

# Multiplicity

the bimonthly newsletter of the San Francisco Parents of Multiples Club  
volume 2, no.6 | November - December 2010

## What's the Deal with Plastic?

By Pamela Bass, Mama to Quinn and Aidan (2/07)

A new parent has enough to worry about without adding to the list: toxic chemicals in their children's food and milk bottles. Perhaps you've skipped your nap to pump breast milk, which you will store in a plastic bottle or bag thinking you're ensuring that your babies will grow, build immunities, become superhuman. Or maybe you've slaved over a hot stove to put your handmade baby food into that plastic ice-tray or Tupperware container that you plan to freeze, ensuring a lifelong supply. Do you really want to hear that you've now added several endocrine-disrupting chemicals to that lovely puree?

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## The Mommy Makeover: Q & A with Dr. James Anthony

By Jennifer Marples, Mommy to Rhys (7/05) and Gaby and Caroline (7/07)

As there has been much discussion lately on the SFPOM listserv around Mommy Makeovers – specifically tummy tucks – I thought it would be a good idea to get all the facts in one place. Below you will find most of the big plastic surgery questions answered by Dr. James Anthony, a board-certified, renowned plastic surgeon and fellow SFPOM parent (he has preschool-aged twins and a kindergartner).

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## JOIN SFPOM

The San Francisco Parents of Multiples Club is a network of parents and expectant parents of multiples. We are a volunteer organization, run cooperatively by and for our members.

The goal of the Club is to provide its members and their families with friendship, support, and information on parenting twins, triplets, and more.

Benefits include access to SFPOM's:

- **New and Expectant Parents Group**
- **Toddlers Support Group**
- **Preemie, Halloween, and Snow Clothes Closets**
- **Online community of over 400 SFPOM members**
- **Monthly General Meetings, featuring experts speaking on myriad topics of interest to parents**
- **Quarterly Family Outings and Parents' Night Out Events**
- **Subscription to our bimonthly newsletter, Multiplicity**

Annual Membership is \$55 plus volunteer time or paid opt-out. To join or for more information, please visit our website at [www.sfpom.org](http://www.sfpom.org).

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Kids & Sharing  
Holiday Activities

### IN EVERY ISSUE

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## EDITOR'S MESSAGE

*Natasha Glushkoff, Editor, Mama to Lorelei & Melisande (6/09)*

As we enter the holiday season, I can't help but look forward to Thanksgiving, and can honestly say that my family's membership in POM is something for which I continue to be truly and deeply grateful. From the first joyous disbelief of the news we were having twins, to the panic-inducing perinatologist visit, through pregnancy to actually welcoming our little ones, and every day since then – we've regularly relied on the individual and collective wisdom and advice of those who have been there before us.

Through the BigTent listserv, the newsletter, the general meetings and other POM events - this access has been an invaluable gift, and I am so grateful to have found this organization and the wonderful people in it.

This issue of Multiplicity represents a loose interpretation of gifts: those for which we are grateful, others we might wish for, how to best help our children "manage" gifts, and through considering more conscientious consumption - even a gift for Mother Earth...

No matter what holidays you may be observing this winter, I wish you and your families much joy and warmth and happiness this season and throughout the coming year!



## PRESIDENT'S MESSAGE

*Sebastian Ebringer, SFPOM President, Father to Flora and Madeline (4/09)*



The arrival of your children is life-changing, exciting, and harrowing all at once. As new parents of multiples, we are full of apprehension and, often, really quite vulnerable. For those lucky enough to be able to secure "help," whether from nannies, night nurses, mother's helpers, or doulas, it can be a life-saver. Speaking as someone who almost

counted down the hours until our night nurse came over, I can attest to the relief it brings for another trusted person to "be on duty." These caregivers become like members of the family, as we entrust them with that which we hold most dear: our newborn children.

If you are thinking of hiring help, the SFPOM Board strongly urges you to do all necessary reference and background checks. You may request references from current members on a specific person through the Club's BigTent Forum; however, findings and comments should not be posted or summarized. I have placed in the BigTent files section a template that I used when running reference checks on prospective nannies. Feel free to download and use it in your own searches.

As we enter the holiday season, it's an appropriate time to be reminded of all of the things we are thankful for. I hope that our Club makes it onto your list.

Indeed, I am very thankful for the superb colleagues that sit on our Board and keep the organization running smoothly.

However, we cannot do it alone. In order to serve the SFPOM community, our Club depends upon the efforts of all of us. Our organization is by and for the members, and we need volunteers that reflect our diverse community accurately. If you haven't yet been involved in Club activities, I encourage you to step up and volunteer for a position. There are currently many ways to contribute. For example, our secretary position on the Board is vacant, funnily enough our volunteer "Tsar" position is still open, and we're looking for a new marketing coordinator.

We will be regularly posting on the BigTent Forum positions that are open and current opportunities for members to fulfill their volunteer hours. I hope that you have found many benefits from your Club membership and would consider joining us so that we may continue to offer our services to the multiples community.

