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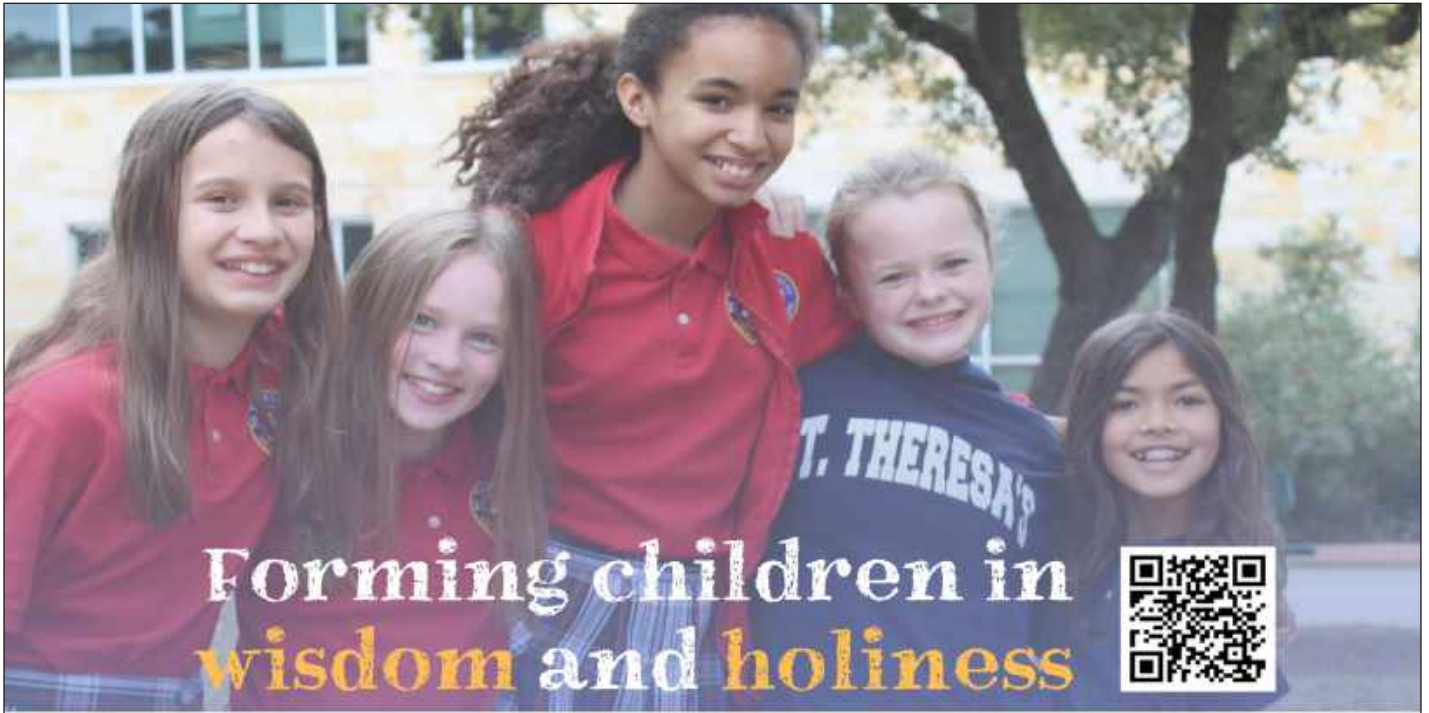
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On the cover is Cover Kid Winner Lily who just turned four! Cover photo taken by Jordan Ashley Photography.



8

30 Years of Parenting in Austin

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Catch Austin Family magazine live on "Good Day Austin" every Thursday morning.

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We are dedicated to serving the Greater Austin area by providing up-to-date information and ideas that promote smart parenting and healthy homes. We promote our clients' businesses by increasing their customer bases and enhancing their public images.

Austin Family is published monthly by KKKemper, Inc.


Mailing Address:  
P.O. Box 7559, Round Rock, Texas 78683-7559

Phone Number: 512-733-0038

On the web at: [www.austinfamily.com](http://www.austinfamily.com)

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## EDITOR'S NOTE

ANNETTE LUCKSINGER

*Lucksinger is a mom of two and author of the guidebook and app Exploring Austin with Kids.*

It's our 30th birthday! In 1992, Parenting in the '90s was born. By the end of the decade, the name had changed (for obvious reasons) and ever since, Austin Family magazine has been providing parenting advice, safety tips, local news and places to get out and about.

Thinking back over the past thirty years, I wondered what constants and changes the world of parenting has seen, especially in a city growing just as fast as our kids! This month's feature highlights what I discovered in speaking to kids, parents and grandparents, some of whom remembered raising

their own children with Austin Family magazine in hand.

While families still enjoy spending time together outdoors and taking advantage of the many original, quirky places that make Austin such a unique place to live, they agree that one game changer is the impact of technology.

Parents noted both benefits (the ability to do distance learning, connect with friends and create networks of support) as well as the challenges (conflicts over screen time, lessened time spent outdoors and worry about kids' social lives). In response, next month, you will see the revival of our Smart Screen Time column.

