

## REAL MOMS, REAL STORIES, REAL SAVVY #401- 413 EPISODE DESCRIPTIONS

### **“Real Moms, Real Stories, Real Savvy” #401 Episode Description**

Explore the benefits of pre-natal massage, plus a lesson for couples in how to give a relaxing home treatment. Then, meet prominent child psychologist Michael Thompson PhD, author of *Raising Cain: Protecting the Emotional Life of Boys* and host of the companion PBS documentary, who dispels common misconceptions about raising boys and helps moms understand what lies on the road ahead. Next, learn how to recapture the romance when children enter the picture. Certified midwife Evelyn Resh and licensed marriage and family therapist Esther Perel, author of *Mating in Captivity: Reconciling the Erotic and the Domestic*, provide a lively look at how couples can get their sex lives back on track. RT: 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #402 Episode Description**

The umbilical cord is a baby’s lifeline. After birth, that lifeline can provide hope to patients with numerous diseases including leukemia and lymphoma. Learn about the benefits of cord blood banking and meet a family whose child’s life was saved by this pioneering technology. Next, find out the latest in infant and toddler nutrition, and how to babyproof using everyday foods. The episode concludes with author and mother of two Renee Raab Whitcombe’s simple techniques for how to manage the transition from one child to two, including advice for handling first child reactions to the newcomer. Emma Brown and Rayme Cornell host. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #403 Episode Description**

Back pain seems inevitable during pregnancy: add the weight of baby to that already stressed back and it could add up to one sore momma! Learn simple yoga moves to help relieve the pain and discomfort. Next, meet the country’s pre-eminent experts in the field of sleep, who speak about child sleeping habits beyond the newborn stage. The final segment focuses on a new wave of caretakers emerging in America. Hosts Emma Brown and Rayme Cornell speak with four stay-at-home dads who are bringing up baby while mom brings home the bacon. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #404 Episode Description**

Denise McLaughlin, a certified nurse and midwife, demystifies pre-natal tests and genetic testing options for moms-to-be. Next, Dr. Ari Brown, pediatrician and author of *Baby 411*, leads a roundtable discussion about identifying early intervention – the pioneering, government-funded program for pre-school age children (0-3 years) who may be at-risk for developing a handicapping condition or other special need that may affect their development. Finally, going back to work doesn’t have to mean giving up breastfeeding. Learn about workplace rights and what states are mandating breastfeeding and pumping times for new moms through the stories of Liz Ryan, *Business Week* online workplace columnist, author and speaker; Carol Evans, CEO and President of Working Mother Media; Carol Ann Friedman, R.N. and lactation consultant; and Jennifer Carfagno, On-Camera Meteorologist and Travel Analyst on The Weather Channel’s “First Outlook” 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #405 Episode Description**

Crystal Payne of HOPE for Children, Inc. provides insight about the adoption process. Next, learn about the powerful effects of human touch on child development from Linda Derick, US Coordinator of Peaceful Touch, the groundbreaking program introduced by the Axelsons Institute in Stockholm Sweden in 1996, and Pat Clow, Executive Director of Southfield Children’s Center in Connecticut. Then, a behind-the-scenes look at “The MOMologues,” the original comedy about motherhood, with co-creators Lisa Rafferty and Stephanie Cloutier. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #406 Episode Description**

Erica Lyon, founder of Realbirth, a childbirth education and postpartum support organization based in New York City, imparts birth education knowledge, including parent preparations for delivery and partner roles during labor. Next, a roundtable discussion about integrative versus conventional medicine, featuring Dr. Ari Brown, pediatrician and co-author of *Baby 411*, and Dana Ullman, MPH, author of *The Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy*. Plus, advice on what it takes to keep love and passion alive when children enter the picture from Dr. Gary Chapman, author of *The Five Love Languages*, and Evelyn Resh, MPH, CNM, Director of Sexual Health Services at Canyon Ranch health resort. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #407 Episode Description**

Infertility is a major side-effect of cancer treatments for most women. Two-time cancer survivor Lindsay Nohr Beck discusses battling cancer and preserving her fertility in an inspiring profile. Then, a candid discussion on the risks and benefits of vaccinating children and why parents need to be well-informed about vaccines, with Dr. Bob Sears, pediatrician and author of *The Vaccine Book*; Nancy Massotto, Executive Director and Founder of Holistic Moms Network; Neil Miller, author of *Vaccine Safety Manual* and director of ThinkTwice Global Vaccine Institute, and others. Plus, Stefanie Wilder-Taylor, author of the bestselling *Sippy Cups Are Not For Chardonnay*, chats about her new book *Nap Time Is The New Happy Hour*, filled with humorous insights on raising toddlers. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #408 Episode Description**