Wishing you and your family a happy holiday season,

Sebastian Ebringer

## What's the Deal with Plastic?

(continued from page 1)

Or perhaps (if you're less of an overachiever) you've just warmed the organic baby food that you bought at the market because 1) you've got twins and 2) you don't know how to cook. Even if that food may end up primarily on your walls, you still don't want to think that, by cooking it in your microwave inside that plastic container, you added BPA, phthalates and a multitude of other chemicals whose effects on the human body have not yet been studied.

**For those of you who need more convincing:** BPA and phthalates are the two chemicals of highest concern in most plastic food containers. An article in *Good Housekeeping* in 2008 investigated all the different plastic toxins in our kitchens, and since that time even more research has emerged. GH reported, "Molecules of BPA can migrate from containers into food, especially, say experts, when the containers are heated and the foods are acidic (like tomatoes) or fatty (like gravy)... Indeed, nearly every American has BPA coursing through his or her veins, according to data gathered in 2003-04 by the Centers for Disease Control and Prevention - and children have the highest levels of all.

The FDA estimates that adult Americans consume, on average, a cumulative 11 micrograms of BPA per day through diet - mostly from the liners in canned foods."

(Note: EDEN Foods currently boasts the only BPA-free can liner, although not for its canned tomatoes.) Finally, "fetuses and babies may not metabolize the chemical as well as adults, other experts point out, so it's possible that it builds up in their small bodies."

Although several states are trying to pass laws to ban these chemicals, it will probably be a long time before such a ban takes place, as the plastic industry has a lot of clout and (for the moment) green products cost more (in the short run).

What label should you look for when trying to avoid toxins in food containers?

BPA, Phthalate, PVC and Lead- Free

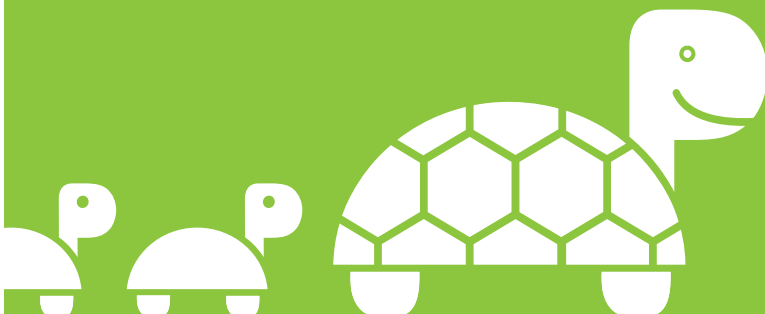
### So what's a parent to do?

- 1) Fast, freak out, go live in the woods.
- 2) Take a deep breath and **ditch the plastic**, starting in your kitchen.
- 3) **Buy stainless steel.** High quality stainless steel that is 18/8 stainless steel is better because:
  - It is corrosion resistant, will not break down, and lasts forever
  - It is indestructible (even when purposefully launched across the room)

# Peekadoodle prep

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## What's the Deal with Plastic?

(continued from page 3)

- Stainless steel does not leach harmful chemicals when heated
- Unlike aluminum, it does not need a liner to protect your children from potentially harmful elements
- It does not scratch, thereby preventing potentially harmful bacteria from hiding in your child's bottle

4) **Ditch the microwave:** After the boys were born, we got rid of our microwave and bought a small convection oven, which heats food much faster than a regular oven and doesn't have any risk of radiation. This may sound drastic, but it actually only takes me 3-4 minutes to heat my kids' food each night. This is maybe 1-2 minutes longer than a microwave and I can heat their food in ceramic or metal containers without worrying that I'm adding any toxins (or radiation) to the mix. I think of it as slow food, without the slow part.

5) **Use glass:** Save your glass jars and use these for food storage. Sure, they break occasionally, but they are a free and safe storage alternative.

Not only is stainless steel better for your family's health but it's better for the environment. As Good Housekeeping states, "when these containers and cans and bottles and CD cases end up in landfills, BPA can leach into rivers and streams, possibly reentering our homes - and bodies - through tap water."

What will you choose?

### **Stainless Baby Bottles & sippy cups:**

[www.organickidz.ca](http://www.organickidz.ca)

(Pay a little more now and you won't have to purchase sippy cups later.)

### **Glass baby bottles:**

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

(These come with a baby-toss-resistant sleeve)

### **Stainless Ice-Trays for breast milk, baby food storage, popsicles, and yes, ice:**

<http://lifewithoutplastic.com/boutique/tableware-c-74.html>

### **Best sippy cup & big kid/adult water bottle:**

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

(Buy the silver not the colored ones which chip. For toddlers use sippy spout until they can convert to the grown-up water bottle spout. These are great for the whole family!)

