

JUGGLING MOTHERHOOD

JANUARY ♥ 2016



SRMC Santa Rosa
Mothers' Club
m a g a z i n e





SRMC Santa Rosa
Mothers' Club

www.santarosamothersclub.org

Emails: <insert position>@santarosamothersclub.org

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FUMC
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A Program of the First United Methodist Church

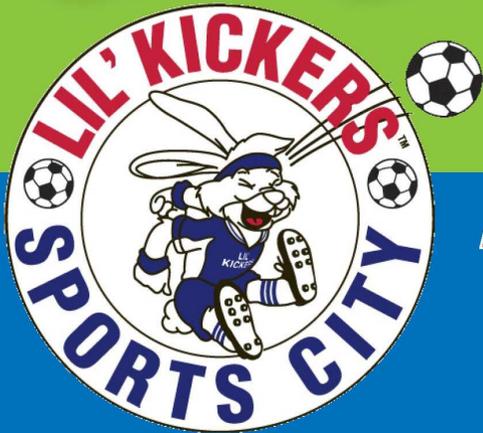
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We also offer:

- Youth indoor soccer leagues
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- All-Sports Camps for ages 3-10
- Birthday and Team parties
- Play dates for Mother's Clubs
- Field trips for schools or groups

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Letter from the President: Juggling Motherhood

Suzanne Moore

Being a mommy can be tough.

Feelings of guilt and that constant dividing of your attention between all of your priorities in life can get a mommy from cool and calm to stress-head crazy lady in minutes. So what is the key to finding that balance?

I have a very active life. I am a mother of a very active two year old who has her own social calendar. I am a manager of a \$6.3M business, I am the president of our Mothers' Club and in the process of starting a new venture. I am a wife to a husband who has his own set of priorities as well. Needless to say I haven't quite nailed the whole juggling mommy, wife and work circus act. To be frank, I haven't meet a mom who has. When I am top of things, I sail along that tightrope on my tiptoes with my head held high.

By no means am I an expert. What I am an expert in, is my own life. So I will share some tips that have helped me in my motherhood journey to sail along that tightrope more days than not.

The first step is **acceptance**. Accept that children do come with restrictions and that certain parts of your life will never be the same. Don't look at this as negative, instead look at it as a positive and look for the opportunities that can be found.

An employed mother should be in, or if not should negotiate for, flexible working hours so that she can ensure her balance between childcare and working is one that leaves her feeling good and not guilty.

Guilt is a common feeling in working moms. Guilt that you had to leave the office early to get to a play date and therefore your project

isn't the best it could be. Or guilt because you cooked a lame dinner for your family as a result of you being home late from the office where you were on a roll. There is no need to feel guilty as long as you can separate the two things and give your full attention to the job in front of you.

Moms that work from home deal with the same guilt and sometimes even feel worse due to having to work on something whilst their children are in the house or even in the same room! Neither of these women need to feel guilty.

Be Organized. Be sure you use that diary and combine it with the calendar on your phone so that if someone asks you for a play date you can check there and then or if some one gives you a deadline you can pop it in. At the beginning of a new child activity take the time to update and sync the two together to ensure that they both carry the same information. At the beginning of the week go over both and give yourself an overview of the week ahead so you can start the week with clarity.

Schedule in when you are going to be working. Can you fit it in around childcare, nursery or school? Allow yourself to be able to be 'out of office' at certain times so you can enjoy your family.

Don't forget to make time for you too. Be sure you block off some time for exercise or reading or just laying in the bath with some music on - this is THE most important thing to have as if you are not at your best then the juggling balls will hit the floor.

Networking is so important for both business and motherhood and being a mommy gives you so many connections that

you should be able to become Wonder Woman.

For example, in the playground I have meet a variety of moms all practicing the same juggling act. Reach out to them and you will find support, business connections and friendship! Use our Playgroup Connections within SRMC to help you network too!

Use the fact that you are a mother as your **motivation** to not procrastinate. If you know you have to leave the office at 2:30pm in order to be on time for the school run, then make sure you get that project finished by 2pm. If not, then no big deal, you can finish it tomorrow because once you clock out it's mum time.

If you work at home and you know your baby is going to wake up in 30 minutes then don't put another episode on Netflix! Instead get what you needed to get done, done.

My biggest piece of advice is **if you are not happy then change what you are doing**. Don't spend your life being unhappy. It's not worth it. The key to keeping the balls in the air is you.