We look forward to many more years serving as a trusted resource to help raise happy and healthy young Austinites!

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# Play it product recalls **SAFE**

## Government Recalls Helmets



SmartPool is recalling about 500 Bee Free **multi-purpose helmets** because of incorrect advertising that states they are for use for children ages 2 to 8 years old. The recalled helmets do not comply

with minimum safety requirements for children younger than 5 and pose a risk of head injury to those children. If the helmet is being used for 5-year-olds or older, this recall does not apply. The recalled helmets were sold online at amazon.com, lowes.com, homedepot.com and walmart.com from May 2020 through January 2021 for about \$16. Consumers with children between the ages of 2 and 4 should immediately stop using the recalled helmets and contact SmartPool for a full refund.

Go to [www.austinfamily.com](http://www.austinfamily.com) under Recall to learn about more recalled products.

*The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.*

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# AROUND

# Austin

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## Free Entrance to National Parks

The National Park Service (NPS) will offer the following entrance fee-free days this year in their efforts to increase access, promote recreational opportunities and inspire conservation: April 17, the first day of National Park Week; August 4, the first anniversary of the Great American Outdoors Act; August 25, the National Park Service's birthday; September 25, National Public Lands Day; and November 11, Veterans Day.

Fifth grade students are also granted the reprieve through this academic year as some of last year's fourth graders may have been unable to make full use of the Every Kid Outdoors Annual Fourth Grade Pass due to the pandemic.

There are more than 400 National Park Service sites nationwide. Big Bend National Park and Guadalupe Mountains National Park are both in Texas as well as several other NPS sites that include the Padre Island National Seashore, San Antonio Missions National Historical Park and the Lyndon B. Johnson National Historical Park.



Kids enjoying Glen Canyon National Recreation Area. Photo courtesy of National Park Service.

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## Expanded Program

Breakthrough Central Texas, a nonprofit organization that helps students become the first in their family to earn a college degree, will implement a program to improve postsecondary opportunities across an entire high school. The new program has enrolled all 150 eleventh-graders at Manor New Technology High School. Students will receive up to six years of advising and college readiness support to complete their postsecondary goals.

Since the partnership with Manor New Technology High School launched in 2011, 653 students have received Breakthrough services, with 94 percent of high school graduates enrolling directly to college.



Breakthrough Central Texas will provide support to help more Manor High School students achieve college success. Photo courtesy of Breakthrough Central Texas.

Breakthrough Central Texas creates a path to and through college for students from under-resourced communities. From sixth grade through to college, the organization makes a 12-year commitment to students and their families to guide them through the process of preparing for, enrolling in and completing college.

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## Child Abuse Prevention Month With The SAFE Alliance

Children thrive in safe, stable, nurturing families and communities. April is Child Abuse Prevention Month and a good time to remember that each of us can invest in a brighter future by strengthening children, youth and families before a crisis occurs.

In the Austin area, The SAFE Alliance's Strong Start program helps prevent behaviors that lead to child abuse and neglect. Strong Start provides free parent education and support services to families with children 0-11, and there is no waitlist for families with children 0-5. It is easy to complete a referral at [www.safeaustin.org/strongstartform](https://www.safeaustin.org/strongstartform) or by calling 512-264-4100.

Go to [www.austinfamily.com](https://www.austinfamily.com) and click on Around Austin to learn more.

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## FAMILY MATTERS

BETTY RICHARDSON

*Richardson, PhD, RN, CS, LPC, LMFT, is an Austin-based psychotherapist.*

# Coping With Anxiety in Children

**Q** Our 6-year-old daughter, Zena, is very anxious. Every night she has to be reassured there are no monsters under the bed or in the closet. Recently, she agreed to a sleepover with her best friend. The friend's mother called at midnight to ask me to pick up Zena as she was so anxious, they could not calm her down. Zena said she was worried something awful was going to happen to me and that she needed to go home. Her father and I recently divorced, so I wonder if this has anything to do with her behavior. What can I do to help lessen Zena's anxiety?

**A** There are some common types of anxiety that children experience:

**Social anxiety** – Children with this anxiety fear social situations because they worry that others will judge or humiliate them. These anxieties may appear, for example, as a fear of eating or speaking in front of others.

**Specific phobias** – Some kids will feel an extreme, irrational fear that is disproportionate to the threat, such as an intense fear of dogs, insects or thunderstorms.

**Separation anxiety** – Children with this type of anxiety are extremely anxious when away from parents or caregivers. They will refuse to attend events that separate them from those they love because they worry that bad things will

happen when they are not together. This is what Zena is experiencing.

While separation anxiety is normal at a certain stage in very young children, as children get older it can become troublesome if it causes a child to limit activities, worry excessively or avoid being away from parents or caregivers.

