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Awesome Austin— Virtually!

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Because of changing event details and ongoing restrictions of some area venues due to COVID-19, the July calendar will not be published. If you have an event you would like us to know about or would like to see our current event listings, please visit www.austinfamily.com.

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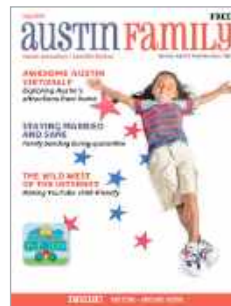


FILM REVIEW

By Jack Kyser

Eurovision Song Contest

Read online at: www.austinfamily.com/films



Cover kid, Eli, loves the 4th of July. Cover by Jordan Ashley Photography. Shoes provided by Kid O Shoe.

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Tune in:



Catch *Austin Family Magazine* live on "Good Day Austin" every Thursday morning and "Despierta Austin" monthly.

Back in the Saddle

I'm so pleased to be able to return to Austin Family as Interim Editor. It's been about fifteen years since my family moved to New York for a job opportunity, and I left the Editor position.

Like Austin itself, the magazine has changed. This month marks our first all-digital version in response to the need for our readers to access the magazine without leaving their homes during the COVID-19 pandemic. Our calendar is online at our website (www.austinfamily.com) so that we can keep up with rapidly changing dates and events. Betty Richardson explores how to stay quarantined and happily married, Alison Bogle looks at online resources that might be healthier for bored kids, Brenda Schoolfield examines ways that parents can stay positive and connected with their children, and this year's Awesome Austin article is all about the virtual offerings that allow families to enjoy Austin safely.



EDITOR'S NOTE

BARB MATIJEVICH

Barb Matijevich is a mother, writer, and therapist in Austin.

Bob Dylan wrote that "the times, they are a-changin'" and never has that been more true than this year. Some things remain the same, though: Austin Family is still your go-to for up-to-date information for guiding your family through this time of uncertainty, and the city of Austin is still awesome.

Barb

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SUMMER AT-HOME LEARNING

PreK-3 | 6am-12pm

4-8 | 12pm-3pm

9-12 | 3pm-6pm

Go to kids.austinpbs.org for the full schedule. And for all-day PBS Kids programming, tune into the **Austin PBS Kids 24/7 channel!**

Austin PBS

Play it product recalls **SAFE**

Recalls of Strollers and Teething Spoons



The recalled **Island Wear strollers** violate the federal Carriages and Strollers Safety standard. The location of the restraint system creates a large gap between the restraint and the seat. The child can slip

through the gap, posing a fall hazard. In addition, the covering on the grab bar can detach and expose foam, posing a choking hazard to children. Consumers should immediately stop using the recalled strollers and contact Island Wear for instructions on how to receive a full refund. No injuries have been reported. The strollers were sold at Paradise Island, Outrageous Outlet, and Grand Resort Wear in Ocean City, Md. from April 2019 through October 2019 for about \$20.



The recalled **Miniware teething spoons** are made from food-grade silicone designed for infants to use during the teething phase, approximately 4-24 months of age. The spoons were sold in a set of two and came in gray, aqua, peach, key lime (green), cotton candy (pink), and lavender colors. "Miniware" is stamped in raised letters on the handle of the spoons.

The spoons were also sold in Meal Kit Configurations. The "First Bites" kits included spoons, bowl, suction foot, and lid. The spoons came in key lime, aqua, cotton candy, lavender, gray and peach. The "First Bites Travel" kit included a spoon, bowl, suction foot, and travel bag. The spoons came in lavender and aqua. The "Sip and Snack" kit included a spoon, bowl, suction foot and drinking cup. The spoon came in peach and gray.

Consumers should stop using the recalled teething spoons immediately and contact Bonnsu for a free replacement product. Bonnsu has received one report of an infant who bit through the silicone teething spoon, resulting in a piece separating inside the infant's mouth.