What do you want your children to say about you when they are grown? Keep that at the center of your goals. Remind yourself that no one is perfect and you don't need to be perfect. Every mistake you make is part of the experience of being mum.

Now go out there and do something today that you and your children will look back on and thank you for.

PS-Check out SRMCs upcoming Circus Event—pages 6-10—for some inspiration!

- Suzanne



**AS A PARENT,
YOU OFTEN REALIZE
IT IS YOUR CIRCUS
AND THOSE ARE
YOUR MONKEYS.**

Mom Juggling: Being able to handle a sick kid with a dirty diaper, while talking on the phone, wiping snot with your sleeve and navigating through a crowded store to pick up your fave wine, like a pro.



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If Motherhood
was supposed to be easy,
it wouldn't have started with
Labor!

I know that I'm an
adventurous woman
because I take my kids
out in public.

Our family is just one tent away
from a full blown circus.

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It's days like today which makes me
question which child to
sell to the circus.

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CIRCUS...





LET
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BE YOUR
CENTER RING!





MOTHERHOOD IS

THE GREATEST SHOW ON EARTH

It is the belief of Santa Rosa Mothers' Club (SRMC) that motherhood is the greatest show on earth! Raising our little ones' is filled with heart-pounding experiences that mesmerize the senses and create memories to be shared for generations to come.

This year marks the 25th anniversary of SRMC serving as the Center Ring that brings Moms together!

COME ONE, COME ALL

Entertainment, Prizes, Cocktails, Hors d'oeuvres & Smiles Galore

Step right up for a night to be remembered! In celebration of SRMC turning 25, we are hosting a special evening for our members and those interested in joining our Club.

During the night mingle with other moms, learn more about SRMCs variety of offerings, find ways to volunteer in the community, be introduced to leadership opportunities within the Club & enjoy a 'me-moment' away from the kiddos.

Come solo or bring a guest (or four).

Casual dress attire.

More event information on the reverse.

... ..
STEP RIGHT UP
TO THE GREATEST SHOW ON EARTH!
.....

SRMC 25
IS TURNING

26TH of FEB

Fountaingrove Inn Hotel
101 Fountaingrove Pkwy, Santa Rosa
7:00pm to 10:00pm



RSVP

TO RINGMASTER Suzanne
Log onto

<http://motherhoodisacircus.eventbrite.com>



~ 02262016 ~
ADMIT ONE

ROLL UP, ROLL UP, ROLL UP
TICKET VALID FOR ONE ENTRY INTO
SRMC BIG TOP ANNIVERSARY PARTY

.....
ALL CIRCUS ACTS WELCOME!
.....

~ 02262016 ~



CLUB NOTICE:

SRMC is only utilizing BigTent for SRMC applications and membership dues payments. All Club SubClubs, Events and Forums have been closed on BigTent and moved to our PRIVATE Santa Rosa Mothers' Club Page.

We are finding that this social networking site is making it easier for SRMC moms to connect and share.

If you are not connected to this private Facebook page, check your email for the invite to join—or- email membership@santarosamothersclub.org

Housekeeping

Opinions expressed in this issue are those of the contributors. Acceptance of advertising does not constitute endorsement by SRMC of any products or services. The editor reserves 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@santarosamothersclub.org

THIS ISSUE MADE POSSIBLE BY: lots of fa la la la la; quiet time on the airplane; chocolate; and a lot of teamwork!

COMING NEXT: February: Sex and Love

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



Why use playdates and playgroups for your children?

Playdates are great for kids! They learn how to interact with other kids, they learn how to share, and just how to get along in general. And it gives parents a great opportunity to connect with other adults to talk about parenting, but also to talk about things totally unrelated to being a parent, which is refreshing.

Using a playdate as an opportunity for parents and children alike is important, experts say. But before you get out your calendar and start making calls to other parents, it's important to understand playdate etiquette. Remember that there's more to it than just scheduling a time, date, and place to meet. Age, frequency, and location are just a few of the important factors to take into consideration when you're planning your little one's social calendar.

Indoor Playdate Ideas

Swap Meet Meetup: Everyone can bring a large tupperware container filled with stuff they're willing to swap. The host can provide some snacks and hopefully everyone goes home with new-to-them clothes and toys.

Mommy and Me Exercise: Put on some music and everyone can dance or whatever with their kiddos!

