KEEP YOUR KIDS SAFE ONLINE WITH FAM ZONE.

Internet Filtering • Scheduled study & play time • Receive reports & email alerts

In partnership with family zone
Rated the number one parental control product by Australia’s leading cyber experts.

pldthome.com

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 tiring activities

FREE INSIDE! FAMILY PLANNER 2017
very 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.

CONTENTS

WELCOME HOME
What to expect from the Smart Moms magazine

FRESH START
The latest from Miss Universe 2015 Pia Wurtzbach and other hot topics

BACK TO BASICS
A roundup of quick reads on familial ties, plus PLDT Home packages for keeping your family connected

FUN MANUAL
Fun bonding ideas and some tips on how to do mommie-me-time

MOM IN FOCUS
A conversation with the perpetually poised and at peace Tweetie de Leon-Gonzalez

THE MODERN HOME
A quick room-by-room tour of a safe and sound house

IN THE KNOW
Helpful tasks to keep every member of the household safe from harm

SCENES AND SPOTLIGHT
Highlights from PLDT HOME’s exciting events and product launches

RAISING A MILLENNIAL
Bea Lozano and how the Fam Cam helps her take care of her pet, Chowder

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.

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 Philippines 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 advocacys.

“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.”

“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 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 Duji.

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 if I’m not around all the time, there is no reason for me to be uneasy.”

SECURITY IS KEY
“Every day I pass 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 sturdy 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.

**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.

**CONNECT AND SELECT**
There’s a perfect plan for every budget.
- **Love weekend movie marathons with the whole family?** Check out PLDT LTE PLAN 1899, with speeds of up to 50Mbps at 99 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 enjoy 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 Group subscription.
- **Maximize family time at home with the FIBER PLAN 1899, which lets you and the entire family stay connected online with speeds of up to 50Mbps and enjoy Signal Digital TV channels for free.

**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 Fan Cam will help keep your peace of mind intact as your junior chef purrs 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 guinaataan, halo-halo, and kaninola.

**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!
FUN Manual

● 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 Fiber, the Philippines’ fastest Netflix streaming provider.*

• MOSQUITO REPELLENT
Drive dengue-carrying mosquitoes away!

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

• RELIABLE CONNECTION
Stay connected wherever you go with the Smart Bro Pocket WiFi. Visit pldthehome.com to upgrade your DSL Plan now!

MOMMY MUST-HAVES
Some essentials to keep handy for both indoor and outdoor adventures

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 PLDT Home 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 VAM 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.”
—Tomi Balanzat,
www.domesticgoddessronni.com

“I can definitely get used to having more worry-free days just because PLDT Home Fiber will help me monitor my kids’ activities even when I’m not drinking coffee with my gorgeous sis friends or watching a movie with the husband.”
—Shalene Rivera,
www.purplepieces.com

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

PHOTOS BY TOTO LUMAYRO • MAKEUP BY CATS DEL ROSARIO • HAIR BY SHAUDI

*Netflix’s subscription required. All worldwide availability subject to subscription plans. Internet service, device capabilities, and content available at Netflix.com. Rating based on November 2018 PLDT Home WiFi U.S. Speed Index. http://www.pldthehome.com

4 SMART Mums SMART LIVING • PEACE OF MIND
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 compacted, or as opposed to, Alexander McQueen. The book goes through the human side of these accomplished architects—their frustrations, their interpretations—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 percent of the time. It goes with everything that I wear; there's enough room to fit 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 so easy to use."

**PLDT HOME FAM CAM**

"We used this when my husband and I were on a trip and all the kids were looking for something..."
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.

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 the 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.

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 use 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.

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!

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!

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.
IN THE KNOW

SAFETY FIRST
Keep your household away from harm at all times.

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 gauge 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. 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 FBM Cem installed in your home, you never have to worry! Whenever 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 was held at Sta. Ana, Bonifacio Global City to tackle the joys and challenges of parenthood. It turned out that all moms, whether celebrities or not, share the same worry: their kids’ safety. Forensic psychologist and guidance counselor Michelle Aligay 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—like the kid-friendly Smart Watch, the FBM 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 separate 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 Sta. Ana, Bonifacio Global City. The event was hosted by Denise Laurel and Isabel Oli, and graced by prominent mom figures such as Camille Prats, Isla Litton, and Tessa Mauricio Aniñil.

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 convenience.

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.
RAISING A Millennial

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 outright, 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 putting around the house and an opportunity to teach your millennial how to be responsible for another living creature.

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.”

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 play every weekend. I suit 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 will 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!”

FOLLOW BEA AND CHOWDER ON IG!
@bealozano
@chowderthebeardog

Make your strong connections even stronger with HOME’s most powerful broadband. Get more connectivity, more security, more entertainment and more bonding with the family.

Now available in 2.5 million homes nationwide. PLDT HOME Fibr. The strongest connections are in fiber.

pldthome.com