You ask what you can do to help reduce Zena's anxiety. In an article from the Harvard Medical School entitled Anxiety in Children, Dr. Mona Potter, the medical director of McLean Anxiety Mastery Program, encourages "children to practice detective thinking to catch, check, and change anxious thoughts." Additionally, Dr. Potter suggests that children "approach rather than avoid anxiety-provoking triggers." You might consider working with a mental health professional to help you learn these techniques and others to halt the anxiety before it gets worse.

Here are some additional suggestions to help children cope with anxiety:

1. Explore future anxiety-provoking places and situations. Many parents have experienced how helpful it is to take their child to visit a new school and meet the teacher before classes begin. This exposure to make the situation seem familiar instead of threatening can be done in other situations as well.

2. Help your child be the boss of her anxiety. Encourage her to give the anxiety a name and to draw pictures of

it. When you notice her getting anxious, ask if that is (the name of the anxiety) appearing. Simply bringing awareness to these feelings can help a child feel more in control.

3. Allow the distress but suggest ways to get rid of anxious energy. Do things such as running back and forth, breathing exercises or naming things that you can see, smell, taste, touch and hear.

4. Model calmness. Children will pick up on a parent's anxiousness and may display it back to you. So, avoid overreacting to situations or showing your own anxieties. Your body language and words should suggest relaxation.

5. Keep healthy routines and discuss any changes ahead of time. Children are comforted by sameness.

6. Maintain healthy practices like eating healthy meals and getting enough sleep.

Note: Anxiety in children is often minimal and short-lived. Yet, in rare cases, it can be extreme. Children with extreme anxiety need professional help.

You ask if your divorce could be a cause of Zena's anxiety. While we can't know how much this experience may be contributing to her anxiety, if at all, disturbing childhood experiences can be a factor. Zena will need time, love and reassurance from both of her parents.

# 30 YEARS

# OF

# PARENTING

# IN

# AUSTIN

BY ANNETTE LUCKSINGER

Austin Family is celebrating its 30th birthday! Looking back, I wondered what experiences our kids are having as they grow up in Austin that their parents or grandparents had. What things have changed? To find out, I asked three generations of native Austinites.

## Growing Up in Austin

Parents who grew up during Austin Family magazine's infancy remember firework displays along Auditorium

Shores, Zilker Kite Fest, hiking the Greenbelt, ice skating at Northcross Mall, library storytimes, trips to museums,

playing sports, hanging out at Zilker Park and "riding our bikes until the sun went down," recalls Elizabeth Mikeska-Benfield.

## What Makes Austin a Good Place To Raise a Family?

### NATURE

Hands down, the winning answer to what kept them here to raise their kids was "green nature and people that appreciate it. There are so many ways to get out into it," says Eric Mills. Da'Mon Stith remembers open land and space to roam. As a kid, he and his friends spent hours wandering, stick fighting and searching creeks for horny toads, "humongous bullfrogs" and crayfish.

These are some of the parents you'll now find hitting the hiking trails with their families, seeking out swimming holes, and as Nicole Basham describes, raising their kids with memories of feeding ducks at Lou Neff Point, "spending time on the Great Lawn, going off their first diving board at Barton Springs and canoeing and SUPing on Town Lake" (renamed Lady Bird Lake).

### THE PEOPLE

Another great reason to raise kids here "is just the people ... we've got a lot of interesting people!" says Cynthia Lyon. Austinites describe their fellow city dwellers as a diverse lot.

Some appreciate the funkiness and artistic spirit of our weird city. Full of outdoorsy, friendly, helpful, accepting types who "just do their own thing," parents feel that their children are pretty open-minded and tolerant as a result.

### WALKABILITY & BIKEABILITY

How far you could get by your own leg power defined the old Austin. Grandpa Joe Majors remembers life in Hyde Park where "my only transportation was a bicycle. I only knew Austin if it was within bicycling distance." Stith grew up in what was then the outskirts of East Austin. He recalls, "That portion of the city was like my world ... the world seemed really small." As Mills





says, "For a kid, it's all about how far it is to the nearest 7-11 to get a Slurpee."

While the rise of traffic is leading many Austinites to stick closer to home, urban growth is causing an appreciation for the compact Austin of old and for the many local businesses and amenities that can be reached by foot.

But this generation of kids is also involved in more organized activities, goes on field trips and explores by foot, bike, scooter, car and bus. They know a broader city.



### LIVE MUSIC

This is one area that the pandemic has sorely affected, but live music remains a huge draw for Austin families. Lyon remembers going to the Armadillo World Headquarters as a kid. Stith remembers paying his way into Marley Fest with canned food donations.

Both of their teens have attended multiple ACL Festivals. Lyon feels "proud that I was able to introduce my daughter to artists that she otherwise wouldn't have heard. She went to see Stevie Wonder... Foo Fighters ... Paul McCartney ... How many people can claim that in their hometown?"

### How Has Parenting Changed?

When asked what things parents fret over now versus what gave their parents grey hairs, talk centered around independence and technology.

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"I longed to be with my friends outside or at each other's houses," says Dave Cardiel. His boys are happy to jump online with friends.

Stith and Cynthia Ayala can't imagine their 10-year-old daughter wandering the town like they did as kids. Ayala admits, "We worry about her even when she's out in the front yard alone!"

