

TWEEN ALERT:
iCARLY INTERVIEW

NEW PARENTS
SURVIVAL GUIDE

EDUCATION
VACATIONS

New York family

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Krysta Rodriguez, Bebe Neuwirth, Nathan Lane and Adam Reigler, from the cast of Broadway's "The Addams Family"

MEET THE NEIGHBORS

**And You Thought Your Family Was
Dysfunctional? Just Wait Till The Addams
Family Comes To Broadway This Month**

SURVIVAL GUIDE

Experts Weigh In On Some Of The Most Vexing Issues (Big And Small) Facing New Parents And Parents-To-Be

What's an important aspect of pregnancy and delivery you think parents-to-be often overlook as they prepare their birth plan?

Everyone should talk to their doctor ahead of time and make sure they are on the same page. Ask questions. A lot of times as moms get closer to their due date, they hear things like, "We might induce you" or "The baby is too big, you might need a c-section." Talk to your doctor about a birth plan: Do you want an epidural or a drug-free birth? Do you want to be moving or squatting during labor? Do you want a doula at your birth? What is the doctor's c-section and episiotomy rate? Things can change at any minute but it's good to discuss an ideal situation with your doctor and also have a vision of what you want your birth experience to be like.

—**Janet Markovits, founder, The Pregnant New Yorker** (thepregnantnewyorker.com)

What are new parent support groups, and why are they a good idea?

At Soho Parenting, all of our groups share a unique combination of focus, spending an equal time talking about the babies and the parents. The Mother Infant group offers practical, hands-on advice: we discuss sleep, feeding, physical, emotional and language development. For the "mom" topics, we include a session on the changes that take place in your marriage, work and motherhood, your changing body, and how your own childhood effects how you enter this new role as parent. But what I feel is best about these groups is really the intimate relationships that are forged. Many of the women report that the early friendships they make here are the ones that stick for years. And the children often keep their "extended family" friendships with the other kids.

—**Jean Kunhardt, co-founder, Soho Parenting** (sohoparenting.com)

What are the advantages of using a nanny placement service versus finding childcare through referral or an online bulletin board?

One of the main advantages is families are meeting nannies that have already been pre-screened that are true working, professional nannies. The agency is trained in identifying career nannies as well as performs duties such as meeting the nanny, calling and checking all references and conducting face-to-face interviews before the client meets them. It's invaluable, as for every one great nanny, you have to meet 20 "not-so-hot" ones, and very few families have the time, endurance and know-how to do so. Most important of all, the agency performs full criminal background checks on all hired nannies—this is all-too-often overlooked when not going through a professional agency.

—**Douglas Kozinn, co-founder, Absolute Best Care** (absolutebestcare.com)

How can parents save money on diapers?

With two kids still in diapers, I'd be lost without Diapers.com! This site lets me order boxes of diapers in bulk and delivers them to my building for free. No lugging bulky overpriced packages from the store every few days. Even better, the site carries tons of other diapering essentials too. Tip: order Costco's Kirkland brand wipes. One box holds nine 100-count packages of unscented hypoallergenic wipes made from environmentally-friendly Tencel and is far cheaper than similar brand-name options. —**Robin Saks Frankel, founder, Crib Notes** (cribnotesbaby.com)