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SMART
SMART LIVING + PEACE OF MIND

MAIDEN ISSUE
Moms

MOM'S
LITTLE
HELPERS
Must-have home
technology for your
peace of mind

STAY
SHIELDED
Top tips for
home security

QUALITY
TIME MADE
MORE FUN
Exciting twists to
bonding activities



SCOOP!

Miss Universe 2015
Pia Wurtzbach
on living the big
dream and staying
confidently connected

Tweetie
DE LEON-
GONZALEZ

POISED FOR A SAFE AND SOUND HOME

FREE INSIDE! FAMILY PLANNER 2017



8



12



5



THE MODERN MOM'S SAFETY CHECKLIST

Every mom's to-do list only seems to get longer with each passing day. On that list, safety remains top priority, whether it's knowing that the kids are okay while the adults are away for work or running errands, or planning ahead for something fun to do over the weekend. Thankfully, mobile Internet, security cameras, and other technological advances have made accomplishing tasks much more efficient. The challenge is to find the best system that fits you and your family's lifestyle.

PLDT HOME's *Smart Moms* is here to help. Here, you will find information on PLDT Home products that promise to provide you with peace of mind, and make parenting (kids and pets alike!) easier, fun, and hassle-free. In this maiden issue, we talk to model, mom, and entrepreneur Tweetie de

Leon-Gonzalez, as she shares how PLDT Home helps her perform her mommy duties with admirable ease. Pick up ideas on how to build a smarter home with fast Internet connection, plus ways to deal with common scams.

Check out PLDT Home services that can help you stay connected with family, as well as the best spots for your Telpad, Fam Cam, and Family Zone. Pia Wurtzbach relates how she stays connected with her loved ones during her Miss Universe reign, plus we also hear from Bea Lozano, who has found a trusty companion in the Fam Cam to help her take care of her beloved pet, Chowder.

You'll find all these and more in this edition of PLDT HOME's *Smart Moms*, which includes the My Fam Plan 2017 planner to make sure you stay on track and at peace for the coming year and beyond.

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ROYALLY YOURS

The best is yet to come for Miss Universe 2015 Pia Wurtzbach, who continues to surprise and delight.

Miss Universe 2015 Pia Wurtzbach's homecoming parade seemed to mirror her journey towards winning the crown. The parade was long and arduous after all. Over a million were out on the streets just to see her. And there was a reported chance of rain that day.

Much like her parade, her journey to the crown wasn't easy or without challenges. She tried for Binibining Pilipinas three times before she got her shot at the worldwide pageant. And even her coronation didn't come without a hitch.

But all that just made her victory sweeter. And her victory parade became her most memorable time during her reign.

"It was six hours long... 1.4 million people were out on the streets to celebrate. There was a reported chance of rain that day, but instead we witnessed two rainbows side by side. It was definitely the most beautiful day," she says.

Now she is concentrating on her duties as Miss Universe. She has been active in promoting HIV awareness and testing in the Philippines and in the U.S. She also promotes Smile Train, an international organization that provides cleft lip and cleft palate surgeries for underprivileged children, and she even volunteered at God's Love We Deliver, a community service kitchen in New York that provides over 6,000 meals a day for people who are too sick or cannot afford to buy food.

In all that, technology has played a huge part. She is active on social media and has used it to encourage fans and followers (almost five million on Instagram and over one million on Twitter for her personal and official Miss Universe accounts combined) to support her advocacies.

"It's so important that I stay connected to people in the U.S., the Philippines, and beyond. Social media is a powerful tool and it's a great way to keep the fans involved and updated," says the beauty queen.

"I can't survive one day without talking to someone. I like to be updated with my friends and family. I like to update them, too, on my journey as Miss Universe"

"I can't survive one day without talking to someone. I like to be updated with my friends and family. I like to update them, too, on my journey as Miss Universe," she adds. In the Philippines, she is an ambassador for PLDT Home

DSL, so she knows connectivity and peace of mind are topmost priorities for someone who has to be at the top of her game.

What's next for Pia? "I will definitely continue working with HIV/AIDS awareness along with other charities that are close to my heart. On the career aspect, I really can't imagine doing anything else. I most probably will be staying in front of the camera. I'll keep the rest a surprise," she teases.

One thing's for sure: No matter what she does, Pia is likely to surprise us again and again.