The spoons were sold online on Miniware.com, Amazon.com, and in stores including Dillard's, The Tot, Turquoise, The Mellowland, Mom Loves Me, and Bitte nationwide from December 2017 through March 2020 for between \$14 and \$42.

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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- Sarah F. (6yrs old)



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AROUND

Austin

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Black-Owned Businesses to Support in Austin

BY BARB MATIJEVICH

Want to take action to support Black families in Austin? Here's a short list of small, family-oriented businesses you can support.

Me & the Bees Lemonade

www.meandthebees.com



When Mikaila Ulmer was just four years old, she was stung by two bees in the same week. Her parents encouraged her to do some research on the bees rather than being upset with them. Upon discovering the important role that bees play in our ecosystem, Mikaila was determined to help them. Using her Great Granny Helen's flaxseed honey lemonade recipe, Mikaila launched her business from her home in Austin, Texas in 2009. Landing a deal with Daymond John on the show *Shark Tank* was just the beginning of Me & the Bees' many business successes.

Today, the award-winning lemonade is buzzing off the shelves of Whole Foods Markets, Wegmans, and natural and organic food stores across the country. At just 13 years old, Mikaila has shared her story with *Good Morning America*, *NBC News*, *The Real*, *Forbes*, and *TIME* among others, and has been invited to speak on social entrepreneurship at prestigious gatherings including the White House United State of Women Summit, where she introduced President Barack Obama, Microsoft We

Day, alongside Satya Nadella, and the Dell Women's Entrepreneur Network Summit in South Africa.

Mikaila's first book, *Bee Fearless, Dream Like a Kid*, launches in August 2020. Published by Penguin Random House, it is about her adventures in being a social entrepreneur and heading up a purpose-based brand aimed at offering premium, all-natural lemonades in a way that helps save the bees.

Brown Book Box

www.brownbookbox.org



The Brown Book Box was developed by Brytani and Darriana, two moms of color, as a passion project. The pair did not see characters that looked like them in the books they read at home or at school. As mothers and adults, they began to imagine a future where their kids, and all kinds, would have access to books with characters that reflect the diversity of the world around them. The organization's mission is to provide access to inclusive content that increases literacy, promotes fun learning for children and families, and supports other brown-owned businesses.

"We imagine a future where all children have access to books with characters that look like them. We believe that children having representative books in their home will improve the association that they develop with reading. Our aim is to work with families and communities to see an increase in youth literacy scores by 4th grade, helping to build household libraries with diverse books, increase the number of weekly read aloud hours, and support other minority-owned businesses and creatives."

Subscriptions are shipped every month with each box having a different theme and including books and creatively fun activities for your little reader.



The Barkin' Bones Inn

Instagram and Facebook
@thebarkinbonesinn @rawedgerinses

In 2015, founder Candi Larue moved her small business to Hutto, TX and created a six-acre resort dedicated specifically to dogs. A sole proprietor, the business today is 100% referral-based, like the good old-fashion way. Candi says that her passion is caring for others' dogs while they're away on vacation, personal time, emergencies, etc. Dog boarding is the prime business of The Barkin' Bones Inn. Dogs come to slumber in a relaxed and stress-free environment. She offers large suites for dogs, elevated beds, yummy dog treats, swimming, exercising in the state-of-the-art play yards, and off-leash hikes in the meadows on the property.



Larue also provides doggie day care and grooming, in addition to dog training. What makes the Inn so different? It's the quiet, easygoing Austin vibes, no overcrowding. The facility is healthy and she offers a taxi service. Larue is also the founder of a world-wide natural grooming product line, Raw Edge Rinses. The grooming line is made from raw ingredients, safe for all dogs, and makes grooming easier for pet parent and dogs.



