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May 2019

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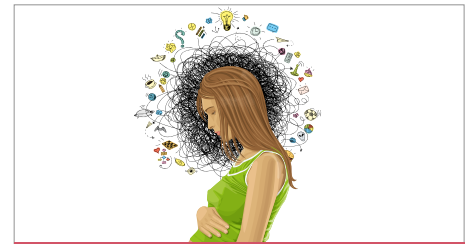
smart parenting • healthy homes



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*Editor's note: After many years with Austin Family magazine, columnist Richard Singleton has decided to simplify his life and step away from his insightful monthly musings on the role technology plays in parenting. He will be sorely missed. This month, we debut a new column, Out & About, with first-hand accounts of family explorations. We hope you enjoy it!*

## Tune in:

Catch *Austin Family* live on "Good Day Austin" every Friday morning and "Despierta Austin" the first Thursday morning of each month.



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## FILM REVIEW

By Jack Kyser

### "Avengers: Endgame"

Read online at: [www.austinfamily.com/films](http://www.austinfamily.com/films)



Gigi turns 10 years old this month, loves studying French and wants to be a director someday. Wardrobe by Dragonsnaps. Photo by Jordan Ashley Photography.



Here's a question: does Mother's Day leave you feeling warm and fuzzy, or something else? The Instagram version of motherhood is polished and rendered in soft focus, full of gentle nurturing and self-sacrifice. But there's another side we need to talk about. "We are expected to be supermoms these days, instead of admitting that we have flaws," writes Jodi Picoult in *House Rules*. "It is tempting to believe that all mothers wake up feeling fresh every morning, never raise their voices, only cook with organic food and are equally at ease with the CEO and the PTA."

But mothers are only human, after all. And while we're all trying to raise the next generation to eat their veggies, do their homework, respect their elders, wear sunscreen and get into college, I hope we can also give ourselves – and all the mothers we know – permission to have doubts, admit regrets, make mistakes, feel less than super. We're humans raising humans, with all the messiness and laughter and tears and hugs and rage that comes with it.



## EDITOR'S NOTE

SHERIDA MOCK

*Mock is an award-winning writer and the mother of two daughters.*

"There is so much awesome in just being you," writes Rachel Marie Martin in *The Brave Act of Motherhood*. So be yourself and know that's enough.

I hope you have a very real, honestly happy Mother's Day!

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# Play it product recalls **SAFE**

## Government Recalls Power Banks, Globes and Baby Socks



Daniel M. Friedman & Associates is recalling about 170,500 **power banks** because the chargers can overheat, posing a fire hazard. The recall involves rechargeable power banks for use with smart phones and tablets. The chargers came in a variety of colors and shapes, including a unicorn head, a cat with

sunglasses and a rainbow between two clouds. Affected units were sold at Burlington, Kohl's, Ross and other stores nationwide between November 2016 and January 2019 for about \$25. Consumers should immediately stop using the recalled power banks and contact Daniel M. Friedman & Associates to arrange to return the product for a full refund.

Bulk Unlimited is recalling about 3,000 **children's globes** because the globe's internal wires can short out and overheat, posing fire and burn hazards. The recall involves Little Experimenter brand 3-in-1 world globes. The globes have an orange base with two white buttons that light up the globe and display a projection of stars and constellations. Affected units were sold at amazon.com, ebay.com and littleexperimenter.com between October 2018 and January 2019 for about \$30. Consumers should immediately take the recalled globes away from children, stop using them and contact Bulk Unlimited to receive a free replacement globe. Bulk Unlimited is contacting all known purchasers directly.



Midwest-CBK is recalling about 22,600 **baby rattle socks** because small ornaments can detach from the socks, posing a choking hazard to young children. The recall involves various styles of Perfect Pair socks in 100 percent cotton with characters or animals such as a snowman, reindeer, whale, flamingo, tiger or shark sewn onto the toe. Affected units were sold at boutique gift stores nationwide between

October 2017 and December 2018 for about \$10. Consumers should immediately take the recalled socks away from children and contact Midwest-CBK for a full refund.

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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Researchers at UT Austin used gear play at The Thinkery to study the influence of parents on their children's play. Photo courtesy of The Thinkery.

## Keep it Simple

Simple cues from parents help children learn in new ways, according to research from UT Austin. A new study published in *Child Development* examines the interplay of explanation and exploration as children work through scientific reasoning.

"Most research on children's causal reasoning is conducted on individual children in laboratory settings," says Cristine Legare, the study's senior author and a psychology associate professor at UT Austin. "Our study examined parent-child collaboration in a real-world learning environment."

In the study, parents were asked to give their children one of three directions — "explain," "explore" or play as they normally would. Researchers found that when parents used explanation, their children talked about the play longer. When parents encouraged exploration, their children spent more time working through their play.

## State Science Fair



Several area students took home prizes from the state's Texas Science and Engineering Fair in March at the Texas A&M University campus. Sixth through 12th grade students competed in more than 20 categories spanning across engineering, biological sciences and physical sciences. Winning high school entries will advance to compete in the Intel International Science and Engineering Fair (ISEF).

Area middle school students who won top prizes include: 1st place Chemistry, Imaan A., Renaissance Academy MS; 2nd place Biomedical and Health Sciences, Isabel C., Canyon Ridge MS; 2nd place Energy: Physical, Armaan S., Canyon Vista MS; 2nd place Mathematics, Danyaal M., Austin Peace Academy MS; 3rd place Behavioral and Social Sciences, Lucille M., Canyon Ridge MS; 3rd place Cellular and Molecular Biology, Tasnim A., Austin Peace Academy MS; 3rd place Mathematics, Kenneth K., Pflugerville MS.

Area high school students who won top prizes include: Grand Prize Life Sciences and 1st place Earth and Environmental Sciences, Jack D., Lake Travis HS; 1st place Embedded Systems, Satvik D., Westwood HS; 2nd place Cellular and Molecular Biology, Lydia N. and Michael N., Vista Ridge HS; 2nd place Energy: Chemical, Nora B. and Ayla S., Austin Peace Academy HS; 2nd place Environmental Engineering, Wajiha M. and Varisha M., Austin Peace Academy HS; 2nd Place Biochemistry, Bryce Y., Liberal Arts and Science Academy; 3rd place Animal Sciences, Sindhuja U., Westwood HS; 3rd place Cellular and Molecular Biology, Coban B., Lake Travis HS; 3rd place Translational Medical Sciences, Prabhav V., Westwood HS; 3rd place Robotics and Intelligent Machines: Adithya K., Liberal Arts and Science Academy; Texas A&M \$1,000 scholarship in Engineering Mechanics, Erick B., Travis Early College HS.

## Making Lemonade



When life gives you lemons, learn how to run a business. Kids can register now to take part in Lemonade Day Austin on May 11. The free event teaches young people how to start, own and operate their own business. Kids keep all the money they make, and the program materials encourage them to save some, spend some and share some. The program started in Houston in 2007 and has grown to include one million kids across North America.

## Must-Do This

# May

4

**Muddy Miler Family Adventure**

*in Round Rock*

11

**Touch-a-Truck**

*at Camp Mabry*

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Lanier High School will be renamed Juan Navarro Early College High School. Photo by Sherida Mock.

## School Name Changes

The Austin ISD's board of trustees has voted to rename five district buildings named for men who served in either the Confederate military or government. The district is now accepting donations to support the costs associated with name changes. Affected buildings are Fulmore MS (changing to Sarah Beth Lively MS), Lanier HS (changing to Juan Navarro Early College HS), Reagan HS (changing to Northeast Early College HS), Eastside Memorial HS at the Johnston Campus (changing to a name pending the campus modernization) and Allan Center (changing to Anita Ferrales Coy facility).