### **Lunch containers for kids:**

[http://lifewithoutplastic.com/boutique/food-storage-lunch-boxes-accessories-c-66\\_72.html](http://lifewithoutplastic.com/boutique/food-storage-lunch-boxes-accessories-c-66_72.html)

(Lunch Bots come in different colors for each kid, plus separators for picky eaters)

### **Only Thermos without a plastic top:**

<http://lifewithoutplastic.com/boutique/stainless-steel-meal-container-p-333.html>

(Keeps food hot 3-4 hrs)

### **For adult lunches/food storage:**

[http://lifewithoutplastic.com/boutique/food-storage-airtight-containers-c-66\\_71.html](http://lifewithoutplastic.com/boutique/food-storage-airtight-containers-c-66_71.html)

### **Washable fabric lunch pouches:**

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

(Great for pretzels, crackers, apples)

### **Stainless divided baby/toddler plate:**

[http://www.innobaby.com/Din-Din-SMART\\_c\\_7.html](http://www.innobaby.com/Din-Din-SMART_c_7.html)

### **Best washable lunch-bag:**

<http://www.builtny.com/lunch-bags-totes-cat.html>

(Cute for kids & grown-ups and indestructible)

### **Lastly, stainless plates, bowls & non-breakable kid cups** which are actually elegant:

<http://lifewithoutplastic.com/boutique/tableware-c-74.html>

Finally, try not to obsess about everything or you will indeed go mad. Instead, take a few small, manageable steps toward making your home healthier and more eco-conscious. You'll feel a tiny bit better.

Read more of Pamela's writing at:

<http://www.huffingtonpost.com/pamela-weymouth-bass/>

## Fathers Night Out

**Saturday, Nov. 13th**

**7:00-9:00 p.m.**

**Location: Il Pirata**

**Address: 2007 16th St. @ Utah St.**

Come join us for manly discussions beyond sleeping, pooping and childcare. First drink is on the club! Please rsvp on BigTent.



# The Mommy Makeover

*(continued from page 1)*

I also want to share that I am a recent Mommy Makeover patient of Dr. Anthony and could not be happier with the result. After having my girls (they were huge!) and c-sections with both my pregnancies, I no longer recognized my body. I ate healthily, did yoga, went to boot camp, and was the thinnest I've been in years, yet I was miserable because my abdomen was not responding. Couple that with the results of breastfeeding and, I'm sure, my age – and POW – hello, stranger in the mirror! All that said, to have or not to have surgery is a big decision, so I truly hope the information below helps all of you moms out there considering taking this step.

## **Dr. Anthony, what happens to a woman's body after having babies?**

In the abdomen, loose skin may remain after delivery and there is almost invariably some separation of the abdominal muscles (rectus abdominis) in the middle, creating a diastasis. This diastasis, or muscle unzipping, is seen in virtually all women post pregnancy, particularly in those who have had multiple-birth pregnancies. Breasts may develop sagging, a loss of volume, or, less commonly, a permanent increase in volume. In addition, the areola – the pigmented circle around the nipple – will enlarge, often substantially. Finally, in some women there is a noticeable change in fat distribution with accumulations around the abdomen, hips, and/or thighs that were not present, or only minimally present, pre-pregnancy.

## **Do we all need surgery to get rid of the post-baby tummy? Does exercise help?**

I highly encourage exercise! What exercise can do – aside from increasing energy and benefiting overall health – is help tighten the abdominal muscles in an up and down direction and along the sides of the abdomen. Unfortunately, it can never tighten the separated (unzipped) muscles back together in the middle. That said, for many women, the tightening in the other areas of the abdomen (besides the middle) results in an acceptable degree of abdominal firmness so they don't seek out surgery.

For those women with persistent abdominal muscle laxity or loose skin, the tightening provided with a tummy tuck (abdominoplasty) is a highly effective way to regain their pre-pregnancy shape or even improve upon it!

## **What can women expect from surgery? What are the most common procedures?**

The most common procedures for post-baby reshaping are breast procedures (either a lift, reduction, and/or augmentation) and a tummy tuck. Tummy tuck procedures all include some degree of muscle tightening and some degree of skin tightening.

They range from a mini-abdominoplasty to full abdominoplasty for women with more loose skin.

In cases where a breast lift, reduction, or augmentation is desired, there are a range of surgical options and breast sizes that can be selected based upon a woman's shape and desired result.

The recovery period for an abdominoplasty can vary from two to four weeks to resume full activity although child care, driving, and shopping, etc. can typically be done at one to two weeks after surgery. Most women are back to work in two weeks. Breast procedures and liposuction involve a shorter recovery, usually only one to two weeks.

It's also important to note that most young children understand that mommy has a "boo boo" and can't lift and participate in normal activities for a few weeks. They just want to see that you are OK, so it's important to prepare them before, and assure them after, the procedure.

## **What are the costs? Does insurance cover anything?**

A tummy tuck is approximately \$10,500 and includes a hospital stay. Breast augmentation varies from \$6,500 to \$8,500, depending on the implant. A breast lift is approximately \$9,500-\$10,550, depending on whether or not there is a hospital stay. Liposuction is approximately \$7,500. Also, most doctors, including myself, offer financing options. Finally, most insurance companies do not cover the procedures since they are cosmetic. That said, since each case is different, make sure you review all costs and insurance options, if any, before your procedure is scheduled.