Wigglez~N~Gigglez
www.wigglezngigglez.com

Wigglez~N~Gigglez (WNG) was founded by mother and CEO Dani, who started with a love for creating fun, cute, original onesies for babies. WNG Baby Boutique targets busy moms who were looking for quick and unique baby shower gifts but had little time to create the perfect gift. It has expanded its boutique to Wigglez~N~Gigglez Kidz, offering clothes, shoes, & accessories, with a focus on style and the latest fashion trends for kids of all ages.

Additionally, WNG Childcare Support Service assists busy child development center directors with paperwork, administrative tasks, and hiring services. Over the years, Dani's love for young children has expanded into early childhood education expertise. With that, several other projects are in the works including a blog site and Learning Center.

Caribreo Flavour Boutique

www.caribreo.us

Founded by Michael Cunningham, Caribreo Flavour Boutique is an online shop featuring a unique blend of Caribbean, Creole and Southern-inspired organic and

all-natural seasonings, sauces, marinades, and coffee. The products start with high quality organic dried herbs, spices, and ingredients from farms all over the world. All of the spice blends are ground within weeks of ordering to ensure maximum freshness because fresh ground spices are more aromatic, and they provide a more robust and stronger flavor to your recipes per pinch or teaspoon.

The company is passionate about helping the world through food, better health, better education, more enjoyable eating experiences, recipes, kitchen hacks, and GIVING back. Each month it donates 10% of sales to a charity that focuses on helping people (Kiel Colon Cancer Foundation, American Heart Association, St. Jude Children's Hospital, etc.)



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THE Learning Curve

ALISON BOGLE

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

Making YouTube Child-Friendly

As any adult who has ever gone on YouTube knows, it can be the Wild West of content. When you're not able to be fully present with your children as they watch, it can be ill-advised to turn them loose on YouTube. However, there is some really good educational content out there, so choosing to fully ban YouTube would mean missing out on some great learning opportunities.

If you have a younger child who wants to watch YouTube, consider checking out YouTube Kids. Launched by Google in 2015, YouTube Kids was developed to limit content to family-friendly videos, channels, and educational clips. YouTube Kids also offers parental controls that allow you to customize your child's experience. Parents can limit screen time, block certain videos, and more.

Whether you choose YouTube or YouTube Kids to explore with your child, activate the parental controls on your child's device, make a plan to watch together, or at least check in on your child from time to time, and then let the learning begin!

These YouTube channels excel at making learning exciting and fun:

1. Crash Course Kids

This bi-weekly show is all about science. Earth, habitats, space, chemical reactions, engineering, and more are covered in new videos uploaded every Tuesday and Thursday. Delivered in an entertaining and engaging style, budding scientists will devour these interesting lessons.

2. TED-Ed

Created by the nonprofit responsible for TED Talks, the TED-Ed video library offers a wide range of educational videos, each typically around five minutes long. With a mission of "spreading great ideas," many of TED-Ed's videos represent collaborations between talented educators and animators that were nominated through TED-Ed's website.

3. The Spangler Effect

Steve Spangler finds creative ways to make science fun by turning ordinary household objects into science experiments, resulting in unforgettable

learning experiences. What child wouldn't want to make a rocket out of a squeeze bottle? You can do that and so much more with the Spangler Effect channel!

4. PBS EONS

EONS explores the history of life on Earth, from the "Age of the Dinosaurs," up to the end of the most recent Ice Age. Kids and adults alike will be astonished by humans' fascinating collective history.

5. Houston Zoo

If you have an animal lover, this is the perfect YouTube channel for you! Kids are taken on a behind-the-scenes tour of the animals and can meet the keepers that care for them. Whether it's learning what bats eat for breakfast, or watching how a rhino gets her bath, kids will love seeing the Houston Zoo animals in action!

6. Smart Girls

Created by Amy Poehler, the Smart Girls YouTube channel declares, "We emphasize intelligence and imagination over 'fitting in.' We celebrate curiosity over gossip. We want you to truly be your weird

and wonderful selves!" Smart Girls offers DIYs that kids gravitate towards, but also includes videos about social issues, as well as interesting profiles of inspiring women.

