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May 2018



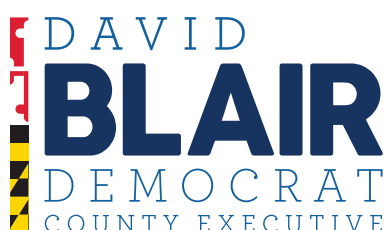
## *Moms of the Year*

Meet the 12 Strong Women  
Chosen by Our Readers

14

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David is a progressive Democrat and lifelong resident of Montgomery County. It's where he went to school, met his wife and where they're raising their family. It's also where he started and grew a business that became a Fortune 500 company with thousands of employees.

David believes our county's diversity is a huge asset and understands innovation will position us ahead of our competition in the region and around the world. As Montgomery County Executive, David will fight to make our county the best place in the nation. Here are some of his ideas:

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MAY  
2018

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## Pre-Empty Nesting

**W**elcome to our third annual Moms of the Year issue! As you read these remarkable local moms' stories starting on pg. 10, you'll notice certain themes: They don't sweat the small stuff, they believe in a higher power, they accept that they won't be perfect at motherhood all the time, and they are extraordinary givers of love and their time to their family and community. Plus, they are tough as nails!

I hope to gain some strength and fortitude from reading about these ladies for my next chapter of motherhood: The Empty Nest Years. I'm the proud mother of a 16-year-old son who is a junior in high school. I used to dream about the exciting moment when I would get to look at colleges with my child. But, those dreams never included the harsh realization that my child would no longer be living at home.

We've done the college tour thing a few weekends. Generally, it's been a great experience: Spending time with my son, being in the atmosphere of higher learning, the idyllic settings and all the positive energy. It makes me want to go back to college! One time, my son and I went to visit some colleges in Southwestern Virginia with my best friend. We combined visiting colleges with visiting her mother's childhood home in a holler on the Virginia/Kentucky border. Another time, my husband decided at the last minute to come along. It was spring break and we couldn't find anyone to take care of our 115-pound Neopolitan Mastiff. So we brought her along. It was an adventure – as all these trips have been.

After these college visit weekends when I'm by myself, I have a good cry. My college years were some of the happiest times of my life and I desperately want that for him – and something even better. But I know I'll miss him, and I know he's not going to call just like I didn't when I went to college. "Family. What family?" I'd say to myself, as I was getting ready to go to a party.

But then I hear about all the millennials coming back home and living in their parents' basement and I smile. It's nice to think there's a

chance my son comes back (so I better not sell the house) and I'd get to see him again every day (or most days) and some day even get to talk to him more frequently. Even if it's just a thought, it helps make the transition easier.

For most parents, it seems as though they are ready to send their kids out the door for college. They've done their job well. They transform their bedrooms into a study, and finally have time to improve their golf game. So this made me wonder: Are there other parents who felt sadness and grief when their kids left for college? And if so, what did they do to cope? In my search for answers, I found a useful website, [grownandflown.com](http://grownandflown.com). I also read a great "pre-empty nester survival" guide online by TODAY contributor, Lisa Heffernan who shared these tips:

- Plan for your freshman's departure
- For most parents the sadness will soon pass
- Be gentle with yourself and acknowledge the big changes in your life
- Focus on your family, marriage and other relationships
- Find new ways to communicate [with your college student]

I'm already looking at this new chapter of parenting in a more positive light. Barbara Kingsolver, an Annapolis, MD novelist, essayist and poet says, "Kids don't stay with you if you do it right. It's the one job where, the better you are, the more surely you won't be needed in the long run."

I need to keep this in mind as we visit two more colleges this month. But, I'll bring tissues just in case!

Happy Mother's Day, empty nesters!



*Sylvia*

Sylvia Witaschek  
Associate Publisher

Washington FAMILY Magazine  
[switaschek@midatlanticmedia.com](mailto:switaschek@midatlanticmedia.com)





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# Moms OF THE year





**W**hen you think of a mother, what comes to mind? Is she the one who lovingly grabbed your hand as you tried to make your first steps? The one who wiped away your tears and helped mend your first broken heart? The one who stood proudly in the crowd cheering you on as you walked across the stage in your cap and gown? The one you still call for motherly advice?

For every life chapter, there's no denying that moms play a

crucial and tough role. They are the nurturers, leaders, givers, listeners, providers, role models, first hand holders, warm-hug givers and the ones on whom we can always rely. Moms are not only incredible pillars of strength within their families but in their communities and workplaces as well. There are not enough ways to truly give moms the recognition they deserve for their lifetime of patience, selflessness and hard work.

This month, *Washington FAMILY* is honoring local mothers with

our third annual Moms of the Year issue. We asked readers to nominate a special mom deserving of this recognition. After numerous entries, all describing incredible local moms, 12 mothers were selected to be featured in this issue. These strong women have been through incredible journeys. Each of them has a unique perspective and a solid dose of motherly advice to share. We hope you enjoy reading their stories.

**Without further ado, meet our Moms of the Year!**



# Amy Bookwalter

**Mom to Matthew, age 31,  
Joshua, age 30, Daniel, age 28,  
Josiah, age 26, Benjamin, age 24,  
Samuel, age 23, Mary, age 21,  
Jonathan, age 18, Michael 16**

MANASSAS, VA

NOMINATED BY BRITTANY SCHWEMLEY:

**Amy Bookwalter** is a doula, mother of nine and grandmother to six babies. She has helped coach hundreds (if not thousands) of women and men through labor and delivery, including myself. She is not only an exceptional mother, grandmother and mother-in-law, but also like a mother to many. Amy gives with her entire heart, is selfless to her core, and can provide advice and guidance that can change the course of your life and how you live it ... like she did with my life. I deeply respect, admire and want to be like Amy as I grow and continue to be the best mother I can to my own three children. She helped bring my kids into this world through her encouragement, instruction, hands-on support and prayers.

## Occupation:

Lamaze Certified Childbirth Educator, DONA International certified labor doula, birth doula trainer, approved peanut ball trainer and physical therapist assistant

## Three fun facts about you and your family:

1. My husband and I were married exactly six months from the day after we met.
2. One of our family traditions is that a family member sneaks up, when you least expect it, and rubs butter on your nose on your birthday.
3. We have eight sons and one daughter. At one of our son's wedding, our daughter caught the bouquet. When my usually quiet, mild-mannered husband realized our daughter had caught the bouquet, he yelled at the top of his lungs, "Throw it back!"



## What advice would you give to new or expectant moms?

Enjoy the journey! It is such a high calling to be a mom and a true privilege that not every woman gets to experience. Expect it will be hard, but totally worth all the sacrifice that goes with it.

## How has motherhood changed your outlook on life?

Motherhood has helped me realize that it's really not about me, and I am OK with that. It has taught me that having children to love, many children to love, does not divide my love for them – it multiplies it.

## What's your superpower?

My superpower is the ability to "fritz out" all things electronic. I seem to have a magnetic "force field" around me and when I come around or just touch computers or other electronics, they suddenly don't work properly.

## What are three things you use every day that you can't live without?

My reading glasses, my cell phone and my dear husband. I just love to be with him, even after 34 years of marriage.

## What's the best thing you are reading right now?

"Made for This: The Catholic Mom's Guide to Birth" by Mary Haseltine.

## How has motherhood helped you succeed at work?

Motherhood is my work. Because I helped so many other moms have their babies, I decided to become certified as a labor doula. I wanted to help supplement our family income after September 11, 2001, when my husband took a catastrophic pay cut due to the attacks. It would take too long to get my physical therapist licenses back, so doula work became a reality for me. Because I had nine children, most new moms figured I could help them deliver their babies. I have attended over 600 hospital births as a labor doula and over 60 home births as a birth assistant to the midwife. Motherhood helped make this possible.

# Ashley Groves

**Mom to Liam, 1 month**

LEESBURG, VA

NOMINATED BY ASHLEY MOROW:

**Ashley** is a registered nurse serving Northern Virginia families at Patient First. Additionally, she just opened a Let Mommy Sleep location in Loudoun County to serve brand-new families and other postpartum moms. She is doing this all while caring for her own newborn!



## Occupation:

Registered nurse and business owner

## Three fun facts about you and your family:

1. We are also the parents to an adorable fur baby: a 9-month-old Samoyed named Riley.
2. My husband and I are both Purdue University graduates.
3. I have played the piano for 26 years.

## What advice would you give to new or expectant moms?

You don't have to be perfect. Your imperfections will not damage your child — they will teach them how to be better, more compassionate human beings.

## What goals do you have for your family?

I want my family to be happy, healthy and to be able to make a difference in someone's life in some way every day.

## How has motherhood changed your outlook on life?

It has forced me to keep things in perspective and stop worrying about the small things or things that are out of my control.

**“Your imperfections will not damage your child — they will teach them how to be better, more compassionate human beings.”**

## Describe a favorite mom moment.

The first time (and every time) my baby smiles in response to my smile or voice, and when he falls asleep on my chest.

## What's your superpower?

Multitasking.

## What are three things you use every day that you can't live without?

Baby swing, chocolate and a camera.

## What's the best thing you are reading right now?

“Unbroken: A World War II Story of Survival, Resilience, and Redemption” by Laura Hillenbrand.

