing significant time and energy in teaching our kids lifelong skills to maximize their TQ is perhaps one of the best things we can do for them. ♦

Jami is a psychologist specializing in teaching couples how to have healthy conflict in just four hours. She is definitely a digital immigrant and is grateful to have married a man who functions as her personal tech support hotline.

How Much Screen Time Is OK?

The American Academy of Pediatrics (AAP) previously recommended no screen time for kids under 2 and two hours maximum daily for children, but their new guidelines highlight the importance of teaching kids “healthy concepts of digital use and citizenship.” The AAP’s 2016 recommendations for children’s use of screen time, listed below, can be summarized as “monitor, co-view, and model.”

- pay attention to their online environment just as you would any other environment
- set limits and make unplugged time a daily priority
- be aware of what kids are doing online and what friends they’re doing it with
- join them in their online activities
- be a good role model in your own media use

- remember that media use is not a good substitution for face-to-face communication
- create tech-free zones (especially kids’ bedrooms) and times (such as dinner)
- don’t use technology as an emotional pacifier; teach kids emotional regulation
- do your homework regarding “educational” apps and read reviews of video games (www.common sense media.org is a great resource)
- help teens create appropriate online relationships and behave appropriately; help them understand the importance of privacy and the fact that their digital footprint is indefinite
- use kids’ online mistakes as teachable moments and seek help if you see any red flags such as sexting, bullying, or posting self-harm images



THE COSTA GROUP
SAN FRANCISCO & MARIN
REAL ESTATE

Life begins at home.

With over 30 years of combined experience, the Costa Group is a top-producing Real Estate team ranked in the top 1% of San Francisco area Realtors. From Mission Bay to Richardson Bay, experience our extraordinary service, involvement and concern for you & your lifestyle. *Your Home Awaits.*



770 Tamalpais Drive, Suite 306, Corte Madera
1801 Fillmore Street, San Francisco

Franck Costa & Sara Werner Costa
415.730.2604

info@thecostagroup.com | TheCostaGroup.com
BRE#01853603 | BRE#01772972

Must-Have Apps for Busy Moms

By Shaheen Bilgrami

There is a dizzying array of smartphone apps that promise to engage, entertain, and/or change our lives. This mom-tested selection could actually help make life a little bit easier! All apps are available for both iPhone and Android, unless otherwise noted.

Fertility and Pregnancy

Monthly cycle

The **Fertility Friend** app (free + paid premium) is a fertility tracker for women trying to conceive. If you are not necessarily trying to conceive, **My Cycles** (free) is an app that provides an easy way to monitor your monthly cycle. There is also functionality to record information such as temperature and pre-menstrual symptoms.

Pregnancy

There are many apps about the development of a baby and pregnancy symptoms. There are several that offer similar features, some use information produced by experts and some information from peers, so choose one with which you feel most comfortable. The **My Pregnancy and Baby Today** app (free) is

produced by the Babycenter website and includes access to a social network of moms who are due in the same month as you. The app also has a kick counter, contraction timer, and converts to a baby tracker when baby arrives. **Glow Nurture** (free + paid premium) is a newer, more contemporary pregnancy app, which takes a more visual approach to providing information. The **Sprout Pregnancy App** (free + paid premium) is really distinctive, with interactive 3-D images to explore your developing baby. There are also more pared down apps such as the **Full Term** app (free) which includes a kick counter and contraction timer but is simpler and easier to use.

Babies and Toddlers

Eating, pooping, and sleeping

Keeping track of your baby’s feeds, diaper changes, and sleep is a mean feat when you are sleep deprived. But don’t worry, there are myriad apps designed to make this easier! **Glow Baby** and **Sprout Baby Tracker** (free) are very much in the vein of the associated pregnancy apps (see previous). **Baby Connect** (\$4.99) is one of the most popular, allowing you to record and track feeding, diapers, sleep, health,

and more. You can upload photos, make diary notes and share all or select information with caregivers, doctors or relatives. The app can also be used for multiple children.

We all know that white noise can calm babies and get them to sleep. Apps like **White Noise Free** (free) offer a selection of soothing sounds including rain, thunder, and water noises. **White Noise Baby** (\$0.99) includes basic ambient sounds plus lullabies, and will soon include a baby monitor which switches on white noise when baby cries. Both have a timer which can turn the audio off at a set time.

Baby monitor

Smartphone baby monitors, such as **Cloud Baby Monitor** (iPhone, \$3.99) or **Dormi** (Android, \$8.99) are useful to have when you are traveling, or when your everyday monitor is on the fritz. You do need a spare smartphone (which will require working wifi, but doesn’t have to be an active phone) to use as the monitor in your baby’s room, and somewhere safe to put it facing baby’s crib. Make sure that your connection is secure and that security features in the app are switched on.



Sprout Pregnancy

Glow Baby



Dormi

Cloud Baby Monitor

Preschoolers and Big Kids

Paper everywhere!

If you’re overloaded with flyers and leaflets from school and work, you can use the **Genius Scan** app (free) to turn the offending hard copies into PDFs. If kiddie artwork is cluttering up your life, use **Artkive** (\$4.99), **Canvsly** (\$0.99), or **Keepy** (free + paid premium) to store, share, or make photo books of the masterpieces.

Bathroom breaks

You’ve finally got the kid out of diapers, but your heart sinks when you’re out and about and you hear, “I need to pee...NOW!” The **Sit or Squat** app (free) uses your phone’s GPS to direct you to the nearest bathroom: color-coded green if it is clean enough to ‘sit’, and red if it’s not. You can also add bathrooms to the database yourself. If your kid is still in diapers, you can use a filter to look for bathrooms that have changing tables.

Motivating your kids

Giving kids a countdown or setting a timer can sometimes make it easier to pry them away from screen time, playdates, and other activities. If the alarm on your phone is no longer doing the trick, the **Time Timer App** (iPhone, \$2.99, iPad, \$4.99, Android, \$0.99)

offers a visual countdown that is easy enough for kids to set themselves. Many teachers and children’s therapists use physical versions of this product as a clear and effective way to show children how much time they have left.

Another useful tool to keep your kid on schedule is **Choiceworks** (\$6.99). Originally developed for special needs children, this storyboard-based app is actually useful for all children. There are pre-loaded, but customizable schedules, including a night time schedule. When a task is completed, the item

can be swiped into the “All Done” column. There are also waiting boards, to help kids learn to be patient, amongst many other features.