7. The Brain Scoop

"Chief Curiosity Correspondent," Emily Graslie, of The Field Museum in Chicago introduces kids to the operations of the museum by taking them on a journey into natural history. Employing entertaining interviews with scientists, tours of collections, and hands-on teaching, Graslie's approachable style and subtle humor make learning how a museum ticks exciting and fun.

8. WordWorldPBS

PBS is a great source for quality children's programming, and its WordWorldPBS YouTube channel is no exception. The animated, animal-themed content is perfect for the preschool set, who can "watch words come alive," while they learn letters and early literacy concepts.

9. Sesame Street

Sesame Street's YouTube channel contains all of a preschooler's beloved characters. Offering both bite-sized videos, as well as full episodes, there are options for any attention span. Videos are broken into the categories of songs, shorts, storytime, episodes, and parent moments.

10. FullTimeKid

Mya Reyes is a young girl whose YouTube channel has become popular for its hands-on project tutorials, fun educational tricks, and cute crafts. Mya's simple instructions and fun delivery-style make her ideas inspiring and easy to follow.

11. Red Ted Art

Stuck at home and feeling crafty? This channel offers easy-to-follow arts and crafts ideas for all age groups. The crafts typically call for common household items,

like paper towel tubes, meaning you rarely have to purchase supplies and you can get started right away!

12. Jack Hartmann Kids Music Channel

Have an auditory learner who responds well to learning through music? This might just be the channel for you! Jack Hartmann

has produced over 45 albums for children with more than 1,000 catchy songs for kids. Hartmann's songs and educational videos will help your child learn concepts such as counting, reading and language skills, science, dance and movement.



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Awesome Austin Virtually!

BY BARB MATIJEVICH

Things are beginning to open up after the first phase of quarantine that began in March, but all indications are good that another wave of social isolating is on the horizon. That doesn't mean you can't explore the awesomeness of Austin! This town is nothing if not creative --from virtual museum tours to dance classes, much fun can be had while staying safe.

MUSIC

The Live Music Capital of the World is offering lots of opportunities to get your music fix.

[Visit Austin](#) features a fantastic rundown of local music live-streams and rebroadcasts.

Austin City Limits has opened large swaths of its archive for your on-demand viewing pleasure. (Stream full episodes here: www.pbs.org/show/austin-city-limits)

The Austin Symphony Orchestra is offering a chance to enjoy a handful of past



performances online. www.austinsymphony.org/the-symphony-rewind

CULTURE

Austin has some of the coolest museums ever and although most are still closed due to the pandemic, there are a number of options for virtual tours and online classes. Visit these museums from home!

The Austin Museum of Popular Culture AusPop collects, conserves, and exhibits vintage posters and live music ephemera from the 1960s through today to educate future generations on the rich and unique culture that makes Austin the Live Music Capital of the World. Take a virtual tour of

some unique exhibitions at:

www.artsandculture.google.com/partner/south-austin-popular-culture-center

Blanton Museum of Art

www.collection.blantonmuseum.org

There's so much to explore during a visit to the Blanton Museum of Art on the University of Texas at Austin campus. With nearly 18,000 works ranging from Greek pottery to Latin American modern art, you can spend the entire day at the museum and want to come back for more! If you don't have all day to meander through the museum halls, take this quick virtual tour to get a taste of the space.

The Contemporary Austin

www.thecontemporaryaustin.org

Take a virtual visit to The Contemporary Austin at the Jones Center to view modern art in a renovated historic building. You can also explore its sister museum, The Contemporary Austin-Laguna Gloria, nestled on the Lake Austin waterfront. The museum is offering online art classes for ages 4-adult.