Linda Vezina, coordinator of the Austin spelling bee, poses with winner Pranathi Jammula. Photo by Sherwin Field.



## V-I-C-T-O-R-Y

The second time around is just as sweet for Pranathi Jammula. The student from Austin ISD's Kealing Middle School won Austin's 2019 Regional Spelling Bee in March, a repeat from last year's bee. Runner-up was Pranav Nandakumar of Magellan International School, with third place going to Eshan Bharadwaj of Cedar Park Middle School. Jammula will compete in the Scripps National Spelling Bee May 27-30 in Washington, D.C.

# by the numbers



**\$23 billion**  
Spent on Mother's Day  
Source: National Retail Federation



**37%**  
Spike in phone calls on Mother's Day  
Source: History.com



**1/4**  
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## Block Party

Goodnight Ranch will host its third annual Festival of Good on May 18. The public block party is free and features activities like balloon shapes, field day games, a petting zoo and face painting. Local food trucks will be on hand, as well. The event takes place from 11 a.m. to 3 p.m. in Whitter Park.

Goodnight Ranch will host its Festival of Good on May 18. Photo courtesy of Goodnight Ranch.



## Art in the Evening

The Blanton Museum of Art at UT Austin has announced it will extend its hours on Friday evenings this summer. During the program, called Fridays Late Till 8, the Blanton will remain open until 8 p.m. every Friday from the beginning of May to the end of July. Visitors can view temporary exhibitions, the permanent collection and Ellsworth Kelly's Austin.

The Blanton Museum will open for extended hours this summer. Photo courtesy of UT Austin.

On select Fridays, the museum will offer special programming at 6 p.m. For example, the museum will host the Austin Youth Symphony on May 3, the Austin Chamber Music Center on May 17, and Akshaya Avril Tucker on May 31. For more details, including a full programming lineup, visit [blantonmuseum.org](http://blantonmuseum.org).



A rally to support stronger vaccine laws took place in April at the state capitol building. Photo by Sherida Mock.

## Public Health

Advocates for childhood vaccination rallied at the state capitol building in April. Organized by Immunize Texas and the Immunization Partnership, the rally included remarks by legislators who support bills in favor of stronger laws to protect public health.

Rekha Lakshmanan, Director of Advocacy and Public Policy for The Immunization Partnership, says the issue is especially on the public mind these days. "With 14 cases of measles and multiple school closures due to flu outbreaks this season – and now a case of pertussis in the Texas State House – we need to ensure laws are passed that support immunization."

In 2000, measles was declared eliminated in the U.S. However, nonmedical exemption rates for vaccinations have increased in Texas since then. Vaccine advocates say unvaccinated individuals tend to cluster, leaving some communities and schools susceptible to outbreaks.

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## FAMILY MATTERS

BETTY RICHARDSON

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

# Is This Depression or Just a Phase?

**Q** My 13-year-old daughter has lost interest in things she used to love to do. She doesn't seem to have much energy. She's irritable much of the time. Could she be depressed, or is this some sort of phase that girls go through at this age? Should I take her to see a mental health professional?

**A.** Several symptoms you mention are suggestive of depression. Most of us don't think about irritability in regards to childhood and adolescent depression, but these age groups often show their depression in irritability. Lack of energy and loss of interest in activities are also common depressive symptoms. You don't mention other symptoms, but here are some: loss of appetite, weight loss, sleeping too much or too little, feelings of worthlessness, too much or inappropriate guilt, inability to concentrate, indecisiveness and recurrent thoughts around dying.

Of course, your daughter doesn't have to have all these symptoms for a mental health professional to identify that she is depressed. A person can have a depressed mood without a formal diagnosis described in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) book we mental health professionals use.

On the other hand, there are many possible causes for the symptoms your daughter displays. She could have a physical health problem, such as severe allergies. She could have had a traumatic experience or suffer from fears she hasn't shared with you.

While teenagers are a serious challenge to parents at times, I wouldn't assume this is just a phase your daughter is going through. I would advise you to:

1. Get your daughter a physical checkup to be sure she isn't experiencing a medical problem that mimics depression.
2. If the exam doesn't identify a medical cause, make an appointment with a psychiatrist or nurse practitioner who specializes in the care of adolescents.
3. Follow up with a therapist who works with 13-year-olds. The therapist should provide you with some insight into your daughter's behavior and some strategies for helping her.
4. Make opportunities for your daughter to talk with you. If she talks more in the car or when you take her out for a snack, then make these opportunities happen. Your job is to listen and encourage her to talk by using phrases

such as "go on" or "give me an example." It's helpful sometimes to say, "Let me think about that," rather than rushing to offer advice or telling her how to solve something.

5. Consider medication such as an antidepressant approved for this age group, if the mental health professionals recommend it.

I want to point out that the mental health professionals I know don't push medication unless it seems to be needed. Personally, I don't bring up the idea of medication if there is some other way to deal with symptoms. There are kids who deal with these issues without medication. And then there are kids who fail without the aid of medication. In my opinion, the kids who are not succeeding due to depression deserve a prescribed and closely monitored trial of medication to see if it increases the chance of success in school, home and other areas.

I'm sorry to leave you still wondering what is going on with your daughter, but by following some of the suggestions above, you will get to the cause of her behavior and learn how to help her.



  
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## THE Learning Curve

ALISON BOGLE

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

# The Lowdown on Homeschooling

**T**here are as many different reasons to homeschool as there are parenting styles. Some parents choose homeschooling for religious reasons, so they can incorporate more of their faith into their child's day. Other parents make the choice so they can control the content their children are exposed to. Still others choose to homeschool because of learning styles or disability needs that aren't being met, medical reasons or social concerns. The list of reasons that families choose to homeschool goes on and on. What almost all parents homeschooling have in common is the belief that teaching their children outside of a formal education system is the best choice for their individual child, family or both.

Once you've made the often-stressful and overwhelming decision to homeschool, you are then faced with a decision on how to homeschool. It's important to know that

you don't have to go it alone. Thankfully, Austin has a very robust homeschool community, and there are many members who are willing to share tips and advice to help you along in your journey. You also don't have to be your child's primary teacher if you're not up for it. There are essentially four ways to homeschool: at home, with a co-op, through dual credit or a hybrid of those three.

### Weighing Your Options

Homeschool co-ops are typically groups of homeschooling families that join up to learn from and with one another. Many co-ops also get together for field trips, sports and other extracurricular activities. Some co-ops meet daily, while others might meet once a week or even less frequently. Some groups require that all participating families also have a parent who will teach, while others don't carry this stipulation. A benefit of joining with other like-minded families is that the teaching load is spread out, ideas can be shared and children form friendships due to a built-in social outlet, much like they would in public or private

school. The way co-ops operate will vary, so you'll need to select the one that fits best with your family's particular needs.

In the case of dual credit, high schoolers — as well as advanced middle schoolers — can take college-level courses, earning high school and college credit at the same time. Some homeschooling families elect to use in-person or online college courses as their high school-level classes. By completing the required coursework, the family counts the high school credit as earned, and the student banks college-level credits for the future.

Many families build a hybrid homeschool option — they might be their child's primary teacher several days of the week, connect with a co-op one or two days of the week, and as the child ages, they take advantage of college courses, whether at a community college, university or online.