While their parents' generation couldn't wait to get a driver's license the minute they turned 16, today's kids have sat in enough Austin traffic they would rather steer clear of the roads. Their parents headed out with curfews and cruised to find that night's party. Now, their kids connect over text, Discord, Snapchat, Instagram, TikTok and a number of other social platforms. They're not caught sneaking out like their parents were. If anything, they're sneaking the cell phones back to their rooms after phone curfews.

Mills notes that technology has helped his teens stay connected with friends in the pandemic. Yet nearly all parents I talked to wonder about the lasting impact that screens will have on their children's attention spans, social lives and connections to the "real world."

**"I WONDERED WHAT EXPERIENCES OUR KIDS ARE HAVING .. THAT THEIR PARENTS OR GRANDPARENTS HAD. WHAT THINGS HAVE CHANGED?"**

### An Ideal Place To Live?

"What would make Austin an even more perfect place?" I asked. This question was met with long pauses. No one wanted to bash the city they love. "The summers?" grins grandmother Sandy Wing.

"A more robust transportation system," Lyon offers, seconded by many.

"Affordability," says Stith. Cardiel agrees, "If you want to buy more house, you have to move outside the city center."

But the most earnest replies centered around "the rate of change," as Mills put it.

Basham sees the benefits of raising her son in such a rising city. "Austin's grown up in a lot of ways since I was younger. We now have so many options of things to do and places to go – and every week there is more!"

Kelly Malek Frink, a third-generation Austinite, laments the loss. "I love going to those places where my mom will say, 'I came here when I was a little girl.' Now so many of those places are gone."

But she sees the same "Austin spirit" as alive and strong. As for the city's growth? She sighs and admits, "It's like saying, 'I wish my babies would stay little.'"

*Annette Lucksinger has lived in Austin for 22 years and is mom to two native Austinites. She is author of the local guidebook, Exploring Austin with Kids.*





## THE Learning curve

ALISON BOGLE

*Bogle is an Austin-based freelance writer and mom of three.*

# Special Education 101: Meeting Your Child's Needs

Our oldest daughter had always struggled with math, but it wasn't until after private testing in third grade that she received a formal diagnosis of dyscalculia, a math learning disability. Despite the fact that I was a former teacher, I felt out of my depth in regard to getting her the appropriate support.

The special education system can be intimidating – so many procedures and acronyms! Thankfully, I had wonderful former co-workers to guide me, and our school's services were great. Although it all worked out in the end, a special education 101 would have been extremely helpful!

Here are some basic guidelines to help you begin your journey with special education:

### IF YOU SUSPECT A DISABILITY OR OTHER NEED

If your child is not yet public-school age, the Texas Health and Human Services agency offers help for families with infants and toddlers through its Early Childhood Intervention program. Services are available for children under the age of 3. At 3 years old, children with disabilities may become eligible for services from their future public school.

If your child is already in school, speaking with the teacher is a great place to start. Express your concerns, being as specific as possible. If this step is unsuccessful, you can ask the principal or other school personnel about making a referral to the campus-based student support team, a team of teachers or other professionals who regularly meet to discuss behavioral and learning concerns of students.

Please note that before your child will be referred for a special education evaluation, other support services may be tried first, such as tutoring, remediation or behavior support. A child who does not respond to interventions within a reasonable time will then be referred for a special education evaluation. Parents do have the ability to request a referral for an initial special education evaluation at any time, regardless of whether a child is receiving interventions.

Should parents decide to request an initial evaluation, my recommendation is to put your evaluation request into writing. A written request requires a response no later than the 15th school day after it is received. If the request is made verbally, it is not subject to the 15-day response timeline.

Some families choose to have their children privately tested. Your child's teacher can point you to the appropriate school professional with whom to share the results. Typically, the school will retest your child – at no cost to you – but the private test is still valuable as it provides you with important information about your child and can also help initiate testing at your child's school.

### ADMISSION, REVIEW AND DISMISSAL COMMITTEE MEETINGS

After your child's evaluation report is completed, an Admission, Review and Dismissal committee (ARD) will be formed to review the report and determine your child's eligibility for special education services. The ARD committee is made up of a number of campus representatives, including at least one general education and one special education teacher. You will also be a member of your child's ARD committee and will be invited to each ARD committee meeting held on behalf of your child.

### INDIVIDUALIZED EDUCATION PROGRAM

In order to be eligible to receive special education services, testing must demonstrate that your child has a



disability and, as a result of the disability, needs special education services to benefit from his education.

If your child qualifies for special education services, the ARD committee will develop an Individualized Education Program (IEP) for your child. An IEP includes your child's current academic achievement, annual goals by which her progress will be measured, a description of the special services that will be utilized, a plan for how your child will participate in state and district testing, and transition services when age appropriate.

## BASIC TERMINOLOGY

I know firsthand that special education terminology and acronyms can be intimidating! This list can help you get started:

**504 services** – Accommodations provided in the general education setting and managed by the general education teacher.