Elisabet Ney Museum

In 1892, Elisabet Ney, a German classically-trained sculptor, moved to Austin and built "Formosa," a remarkable Neoclassical and Gothic Revival studio. Today, the Hyde Park museum is dedicated to her art and legacy and houses the largest collection of her work in the world. Although currently closed, there are a series of YouTube Tours available:

- For a videotour of the Elisabet Ney Museum's main collection, given by Museum Site Coordinator Oliver Franklin, please [click here](#).
- For a video tour of the current Special Exhibition "Barbara Atwell: Rewylding", please [visit](#) Barbara Atwell: Rewylding Exhibition
- For a video tour of the Museum's Native Prairie Historic Landscape restoration project, given by MinoGiunta, the Museum's landscape specialist, please [click here](#).
- To celebrate wildflower season, for a video demonstration of Plein Aire

painting created by Baron Wilson of Austin Plein Aire Society using the Elisabet Ney Museum as a model, please [click here](#).

The Emma S. Barrientos Mexican American Cultural Center (MACC)

Opened in 2007, The Emma S. Barrientos Mexican American Cultural Center was created to preserve, create, present and promote the art of Mexican Americans and other Latino cultures. The center offers two galleries and two theaters, featuring work from local, regional, and national Latino and Latina artists. The ChingonX Fire exhibit was originally scheduled to open in spring of 2020 in the Sam Z. Coronado Gallery but the onsite exhibit has been canceled. The curator, April Garcia, instead opened an online exhibit featuring the artist for the community which can be viewed [here](#).

Online Exhibition

Harry Ransom Center

The Harry Ransom Center is one of the top humanities research libraries and museums in the country, and the collections range from performing arts and photography to film, art, and literature. Located on the University of Texas campus, the Ransom Center houses such artifacts as the First Photograph, a Gutenberg Bible, and more. The center has a large number of little known digital collections at www.hrc.contentdm.oclc.org that will warm any bibliophile's heart!

Huston-Tillotson University

Chartered 1877 and opened 1881, this historic African American university is two years older than Austin's best-known school, the University of Texas. Samuel Huston College merged with Tillotson College in 1952 to form Huston-Tillotson University. The Ira Evans Hall and the Anthony and Louise Víaer Alumni Hall are both listed in the National Register of Historic Places. Take a virtual campus tour today!

LBJ Library

www.lbjlibrary.org/the-best-of

The museum collection of the Lyndon Baines Johnson Library and Museum contains more than 54,000 objects donated by the President and Mrs. Johnson, their family, close friends, associates, and the American people. Like that of most history museums, the collection is very diverse and includes objects ranging from Middle Eastern antiquities and coins to postage stamps to Oval Office furniture.

Neill-Cochran House Museum

www.nchmuseum.org

Immerse yourself in Greek Revival architecture and life during Austin's 19th century. Located near the campus of The University of Texas, the Neill-Cochran House Museum is one of few Antebellum buildings open to the public in Austin. The museum showcases the city's cultural, economic and architectural transformation from 1855 to present day. Plus, discover kid-friendly virtual events and activities online.

OTHER ATTRACTIONS

Austin Central Library

www.library.austin.org

Access the Virtual Library with your Austin Public Library card number and PIN/Password. These services can be used on most PCs; Macs; iOS and Android tablets and smartphones; and eReaders such as Kindle Fires. Please check the Help pages for more information about apps and device compatibility. Library staff members are happy to help to the extent of their knowledge but cannot access personal devices.

Jourdan-Bachman Pioneer Farms

www.pioneerfarms.org/pioneer-tv

Located in northeast Austin, Pioneer Farms has six historic areas for families to explore, from the 1840s through the 1890s. Take the kids back in time at four different farmsteads, a Tonkawa Indian Encampment, a rural village, and more.

Lady Bird Johnson Wildflower Center

www.wildflower.org/featured-events

Head over (virtually) to the Lady Bird Johnson Wildflower Center at The University of Texas at Austin to explore the beautiful botanical garden featuring various native plants. They have online classes for children and adults to learn about the conservation of nature and experience the beauty of the outdoors.

