

# MOMMY'S TIME OUT

*Lakewood Ranch Mom's Group, Inc.*

*The official newsletter of the Lakewood Ranch Moms Group, written by, for,  
and about moms living in the Lakewood Ranch community.*



December 2013

## *Holidays in Lakewood Ranch*

- **Lakewood Ranch Mom's Group Christmas Party:** December 8th 4pm to 6pm Lakewood Ranch Golf and Country Club.
- **Christmas Season Celebrated:** December 12th, 19th and 20th from 6:30pm to 8:30pm. Main Street Lakewood Ranch. Take a relaxing **Carriage Ride** throughout Main Street while enjoying the sights and sounds of Christmas. You will find **Carolers** harmoniously signing all your favorite Christmas songs; festive lighting displays to bring the sparkle to your child's eyes, even **Santa** himself will be here strolling the streets; spreading loads of Christmas joy and sharing that all familiar laugh.
- **Holidays Around the Ranch -** December 13th from 6pm to 9pm. Children and adults alike will stand in awe at the sight of Santa Claus as he makes his grand entry in his beautiful white, horse drawn carriage, decorated in white lights and garland. Join the notable Harvest Methodist church choir as they sing carols around the fountain leading up to the lighting of the spectacular tree. Florida children can experience outdoor skating on the acrylic rink, and once again have a DVD made with Dance Heads Florida. East County Observer will be offering sugar cookie decorating, and the popular choo-choo express will once again whirl children around the big lit tree. In the bustle of it all be sure to have the children stop at the Community Activities table to make a "button wreath".
- **Drive around and enjoy the lights:** Many homes throughout Lakewood Ranch have decorated for the holiday with beautiful lights. Grab a cup of cocoa and drive around town to see the beautiful displays.

## *2013-2014 Executive Board*

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## *Join the Fun!*

Looking to be part of a fantastic group of Moms in Lakewood Ranch? Visit our website at [www.lwrmomsgroup.com](http://www.lwrmomsgroup.com) and start making friends and having fun!



*"The greatest thing you'll ever learn is just to love and be loved in return."*

## A Message from our President

Happy Holidays!

I know that by now everyone is probably in full holiday mode, running around like crazy, trying to get everything done! December is full of parties, celebrations and enjoying the excitement that it brings to our kids' faces.



We are very excited about the *Sunday with Santa Party* and we have so many great things in store for the kids! We are sure that everyone will have an amazing time! Victoria has been planning the party and activities for weeks and they have turned out to be spectacular! There is also a really fun kids outing that Rebecca has planned at *Arts a Blaze* that we are all looking forward to as well. I am so thankful for ALL the volunteers and friends that have really helped make this group what it is today! I would also like to welcome the new members to the group and look forward to meeting all of you very soon!

I hope everyone has a magical holiday season and a happy new year!

Cheers!  
Julie Ruffing

"I think we dream so we don't have to be apart so long. If we're in each others dreams we can be together all the time."

~Winnie the Pooh~

 **Happy  
Holidays**

## Little Ranchers Learning Center

Sarasota Baptist Church,  
Lakewood Ranch



Monday - Friday  
9am to noon

Trunk or Treat  
Thanksgiving Lunch  
Christmas Program  
Music Class  
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552-1304 or 400-1006

### Cute Kid's Quote

After looking at pictures of a new baby on facebook:  
**Abigail:** oh, look at the baby!!! She is so cute.

Where is she?

**Me:** she lives in Austin where Bella lives.

**Abigail:** I want to hold her. Can we go right now?

**Me:** um...that's really far away.

**Abigail:** that's OK. I can ride my bike.

**Me:** ...hmmm



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# Preschool Picassos



Tuesday, December 17th  
@ 10am  
Greenbrook Adventure Park

RSVP to Sarah Zabel at:  
s.zabel@hotmail.com

## Happy Birthday Sagittarius

**SAGITTARIUS.**  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 Sunday with Santa 4pm- 6pm	9	10	11 Kid's Outing at Arts A Blaze Studio 10am-11am	12 Kid's Outing at Arts A Blaze Studio 4:30pm 5:30pm	13	14
15	16	17 Preschool Picassos 10am @ Adventure Park	18 PlayAway 5:00-6:30pm	19	20	21
22	23	24	25	26	27	28
29	30	31				



For more information on events, please visit our Facebook page.