The Touch Research Institute demonstrates the benefits of infant massage and four massage techniques. This week’s roundtable discussion examines the effects of putting too much pressure on children and the effects of over-scheduling their lives with panelists including David Elkind, Ph.D., author of *The Power of Play* and *The Hurried Child*, and Nicole Wise, journalist and co-author *The Over-Scheduled Child*. Lastly, a light-hearted look at everyday motherhood from “momics” (comedians who are mothers) Sherry Davey, Jill Shely, and René Syler, former CBS Early Show anchor and author of *Good-Enough Mother: The Perfectly Imperfect Book of Parenting*. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #409 Episode Description**

OB/GYN Jacqui Fisch, M.D. and Carol Ann Friedman, R.N. and lactation consultant, discuss the causes, effects and recovery process of cesarean section, or c-section, delivery. This week’s roundtable discussion addresses the nature deficit of today’s youth, offering suggestions on how to incorporate nature and outdoor experiences into children’s lives. Participants include Dr. Stephen Kellert, author of *Children and Nature: Psychological, Sociocultural, and Evolutionary Investigations*, and Cheryl Charles, Ph.D., President of the Children & Nature Network. Plus, tips from parents and the watchdog organizations that help take the guesswork out of finding age appropriate media for children. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #410 Episode Description**

Pediatrician John J. LaBella, M.D. raises parent awareness about Respiratory Syncytial Virus (RSV). The illness, which affects infants and young children, causes over 125,000 babies to be hospitalized each year. Then, noted pediatrician and author T. Berry Brazelton, M.D. explains how discipline impacts child emotional development, and offers insights into setting boundaries for children when they act out. *Good Housekeeping* Home Care Director Carolyn Forte pays a visit to co-host Emma Brown’s apartment to share safe, non-toxic cleaning tips, and pediatrician Alan Greene, M.D., FAAP, author and Chairman of the Board for The Organic Center, discusses how to prevent illness in the home. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #411 Episode Description**

Michael Harrison, M.D., director and co-founder of the Fetal Treatment Center at UCSF Children’s Hospital, explains how in-utero surgery procedures are becoming less invasive, plus, a look at the life-saving medical techniques that helped one mom when fetal problems developed during her pregnancy. With young children averaging between three and eight colds a year, pediatric gastroenterologist Michelle Pietzak, M.D. and pediatrician/author Alan Greene, M.D. offer common sense tips to help boost the immune system and decrease the risk of viral infection. This week’s roundtable discussion explores plastic surgery as a means of reclaiming pre-baby bodies. Participants include Richard D’Amico, M.D., President of the American Society of Plastic Surgeons; Julie Tupler, R.N., Executive Director and Founder of Maternal Fitness, and author of *Lose Your Mummy Tummy*; and Catherine Baker-Pitts, LCSW, author and board member of the American Anorexia/Bulimia Association. 30 minutes. ST and CC.

### **“Real Moms, Real Stories, Real Savvy” #412 Episode Description**

Secondary infertility affects three million couples every year. In a roundtable discussion, Andrea M. Braverman, Ph.D., Director of Psychological Services at Pennsylvania Reproductive Associates; Julia Indichova, author of *Inconceivable* and founder of Fertile Heart; reproductive endocrinologist Allison Styne-Gross, M.D., OB/GYN and others explore the causes of the inability to conceive a second time and possible treatments. Next, Lawrence J. Cohen, Ph.D., psychologist and author of *Playful Parenting*, and psychologist Kathleen A. Platzman, Ph.D. weigh in on the power of unstructured playtime in a child’s

development. Lastly, two mothers of autistic children, including Alison Singer, an executive vice president at Autism Speaks, explain what it takes to raise a special needs child and the importance of a sympathetic public. 30 minutes. ST and CC.

**“Real Moms, Real Stories, Real Savvy” #413 Episode Description**

University professor and *Calm Birth* author Robert Bruce Newman describes his childbirth method, which utilizes yoga and meditation; and other experts discuss the benefits of developing a birth plan to prepare for labor. Next, profiles of three disabled moms meeting the challenges of parenting, and Megan Kirshbaum, Ph.D., founder and executive director of Through the Looking Glass (TLG), a national organization providing services to families with disabilities. Co-hosts Emma Brown and Rayme Cornell conclude with a look back at some of this season’s best moments. 30 minutes. ST and CC.