**Accommodations** – Classroom supports put in place to grant your child equal access to the curriculum, while meeting his specific needs.

**Admission, Review, Dismissal (ARD) meeting** – An annual meeting at which your child's individualized special education program will be determined or updated.

**ARD committee** – The professionals who work together to create your child's special education program. Parents are also members of their child's ARD committee.

**Full and Individual Evaluation (FIE)** – The evaluation completed by a special education professional to determine if and how a student qualifies for special education.

**Individualized Education Program (IEP)** – Legally binding document listing your child's schedule of services and accommodations.

**Least Restrictive Environment (LRE)** – The closest your child can be to a general education only setting while still successfully making progress towards his or her goals and objectives.

**Modifications** – Changes to assignments to help a child complete work as independently as possible.

**Push-in services** – Instructional and related services provided by special education professionals in the general education classroom.

**Resource Room/Pull-out services** – Special education services provided outside of the general education classroom to students who spend most of their time in the general education classroom. Examples may include counseling, dyslexia services, some speech therapy and modified instruction of core curriculum.

**Response to Intervention (RTI)** – An approach that many schools use for identifying and helping students who are at risk for not meeting grade-level

standards. It includes a system of increasingly intense interventions based upon a child's progress.

**STAAR Alt** – A modified version of the state mandated assessment.

**Teaching Assistant (TA)** – A paraprofessional who provides special education support for your child, if needed.



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**LIFELINES**

BRENDA SCHOOLFIELD

*Schoolfield is a freelance medical writer based in Austin.*

# Is Your Teen at Increased Risk From Lack of Sleep?

Do you know how many hours of sleep your teen gets each night? As kids get older, many parents become lax about monitoring their children's sleep. The CDC reports that 7 out of 10 high school students and 6 in 10 middle school students do not get enough sleep on school nights. Not enough sleep can put a child's mental, physical and emotional well-being at risk.

## **WHAT YOU NEED TO KNOW ABOUT TEEN SLEEP**

The American Academy of Sleep Medicine recommends that teens 13 to 18 years old get 8 to 10 hours of sleep every 24 hours on a regular basis. Teens who regularly sleep less than 8 hours per day have trouble paying attention during class, which affects school performance. Sleep-deprived teens are also at higher risk for health problems, including diabetes, high blood pressure, obesity and depression. Inadequate sleep in this age group is associated with increased risk of self-harm and suicidal thoughts.

When a child reaches puberty, the sleep-wake cycle shifts. This shift can be up to two hours later than what it was before. As a result, your teen has a harder time falling asleep at an earlier bedtime and more trouble getting up early for school. Research shows that the average teen has trouble falling asleep before 11 p.m. and waking up before 8 a.m. The American Academy of Pediatrics (AAP) recommends delayed school start times to help teens get enough sleep. The recommendation is based on evidence that associates optimal sleep in teens with lower rates of obesity, lower rates of depression, reduced numbers of drowsy driving crashes and improved academic performance.

## **WHAT PARENTS CAN DO**

Parent intervention can help prevent sleep deprivation and the increased risks that result. Here is what you can do:

**Monitor how much sleep your teen gets each night.** Many parents don't know how much sleep their child gets

during the week and on weekends. To help your teen avoid the negative effects of inadequate sleep, you might start by asking her to keep a sleep diary for a period of time. Go to the Sleep Foundation at [sleepfoundation.org/sleep-diary](http://sleepfoundation.org/sleep-diary) to download an example.

## **Talk to your teen about sleep.**

Ask your teen how he feels when he doesn't get enough sleep. Kealing Middle School student Jonas said, "When I don't get enough sleep, I have trouble learning. It's like I'm in a fog. My brain forgets and doesn't hold information. My gaming is off. I just don't have the quick movements and hand-eye coordination that I need to win. It's hard to have fun during the day when you're tired."

**Stress specific advantages of getting enough sleep.** It's much easier to make changes to facilitate a good night's sleep if your teen understands how he will benefit. If your teen focuses on academic achievement, explain how adequate sleep will boost school



performance. If your teen plays sports, emphasize improved stamina and sharper response time.

**Set a bedtime to help your teen get at least eight hours (or more) of sleep.** Fewer parents set limits around bedtime as children get older. One study found that teens without set bedtimes, or with bedtimes after midnight, were more likely to suffer from depression and suicidal ideation than teens whose parents helped establish bedtimes. When you calculate the best bedtime, take into account how long it usually takes for your teen to fall asleep.

**Keep the same bedtime every night.** Sleep experts stress the need for going to bed at about the same time every night and getting up at the same time every morning. This reinforces the natural sleep-wake cycle, making it easier to go to sleep. Try to keep a fairly consistent bedtime seven days a week. See the sidebar to learn more about the impact of staying up late and sleeping in on weekends.

**Stop use of electronics at least 30 minutes before bedtime.** Devices, such as cell phones, tablets and computers, interfere with the body's sleep processes. The light from these devices suppresses the production of melatonin and makes your body think that it is time to wake up. Counteract this by removing your teen's phone and devices from the bedroom at night. Use a regular alarm clock as opposed to a device's alarm function. Some parents have a separate internet login for each child and automatically shut the internet off at a specific time each night.