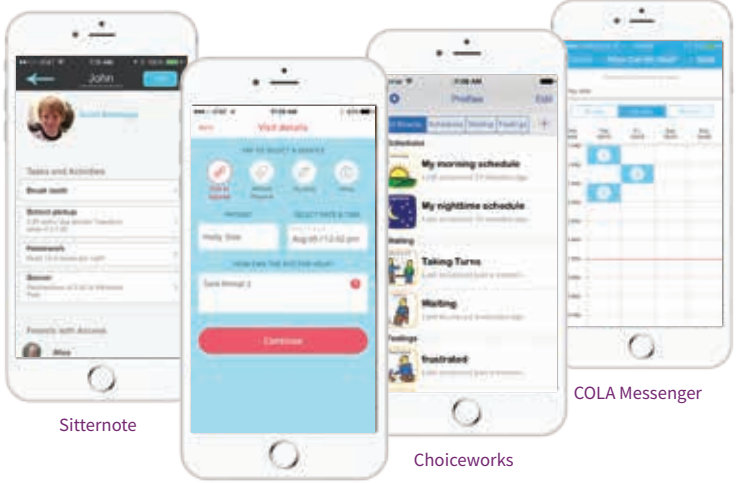
Scheduling

As your kids get older, scheduling and coordinating their various activities becomes more complicated. The **COLA Messenger** app (iPhone, Free), can be used to plan playdates, carpooling, and activities, as well as your own social engagements, as it’s particularly well suited to group messaging. One GGMG mom says, “It’s like a family calendar/rolodex all rolled into one!”. If you need help coordinating dates for events or meetups, but want to keep it simple, use the **Doodle: Schedule Maker** by

Google (free) to find a date and time that suits everyone.

Babysitting

Are you in desperate need of kid-free time? The **UrbanSitter** app (free) makes it easy to find and book a babysitter for an hourly rate that suits your budget. If you list school affiliations or social groups you belong to, or login with Facebook, you can find sitters used by your friends and social circle. Don’t forget to take advantage of the great GGMG discount and \$50 credit! If you like, **Sitternote** (iPhone, free) can provide your sitter with your emergency contact list. It also lets you send task lists to your sitter, and you’ll get an alert as tasks are marked complete.



Sitternote

Choiceworks

COLA Messenger

Heal

Both apps allow you to send payments to your babysitter and keep a history of payments made.

Health and Lifestyle

Doctor on call

No time to see the doctor? **Heal** (free) is a new app-based service that allows you to schedule a doctor to come to your home. Once you have downloaded the app and registered, you can request appointments for any registered member of your family. You will be sent a confirmation with the doctor’s name and a time slot, with appointments available in as little as two hours. Each appointment incurs a flat fee of \$99, but Anthem, Blue Shield PPO, and Cigna members will just be charged a copay.



The Fertility Friend

Glow Nurture

My Pregnancy and Baby Today

Appointments are also available on weekends and holidays!

Healthy living

Motherhood somehow makes us more conscious of making safer and healthier choices around food, toiletries, and household products. The new **EWG's Healthy Living** app (free) gives you better insight into a vast library of products before you buy them. Download the app and simply scan a product barcode in a store to bring up the Environmental Working Group (EWG) rating with an explanation. If the product does not have a high score, you can choose an alternative that does!

Exercise

If being a parent is making it hard for you to find time to exercise, there are a host of apps to help you squeeze in a quick workout. A good one for beginners is the Johnson & Johnson Official **7 Minute Workout** (free), which has a series of scientifically calculated workouts, the shortest of which are just seven minutes long. Another great app, **SWORKIT** (free + paid premium), works for all abilities. It has pre-recorded video workouts including yoga, strength training, and cardio, or you can create customized workouts.



7 Minute Workout

Instacart



Hiku

Tripit

iExit Interstate Exit Guide

Waze

Gate Guru

Shopping

Instacart (free) can be a lifesaver when you're pressed for time and desperate for groceries. Download the app, create an account, and order from a variety of local stores including Costco (you don't even need a Costco membership). The first delivery is free and subsequent deliveries begin at \$5.99 (depending on the popularity of the two-hour slot you choose) on \$35+ orders. If you need an app to organize and share shopping lists, **Hiku** (free) allows you to create multiple shopping lists, one for each store, including online stores, which can be shared. For an added dimension, you can buy a Hiku Shopping Button (\$59) for your kitchen, which includes a barcode scanner and voice recognition technology to add items to your lists. **Wunderlist** (free) is another popular, but more general, list app which is also shareable.

Out and about

If you have a little one, the **Baby Pack and Go** app (iPhone, \$0.99) can make it easier to get out of the house without forgetting essential gear. It contains a variety of sharable custom lists of what to take for various outings and lets you create customized lists. If the city's microclimates are driving you crazy, use the **SF Climates** app (iPhone, Free) to know exactly what to wear for meetings,

playdates, or picnics in different parts of town! If you're taking a car trip, **Waze** (free) can help you get to your destination more quickly. It offers a community-based traffic and navigation platform that is integrated into Google Maps. Use it to avoid traffic trouble spots and help other drivers by reporting issues you encounter.

Travel

The **Tripit** app (free) organizes all of your travel plans into one accessible place. You can even send travel itineraries to friends and family. If you, your kids, or your car need refueling while traveling on U.S. interstates, the **iExit Interstate Exit Guide** (iPhone, \$0.99; Android, free), uses your phone's GPS to give you a list of exits ahead and what each pit stop offers. You can search upcoming exits for specific businesses (useful for your picky eater) and other amenities. A similar app to look up amenities at over 100 airports is **Gate Guru** (free). ♦

Shaheen Bilgrami is freelance writer and editor and is a contributor to <http://blog.littlelane.com> when she isn't trying to keep up with her energetic 4.5-year-old! Contact her through her website, www.shaheenbilgrami.com



YOLIZ CLEANING

Professional services

HOME & OFFICE

- > QUALITY SERVICE
- > AFFORDABLE RATES
- > REFERENCES AVAILABLE
- > WEEKLY, BI-WEEKLY, MONTHLY
- > OR ONE TIME CLEANING

Call or email for free estimates

(415) 827-0399
yolizcleaning1@mail.com



LittleLane

Thousands of kids activities. One pass.

