

Birthday Wishes

garners national attention
in Parents Magazine.



TS to PARENTS we hear you

EAT UP

I loved, loved, loved "Portion Distortion" in the September 2008 issue [Kids' Health]. I often wonder what the correct serving size is for my 2-year-old daughter, Brooke. It seems like the tiny amount she eats can't possibly fill her up, but now I know it's enough for her.

Jill Childs; Smyrna, Tenn.

will encounter and will need to be prepared for in the future.

Lisa Bennett; Clarksburg, W.V.

{ POWER OF PARENTS }

As the child of a single mother who struggled financially, Massachusetts mom Rachel Calabrese knows firsthand what it's like to go without, and she also believes in giving back to her community. That's why when she read about Birthday Wishes, a nonprofit organization that brings birthday parties to children living in homeless shelters, she volunteered to throw parties. Three women who wanted to help kids build self-esteem founded the Boston-area group in 2002. In a little more than three years, Calabrese, who has three children, has become the Southeastern Massachusetts coordinator of the program. "Some of these kids aren't even aware of their birthday, but now they get to have the party experience that most children take for granted," she says. Donations come from a variety of places, including local corporations. Hundreds of volunteers donate their time either by participating in the celebrations on-site or by dropping off a "birthday in a box," which holds all the materials needed to throw a party. So far this year, Birthday Wishes has brought parties to more than 60 shelters in and around Boston. For more information, go to birthdaywishes.org.

—Samantha Strahota



Calabrese and her family attend a Birthday Wishes fund-raiser.

Parents donated \$500 to Birthday Wishes. To nominate your organization or community-service project for Power of Parents and be considered for a donation, e-mail us at advocacy@parentsmag.com.

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Bringing Birthday Parties to Homeless Children

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