Sign Language: There is a video called "Signing Time" and it is so much fun. It's 30 minutes long. Vol. 1 First Signs is a good first video to help teach little kids a few basic signs. Kids can start to use sign language at 6-9 months.

S'mores Fun: Host a pretend indoor campfire, pitch a tent, read a camping story, and sing camping songs. Then, microwave S'mores and the children can even make cardboard S'mores using brown paint and cotton balls.

Cookbook Swap and Potluck Lunch : Each mom brings a cookbook or two that they want to part with for a month. Swap them for the month (the host keep a list of who's is whose) and then have a potluck lunch.

Family Fun Nights: The kids bring sleeping bags/blankets and pillows and the parents bring dinner and snacks. We all eat together and then the lights go out and the movie goes on (it's on a big projection screen).

Tumbling Tuesdays: An event where the kids can tumble away on a playroom floor. Put down foam pieces and tons of blankets and pillows.

Mama Skate/Strollerskate: Some roller rinks set up a few hours for the facility to let the moms bring in their strollers and skate with the kids.

Interested in joining, co-leading or leading a playgroup within SRMC?

If so, please contact playgroups@santarosamothersclub.org

SRMC Craft Corner



Your kiddos will have so much fun playing on their new tin can stilts! Sometimes getting the balance down can be a little tricky but that's part of the fun. I bet they will also love being taller. They are great to play outside in this warm weather but during winter they work inside on the carpet too. To make one pair of stilts you will need 2 tin cans, ribbon or string, paint and a drill.

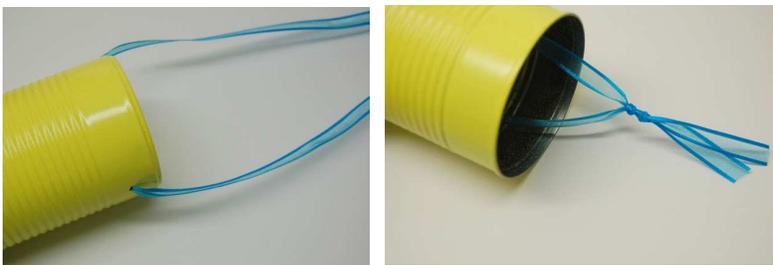


Step 1) Remove the labels, wash cans and let dry.

Step 2) Paint cans with spray paint or hand paint with acrylic craft paint.

Step 3) Drill two small holes near the bottom of the cans, about 0.5 inches from the bottom. Make sure the holes are on opposite sides of the can from each other. You can also use a hammer and nail if you don't have a drill.

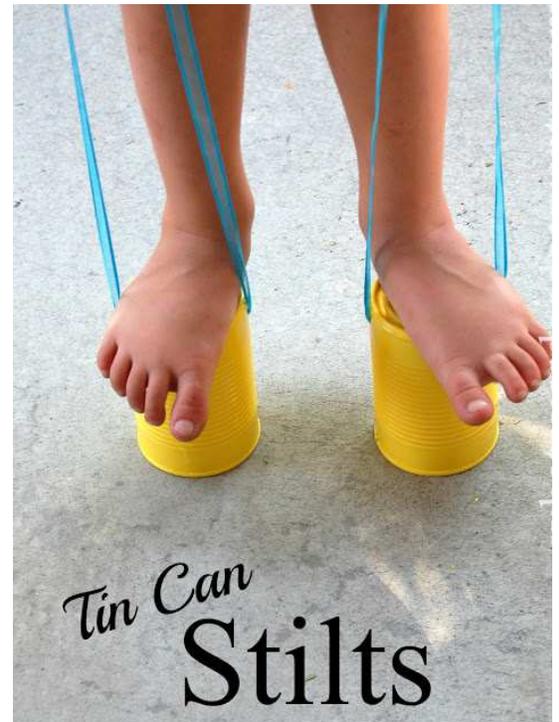
Step 4) Cut your ribbon or string to about 60 inches, depending on the child's height.



Step 5) String the ribbon through the can and tie into a knot.

Have your child stand with one foot on each can, holding the ribbon in each hand.

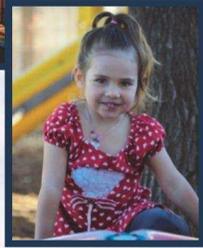
Have your child pull the ribbon as they walk. Have fun!