### A Matter of Courses

An important part of the decision-making process is to choose which homeschool





curriculum you'll use. Like many aspects of the homeschool world, the choices are seemingly endless. This is when Google and a good homeschool resource group become your best friends. It's helpful to get others' thoughts and advice when selecting your curriculum. You can purchase extremely detailed materials, which give you the coursework and even the wording to use when teaching. Or, you can build your own curriculum by selecting from various books and workbooks. Some families choose online learning options, while other parents choose not to use any curriculum, but to create their own as they go along. It will be important to select materials that align with your family's beliefs and learning goals.

### Making Friends

Critics of homeschooling raise concerns that homeschooled children are isolated and don't get enough peer-level interaction. With a little bit of resourcefulness, however, this objection is easily overcome. Joining a co-op is one way to guarantee instant peer-interaction for your child. There are also museums, art schools, gyms, dance schools and more that offer special classes for homeschooled children. Finally, even if you don't want to join a learning co-op, there are still homeschool social groups that meet up on a regular basis, allowing children — and their parents — to form lasting friendships.

### The Fine Print

Texas courts have determined homeschools to be private schools for the purposes of compulsory attendance. It's required that your child is taught the subjects of math, reading, spelling and grammar, and a course in good citizenship. You must also use some form of written curriculum (online programs meet this requirement) and operate your homeschool in a "bona fide" manner. As long as you follow these requirements, you'll be operating within the law. It should

**You don't have to go it alone. Austin has a robust homeschool community, and there are many members willing to share tips and advice to help you along.**

be noted that although science and history aren't required by state law, any college your child applies to will require them for admittance. Finally, if your child is currently enrolled in a public or private school and you want to start homeschooling them before the year's end, you should formally withdraw your child so the school doesn't consider your child truant.

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BY KRISTY NOEL

## Lucky Ducks: Mills Pond

My family and I are always up for adventure and, being fairly new to Texas, we love getting to know our beautiful adopted home state. So, on a recent Friday afternoon, we loaded up our trusty minivan and set off in search of a duck pond to explore. We were pleased to find Mills Pond, a treasure tucked away in Wells Branch just north of Austin.

**The place:** Mills Pond, located at 15108 Wells Port Dr. For more information, visit [wellsbranchmud.com](http://wellsbranchmud.com).

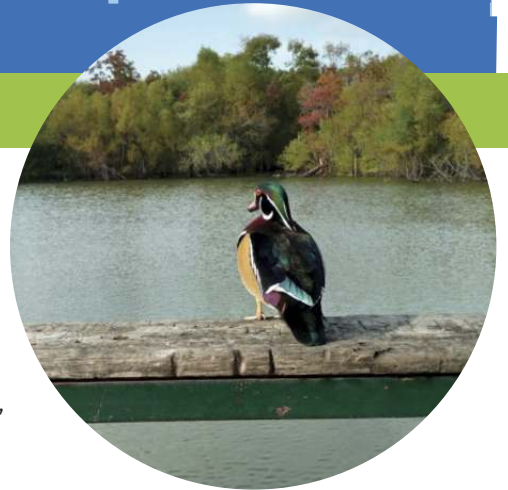


**The scene:** A wide, level trail surrounds the entire pond, with lots of places to stop and rest, take photos or just enjoy the scenery. The pond is accessible by way of a set of impressive stone stairs or a dirt path, your choice. As we followed the meandering path around the water, we were impressed by the park's unspoiled beauty. The trail and all its enhancements, including a fishing pier, seemed carefully planned to have minimal impact on the natural feel of the area, which provides a welcoming habitat for wildlife like

turtles, geese, cranes and ducks. The park also has a nature viewing station, with a sign requesting you to enter quietly. We recommend getting little ones to let off some steam – maybe at the park's basketball court or bench swing – before visiting the viewing station. Nestled among thick vegetation, the viewing area offers comfortable seating for about eight to 10 people. Perfect for a Mother's Day outing or any time, a location like this is a pleasure for all ages. Don't forget to take photos and apply lots of sunscreen.

**Facilities:** There are about 20 parking spaces, with enough space to maneuver large, family-sized vehicles. The parking lot and entrance are both wheelchair-accessible. Clean bathrooms are conveniently located at the edge of the parking lot, along with a water fountain and even a water bowl set up for four-legged family members. (Mills Pond is dog-friendly, but pooches must be on a leash at all times.)

**About feeding wildlife:** When I was a kid, it was common for folks to take slightly stale bread to the local pond and feed the ducks. But feeding ducks bread is now discouraged because it has minimal nutritional value. It can also impede the growth of young ducklings, pollute local waterways and attract rodents and other undesirable pests. Ducks should never be fed anything spoiled or moldy; certain types of mold are fatal to waterfowl.



My family and I were prepared to feed the ducks something healthy and nutritious, but we learned that local park authorities don't want visitors to feed the ducks and other wildlife. Before you head out to visit the duck pond of your choice, contact local park authorities to ask if visitors are allowed to feed the wildlife.

**More duck ponds:** Lou Neff Point, located along the Butler Hike and Bike Trail (not technically a pond, but the point where Barton Creek meets up with Lady Bird Lake is very popular with wildlife); The Arboretum, located at 1000 Research Blvd. (take the trail from the cow statues down the hill to the pond); Rock West Park, located at 500 Round Rock West Dr. (this pond is known in Round Rock as "the" duck pond).

*Kristy Noel is an Austin-based freelance writer and mother of two.*





Amy Edwards grew up watching her mother write.

# The Write Stuff

## Drawing Inspiration from Her Daughters, Local Musician Authors Children's Book

BY SHERIDA MOCK

**Y**ou might know Amy Edwards as a local musician. She's also a mom and – as of Mother's Day – a published children's book author. Her first work, *Starla and the Boogie Deluxe*, goes on sale May 12. After five years of laboring over the story and illustrations, bringing the work to fruition at this time of year holds special significance to Edwards, for whom creativity is a trait passed down from mother to daughter. On a recent morning, we met for coffee to talk about motherhood and artistic vision.

**AFM:** Tell us about your family.

**Edwards:** My oldest daughter is Sidney, and she is 13. Gigi, my little one, turns 10 in May. They are a big reason why I did this book. It's about a little girl who wants to be a singer, and I have two of those. Actually, Sidney sings the song that's the download for the book. It's called "That's What Friends Do." It's so cute.

**AFM:** What led you to write a children's book?

**Edwards:** I had a lot of life transitions going on. My mom died. I got a divorce. I got remarried and had Gigi. I was in

my mid-30s, and I wasn't sure what my next steps were. Some friends were like, "Hey, let's get together and learn instruments." I had never played guitar or anything. We formed a band and started getting more serious, and we really liked it. Unfortunately, that fell apart, but I started writing some of my own music.

I've learned so much, just about overcoming fear and negative self-talk and things that we all struggle with. One day I thought, "Man, I want to write a children's book." I thought of the basics, that she wants to be a singer and is misunderstood. I started collaborating with my then-spouse and Gigi's dad, Kevin Green, who's the co-writer. It has

taken so long. This book is five years in the making. I wanted to do something for my kids. They've heard me talk about it for years. Even Starla's shirt in the book is based on a hand-me-down from Sidney that Gigi wore nonstop until she grew out of it.

**AFM:** Do you have other works inspired by your kids?

**Edwards:** I've written songs. I recorded some songs and had them come in and sing backup. On my album, "Little Birds," Sidney did the art and they both sang backup. I'm going to look back on this book – and I'm getting all choked up just thinking about it – and I'm going





Edwards (center) with her daughters Gigi (left) and Sidney (right).

to know how much it meant. So, whether it succeeds or not isn't really the point. The point is that you put out something that means something.

