

OC FAMILY



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## EVERYTHING FOR YOUR FAMILY

- Babies/Maternity
- Camps
- Education
- Enrichment/Sports
- Health & Wellness
- Party Planning
- Retail

**2015 OC Family  
Summer Camp Fair  
Coming March 28!**

## WHAT TO DO



Here's what is happening in  
O.C. this month!

## WHAT TO KNOW



Teaching kindness

## WHAT TO KNOW- MATERNITY



Tips on choosing a name for  
your little one

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OC Family reaches:

- Active & educated  
parents
- Growing families
- And more...

## PRODUCT PROMOS

### Family Healthcare Must-Haves

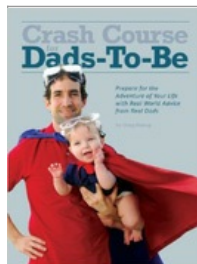
Check out these top-notch products that'll help  
keep you and your brood healthy and happy.

BY LARRY URISH  
Published: December, 2014



#### Clean Water On The Go

Whenever we think about keeping our family safe and healthy, we usually picture our loved ones near home: at work, in school, at the mall and so forth. But what about when you and your brood are traveling overseas, perhaps in countries where it's difficult (or impossible) to find clean drinking water? Weighing only 8 ounces, the SteriPEN ([steripen.com](http://steripen.com)) uses ultraviolet light to kill viruses, bacteria, cholera and a host of other microscopic buggers that can ruin your trip. Press the button and stir it in your water bottle or glass. When the SteriPEN's light turns green after 90 seconds, you have clean water. It retails for \$69.95 to \$99.95, depending on the model.



#### A Rockin' Read for Rookies

Guys, is your significant other pregnant? Let's face it: Many first-time fathers are clueless about the whole "I'm-gonna-be-a-dad!" thing. Well, there's help: "Crash Course For Dads-To-Be" (available at [amazon.com](http://amazon.com)) will answer any questions you may have, as well as those you never thought of. The book includes tips about how to support Mom and work as a team, keep your new baby safe, deal with annoying but well-meaning family and friends, and a lot more. Author Greg Bishop is the founder of Daddy Boot Camp ([bootcampfordads.com](http://bootcampfordads.com)). For an impressive number of related resources, visit [dadsadventure.com](http://dadsadventure.com).



#### Nirvana for Your Feet

A nice, relaxing foot massage is just what the doctor ordered after a tough day of...

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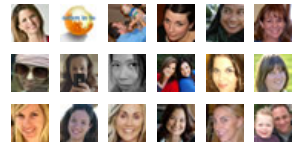
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A nice, relaxing foot massage is just what the doctor ordered after a tough day juggling multiple deadlines at the office, juggling your kids' needs at home – or both. Now it's possible, thanks to the Shiatsu Heated Food Massager, available at Hammacher Schlemmer ([hammacher.com](http://hammacher.com)). This must-have, which can be had for \$99.95, combines Japanese acupressure techniques with heat therapy to soothe and relax your tired dogs. Encased in fleece and as comfortable as slippers, the 3-pound gizmo has two adjustable rotating nodes that target pressure points on the soles – stimulating to-die-for fingertip motions – and an adjustable heat setting. That's not a bad way to end the day.

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#### Stay in Touch With Your Baby

Mom and Dad, you no longer have to visit your doctor to get a host of key information about your unborn babe's development. The Bellabeat Tracking System, which connects to an iPhone or Android smartphone, uses an app that lets parents-to-be listen to Junior's heartbeat. In addition, it furnishes colorful illustrations of his or her fetal development and a tool for tracking and planning pregnancy weight gain, among a host of other functions. It's available at [bellabeat.com](http://bellabeat.com) for \$129.

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#### Itty-Bitty Humidity

The miniature Satechi USB Portable Humidifier is a clever product that provides soothing relief anywhere you go. To use it, fill an empty plastic bottle or glass with purified water, place the gizmo into the container's opening (make sure the filter is submerged), and plug it into your computer's USB port. It provides relief from cold and flu symptoms, dry skin, congested sinuses and more. Used with cold water, it becomes a mini-mister. Covering an area of more than 16 square feet, the Satechi USB Portable Humidifier can easily fit into a purse, laptop bag or suitcase. For more information, visit [satechi.net](http://satechi.net), go to the Site Map and click on the Appliances link.