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Renee Ziemer

renee@kinderkickz.com 707-953-2603

www.kinderkickz.com

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¡JUEGA CONMIGO! (Play With Me!) 3-5 year-old

¡NOSOTROS DOS! (The Two of Us!) 4-6 year-old

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Saturday, January 02

9:00am to 12:00pm

Home Depot Kids Workshop: Kung Fu Panda 3 Spinning Box

Monthly Home Depot event for kids.

Location: Rohnert Park

Ages: Ages 5-12

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

Sunday, January 03

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

Monday, January 04

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a-kind sticker project.

Location: Petaluma

Ages: All ages

Tuesday, January 05

9:30am to 5:00pm

Free Day at the Legion of Honor

The first Tuesday of the month is FREE admission at the Legion of Honor museum.

Location: San Francisco

Ages: All ages

9:30am to 5:00pm

Free Day at the de Young Museum

The first Tuesday of the month is FREE admission at the de Young Museum.

Location: San Francisco

Ages: All ages

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

10:00am to 4:30pm

Free Day at the Conservatory of Flowers

The first Tuesday of the month is FREE admission at the Conservatory of Flowers.

Location: San Francisco

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

Wednesday, January 06

9:00am to 5:00pm

Free First Wednesday at the Bay Area Discovery Museum

Every first Wednesday of the month is FREE Museum admission all day, 9 a.m. - 5 p.m. to anyone from anywhere!

Location: Sausalito

Ages: All ages

10:00am to 5:00pm

Every First Wednesday Exploratorium Free Admission Day

A hands on museum of science, art and human perception.

Location: San Francisco

Ages: All ages

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

Thursday, January 07

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

Friday, January 08

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

4:30pm to 6:30pm

SRMC New Mommas/New Member Playdate

Please join us for a fun playdate to get to know more about SRMC as well as to make some play-group connections.

Location: Santa Rosa

Ages: All Ages

8:00pm

Into the Woods

Spreckels Performing Arts Center, Into the Woods, is one of the most popular adaptations of some of the best known folk tales - "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella."

Location: Rohnert Park

Ages: Recommended for ages 9 and up

Saturday, January 09

10:00am to 12:00pm

Michael's Kids Club: Sparkling Snowflakes

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month

Location: Santa Rosa

Ages: All ages

8:00pm

Into the Woods

Spreckels Performing Arts Center, Into the Woods, is one of the most popular adaptations of some of the best known folk tales - "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella."

Location: Rohnert Park

Ages: Recommended for ages 9 and up

Sunday, January 10

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice.

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

2:00pm

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Location: Rohnert Park

Ages: Recommended for ages 9 and up

Monday, January 11

9:30am to 11:30am

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Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a-kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

Tuesday, January 12

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

Wednesday, January 13

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

Thursday, January 14

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

Friday, January 15

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

8:00pm

Into the Woods

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Location: Rohnert Park

Ages: Recommended for ages 9 and up

Saturday, January 16

10:00am

to 12:00pm

Michael's Kids Club: Snowman Mobile

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

11:00am to 4:00pm

Winter Wineland

This is the 24th Annual Winter WINEland and a great opportunity to meet winemakers, taste limited production wines, new releases or library wines. All wineries will have something on SALE for the weekend! Some wineries will offer food pairings and others will have tours. In Mid-December download the detailed program to see exactly what each winery will offer for the weekend.....then plan your tasting adventure.

Location: Healdsburg

Ages: All Ages

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

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Location: Santa Rosa

Ages: All ages

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Location: Rohnert Park

Ages: Recommended for ages 9 and up

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SRMC Calendar of Events: January 2016, continued....

Sunday, January 17

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice.

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

11:00am to 4:00pm

Winter Wineland

This is the 24th Annual Winter WINEland and a great opportunity to meet winemakers, taste limited production wines, new releases or library wines. All wineries will have something on SALE for the weekend! Some wineries will offer food pairings and others will have tours. In Mid-December download the detailed program to see exactly what each winery will offer for the weekend.....then plan your tasting adventure.

Location: Healdsburg

Ages: All Ages

2:00pm

Into the Woods

Spreckels Performing Arts Center, Into the Woods, is one of the most popular adaptations of some of the best known folk tales - "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella."

Location: Rohnert Park

Ages: Recommended for ages 9 and up

Monday, January 18

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a-kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

Tuesday, January 19

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

Wednesday, January 20

7:30 pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

Thursday, January 21

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

Friday, January 22

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

Saturday, January 23

10:00am to 12:00pm

Michael's Kids Club: Craft Stick Snowman

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month

Location: Santa Rosa

Ages: All ages

Sunday, January 24

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice.