QUEEN OF CONNECTIVITY

● Even before she secured the much-coveted Miss Universe crown, the then Binibining Pilipinas titlist Pia Wurtzbach has already been active in her role as brand ambassador for PLDT Home DSL.

● The beauty queen herself takes her advocacy for connectivity to the core: "I'm happy to be part of the PLDT Home family. I share the same values with the brand and I'd like to use my influence to promote family bonding. Spending time with my family is most important for me as it strengthens my connections with them."

● "Pia has been with us throughout the year as we aggressively went around the country bringing the family-sized broadband connection of Home DSL to more Filipino homes nationwide," relates PLDT VP and Home Marketing Director Gary Dujali.

PIA'S PEACE OF MIND

The beauty queen shares how she stays connected and at peace even while she's on the go.

TECH MATTERS.

"My home is safe and smart because of the technology I trust inside my home. I know that even if I'm not around all the time, there is no reason for me to be uneasy."

SECURITY IS KEY.

"It gives me peace of mind to know that I'm always just one click away from being connected to my home. It gives me a sense of security to know that I'm connected all the time, wherever I go."

ONE CLICK AWAY.

"The Internet plays a big part in our lives. Having a fast and steady Internet connection helps me stay connected and informed. I can't imagine going one day without it."



Quick Bites

Read our roundup of bite-sized tips on how to keep family connection stronger and ties tighter.

● BE MORE OPEN: THE IMPORTANCE OF EFFECTIVE COMMUNICATION

Learning how to effectively communicate at home positively impacts every member of the family, especially kids. It leads to better relationships, establishing trust and understanding in and out of the household. Kids who can express their feelings and thoughts better are found to have higher self-esteem, according to a study made by the University of Delaware in New Jersey. Anger is also curbed when your teenager knows how to properly express his or her feelings and emotions, says another study made by the University of Florida. In order to avoid household drama and foster a deeper bond with the rest of the family, it's important to learn how to effectively communicate with each other.

Source: *The Impact of Effective Communication in the Family* by Kay Ireland <http://www.livestrong.com/article/73043-impact-effective-communication-family>

● TONE IT DOWN

A study from the University of California published in the journal titled "Proceedings of Interspeech" points out that when communicating with your partner, how you say things is more important than what you're actually saying. That's especially true when you and your spouse get into an argument. The study recorded conversations between over 100 couples during their marriage therapy sessions. Meanwhile, Susan Heitler, P.h.D. stresses in



GoodTherapy.org that using a positive tone when arguing helps resolve issues. Focus on solving the problem at hand instead of winning the argument. As the adage goes: "It's not what you say, it's how you say it."

Source: *The Tone of Voice You Use on Your Partner Says a Lot About Your Marriage. Study Says* <http://www.smartparenting.com.ph/life/love-relationships/the-tone-of-voice-you-use-on-your-partner-says-a-lot-about-your-marriage-study-says>

● NO MORE TIME-OUTS

Kids often misbehave because, well, they're kids. But making them face the wall, stand in a corner, and get a

"time-out" to reflect on the mistakes they've made won't cut it anymore, according to the latest research on relationships and the developing brain. In fact, time-outs might make your child feel more disconnected, thereby making him angrier and more agitated. Worse, the psychological impact is similar to physical pain. The next time your toddler misbehaves, it's best to sit him down, soothe him, and explain the situation.

Source: *'Time-Outs' Are Hurting Your Child* by Daniel J. Siegel and Tina Payne Bryson <http://time.com/3404701/discipline-time-out-is-not-good>

CONNECT AND SELECT

There's a perfect plan for every budget.

● Love weekend movie marathons with the whole family? Check out **FIBR LITE PLAN 1899**, with speeds of up to 50Mbps at 80 GB monthly volume allowance. If you add P99 on top of your monthly plan, you and your kids can enjoy watching all those exciting movies and TV series from iflix and Fox Networks Group without leaving the comforts of home.



● Level up to **POWER PLUS PLAN 2899** for your entire family to avail of speeds of up to 50Mbps with equal upload and download speeds. With this package, you also have the option of adding an iflix and FOX Networks Groups subscription.

● Maximize family time at home with the **FIBR PLAN 3500**, which lets you and the entire family stay connected online with speeds of up to 50Mbps and enjoy Signal Digital TV Channels for free.