## What is your secret to balancing life/family/work/motherhood?

My secret is staying organized, multitasking and prioritizing.

## How has motherhood helped you succeed at work?

Motherhood has made me more compassionate and patient. I don't sweat the small stuff as much. I am better able to disconnect from work when I'm home, which has helped me to be more focused and efficient at work.



# Barbara Larrimore

**Mom to David, age 9,  
Eleanor, age 6, Henry, age 3**  
LAKE RIDGE, VA

NOMINATED BY AMANDA CETEL:

**Barbara** is a wonderful wife, mom and education advocate. Forming the group *More Recess for Virginians* just over a year ago, she has made huge gains in legislative change for more recess for elementary-aged children. During her advocacy work this past year, she has lovingly supported her husband through cancer treatment and served as PTO president at her children's elementary school. She did all of this while never giving up her infectious positive attitude. Barbara is an amazing example of how one mom can make a huge impact on her community.



## Occupation:

Stay-at-home mom, education advocate, community leader

## Three fun facts about you and your family:

1. Policy is a family affair! The whole family participated in the work toward greater recess legislation in Virginia. My husband and son spoke for changes at school board meetings, and the whole family traveled to Richmond several times to show support for the bill.
2. My 3-year-old son, Henry, volunteers at our elementary school more than most parents.
3. Our family loves to go fishing in our local marina, which is walking distance from our house.

## What advice would you give to new or expectant moms?

Ask for help. Motherhood should not be embarked upon as an army of one. Host play groups, go on outings and create a community of moms who raise you up.

Having children is a time of incredible growth for mothers. Enjoy it, and don't sweat the small stuff.

## What goals do you have for yourself?

My goal for the future is to continue to try to figure out what I want to be when I grow up. As my husband, children and community continue to help me learn and grow, I hope to continue to serve and give back. I hope my children see my example and want to be the change they would like to see in the world.

## Describe a favorite mom moment.

It was a simple moment with my three children. I was disciplining them for fighting over a toy, or some such nonsense. My daughter and younger son were crying and voicing that I was "the worst mom in the world." My older son, who was also involved in the moment, stopped the madness by saying, "Guys, Mom just wants everything to be fair." It was the first time I had ever seen my child have an "ah-ha" moment and choose to defend me.

## Has motherhood changed your outlook on life?

I realized that enjoying the present is paramount. Constantly worrying about the future is a futile endeavor. If you try to make a plan for your children, that is the first opportunity for you to learn they will always show you they have their own plans.

## What is your secret to balancing life/family/work/motherhood?

I like to lean on my husband to help me realize that I can't wear my "advocacy hat" all the time. I limit myself to one after-hours meeting a week. I like to plan things for just our family as often as I can. Fun is the secret to marriage, kids and life, in general. Even the most mundane tasks can be done with a can-do attitude, and bubbles.

## What's the best thing you are reading right now?

I just got the next four books in the *Outlander* series by Diana Gabaldon for my birthday. I can't wait to dig in!

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# Carly Glover

**Mom to Kieran, age 8,  
Asher, age 6, Kade, age 4,  
Callum, age 2, River, 5 months**  
GAMBRILLS, MD

NOMINATED BY SARAH KENNARD:

**Carly Glover** is an all-around amazing woman! She's a mother to five children under the age of 8, and she owns a successful doula practice, Annapolis Area Doulas. She is also the owner of a thriving Facebook group for moms called Milk Makers Community.



## Occupation:

Owner, Annapolis Area Doulas

## Three fun facts about you and your family:

1. We have five boys, and we love it.  
The more chaos, the more fun we have.
2. I love being a doula and supporting other new moms as they welcome their little ones.
3. My husband holds down the fort whenever I have to work. He is a rock star.

## What advice would you give to new or expectant moms?

Trust your instincts — they will never fail you. The more relaxed you are, the more you can enjoy life. Also, take time for yourself every day, even if it is just a quick bubble bath.

## What goals do you have for your family?

Our goal is to spend as much time together as possible, and have fun!

## How has motherhood changed your outlook on life?

How has it not? I never imagined my life this way. I am so much calmer and chillier than I thought I would ever be as a parent.

“Life is about constantly readjusting the sails.”

## Describe a favorite mom moment.

Some of my favorite moments are snuggled up in bed with my little ones.

## What's your superpower?

The ability to do three things at one time, while also thinking about the next three things I need to do.

## What are three things you use every day that you can't live without?

Coffee, Lush bath bombs and Netflix.

## What's the best show you are watching right now?

At the end of the day, I watch mindless TV — pretty much every Bravo show.

## How do you unwind and disconnect?

To relax, I take baths every day. Then, once a month, I escape to the spa. I also hang out with friends as much as possible.

## What is your secret to balancing life/family/work/motherhood?

My secret is accepting that it will never be perfectly balanced. We will always be trying to juggle things, and sometimes, we will work too much and have to readjust. Life is about constantly readjusting the sails.

## How has motherhood helped you succeed at work?

Motherhood has taught me unlimited patience and the ability to fight through the hard days.

# Carmen Felder

**Mom to Melaki, age 13**

LEESBURG, VA

**Carmen Felder** is a single mother to a very promising 12-year-old son. She is a disabled U.S. veteran of the U.S. Air Force and served in Operation Enduring Freedom. Carmen is also a philanthropist. She is the co-founder of 89 Ways to Give foundation (retired Redskin Santana Moss' foundation), is on the Smashing Walnuts donation committee board and donates time and goodies to her local fire and police departments and retirement homes. She mentors college students from all over the world and founded two successful businesses, Socialites of Loudoun and Authentic Connections.



## Occupation:

Founder/CEO, Authentic Connections and Socialites of Loudoun

## Three fun facts about you and your family:

1. My son is such a gentleman and an old soul. Every day when he wakes up, he asks me, "Mother, how did you sleep? Did you sleep well?"
2. We love discovering foods from different cultures.
3. We enjoy trivia and intellectual and political conversations.

## What advice would you give to new or expectant moms?

All parenting advice is not the best advice. You set the foundation of what morals you want to instill in your child and what strong personality traits you want to strengthen within them. When you have a strong bond with your child, the decisions become easier because you understand your child and what's best for him. What's best for one child may not be best for another child.

## How has motherhood changed your outlook on life?

I've realized a huge part of my legacy is my son. A child is a sponge, and I know I have the opportunity to create a beautiful human being that can change the world. Motherhood has also evolved me into the greater person I was destined to be. Melaki is my greatest blessing, and I would not be who I am today without him. My love for him is unconditional. It's not until we've birthed life that we have truly begun to live life.

## Describe a favorite mom moment.

My son's memory is outstanding. At 3 years old, my son had a great sense of direction. When I would inform him of our day's activities, if I changed courses or added a stop, in a dry and comical way, he would redirect me quickly and put me back on track. He has always been my personal GPS.

## What is your secret to balancing life/family/work/motherhood?

I do not take on unnecessary drama, issues or take in useless knowledge. This keeps me focused on what's important.

If there are things or people in your life that continuously bring havoc, stress or hardship — get rid of it. I work hard to make sure my family and son are well taken care of and uplifted. My son is my heart and also my good friend, so when I have to work long hours, I explain it to him so he understands what work-life balance is and what it takes to be successful.

## How has motherhood helped you succeed at work?

Motherhood made me realize there is no room for failure. I must protect, teach and provide a healthy lifestyle for my son. Not only am I a mother — I'm a single mother. My son's father is absent, so I must play the role of mother and father. Every time I think of my son and his precious face, hear his voice or look into his deep eyes, it makes me strive harder to conquer any task. He is my inspiration to be successful in all I do.



# Celia Chomón Zamora

## Mom to Jude Francis, age 4

ALEXANDRIA, VA

NOMINATED BY EDGARD ZAMORA:

*After years of trying to become pregnant with her high school sweetheart, **Celia** finally was able to do so during her doctorate studies at Georgetown. She did this while defending her dissertation, presenting at conferences, publishing articles, being awarded Hispanic Scholar of the Year, and graduating. She is her son's No. 1 fan. Now, Celia is a department chair at an all-girls private school. She mentors girls of all ages and wins numerous nationwide accolades, while still teaching her son to read and volunteer at his school.*



### Occupation:

Chair of the foreign language department, Oakcrest School

### Three fun facts about you and your family:

1. My husband and I are high school sweethearts. This year will mark 17 years together, and 12 years married.
2. Our son's name is Jude Francis. Jude comes from our love for the Beatles. His nursery theme was "Yellow Submarine," and we've been singing him "Hey Jude" since he was born. Francis comes from Pope Francis, after I met him in Rio de Janeiro a few weeks before our son was conceived.
3. Jude Francis is from Nicaraguan (my husband) and Venezuelan/Cuban (me) descent. His favorite foods include one from each country: gallo pinto from Nicaragua, arepas from Venezuela and sopa de malanga from Cuba. He speaks English and Spanish fluently, is still learning Portuguese, and is now starting to learn Japanese.

### What advice would you give to new or expectant moms?

Everything is a phase. Even in your most difficult moments, you need to keep telling yourself that it's just a phase and it won't be like this forever. Find your mommy tribe (I love you, M14!), talk to people, vent, go out and always ask and accept help. It's OK!