## Prompt, Skilled **EMERGENCY SERVICES**

### Pediatrician **ON-DUTY 24/7**

The Emergency Department at Lakewood Ranch Medical Center offers prompt, comprehensive emergency treatment, 24 hours a day, 7 days a week. Our emergency medical team, including skilled ED physicians and nurses, is highly experienced in managing health emergencies in adults, children and older adults.

**The Emergency Department at Lakewood Ranch is here for your kids, with a pediatrician on duty 24/7.**

Our Pediatric Unit is here to reassure parents in our community that care is available when their children need overnight observation or extended treatment.

**For more information on emergency services at Lakewood Ranch, call 941.782.2200.**

**The Emergency Department at**




## Lakewood Ranch Medical Center

8330 Lakewood Ranch Boulevard  
Bradenton, FL 34202  
941.782.2100

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

Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.

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## Postpartum Distress and the Adjustment to Motherhood

By: Jennifer Swanson, M.D. and Sarah Workman Checcone, J.D.

Delivering a baby can be one of life's greatest joys. However, this time of life can be overwhelming for mothers. There is usually a significant shift in the household dynamics which can cause a lot of stress on the new mother and spouse. Not to mention that breastfeeding every 2-3 hours around the clock, hormonal changes, and lack of sleep can cause emotional highs and lows, depression, anxiety, and a feeling of despair and helplessness. Most women (50-80%) experience some form of the "Baby Blues," a mild bout of crying episodes and emotional swings, but overall mood is happy, not one of despair. At the other end of the Postpartum Disorders spectrum is Postpartum Psychosis in which the new mother, due to a combination of factors, experiences a psychotic break from reality accompanied by hallucinations, delusions, and in tragic cases, suicide and even infanticide. Yet, distinct from Baby Blues and Postpartum Psychosis is the most common complication of childbirth - Postpartum Depression & Anxiety.



In my Lakewood Ranch Ob/GYN practice, I see women for postpartum depression frequently. We screen everyone after delivery using the Edinburgh Postnatal Depression Scale. We are fortunate to have the services of the Postpartum Society of Florida in Lakewood Ranch and Bradenton to help mothers adjust to life with baby. I have referred many mothers to the group and they rave about the peer support to help them adjust to their new life.

Sarah Workman Checcone, J.D., Executive Director of Postpartum Society of Florida (PPSF), has brought postpartum distress and adjustment to motherhood to the forefront of the Lakewood Ranch community. Her group leads three weekly mom-to-mom support groups at Lakewood Ranch Medical Center, Bradenton Central Library, and Forty Carrots. PPSF also runs a one-to-one peer support program for new moms called SISTER in which a new mom is matched with a volunteer "veteran" mom who can relate to what the new mom is experiencing, and thus provide support. Additionally, Sarah offers ongoing Classes and Workshops (*StressLess Motherhood & Parenthood*) for new and expectant moms/families to help reduce new parent and postpartum stress. These courses utilize Myers Briggs (Personality) Type Indicator(R) to increase understanding, communication and support for moms and couples to reduce conflict and escalation of stress in the household.

The following are some common questions about "Postpartum Distress and Adjustment to Motherhood" and how we- and others- can help support new mothers in their families and communities:

***Many expectant moms ask: "I've heard about women getting Postpartum after they have their babies... will I get Postpartum, too?"***

Actually "Postpartum" does not mean "Postpartum Depression" or any other clinical depressive illness. "Postpartum" is simply the 12 month time period following birth (aka, baby's first year). Every woman that gives birth goes through a "Postpartum Period" and likely experiences an adjustment at that time. Sometimes people say "Postpartum" to mean "Postpartum Depression," or even "Postpartum Psychosis," which are two distinct clinical illnesses. There are many, many "causes"/risk factors for PPD/A - traumatic birth, isolation, sleep deprivation, lack of social support, difficult birth recovery, career/identity changes, hormonal factors, history of depression/anxiety, shift in medication (including birth control pills), high-need baby, family illness/death, relationship conflict, guilt/expectations/myths of motherhood, feeling terribly alone, and many combinations of the above.