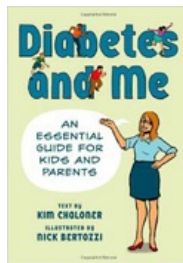
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#### Glow on the Go

Here's a simple high-tech product that'll make your busy job as a parent a bit easier, especially during the cold-and-flu season. The latest version of the Smart Glow TemporalScanner Thermometer ([exergensmartglowthermometer.com](http://exergensmartglowthermometer.com)) makes the process of taking your child's temperature as easy as a two-second swipe across his forehead. The quick scan results in temperature readings that are as accurate as any numbers produced by conventional thermometers. The Smart Glow can be purchased at Wal-Mart, Target, Walgreens and Rite Aid, among other retailers.

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### A Complex Malady Made Simple

"Diabetes and Me: An Essential Guide for Kids and Parents" is a fun, friendly guide to diabetes Types 1 and 2 for young adults who have recently been diagnosed or, for that matter, anyone interested in knowing more about the disease. In this "graphic book" (think of a book-length comic), author Kim Chaloner, who was diagnosed with Type 1 diabetes at 16, presents complex and daunting information in a simple, accessible manner. Topics include early signs of diabetes, Type 1 versus Type 2, diet and exercise strategies, ways to explain the disease to others, and a whole lot more. Buy it at [amazon.com](http://amazon.com).



### Bling to Bite On

It's a normal, natural reflex: Babies place objects into their mouths. The problem is, not everything should be chomped and drooled on by your babe. Take jewelry, for example. If you're holding your baby while wearing a necklace, guess what Junior will be pawing at, mouth agape? It can be annoying, not to mention hard on the baby's gums. Here's a fashion-forward solution: The Teething Bling, produced by Smart Mom Jewelry, is a line of stylish, chic necklaces that babies can grab and teethe. Each item is free of phthalate, BPA, PVC, lead and latex. Prices start at \$19.99. [smartmomjewelry.com](http://smartmomjewelry.com)



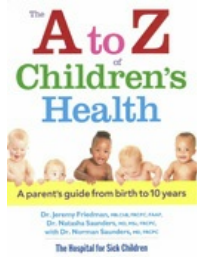
### Bag the Allergies

One out of every 12 children in the U.S. has a food allergy, according to the American Academy of Pediatrics. If you have a child who is at risk, it's essential to carry the right products to treat her if she has an allergic reaction. The Grab-and-Go Medicine Bag is the perfect product to help you be organized while staying prepared for the worst. It can fit two EpiPen or two Auvi-Q epinephrine auto injectors, an asthma inhaler, tablets, liquid medications and nasal spray (none of which is included). Measuring only 8 inches in width by 5 inches in height, the bag features three interior pockets with Velcro straps, a zippered pocket and a removable elastic strip sized to hold two EpiPens or other meds. [store.allermates.com](http://store.allermates.com)



### Go Germ-Free in Style

It's always smart to keep you and your family healthy, especially during cold-and-flu season. Thanks to the EOS's tasty Tangerine Medicated Smooth Sphere Lip Balm, your lips can stay free of germs. Available in a funky spherical container, it provides medicated relief with zinc, vitamin C and E, shea butter and jojoba oil. In addition to the medicated balm, other lip-smacking flavors (not medicated) include Blueberry Acai, Strawberry Sorbet, Pomegranate Raspberry, Summer Fruit, Sweet Mint, Honeysuckle Dew and Lemon Drop, the latter with SPF 15 sunscreen. The \$3.29 lip balm can be had at Target and Rite Aid, as well as [Drugstore.com](http://Drugstore.com). [evolutionofsmooth.com](http://evolutionofsmooth.com)



### An Essential Page-Turner

It wouldn't be a stretch to call "The A to Z of Children's Health" a pediatrician in a book. While your child's doctor should always have the final word about everything health-related, this comprehensive, easy-to-understand volume will help any caregiver stay informed about more than 235 childhood disease and conditions, all listed in alphabetical order. The book, written by three doctors who practice at the Toronto, Canada-based Hospital for Sick Kids, focuses on everything from common illnesses such as fever and abdominal pain to less-common conditions such as spina bifida. Photos and diagrams are featured throughout. "The A to Z of Children's Health" is available at [amazon.com](https://www.amazon.com).

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