**AFM: What do you hope to pass down to your children?**

**Edwards:** Oh, that's a big part of everything I do. I always look at it and think, "What is this showing them?" And I have one that's now on Instagram, doing the teenage thing. Her friends follow me. She sees everything I do, and it gives you a whole different perspective on what you're putting out. And I'm not always great at it. But I do hope that long term, that inspires them and reminds them that women can continue to grow throughout life. You can change, and you can figure it out. Make mistakes and fail and keep moving.

I just keep saying yes and trying new things, even when it scares me. In fact, that's the indicator: if it scares me, I'm like, "Shoot, I

should probably do it." I look to a lot of other women that are doing things, and that's very motivating to me. Sometimes I know that not doing it is going to be worse. [laughs] Even though it's going to be really hard, what's the alternative?

**AFM: How did your mom influence you?**

**Edwards:** My mother's name was Sidney, and I was pregnant with my Sidney when my mom passed away, so I named Sid after her. My mother was a writer. And I grew up hearing her typing away on her typewriter. She was never really published – she self-published a book of poetry. But she wasn't afraid to just keep going with something she was passionate about. And she kept writing until she passed away. She was never afraid to speak her mind and use her voice. She always said she was born a little too early. I'm proud of who she was, and to see that she just kept going and kept trying.

**AFM: What are you working to improve on as a mom?**

**Edwards:** Everything. All the time. I have a teenager now, and I try to keep perspective and say, "I get to be her mom through this." She's a great kid, but we all go through it, and I get to be her mom. And as someone who is on my own – I don't have a spouse – I really, really work on valuing the time that we're together and staying very engaged. Figuring out ways to manage what good parenting looks like. I would like to improve on figuring out how to navigate all the things we want to engage our kids. It's really hard. But there's room for improvement everywhere.

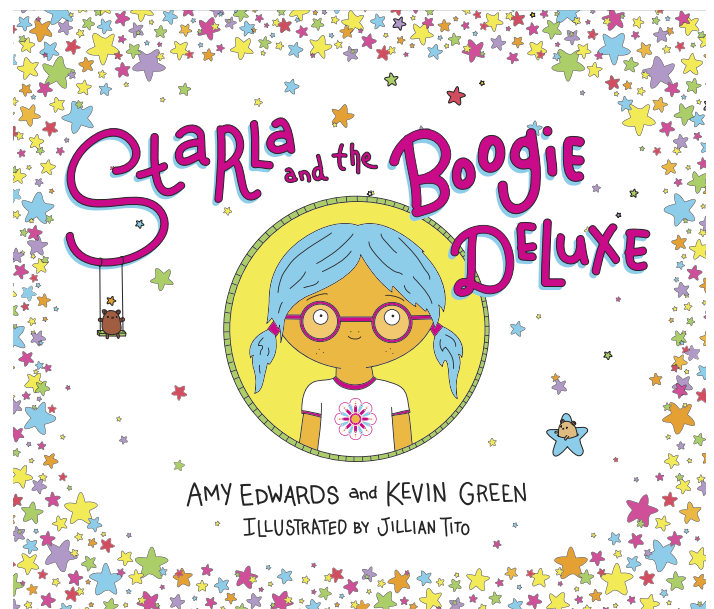
**AFM: Tell us more about your book.**

**Edwards:** We worked hard on looking at the story from a kid's perspective and how they'd be feeling. Starla tells a lie in the

book, and then has to deal with how she feels after that. "What am I going to do?" I like that we reflected that in the story, and then she has to make it right. She has to face what she did, and that's why she writes the song, because she doesn't really know what else to do. And she learns a lesson in a couple different ways.

Also, we have these two hamsters hidden on every page. Kids will really like to look for that. They're always tucked away somewhere. It was a big process of envisioning these pages. We wanted to keep skin color very inclusive. So, I looked to the Muppets for inspiration. We made Starla orange, and her parents are green and blue. Her friends are all different colors. I can credit our illustrator, Jillian Tito. She's just incredible. She did so much detail work.

And starlasings.com is where you can go to download the song. It's all coming out on Mother's Day.





## LIFELINES

BRENDA SCHOOLFIELD

*Schoolfield is a freelance medical writer who splits her time between Austin and Seattle.*

# Breastmilk: Do You Know How to Store It Safely?

**Y**ou've probably already heard that breastmilk is the perfect food for your baby. In fact, the American Academy of Pediatrics recommends feeding your baby only breastmilk for the first six months and then continuing to breastfeed as food is introduced for a year or longer.

And if you're following that plan, whether in part or to the letter, you know that sometimes you'll need to be away from your baby at feeding time. When that happens, experts say giving stored breastmilk is the best alternative. But making sure that stored breastmilk is safe means following some established guidelines.

Here are your questions and our answers based on current information from the Centers for Disease Control and Prevention (CDC).

### What Should I Do First?

Before you express or pump your milk, wash your hands well with soap and water. If there's no soap and water, use an alcohol-based hand sanitizer. It should contain at least 60 percent alcohol. If you're using a pump, check to make sure the pump kit and tubing are clean. Germs can grow on the pump parts from breastmilk residue. See "How to Keep Your Breast Pump Kit Clean" available from the CDC at [bit.ly/2vT1v7v](http://bit.ly/2vT1v7v).

### Which Container Should I Use?

The CDC recommends using either breastmilk storage bags or clean food-grade containers with tight-fitting lids. Containers can be made of glass or plastic. If you use plastic containers, make sure the plastic doesn't contain BPA by looking for the recycle symbol with the number 7. If you use bags, buy the ones made specifically for storing breastmilk; don't use disposable bottle liners or other kinds of plastic bags.

Once the breastmilk is in the container, label it with the baby's name, date pumped and other storage information (such as the date and time it was thawed) that might be needed for a caregiver.

### How Long Can Breastmilk Sit Out?

You can leave freshly expressed or pumped breastmilk out at room temperature (not higher than 77° F) for up to four hours. However, you may want to go ahead and refrigerate or freeze it, depending on when you plan to use it.

### How Long Can Breastmilk Be Refrigerated?

Breastmilk can be refrigerated (40° F) for up to four days. Place it in one of the coldest spots, such as in the back on a bottom shelf. Don't store breastmilk in the door of the refrigerator, where temperatures fluctuate with opening and closing of the door. If you need to store it longer than four days, freeze it right after expressing or pumping to protect the quality.



### How Long Can Breastmilk Be Frozen?

Breastmilk can be stored in the freezer (0° F) for about six months (best) or up to 12 months (acceptable). Place the milk in the back of the freezer and away from the door to avoid fluctuations in temperature. Also, keep it away from the walls of self-defrosting freezers. Freeze in small portions (the amount your baby takes in one feeding) to help avoid waste. Don't fill the containers all the way to the top; frozen liquids expand, so leave about an inch.

Once you thaw a container of breastmilk, it will keep at room temperature for one to two hours or in the refrigerator for up to 24 hours. Never refreeze breastmilk after it has been thawed.

### What's the Best Way to Thaw Frozen Breastmilk?

You may thaw it in the refrigerator, set it in a container of warm water or hold it under warm (not hot) running water. Keep these precautions in mind when thawing:

- Never thaw breastmilk by leaving it on the countertop.
- Don't thaw breastmilk in the microwave. Heating in the microwave can destroy nutrients and create hot spots, which can burn a baby's mouth.
- Don't place breastmilk directly on the stove to thaw.


### How Do I Prepare Thawed Breastmilk for Feeding?

You don't have to warm breastmilk before feeding your baby. You can give it at room temperature or cold. If you want to warm the breastmilk, put it in a container of warm water or hold it under warm (not hot) running water. As mentioned above, don't warm breastmilk in the microwave or directly on the stove.