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

3:00pm

PETER AND THE WOLF from the Sonoma Paradiso Family Concert Series

Here's a fresh take on this well-loved classic. Peter is a dreamer dealing with the pressures of everyday life when he suddenly finds himself in the middle of an adventure: a mystifying mission to capture a wily wolf. Two dancers, colorful sets and incredible masks make for a modern and humorous re-telling of this enduring story.

Location: Rohnert Park

Ages: All ages

Monday, January 25

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a-kind sticker project.

Location: Petaluma

Ages: All ages

Tuesday, January 26

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

Wednesday, January 27

7:30 pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

Thursday, January 28

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

Friday, January 28

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

Saturday, January 30

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month

Location: Santa Rosa

Ages: All ages

Sunday, January 31

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice.

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

1:00pm to 6:00pm

RateBeer Best International Beer Festival

RateBeer Best is a two-day, destination beer festival that you don't want to miss! Toast the world's best brewers at RateBeer's Awards Ceremony on Saturday, January 30 and join in the fun of the RateBeer Festival on Sunday, January 31. The Awards Ceremony at Hyatt Vineyard Creek Hotel and Spa in Santa Rosa features award presentations followed by a bottle share called Encomium, offering a chance to taste and toast your favorite brewers. The RateBeer Best International Beer Festival presents 40 of the world's top breweries pouring their own beer in a hangar near the Santa Rosa Airport.

Location: Santa Rosa

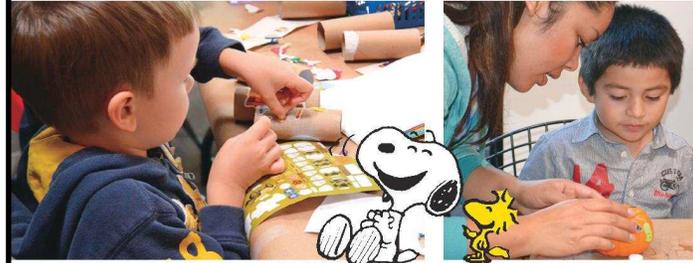
Ages: All ages

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Ask the Expert: How to Handle Your Kid's Temper Tantrum Like a Ninja Badass

By Kelly Holmes

I'm in awe of that calm ninja mom. So I decided to do some research on how she handles her kids' temper tantrums so well. Here are the best tips I found. Try them out the next time your kid has a nuclear meltdown over a box of Cinnamon Toast Crunch, and channel your own ninja badass.

1. Stave off the Hangry

This one's easy. Bring snacks with you everywhere you go, and be mindful of your kid's nap time.

When kids are hungry and/or tired, they have zero tolerance for any little disappointment that crops up. And in the case of toddlers, their language skills aren't developed enough to politely ask for a snack and a nap.

"Imagine you have listened to one audio lesson in Swahili. Overnight you find yourself in Africa. You're hungry, tired and grumpy. You do not like the situation one bit. How do you get your point across?"

'You don't have the language,' said Susan Epperly, an Atlanta-based parent coach and writer on early childhood. 'Your brain is going crazy with all this new stuff, and you have no words.'

Come to think of it, I'm not exactly a peach when I'm hungry and tired. And I've had lots of practice at functioning in society.

Solution: Stick a raisin box in junior's hand when you get to the grocery store. And don't push it trying to get stuff done when you know it's past his nap time.



2. Watch and Learn

Does your kid freak out when she sees all the candy in the checkout lane? Do your attempts to get your little guy dressed before you leave in the morning end in screaming and tears?

Research shows that events leading up to a tantrum are critical to whether the tantrum actually takes place. Pay attention to the situations where your child tends to lose his cool. When you **see a trend**, brainstorm ways to avoid the breakdown.

- In the checkout lane at the grocery store, ask your little one to be your helper and count the grocery items as you take them out of the basket.
- If you tend to do battle over getting dressed in the morning, try giving him a choice between two items: "It's time to get dressed now. Do you want to wear your red shirt or your blue shirt?"

When your kid gets wiped out from running errands, plan a quick break where she can run around or do something to make her laugh.



3. Loosen the Reins

So what if your kid leaves the house wearing polka dots and plaid?

A toddler's crazy style doesn't lock him into a lifetime of no fashion sense. You'll have plenty of time to teach him what matches when he's older. And if other people judge you for letting your kid dress himself, **who cares?** Not a ninja badass.