The main risk factor for Postpartum Psychosis is history of bipolar disorder and/or other psychotic illness including schizophrenia. Appropriate medication and medical support is extremely important at this time.

### ***How can a woman know if she is experiencing Postpartum Distress?***

The three criteria that determine whether a new mom is experiencing Baby Blues, Postpartum Distress or Postpartum Psychosis are timing, severity, and duration: When did it start, how bad is it, how long has it lasted? Providers and new parents alike need and deserve to have the information to differentiate the Baby Blues from typical Postpartum Stress, and Postpartum Stress from Postpartum Distress. There's more information about the above on our website [postpartumflorida.org](http://postpartumflorida.org) "PPD" as well as [postpartum.net](http://postpartum.net) (PSI)

### ***How common/prevalent is Postpartum Depression?***

The data is conflicting - the CDC indicates that incidence of PPD is 15% of new moms (approximately 1 in 5-6), but that statistic relies on self-reporting.

A recent study 2012 (Yawn) found the rate of occurrence to be closer to 35% (or approximately 1 in 3) when universal screening practices are applied

### ***What is Screening? What are universal screening practices?***

Screening is a simple way to determine whether a new mom may be experiencing a clinical depressive illness in her postpartum period of childbearing. Any provider - lay or clinical - can screen new moms for postpartum depression - leaders of mom and baby groups in faith communities and social workers can screen. Mom answers a few questions about her recent feelings and behaviors honestly, and based on her answers, the screener gives mom feedback about her results and what they *may* indicate about her current mental health. I say "may" because these screening tools are usually predictive, not diagnostic - a mom's results may not indicate a depressive illness, but she still may be experiencing an extreme amount of stress and need some additional resources/support to feel well.

There are different written screening tools to help identify Postpartum Distress in new moms. However, most commonly used is "Edinburgh Postnatal Depression Scale." To learn more about Postpartum Distress screening, encourage listeners to visit [postpartumflorida.org](http://postpartumflorida.org) and click on "Providers" tab.

### ***Why is screening helpful?***

Just like getting a blood pressure screen at Walgreens, a Postpartum Distress Screening gives a new mom/woman more information about her own health so that she can be informed, provided with appropriate resources, and have the information she needs to reach out for treatment. You absolutely cannot tell by looking whether a mom is experiencing distress - who is struggling/suffering and who is not - we are so good at concealing our struggles so as not to appear "weak," or "be a downer." Screening helps draw out those that will not self-report and aren't apparent to the naked eye, even to experienced providers.

### ***What is the treatment for PPD?***

No two treatment plans are alike. Just as every baby is different, so is every mother and we strive to support her and work with her as she discovers which type(s) of treatment are right for her. There are a vast range of options: OB/GYN physicians, mental health professionals, acupuncture, holistic practitioners, medication, spiritual advisors, nutrition, exercise, reading, \*help at home\*, and, of course, peer support!!!!

### ***What is the benefit of peer/mom-to-mom support?***

Everyone, *everyone* needs to feel listened to and understood, especially when they feel tossed in a hurricane of change, unmet expectations, and even trauma. Peer support provides new moms experiencing Postpartum Distress a tether to hope as they navigate the course of their treatment and healing. For many women, the social isolation of new motherhood is devastating, and she may not even realize how the loneliness is negatively affecting her wellness until she feels the warmth, the new mom in distress knows that she is not alone, what she is feeling is not her fault, and that there is treatment & hope.