THE ACTIVITIES THAT BIND

Get to know your kid better while having fun with these simple bonding activities.

Spending quality time with kids is a top priority for moms. You may already have your own favorite activities, but it's good to introduce new ones, too. Try these out on your next bonding session with the kids.

● FUN IN THE KITCHEN

Make a (yummy) mess in the kitchen by cooking a simple dish, or baking a batch of fudgy brownies or classic chocolate-chip cookies. These activities might prove to be too fun for your little one that he may eventually insist on doing them by himself in the future. Adult supervision is a must, especially for younger kids. Having an Advanced Fam Cam will help keep your peace of mind intact as your junior chef putters in the kitchen while you're away, enabling you to confidently encourage a can-do attitude.



● DO A THROWBACK

Teach the little ones to appreciate the simple things and acquaint them with the fun activities from your own childhood by playing old-school Filipino games like *patintero*, *piko*, and "Doctor Quack-Quack." Then, serve native snacks like *guinataan*, *halo-halo*, and *karioka*.



● ARTS AND CRAFTS FEST

Gather a group of kids in the neighborhood or your child's cousins and teach them how to sketch or make dolls using scrap materials. You'd be amazed at what they could come up with!



● **ADVENTURE TIME**

Backyard camping is a fun and safe outdoor activity for both kids and grown-ups. Pitch a tent, lay down on the sleeping mat, toast s'mores, and do a bit of stargazing and storytelling using shadow puppets.



● **ON FLICK**

Once or twice a month, allot a weekend afternoon for a themed movie marathon. Decide on an age-appropriate theme—e.g. family pets, sports, or coming-of-age—and let your kid choose the movies to watch. Check out your favorite Netflix Originals in HD and 4K with **PLDT Home Fibr**, the Philippines' fastest Netflix streaming provider.*

MOMMY'S DAY OUT

After bonding with the kids, it's time for some me time! Three mommy bloggers share how they enjoy their day out sans guilt and worries.



"I want to thank #PLDTHome for helping me achieve my goals as a mother and a blogger. They made it possible for me to become the best mommy-version of myself when I am at home and even when I am away."

—**Rochelle Rivera**,
www.rochellerivera.com



"Moms need all the help we can get. Sometimes it comes in the form of an electronic gadget. I feel guilty for leaving my kids every time I go out. But the PLDT FAM CAM helps me watch over my kids when I'm not with them. This gives me peace of mind, knowing that they are safe, since I can see what they are up to and talk to them! All this with just a click of a button."

—**Tonni Balanzat**,
www.domesticgoddess-tonni.com



"I can definitely get used to having more worry-free days out because PLDT Home will help me monitor my kids' activities even when I'm out drinking coffee with my gorgeous tita friends or watching a movie with the husband."

—**Shalene Rivera**,
www.purplepieces.com

MOMMY MUST-HAVES

Some essentials to keep handy for both indoor and outdoor adventures



1 MOSQUITO REPELLENT

Drive dengue-carrying mosquitoes away!



2 CLEAN WATER

Train your kid to chug down agua even before they get dehydrated.



3 RELIABLE CONNECTION

Stay connected wherever you go with the **Smart Bro Pocket Wifi**. Visit pldthome.com to upgrade your DSL Plan now!

PHOTOS BY TOTO LABRADOR • MAKEUP BY CATS DEL ROSARIO FOR SHU UEMURA • HAIR BY BOGGY DIAZ

FINDING BALANCE

TWEETIE DE LEON-GONZALEZ shares her tools and tricks for deftly juggling her roles as wife, mom, model, and businesswoman.

Tweetie and Mon Gonzalez with their kids Sabina, Lorenzo, Nicolas, and Alfonso, and their beloved Siberian husky



Tweetie makes sure she stays connected with her kids



Her pieces are understated and sophisticated

TdLG is Tweetie's pride and joy

The titular role on the early '90s TV sitcom *Okay Ka, Fairy Ko!* seems tailor-made for Tweetie de Leon-Gonzalez: At 49 years old, she is as enchanting as ever. With her chiseled features, toned physique, and honey-hued complexion, Tweetie still looks every bit the supermodel, but these days, she has gone far beyond the catwalk.

"I feel like I'm very busy every day," she says. "I have the household to run. I'm at a stage in my life that I want to be around my kids; I tend to drop everything when I know they're home. And I have my little jewelry business."