## **How do you choose a doctor?**

At a minimum they should be Board Certified and a member of ASAPS (American Society of Aesthetic Plastic Surgeons) – a membership demonstrating skill and interest in Aesthetic Plastic Surgery. They should also have significant experience (ideally hundreds of cases) with the procedure you are contemplating. Additionally, they should have a variety of before and after photos to view, and, most importantly, they should be someone with whom you feel very confident in entrusting your care.

## **SNOWCLOTHES CLOSET**

The Snowclothes Closet has kids' wear for various ages, available to members. Why buy for one season or outing, when you can borrow?

Donations of snow gear are also welcome.

Contact [snowclothescloset@sfpom.org](mailto:snowclothescloset@sfpom.org) for more details.

# BIRTH ANNOUNCEMENTS



**Natalie & Thomas**

Jessica and David MacGregor were thrilled to welcome their daughter and son, Natalie Lu and Thomas Abraham, on 07/12/10. Natalie Lu was born at 9:01 a.m. weighing 5 pounds, 8 ounces. Thomas Abraham followed at 9:02 a.m. weighing 5 pounds, 7 ounces. The whole MacGregor clan, including kitty Beauregard, is thriving.



**Wyatt & Scarlett**

Rachel and Daniel Kassabian are happy to announce the birth of their twins on 07/20/10. Wyatt Levon was born at 5:43 pm and weighed 4 lb, 8 oz. Scarlett Sevana was born at 5:44 pm and weighed 4 lb, 5 oz.



**Shane & Cailyn**

Adam and Gina Cockburn are happy to share the news of their twin arrivals - Shane Luke and Cailyn Alissa who bounded into the world on the morning of 09/04/10, a little earlier than expected and to rapturous applause. Shane weighed 4 lb, 14 oz and Cailyn tipped the scales at 4 lb, 15 oz. After a few days of extra special attention at CPMC the entire family is doing grand.



**Harper & Grant**

Harper Lake Winter and Grant Russell Winter were born to Hoddy Potter and Mit Winter on 09/13/10. Harper was born at 2:40 pm weighing 5 lb, 12 oz at 19 1/4 inches long, and Grant was born two minutes later weighing 6 lb, 15 oz at 20 inches long. Big Brother Mit, 21 months, is shown here holding his younger siblings.





**Daniel, Max & Caroline**

Edith and Joe Salvatore are excited to announce the arrival of their TRIPLETS on Wednesday, 09/15/10. Daniel Zachary Kelly Salvatore weighed in at 4lb, 14.8 oz, length 18 ½ inches. Max Anthony Kelly Salvatore weighed in at 4 lb, 10 oz, length 18 inches. Caroline Beth Kelly Salvatore weighed in at 4 lb, 13.4 oz, length 19 inches. The triplets were born at 10:02, 10:03, and 10:05 am respectively. Mother and babies returned home on Sunday, 09/19/10 and all are doing well.



**Grant & Merritt**

Tyler Thompson and Paige Nittler are elated to announce: In the right corner... weighing in at 6 lb, 7 oz, standing 19.7 inches tall and born at 4:24 am on 09/21/10... A champion of vaginal birth, the lovable little Buddha... Grant Paul Nittler Thompson. And in the left corner... weighing in at a slight 4 lb, 15 oz, standing 18.7 inches tall and born at 4:46 am... saved by emergency C-section, a feisty little girl who had a rough start -- Merritt Olivia Nittler Thompson. A little village has gathered in our home to enjoy the event: the proud two-year-old sister, three grandparents from Oklahoma, and an extremely helpful roommate. Everyone is healthy, happy and having fun.



**Marco & Angelo**

Davinia Yanes and Tony Intrepido are happy to announce the arrival of their twins on 09/29/10 at UCSF. Marco Yanes Intrepido was born at 3:18 pm at 6 lb, 3.5 oz and 20.9 inches. Angelo Yanes Intrepido was born at 3:19 pm at 5 lb, 6 oz and 20.3 inches.



## PREEMIE CLOSET

You only need preemie clothes for a short period of time, so instead of buying them, borrow them from our Preemie Closet.

Barely worn and very cute outfits are available.

We also gratefully accept donations of any preemie outfits you have purchased, but no longer need.

For more information, contact Andrea Nemer-son: [preemiecloset@sfpom.org](mailto:preemiecloset@sfpom.org)



# Giving Thanks

For many people, Thanksgiving is a favorite holiday because it's a time to focus on family and friends without the distractions and pressures of gift-giving, holiday cards, etc. Regardless of one's nationality or religious background – expressing appreciation is generally a beneficial and worthwhile thing to do, for all concerned.

Over the years, as our growing family has shared this holiday feast with different friends and relations, we started a new tradition, as kind of a modern way of saying grace between a diverse group of people. Part ice-breaker, and part catalyst to deeper thoughts and conversations, we printed out the following questions, cut them out and let everyone at the table draw one or two to answer over the course of the evening. We color-coded the kid-appropriate questions, put the strips of paper into a champagne flute and passed it around the table.