**Help your child establish a wind-down bedtime routine.** A consistent bedtime routine is an effective way to help the body wind down at night. This may include having dinner, doing homework, taking a bath or shower, reading a book, doing breathing or relaxation exercises and going to bed. Whatever the routine is, it primes the subconscious that it is time for bed, so that when the teen lies down, sleep comes more easily.

"Staying up late on the weekend and then sleeping until late in the morning doesn't support the sleep-wake cycle. When teens stay up until late hours on the weekend, their bodies respond with jet lag symptoms by Sunday night. It takes 3 or 4 nights to readjust. By that time, it is the weekend, and the cycle starts all over again."

Dr. Bradley Berg  
Pediatrician



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# EDUCATION GUIDE

## PRIVATE SCHOOLS

<b>AUSTIN ECO BILINGUAL</b> Ages 3 mos.–Grade 1	West Austin North Austin Lakeway	512-432-5317 512-299-5732 512-466-2409	<a href="http://www.austinbilingualschool.com">www.austinbilingualschool.com</a>
<b>CATHEDRAL SCHOOL OF SAINT MARY</b> Grades Pre-K3–8	Downtown Austin	512-476-1480	<a href="http://www.smcschoolaustin.org">www.smcschoolaustin.org</a>
<b>CHALLENGER SCHOOL</b> <a href="http://www.challengerschool.com">www.challengerschool.com</a>	Avery Ranch Pond Springs Round Rock	512-341-8000 512-258-1299 512-255-8844	Grades PreK–8 Grades PreSch–K Grades PreSch–K
<b>HOLY FAMILY CATHOLIC SCHOOL</b> Ages 4–8	Avery Ranch	512-246-4455	<a href="http://www.holyfamilycs.org">www.holyfamilycs.org</a>
<b>KIRBY HALL SCHOOL</b> Ages 4–12	Central Austin	512-474-1770	<a href="http://www.kirbyhallschool.org">www.kirbyhallschool.org</a>
<b>REDEEMER LUTHERAN SCHOOL</b> Ages 15 mos.–Grade 8	North Austin	512-451-6478	<a href="http://www.redeemerschool.net">www.redeemerschool.net</a>
<b>SAN JUAN DIEGO CATHOLIC HIGH SCHOOL</b> Grades 9–12	South Austin	512-804-1935	<a href="http://www.sjdchs.org">www.sjdchs.org</a>
<b>SANTA CRUZ CATHOLIC</b> Ages 3–8	Buda	512-312-2137	<a href="http://www.sccstx.org">www.sccstx.org</a>
<b>ST. AUSTIN CATHOLIC SCHOOL</b> Ages 3–8	Downtown Austin	512-477-3751	<a href="http://www.staustinschool.org">www.staustinschool.org</a>
<b>ST. DOMINIC SAVIO CATHOLIC HIGH SCHOOL</b> Grades 9–12	Avery Ranch	512-388-8846	<a href="http://www.saviochs.org">www.saviochs.org</a>
<b>ST. GABRIEL'S CATHOLIC SCHOOL</b> Ages 4–8	West Austin	512-327-7755	<a href="http://www.sgs-austin.org">www.sgs-austin.org</a>
<b>ST. HELEN CATHOLIC SCHOOL</b> Ages 4–8	Georgetown	512-869-3244	<a href="http://www.shcsliions.org">www.shcsliions.org</a>
<b>ST. IGNATIUS MARTYR CATHOLIC SCHOOL</b> Ages 3–8	South Austin	512-442-8547	<a href="http://www.school.st-ignatius.org">www.school.st-ignatius.org</a>
<b>ST. LOUIS CATHOLIC SCHOOL</b> Grades K–8 + Montessori	North Austin	512-614-6622	<a href="http://www.slcsaustin.org">www.slcsaustin.org</a>
<b>ST. MARY'S CATHOLIC SCHOOL</b> Ages 3–8	Taylor	512-352-2313	<a href="http://www.stmarystaylor.org">www.stmarystaylor.org</a>



<b>ST. MICHAEL'S CATHOLIC ACADEMY</b> Grades 9-12	West Austin	512-328-2323	www.smca.com
<b>ST. THERESA'S CATHOLIC SCHOOL</b> Ages 4-8	North Austin	512-451-7105	www.st-theresa.org

## CHARTER SCHOOLS

<b>BASIS AUSTIN</b> Grades 2-12	South Austin Opening Aug 2021		www.basisaustin.org
<b>BASIS AUSTIN PRIMARY</b> Grades K-2	North Austin	737-263-5890	www.basisaustinprimary.org
<b>CHAPARRAL STAR ACADEMY</b> Grades K-12	North Austin	512-989-2672	www.chaparralstaracademy.com
<b>IDEA PUBLIC SCHOOL - HEALTH PROFESSION</b> Grades K-12 <i>For other Austin locations go to ideapublicschools.org/Austin for complete list</i>	South Austin	512-822-4350	www.ideapublicschools.org/austin
<b>NYOS</b> Grades PreK-12	North Austin Northwest Austin	512-583-6967 512-275-1593	www.nyos.org