Aside from being at the helm of her "little business" called TdLG, she is also part of a group of designers called the MNL Design Collective, made up of some of the industry's most recognizable names: fashion designers Rhett Eala and Joey Samson, Malou Romero of Joanique, and Rita Nazareno of Zacarias 1925. "We constantly engage in different projects. We're already planning

something for next year while we finish projects lined up for this year," she says.

"I'm at a stage in my life when I want to be around my kids; I tend to drop everything when I know they're home."

While mothers typically struggle with maintaining that elusive balance of work-home-self, Tweetie seems to have gotten it down pat. "I'm a schedule freak! I guess that's how I thrive," she explains. "The reason I'm able to do the things I need to accomplish is because I schedule what I need to do for the rest of the week ahead of time."

She's an early riser who needs her acai berry supplement and double shot of espresso to jumpstart her day, and while her schedule varies from day to day—not having a set 8-to-5 job—she's able to break it down to address all the areas that need attention. "On the average,

I'd say 30 percent is for workout, for myself; 40 percent for work; the rest for family or for the house," she says.

On days when she's unable to go to the office, she is able to work remotely, aided by PLDT Home Fibr. "Sometimes it's just a matter of having a laptop or even just an iPad and giving instructions and replying to messages or e-mails, because sometimes that is a big portion of what I need to accomplish—costing,



The model mom keeps herself busy every day

accounting, inventory, stuff like that," explains Tweetie.

Technology has also allowed her to stay connected with her kids Sabina, 20, Lorenzo, 19, Nicolas, 16, and Alfonso, 11. "My children grew up in the digital age, so they rely heavily on it," says Tweetie. She enlists the help of social media to communicate to her brood of millennials. "It's funny because sometimes they'll say, 'Just Facebook it to me, Mom, just send it through Messenger.' [And I'll say,] 'But why?' But okay, if that's the only way for you to connect, if that's how they would appreciate you reaching out to them, then okay."

While it bothers her when her kids use their gadgets during family meals, she has also learned to use technology to her advantage. "There are reading materials, there are links that I find very

useful, which they'll find corny if I discuss it with them. For example, '10 tips on how to maintain dining etiquette,'" she says with a laugh. "If you discuss it with them, [they'll say,] 'Ten? Oh my god, you're only on number two, Mom!' So you just send it to them because you know they'll read it because they're always online anyway. Might as well learn something. It's become a tool for me that way."

She also keeps it light by sending fun stuff to her kids like cute videos of dogs (the family has three furry family members: a chow-chow, a Siberian husky, and a boxer). "They can't deny that they've seen it because their profile pics come out when they see it!"

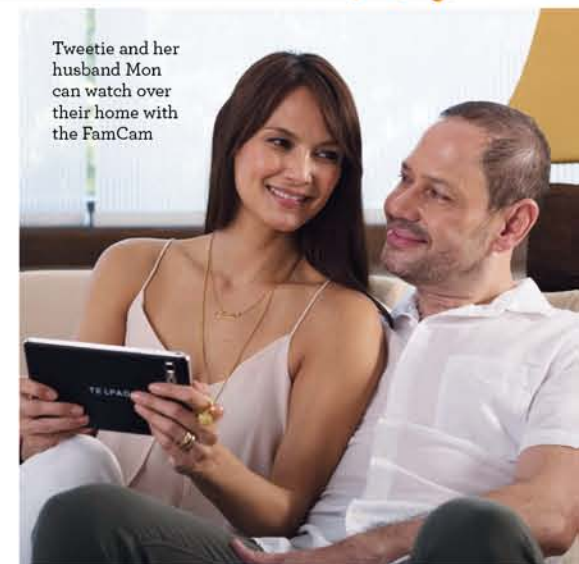
Another useful tool: the PLDT Home Fam Cam. "My husband (businessman Mon Gonzalez) has cameras everywhere!"



The kids find time for bonding over fun stuff like watching cute dog videos their mom sends them!

Tweetie enlists the help of social media to communicate to her brood of millennials.

Tweetie and her husband Mon can watch over their home with the FamCam



reveals Tweetie. "You can access it through Wi-Fi right on your phone. I even have cameras in my store and office. It's very effective—especially when you've got teenagers!"