Sometimes the fat will separate, so gently swirl the breastmilk to mix. Test that the temperature is not too hot by putting a few drops on your wrist. If the baby doesn't finish the bottle, you may use the remainder within two hours. After two hours, discard what's left.

### TIP

The WIC breastfeeding website has a printable chart for breastmilk storage guidelines: [bit.ly/2FJJjdB](http://bit.ly/2FJJjdB)



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# Everything I Learned About Leadership I Learned from My Mother

BY LINDA ADAMS

My mum is quite petite, gentle and very Scottish. No drill sergeant or carrier of a business card that reads “Household CEO,” she was way more than just a mother. She was my first leader. I realize now that from my earliest days until today, almost every leadership lesson I needed to learn, she taught me.

## 1. SERVANT LEADERSHIP

Books have been written about servant leadership — and big ticket speeches given — but from my earliest memories, I saw my mother live the very tenants of servant leadership. Mum built a home of warmth and love where I felt secure enough to risk striking out on my own, but I knew that I had a soft place to which I could always return. I knew that no matter what, I could

always depend on her. She modeled what it meant to be a great mother, wife, daughter and sister.

Teams need to feel connected and team members empowered to take risk, but know that their leaders have their backs if it doesn't always go according to plan. Team members also need to know what behaviors are acceptable and what being good looks like.

## 2. HUMILITY

Maybe this was one of the tougher lessons for me to learn. My parents were visiting our home when a massive storm blew through. I arrived at the house to find our backyard flooded and totally upended. My dad, my husband and my mother were beavering away, trying to fix the damage. I'm not sure exactly what I did when I showed up, but my mum threw her hands in the air and yelled, “Stop. Good news: management's here!”

Being the boss doesn't mean you have to have all the answers or always be the one in control. A little gratitude and acknowledgement of the hard work of others can go a long way. Letting other people take the lead at times can build

their confidence and set an important example of humble leadership.

## 3. ACCOUNTABILITY

I was a really good kid and rarely got into trouble, but I knew if I broke the rules or disappointed in some way, it was going to be dealt with. The rules and expectations were clear. In my senior year, my classmates and I were going out for a farewell dinner. My mum warned me she didn't want me drinking at the event. I went, I didn't drink and I was not a happy camper. Looking back on it now, it was good advice. Yet, if I had taken that drink, my mum wouldn't have known.

Accountability cuts two ways. The first way is that when there are rules and expectations, there also have to be consequences. But the second most important element to accountability is that people choose to step up and do the right thing and hold themselves accountable, even if it might be easier to let things slide.

## 4. COMMITMENT

My mum married the man who was to be my dad over 63 years ago. I've observed the ebb and flow of their marriage. There was





more smooth than rough, but as in any marriage, there were some challenges. I never for a moment saw my mum flinch from that commitment she had made for better or worse. I love watching them together now, as she still laughs at all his old jokes even when she hears them for the umpteenth time.

Team members value the stability of knowing where their leaders stand and that, when the going gets tough, they can count on their leaders to have their backs, stick with it and work it through. This doesn't mean that tough conversations don't happen. They do. I'm not naive enough to think all relationships, whether business or personal, work out — but I know I have to work hard and commit to the best possible outcome.

### 5. ALWAYS BE OPEN TO LEARNING

When Facebook came into its own, my mum took it on! She realized that through Facebook, even though she was some 5,000 miles away, she could casually stay connected with what my boys and I were up to. She had never owned a computer and had nothing fancier than a flip phone. In her mid-70s she got her first PC and, some five years later, a smart phone. Unafraid to ask for help and lean into the technology, she fast became my number one Facebook stalker.

Leaders who have nothing to learn show up totally closed off. When you stop learning, you stop growing. No matter how far along you may be in your career, you need to stay open to learning new skills, new ways of doing things and new technologies. It can open up a whole new world for you.

### 6. CELEBRATE

Mum's always been good at celebrating, but I saw it reach epic proportions when she became a grandmother. Watching her with my boys, I saw her mark every little victory and accomplishment even if it wasn't quite perfect. They knew they had no bigger cheerleader than their Nanny. Her praise gave them motivation to always strive, even against the biggest challenges. Having her cheer and making her proud was a driver in itself.

We often get so caught up in what lies ahead that we forget to celebrate accomplishments. Demonstrating pride in what others achieve provides recognition and incentive to continue to do well.

So, to my mum and all the mothers out there, happy Mother's Day. Perhaps

without even knowing it, you teach leadership better than anyone else in the world.

*Linda Adams is a leadership development expert and co-founder of the Trispective Group. She is co-author of The Loyalist Team: How Trust, Candor, and Authenticity Create Great Organizations.*

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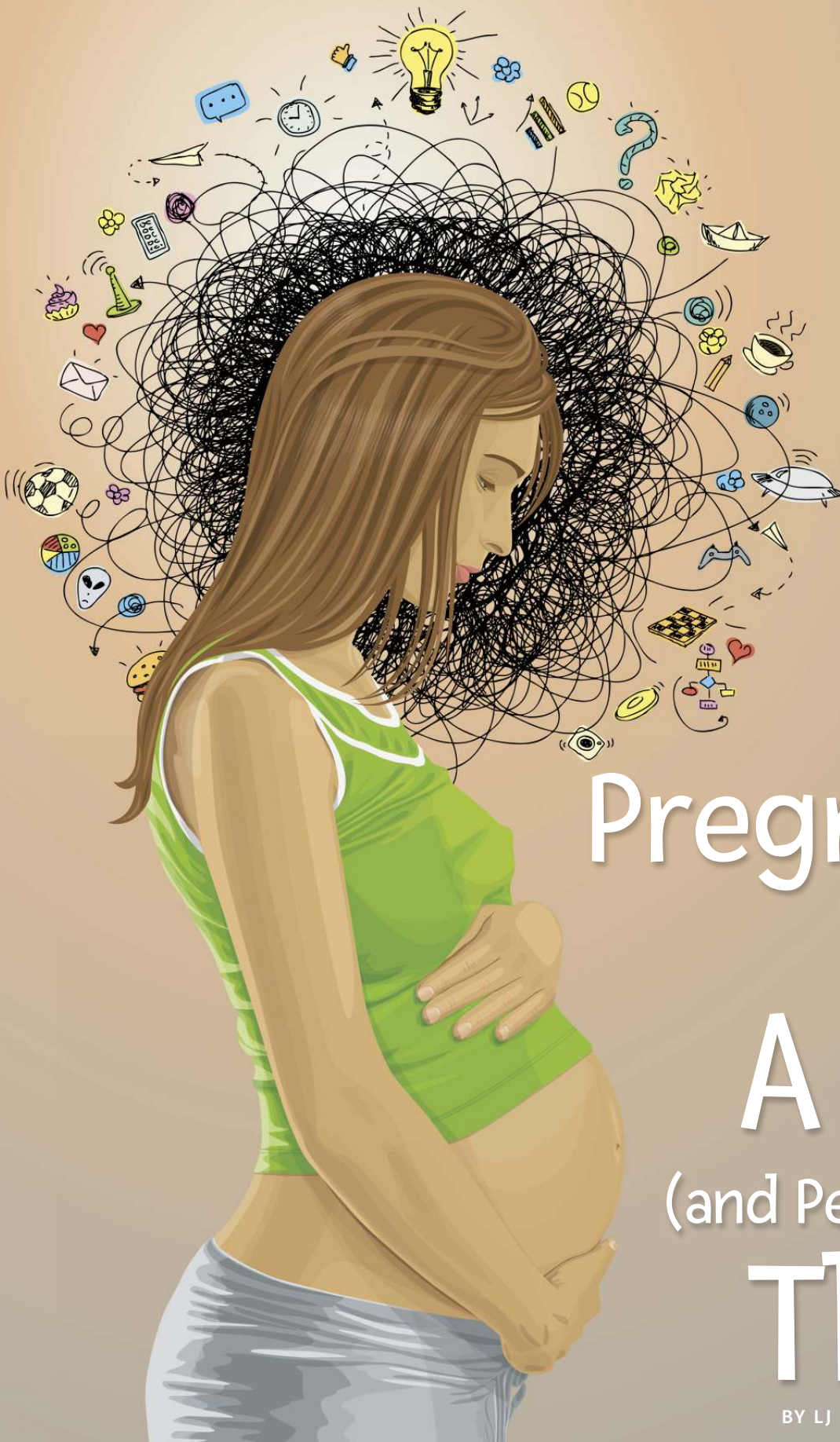
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# Pregnancy Brain: A Real (and Permanent?) Thing