- Name something [some one, or some place] for which you are grateful.... and tell us why
- Name someone (living) who inspires you, and tell us why
- Name someone (formerly living - can be someone you've never met) who inspires you, and tell us why
- Why are you grateful for your sense of sight [smell, touch, etc.]?
- Share one reason you are grateful to have been born into your family
- For what book are you grateful?
- What do you wish for, for the coming year, for yourself, you children/parents?
- Tell us about a time you have been grateful to a stranger?
- When has someone you didn't know been grateful to you?
- Who do you think is underappreciated (& how can we change that)?

***A longer, downloadable list of questions is available under the "Files" tab of BigTent labeled "Thanksgiving."***



**Aldea Niños is Thrilled to Announce  
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**Our colorful new casa** has interactive rooms for every step of your baby needs: kitchen, bath, living room, playroom and nursery for toddler and baby. This means more space for our ever-expanding collection of **stylish clothing, hand-picked toys, innovative gear and modern eco-friendly furnishings.** Our private office is a hassle free zone to consult with one of our experts to find the perfect baby registry and nursery design for you!

The new Aldea Niños will host a weekly series of community events organized by our Mission District mommy committee. Come in to register for our newsletter and receive updates on **regular story times, craft nights and charity events featuring the local artists and writers.**

## WELCOME NEW MEMBERS

August - October 2010

Ara Martin & Angus Parker  
Hilary & Alda Leu Dennis  
Jennifer & Stephen Finnigan  
Jill Robertson & Jason Schulte  
Jill Schroeder & Alan Patrick  
Karen & Michael Horton  
Kathryn & George Hribar  
Kathy & Ramon Chen  
Laudan Raissi & Anthony Justman  
Lisa & Graham Mudd  
Mahjabee & Tarim Wasim  
Michelle Nuyen & Allen Arthur  
Nancy & Lowell Mead  
Nicole & Phillip Laby  
Sapna Satagopan & Sunder Sarangan  
Susan Leong & Michal Staninec  
Susie & Saul Nadler  
Wendy & Rea Cedron



Would you like to  
**CELEBRATE**  
your new arrival(s)  
in an upcoming issue of  
**Multiplicity?**

*If so, please send an email entitled "Birth Announcement" with your children's birthdate, names, weights, and a short description (50 words or less) along with newborn photos to [newarrivals@sfpom.org](mailto:newarrivals@sfpom.org).*

## Moms Night Out

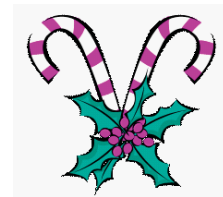
**Date: December 12th**

**7:00 - 9:00 pm**

**Location: Medjool Restaurant  
& Lounge**

**Address: 2522 Mission St.  
San Francisco**

Come join us for a well deserved Moms Night Out, before the holidays totally drive you crazy. First drink is on the club! Please rsvp on BigTent.



## Dana Levitt Personal Concierge Services

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- Event planning & coordination
- Travel research & arrangements
- Project research & identifying resources
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- Various other projects and errands run - please ask!
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responsible : efficient : trustworthy : reliable  
responsive : creative resourceful : flexible

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<http://myconciierge.snappages.com>**

# SFPOM GENERAL MEETINGS

What, exactly, are general meetings, anyway?  
Nope, they are not Club business and financials...

Our 2011 General Meetings schedule is shaping up nicely and will consist of new as well as favorite past speaker presentations on topics relating to raising multiples and educating parents, including travel, estate planning, and nutrition. Favorites such as sleep training, discipline, and preschool and kindergarten information nights will continue to be annual events. We meet monthly at the Bryant Street Sports Basement from 6:30 to 8:30 p.m. and enjoy a light dinner and drinks. Our speakers – who may have their own service, books, or other resources to promote – come to help us with their knowledge, experience and great advice on the challenges we face raising multiples.

Hope to see you in 2011!  
*James Donaher*  
General Meeting Planner

## NOVEMBER General Meeting

Traveling with Twins, Part 2:

After the Airport

Where to go and what do you do when  
you get there.

*Presented by Shelly Rivoli*

Tuesday, November 16th

6:30 - 8:30 pm

Sports Basement

1590 Bryant Street, San Francisco

We will provide a handout and touch briefly on last April's lecture on getting through the airport. Then, Shelly will provide great suggestions about local kid-friendly destinations as well as great places just a flight away, including camping, hotels, all-inclusive resorts, cruising, and kid-friendly countries.

Shelly Rivoli is the author of the award-winning family travel guidebook *Travels with Baby: The Ultimate Guide for Planning Trips with Babies, Toddlers, and Preschool-Age Children*. Ms. Rivoli's advice and quotes have been featured in national parenting magazines and newspapers. Locally, she has also made multiple appearances on the Bay Area's own Childhood Matters radio and The View from the Bay on San Francisco's ABC 7.

See her website for more information at  
[www.travelswithbaby.com](http://www.travelswithbaby.com)

## DECEMBER General Meeting

SFPOM Holiday and  
20% off Shopping Party

Wednesday, December 8th

6:00 - 8:30 pm

at the Sports Basement

1590 Bryant Street, San Francisco

Just in time for the holidays! 20% discount on anything in our store for anyone you invite ~ including strollers, bikes, clothing, sneakers, sports gear and accessories. Beer, wine, sparkling water, water and munchies for everyone!

