

# OC Family magazine

Editor

OC Family is a magazine brand dedicated to sharing stories, resources and strategies for raising healthy and happy families in Orange County. With a circulation topping 150,000 OC Family magazine is Southern California's #1 family media brand.

The magazine has been recognized as a leader in digital and online media having been recognized by the PMA as one of the top regional parenting websites in the nation.

In addition to my editor responsibilities I also wrote award-winning travel articles for the HIT THE ROAD section of OC Family as well as a monthly parenting column.

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# Orange County Register

Columnist

I pinned a weekly parenting column that appeared on the front of the Family section of the Orange County Register. To read some of my past columns you can go to my columnist profile, [here](#).

## OC FAMILY



SHUTTERSTOCK COMPOSITE

## WHAT'S INSIDE

## THINGS WE LOVE

Cool school kicks for back to school. Page 2



## BOOKSHELF

Celebrate Grandparents' Day on Sunday with these great reads. Page 6



## CLASSROOM HERO

Each week, learn about an educator making a difference. Page 7

Have a story idea or a calendar event? Email [ocfamily@oregister.com](mailto:ocfamily@oregister.com)

## THE MYTH OF THE ONLY CHILD

Having just one is a growing trend for parents, and research shows no detriment to the 'onlies.'

By ROXANNE HACK  
ORANGE COUNTY REGISTER

"He needs a little brother or sister?"

I've lost count of how many times someone has said that to me about my only child. It isn't just that they say it - it's how they say it. There's usually an "awww" right before or after, and their heads tilt a little. Their statements and gestures come wrapped in what I can only assume is well-meaning pity - for my son, for me, for all the poor, defenseless, innocent babies I'm not bearing.

In most cases, people blame my age. "You'll change your mind," they chide. "You're still young." As if my decision to

have just one kid is senseless. How could I possibly only want one?

But why the stigma? Especially when recent research shows that society's negative assumptions about single-child families aren't holding much weight anymore.

The number of such households has nearly doubled since the '90s and '70s, according to the National Center for Health Statistics. But as Lauren Sandler, author of "One and Only: The Freedom of Having an Only Child," points out, it isn't just about the statistics.

SEE ONE • PAGE 4

## My kids taste the sweet life

My kids spent two weeks at my mom and dad's house in Nevada with their cousins. After hearing about their experience, I was

overcome with one, albeit immature, feeling: Not fair!

The first morning they arrived, my mom prepared the breakfast table with every sweet delight that was loaned from my house while growing up: Fruit Loops, Frosted Flakes, enough sugary cereal to fuel a 9- and 12-year-old through more than a morning's worth of tantrums and meltdowns.

I know the topics of "Grandparents spoil their grandkids" and "Why do my kids get the funds I never got in a kid?" have been examined to death, but this is a little different. Because in this instance, frankly, it's happening to me.

In my family growing up, my mom filled the kitchen with the healthiest food the '70s had to offer: Roman Meal bread (instead of Wonder Bread), grape juice from

Who is this woman pushing the Pringles on my kids, and what has she done with my mom?

concentrate (instead of milk), red delicious apples (instead of fruit cups), Triscuits (instead of chips) and, the worst travesty of all, Laura Scudder's Natural Peanut Butter (instead of, you know, peanut butter).

Laura Scudder's is the kind that has the oil sitting on the top that you have to try to stir in like some kind of cruel science experiment. It's thick and pasty, and there is zero chance of not ripping your bread to pieces when spreading it.

My mom has even acknowledged that she used to put wheat germ in our brownies as a "flour booster." What kind of twisted...? All this was done in the name of eating healthy, and to this day I think I have pretty good eating habits because of it. I'm grateful to her for her efforts, and even though as a kid it seemed like my friends were eating Pop-Tarts, Pop Rocks and Sugar Pops for breakfast, I knew she did it because she loved us.

So I just want to know, who is this woman pushing the Pringles on my kids, and what has she done with my mom? She has taken on legendary spoiling status among our friends. We get requests to tell the same stories over and over again. Like once, after seeing "Disney on Ice" at Honda Center, my mom bought Emily, my daughter, cotton candy on the way out

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# OC Family TV show

Host, Producer, Editor

Awarded Best Broadcast about Orange County by the OC Press Club. I produced, wrote and hosted the half-hour local TV show that aired on Cox3. OC Family TV featured family-friendly activities in Orange County and profiled people and places important to local family life.

You can watch segments of the program, [here](#).