FIRST MONTH FREE

littlelane.com

use code **GGMGN0V**
Valid on a Discovery Pass for one child

NUTCRACKER

— SAN FRANCISCO BALLET —
HELGITOMASSON • ARTISTIC DIRECTOR

DEC 10-29

Join us for one of our magical Family Performances

BUY TICKETS TODAY
sfballet.org

LEAD SPONSORS
The Herbert Family
The Swanson Foundation

MEDIA SPONSORS
San Francisco Chronicle

OFFICIAL BAKERY
milletto

SPONSORS
Yurie and Carl Pascarella
Kathleen Scutchfield
The Smelick Family

OFFICIAL AIRLINE
UNITED

San Francisco Ballet in Tomasson's Nutcracker // © Erik Tomasson

22 | GGMG MAGAZINE | NOVEMBER 2016

NOVEMBER 2016 | GGMG MAGAZINE | 23



Integrating Technology into Elementary Education

San Francisco schools offer a wide range of technology integration in the classroom. You can find the right fit for your family.

By Lynn Perkins Photography by Lindsay Lovier Photography

Not long ago, I was checking email when a Google doc notification popped up. It was from my son Will, in second grade, sharing a document on a school project about ancient Romans. I had no idea my 7-year-old knew how to research bygone civilizations, let alone use and share a Google doc. He quickly realized that he had a powerful tool at his disposal when he saw how impressed I was. A day later, a second Google doc arrived. It was a presentation outlining Will's argument for adopting a family dog. He'd copied and pasted together a collage of puppy photos he knew I'd find hard to resist.

As someone who works in the technology industry, I shouldn't be surprised at how much my young kids already know about it. Schools in the U.S. spend more than \$15 billion annually to bring devices (Chromebooks and iPads), software, and educational apps to classrooms according to Futuresource Consulting, a U.K.-based educational research firm. These tools help prepare kids for the modern world, enrich learning, and allow teachers to customize the curriculum and pace for more personalized education. However, not everyone agrees with tech-integrated classrooms, citing that unequal access to technology and poor network access widens achievement gaps, and that digital distractions interfere with kids

learning fundamental skills, such as interpersonal communication. Some simply prefer that schools rely on more traditional teaching methods for young children. Public and private San Francisco elementary schools make decisions about technology use every year, with the results being surprisingly unique to each school. The schools below span the integration spectrum, from the tech-embracing AltSchool to the tech-wary San Francisco Waldorf School. Their choices shed light on the variety of ways technology is integrated today.

How much or how little your child interacts with technology is ultimately up to you and the school you choose.

State of the art

AltSchool, considered an educational "start-up," is a network of micro schools with five locations in San Francisco. It deems itself a "tech-forward company," and credits its seamless use of educational technology to its team of creative teachers (reportedly thousands of teachers apply for the approximately 50 positions) and access to a reliable network. "We use technology to deeply understand our students and their goals, and to document their experience and their progress," says Carolyn Wilson, director of education for AltSchool.

Although the school is known for its tech use, you won't find kids huddled over devices all day long. Students use a device (tablets for Kindergarten through second grade and Chromebooks for older kids) about 5 to 30 percent of the day. Younger kids use devices the least, and spend the rest of their time working collaboratively, often with traditional learning tools.

The school built and uses interconnected technology to create a personalized curriculum for each student, track progress, and communicate with parents. Additionally, it leverages programs such as DreamBox, Khan Academy, and BrainPop to supplement learning, all of which feed results into the AltSchool ecosystem to give teachers and parents a complete picture of a child's progress. Instead of graded papers, parents receive an updated stream of their child's progress on a Parent Communication app.

"Our use of tech enhances the learning experience, allows students to progress at their own pace, and allows teachers to see exactly where each child is [in relation to] his goals," says Wilson.

Bridging the STEM gender gap

An all-girls K-8 school, The Hamlin School is passionate about integrating technology, in part to tackle the current gender gap in STEM education. "We [support] a culture of innovation and pride ourselves on the intentional use of tech as a tool for redefining

learning," says Mark Picketts, director of program innovation and professional development for Hamlin.

The school assigns iPads in second grade, which students use independently and collaboratively to explore educational apps, such as iMovie, Explain Everything, and Notability, to create multimedia content—think book trailers to accompany reports, complete with QR Codes for others to watch the videos when they check the book out of the class library.

In addition, Hamlin provides a K-8 coding and robotics curriculum to develop computational thinking and offers a space called the Riveter Lab. It is stocked with tools from duct tape and Legos to the latest technology: laser cutters and 3D printers for girls "to demonstrate their thinking by making." Last year, second graders built a cardboard city and brought it to life with electricity by adding conductive tape, LED lights, and batteries, and even embedding video interviews with shopkeepers. "We are never in one place with technology," says Picketts. "We model design thinking by constantly evolving and taking tech to the next level."

Gradual integration

"We don't integrate technology because we

feel pressured to keep up with the latest and greatest or to be perceived as cutting edge," says Emma Peat, a humanities teacher and educational coach at Live Oak School, a private K-8 school in Potrero Hill. "Instead, we evaluate why it's being used and find how it can best support learning."

Live Oak gradually introduces students to computers once a week in first grade. Students use them mainly to research and write or to play Bee-Bot, a program that gives them an introduction to coding and programming. By second grade, there's a cart of Macbooks in the classroom (1:1), and students attend technology class to learn how to use them. They also work on digital projects, such as creating comic books with the app Comic Life or making podcasts. Come fourth and fifth grade, personal Chromebooks that stay at school are distributed, and students regularly use them to collaborate via shared documents.

Peat says teachers are careful not to over-rely on computers or to over-enable kids to use them. Instead, they leverage technology to support specific needs by giving a child the opportunity to practice a skill or tackle an accelerated challenge. Technology is used as a collaborative tool and teachers integrate it to allow students to share their learning with others through digital portfolios, web and wiki pages. They also rely on Google for educational tools to allow students to create, collaborate, and share.





Hands-on teaching as a foundation

Ed Walters, head of Alta Vista School, a progressive PK-8 school that emphasizes science, technology, and math, believes that technology is a powerful tool for feedback and collaboration.

“Machines are great for practical use. We use Scratch, a child-friendly programming tool, to tell stories and make games, and products such as Google docs to learn file and folder making, sharing work, and for peer review, but they are no substitute for hands-on teaching with a teacher,” he says.

The lower school’s focus is on teaching the fundamentals of computer use—a little bit in first grade, but mainly starting in second grade with 1:1 use of laptops to learn keyboarding skills and how to share work with teachers and parents. Kids create with paper and pencil, later moving their work to the computer to edit and collaborate with peers to improve it.

