

MELANIE BOWDEN

PUBLISHED BOOKS

- 1) "Get Your Articles Published! Over 100 Tips, Exercises, and Techniques to Sell Your Nonfiction Articles"
October 2007
- 2) "Why Didn't Anyone Tell Me? True Stories of New Motherhood,"
Booklocker.com, 2006

PUBLISHED ARTICLES/WRITING CONTEST WINNERS

- 1) "School's In! California Parents Create Childcare Co-op" (with photos)
Rural Cooperatives Magazine, January/February 2008
- 2) "After the Leap: 10 Ideas for the New Full-Time Writer"
Writers Weekly, January 9, 2008
- 3) "Stay Calm"
Writers Weekly Summer 2007 24-Hour Short Story Contest
Honorable Mention
- 4) "To Grandmother's House We Go: How To Ride Out the Holidays with Difficult Relatives"
Jugglezine, December 14, 2005
- 5) "A Giving Spirit: Ideas for Raising Compassionate Kids"
Connecticut Parent, December 2005
Space Coast Parent, December 2005
The Village Family Magazine, December/January 2006
Northwest Baby and Child, Cover story, November 2006
Bay State Parent, December 2006
Nashville Parent, December 2006
Community Kids, November 2007
- 6) "Cut the Cord: How to Reduce the Amount of TV Your Family Watches"
Parents' Monthly, October 2005
Metro Parent Magazine, March 2006
Third Way Cafe, April 2006
Wilmington Parent, April 2006
Upper Valley Parents' Paper, April 2006
Genesee Valley Parent, April 2006
Pittsburgh Parent, January 2007
Carolina Parent, April 2007
- 7) "Do You Doula? Nurturing Help for Delivery and Beyond Pregnancy"
Parents' Monthly, June 2005

- Northwest Baby and Child, August 2005
Baby Steps, Fall 2005
Pittsburgh Parent, March 2007
- 8) "Always, Always, Always Ask For More Money"
Writers Weekly, November 17, 2004
Absolute Write, December 8, 2004
Freelance Writer's Report, May 2005
 - 9) "Taking Back The Holidays"
TWINS, November/December 2004
Baltimore's Child, December 2004
Big Apple Parent, December 2004
Western New York Family, December 2005
Community Kids, November 2007
 - 10) "Support For New Moms"
San Diego Family Magazine, August 2004
 - 11) "Perfectly Unreasonable: Expecting Perfection is Counterproductive. Here's Why"
Jugglezine, April 14, 2004
 - 12) "Jugglezine.com Query"
Query Letters That Worked. Real Queries that landed \$2K+ Writing Assignments
Booklocker.com, 2003
 - 13) "Reveling in Work: Steps to Bring You Closer to the Work You Love"
Jugglezine, June 13, 2003
 - 14) "Stop The Party Madness"
Space Coast Parent, March 2003
Parents' Monthly, May 2005
Community Kids, May 2006
Western New York Family, January 2007
 - 15) "How To Reduce New Parent Stress"
Parents' Press, February 2003
Nashville Parent, May 2003
San Diego Family Magazine, June 2003
South Florida Parenting, July 2003
Great Lakes Family, July 2003
Tulsa Kids, September 2003
Space Coast Parent, February 2004
Carolina Parent, January 2005
Charlotte Parent, February 2005
Space Coast Parent, February 2006
Community Kids, June 2006
Parents Monthly, January 2008

- 16) "Enjoying Life With a Spirited Child"
 Space Coast Parent, December 2002
 Big Apple Parent, December 2002
 Mahoning Valley Parent, February 2003
 GeoParent, May 2003
 The Phoenix, July 2003
 Genesee Valley Parent, September 2003
 Davis Childcare Services Parenting Handout, February 2004
 Parents' Monthly, October 2006
 Northwest Baby and Child, February 2007
- 17) "Wrestling With Television: How To Get a Grip on How Much You Watch"
 Jugglezine, November 1, 2002
- 18) "The Booster Seat Test: Is Your Child Ready to Ride Solo?"
 Big Apple Parent, September 2002
 South Florida Parenting, October 2002
 Parents Press, October 2002
 Indy's Child, November 2002
 All About Kids, November 2002
 Northwest Baby & Child, December 2002
 TWINS, March/April 2003
 Community Kids, February 2006
 Florida Parenting News, February 2006
 Treasure Valley Family Magazine, February 2006
 Parents' Monthly, February 2006
- 19) "The Cliff"
 Writers Graphic Image, February 2002
 God Allows U-Turns: A Woman's Journey, Promise Press, 2002
- 20) "The Dream"
 Toledo Area Parent News, June 2002
- 21) "Wooing the Sandman: Nonprescription Ways to Get More Sleep"
 Jugglezine, April 5, 2002
- 22) "Postpartum Doulas: Nurturing Help for New Mothers"
 County Kids, Cover Story, March 2002
 South Florida Parenting, April 2002
 San Diego Family Magazine, May 2002
 ePregnancy, September 2002
 Davis Childcare Services Parenting Handout, December 2003
 TWINS, January/February 2004
 Nashville Parent, January 2004
- 23) "Good Morning, My Anger"