The Great Outdoor Austin

attractions -from indoors! Beautiful panoramic, interactive photos of some of Austin's most iconic outdoor spaces. www.youvisit.com/tour/austin/81272

YouTube Classes

Many Austin gyms and yoga studios are offering classes online, and the University of Texas is offering an entire catalog of enriching informal classes at www.informal.utexas.edu.



When you just GOTTA get out of the house...safely!

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www.bluestarlitdrivein.com

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Camps

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Day Camp - Camp Doublecreek
Film Camp - Austin Film Festival
Fine Arts Camp - Laguna Gloria
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LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer based in Austin, TX.

6 Positive Parenting Tips for a Happy Summer

Parenting is tough during the best of times but particularly challenging during times of health and economic uncertainty. Children and teens are feeling the stress of social distancing, health safeguards, and activity disruption. Many feel afraid and anxious about the future. Parents can help safeguard their child's mental and physical health by creating a safe, positive home environment. Here are some tips based on healthy parenting recommendations from the World Health Organization (WHO):

#1. Spend one-on-one time with each child. Spend time with each child individually every day. Aim for 20 minutes or longer, but even 10 minutes is better than nothing. Schedule it at the same time each day so that you don't forget. Consistency is important. Your child will begin to look forward to this special time.

Set a timer before the session. Say "I'm looking forward to our 20 minutes together. What would you like to do?" Resist the temptation to spend unlimited time. You may have enough time in your schedule today, but you may not tomorrow. If one-on-

one time takes an hour each day, you'll end up not doing it at all.

During one-on-one time, focus on your child. Give her your full attention. Put away phones and electronic devices; turn off the TV. Let your child select the activity. Legos, blocks, or coloring pages work well for younger children. Games, walks, and bike rides are other options. Teenagers may just want to talk. The purpose of this time is to enjoy your child and strengthen the bond between you.

Parents can help safeguard their child's mental and physical health by creating a safe, positive home environment.

#2. Give clear directions. It is easy to become frustrated and shout at your child for not doing a task correctly. Give clear, positive directions. State specifically what you want your child to do. Instead of "get ready for bed", say, "please get your pajamas out of the drawer and put them on." Instead of "clean up that mess", say, "it is time for you to pick up your art supplies and put them back in the art box."

#3. Praise positive behavior and ignore negative behavior. Shift your focus from complaining about negative behaviors to praising positive behaviors. Ignore as much negative behavior as possible. Praise your child at every opportunity. "I really like how quietly you played while I was on my conference call." "Good job putting your socks and shoes on without being told." "You did a great job explaining why you are upset."

#4. Manage bad behavior strategically. Here are some commonly recommended methods:

- **Try to catch bad behavior early and redirect your child.** "I can see that

you're feeling frustrated. Let's leave it for now and go outside for a minute."

- **Use logical consequences.** Match the punishment to the crime. For not complying with a request to get off the device, the child might lose access for a few hours. If she was looking at inappropriate online content, you might want to restrict access for a week or more.
- **Plan consequences** for specific bad behaviors and discuss them with your child ahead of time. "In our family we want everyone to always be safe. We will ask you to sit quietly in the time-out corner for a 5-minute pause if you hit or kick your sister."
- **Be consistent.** Give the same consequences for the same bad behaviors every time. Children become agitated and confused if a bad behavior

is okay one day, but they get in trouble for it the next.

- **Don't hold grudges.** Once the bad behavior is over and the consequence has been applied, move forward with a positive attitude. Help your child get involved in an alternate activity. Don't keep talking to the child about the incident.

#5. Create daily routines. Children feel more secure with calm, predictable routines. A consistent bedtime routine is particularly important for healthy sleep. Beyond sleep, a bedtime routine has many benefits to both the child and family. Research has shown that activities such as hygiene (bathing, teeth brushing), communication (reading, singing), and physical contact (cuddling, rocking, massaging) contribute to a child's social and emotional development. Teaching your child how to fall asleep will benefit her

throughout life. When a child has the ability to fall asleep on her own, parents get the opportunity to relax and reconnect. This helps strengthen the marriage and reduces stress in the family.