By fourth grade, as kids prepare for middle school, more class work at Alta Vista is done on computers (Chromebooks), where students can select from a menu of technology classes, including, “How to Build a Computer,” “Systems of the World,” and “Code Fu.”

Leveling the playing field

The SFUSD, which includes about 60 elementary schools, is uniquely challenged with the education of more than 57,000 students. The district is two years into a massive shift to transform itself into a truly digital domain, bringing aboard new technology tools (30,000 student devices are now in place), enhancing curriculum, and building a robust, resilient infrastructure to support the increased use of technology. This shift is spurred on by the system-wide assumption of student assessments that are entirely computer-based.

“We are committed to providing high-quality computer science education to all students, beginning in pre-kindergarten,” says Heidi Anderson, public relations manager for the district. “By starting in the earliest grades and with all children, we seek to normalize a discipline that has been long dominated by a selective group of the population.”

San Francisco public schools focus on providing fundamental computer skills in the lower grades, and add greater access to technology in middle schools, including computer science, digital media classes, and technology integration into core curriculum.

Though the use of technology varies within the district, Anderson says a growing number of teachers use tools like Google

Classroom. Since not all students have access to technology at home, alternative access methods are provided.

“Technology has the power to level the playing field,” says Anderson. “As a district focused on providing equitable access to all, closing the digital learning gap is core to our agenda.”

Marching to a different beat

Not every school agrees with technological integration. “Technology immerses children in solitude, giving them no feedback. They can’t see body language or hear changes in the tone of a voice; [technology] is the antithesis of experiencing true senses,” says Mary Barhydt, a lead teacher at San Francisco Waldorf School, a K-12 school centered on creative, holistic education. The school believes technology hinders learning and unnecessarily tethers children to objects, ultimately creating passive consumers.

From age 7 to 12, Waldorf curriculum focuses on artistic expression and social interactions. Students work with simple, natural materials—no technology or even textbooks are used. Instead of sharing a device or a document, they collaborate with each other, using real instruments to create and harmonize music. The school advises parents to restrict screen time at home, too—including television and recorded music—until around sixth grade, when students can actually understand how a device works and literally begin taking it apart in the classroom.



Barhydt says Waldorf realizes that parents may struggle to keep kids away from technology or worry that their kids are missing out, so teachers work closely with them to fight “tech peer pressure.” She says that most parents stop worrying when they see the curriculum and the “articulate, poised, deep-thinkers” that a tech-free education helps to create.

The bottom line

There’s little evidence to show whether or not technology improves kids’ long-term academic success. However, it’s hard to argue against technology as a valuable tool if used with good sense while observing digital citizenship, a code of ethics governing the responsible tech. How much or how little your child interacts with tech is ultimately up to you and the school you choose. ♦

Lynn is Co-Founder and CEO of UrbanSitter. As an entrepreneur, Lynn is passionate about leveraging technology to create innovative solutions for parents. As a mom of three, she finds it an ongoing challenge to find the right balance of tech time for her kids..

TECH TALK WHEN TOURING ELEMENTARY SCHOOLS

As you begin touring elementary schools, you may be surprised at how differently schools integrate—or don’t—computers in classrooms, curriculum, and communication. To find a good fit, ensure that you see eye to eye on screen time. Here’s what to ask:

- Does technology play an important role at your school? If so, how is it used?
- If you are not using technology in the classroom, what’s the rationale?
- What devices are available to students?
- What is the ratio of computers to students?
- How much of the school day is spent on a screen?
- Is technology available to support children with different learning styles and needs?
- How is new technology evaluated?
- Are teachers trained on how to incorporate technology into their lesson plans?
- Do you have a tech support person on staff?
- Do you have a strong and reliable wireless network to support your technology program?
- Do teachers and administrators use technology (classroom blogs, email newsletters, social media) to communicate with students and parents?
- How do you address the varying levels of access to technology students may or may not have at home?

Discover the joy of making music together with your family!

Haight · Inner & Outer Sunset
(415) 745-1495
sfmusictogether.com



Email for the GGMG Discount

Music Together®
San Francisco
Music Together



istockphoto

Hey Amazon, Where's My Toy?

Most of us have used Amazon at least once (if not every week), but few realize the complexity of the system that brings each box to our doorstep.

By Rutuja Khanzode Photographs by Aviva Roller Photography

I opened the door and instantly, my 6-year-old asked me “is it here yet?” looking for the big brown box with smiling arrows that had become so ubiquitous at our house. He was anticipating his new Minecraft LEGO kit, which we had ordered together on Amazon.com just a couple of days ago.

Once upon a time, Amazon brought only books to our doorsteps. Now we can order everything, including the kitchen sink. More than 20 years after it started, Amazon has been branded “the everything store,” as it has grown into a veritable one-stop shop. So your children (and you) may want to know—how do the things we order arrive at your doorstep so fast? Well, it turns out that Amazon is more like Santa’s Workshop than you ever thought.

Technology-driven retail

Amazon is a retail giant that uses technology to be as fast, cheap, and expansive as possible. The company has mastered the use of data, algorithms, and even futuristic robots to make online shopping efficient. Amazon doesn’t actually make most of the goods that it sells. Instead, merchants and manufacturers elect to sell goods on Amazon, and the company stores, fulfills, and ships many of those items on the merchant’s behalf. To store millions of items, Amazon has built a network of warehouses called fulfillment centers (FCs). The company has figured out precisely where to build these giant FCs to most optimally deliver anything to anyone in two days.

Optimized organization system

Thinking back to the LEGO kit I ordered, it may sound like an easy task to find and package LEGOs, but try doing that in a facility housing millions of products while thousands of orders come in each minute. Amazon has created a systematic cubby system that keeps items organized, sorted and easy to find. Every cubby has a barcode and each item has a corresponding shelf/cubby location. It’s not uncommon to find a juicer stored next to earrings or books alongside a garden hose. Amazon stores items not by category, but by where those items will fit best and take up as little space as possible. This helps pack in

more items into an FC, and it’s one way Amazon is able to store and sell so many things. All items are scanned into a database to track and monitor product quantity and where they are stored in the FC as soon as they arrive from merchants. Once items are checked in, they are automatically available for us to buy from the website.