### ***What services does Postpartum Society of Florida provide?***

We lead three weekly peer/mom-to-mom support groups: Tuesdays from 10-11:30 am at Bradenton Central Library, Thursdays from 9:30-11 am at Lakewood Ranch Women's Center, Fridays from 9:30-10:30 am at Forty Carrots in Sarasota. We facilitate private (even anonymous) online group support at Babycenter.com, and also maintain a Facebook page for participants and volunteers to stay in touch. In addition, we offer SISTER Support (one-to-one peer mentoring) for new moms that want to talk with someone who can relate, but can't make Group. We also offer online Postpartum Distress Screening and have a free ebook providing peer to peer support available for download on our website: [www.postpartumflorida.org](http://www.postpartumflorida.org).

### ***Is there anything pregnant women and their families can do to prevent or reduce their risk of experiencing Postpartum Distress?***

Yes! First of all, a woman and her family can fortify and reinforce their own social support system as best they can (easier for some than others), reduce financial stress, educate themselves on baby care, have realistic expectations, establish open dialogue about mental/emotional health history with provider and prepare to introduce medication if advised.

Secondly, a new mom or mom-to-be can take our pilot Postpartum Stress Prevention/Reduction Course mentioned above called "***StressLess Motherhood.***" In ***StressLess*** the focus on is mama - what her personality is, where she gets her energy, and what she needs to feel well and balanced emotionally.

The participants take six-week course which includes completing the official Myers-Briggs Psychological Type inventory/test and complete a self-assessment with a certified MBTI(R) instructor in order to determine their "Best-Fit" personality type. Over the course of the next five classes we examine each woman's personality type and 1. Stress, 2. Change, 3. Conflict, 4. Extreme Stress, and 5. Communication. We look at what, based on her personality, she will likely specifically need to feel well in the postpartum period and then make a "Postpartum Wellness Plan" for her to keep and rely on during her Post-birth recovery and Postpartum adjustment to motherhood.

The time and instruction in the course is about a \$500-600 value, but we are offering the course for free as a service to the new mothers and families of our community in order to decrease Postpartum Stress & Distress, reduce strain and conflict, and increase overall family peace and satisfaction. We hope you will check it out!

### ***How to find you/contact info?***

- [www.postpartumflorida.org](http://www.postpartumflorida.org)
- [sarahpostpartumfl@gmail.com](mailto:sarahpostpartumfl@gmail.com)
- 941.301.8819

Dr. Jennifer Swanson  
8340 Lakewood Ranch Blvd, Suite 140  
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# School Happenings

## Public schools:

12/4- early release for all public schools

Braden river elementary-

12/9-12/13- gingerbread shop

12/12- supper with Santa

12/19- winter holiday pbs event special

12/20- school sing along.

McNeal elementary -

12/2-12/5- holiday shop

12/17- 3rd grade concert

Willis Elementary

Box tops -12/5

12/7- holiday fair

12/12- 3 rd grade play

12/11- Freddy's spirit night

Witt elementary

12/5 pto mtg

Rowlette elementary school

12/4- skate party

12/10- kindergarten holiday show

12/19- school holiday show

Imagine school-

12/14- winders wonderland

Wakeland elementary

12/4- uniform buy- back .

Nolan Middle

12/12- 12-18- on line book sale

12/ 18- holiday party

St. Martha's

12/6- 8 the grade retreat

12/6- 3rd grade field try

12/18- Christians program

The Tabernacle School-

12/6-Christmas program

12/7-sarasota Christmas parade

12/12-12/15- live nativity

12/13-book fair

Cardinal mooney-

12/9- Christmas concert

12/16-12/20- semester exams

Out of door academy-

12/6- 2nd grade field trip

12/7- 12/7- winter concert

12/13- parent association holiday luncheon

12/16-12/20- exam week

## Preschools:

Kiddie academy-

12/7- parent holiday shopping day

12/9- classroom decorating contest

12/12-12/13- holiday program

12/14- family holiday appreciation breakfast

12/20- holiday party and book exchange

12/21- parents night out

\* school age camp week of 23rd and week of 30th.