### What goals do you have for your family?

Travel everywhere. My husband and I have been all over Europe, Japan, Thailand, North and South America. Now it's time to have Jude Francis experience it all with us. We want to raise him as a global citizen and well-cultured, with as many precious memories to share with us as possible. And most importantly, we want him to feel happy and loved.

### How has motherhood changed your outlook on life?

Motherhood has definitely taught me to be much more organized and focused. Before, I would procrastinate and thought I had all the time in the world. But of course,

balancing a Ph.D., teaching and a baby did not afford me the luxury of time. The few hours I had to work were used to the maximum potential. It also taught me the merit in meal planning, the joy in making to-do lists, and most importantly, to judge and criticize others less.

### What's the best thing you are watching and/or reading right now?

Always has, and always will be, "The Office." I think I've watched the entire series on Netflix like 20 times. As for books, I'm reading "Grace, Not Perfection" by Emily Ley, who also makes the Simplified Planners I've used for the last three years. I love the fact that not only do I love her products, I am also able to support a small business and a working mom.

### What is your secret to balancing life/family/work/motherhood?

Coffee — lots and lots and lots of coffee. Don't even waste time drinking it, just put it in an IV.

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# Denise Eidson

**Mom to Daniel (age 27, passed away in 2013), Samuel, age 30, Nathaniel, age 28, Elijah, age 27, Josiah, age 25, Noah, age 23, John Jr., age 21, Lydia, age 19, Luke, age 19, Grace, age 18**

FAIRFAX, VA



NOMINATED BY LYDIA EIDSON:

**Denise Eidson** is one of the strongest mothers imaginable. She raised 10 beautiful and successful children, loving and supporting them no matter what. Denise is constant in her faith, and present in the church. Not many moms have been through what she has been through. She is lovable and friendly to everyone she comes in contact with. Denise deserves this recognition because there is no mom quite like her.

## Occupation:

Administrative Assistant, Self-Corp

## Three fun facts about you and your family:

1. My son is a film major, so he made many movies about us. We have a film on YouTube called "What am I Gonna Feed These Darn Kids??!!!"
2. One time, we left one kid behind — thankfully, it was in the neighborhood and someone called to let us know. Every outing after that, we had them count off to make sure they were all there!
3. We have seven bedrooms, eat at a picnic table, and only eat buffet. At one point in time, we bought 16 gallons of milk a week!

## What advice would you give to new or expectant moms?

Never be on anyone else's schedule, and never try to raise your kids like anyone else. You are unique, and so is being a mom.

## What goals do you have for yourself?

I'd like to start a nonprofit for young people in crisis, as my son struggled with drug addiction.

## How has motherhood changed your outlook on life?

Motherhood has made my life richer and has given me more empathy for others. Also, being a mom has made me not sweat the small stuff. After losing my son to drug addiction, I realize every day is a gift!

## Describe a favorite mom moment.

My earlier favorite mom moments were when my kids were babies and I'd snuggle and feed them. I will never forget that smell of a newborn baby. Also, when they called me "Mommy" and said "I love you" for the first times. Presently, my favorite moments are just being with all my kids at once and sitting down for dinner together, which is less often as they get older.

## What's your superpower?

Praying every day!

## How do you unwind and disconnect?

I enjoy going on hikes out in nature and sitting on my patio, relaxing.

## What's the best thing you are listening to right now?

"Sound of Heaven" by Brad & Rebekah.

## What is your secret to balancing life/family/work/motherhood?

Being centered in God who cares about all my needs and gives me strength to face everyday with boldness and truth.

## How has motherhood helped you succeed at work?

I only work part time, but now that my last child is graduating, it has made me realize I need to try new things. Motherhood has given me boldness to try something totally different, so who knows what the future holds?

# Elizabeth Reid

**Mom to Caroline, age 6,  
Charlotte, age 5, Ellie, age 2**  
WASHINGTON, D.C.

NOMINATED BY ALLISON FITZSIMMONS:

**Elizabeth** is the kindest person I know. She's passionate about charity, her family, friends and life. When my husband unexpectedly had two hip reconstruction surgeries, Elizabeth hadn't even known me for five months – yet she still reached out to me. She checked in daily, brought us multiple meals, and helped me manage time with my daughter. I've never had a friend show that much concern for my family and me, especially a new friend. She has taught me so much about being a mom. I've watched her manage her family with passion, love and ease. She is truly a blessing to have as a friend and a D.C. mom.



## Occupation:

Consultant, Beautycounter

## Three fun facts about you and your family:

1. I am from Texas. I love where I come from, so all of our girls were born on Texas soil, but in D.C. (we put a jar of Texas dirt under my hospital bed).
2. All of my girls were born in the same hospital room at Georgetown University, just by coincidence.
3. On the weekends, we love exploring D.C. and being tourists in our own city. We especially love hiking in Rock Creek Park.

## What advice would you give to new or expectant moms?

Be sure to take care of yourself first. Then, you will be happy and healthy to take wonderful care of your family.

## What goals do you have for yourself?

My main goal is to be the best wife and mother. If I am the best version of myself, then I can be the best for my family.

## What are three things you use every day that you can't live without?

My alarm clock, running shoes and my giant purse stashed with all my hidden snacks, treasures and wipes.

## How do you unwind and disconnect?

I love to exercise, and running is my outlet. When I exercise, I am able to reboot and get a clear head. As parents, we have many challenges — I need to know that I can think clearly. Exercise helps, as does a glass of wine at the end of the day.

## What is your secret to balancing life/family/work/motherhood?

Balancing life is hard enough. Adding in family, home and work makes it crazier!

But, I am a wife and mother first, and then comes work. There are no secrets — I just take it one day at a time. We have good days and not-so-good days, but that's life. There is always tomorrow to get it back on track. I love taking care of my family and I love being a consultant at Beautycounter, so I try and make it all work.

## How has motherhood helped you succeed at work?

Keeping my family safe is my No. 1 job. Being a consultant for Beautycounter has opened my eyes to being an educated consumer. I have had two melanomas and an autoimmune disease, and I want to make sure my kids don't have the same problems. Beautycounter has created safer, high-performing products for the whole family by banning the use of over 1,500 questionable and harmful chemicals or toxins in our products. I love being a part of this company that is making a change.



# Liz Laird

**Mom to Henry, age 4,  
Roy, 22 months**  
WASHINGTON, D.C.

NOMINATED BY KIMBERLY LUCHT:

**Liz** is our neighborhood unicorn. She is always connecting moms through her unlimited knowledge of the “mom scene” in D.C. While raising two amazing boys full time, she also serves as the executive director at Sacred Spaces Conservancy. It is an organization dedicated to saving religious spaces and converting them into community centers.



## Occupation:

Stay-at-home mom, part-time nonprofit executive, Sacred Spaces Conservancy

## Three fun facts about you and your family:

1. My husband and I are originally from other places, but we met and got married in D.C. Our 10-year wedding anniversary is this September.
2. Our younger son, Roy, is named after his 91-year-old great-grandfather who is still out and about riding his motorcycle.
3. Every week, the boys and I spend at least one day at a local museum, zoo or gallery. I am so thankful for all D.C. has to offer!

## What advice would you give to new or expectant moms?

You will “mess up” at times, so give yourself grace. The beautiful wonder of parenting isn’t in “getting the formula right,” but in experiencing your child as they discover the world. If you’re too busy reading every advice column or trying to schedule your kid for every activity, then you might end up missing out on actually being with your children as they experience and explore the world. Be available.

## What goals do you have for your family?

Every Sunday at our church, Church of the Advent: Brookland, we pray that our children will never know a day apart from God. Our goal is that our boys will always know how much they are loved by God and their family. Of course, we hope our children will grow up to be successful, strong men as well. But more than anything else, we hope and pray they will be men who do justice, love mercy, and walk humbly before God.

## How has motherhood changed your outlook on life?

I always knew that I wanted to be a mom. After suffering an ectopic pregnancy before getting pregnant with Henry and two miscarriages before getting pregnant with Roy, it wasn’t an easy road. Struggling to get pregnant and stay pregnant changed my perspective on life. My two boys are truly a gift, and thinking of them and my own life as gifts creates this beautiful breathing room for me in our hectic city and world. It makes me slow down and really enjoy these treasures I’ve been given. When I’m feeling especially annoyed or stressed

by my kids or exhausted from balancing motherhood and work, I remind myself that sharing my life with my husband, kids and friends is such a beautiful gift. This gives me a much better perspective.

## Describe a favorite mom moment.

A few months ago, while sitting outside eating lunch at a local restaurant, my 4-year-old suddenly said, “Momma, I have to go pee-pee!” Moving to put his brother back in the stroller so we could all go into the bathroom together, I turned around (not even five seconds later) to find him with his pants down, peeing all over the sidewalk ... at one of the busiest intersections in our neighborhood. Ah, the life of a mom.

## What’s your superpower?

Finding parking spaces in downtown D.C.

## What are three things you use every day that you can’t live without?

Really good mascara (Diorshow), sparkling water (plain, no flavors) and a good sound machine to drown out all the weird noises kids make in their sleep, which I can somehow hear from way across the hall.