Everyone in the family benefits from an exercise routine. It could be as simple as a walk together. Don't leave exercise to chance. If you don't plan for it, other activities will get in the way.

#6. Model good behavior. Model behavior that will keep your child safe during the pandemic. Wear a mask when you go out. Practice social distancing. Wash your hands often for at least 20 seconds. Manage your own stress by exercise, deep breathing, meditation, or mindfulness.

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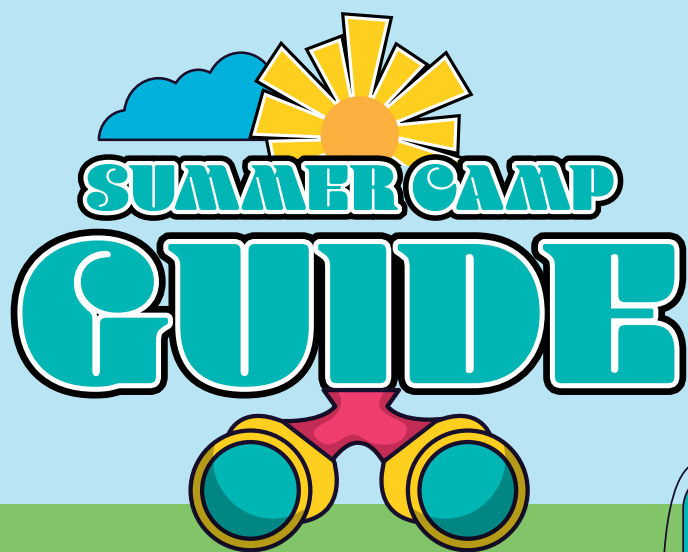
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FAMILY MATTERS

BETTY RICHARDSON

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

Family Bonding During Quarantine

Q We went from everyone in our family of three going in separate directions nearly every waking hour to being together 24/7. I feel like we are growing apart rather than closer together. My husband Sam's habits annoy me a lot, and I tell him so. When he changes clothes, he leaves the dirty ones on the floor all over the house. He loads the dishwasher in an insane way. The list goes on. Everything I do seems to annoy Sam, too. Our son Jack, 15, is disrespectful and isolates in his room. When I try to get Jack to do something he doesn't want to do, my husband takes Jack's side. In fact, they often side against me. I know my husband has thought of separation and possibly divorce. How can our family enjoy life together and stay together?

A Staying at home has resulted in a diverse range of feelings and behavior in families. Some families have found ways to be closer but it's believed that the divorce rate is on the increase as the quarantine spotlights issues that may not have been so glaring during normal, busy everyday life. Many of my clients and friends are anxious and afraid especially about the future. You may ask yourself what would your life be like if you were divorced and what kind of relationship you will have with your son in the future. What will his future be like? There are lots of real day-to-day problems to solve, and the uncertainty of the future to worry about. What can you do to use this time to strengthen your family bond?

First, I would recommend asking your husband how committed he is to staying together as a married couple. Your wedding

vows included in sickness and health but did that include in normal times and in coronavirus times? Even if he is lukewarm on commitment, you can still ask him if he is willing to work on having a more enjoyable family atmosphere for right now.

Let me offer some suggestions:

1. Find a good psychotherapist. Many are available by teleconferencing so you don't have to leave your home. If you think a therapist is too expensive, then think about something you spend money on that perhaps doesn't give you as much benefit as a therapist, for example, cosmetics and beauty treatments. What's in your mind is as important or far more important as what's on the outside.
2. Call attention to your husband that he is often "triangulating" or engaging in "two against one" behavior. There is the danger of triangulation any time three people are involved.
3. Ask your husband to think about how he supports your son's habits that need changing. For example: enlist his help to get your son to be respectful of others. If he won't support you, at least use some behavior modification with your son. One idea would be to ignore him and/or refuse to give or do something for him until he shows an improvement in respect. In addition, every time he shows respect, give him verbal praise or do something tangible like bake his favorite cookies and say something like, "Your behavior is more respectful and deserves a special treat."