If your little one eats 3 peas instead of 20 or won't give Grandma a kiss, it may not be worth it to turn it into a fight.

Save your energy for the stuff that matters, and don't make a big deal out of the small stuff.

4. Secure Your Oxygen Mask First

Let's say you've done everything you can to ward off a tantrum, but you start to see the warning signs of impending doom.

The worst thing you can do? Lose your own cool.

"My friend Mana Heydarpour of New York City learned this lesson the hard way: When she told her strong-willed 3-year-old, Ella, that she couldn't watch her favorite TV show, she screamed, 'I don't like you! I'm so disappointed with you!' 'It made my blood boil so much that I couldn't help yelling back at her,' Heydarpour says. As a result, Ella's fit lasted for half an hour. [Michael Potegal, Ph.D., a pediatric neuropsychologist,] calls this the Anger Trap. 'If you get just as mad and irrational as your child, it's like throwing gas on a fire,' he says."

If you want the storm to pass quickly, take a few seconds to brace yourself. Some ideas:

- Take several deep belly breaths. "Make your insides as calm as you would like the child's to become," says Becky Bailey, Ph.D., an expert in childhood education and developmental psychology.
- Repeat a mantra. Come up with a simple statement to help you keep perspective, and think it or say it quietly to yourself. Becky Bailey recommends "You can handle this." Your mantra could be "This too shall pass." Or maybe "I am a badass."
- Check the time. According to Potegal's research, the average tantrum lasts about **three minutes**. So glance at a clock, and add 10 minutes. Remember that as long as you don't fall into the Anger Trap, the worst part should be over by then.

5. Don't Do These 3 Things

To keep temper tantrums as short as possible:

- **Don't give in.** If junior is throwing a fit over a Snickers bar, don't give him the damn Snickers bar. Sure, it may help you escape the situation this time. But giving in teaches him that all he has to do when he wants something is go berserk.
- **Don't ignore or punish.** Research shows ignoring tantrums doesn't help, nor does punishing them with time-outs. Think back to a time when you were really upset. Maybe your boyfriend had just dumped you and you had been SURE he was The One. Or that time you got a talking-to from your boss's boss and nearly crapped your pants. You probably met your best friend and confided every tiny detail – twice – and sobbed into your wine glass. Now imagine if when your friend first got wind you were upset, she turned away and pretended not to hear you. Or worse, she got up from the table, left the room, and shut the door behind her. Would you magically snap out of your emotional upset and be happy as a clam? Your kid doesn't work that way either.
- **Don't reason.** You can't reason with a child in the middle of a tantrum. Her brain just won't compute what you're trying to say. Don't ask questions, don't use logic, don't tell her "That's not important." The maybe-I-can-talk-some-sense-into-her approach will probably intensify the tantrum and make it last even longer.

Continued on next page...



Ask the Expert: How to Handle Your Kid's Temper Tantrum Like a Ninja Badass, continued....

6. Say the Magic Words

So what CAN you say?

Acknowledge your child's feelings. This simple step can shorten the tantrum dramatically. And it makes sense, when you think about it. Going back to our example of when you've been most upset: Imagine your friend looks you in the eye and says, "You're upset. You were hoping that Billy was the person you were going to marry one day." And then she gives you a hug.

When we're upset, we want to be heard. Labeling your emotion can help you calm down and move on. Your kid is the same way.

Here are a few examples of how to validate your kid's emotions without giving into his demands:

- "You are so mad. You are showing me how much you wanted that candy."
- "I'm sorry you're (state the emotion). When you calm down, I'll give you a hug and we can talk about what happened."
- Use reflection. For example, if his arms are crossed: "Your arms are going like this (cross your arms). Your face looks like this (mirror his facial expression)." He will probably look at you, so take a deep breath. He might unconsciously take a deep breath with you. Then say: "You seem (state the emotion). You were wanting (state the desire)."
- "I can see you're really upset. I wish I could help you calm down right now. Here, why don't you draw a picture that shows me how mad you are?" Replace drawing with any activity you think will be soothing to your kid or will help them redirect their energy to something positive.
- "I love you no matter what you say, and you're a good kid. But we need to take a break and then talk about this."



If your child will let you, holding or hugging him can help calm him down, too. After six seconds, hugging releases happy hormones.