BY LJ KUNKEL



**If** you've ever been pregnant, you've no doubt experienced the infamous "pregnancy brain." Yes, not only is your body going

through a seemingly random assortment of changes, but your mental function experiences the miracle of life, too. This unwelcome phenomenon results in mindless moments and memory lapses you might not have had a problem with before.



For example: Putting milk away in the pantry, walking into a room multiple times just to forget what you went in there for, looking for your cell phone while you're talking on it, mysteriously and frequently losing important items, leaving the sink running, letting the dog out and forgetting to let him back in, etc. (By the way, I'm guilty of all of these!)

Basically, your brain is fried, and you do dumb things.

Things that make you wonder where



your brain went. It's also been called "momnesia" and "pregnancy fog." My family calls it "P-brain."

Side note: During my second pregnancy, my then 3-year-old proudly proclaimed to a store clerk, "My mommy is a P-brain!" Thanks, kid. Couldn't argue with him, though.

The good news is there's nothing wrong with you. It's just biology. Research shows that parts of the brain actually shrink during pregnancy. Not that we need a study to prove our situation, but it's nice to know we're not just going crazy, right?



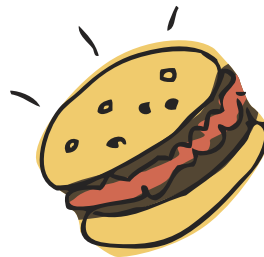
go back to normal after that. You just change the name of it to "mommy brain" and on with life you go, forever accepting your morphed mental state.

### THE SCIENTIFIC DETAILS

A study published in *Nature Neuroscience* concluded that pregnancy causes changes in brain structure and size that stick around after delivery.

In the study, women underwent MRI brain imaging before becoming pregnant and again after completion of their first pregnancy. The postpartum images showed clear changes in the brain, specifically a reduction in gray matter volume. The hippocampus, which is associated with memory, also got smaller.

Interestingly, the women's partners were also scanned and did not show changes. They also studied the brains of men and women who had never had children and found no changes.



### LOSING YOUR MIND?

So your mom-mind is literally less than it used to be. Researchers noted that the gray matter changes persisted at the end of the two-year study, well after the pregnancy period. I highly doubt things

But there is a silver lining. The affected areas of the brain are associated with feelings, empathy and processing the perspectives of others. Scientists believe that these changes enhance maternal response and may serve to streamline mothering responsibilities and bonding.



"Loss of volume does not necessarily translate to loss of function," as

Elseline Hoekzema, co-lead author of the *Nature Neuroscience* study, told CNN. "Sometimes less is more."

So, if you feel like your brain has turned into scrambled eggs, you're not alone. At least now we know who to blame.

*LJ Kunkel is a freelance health/wellness writer, mom of three and fitness trainer.*



# Summer Camp

## Guide

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### AUSTIN ECO BILINGUAL SCHOOL

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### AUSTIN GIRLS' CHOIR

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Avery Ranch and Circle C, Austin  
512-828-5772 / 512-301-5772  
[www.kidspa.com](http://www.kidspa.com)  
Ages 18 mos. – 12 yrs.

**KIDS WITH PENS CREATIVE WRITING CAMP**  
Specialized camps for writing a novel, crafting poetry, graphic novels and creative writing. Every camper is published in an end-of-summer book and on the Kids with Pens blog.  
1211 Maple Ave., Austin  
[www.kidswithpens.org](http://www.kidswithpens.org)  
Ages 8 – 14

**KIDVENTURE**  
Celebrating 25 years of camp fun, Kidventure’s five greater Austin locations offer summer day camp for kids ages 3-12

and overnight camp for ages 8-18. Registration begins Jan. 25.  
512-263-8992  
[www.kidventure.com](http://www.kidventure.com)  
Ages 3 – 12

**LAUNCH CODE AFTER SCHOOL**  
Young students need a creative outlet and mental challenge to keep their minds engaged during the summer, and our project-based camps are the perfect way to learn quickly, deeply, and meaningfully.  
Westlake, Round Rock, Pflugerville, Downtown Austin  
512-337-6624  
[www.launchafterschool.com](http://www.launchafterschool.com)  
Ages 7 – 15

**LONE STAR RANCH (TEXAS TRAIL RIDES)**  
Outdoor Ranch FUN for kids, minutes from downtown. Camp education includes horsemanship, mounted riding lessons catered to riders’ skill level, while fostering leadership and responsibility. Ranch activities also include archery, fishing, roping and more!  
8601 Bluff Springs Rd., Austin  
512-697-9722  
[www.lonestarranchtexas.com](http://www.lonestarranchtexas.com)  
Ages 5 -17

**MAD SCIENCE & IMAGINE ARTS ACADEMY OF AUSTIN**  
Mad Science camps are filled with exciting, fun, hands-on science activities. Children become junior scientists for the week and experience a variety of science adventures.  
Locations in Austin metro  
512-892-1143  
[www.austin.madscience.org](http://www.austin.madscience.org)  
Ages 4 – 12

**MASTER GOHRING TAI CHI AND KUNG FU**  
Our program runs year round, which provides opportunity for your child to begin at any time. Younger ones develop listening and motor skills to enter society with confidence and enthusiasm. Kids develop the strength, confidence & self-mastery skills to deal effectively with the challenges, choices & complexities of life. They will have fun.  
6611 Airport Blvd, Austin  
512-879-7553  
Ages 4 and up

**MCKINNEY ROUGHS SUMMER CAMP**  
Explore 1,100 acres of pine forests and box canyons, learn about wilderness skills and native plants and animals. Each week’s camp activities revolve around a different outdoor theme.



# Camp Lantern Creek

*Encouraging our campers to believe in themselves and improve the world around them. We empower campers to find their voice and change the world.*



Camp Lantern Creek is a truly unique girls sleep away camp where girls learn to change a tire, sing a song, laugh, win and lose gracefully, right the world, push boundaries, find their voice, all while making life long friendships.

**Offering One and Two Week Sessions**  
visit us at [www.camplanterncreek.com](http://www.camplanterncreek.com)









**Austin's Most Fun Summer Camp**  
2011, 2014, 2015 & 2018

**Ages 3-10**

**FULL DAY (9-3) \$280**  
**\*HALF DAY (9-1) \$230**

**ADD-ONS**  
Extended Care (3-6) \$100  
Early Drop-Off (8-9) \$50  
*\$100 deposit per week/per child  
10% sibling discount*

**MAY 28-31** Under the Big Top  
**JUNE 3-7** Jump! Carnival Kids  
**\*JUNE 10-14** Cirque Du Jump!  
**\*JUNE 17-21** 80 Days Around the World

**\*JUNE 24-28** Medieval Fair  
**\*JULY 1-5** Renaissance Revival  
**\*JULY 8-12** Fairytale Adventure  
**\*JULY 15-19** Pirates!