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# Jaclyn Perovich

**Mom to Anthony, age 6,  
Gracin, age 4**  
ROUND HILL, VA

NOMINATED BY JILL DELORENZO:

**Jaclyn** is a mom for all moms: She serves her community of moms in all she does. Jaclyn owns a blog called "Mom and Travel" that shares family experiences both at home and traveling. She also serves her local community as "The Au Pair Consultant" to match local families with au pair childcare from around the world. She goes above and beyond by engaging her au pairs in extensive training to help keep children safe. In addition, Jaclyn also donates time to local food allergy and childhood cancer organizations. But most importantly, she is loved and adored by her children, Gracin and Anthony.



## Occupation:

Au Pair Consultant

## Three fun facts about you and your family:

1. We have chickens living in our basement.
2. I recently started an Instagram, Facebook and YouTube channel called "Mom and Travel" dedicated to encouraging families to explore with their children. It also includes travel tips and product reviews. My son Anthony also has a YouTube channel called "Anthony Tries." It's cute because he tries food from other countries and new activities.
3. We have a large international family thanks to my many years working with au pairs and the relationships we formed with them.

## What advice would you give to new or expectant moms?

Make time for yourself. Self-care is extremely important to your mental and

**“It’s OK to be selfish and take time for yourself.”**

physical well being, especially when you are a new mom. It's OK to be selfish and take time for yourself. It will make you feel better as a person and a mom.

## What goals do you have for your family?

I just want us to be happy in whatever it is we are doing. For my children, I would like them to learn languages, explore the world, be good people and help others.

## How has motherhood changed your outlook on life?

I have learned to think like Elsa from Frozen and "let it go." If something or someone is not benefiting my life or my kids' lives in a positive way, then I remove it. I don't need the stress or negativity.

## What's the best thing you are watching right now?

I love Mike Rowe's "Returning the Favor." It's about acknowledging the people who are trying to make a difference in their community.

## How do you unwind and disconnect?

I recently started kickboxing with Jenny Mercer at Burr Fitness and Strength in Purcellville. It has been amazing for my physical and mental health.

## How has motherhood helped you succeed at work?

I think motherhood allows me to relate to my clients. They want the best childcare for their children and I try my best to find someone I would feel comfortable with caring for my own children.

# Najla Bayram Farooq

**Mom to Ziad, age 4, Lana, age 1**

FAIRFAX, VA

NOMINATED BY JACLYN ROBERTSON:

**Najla** is the epitome of a “super mom.” She tackles daily motherhood challenges with grace and dignity, inspiring everyone she meets. While I’ve known her for a while, it was only recently that I saw what she was really capable of after hiring her to teach Stroller Strides for my business. She attacked it with enthusiasm and has been an amazing addition to our team. Najla is one of those mothers who make you feel better about yourself. Even though I have been a mom longer than her, she’s a go-to for advice — giving it freely without judgment. I’m a better mom/person/friend because of her, and I love her for it.



## Occupation:

Stroller Stride, Stroller Barre, Fit4Baby and Body Back Instructor, FIT4MOM Falls Church/Vienna/Fairfax

## Three fun facts about you and your family:

1. I am of Lebanese origin and my husband is of Indian origin, but we both grew up and met in high school in the Middle East. We then attended George Mason University together. I later earned my master’s degree in biohazardous agents and emerging infectious diseases from Georgetown University.
2. We travel internationally with our kids at least once a year (oh, the jet lag!).
3. My kids are fluent in Arabic and English.

## What advice would you give to new or expectant moms?

There is no such thing as the “perfect” mom or the “perfect” child. You’ll hear and read a lot of dos and don’ts, but you have to do what works best for you and your family.

There’s no real right or wrong in parenting, which is why there’s no real guidebook. It’s a tough road full of uncertainty, laughs, cries, sleepless nights and messiness, but most importantly, lots and lots of love. You are what your kid needs, so whatever you do will be “perfect” for your child. Also, never feel guilty about taking time for yourself! It’s essential to being a good mom.

## What goals do you have for yourself?

I love my job with FIT4MOM and want to continue learning, improving and growing with it. I want to keep helping moms get their one-hour in doing something great for themselves, because we all know how tough mothering all day can be. Being able to give moms a chance to do something for themselves is always rewarding.

## How has motherhood changed your outlook on life?

Motherhood has made me appreciate my parents so much more. I appreciate my mom for all the sleepless nights she’s been through making sure we were always fed, clean and clothed. Her ability to get

the laundry done and keep the house spotless while taking care of three kids on her own is one thing I find impossible to replicate! Motherhood has helped me appreciate my dad for always supporting us throughout our lives financially, and even more so emotionally. He would push us to explore and never stop striving to be better. Motherhood has also shown me how tiny human beings can bring indescribable love and life to a family. It has taught me patience, to never judge without understanding one’s situation, and to never expect things to go as planned.

## How do you unwind and disconnect?

I pick one day a week where I have a nice, long shower, use my aromatherapy soaps, scrubs and lotion, and put on a face mask while I watch TV or a good movie. I also try to go out once a month with my girlfriends and have date nights with my man! Running is also my way of completely disconnecting. There’s something about a good run, even with my kids in tow, which allows me to escape everything and feel free.



# Shannon English

**Mom to Leo, age 27, Kristyne, age 26, Braidon, age 21, Pierce (age 20, passed away last year)**

GERMANTOWN, MD

NOMINATED BY JANINE NICKEL:

***Shannon** is one of the most amazing women I know. As a year-round swim coach, she is caring, attentive and encouraging to all of the kids who swim with her. She treats them each as if they were her own. Shannon lost her own son, Pierce, in a car accident last June, yet she continued to love and care for her swimmers as she did her other children. She continued to encourage, support and show understanding even though she was hurting. In her grief and in her son's memory, Shannon has devoted her energy to helping others through fundraising for Manasseh House.*



## Occupation:

Professional swim coach

## Three fun facts about you and your family:

1. We are a super competitive family.
2. We are all Orioles fans!
3. All three of our kids followed in the family tradition of swimming and/or coaching.

## What advice would you give to new or expectant moms?

Do not let society dictate your norm — you have to figure out what is most right for you and your family.

## What goals do you have for your family?

My goals are to spend more time with my family and to foster the new adult friendships I have with my children. As for my kids, I want them to find their passion and what makes them happy.

**“Being a mom taught me to coach from a perspective of the whole child, not just the athlete.”**

## How has motherhood changed your outlook on life?

I learned to appreciate life, the little things and the quiet moments.

## Describe a favorite mom moment.

My favorite mom moments were the extra-tight hugs when they were little, the times when I saw my kids choose to do the right thing over the popular things, and our family vacations where we had precious time together without life distractions.

## What's your superpower?

Prayer!

## What are three things you use every day that you can't live without?

My treadmill, coffee and painting.

## What is your secret to balancing life/family/work/motherhood?

I keep my eye on what's truly important to me, live my faith, prioritize, stay flexible, and keep true to my heart.

## How has motherhood helped you succeed at work?

Being a mom has taught me the importance of seeing each child as the unique person he or she is. In the workplace, I deal with so many different ages and personalities of kids. Motherhood has helped me to learn to look for how each child I work with ticks and how I can reach each child in the way that is best for him or her. Being a mom taught me to coach from a perspective of the whole child, not just the athlete.

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# GUIDES & RESOURCES

## BABY & MATERNITY

### Child Care

#### A CHILD'S PLACE

[achildsplaceinc.com](http://achildsplaceinc.com)  
703-698-8050

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[minnieland.com](http://minnieland.com)  
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[chiaupairusa.org](http://chiaupairusa.org); [chichris@chinet.org](mailto:chichris@chinet.org)  
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[restonmontessori.com](http://restonmontessori.com); [office@restonmontessori.com](mailto:office@restonmontessori.com)  
703-481-2922

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### Classes & Instruction

#### ACORN HILL WALDORF KINDERGARTEN & NURSERY

[acornhill.org](http://acornhill.org); [info@acornhill.org](mailto:info@acornhill.org)  
301-565-2282

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

43629 Greenway Corporate Dr., Ashburn, VA

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[encorestage.org](http://encorestage.org); [info@encorestage.org](mailto:info@encorestage.org)  
703-548-1154

St. Andrew's Episcopal Church, 4000 Lorcom Ln., Arlington, VA

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#### FRIENDSHIP CHILDREN'S CENTER

[friendshipchildren.org](http://friendshipchildren.org)  
202-244-5115

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[imaginationstage.org](http://imaginationstage.org)  
[registration@imaginationstage.org](mailto:registration@imaginationstage.org)  
301-280-1636

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[kidsfirstswimschools.com](http://kidsfirstswimschools.com)  
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[info@cedarlanemontessori.com](mailto:info@cedarlanemontessori.com)  
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3035 Cedar Ln., Fairfax, VA

## MONTESSORI SCHOOL OF NORTHERN VIRGINIA

[msnv.org](http://msnv.org); [info@msnv.org](mailto:info@msnv.org)  
703-256-9577  
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# Misc. Babies, Maternity & Toddlers

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# Nannies

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# How to Take Care of Baby's Skin

BY ABBY QUILLEN

Baby skin is synonymous with silky, supple and smooth, right? Well, not necessarily. A newborn's skin is still functionally and structurally developing during the first year, and it may be red and blotchy, dry and prone to rashes and acne. You need to take special care to protect your baby's delicate skin from potential allergens and irritants. Read on for a survival guide for caring for your baby's skin.