An army of associates

Thousands of employees called associates package and ship items to customers around the clock. Associates have specialized roles; some stock shelves as items arrive, while others see what you’ve ordered and pick out and pack those items to arrive as quickly and efficiently as possible.

When I hit submit on the LEGO kit, an associate instantly sees my order on a handheld device. The associate then uses the device to tell a robot to retrieve one Minecraft LEGO kit from aisle four, shelf six, top row, cubby number two. The robot looks like a giant bin on wheels and can go to that location and bring back the LEGO kit in minutes. Not all FCs have robots; some rely on associates to physically retrieve items in yellow tote bags, and they are known to walk

miles each day as they navigate the FC. In each case, the robots and associates pick up as many items for as many orders as possible, before returning to the sorting line.

Computer-assisted packaging

Items from various orders are then sorted by another group of associates and kept together on a rolling shelf. In the packaging area, another associate takes our LEGO kit from the shelf and puts it into a brown cardboard box. Amazon uses computers to tell associates exactly what size box to use and how to package and ship the item as cheaply as possible, without wasted space or resources. Packed and sealed, the box goes on another conveyor belt. Amazon has miles upon miles of conveyor belts zig-zagging around the warehouse. As boxes travel along the belt, they come to a labeling machine, which prints our name and address on a shipping label and sticks it on the box.

Further along, the shipping label is automatically scanned to read the destination. In some of the newer fulfillment centers, the package is weighed as well while being scanned to check that all items are

Once upon a time, Amazon brought only books to our doorsteps. Now we can order everything, including the kitchen sink.



indeed packed together. Humans and machines work in sync to bring orders to customers.

Destination: home

In most FCs today, conveyor belts split off in every direction, routing packages through the warehouse based on destination. Packages travel steadily on these belts and finally go down a chute to be loaded into a UPS or FedEx truck. All orders going to San Francisco go down a designated chute into one delivery truck. Amazon updates the order status to shipped and provides us a tracking number so that my son can track his toy’s journey. Shipping is the only time Amazon hands over packages to a third-party company in the entire process. If rumors are to be trusted, Amazon is planning to take that part over as well to further control the process.

So it’s true: Amazon is our modern-day Santa’s Workshop, complete with robot elves, magical technology, and a constant stream of items people wish for. So next time an item arrives at your doorstep, take a second to appreciate what it took to get to you! ♦

Rutuja Khanzode is a product manager by day and author of the blog www.livinglargetinytlot.com by night, where she chronicles recipes, travels, and her life in San Francisco with her husband and their two active boys.

Jennifer Katz, Inc. provides individualized speech and language services to children of all ages. Realizing that one therapy approach doesn't fit all, our team provides customized therapy plans to support each family's unique needs.

- Contracted with all major insurance companies
- Clinic, home and school visits
- English, Spanish & Cantonese speaking therapists
- Individual and group therapy
- Four convenient locations

Jennifer Katz, inc
speech-language therapy

Speech & Language Therapy Programs

- Receptive & expressive language delays and disorders
- Articulation & phonological disorders
- Motor speech disorders (apraxia & dysarthria)
- Social pragmatic deficits
- Nonverbal communication using AAC (alternative & augmentative communication)
- Autism spectrum disorders
- Auditory processing disorders
- Oral motor and feeding disorders
- Stuttering disorders
- Reading disorders

Contact Us Today
415-255-9395
jennifer@katzspeech.com
katzspeech.com

the
CRAYON BOX
preschool
SAN FRANCISCO



SAN FRANCISCO SYMPHONY

SUNDAY **DECEMBER 4** 11AM & 3PM

Deck the Hall

This festive, family-friendly concert event is a San Francisco Symphony holiday tradition. Members of the Orchestra and special guests artists including the San Francisco Boys Chorus, TURFinc dancers, and Beach Blanket Babylon, will dazzle and delight with holiday favorites. Tickets include a post-concert party with entertainment, arts and crafts, and refreshments.

For a truly unforgettable event, upgrade your experience with a VIP package. Enjoy premium concert seats and access to the ultimate pre-concert party, complete with a visit from Santa. Premier VIP packages also include tickets to the Davies Symphony Hall Tree Lighting Ceremony on November 30.

Proceeds support the Symphony's education and community programs. Ticket exchange and discount not available.

Presenting Partner **Louise M. Davies Foundation**

Supporting Partner **Bank of America**

Community Day Concert Sponsor **The Levchin Family**

sfsymphony.org/deck 415-864-6000

SAN FRANCISCO SYMPHONY
MICHAEL TILSON THOMAS • MUSIC DIRECTOR

This road to school is awfully long -
WE NEED TO MOVE CLOSER!

Tell me about it!

MIKE & SUE

TOP 1% OF SF REALTORS

TRUSTED ADVISORS IN SAN FRANCISCO REAL ESTATE

MIKEANDSUESF.COM

Mike Murphy | Lic# 01440395
415.359.3975

Sue Schultes | Lic# 01422014
415.307.0153

PARAGON
REAL ESTATE GROUP

WE EDUCATE, NURTURE AND CARE FOR PARENTS AFTER THE BIRTH OF THEIR BABY.

- POSTPARTUM CARE
- BREASTFEEDING AND BOTTLE SUPPORT
- SLEEP EDUCATION
- INFANT MASSAGE
- FAMILY ADJUSTMENT ASSISTANCE
- LOCAL RESOURCES

BAY AREA NIGHT DOULAS

TEL: (415) 317-6334 WWW.BAYAREANIGHTDOULAS.COM

Like us on Facebook

NEIGHBORHOOD MEETUPS: FOR MOMS ONLY!

We know the challenges that moms face when trying to get out of the house for a baby-free glass of wine with friends. Luckily, the GGMG Neighborhood Meetups Committee makes it easier to get out and meet other moms in your community! There are 11 neighborhood groups that organize events for GGMG members, and in addition to playgroups and events for the kiddos, they all organize a regular Moms’ Night Out (MNO) which varies from wine or cocktail nights for the ladies of **The Heights**, **NOPA/Alamo Square**, and **Bernal/Glen Park**, to a regular book club for members of **Sunset/West Portal** and **The Richmond** neighborhoods. Mamas in the **Marina** will host a wine night at Nectar Wine Lounge in mid-November, so check out BigTent for more information posted by that, or any other neighborhood subgroup.

To RSVP or find out more about MNOs, playdates, and other events in your neighborhood, join the subgroup for the neighborhood(s) you are interested in at www.bigtent.com/group/subgroup. You can join

multiple subgroups, and you are not required to live in the neighborhood in order to join.