She has many tools to help her navigate her daily schedule efficiently and to live life fully. And maybe there's a little bit of magic left over from her TV fairy-past to help her do it all. But there's this enthusiasm for her family ("I always look forward to coming home"), for her business ("Working on my jewelry—that gives me so much joy"), and even for herself ("You can't function 100 percent if you're lagging behind in your self-care") which makes you think: The true magic lies in the genuine love and passion she has for the things that are important to her.

TWEETIE'S FAVORITE THINGS

What the super mom is loving right now

GODS AND KINGS BY DANA THOMAS

"This is like a biographical account of the journey of [designer John] Galliano as compared, or as opposed to, Alexander McQueen's. The book gives the reader the human side of these accomplished architects—their frustrations, their idiosyncrasies...It's both exhilarating and sad."

COWHIDE PURSE

"Initially I was doing only jewelry, but I got into bags mainly for myself because it's so hard to find a bag that my phone, my compact, and my lipstick will fit in. This one is from my own line. I use it when I'm out at night ninety-nine percent of the time. It goes with everything that I wear, there's enough room to fit in everything that I need, so it's very functional."



SHU UEMURA PALETTE

"I like it because I can use it from day to night. It's a no-brainer!"



PLDT FAM CAM

"We used this when my husband and I were on a trip and all the kids were here. When he said 'Hi, guys,' my kids replied 'Whoa, Dad! You sound freaky. Are you trying to sound like God?'"

A HOME FOR THE MODERN TIMES

What makes a home safe and fun for the entire family?
Let us take you on a quick house tour.

PHOTOS BY DAIRY DARILAG • STYLING BY DAGNY MADAMBA



PLDT HOME TELPAD



Equip the living room—or the family's favorite common sitting area or *tambayan* with a sleek, all-in-one device for the whole family to enjoy. Telpad lets you take and make calls, browse the Internet, take and edit pictures, play games, read e-books, watch movies, and download apps. Controlling your home devices (e.g. Fam Cam and HD TV) via Wi-Fi and Infrared is even possible with the all-new Telpad. Visit www.pldthome.com or inquire at your nearest branch for a plan or upgrade that's perfect for your family.

PLDT HOME ADVANCED FAM CAM

You may not physically be with your little one 24/7, but having an Advanced Fam Cam installed in her play area or nursery, which you can access anytime, anywhere with MyDlink Cloud Services, can make a world of difference. It also boasts amazing pan, tilt, zoom functions, and night vision.



PLDT HOME FAM ZONE

Kids are naturally curious, and this generation's go-to place for answers is world wide web. Control and monitor your child's online activity without inhibiting learning with the PLDT Home Fam Zone, which lets you restrict websites, schedule online time for your kids, and customize online access of everyone at home.



SMART WATCH

Surprise your kid with a cool wearable gadget he can strap on indoors or outdoors. When the Smart Watch is paired with a Telpad or mobile phone via bluetooth, you can track your kid's location, set their safe zone, receive alerts and even call your kids on their watch!



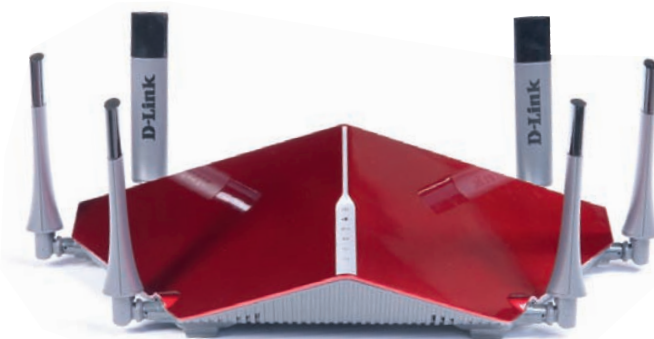
PLDT HOME TVOLUTION STICK

Turning your HDMI-ready TV into a full PC is possible with the clever TVolution Stick—just plug it to your TV and use a wireless keyboard and mouse. Further add entertainment value to your TV room with Netflix, whose adaptive streaming feature can be complemented by the powerful connection of PLDT Home Fibr!



PLDT HOME FIBR

Having fast and reliable Internet connection is a must for every home. Make your home office or study more conducive to finishing that big project with PLDT Home Fibr, the country's most powerful broadband that delivers equal upload and download speed of up to 1 Gbps even while other family members are simultaneously connected to it. This is a premium broadband that meets global internet standards that uses dedicated fiber optic cables straight to your homes. Existing PLDT Home Fibr subscribers can now fully maximize their Fibr experience with the ultra-fast router.