## The Characteristics of Infant Skin

Your baby's skin may look like yours, but it's different in some key ways. Infant skin is thinner and more fragile. The barrier that keeps fluids inside the body and toxins out is still developing and can be damaged easily, especially in the first four weeks of a baby's life.

Infants have more skin per volume than adults and less subcutaneous fat, the fat just beneath the skin. Their skin has higher water content and loses excess water faster than adult skin. Because of these differences, it's important to treat your baby's skin with special care

and only apply essential products to the skin in the first several months.

## Routine Infant Skin Care

Even before they can crawl, babies manage to come into contact with dirt, saliva, nasal secretions, urine, feces and microbes. All the above can lead to discomfort, irritation and infection if they linger on the skin. Baths are an important way to clean your baby and they can be a special time for bonding and connecting. But don't go overboard scrubbing your baby, or you risk damaging or drying out their fragile skin. Bathe your baby a few times a week in a warm room with warm water and

a gentle cleanser. Keep baths short, and be extremely gentle with the skin during the first few months to prevent damage to the skin barrier.

After the bath, apply a mild moisturizer if your baby's skin is dry. Moisturizer improves the condition and function of the skin barrier in premature infants, as well as in adults. For preemies, it can even be a lifesaver. Applying sunflower seed oil three times a day has been shown to reduce sepsis in preemies by 41 percent and reduce mortality by 26 percent. Coconut oil may be a good choice for an infant moisturizer. It significantly improves hydration and lipid levels in the skin of infants. Spot test first

Top image: bernie\_photo/Stock/Getty Images Plus/Getty Images

to make sure your baby doesn't have a rare allergy to the oil that you choose.

Massaging oil on your baby confers benefits beyond skin health. Skin-to-skin contact is crucial for infants. Preterm babies who receive touch and stimulation daily gain weight faster and are more active. Premies who spend an hour a day in skin-to-skin contact with a caregiver exhibit better cognitive and mental abilities at ten years old compared to peers who are kept in incubators without skin-to-skin contact. Research suggests infant massage helps full-term newborns sleep better, cry less and have lower levels of stress hormones. Infant massage is good for caregivers, too. It's been shown to help relieve postpartum depression in mothers and enhance parent-child interactions.

### Safe Skincare for Baby

Cosmetics are not as well regulated as drugs or food in the United States. Many commercial skincare products, even those marketed to babies, contain ingredients that may not be ideal for infants because their skin and neurological, reproductive and detoxification systems are still developing. Infants and children are more vulnerable to environmental toxins (biological agents) and toxicants (chemical agents) than adults, according to the Center for Disease Control.

Avoid or use caution when using ingredients or products containing these ingredients:

**Talc:** This mineral clay is used as a drying agent in some baby powders. It has been shown to be a lung irritant, and it's been linked with an increased risk of ovarian cancer.

**Fragrances:** The Environmental Working Group advises consumers should stay away from any

product that lists "fragrance" as an ingredient. Cosmetics companies do not need to detail which ingredients they use for fragrance. Fragrance often contains phthalates — chemicals that interfere with the endocrine system and styrene, chemicals that are "reasonably anticipated to be a human carcinogen."

**Mineral oil:** The most common ingredient in commercial baby oil, mineral oil is a by-product of petroleum processing. Scientists have raised concerns that contaminants in cosmetic-grade mineral oil may be absorbed through the skin. Furthermore, mineral oil is not as nourishing to the skin as oils naturally expressed from plants, such as olive or coconut oil.

**Essential oils:** Essential oils are particularly trendy right now, but some oils can be dangerous for babies. These compounds are made from the volatile oils of plants, and they are extremely concentrated. For instance, one drop of peppermint oil is equivalent to approximately 26 to 28 cups of peppermint tea. Several popular essential oils are not safe for infants or small children, including eucalyptus, lemongrass, oregano, peppermint, rosemary, sage, tea tree, verbena, wintergreen and ylang-ylang oils. Use extreme caution when using any essential oil topically on an infant. Some types of essential oils have caused seizures in children.

**Parabens:** Used as preservatives in hair and skincare products, these chemicals weakly mimic estrogen in the body. Not everyone believes they are harmful, but it may be worth seeking out skin products without them for infants.

Less is generally more when it comes to infant skin care. Simple nontoxic ingredients are gentle and effective in most cases. Try these

five alternatives to commercial baby products:

1. Instead of commercial baby soap, wash your baby's skin and hair with unscented liquid castile soap — a gentle cleanser made from vegetable oils.
2. Gently clean the diaper area with a soft washcloth and warm water instead of diaper wipes.
3. Apply coconut or olive oil to the skin instead of commercial baby oil.
4. Use pure shea butter in place of lip balm or diaper rash cream.
5. Dust on bentonite clay instead of baby powder to soothe a rash.

### Rashes Happen

Don't be surprised if your baby's complexion isn't as smooth and perfect as you thought it would be. Babies are learning to deal with the elements, and their skin is prone to dryness, cradle cap, rashes and blemishes.

Infant skin problems can be frustrating for caregivers, but they usually resolve on their own or only require gentle care. Treat minor skin problems at home, but consult your medical provider about persistent rashes or if you suspect an allergic reaction. Be patient — your baby's skin will likely improve as they near the six-months mark, when permanent skin tone is developed and acne and cradle cap are less common.

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*Abby Quillen is a mother and writer. When she's not writing or working on her website, Abbyquillen.com, she enjoys gardening, walking, bike riding and jotting down the cute things her children say.*

*Article Source: fix.com.*



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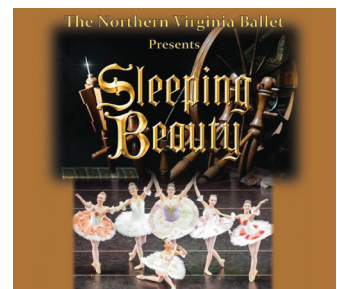
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# SPRING INTO READING

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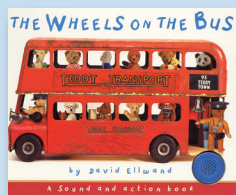
**F**rom singing astronauts to a superhero dog and a quirky, bike-filled town, there are a ton of exciting and adventurous children's books that have recently hit the shelves – just in time for spring! So grab your young one and enjoy some outside reading with one of these staff favorites below.

### AGES 2-4

#### "THE WHEELS ON THE BUS"

By David Ellwand

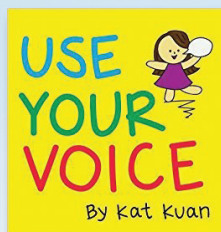
Climb aboard the big yellow bus for a sweet sing-along ride. This delightful musical book is filled with David Ellwand's charming photographs of old-fashioned teddies and toys as they make their way around town. With the push of a button, young readers can play the timeless tune and sing their way through the pages.



#### "USE YOUR VOICE"

By Kat Kuan

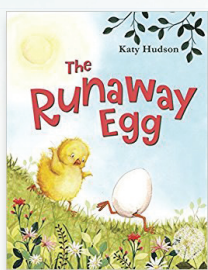
This book highlights simple and powerful ways that children can use their voice to express who they are, what they want and how they feel. With bright and colorful illustrations, the book centers around a young girl named Grace. She uses her voice to introduce herself and the things she likes, as well as to have fun. This book is intended to be a playful, interactive experience between the reader and the child.



#### "THE RUNAWAY EGG"

By Katy Hudson

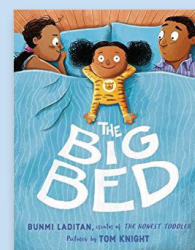
Chick is getting a new baby brother, and he doesn't understand what the big deal is. What's so exciting about an egg that just sits there? Well, it turns out this egg doesn't "just sit there" – it cracks, two little legs pop out, and it sprints away! Chick immediately finds himself on a chase through the barnyard as he attempts to protect the legged egg from danger. Narrow misses and hilarious scrapes make this story of brotherly love a dynamic read-aloud.



#### "THE BIG BED"

By Bunmi Laditan

From the creator of the Honest Toddler blog, The Big Bed is a humorous picture book about a girl who doesn't want to sleep in her little bed, so she presents her dad with his own bed – a camping cot – in order to move herself into her parents' big bed (in his place). This story is a funny twist on the classic parental struggle of not letting kids sleep in their bed.



### AGES 5-7

#### "WHEN SPRING COMES" BOARD BOOK

By Kevin Henkes

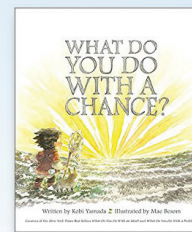
Spring brings baby birds, sprouting seeds, green grass, blossoming flowers, rain and puddles. You can feel it and smell it and hear it – and you can read it! This colorful board book uses striking imagery, repetition and alliteration to introduce basic concepts of language and the changing of the seasons.



#### "WHAT DO YOU DO WITH A CHANCE?"

By Kobi Yamada

In this story, a child is visited by his first chance and is unsure what to do with it, so he lets it go. Later on, when a new chance arrives, he reaches for it but misses and falls. Embarrassed and afraid, he begins ignoring each new chance that comes by, even though he still wants to take them. Then one day, he realizes that he doesn't need to be brave all the time, just at the right time, to find out what amazing things can happen when he takes a chance.