**JULY 22-26** Shipwreck  
**JULY 29-AUG 2** Rainforest Funfari  
**AUGUST 5-9** Hawaiian Luau  
**AUGUST 12-16** Kids for Peace

Register now! [www.JumpGymnastics.com](http://www.JumpGymnastics.com)  
South@jump-austin.com | North@jump-austin.com  
Phone: 512-593-6226

crafts, plus swimming for hotter afternoons. Friday shows for parents.  
13013 Fallwell Ln., Del Valle  
512-247-2303  
[www.rivistafarm.net](http://www.rivistafarm.net)  
Ages 7 – 16

**ROCK-ABOUT CLIMBING ADVENTURES**  
Campers visit natural climbing walls, including Enchanted Rock, Reimer's Ranch and the Barton Creek Greenbelt, with a climb each morning then lunch and a swim in a natural creek or pool.  
3755 S. Capital of TX Hwy., Austin  
512-415-0804  
[www.rock-about.com](http://www.rock-about.com)  
Ages 9 – 18

**ROUND ROCK EXPRESS SUMMER CAMPS**  
Our Round Rock Express Camps offer big league quality instruction on the fundamentals of the games of baseball and softball. Express Camps range by age and offer opportunities for all skill levels.

Dell Diamond, Round Rock  
512-238-2221  
[www.expressyouthsports.com/camps/](http://www.expressyouthsports.com/camps/)  
Ages 6 – 18

**SEAWORLD DAY CAMPS**  
Campers will experience first-hand how we care for the animals in our park and around the world while diving into some SeaWorld fun! Campers experience one of a kind animal shows, visit animal habitats in the park and behind the scenes, and ride some thrilling roller coasters (campers must meet height requirements).  
San Antonio  
210-523-3608  
<https://seaworld.com/sanantonio/educational-programs/day-camp/>  
Ages 2 (with parent) - 13

**SHERWOOD FOREST SUMMER CAMP**  
Sherwood Forest brings the skills and trades of the Middle Ages back to life. All activities take place in the 23-acre medieval village.

**Join us at Elite University Summer Camps for the best summer experience ever!**

**OFFERING DAY CAMPS, AND OVERNIGHT CAMPS!**

June 17 - August 16, 2019  
Ages 4 - 13

**CAMP ACTIVITIES INCLUDE:**

- COOKING
- HORSEBACK RIDING
- FIELD DAY
- ARCHERY
- ROBOTICS
- ARCHERY
- FENCING
- POTTERY
- FIELD TRIPS
- KARATE
- GYMNASTICS
- MUSIC

For more information:  
Email: [contact@elitemusicfinearts.com](mailto:contact@elitemusicfinearts.com)  
Call: 713.454.7989  
Visit: [www.elitesummercamps.com](http://www.elitesummercamps.com)  
Located at 5600 Ranch Rd. 620 N, Austin, TX 78732



**Coding with Kids**

**Summer Coding Camps**

- » **LITTLE CODERS**  
Logical Thinking & Early Coding [Ages 5-7]
- » **GAME DEVELOPMENT**  
3D, Python, Java or Scratch [Ages 7-18]
- » **MINECRAFT MODDING & ROBLOX**  
Code Worlds, Powers, Game Mods [Ages 8-18]
- » **ROBOTICS & DEVICES**  
Circuits, Sensors & Coding [Ages 5-18]
- » **WEB, MOBILE & ADVANCED CODING**  
HTML/CSS/JavaScript & Python [Ages 9-18]


Register at [www.CodingWithKids.com](http://www.CodingWithKids.com)











# MCKINNEY ROUGHS NATURE PARK

## Summer Camps

Ages 5-12 & 13-15

Wilderness survival  
Rock wall climbing  
River rafting + more!

lcra.org/camps • 512-303-5073



BOYS & GIRLS CLUBS OF THE AUSTIN AREA

## GREAT FUTURES SUMMER CAMPS 2019

June 3 - August 16  
7AM - 6PM • Lunch Included

Your kids deserve a stellar summer!

- Flexible. Affordable. Convenient.
- 11 week-long day camp and specialty camp sessions
- Battle boredom with rotating weekly themes and focuses

Register: [www.BGCAUSTIN.org](http://www.BGCAUSTIN.org)  
Location: 6648 Ed Bluestein Blvd. Austin, TX 78723 512.444.7199

Day Camps • Sport Camps • STEM Camps

[f](#) [t](#) [i](#) @BGCAustin

Ballet • Pointe • Tap • Jazz • Hip Hop • Contemporary





## Now Enrolling for Summer Classes and Summer Camps!

- Instructional classes ages 2 and up
- Preschool classes include dance, creative movement, music, gymnastics and theatre
- Preschool dance camps including Paw Patron, Mary Poppins, Elsa and Moana
- School age camps for beginner, intermediate and advanced dancers
- Award winning Synergy Dance Company
- Professional, experienced staff

**512-327-4130**  
3425 Bee Cave Road  
[www.synergydancestudio.com](http://www.synergydancestudio.com)

Drill Team • Acro Dance • Gymnastics • Music • Theatre

Newk's adventures 

## NEWK'S ADVENTURE CAMP

Located in New Braunfels, this co-ed camp for ages 8-17 offers exciting & action packed week-long sessions during the summer. High ropes, rafting, tubing, Schlitterbahn, paintball, Enchanted Rock camp-outs, rock climbing, rappelling, and much more! This will be the best week of your summer!

For more information:  
[adventures@newktennis.com](mailto:adventures@newktennis.com)  
830.625.9105  
[www.newktennis.com](http://www.newktennis.com)











4045 N. FM 1486, Montgomery TX  
 936-597-8225  
[www.camplanterncreek.com](http://www.camplanterncreek.com)  
 Girls ages 7 – 17

### KIDVENTURE

Celebrating 25 years of camp fun, Kidventure's five greater Austin locations offer summer day camp for kids ages 3-12 and overnight camp for ages 8-18. Registration begins Jan. 25.  
[www.kidventure.com](http://www.kidventure.com)  
 Safari: Ages 8 – 12 in Hunt, TX  
 Echo: Ages 13 – 16 in Rocksprings, TX  
 Apex: Ages 17 – 18 on the

Pecos River  
 512-263-8992  
[www.kidventure.com](http://www.kidventure.com)  
 Ages 8 – 18

### SEAWORLD RESIDENT CAMPS

An all-inclusive experience allowing students exclusive insight to the amazing animals that call SeaWorld San Antonio home! Campers will have the opportunity to interact with animals, go behind the scenes of our immersive animal habitats, and have access to our world-class attractions.  
 San Antonio, TX

<https://seaworld.com/san-antonio/educational-programs/resident-camp/>  
 Ages entering 5th – 12th Grade

### SHERWOOD FOREST SUMMER CAMP

Campers are transported back in time to a world of knights, ladies and a simpler way of life, working with their hands. All activities take place in the 23-acre medieval village. McDade, TX near Austin  
 512-222-8570  
[www.sherwoodforestfaire.com](http://www.sherwoodforestfaire.com)  
 Ages 5 – 16

**SPICEWOOD Country Camp**

"A 39-year tradition for children ages 3 1/2 to 10 1/2 in Northwest Austin"

Safe, shaded day camp with an emphasis on swimming, horseback riding, sports & outdoor activities and art.