ULTRA-FAST CONNECTIVITY

Whether for work or for play, research or R&R, fast and reliable connection is essential. For as low as P699 per month*, you can maximize the experience of PLDT Home Fibr with a fast D-Link router! It can power even the most demanding connected homes.



SAFETY FIRST

Keep your household away from harm at all times.

When you're away from your home, a million worries run through your mind. Are all the doors locked? Is the baby's play fence locked in place? You can't spend the entire day worrying! What's the next best thing to having your clone take charge at home while you're away? **HAVE THESE SAFETY MEASURES IN PLACE:**

1 SECURE YOUR HOME.

Regularly check the locks on your doors. Secure windows, particularly those used as fire exits.

2 CHECK POTENTIAL HAZARDS.

To avoid overheating, keep appliances unplugged when not in use. Tell your kids that playing with candles is a no-no. Adults should help kids when plugging into a power socket.

3 HAVE AN EMERGENCY PLAN.

Simulate an emergency situation such as a fire or earthquake in your home. Include household helpers and assign them a specific task, such as making sure the main power switch is turned off.

4 BABY-PROOF YOUR HOME.

If you've got a little one, make sure that table corners are fitted with corner guards; play areas are secured with a fence; and breakables and chemicals are out of baby's reach.

5 HAVE A FIRST AID KIT ON HAND.

Store-bought ones contain the basics: alcohol, cotton, bandages, pain relievers, and the like. Discuss with household members how to use these.

6 BE A CALL AWAY WHATEVER HAPPENS.

Equip your home with super-fast and reliable Internet connection so family members and helpers can reach you right away. **PLDT Home Fibr** offers high-speed connection to keep communication lines open 24/7.

7 GUARD AGAINST VIRTUAL HARM

Make sure your child is protected online as well! **Family Zone** enables Internet filtering and lets you receive reports and mail alerts about your child's online activity.



DON'T GET SCAMMED!

Learn about the most common gangs and scams that endanger your home and don't fall prey to their modus operandi:

● AKYAT-BAHAY

Someone breaks into your house and steals your valuables. If it happens without you knowing it, don't touch anything and call the police immediately. If you happen to see the intruder, stay in a safe place and keep quiet until the intruder leaves.

● GAPOS

This is similar to akyat-bahay, but as an added threat, the intruders are known to tie up the members of the household and lock them inside the bathroom. Follow their orders and keep quiet. Call the police immediately after the intruders leave.

● DUGO-DUGO

Someone calls a household member on the phone to say that you or your husband met an accident. The stranger then asks the household member to look for cash around the house and bring it to a designated place. When this happens, tell your family member or helper to pretend to go along with the plan but to not leave the house. Call the police immediately.

With a **PLDT Home Fibr** connection and an Advanced Fam Cam installed in your home, you never have to worry! Wherever you may be, monitor your home 24/7 to make sure your family stays safe and away from harm.

PARENTING IN THE DIGITAL AGE

PLDT Home's recent Mommy's Day Out event zeroes in on child safety online

Hosted by celebrity moms Denise Laurel and Isabel Oli, the intimate gathering* held at Stacy's, Bonifacio Global City tackled the joys and challenges of parenthood. It turned out that all moms, whether celebrities or not, share the same worry: their kids' safety. Renowned psychologist and guidance counselor Michele Alignay gave an enlightening talk on parenting in the digital age. Moms were encouraged to set rules on Internet usage for their kids and to train them to be responsible netizens.

At the end of the day, moms want to ensure that their kids are kept safe and are raised properly in this technology-driven world even if they're not always home. With the help of PLDT Home products—the kid-friendly **Smart Watch**, the **Fam Cam** home monitoring system and online parental control **Family Zone** device—moms are sure to have the peace of mind that makes for a happier and more secure household.

*See opposite page for photos from the event.

MOMMY'S DAY OUT

It was a celebration of motherhood at PLDT Home's recent Mommy's Day Out event at Stacy's, Bonifacio Global City. The event was hosted by Denise Laurel and Isabel Oli, and graced by prominent mom figures such as Camille Prats, Issa Litton, and Tessa Mauricio Arriola.