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# WINTER RECIPES

By Tracy McGillis, Mom to Ben and Owen (11/06)

More healthy recipes and thoughts on cooking can be found at [www.tspoons.wordpress.com](http://www.tspoons.wordpress.com)

## Roasted Root Vegetables with Maple and Chives

You can use any single root veggie or a combination of several. This makes a super-easy and colorful side dish for holiday meals (the kids may even eat their vegetables).

### Ingredients:

**6 carrots, peeled, trimmed with ¼ inch stems left on, and cut into 4" long pieces**  
**2 large parsnips, peeled, cut into 4" x 1" pieces**  
**2 medium onions, trimmed, peeled, and halved, each half cut into quarters**  
**3 sprigs fresh thyme**  
**1-2 T maple syrup**  
**1 bunch fresh chives, minced**  
**Olive oil, salt and pepper**



1. Preheat the oven to 400 degrees.
2. Arrange the vegetables in a roasting pan and season with salt and pepper. Toss generously with olive oil and scatter with thyme sprigs.
3. Place the baking dish in the preheated oven and cook, stirring the vegetables occasionally, until they are tender and golden brown, about 45 minutes.
4. While the vegetables are still in the pan and very hot, drizzle with maple syrup and toss to coat evenly.
5. Transfer to a serving plate, sprinkle with chives, and serve warm.

## Spiced Walnut Muffins

Relatives over-staying their welcome? Holiday tensions running a bit high? Smooth over the rough edges with a batch of these moist and fragrant muffins. Makes 12 large muffins.

### Ingredients:

**1 cup whole wheat flour**  
**1 cup all purpose flour**  
**1 tsp. baking soda**  
**1 tsp. ground cardamom**  
**1 tsp. ground cinnamon**  
**½ tsp. allspice**  
**½ tsp. ground nutmeg**  
**½ tsp salt**  
**¾ cup brown sugar**  
**1 stick softened butter (or unrefined coconut oil, melted)**  
**4 very ripe mashed bananas (the riper the better)**  
**1/2 cup unsweetened applesauce**  
**1 tsp orange zest**  
**1/2 tsp vanilla extract**  
**2 eggs**  
**1/2 cup coarsely chopped walnuts**

1. Preheat oven to 350 degrees. Line two standard 6-muffin tins with paper liners, or grease well.
2. In a large mixing bowl, combine dry ingredients: flour, baking soda, spices, and salt.
3. Put sugar and butter or oil into the bowl of an electric mixer and beat until well combined.
4. Add mashed bananas, applesauce, zest, vanilla, and egg to the sugar-butter mixture. Beat until combined.
5. Add flour mixture to banana mixture in three parts, stirring well after each addition; fold in walnuts.
6. Spoon batter into prepared tin and bake until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Serve warm or at room temperature.

## JANUARY 2011 General Meeting

Find New Activities in the New Year

*Hosted by Laurel Kellam &*

*Allison Howard*

Tuesday, January 11th

6:30 - 8:30 pm

Sports Basement

1590 Bryant Street, San Francisco

Do you find out about fun activities and events only after they've taken place? Do you like exploring San Francisco but feel like you've seen all there is to see? Playplanit.com will be speaking on expanding your 'San Francisco with Kids' knowledge. How many secret slides are there in this city? When do all those fun festivals take place? What do I do with my kids on a cold winter day? Come learn about some hidden gems and some of our favorite kid-oriented businesses, and share your knowledge with other parents too!

*Laurel & Allison are local parents & cofounders of [Playplanit.com](http://Playplanit.com).*

## JANUARY General Meeting #2

N.E.R.T.

(National Emergency Response Training)

Tuesday, January 25th

6:30-8:30pm

Sports Basement

1590 Bryant Street, San Francisco

What happens if your nanny is at the park with your twins and there is an earthquake -- do you have a plan? Learn how to develop a texting plan, a meet-up place, and the skills to deal with emergencies big or small. We will cover risk awareness, disaster supplies, personal/ family disaster planning, and a NERT overview.

## Moving to Marin??

### Liz can help!!

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

Call for help with: Marin schools, weather & micro-climates,  
Commute Times, Family Communities?

Sign up for my Monthly Marin Real Estate Newsletter,  
as well as free MLS access on my website!



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Liz's clients write:  
"I had a thoroughly enjoyable, professional and gratifying experience with a person who eventually became a friend." F. Konigsberg

## FEBRUARY 2011 General Meeting

Getting Back in Shape after

Having Multiples

*Presented by Stephanie Forster, MFA,  
founder of Preggo Pilates*

Tuesday, February 8th

6:30-8:30pm

Sports Basement

1590 Bryant Street, San Francisco

Do you have abdominal muscle issues? Diastasis is a separation of the abdominal muscles more common in moms who have had multiples. The Tupter Technique is a series of exercises designed to bring the abdominal muscles back together. (Regular crunches can actually make diastasis worse because they strain the muscles in a way that causes them to separate more.) Come learn the correct way to repair your tummy, help alleviate back pain, and slim your waistline.