Tip: Change your settings in BigTent to have events and discussions from your neighborhood forum sent to your email—this way you’ll never miss anything!

Please feel free to contact the committee chair at yanina.markova@gmail.com with questions or ideas for future meetups.

GET CONNECTED

To find out more about the playdates hosted in your neighborhood and beyond, and to RSVP, join the neighborhood subgroup on BigTent for the neighborhood(s) you are interested in at www.bigtent.com/group/subgroup.

Tip: You can set up your settings in Bigtent to have events and discussions from your neighborhood forum sent to your email—this way you won’t miss anything!



ENTREPRENEURSHIP & CAREERS

Working Moms Lunch at Specialty’s Café

Join us at Specialty’s on Pine Street for our monthly downtown working moms networking lunch. Meet other moms and enjoy great conversation. GGMG will pay \$10/lunch for the first 10 moms who respond. Looking forward to seeing everyone!

DATE: Thursday, November 10
TIME: 12:30 to 1:30 p.m.
PLACE: 369 Pine St.
COST: GGMG buys lunch for first 10 moms who respond (\$10/lunch)

REGISTRATION: www.bigtent.com/group/calendar/event/99105845

Work-Life Balance Webinar

GGMG is thrilled to host a free webinar about finding balance in your everyday life—that you can attend in your pajamas from home. Together we’ll define and examine balance, which means so much more than just juggling endless tasks. You’ll walk away with easy, go-to practices for re-centering and re-aligning your to-do list so that there’s more room to get to those things that light you up and more space to honor the precious moments with your family. The event is hosted by Julie Houghton, Liz Applegate, and Paula Jenkins, who are all moms and life coaches. We hope you will join us!

DATE: Thursday, November 3
TIME: 7:30 p.m.
COST: FREE

REGISTRATION: www.bigtent.com/group/calendar/event/99168411

KIDS ACTIVITIES

Holiday Family Fun at Presidio Officers’ Club

Join Kids Activities for kid-friendly holiday crafts and fun family activities! Make winter bird hand puppets, decorate cookies, learn about park wildlife at the Roving Ranger truck, and explore the Presidio Nature Lab, an all-ages, hands-on exhibition that brings the great outdoors to life. Good for children up to age 11. Free snacks will be available for all—and the first 100 families will receive a special Presidio goodie bag!

DATE: Saturday, December 3
TIME: 11 a.m. to 2 p.m.
PLACE: 50 Moraga Ave.
COST: FREE

REGISTRATION: <http://www.bigtent.com/group/calendar/event/99138116>

COMMUNITY SUPPORT

2016 Light the Night Walk

Last November, GGMG members participated in the Light the Night Walk in memory of our friend and fellow GGMG member and volunteer Caitlin Mullinix, who passed away in June 2015. Our team raised almost \$10,000 for the Leukemia & Lymphoma Society’s lifesaving cancer research and free support services for patients and caregivers.

The 2016 San Francisco Light the Night Walk is Thursday, November 10. Food and family-friendly festivities will begin at 5 p.m. in Lot A of AT&T Park. At 7 p.m., we will turn on our lanterns to light the night with hope along a 1.8-mile stroller-accessible route through AT&T Park.

Please help us in remembering Caitlin by joining or supporting our team this year. Signing up is a two-step process: (1) RSVP to the event on BigTent and (2) register on the Light the Night website.

DATE: Thursday, November 10
TIME: 5 to 8:30 p.m.
PLACE: AT&T Park, Lot A

REGISTRATION: <http://www.bigtent.com/home/calendar/event/98663107>

PLAYGROUPS

December Playgroup Formation Event at Sports Basement Presidio

Here’s your chance to find that special circle of mommies to help you survive motherhood. At GGMG Playgroup Formation events, you will meet moms with similarly aged children and learn how to launch your own playgroup. The program format is as follows: get introduced, get to know each other, then schedule a playdate to continue the fun. We’ll also be sharing info about member benefits, neighborhood meetups, and other playgroup activities available through GGMG.

This event is ideal for mothers of young infants (0-12 months). Expecting moms and moms with older children are also welcome to attend. Pre-crawling babies are welcome at this event.

DATE: Saturday, December 3
TIME: 9 to 10:30 a.m.
PLACE: 610 Old Mason St.
COST: FREE

REGISTRATION: www.bigtent.com/group/calendar/event/99026439

SOCIAL EVENTS

Thank you, our incredible GGMG members and families, for attending this year’s Fall Festival! We loved watching all of you dance with Music for Aardvarks and JAMaROO, decorate pumpkins,

dress up for photos in our photo booth, play in our Sports Zones, and enjoy all of our fantastic partners’ booths in the beautiful sunshine. It truly was a perfect day because of you!



Committee Spotlight: **Entrepreneurship and Careers**

Describe the personality of your committee.
Our committee is committed to helping mothers find and explore their passions. We're fun-loving and can wander off on tangents (e.g., how do working mothers maintain balance?) but at the end of it all, we come back to helping moms explore fulfilling careers and entrepreneurial ventures.

Why do you do what you do? What has been an unexpected benefit of being involved with the Entrepreneurship and Careers Committee?
I (Rebecca Andersen) am a newish volunteer with the committee. GGMG has been a great resource to me, particularly as a sounding board for the unexpected challenges I faced as a working mother. I love career development and it's great to be able to give back to GGMG and support other mothers in this area!

What types of activities or projects do you undertake?
Our committee organizes events for mothers to engage with career topics and fulfill entrepreneurial goals; this could include skill-building events (e.g., LinkedIn profile development, how to build a personal brand), networking opportunities, panels, and mentoring from other working mothers.

How do you know when you are making a difference?
If we're able to help mothers feel in control of their careers and feel like they are supported in pursuing their passions, we've made a difference.

Who are your current volunteers?
Our volunteers include Tania Shah, Lauren Belden, Julie Houghton, Kyra Jablonsky, Marija Djordjevic, and Shirley Ling. Our board liaison is Katrina Dirksen.

What's next for the Entrepreneurship and Careers Committee?
We are working on a few industry-specific panels, including blogging, tech, law, and sales, to name a few. We're also working on booking speakers in marketing new ventures and making career transitions.