Little ranchers

12/12- Christmas celebration

Primrose-

12/10- parent appreciation day

12/20- holiday party

Jump dance preschool of the arts-

12/7- holiday parade

12/10- toy drive

12/19- spirit night jump in fun sports

\* winter camp for school aged children. Starts

12/23 ( wk 1) and 12/30 ) (wk 2)p



Tis the Season  
Tis the Season



# MOTHERHOOD

IS A CHOICE YOU MAKE EVERYDAY, to put someone else's happiness and well-being

*ahead of your own,*

♥ to teach the hard lessons,

to do the right thing

even when you're not sure what the right thing is...

and to forgive yourself,

**over and over again,**

FOR DOING EVERYTHING WRONG.

DONNA BELL

## Advertise with Us!



Our moms are always looking for new service providers in our area. If you are interested in advertising with us in our newsletter, or on our website, please contact Julie Ruffing at:

**Grasshopper7707@yahoo.com.**

*All of our advertisers receive full color ads at no additional charge.*

### Looking for a Playgroup?

We are always happy to start new playgroups or help place you and your child in an existing group.

For more information please contact Jenn Otterness at [jenn.otterness@gmail.com](mailto:jenn.otterness@gmail.com)



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### Welcome

*A warm welcome to our newest members!*

If you are interested in joining the Lakewood Ranch Mom's group, visit our website at:

**lwrmomsgroup.com** and complete the *Become a Member* form. New members are always welcome!

### A Tip from Professional Mom...

Take extra vitamins to combat holiday stress. As a mom, it is very important to be healthy during the holidays.

Jennifer Patterson is a Lakewood Ranch Mom, an interior designer and Realtor. For more tips email her at: [Jennifer@pcmfla.com](mailto:Jennifer@pcmfla.com).



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## **ADVERTISE WITH THE LAKEWOOD RANCH MOMS GROUP**

Below you will find a list of available ad sizes, along with the price and dimension of each ad They are:

- **Business card ad (full color) \$30.00/month 3.5" x 2.5"**
- **Quarter page ad (full color) \$50.00/month 3.75" x 4.875"**
- **Half page ad (full color) \$75.00/month 7.75" x 4.875"**
- **Full page ad (full color) \$100.00/month 7.75" x 9.75"**

(There is a 10% discount if you choose to pay for 1 year of advertising.)

***All of our advertisers receive full color ads at no additional charge.***

### **Event Sponsorship:**

The following Moms Group events are available for sponsorship: The Spring Fling, The Luau, The Halloween Extravaganza, or The Sunday with Santa. There are different levels of sponsorship available and the details of each level are listed below. They are:

#### **1. Platinum Sponsorship (\$600 minimum)**

- Half page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$450.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Platinum Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure! Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

#### **2. Gold Sponsorship (\$350 minimum)**

- Quarter page advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$150.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Gold Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure. Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

#### **3. Silver Sponsorship (\$150 minimum)**

- Quarter page advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$100.00 value]
- Recognition as a Silver Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

#### **4. Bronze Sponsorship (\$75 minimum)**

- Business Card advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$60.00 value]
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

Payment arrangements and newsletter ad artwork should be submitted in .jpeg or .pdf file format to Julie Ruffing at grasshopper7707@yahoo.com. Please make sure to specify the size of the ad when you email payment and the ad artwork. Ad submissions are due by the 10th of the month prior to publication. For example, materials for an ad placed in the August newsletter must be received by July 10th.

We look forward to working with you! If you have any questions, or need any further information, please feel free to contact Julie Ruffing at (941) 807-4359 or grasshopper7707@yahoo.com or the Newsletter Editor, Kristen Ranieri at lwrnewsletter@yahoo.com.

**EXCLUSIVE!**

December 2013

## PlayAway Event

Wednesday, December 18th at 5pm  
\$2.00 per child includes playtime and goodie bag.  
Limited to 20 kids up to 6yrs of age. Please prepay your \$2.00 to Victoria Cobb by  
December 10th to reserve your spot.  
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