*Stephanie is a Certified Pilates Instructor & Director of Pre and Postnatal Education at EHS Studios in San Francisco & qualified teacher of the Tupter Technique.*

# hip kids MUSIC SERIES



Rock 'n Roll Fantasy with  
the Brian Waite Band  
Saturday, November 6

CHELLE! And Friends  
Saturday, December 4

Rubinoos  
Saturday, November 13

Octopretzel  
Saturday, December 11

Alphabet Rockers  
Saturday, November 20

All shows at 11 a.m.  
Discovery Theatre, presented by Wells Fargo  
Members \$5; General Child \$10;  
General Adult \$12  
(includes Museum admission)  
Ages 1 & up. Buy tickets online.



**Bay Area  
Discovery  
Museum**

(415) 339-3900  
Fort Baker, 557 McReynolds Rd  
Sausalito, CA 94965  
[www.BayKidsMuseum.org](http://www.BayKidsMuseum.org)

## Season of Sharing?

By Steven Kahlich, Papa to Melisande & Lorelei (06/09)

Ah, the delightful sounds of the holiday season: jingle bells, seasonal songs on the radio... and the shouts of "MINE!" in every toddler household. But wait! Don't twins share everything?

Don't count on it. While multiples automatically share many things, the concept of sharing is a developmental milestone that does not surface until the third year or later, and twins and triplets are no exception. Although multiples are predisposed to share according to clinical psychologist Barbara Shave Klein, as the excitement of presents and boxes and decorations overwhelms our tots, they act like any singleton toddler and start grabbing for their siblings' gifts.

As developmental psychologist Susanne Ayers Denham points out, when your toddler refuses to share his favorite truck (or even his least favorite truck), he isn't really being selfish — he's just acting his age. Toddlers usually find it difficult to share because they don't really understand what ownership means. They think sharing a toy is the same as giving it

away. It is quite common for a toddler to give someone a toy, but expect it to be given right back. Sharing is a skill he'll develop over several years. In the meantime, struggles over toys will be common.

Kids learn by imitating what they see, so be sure to model sharing for your children as often as you can. Here are some tips to help encourage your toddlers to share:

Use any opportunity to demonstrate exactly what sharing means. Start by offering your toddler a bite of your food - an act of sharing. Say to your child, "I'm eating a really good banana, and I'd love to share it with you. Would you like some?"

As you are sharing, use the word "share" to explain exactly what you are doing.

Reward your child when she shares. Give a hug or high-five to express your satisfaction.

Little by little, she'll drink in the positive reinforcement and feel good about repeating those actions that seem to make you so happy. Before long, she'll start sharing because it comes naturally.

>> page 14

# Holiday Outings

There is no shortage of holiday events to attend in the Bay Area, and no shortage of people attending them! For a more off-the-beaten-path excursion, consider visiting one of the Bay Area's dozens of historic house museums. You and your kids can step back in time for a few hours, get a little taste of local history, and enjoy various eras and styles of holiday décor. Santa Claus will even be making advance visits to some, if you're looking for photo ops! The following Bay Area historic house museums are offering holiday events as follows:

## Haas-Lilienthal House

2007 Franklin Street, San Francisco

[www.sfheritage.org](http://www.sfheritage.org)

Event: Holiday Open House - 13' tree in front parlor and decorations throughout this 1886 Queen Anne Victorian; visit from Santa at 2 pm; holiday boutique in ballroom; self-guided tours; live music and light refreshments.

**Date: Sunday, December 5, 12-3 pm**

## Filoli

86 Canada Road, Woodside

[www.filoli.org](http://www.filoli.org)

Event: "Visions of Sugarplums Dancing" fundraiser - Period decorations, live music, dinner and lunch events, holiday boutique, 19th century "winter park" in courtyard. Children's party (ages 4-10) on December 4th includes lunch, visit from Santa and Mrs. Claus, Snow Princess, and more. (\$25/child + separate tickets for adults.)

**Dates: November 26 – December 4**, times & costs vary with dates/events – visit website for complete details. Please note that strollers are not permitted in some areas during this event.

## Los Altos History Museum

51 S. San Antonio Road, Los Altos

[www.losaltoshistory.org](http://www.losaltoshistory.org)

Event: "Holiday Bells & Whistles" exhibit, featuring quilts, model trains and more

**Dates: November 4 – January 2**, Opening reception on Thursday, November 4, 5-7 pm

## Ainsley House (& Campbell Historical Museum)

51 N. Central Avenue, Campbell

[www.cityofcampbell.com/museum](http://www.cityofcampbell.com/museum)

Event: Photos with Santa (bring your own camera) + crafts and activities in the Carriage House.

**Date: Friday, November 26th, 3-6 pm**

**For an expanded listing, please check the "Files" tab on BigTent for "Holiday House Museums" after November 15th.**

# Season of Sharing?

*(continued from page 13)*

Disciplining a child for not sharing is ineffective at this developmental stage. You can let them know you're disappointed and sad when they don't share, but that's it. No need to make a big deal out of it.

