



The Insiders' Guide To Modern Parenting

Wednesday, March 14, 2010

## HOME

### Toddler Approved Recipe Swap: Micah's Blueberry Soup by Jennifer Small, Citibabes Member

In our second installment of Citibabes' new toddler recipe swap, another great Citibabes member shares her daughter Micah's very favorite breakfast. If you have a recipe you'd like to share, [click here](#).



#### Micah's Blueberry Soup

##### Ingredients:

1 cup milk  
2 tbs ground organic brown rice\*  
Cup or so of frozen blueberries

1. Bring milk to simmer in a medium heavy saucepan over medium heat.
2. Sprinkle ground rice over the milk and whisk until it thickens (4 minutes or so).
3. Remove pan from heat, stir in frozen berries. The cereal will turn purple and the frozen berries will cool it enough so it can be eaten immediately.
4. Thin if necessary with some milk, and sweeten with honey, maple syrup or agave.

\*To grind brown rice: Put 1 cup brown rice in blender and warn everyone you're going to make a big noise. When it's a "fine-ish" powder, it's done (2 minutes or so). Don't overprocess, as the rice powder can get lumpy, which make for lumpy cereal. Store in refrigerator.

To share your "Toddler Approved" recipes, please email [recipeswap@citibabes.com](mailto:recipeswap@citibabes.com). Stay tuned for the Citibabes blog where all the recipes (and much, much more) will be archived - a quick, easy cookbook for kids!

## HEALTH

### Explaining IVF to Children: A Unique Book By Claudia Bates, IVF Mom, and Author, *I Can't Wait to Meet You*



Today many people living in the United States either know someone who has undergone IVF or have done it themselves. Statistics show that women are waiting later to start families, and that 1 out of 6 couples

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(approximately 7.3 million people) are in need of assisted reproduction. Infertility issues have infiltrated mainstream media and have been prominently featured on national shows like *The View* and *Oprah*.

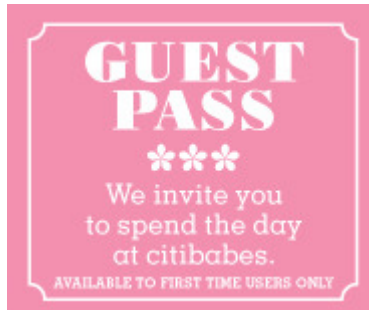
While I was undergoing IVF, I met countless women going through the same experience I was. It was comforting to know I was not alone in wanting so desperately to start a family.

Being a person who likes to plan ahead, I began to visualize how I was going to talk to my unborn child about their conception. Explaining the birds and the bees can be daunting for parents, and those who have been through IVF are no exception.

After much research, I also discovered that the psychological branch of the American Society of Reproduction had taken an official position on the subject of telling an IVF child his/her origins. They concluded that it is in the best psychological interest of a child conceived by IVF to have full disclosure of their conception.

So I decided to write the children's book, *I Can't Wait to Meet You*, to support myself and all the other families who were looking for a way to share their story. It's ideal for parents who are ready to have this discussion with their child.

Anyone going through the experience of IVF can use a light at the end of the tunnel. My book reminds hopeful parents of why they are going through such physically and emotionally taxing measures. And it helps parents keep looking forward to the family they so deeply want. *I Can't Wait to Meet You* is the place where hope and biology meet.



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