- The Phoenix, December 2001
- 24) "Know Your Rights"
Writers Graphic Image, December 2001
The Writing Parent, September 2002
Freelance Writer's Report, November 2002
Rainy Day Corner, January 2003
- 25) "Working Out With Your Baby"
Self Help For Her, September 2001
Ventura County Parent, September 2001
Parenting Plus, November 2001
Sacramento Sierra Parent Magazine, March 2002
Carolina Parent, March 2002
Parents' Press, June 2002
San Diego Family Magazine, August 2002
Community Kids, January 2006
Dollar Stretcher for Parents, October 2007
- 26) "Book Review: A Housekeeper Is Cheaper Than A Divorce"
Metro Kids Magazine, September 2001
Big Apple Parent, September 2001
Charlotte Parent, October 2001
Rochester Woman Magazine, February 2002
- 27) "Independence: An Essay on Postpartum Depression"
Baltimore's Child, August 2001
Families Magazine, August 2001
Pittsburgh Parent, October 2001
Parenting Plus, November 2001
The Phoenix, August 2002
- 28) "Falling Back in Love With Writing"
The Writing Parent, June 2001
National Association of Women Writers Writer's Guide, Winter 2003
Absolute Write, August 18, 2004
- 29) "Maria Meckl: She Rescues Extra Food to Serve Those in Need" (with photos)
National Neighborhood News, June 2001
- 30) "Housework or your Life: Why Hiring Help is Good for Your Relationships and Your Health"
Jugglezine, May 25, 2001
Space Coast Woman, May/June 2005
Washington Woman, June 2005
Parents' Monthly, September 2005
- 31) "Starting a Neighborhood Watch is Easier Than You Think" (with photos)

- National Neighborhood News, May 2001
 Parents' Press, November 2001
 Metro Parent Magazine, March 2002
- 32) "Writing for Parenting Magazines"
 The Writing Parent, January 12, 2001
 Freelance Writer's Report, February 2001
 Inscriptions, July 11, 2001
 Writer's Graphic Image, November 2001
 Rainy Day Corner, September 2002
 Cross & Quill, March/April 2003
 Absolute Write, July 2003
 The Dollar Stretcher, March 2006
- 33) "Families Can Save Money and the Environment Too"
 National Neighborhood News, January 8, 2001
 The Village Family Magazine, October/November 2004
 Northwest Baby & Child, November 2004
 Natural Choices, December 2004
 Central Penn Parent, December 2004
 Magical Blend, March 2005
 Metro Augusta Parent, August 2005
 Living, Summer 2005
 Mahoning Valley/Trumbull County Parent Magazine, April 2006
 Community Kids, April 2006
 Parents' Monthly, April 2006
 Carolina Parent, December 2007
- 34) "KIDPOWER: Help To Keep Them Safe"
 United Parenting Publications, January 2001
- 35) "California Land Trust Makes Historic Deal To Save Open Space"
 National Neighborhood News, December 27, 2000
- 36) "Jay Finkelstein: It's A Dirty Job, But He's Willing To Do It" (with photos)
 Neighborhood America.com, October 2000
- 37) "Book Review: If Only I Were a Better Mother"
 Simpler Living, October 2000
 Taking Back Our Kids, November 2001
- 38) "Dial E for Editor"
 The Writing Parent, August 18, 2000
 Freelance Writer's Report, April 2001
 Writer's Resource Center, April 2001
 Writer's Graphic Image, October 2001
 Every Writer, March 2003
 Rainy Day Corner, March 2003