4. Find an activity the whole family can engage in such as a puzzle, identifying birds, or a game to play. Put a puzzle out and start working on it. See if anyone will join you. Assess your husband's and son's interests and see if you can identify an activity along those lines.
5. Severely limit the times in a day you can call attention to the things your husband does that annoy you. Rethink how to react to these things. Sometimes it helps to say something like, "I'll pick up his things because he does something for the household that I don't like to do." Perhaps you can reload the dishwasher the way you like it, or just be thankful he loads it at all. Most people are sensitive to criticism; reinforce the behavior you want to see.
6. Make a list of things that you like about your husband and share this with him. Begin to move into a positive vibe around him.
7. Think about couples counseling and family therapy sessions. I'd suggest working on your own issues first and then when your teletherapist thinks you are ready, begin couples therapy and family therapy.

If you and/or your husband thinks therapy is too expensive in time, effort, and/or money, believe me, that it is far cheaper than divorce.

KIDZONE



How to Make Sidewalk Chalk Paint

- 1/2 cup Cornstarch
- 2/3 cup Water
- Food Coloring

Mix together the water and cornstarch, and stir until the cornstarch dissolves. Divide the paint mixture into the wells of a muffin tin or similar painting tray, and add food coloring to achieve the desired colors – note that the colors will dry much lighter on the sidewalk than they appear in the tin!

Our chalk paint recipe generally calls for a 1:1 ratio of cornstarch and water, but since we were painting on the sidewalk instead of paper, I incorporated just a bit more water and found that we liked it even better. We were able to paint longer brushstrokes without needing to reload the paintbrush with paint, which is always great for younger kids.

Washes off easily with water, but it's always a good idea to do a test in an inconspicuous place.

Source: <https://www.happinessishomemade.net/sidewalk-chalk-paint/>

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Contest runs through July 17th and a winner will be announced on July 20th, 2020. AFM readers will judge from all photos entered, so get that camera out and start shooting.

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JUST FOR GRINS

CATE BERRY

Cate Berry is a children's book author and mother of two based in Austin, TX.



Okay Is the New Great

July is made for watering holes.

My favorite is the Blue Hole in Wimberley. Over the years, I've forgiven the state for requiring an entry reservation. I remind myself it's a privilege, slipping into silky green water so cold it makes you believe summer is, in fact, pretty great.

The cypress trees hug the river as squealing kids float into your space. But I never care. If the freezing water doesn't stop your heart, the Blue Hole's beauty will. Floating on your back, hearing kids shriek as they let go of the rope swing, is about as good as life gets.

This year, of course, no Blue Hole. No hugging, no splashing with loved ones and no sharing a blanket with friends. I think to myself: *the heat is coming. What will we do?*

There's only one solution, of course. A blow-up pool filled with refreshing water straight from our garden hose.

Apparently, we're not the only ones in quarantine with the same idea.

It's rough even finding one this year. But we managed to track one down, and initiate Summer 2020 with the turn of a spigot.

As the water fills, and we slap ourselves silly countering mosquitos, I remember my beloved Blue Hole. Pristine, bracing, full of hope for the summer. I look up, searching for a branch to hang a rope swing. *A rope swing?* I catch myself thinking, *In a foot of plastic-held water?*

My longing for last summer has gone too far. After all, I have water. Where is my gratitude?

I kick off my flip flops and step into the wading pool. Lukewarm. My husband does the same, cracking open a beer. My two kids sink down. We all try not to touch each other's legs.

And we smile.

WATER!

It's not paradise. But I tell myself that Okay is the new Great, as I descend into the blue, plastic abyss.

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