How can interested GGMG members get involved in the Entrepreneurship and Careers Committee?
We'd love to hear about what career topics GGMG members are interested in! Hearing directly from members helps us to target our activities. We are always open to ideas and speaker references and never turn down a volunteer. Email us at entrepreneurs@ggmg.org.

GGMG Needs Volunteers!

Have you thought about volunteering with GGMG? Now is the time to step up! GGMG has many open positions and volunteering with us is a great way to meet other moms and keep your skills sharp. And don't forget about the many discounts that volunteers receive—savings above and beyond those offered by the regular GGMG membership on many popular family and children's services. Also, after one year of service, volunteers receive their GGMG membership for free! Contact us at volunteer@ggmg.org for more information.

- Current Open Positions:
- Community Support:** 2 volunteers
 - Just for Moms:** 1 co-chair
 - Kids Activities:** 1 volunteer
 - Magazine:** 2 photographers, 1 graphic designer
 - Parent Education:** 1 volunteer
 - Playgroups:** 1 chair, 2 volunteers
 - Neighborhood Meetups:** directors for Haight, NoPa/Alamo; ambassadors for Haight, Mission/Castro, Nob Hill/North Beach, Noe, Bernal/Glen
 - Recruiting:** 1 co-chair
 - Web Team:** 2 co-chairs, 1 moderator

Renewing Your GGMG Membership

Renew your membership up to 60 days before it expires. Simply log into BigTent and click the "Continue Enrollment" link. If you don't see that link, you can easily re-apply online at www.ggmg.org/join.html. If you have any questions, reach out to us at membership@ggmg.org.

No longer living in San Francisco?
You can still renew and maintain access to the forums, receive the magazine, and attend GGMG events.

Has your baby recently graduated from kindergarten?
GGMG has raised the age limit to include moms who have a child 11 years old or younger.

Have friends moving to SF?
They can join prior to moving, but must provide a local residential address within six months of joining.

New this year: Renew your GGMG membership and be automatically entered into a monthly raffle for an Amazon gift card!

How to Help

We've all known a friend who was in the hospital or in an unexpected family situation. Do you ever wonder to do besides writing a comment on her Facebook wall?

Offering specific support is often more helpful than simply asking "how can I help?" because it keeps the burden off the person in need. Here are some ideas:

- Food is always welcome. Cook and deliver dinner, or order a meal from a service like Munchery. Ideally, you'll choose the meal because in times of crisis, the hardest part is focusing on the simplest decisions.
- Offer to babysit; there's nothing like someone trustworthy taking your children for an afternoon playdate when you are overwhelmed. Or book an UrbanSitter.
- Visit her at the hospital—without children.
- If the family doesn't have a car, offer to lend yours or drive them yourself.
- Listen. Sometimes we just need a kind ear and someone who will empathize without offering solutions.

I still remember standing in a parking lot with a dead car after soccer practice, kids in tow, and no adults around to help. Tow trucks cannot take children, so we were stranded. Within minutes of posting on Facebook, three GGMG friends offered to pick us up with the proper-sized car seats. This is the power of the mom connection; to help a friend in need is to pay it forward for the day when you will (inevitably) need support yourself.

Thank you to all of our 2016 Fall Festival sponsors and volunteers!



Mary Zell Spellman, Agent ChFC
www.bayinsure.com | 415-401-7000



















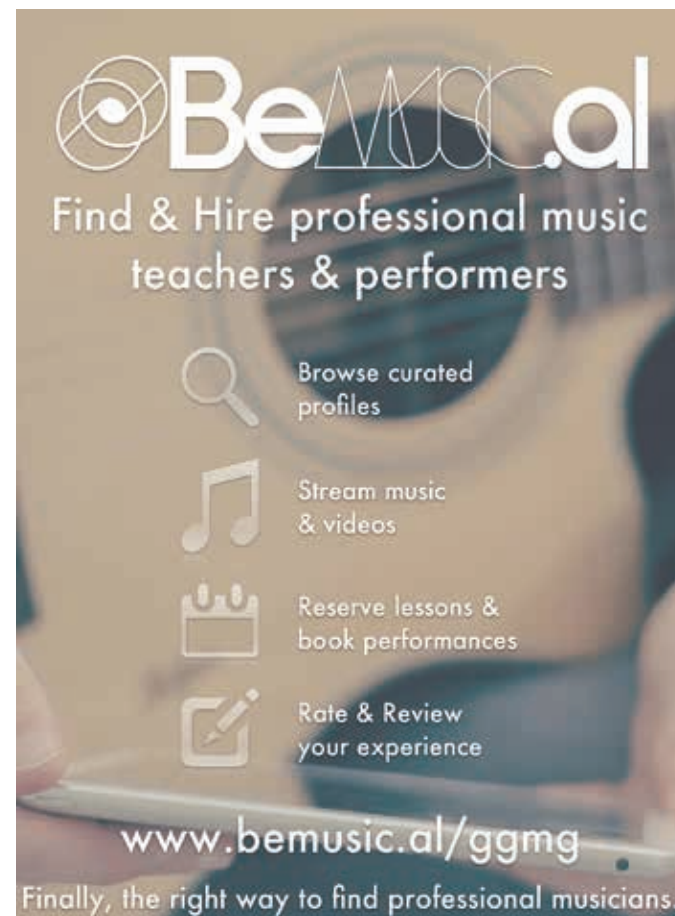


Photo by John Lee

PRESIDIO KNOLLS SCHOOL
普利西学校

A progressive, Mandarin immersion PreK-8th grade school

Learn more at www.presidioknolls.org



BeMusic.al

Find & Hire professional music teachers & performers

- Browse curated profiles
- Stream music & videos
- Reserve lessons & book performances
- Rate & Review your experience

www.bemusic.al/ggm

Finally, the right way to find professional musicians.



T+C TOWN + COUNTRY RESOURCES

Nannies - Housekeepers
Permanent - Temporary - Backup

San Francisco 415.567.0956
Peninsula 650.326.8570
www.tandcr.com

finding you the one



ALDEA HOME + BABY
All the Comforts of Home
SAN FRANCISCO





890 Valencia Street, San Francisco
Aldeababy.com | Aldeahome.com
866.402.5332 | info@aldeahome.com



elliotandcompany

professional organization & concierge services
[home relocations](#) · [office space](#) · [closets](#) · [garages](#)


Is your home or office in disorder? No time to run errands? Stressed out about upcoming holidays?
Help is on the way!