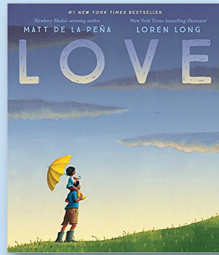




## "LOVE"

By Matt de la Peña

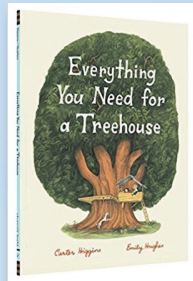
This book is a heartfelt celebration of love – depicting the many ways we experience this universal bond. Love carries us from the day we are born throughout the years of our childhood and beyond. With a lyrical text that's soothing and inspiring, this tender tale is a needed comfort and a new classic that will resonate with your little ones.



## "EVERYTHING YOU NEED FOR A TREEHOUSE"

By Carter Higgins

Full of beautiful images and lyrical text, this book gives life and meaning to all the elements of a treehouse, from time needed, timber and rafters to ropes of twisted twine that invite visitors to sprawl out on a limb and slide back down again. This book is ideal for dreamer-types who find treehouses to be a source of great inspiration and creativity.



## "HEY-HO, TO MARS WE'LL GO! (A SPACE-AGE VERSION OF 'THE FARMER IN THE DELL')"

By Susan Lendroth

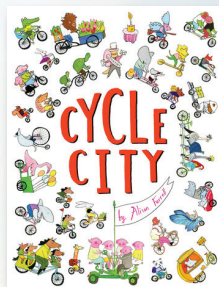
From first launch to final landing, singing astronauts explore the science behind a trip to Mars. The astronaut kids learn about gravity, spaceships, eating and sleeping in space and more. It's a long journey, but there's a lot to do. Set to the tune of "The Farmer in the Dell," your little ones will love this interactive, innovative approach to interstellar fun.



## "CYCLE CITY"

By Alison Farrell

When little Etta the Elephant goes to her aunt Ellen's house, she takes a journey through Cycle City, a town filled with bikes of all kinds! At the end of the day, a special surprise awaits Etta — the most amazing bicycle parade imaginable. This fun, seek-and-find book takes readers through this unusual town where everyone is on wheels. It showcases different types of bikes such as a two-wheeled unicycle, tandem, a box bike, a trail bike and more!



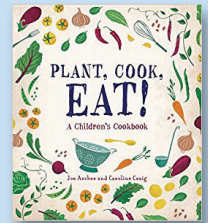
## AGES 8-12

## "PLANT, COOK, EAT! A CHILDREN'S COOKBOOK"

By Joe Archer & Caroline Craig

From Kew Gardens horticulturalist, Joe Archer and Guardian Cook food writer, Caroline Craig comes an all-inclusive, hands-on introduction to planting and cultivating your own garden so you can harvest and prepare your own food.

Vibrant photographs, easy-to-make recipes, and clear, simple instructions on gardening make this a great addition for children who love to experiment and help in the kitchen.



## "DOG MAN AND CAT KID: FROM THE CREATOR OF CAPTAIN UNDERPANTS"

By Dav Pilkey

Dog Man, the newest hero from Dav Pilkey, the creator of Captain Underpants, is back ... and this time, he's not alone.

The heroic hound with a real nose for justice now has a furry feline sidekick, and together they have a mystery to sniff out!

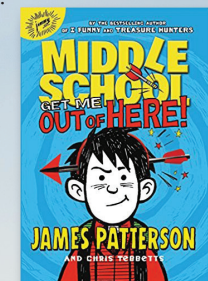
When a new kitty sitter arrives and a glamorous movie starlet goes missing, it's up to Dog Man and Cat Kid to save the day!



## "MIDDLE SCHOOL: GET ME OUT OF HERE!"

By James Patterson

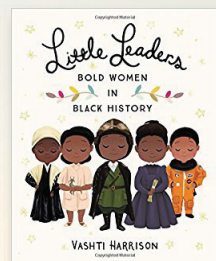
Rafe thinks he has it made in seventh grade. He's been accepted to art school and imagines a math-and-history-free fun zone. Wrong! It's competitive, and to score big in class, he needs to find a way to turn his life into an inspiration for a work of art. So he goes on a mission to do everything he's never done before – from playing poker to going to a modern art museum. But when his mission uncovers secrets about the family Rafe's never known, he has to decide if he's ready to have his world turned upside down.



## "LITTLE LEADERS: BOLD WOMEN IN BLACK HISTORY"

By Vashti Harrison

Featuring 40 trailblazing black women in American history, this book educates and inspires as it relates true stories of breaking boundaries and achieving beyond expectations. Including abolitionist Sojourner Truth, pilot Bessie Coleman, chemist Alice Ball and poet Maya Angelou, it highlights women whose actions and beliefs contributed to making the world better for generations of girls and women to come.





# DISCOVERING **montessori**

Montessori Children • Discover learning is a joy that can last a lifetime. • Learn spontaneously and creatively.  
• Learn at their own pace. • Develop to their greatest potential. • Are encouraged to choose work and make decisions.

## DISTRICT OF COLUMBIA

### AIDAN MONTESSORI SCHOOL

aidanschool.org  
admissions@aidanschool.org  
2700 27th St., NW, Washington, D.C.  
Ages: 18 months-12  
202-387-2700

### THE CHILDREN'S HOUSE OF WASHINGTON

thechildrenshouseofwashington.com  
chowdirector@gmail.com  
3133 Dumbarton St., NW  
Washington, D.C.  
Ages: Toddler: Nearly 2-3  
Primary: 3-6  
202-342-2551

## MARYLAND

### THE BETHESDA MONTESSORI SCHOOL

bethesdamontessori.com  
admissions@bethesdamontessori.com  
7611 Clarendon Rd., Bethesda, MD  
Ages: 3-6  
301-986-1260

### BUTLER SCHOOL

butlerschool.org  
amy@butlerschool.org  
15951 Germantown Rd.  
Darnestown, MD  
Ages: 18 months-14  
301-977-6600

### CHILDREN'S HOUSE AT HOLLY HILL MONTESSORI

hollyhillmontessori.com  
hollyhillmontessori@gmail.com  
19137 Mateny Hill Rd.  
Germantown, MD  
Ages: 2-5  
202-246-0547

### CRESTVIEW MONTESSORI SCHOOL

crestviewmontessori.com  
info@crestviewmontessori.com

4728 Western Ave., Bethesda, MD  
Ages: 3-6  
301-910-4728

### THE JULIA BROWN SCHOOLS

juliabrownschools.com  
9760 Owen Brown Rd.,  
Columbia, MD  
9450 Madison Ave., Laurel, MD  
3400 Queen Mary Dr., Olney, MD  
301-447-5700  
1300 Milestone Dr.,  
Silver Spring, MD  
301-622-7808  
Ages: 18 months-Grade 3

### MONTGOMERY MONTESSORI INSTITUTE

montessori-mmi.com  
pamela.montessori@hers.com  
10500 Darnestown Rd., Rockville, MD  
Montessori Teacher Education  
(Adult)  
301-279-2799

### TOP HAT MONTESSORI

tophatmontessori.com  
info@tophatmontessori.com  
18243-A Flower Hill Way  
Gaithersburg, MD  
Ages: 2 months-K

### THE WOODS ACADEMY

woodsacademy.org  
admissions@woodsacademy.org  
6801 Greentree Rd., Bethesda, MD  
Ages: 3-6  
301-365-3080

## VIRGINIA

### BROOKSFIELD SCHOOL

brooksfieldschool.org  
brksfield@aol.com  
1830 Kirby Rd., McLean, VA  
Ages: 2-6  
703-356-KIDS

### CARDINAL MONTESSORI

cardinalmontessori.com  
cardinalmontessori@gmail.com  
1424 G St., Woodbridge, VA  
Ages: 3-12  
703-491-3810

### CHILDREN'S HOUSE MONTESSORI SCHOOL

montessoriofarlington.com  
office@chms-arlington.com  
2425-A North Glebe Rd.,  
Arlington, VA  
Ages: 2-6  
703-276-1360

### THE CURIOUS MINDS MONTESSORI SCHOOL

curiousminds.org  
info@curiousminds.org  
24963 Ashgarten Dr., Chantilly, VA  
Ages: 3 months-6  
703-722-2400

### GREEN HEDGES

greenhedges.org  
kvazquez@greenhedges.org  
415 Windover Ave., NW, Vienna, VA  
Ages: 3-Grade 8  
703-938-8323

### HA'PENNY MONTESSORI SCHOOL

hapennyschool.com  
director@hapennyschool.com  
20854 Stubble Rd., Ashburn, VA  
Ages: 10 weeks-6  
703-729-5755

### HOLLY BROOK MONTESSORI SCHOOL

preschoolmontessori.com  
info@hollybrookmontessori.com  
2455 Gallows Rd., Dunn Loring, VA  
Ages: 3-5  
703-573-7800

### HUNTER MILL MONTESSORI SCHOOL

preschoolmontessori.com  
info@huntermillmontessori.com  
2709 Hunter Mill Rd., Oakton, VA  
Ages: 2 years 9 months-5  
703-938-7755

### LITTLE OAKS MONTESSORI ACADEMY

lomamontessori.com  
info@lomamontessori.com  
13525 Dulles Technology Dr.