SMART HOME LAUNCH

PLDT Home introduced Smart Home to the market with a grand launch in September. The event also saw the unveiling of the brand's partnerships with established entertainment and retail brands like Roku Inc. for Internet TV.



L-R: Nikka Garcia-Martinez, Dimples Romana, Rica Peralejo-Bonifacio, Derek Ramsay with girlfriend Joanne Villablanca



L-R: Dindin Santiago-Manabat, Ara Galang, Alyssa Valdez, Jaja Santiago



L-R: Venus Raj, Shamcey Supsup-Lee, Bianca Manalo



Baebie Paster

PLDT HOME CONCEPT STORE

The very first PLDT HOME concept store was launched in Cebu, giving customers and guests the chance to experience PLDT HOME's full suite of the latest innovations in a modern and unique environment. At the event, customers experienced the latest in communication and technology, applying the four pillars of PLDT SMART Home concept: entertainment, security, connectivity, and convergence.



THE FOUR-LEGGED FAMILY MEMBER

Make keeping a pet both a responsibility and a treat for your kid.

There will come a time when your kid would request for a pet, be it a furry chow chow or perhaps a cute hedgehog. Instead of just giving in or saying no upfront, see pet ownership as a great opportunity to train your child to be more responsible. Keeping a pet, after all, entails activities beyond playtime and taking your furry friend for a walk.

Prior to taking home a pet, talk with your child and make her understand her responsibilities as a pet owner. Whipping up a list of chores and going through each item would help. Let her know you'd be present to supervise, but that it would be her primary responsibility to make sure her pet is well taken care of and loved.

Twenty-four-year-old Bea Lozano, key account executive and pet mom to an Instagram celebrity dog, knows this all too well. "Chowder is our first pet. Having a pet is also like having a baby. So you really have to treat them with unconditional love."



Growing up, Bea had always wanted to have a dog, but her asthma made it impossible to keep one...until that eventful day when she finally overcame her asthma and got the doctor's go signal to have a pet. Along came Chowder, her beloved chow chow who is now three doggy years old.

Bea, being a responsible pet owner (read about her tips below!), makes sure she has regular bonding time with her beloved Chowder. She particularly likes bedtime because she shares her bed with Chowder. But, really, practically every moment spent with him is a treat. "Every time I go home, Chowder gives the best greeting ever! It's like he hasn't seen me for a long time! What he does is he climbs on the sofa, looks out the window...and then he wags his tail really fast when he sees me."

It is a win-win situation—you have an adorable pet pattering around the house and an opportunity to teach your millennial how to be responsible for another living creature.

BEA'S TOP PET-PARENTING TIPS

Learn new tricks on how to care for—and love—your furry pals.



TREAT YOUR PET WITH UNCONDITIONAL LOVE.

"I treat Chowder like an actual human being. He sleeps in my bed, I give him baths...I make him *pasyal* every weekend. I walk him to poop. And it is these activities with your pet that help forge such a strong bond with them."

SOCIALIZE YOUR PET WITH OTHER DOGS AND HUMANS AT A YOUNG AGE.

"Train your pet to be friendly to other people and other four-legged fellows. Why not set a play date with your friends' pets? It'll be fun!"

GET A PLDT HOME FAM CAM.

"Best investment especially if you are a clingy mom like me! You can watch and talk to your dog, even at night; thanks to the Fam Cam's night vision!"



TRAVELING IN PEACE

Wanderlust Bea relates how she and Chowder stay in touch when they're miles apart.

I love to travel. Just last month alone, I went to three countries (Japan, Korea, and the US). The longest trip that month was to Hawaii. I was gone for about a week," shares Bea. As much as she loves traveling, Bea admits missing her dear Chowder, most especially the morning kisses—which also double as an alarm clock—whenever she's out. "It's the worst feeling being away from your pet. Even just being away for work is the worst," she says. Prior to having the Fam Cam, Bea would usually call their help at home to ask how Chowder is doing and what he is up to, and just to be sure that her pet is safe and sound at home.

Now, Bea manages to maintain her close bond with Chowder and even gets to communicate with him directly while she's traveling.

"Now I get to talk to him even when I'm traveling. Every night before I sleep and the moment I wake up, I watch Chowder and talk to him from the Fam Cam so he can still hear my voice even if I'm away. It gives me peace of mind to be able to see what he is doing while I'm away."

FOLLOW BEA AND CHOWDER ON IG!

@bealozano
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