## MONTESSORI/DAY CARE/ AFTER-SCHOOL

<b>ASHLEY'S DROP-IN CHILD CARE</b> Ages Infant-12 yrs.	North Austin	512-872-2755	www.ashleysplayhouseaustin.com
<b>COUNTRY HOME LEARNING CENTER</b> Ages Infant-Afterschool	North Austin South Austin	512-331-1442 512-288-8220	www.countryhomelearningcenter.com
<b>EXTEND-A-CARE YMCA FOR KIDS</b> Ages 3 yrs.-Grade 8	77 area campuses	512-472-9402	www.eackids.org
<b>LITTLE MUNCHKIN DAYCARE</b> Ages Infant-After-school	Northwest Austin	512-454-1877	www.littlemuchkin.com
<b>SNAPDRAGON PRESCHOOL</b> Ages 3-5 (Must be potty trained)	North Austin	512-593-6226	www.snapdragonpreschool.com
<b>SPICEWOOD COUNTRY SCHOOL</b> Ages 2 yrs.-After-school	Northwest Austin	512-346-2992	www.spicewoodcountry.com
<b>ST. DAVID'S DAY SCHOOL</b> Ages 18 mos.-Grade K	Downtown	512-610-3500	www.stdavidsdayschool.org
<b>STEPPING STONE SCHOOLS</b> Infant-After-school	17 locations throughout Austin	512-459-0258	www.steppingstoneschool.com
<b>XPLOR PRESCHOOL</b> Ages PreK-School Age	Austin, Georgetown, Leander, Round Rock	877-322-2891	www.xplorpreschool.com/austin
<b>YMCA GREATER WILLIAMSON CO. CHILD CARE CENTER</b> Infant-5 yrs.	Round Rock	512-246-9622	www.ymcagwc.org

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Ages Newborn-Adult

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www.austinbilingualschool.com  
Ages 2-11

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www.austinfilmfestival.com/summer-camps-and-classes\_2021  
Ages 9-18

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Ages 8-16  
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Ages 4-8  
5906 Beacon Dr., Austin  
512-266-1336  
www.austinyachtclub.net/junior-sailing-camp-pbj-information-page  
Ages 4-16

**BADGERDOG CREATIVE WRITING CAMPS**

Badgerdog Creative Writing Camps offer an immersive writing experience for youth in grades 3-12. Badgerdog summer camp workshops are led by professional writers and explore the arts of poetry, fiction and nonfiction. A virtual camp, with additional in-person camp locations to be added.

512-542-0076  
www.austinlibrary.org/creative-writing-camps  
Ages 3rd-12th Grade



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800 Doublecreek Dr., Round Rock  
512-255-3661  
www.campdoublecreek.com  
Ages 4-14

**CAMP SWITCH WILLO**

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512-920-0554  
www.switchwillo.com  
Ages 6-13

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512-245-3680  
www.education.txstate.edu/ci/ctwp/youth-programs  
Ages K-12th grade

**CLUB Z**

Club Z enhances social, emotional, physical and intellectual growth through a variety of planned activities, games and projects. North Austin, South Austin, Leander  
512-219-0700  
www.zsclubhouse.com  
Ages 4-12

**COUNTRY HOME LEARNING CENTER**

Each fun and educational week brings a new theme with team games, creative arts, science and cooking projects, plus child-approved special events, field trips and kids' choice special interest clubs.  
6900 Escarpment Blvd., Austin  
512-288-8220  
13120 U.S. Hwy. 183 N., Austin  
512-331-1441  
www.countryhomelearningcenter.com  
Ages 5-13

**DANCE DISCOVERY**

In-person camps with strict COVID-19 protocols run Monday through Friday from 9 a.m. to 12 p.m. Virtual camps happen Mondays, Wednesdays and Fridays from 10:15 to 11:15 a.m. Themes include Rainbow Unicorn, Frozen, Descendants and Swan Lake. Allandale 512-419-7611  
Avery Ranch 512-658-2996  
www.dancediscovery.com  
Ages 3-18

**GEORGETOWN PALACE THEATRE SUMMER CAMPS**

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206 W. Second St., Georgetown  
512-763-4532  
www.georgetownpalace.com/camps  
Ages 1st-12th grades

**HEARTSONG MUSIC**

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512-371-9506  
www.heartsongmusic.net  
Ages Newborn-9

**IDEA LAB**

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512-710-9654  
www.austin.idealabkids.com  
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**KIDSACTING SUMMER CAMPS**

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**KIDZTOPROS STEM, SPORTS AND ARTS CAMPS**

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For more information call (512) 266-1336 or Email: [spencer@austinyachtclub.net](mailto:spencer@austinyachtclub.net)  
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<https://www.austinyachtclub.net/junior-sailing-camp-pbj-information-page/>



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[www.imagineartsacademy.com](http://www.imagineartsacademy.com)  
Ages 5-12