Ste. 103, Herndon, VA  
Ages: 8 months-6  
571-336-2559

### MONARCH CHRISTIAN MONTESSORI

kidslovemonarch.com  
kidslovemonarch@gmail.com  
15120 Enterprise Ct., Ste. 100,  
Chantilly, VA  
Ages: 18 months-6  
703-961-8281

### MONTESSORI SCHOOL OF ALEXANDRIA

montessorischoolofalexandria.com  
montschoolalex@vacotmail.com  
6300 Florence Ln.,  
Alexandria, VA  
Ages: 3-12  
703-960-3498

### MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com  
info@cedarlanemontessori.com  
3035 Cedar Ln., Fairfax, VA  
Ages: 3-6  
703-560-4379

### MONTESSORI SCHOOL OF FAIRFAX

montessori-fairfax.com  
msofx@aol.com  
3411 Lees Corner Rd.,  
Chantilly, VA  
Ages: 18 months-12  
571-323-0222

### RESTON MONTESSORI SCHOOL

restonmontessori.com  
office@restonmontessori.com  
1928 Isaac Newton Sq., Reston, VA  
Ages: 3 months-Grade 6  
703-481-2922

### THE RIDGEMONT MONTESSORI SCHOOL

ridgemontmontessori.com  
office@ridgemontmontessori.com  
6519 Georgetown Pike, McLean, VA  
Ages: 18 months-6  
703-356-1970

 **Montessori School of Northern Virginia**  
Valleybrook  
June 25-August 10 | Ages 3-6  
Hillbrook  
June 25-August 17 | Ages 3-12

Falls Church & Annandale, VA.  
703-256-9577 • www.msnv.org

**Camp MSNV 2018**



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"Free the child's potential, and you will transform him into the world"  
- Maria Montessori

- Advanced academic curriculum
- Award winning French program
- STEM • Music, Art • PE / Yoga

Ages 3 month - 6th Grade  
1928 Isaac Newton Square West, Reston, VA 20190  
703-481-2922 • www.restonmontessori.com



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**Bar-T Ranch**  
6530 Olney Laytonsville Rd.  
Gaithersburg, MD 20882

**Bar-T Mountainside**  
2914 Roderick Rd  
Urbana, MD 21704

**Bar-T Kids Camps**  
Matsunaga Elementary  
Poolesville Baptist Church  
Ritchie Park Elementary  
St. John's Episcopal  
Thurgood Marshall Elementary  
Wood Acres Elementary

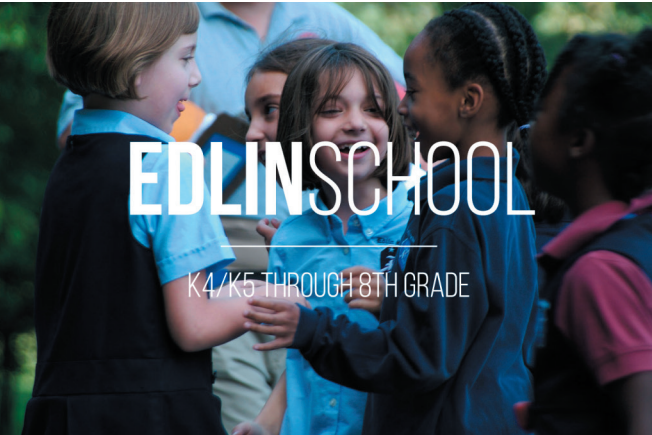
At Bar-T, we believe Summer should be a celebration of childhood. Whether zipping down our zip line, riding a horse for the first time, firing a bow and arrow, or just making a new friend, Bar-T has been giving children their best memories for over 50 years. Give your child the best summer of their life.



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**Registration.Bar-T.com | 301.948.3172**

**EDLINSCHOOL**  
K4/K5 THROUGH 8TH GRADE



A community of excellence in education for gifted and talented children from K4, K5, and 1st through 8th grade.

703 438 3990  
edlinschool.com

**Jamon Montessori Day School**  
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Spanish Immersion

An International Curriculum In  
An Ever-Changing World

STEM and Spanish Immersion  
Camp runs from June 25  
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Ages 2 - 2nd Grade 7:30am - 6pm

www.jamonmontessori.com  
jamon.montessori@gmail.com  
Info in advertisement.

 **Crestview Montessori School**  
crestviewmontessori.com


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Register now for the 2018-19 school year


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Nurturing Environment  
Spanish • Music • Creative Movement

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3035 Cedar Lane, Fairfax, VA 22031

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703-938-7755  
2709 Hunter Mill Rd., Oakton, VA 22124

 **Holly Brook Montessori School**  
703-573-7800  
2455 Gallows Rd., Dunn Loring, VA 22027

A Montessori Tradition Since 1971  
**PreschoolMontessori.com**



A colorful illustration of a summer camp scene. In the background, there are green mountains, a blue sky with white clouds, and a yellow sun. A string of colorful triangular flags hangs across the top. In the foreground, there are three yellow tents on a sandy ground. A small campfire with orange flames is burning between the middle and right tents.

# SUMMER CAMP GUIDE 2018

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## OVERNIGHT CAMPS

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### AstroCamp and Camp Motorsport

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Ages: 8-17

[astrocampsummer.org](http://astrocampsummer.org)

[info@guidediscoveries.org](mailto:info@guidediscoveries.org)

888-836-1212; 8144 Mt. Laurel Rd., Clover, VA

*Residential Camp, Teens, Educational Activities.*

### Barrie Camp

---

Ages: 4-14

[barrie.org](http://barrie.org); [camp@barrie.org](mailto:camp@barrie.org)

301-576-2815; 13500 Layhill Rd., Silver Spring, MD

*Day Camp, Teens, Sibling Discount, Extended Day, Transportation, Arts, Boating, CIT Program, Drama, Educational Activities, Field Trips, Horseback Riding, Martial Arts, Overnight Camping, Swimming.*

### Camp Horizons

---

Ages: 6-16

[camphorizonsva.com](http://camphorizonsva.com); [camp@horizonsva.com](mailto:camp@horizonsva.com)

540-896-7600; 3586 Horizons Way, Harrisonburg, VA

*Residential Camp, Teens, Sibling Discount, Arts, Cooking, Dance, Drama, Hiking, Horseback Riding, Music, Overnight Camping, Photography, Swimming.*

### Traveling Players Ensemble

---

Ages: 8-18

[travelingplayers.org/summer-camps](http://travelingplayers.org/summer-camps)

[info@travelingplayers.org](mailto:info@travelingplayers.org); 703-987-1712

The Madeira School, 8328 Georgetown Pike, McLean, VA

*Teens, Sibling Discount, Transportation, Drama, Hiking, Overnight Camping, Swimming, Travel.*

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## DAY CAMPS WASHINGTON, D.C.

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### Georgetown Day School Summer Studies

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Ages: 5-Grade 12

[gds.org/campsandclasses](http://gds.org/campsandclasses); [campsandclasses@gds.org](mailto:campsandclasses@gds.org)  
4530 MacArthur Blvd., N.W., Washington, D.C.

*Educational Activities.*

### Mad Science

---

Ages: 6-11

[dc.madscience.org](http://dc.madscience.org); 301-593-4777, 703-536-9897

*Educational Activities.*

### The Theatre Lab Summer Acting Camp for Kids

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Grades: 1-Grade 8

[theatrelab.org](http://theatrelab.org); [contact@theatrelab.org](mailto:contact@theatrelab.org)

202-824-0449; 733 8th St., N.W., Washington, D.C.

*Extended Day, Drama.*

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## DAY CAMPS MARYLAND

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### Acorn Hill Waldorf Kindergarten & Nursery

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Ages: 3-6

[acornhill.org](http://acornhill.org); [info@acornhill.org](mailto:info@acornhill.org)

301-565-2282; 9504 Brunett Ave., Silver Spring, MD

*Extended Day, Arts, Cooking, Music.*

### Alliance Pediatrics - Secret Agent Academy

---

Ages: 8-12

[alliancepediatrics.com/sas](http://alliancepediatrics.com/sas)

240-252-4105; 1901 E. Jefferson St., Rockville, MD

*Sibling Discount, Extended Day, Educational Activities, Special Needs.*

### Bar-T Summer Camps

---

[bar-t.com](http://bar-t.com); 301-948-3172

*Teens, Extended Day, Transportation, Field Trips, Swimming.*

### Bella Ballet

---

Ages: 3-10

[bellaballetdance.com/summercamp](http://bellaballetdance.com/summercamp)

[info@bellaballetdance.com](mailto:info@bellaballetdance.com)

301-977-7300; 347 Kentlands Blvd., Gaithersburg, MD

*Dance, Theatre.*

### Bretton Woods

Ages: 4-17

BWRC.org; camp@BWRC.org

301-948-3357; 15700 River Rd., Potomac, MD

Teens, Sibling Discount, Extended Day, Transportation, Arts, Boating, CIT Program, Educational Activities, Hiking, Extreme Sports, Swimming.

### Camp MSNV (Montessori School of Northern Virginia)

Ages: 3-12; msnv.org

Valleybrook Campus: 3433 Rose Ln., Falls Church, VA

Hillbrook Campus: 6820 Pacific Ln., Annandale, VA

Day Camp.