We can organize anything, so your life is less stressful.
We will run errands, purchase and wrap gifts.
We can wait for repair men... so you don't have to.
We can give you back your precious time so you can relax.

 **Holiday Gift Idea**
This year why not consider giving the gift of an Emergency Kit to your loved ones. We can help!



415.828.4248 elliotandcompany.com





Join a Literary Masters Book Group

Your Child Will Love to Read!

Professionally moderated book groups for parents and children grades 2-8 meet monthly at members' homes. Professional moderators lead a lively discussion of a carefully curated list of books from different genres.

Contact liz@literarymasters.net for information on fees, schedules and availability.

Fashionable European shoes for the littlest feet






munchkinetmoi.com

[@munchkinetmoi](#)



Ready for a home with outdoor space? (And a hose?)






Having no outdoor space didn't seem like a big deal... until your gregarious kid decided to bring the outdoors in! If your pre-baby abode just isn't working anymore, call Sherri to discuss your options. She specializes in helping busy families find the right home for their current and anticipated needs. Even better, she gets her clients through the process with their sanity intact.

Whether you are venturing into the market for the first time, or you are a real estate veteran, Sherri has the proven expertise and enthusiasm to guide you to a solid investment decision.

Sherri Howe
REALTOR® & GGMG Mom
a.k.a [askhowe](#) — look for me on the [GGMG message boards](#)
415.640.4664 LIC# 01816621
sherri@asksherrihowe.com



ZEPHYR
REAL ESTATE

TOP 3% OF ALL REALTORS IN SAN FRANCISCO

I ♥ Mom

Dining Together When You're 3,000 Miles Apart

By Jennifer Hofmann

My children have dinner with my parents twice a week. My 5-year-old daughter, Lotte, and twin toddler sons, Jamie and Ryan, wash their hands, climb into their seats—one kitchen chair and two high chairs—and patiently wait for the electronic beep that indicates a call coming in. Then my parents, at 8:30 p.m. New York time, show up on the laptop, sitting at their dining room table, to great cheering and squealing from my tiny army of three. Meals are described, analyzed, and shared through the screen, glasses and sippy cups are cheered repeatedly and a great mess of smiling kids and an even broader set of smiling grandparents fill my kitchen.

We first started our twice-a-week dinners when Lotte was small, around 2 years old. I would sit at the table with her and we would talk to my parents. I'd ask her questions and she would answer me, sometimes looking at them, but really just responding to me. My parents called it "Baby TV." It was mostly them observing, and my daughter didn't really seem to pay much attention to their presence. It was fun, but not interactive. Then one day, while I was pregnant with the boys, we were having dinner, and I left the table to grab something in the kitchen. While I was gone, I heard Lotte start describing to my



I had been trying for weeks to get her to engage; apparently all I had to do was leave her alone with the laptop.

parents what was happening. She was chattering away—it was so great! Then when I returned to the table, she stopped and resumed her dinner, and my parents continued talking to me. It wasn't hard to see what was going on, so a few minutes later I walked back into the kitchen—with the table in view but out of Lotte's line of sight, and she started talking to my parents again. She even offered to sing them a song. I had been trying for weeks to get her to engage; apparently all I had to do was leave her alone with the laptop.

Dinner with my parents became really wonderful from that night forward. Lotte would plan the visit: stack up some drawings

from preschool, or a new book to share. My mother started sending books to Lotte, something she has always done, but now she would buy a second copy for her house and they would read books together and turn the pages in unison. My dad would make faces and sing Beatles songs as Lotte ate, and I would very quietly observe from the kitchen, cleaning up, or packing leftovers, while they spent time together.

When the boys were born, dinners with grandma and grandpa became even louder and messier, and three times as joyful. The first time Jamie motioned along to Itsy Bitsy Spider was with my mother on Skype. The first time Ryan said "grandpa," "kitty cat," and "choo choo!" was on Skype. After arriving on our first trip to Buffalo, we pushed the stroller through security, saw my parents waiting for us, and the boys absolutely freaked out with joy. The recognition was instant—no shyness or quiet side glances, just immediate smiles and laughter followed by reaching requests of "up! up! up!"

We've even branched out a little and roped in some other family members, a "Super Skype," as Lotte calls it. Sometimes we conference chat with my great aunt in Florida along with my parents. The quality of the conversation seems to decrease as the number of people chatting increases, but everyone still seems pretty happy when we log off. This summer while in Buffalo, my aunt came up for a surprise visit and as we all sat down to dinner Lotte declared, "We're Skyping—in real life!" We all agreed and cheered the declaration.

Communicating this way makes me really happy. Would I prefer my parents to live close enough so we could see them once a week? Sure. But a very simple piece of free technology makes the distance and time apart a little easier to bear, and allows my most favorite people a chance to come together, over dinner, twice a week. ♦

Jennifer Hofmann is a mother to a small army of children, a writer, and a member of various book clubs despite rarely reading the books. She is an expert on playgrounds that are completely enclosed, and finds herself daily explaining that 'yes, they're twins, yes, they do look alike—they're identical.' She hopes her daughter will be able to tell her brothers apart before they start to seriously mess with her.



GGMG | GOLDEN GATE
MOTHERS GROUP

Golden Gate Mothers Group
P.O. Box 475866
San Francisco, CA 94147

Are you a San Francisco mom?
Want to receive this magazine?
Join GGMG today at www.ggmg.org.

Presorted
First Class Mail
US Postage
PAID
Oakland, CA
Permit #2319

statement of purpose:

*nurture ourselves, our children,
our partners, and our community;
create an environment of support,
information sharing, and connection;
learn, teach, create, have fun, and
provide balance in our lives and in
the lives of our growing families.*

KUMON

©2016 Kumon North America, Inc. All Rights Reserved.

WE MAKE YOUR
SMART KID

EVEN
SMARTER

Give your child an academic advantage!

Kumon helps accelerate your child's math and reading skills —
from as young as age 3 all the way through high school. Kumon
Students of every age:

- become more confident, independent self-learners
- master new challenges on their own
- in many cases, study above grade level

SCHEDULE A PARENT ORIENTATION TODAY!

Mention **#EnrollNov** to receive an
\$80 discount on your first month!*

Kumon Math & Reading Center of
SAN FRANCISCO - MARINA DISTRICT
1515 North Point St., San Francisco, CA 94123
415.673.3678
kumon.com/san-francisco-marina-district-ca

FOR AGES
3+

*Valid at this location only. Limited time offer. See center for details.