7. Circle Back

When everyone is calm again, it's tempting to sigh with relief and put the whole episode out of your mind. But if you want your child to learn how to self-regulate their emotions, it's important to talk about what happened.

This is a pain in the ass, and you may find your kid pretty much hates it. But after you talk, I hope you will be glad you did. This will help reinforce why you said no, why their behavior was unacceptable, and **most importantly** – more positive ways for them to handle their emotions in the future. For example, after your kiddo throw a tantrum at the store over a new toy, wait until they are calm to suggest a creative fix for the next time.



Try role-playing by pretending to get upset and stomp your feet or slam the door, then ask your child, "Is that what we do when we're upset?" More than likely, they will smile and say, "No!" Then you can discuss or have your child shows you the more positive ways to handle feeling upset.

Some techniques to share with them on how to handle their feelings of being upset in a more positive way are:

- Take deep breaths – at least three. Do this together with them and have your child count them out too.
- Listen to soothing music.
- Hug or hold hands.
- Have your child use a calm-down jar. The child shakes it and watches the glitter settle while they take deep breaths.

Five Mommy Resolutions to Consider

We love the clean slate of a brand-new year. Whatever parenting blunders you made over the last 12 months (from getting lazy about veggies to BlackBerry-ing through family dinners) -- that was then, and this is now. Make a promise to be a more patient, present, and imaginative parent. What could be more important, after all? We asked real moms for their resolutions. Make these totally doable changes today -- and keep them up all year long.



Don't Say "Don't"

I want to reduce how often I use the word "don't." That means I'll say, "Please be kind to your brother" instead of "Don't talk to him that way." I think it's better for our relationship for me not to always be the source of negative reminders. When I do say "don't" for an important reason, maybe it will stick more since they are not barraged by "don't's" constantly.

Put a Cap on Your Work Day

I try never to check e-mail after 6 p.m. -- even though it never stops coming in. I let the day's tasks, hassles, and responsibilities slowly melt off me as I become present for my daughter. The computer got my attention all day -- now it's my daughter's turn.

Make Exercise More Than a Game

One son is a jock but the other is not. I want to make sure he doesn't learn to dislike physical activity just because he's not the pitcher on the Little League team. I want to try to find more ways to sneak non competition-related exercise into my days with the boys -- more bike rides, more walking scavenger hunts, more silly relay races, more dance contests.

Mother and Wife

I'm making a promise to not give *all* my time to being a good mom but make sure to save some of "me" to share with My Super Fantastic Supportive Husband. Giving my children a good example of a healthy and loving marriage will hopefully help them feel secure, confident, and blessed.

Potty This Year

Potty this year, no more children in the bathroom with me. My daughter's 2 and understands how it works. At this point its just voyeurism.

Women's Mental Health

Counseling / Psychopharmacologic Management

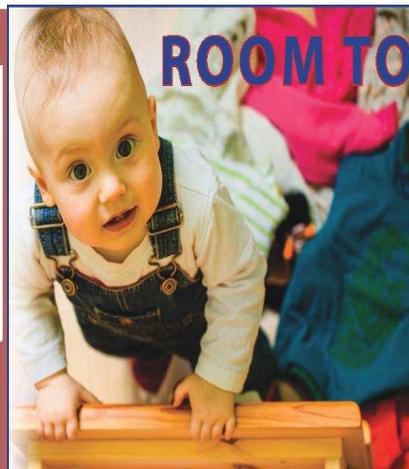
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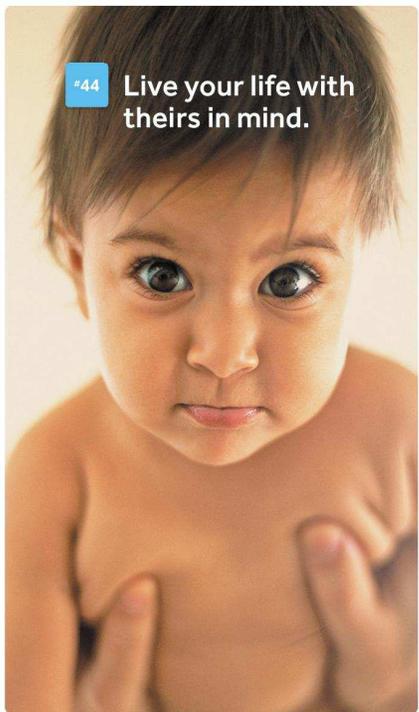
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