### Camp Aristotle at The Auburn School

Grades: Rising K-Grade 8

theauburnschool.org

301-588-8048; 9545 Georgia Ave., Silver Spring, MD

Teens, Extended Day, Arts, Computers, Educational Activities, Special Needs, Sports.

### The Delaplaine Arts Center

Ages: 6-16

301-698-0656; 40 S. Carroll St., Frederick, MD

delaplaine.org; info@delaplaine.org

Teens, Extended Day, Arts.

### German International School Washington, D.C. Summer Classes

giswashington.org/glc; 8617 Chateau Dr., Potomac, MD

Educational Activities.

### Glen Echo Park Aquarium

Ages: 4-7, 8-12

gepaquarium.org; info@gepaquarium.org

301-955-6256; 7300 MacArthur Blvd., Glen Echo, MD

Arts, Educational Activities, Hiking.

### Imagination Stage Summer Camp

Ages: 3 ½ -18

imaginationstage.org

301-280-1660; 4908 Auburn Ave., Bethesda, MD

Teens, Dance, Drama, Music.

### International School of Music

Ages: 3-12

ismw.org; info@ismw.org

301-365-5888; 10450 Auto Park Ave., Bethesda, MD

Drama, Music.

### Jamon Montessori Adventure Camp

Ages: 2-10

jamonmontessori.com; jamon.montessori.com

301-384-3131; 52 Randolph Rd., Silver Spring, MD

Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Music, Sports, Swimming, Yoga.



**BRETTON WOODS SUMMER CAMPS**  
10 Weekly Sessions!  
June 18 - August 24

Hot Healthy Lunch Included!

**FREE SWIM LESSONS!** Bus Service Available Before & After Care Available

**SUMMER DAY CAMP Ages 5-15**  
An outdoor experience with weekly themes & activities including zip lines, field games, archery, arts & hiking. FREE SWIM LESSONS INCLUDED!

**ADVENTURE CAMP Ages 6-15**  
An environmental educational component is embedded in a safe but challenging week of zip lines, giant swing, hiking, canoeing, fishing, rapid swimming, tubing, nature crafts & primitive skills.

**JR. GOLF ACADEMY Ages 7 & Up**  
Designed to teach all juniors, from beginners who have never played to advanced juniors looking to improve specific skills for optimum performance & tournament play preparation.

**TENNIS CAMP Ages 6 & Up**  
USPTA certified professionals, with long-term experience in youth tennis instruction, teach every aspect of the game. Campers apply their lessons in daily match play & team games.

**SOCCER CAMP Ages 5-17**  
Coached by former US international Bruce Murray, the Bruce Murray Soccer Academy at Bretton Woods teaches the latest soccer drills and principles.

Bretton Woods Recreation Center Inc. 15700 River Road, Germantown, MD 20874  
TEL: 240-848-9128 • Email: camp@bwrc.org • www.bwrc.org



**The Theatre Lab**  
SCHOOL OF THE DRAMATIC ARTS

**summer drama camps**  
for kids entering grades 1-8  
sessions from June to August

theatrelab.org • 202-824-0449  
733 8th St NW, Gallery Place Metro

» CONTINUED  
ON P. 40



### Kids First Swim Schools

Ages: 2 months-Adults  
kidsfirstswimschools.com; contact@kidsfirstswimschools.com  
Check our website for a list of all 35 locations.  
*Educational Activities, Sports, Swimming.*

### Mad Science

Ages: 6-11  
dc.madscience.org; 301-593-4777, 703-536-9897  
*Educational Activities.*

### Manor Montessori Summer Camp

manormontessori.com/summer-camp  
10500 Oaklyn Dr., Potomac, MD  
11200 Old Georgetown Rd., Rockville, MD  
5450 Massachusetts Ave., Bethesda, MD  
*Educational Activities, Arts, Music, Swimming, Sports.*

### Sandy Spring Friends School

ssfs.org; admissions@ssfs.org  
301-774-7455; 16923 Norwood Rd., Sandy Spring, MD  
*Educational Activities.*

### Spring Bilingual Montessori Summer Camp

Ages: 2½-6  
spring-bilingual.org; info@spring-bilingual.org  
301-962-7262; 3514 Plyers Mill Rd., Kensington, MD  
*Sibling Discount, Extended Day, Arts, Educational Activities.*

### St. Vincent Pallotti High School Camps

pallottihs.org/athletics/summercamps  
campdirector@pallottihs.org  
301-725-3228; 113 St. Mary's Place, Laurel, MD  
*Dance, Sports.*

## DAY CAMPS VIRGINIA

### Abrakadoodle

Ages: 3-12  
abrakadoodle.com; swalia@abrakadoodle.com  
703-538-4278; Northern VA, Prince William County  
Loudoun County, Montgomery, MD  
*Arts, Educational Activities.*

### A Child's Place - Hollin Hall Summer Day Camp

Ages: 6-14  
hollinhall.com; acphollinh@aol.com  
703-765-8811; 1500 Shenandoah Rd., Alexandria, VA  
*Extended Day, Arts, Educational Activities, Field Trips, Hiking, Sports, Swimming.*

### BeanTree Learning

Ages: 6-12; beantreelearning.com  
703-961-8222; 5003 Westone Plaza, Chantilly, VA

*Extended Day, Sibling Discount, Transportation, Arts, Computers, Cooking, Drama, Educational Activities, Field Trips, Gymnastics, Martial Arts, Sports.*

### Brooksfield Summer Camp

Ages: 3-10  
brooksfeldschool.org; camp@brooksfeldschool.org  
703-356-5437 ext. 2; 1830 Kirby Rd., McLean, VA  
*Extended Day, Arts, CIT, Cooking, Dance, Educational Activities, Field Trips, Hiking, Horseback Riding, Music, Sports, Swimming, Yoga.*

### Camp Aristotle at The Auburn School - Fairfax Campus

Grades: Rising K-Grade 9; theauburnschool.org  
703-793-9353; 3800 Concorde Pkwy., Ste. 500, Chantilly, VA  
*Extended Day, Special Needs.*

### Camp Edventure

Ages: 4-12; campedventure.com  
703-583-6158; 4300 Prince William Pkwy., Woodbridge, VA  
*Extended Day, Transportation, Arts, CIT Program, Computers, Dance, Drama, Educational Activities, Field Trips, Music, Sports, Swimming, Yoga.*

### Competitive Edge Athletic Performance Center

Ages: 6+  
competitiveEdgeVA.com; info@competitiveEdgeVA.com  
571-398-2813; 14849 Persistence Dr., Woodbridge, VA  
*Teens, Extended Day, Field Trips, Sports.*

### Congressional School

Ages: Infants-Grade 8  
congressionalschool.org; gherbst@congressionalschool.org  
703-533-1064; 3229 Sleepy Hollow Rd., Falls Church, VA  
*Educational Activities.*

### Edlin School Summer Camp 2018

Ages: 4-12; Grades: K4-Grade 6  
edlinschool.com; director@edlinschool.com  
703-438-3990; 10742 Sunset Hills Rd., Reston, VA  
*Extended Day, Arts, Computers, Educational Activities, Sports.*

### Encore Stage & Studio - It's Elementary

Ages: 4-9; encorestage.org; info@encorestage.org  
703-548-1154; 5800 Washington Blvd., Arlington, VA  
*Drama.*

### Encore Stage & Studio - Stage Door & Tech Camp

Ages: 11-15; encorestage.org; info@encorestage.org  
703-548-1154; 200 S. Carlin Springs Rd., Arlington, VA  
*Teens, Extended Day, Dance, Drama.*

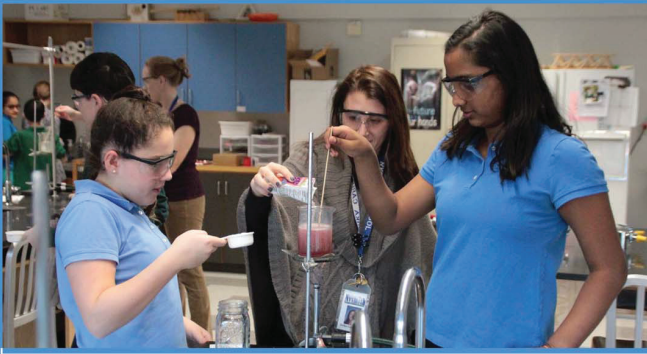
### Encore Stage & Studio - Scenes for Tweens

Ages: 8-12; encorestage.org; info@encorestage.org  
703-548-1154; 4000 Lorcom Ln., Arlington, VA  
*Extended Day, Dance, Drama.*

### Fairfax Christian School

Ages: 5-12  
fairfax-christian-school.com

## Open House Thursday May 24th



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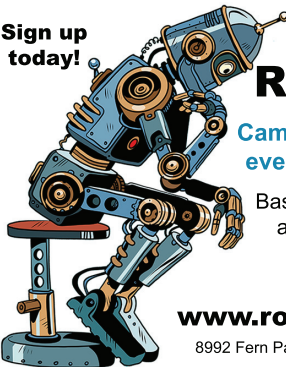
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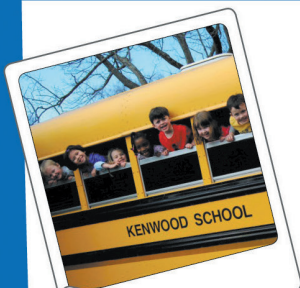
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