- Absolute Write, February 2004
- 39) “Parenting People: Hal Urban” (with photos)
Bay Area Parent, August 2000
- 40) “Walking Meditation: The Labyrinth” (with photos)
Simpler Living, June 2000
Free Spirit, August/September 2000
ComfortQueen.com, March 2001
Whole Life Times, May 2001
The Phoenix, May 2001
Imprint Magazine, Fall 2001
Catholic Digest, December 2001
Rochester Woman, October 2002
Natural Beauty and Health, Spring 2003
Peace of the Valley, August/September 2003
Conscious Choice, May 2004
- 41) “Get The Skipper’s High”
Shape Magazine, June 2000
- 42) “Why I Write”
The Writing Parent, April 21, 2000
- 43) “How to Help Your Kids Love Math--Even If You Don’t”
United Parenting Publications, April 2000
South Florida Parenting, August 2000
Family, Back-to-School Issue, 2000
Metro Parent Magazine, August/September 2000
Simpler Living, September 2000
Western New York Family, September 2000
Rainy Day Corner, January 2001
ValleyKids Parent News, May 2001
Chesapeake Family, November 2001
Davis Childcare Services Parenting Handout, March 2002
Central California Parent, September 2002
Central Penn Parent, January 2004
Atlanta Parent, September 2004
Parents' Monthly, August 2005
San Diego Family Magazine, August 2006
Living, Fall 2007
- 44) “Bonnie Regalia: Defining Success as ‘Really Loving What You Do’”
The Independent, March 29, 2000
- 45) “The Sickness Dilemma”
I Am Parent, March 25, 2000
Main Street Mom Weekly, February 7, 2001

- 46) “Saving the Environment Can Save Money Too”
The Independent, March 8, 2000
The Dollar Stretcher, October 2000
- 47) “Bay Front Clean-Up Veteran Journeys Into The Muck” (with photos)
The Independent, March 1, 2000
- 48) “Taming the Evil Mother”
I Am Parent, February 25, 2000
Bay Area Parent, March 2000
The ParentPreneur Club, March 2000
Western New York Family, May 2000
Central California Parent, February 2003
Community Kids, October 2005
Parent's Monthly, March 2006
Baton Rouge Parents, December 2007
- 49) “Career Choice: Motherhood”
Main Street Mom Weekly, January 26, 2000
The Independent, May 24, 2000
Mom Network, November 2001
- 50) “Neighborhood Watch Makes Your Street Safer: Setting It Up Is Easy To Do” (with photos)
Bay Area Parent, January 2000
Delaware Valley Parent’s Guide, February 2000
Central California Parent, May 2001
- 51) “How Busy Parents Squeeze in Fitness”
Bay Area Parent, October 1999
Northwest Family Magazine, January 2000
San Diego Family Magazine, January 2000
South Florida Parenting, January 2000
Western New York Family Magazine, January 2000
Tucson Family Magazine, February 2000
Simpler Living, March 2000
Atlanta Parent, May 2000
Genesee Valley Parent Magazine, July 2000
The Dollar Stretcher, July 2000
The Toy Box EMagazine, May 2001
The Village Family Magazine, January/February 2003
Vibrant Life, May/June 2003
Space Coast Parent, September 2003
Parents' Monthly, February 2006
- 52) “The No Deadline Doldrums”
The Writing Parent, October 29, 1999

Freelance Writer's Report, July 2001
Rainy Day Corner, December 2002

- 53) "Something About Titanic"
Writer's Digest, Your Assignment Contest, August 1999
Honorable Mention
- 54) "Summer Fun on a Budget" (with photos)
San Francisco/Peninsula Parent, July 1999
- 55) "Sequencing: A Life Plan for Working & Parenting"
Bay Area Parent, July 1999
Family Times, January 2000
Western New York Family, March 2000
Genesee Valley Parent Magazine, March 2000
Simpler Living, April 2000
San Diego Family Magazine, May 2000
South Florida Parenting, January 2001
Healthy Family, May 2001
County Families, September 2002
Central California Parent, August 2004
Space Coast Parent, October 2004
Parent's Monthly, January 2005
Community Kids, March 2006

EDUCATION

Bachelor of Arts, Economics Major, Mathematics Minor
University of California at Irvine, 1985

Secondary Teaching Credential, Mathematics
University of California at Irvine, 1988

Researching and Writing the Magazine Article
University of California at Berkeley Extension, Fall 1997

The Artist's Way
Instructor: Anne Dilenschneider, Fall 1998

How to Sell 75% of Your Freelance Writing
San Francisco State University Extension, Spring 1999

Writing and Selling Nonfiction Articles
Writer's Digest School, Summer 2000

INSTRUCTOR/PRESENTER

Get Your Articles Published!, City of Davis, 2006 – present

Numerous presentations to parenting, writing, and professional groups including:

Davis Art Center
Davis High School Journalism classes
Friends of the Davis Public Library
Mother and Baby Source
Parents Together
UC Davis Breastfeeding Support Group
The Valley/Foothill Doula Collective
Whole Foods Baby Day
Yolo Parents Book Club

RADIO APPEARANCES

“Health Matters” with Dr. Shoshana Bennett, March 20, 2003
“The KUIIC Morning Show” with John Young, December 22, 2007
“The Dianne Lindermann Radio Show”, January 14, 2007
“How She Really Does It” with Koren Motekaitis, November 10, 2006, and October 26, 2007

WRITING AWARDS

Honorable Mention, Whip Cracker's Award, Momwriters, 2004