However, for kids who grab toys from other kids, firm and consistent action is necessary to quell this behavior. If you catch a toy-grab in the act, quickly return the toy to the owner, pick up the offender and remove them to the other side of the room. Sit them down and say sternly, "NO TAKING," then go back and lavish attention on the child who had their toy stolen.

This may need to be repeated about 30 or 40 times, but after two or three days your toddlers will understand and wait their turn for toys. Keep in mind that teaching your toddlers to share will take some time and patience, but the rewards will benefit them for the rest of their lives.



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Mothers Night Out Planner	OPEN	mothersnightout@sfpom.org
Fathers Night Out Planner	Joe Mendoza	fathersnightout@sfpom.org

## COMMUNICATIONS COMMITTEE

Multiplicity Editor	Natasha Glushkoff	editor@sfpom.org
Copy Editor	Bree Hann	editor@sfpom.org
Multiplicity Designer	Steven Kahlich	newsletter@sfpom.org
Multiplicity Ad Coordinator	Katy Perez	ads@sfpom.org
Webmaster - Big Tent	Aimee Nugent	bigtent@sfpom.org

## MEMBERSHIP COMMITTEE

New Parents Group Facilitator	Amy Kronk	newparents@sfpom.org
Toddler Support Group	Alison Collins	toddlersupport@sfpom.org
Meals for New Parents	Judy Lewenthal Daniel	meals@sfpom.org
Membership Information Specialist	Rosetta Cheung	memberinfo@sfpom.org
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### TO JOIN SFPOM:

415.440.TWIN or [www.sfpom.org](http://www.sfpom.org)

Annual Membership Dues: \$55 plus volunteer hours or paid opt-out

To Volunteer on the Board: [president@sfpom.org](mailto:president@sfpom.org)

# HOW-TO LIST

## FORUM MESSAGE BOARD (ListServ)

Access to our BigTent online community is for members only. To request access, contact Rosetta Cheung, Membership Information Specialist, at [memberinfo@sfpom.org](mailto:memberinfo@sfpom.org).

## BIRTH ANNOUNCEMENTS

To announce the birth of your babies, just send an email, including a picture of your babies, to [newarrivals@sfpom.org](mailto:newarrivals@sfpom.org), and we'll print it in the next issue of the Multiplicity.

## ROSTER CHANGES

Please take a few moments to update your profile on BigTent with your current contact information and the names and birthdates of your children. Changes can be made by logging on to [www.bigtent.com](http://www.bigtent.com) and clicking on "profile" in the upper right-hand corner.

## MEALS FOR NEW PARENTS

New parents have enough to take care of during those first few months, so please let the Club deliver a free meal to your house during this time. If you're a new parent, contact [meals@sfpom.org](mailto:meals@sfpom.org).

## MEMBERSHIP

Renew and pay your dues online at [www.bigtent.com](http://www.bigtent.com). Contact [membership@sfpom.org](mailto:membership@sfpom.org) if you have questions.

## NEW PARENTS GROUP

The New Parents Group meets from 1:00 p.m. to 2:30 p.m. on the 2nd and 4th Tuesdays of the month. Meetings are held at Day One, located at 3490 California Street, 2nd Floor, Suite 203, in San Francisco. Entrance is on Locust above A.G. Ferrari's in Laurel Village. Parking is available on the street or in the garage under the building (for a fee). It's a great outing for new babies and their parents, as well as expectant parents. Contact [newparents@sfpom.org](mailto:newparents@sfpom.org) with questions.

## PREEMIE CLOSET

If you've given birth to preemies and don't want to spend a ton of money on clothes you're not going to use for long, or if you would like to donate clothes, contact Holly Buchanan at [preemiecloset@sfpom.org](mailto:preemiecloset@sfpom.org).

## HALLOWEEN & SNOW CLOTHES CLOSETS

To borrow or donate children's costumes, contact Sheila Schroeder at [halloweencloset@sfpom.org](mailto:halloweencloset@sfpom.org). Snow clothes can be donated and/or borrowed by contacting [snowclothescloset@sfpom.org](mailto:snowclothescloset@sfpom.org).

## TODDLER SUPPORT GROUP

Join fellow SFPOM parents of children ages 1-3 and share the joys and challenges of life with toddlers. The group meets quarterly at Kaiser Permanente on Geary Blvd. Upcoming meeting information is announced in the Multiplicity and on BigTent, or contact Alison Collins at [toddlersupport@sfpom.org](mailto:toddlersupport@sfpom.org)



**November 2010**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**November 09, 23 & December 14, 28**  
 New & Expectant Parents Meetings  
 1:00 to 2:30 p.m.  
 (2nd & 4th Tuesdays of each month)

**November 13**  
 Fathers Night Out - Il Pirata  
 7:00 to 9:00 p.m.

**November 16**  
 General Meeting:  
 Traveling with Twins Part 2  
 6:30 to 8:30 p.m.

**December 2010**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**December 08**  
 SFPOM Holiday  
 and 20% off Shopping Party  
 6:00 to 8:30 p.m.

**December 09**  
 Moms Night Out - Medjool  
 5:00 to 7:00 p.m.