

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.

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 6CLASSROOM
HEROEach week, learn
about an educator
making a difference.
Page 7Have a story idea
or a calendar event?
Email ocfamily@oregister.comTHE
MYTH
OF THE
ONLY
CHILDHaving 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, lonely
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 tohave just one kid is senseless.
How could I possibly only want
one?But why the stigma? Espe-
cially when recent research
shows that society's negative
assumptions about single-child
families aren't holding much
weight anymore.The number of such house-
holds has nearly doubled since
the '60s and '70s, according to
the National Center for Health
Statistics. But as Lauren Sand-
ler, 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 lifeMy 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, al-
beit imma-
ture, feeling:
Not fair!SUZANNE
BROUGHTON
REGISTER
COLUMNISTThe first
morning they
arrived, my
mom pre-
pared the
breakfast ta-
ble with ev-
ery sweet de-
light that was
banned from
my house
while growing up: Fruit Loops,
Frosted Flakes, enough sugary
cereal to feed a 5- and 12-year-old
through more than a morning's
worth of tantrums and mel-
tdowns.I know the topics of "Grandpa-
ents spoil their grandkids" and
"Why do my kids get the foods I
never got as a kid?" have been ex-
amined to death, but this is a little
different. Because in this in-
stance, frankly, it's happening to
me.In my family growing up, my
mom filled the kitchen with the
healthiest food the '70s had to of-
fer: Roman Meal bread (instead of
Wonder Bread), grape juice fromWho is this woman
pushing the Pringles
on my kids, and what
has she done with
my mom?concentrate (instead of soda), red
delicious apples (instead of fruit
cups), Triscuits (instead of chips)
and, the worst (travesty of all, Lau-
ren Scudder's Natural Peanut But-
ter (instead of, you know, peanut
butter).Lauren 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 experi-
ment. It's thick and pasty, and
there is zero chance of not ripping
your bread to pieces when
spreading it.My mom has even acknowl-
edged that she used to put wheat
germ in our brownies as a "flax
bustout." 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 be-
cause 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 daugh-
ter, cotton candy on the way out.

SEE BROUGHTON • PAGE 6

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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](#).