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[www.riovistafarm.net](http://www.riovistafarm.net)  
Ages 7-16

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[www.rock-about.com](http://www.rock-about.com)  
Ages 9-18

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**SYNERGY DANCE**

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**TWIN LAKES YMCA SUMMER CAMP**

YMCA Twin Lakes is located minutes north of Austin. The Y provides an environment for campers to explore, play and make lifelong friends — all in the great outdoors. 204 E. Little Elm Tr., Cedar Park 512-250-9622, option 6 [www.ymcagwc.org](http://www.ymcagwc.org) Ages 5-14

**UT RADIO TV AND FILM MEDIA CAMPS**

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**XPLOR SUMMER CAMP**

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www.austinyymca.org  
Ages 4-13

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Ages 4-14

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## JUST FOR GRINS

CATE BERRY

*Berry is an Austin-based children's book author and mother of two. She also teaches writing workshops for young people at cateberry.com.*



## You Can Do Dinner

You've made it to the grocery store. Start in the produce section with the endless plastic bag hoo-ha before hitting canned goods. Don't use up your reserves. You've a long journey.

Next up, heavy lifting in aisle thirteen. My troop bathes in red sauce, apparently, going through many units a week. Throw in a soup, or ten. And a mustard, or five. It could snow, after all. Feel the burn in your guns as they go into the cart, and round towards frozen foods and dairy.

Cows aren't enough for your individualists, so: almond milk, oat milk, unflavored, sweetened, unsweetened with vanilla and— wait for it—pea protein milk join the cart as you press ever onwards.

You can't see the produce in your cart any longer, but that's okay. You're almost home free, when the prepared food section appears (like the miracle it is) and suddenly you've topped off your basket with two weeks of essentials like crab coated salmon, foie gras, twice baked

potatoes, fluffy lemon rice and herb risotto cakes because, let's face it, you just want it.

Sprinting towards the check out, like Seabiscuit to the finish, somehow a rogue twelve-pack of sushi and a dozen cupcakes top the cart, jiggling perilously close to the eggs you don't remember grabbing.

Flooded with shame at the cashier's grand total, you bolt for the minivan. But you get lost with parking dementia (it's a thing) and ultimately hurl the bags into the backseat before racing home. You haul it all inside, take a break, unpack half, take a break, shove cold things in the fridge, take a nap, work the freezer like a Jenga boss, and— it's time for dinner.

So, of course, you order Chinese food.

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# Best Farmers Markets for Kids

BY ANNETTE LUCKSINGER

Farmers market shopping is so different from heading to the grocery store, especially with kids in tow. While it is likely you may not find everything on your list, trips to a farmers market will definitely be met with more excitement and curiosity. Even better, you pick up fresh, healthy food, support local growers and producers, and get outdoors!

## BOGGY CREEK FARM



**Open: 8 a.m. to 1 p.m. on Wednesdays, Thursdays, Fridays, Saturdays**

**Website: [www.boggycreekfarm.com](http://www.boggycreekfarm.com)**

At this five-acre East Austin farm, it's easy to show kids where their food comes from. Just wander behind

the farm stand to see rows and rows of veggies.

Plus, there are chickens! Toy dump trucks rest next to the coop, inviting young kids to play against a backdrop of chicken clucks and rooster crows. Pass the old farmhouse to the farm stand filled with veggies, eggs, meats, honey, flowers and artisan gifts. Quaint and relaxing, it's one of our favorite markets and makes for a great morning outing.

## LAGO VISTA



**Open: 12-4 p.m. on Sundays**

**Website: [www.texasrealfood.com/lago-vista-farmers-market](http://www.texasrealfood.com/lago-vista-farmers-market)**

The beauty of this market is its laid back vibe. Less crowded and less structured than those in the city, this farmers market in Lago Vista's small "town center"

is easily accessible to kids. They can walk up to booths to eye the chocolates, cakes and homemade breads. While parents purchase eggs, kids can pet chickens. Live music plays from a small stage, and impromptu kid activities – like bubbles – simply pop up!

This market is driven by community. While it may have fewer veggies than some, it is filled with handcrafted items and home baked goods that will intrigue and delight. If you're looking to get out of town, relax, and experience something new, this one is worth checking out.



## MUELLER FARMERS MARKET

**Open: 10 a.m. to 2 p.m. on Sundays**

**Website: [www.muellerfarmersmarket.com](http://www.muellerfarmersmarket.com)**

Go early to this popular weekend market if you want to avoid the crowds. Housed in the historic Browning Hangar with additional tents popped up along the Mueller Lake bridge, this farmers market is one of Austin's largest. You'll find stalls of locally grown greens, ethnic foods, baked goods, farm staples and desserts. Just outside the hangar, food trailers provide more options.

The best thing about it for kids is all the surrounding room to roam! Feed the ducks and swans at Mueller Lake. Visit the playground. Walk the trails. And of course, picnic in the park.

*Annette Lucksinger is a mom of two who loves Austin adventures. She is author of the local family guidebook, Exploring Austin with Kids.*



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