(2 Week Sessions)

Session 1: June 3	Session 4: July 15
Session 2: June 17	Session 5: July 29
Session 3: July 1	Session 6: Aug 12

Prices: \$695 for 9:00 AM – 3:00 PM  
 \$840 for 7:30 AM – 5:30 PM

6102 Spicewood Springs Rd. • 512-346-2992 • [www.spicewoodcountry.com](http://www.spicewoodcountry.com)

**Bear Creek Stables**

Experience Creating Summer Fun and Summer Learning Since 1982

**SUMMER CAMP**  
 Ages 7-16  
 Weekly, May-August 2019  
 8:00am - 4:00pm  
 Extended Care Available

**OPEN HOUSE**  
 April 27  
 10:00am - 12:00pm

**Shady Indoor Arena**  
 Swimming  
 No Rain Outs!  
 English & Western

**512-282-0250**  
[www.bearcreekstables.com](http://www.bearcreekstables.com)  
 Easy Online Registration

**Creative Writing Summer Camp**

Summer programs led by professional writers inspire a love of reading and writing, strengthen language skills, and exercise creativity.

[www.austinlibrary.org](http://www.austinlibrary.org)

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**Sherwood Forest Summer Camp**  
 Bringing the skills and trades of the Middle Ages back to life!

Blacksmithing • Candlemaking • Chainmaille • Falconry  
 Herbalism • Leatherwork • Magic • Music • Poi • Pottery  
 Swordplay • Theatre • Woodworking

**www.sherwoodforestsummercamp.com**  
 Tel: 512-222-8570 • Near Austin!

**GROW your game**

**TOPGOLF SUMMER ACADEMY** makes the most of your child's summer break! Our five-day academy is packed with golf fundamentals and fun activities for kids ages 6-12. Register today!

[topgolf.com/kidzone](http://topgolf.com/kidzone)

June – August  
 Monday – Friday  
 9am – 12pm Daily  
 Lunch Included  
 Registration Fee: \$199

**TOPGOLF KIDZONE**

**LAUN H Code After School**

**Fun technology summer camps**

Choose between coding, game development, robotics and more.

Multiples dates and locations in Austin  
[launchafterschool.com](http://launchafterschool.com)  
 (512) 337-6624

ARE YOUR KIDS READY FOR ADVENTURE?  
**ROCK-ABOUT'S CLIMBING CAMP IS YOUR ANSWER!**

**Rock-About Climbing Adventures**

Register today at [rock-about.com/kids-camps](http://rock-about.com/kids-camps) or call 512-415-0804







# 2019 Recreation & Camp Guide

## for Students and Adults with Special Needs

Central Texas and the Surrounding Areas  
Complete Guide with Details Can Be  
**Downloaded at**  
[www.austinfamily.com](http://www.austinfamily.com)

Austin Independent School District assumes no responsibility for the use made of any information published in this manual. The volunteers and staff who have compiled this resource guide have made every effort to ensure that this list is accurate and recognize that some of this information may change. For more information, contact [Kathy.Palomo@austinisd.org](mailto:Kathy.Palomo@austinisd.org)

### DAY PROGRAMS & ACTIVITIES

**ADVENTURERS ACADEMY OF LIFELONG LEARNING**  
737-203-5494 or Cell: 512-784-2479  
[www.austinadventurers.org](http://www.austinadventurers.org)

**ARMSTRONG COMMUNITY MUSIC SCHOOL**  
512-474-2331  
[www.acmsaustin.org](http://www.acmsaustin.org)

**ASPIRE**  
512-962-5543  
[www.aspireaustin.com](http://www.aspireaustin.com)

**AUSTIN ISD SPECIAL OLYMPICS**  
512-841-8336  
[www.austinisd.org/athletics/special-olympics](http://www.austinisd.org/athletics/special-olympics)

**AUSTIN JEWISH COMMUNITY CENTER**  
512-735-8050  
[shalomaustin.org/jcamps](http://shalomaustin.org/jcamps)

**AUSTIN NATURE & SCIENCE CENTER**  
512-974-3888  
[austintexas.gov/department/austin-nature-and-science-center](http://austintexas.gov/department/austin-nature-and-science-center)

**AUSTIN PARKS AND RECREATION DEPARTMENT**  
512-974-6700 or 512-974-3914  
[austintexas.gov/department/summer-camps-0](http://austintexas.gov/department/summer-camps-0)

**AUSTIN/TRAVIS COUNTY WORK-BASED LEARNING**  
512-854-4590  
[www.traviscountytx.gov/health-human-services/children-and-youth/employment-program](http://www.traviscountytx.gov/health-human-services/children-and-youth/employment-program)

**AUTISM SOCIETY OF TEXAS**  
512-479-4199 Ext 1  
[www.texasautismsociety.org](http://www.texasautismsociety.org)

**BIG SKY PEDIATRIC THERAPY**  
512-306-8007  
[www.bigskyfriends.com](http://www.bigskyfriends.com)

**BILINGUISTICS**  
512-480-9573  
[bilinguistics.com](http://bilinguistics.com)

### A SPECIALTY SUMMER PROGRAM FOR GIFTED CHILDREN, AGES 5-12

Designed to foster critical and creative thinking, to be fun, multidisciplinary, STEAM emphasized, hands-on, and paced for high-level learners.



Session I: June 17-28, Session II: July 15-26  
At Highland Park Baptist Church, 5206 Balcones Dr, Austin, TX 78731 • 512-203-4540  
Karen Sims Langdon, M.Ed., Executive Director  
Director of Award-Winning Summer Camp in two Austin Publications, 7 Times  
[www.InquiringMinds-Austin.org](http://www.InquiringMinds-Austin.org)



### SUMMER CAMP 2019

- Activities:** Swim Trips | Field Trips | Sports | Enrichment Activities | Arts & Crafts | Clubs | Reading & SO Much More
- Locations:** Elementary schools in Austin ISD | Hays CISD | Del Valle ISD | Charter Schools
- Sessions:** Weekly sessions with weekly themes
- Hours:** 7:15\* a.m. - 6:30 p.m. (\*7:00 a.m. for Hays)
- Fees:** Affordable Prices | Reduced Fees Available
- Ages:** Providing Licensed Child Care for Ages 5-12
- Infant/Preschool programs** available as well (6 wks - 4 yrs)



Register at [www.eackids.org](http://www.eackids.org)  
(512) 472-9402



**CAMP AILHPOMEH**

info@camp-ailhpomeh.org

[www.camp-ailhpomeh.org](http://www.camp-ailhpomeh.org)**CAMP CELL-A-BRATION**

512-458-9767

[www.sicklecelltx.org/camp](http://www.sicklecelltx.org/camp)**CAMP GRACE AT AUSTIN OAKS CHURCH  
(RESPITE DAY CAMP PROGRAM)**

512-891-1609

[www.austinoakschurch.org/special-needs](http://www.austinoakschurch.org/special-needs)**CAMP IN MOTION ADAPTIVE SPORTS  
CAMP**

512-324-0000 X86399

[www.dellchildrens.net/camp-in-motion](http://www.dellchildrens.net/camp-in-motion)**CAMP SUCCESS**

254-710-4745

[www.baylor.edu/csd/index.php?id=50610](http://www.baylor.edu/csd/index.php?id=50610)**CAPITOL SCHOOL OF AUSTIN**

512-467-7006 (Heidi)

[www.capitolschool.com](http://www.capitolschool.com)**CHILDREN'S DIABETES CAMP OF  
CENTRAL TEXAS**

camp.bluebonnet@gmail.com

<https://bluebonnet.camp/app/home>**CREATIVE ACTION SUMMER CAMPS**

512-442-8773 x107

<https://creativeaction.org/>**CRENSHAW'S ATHLETIC CLUB**

512-453-5551

[www.crenshaws.com](http://www.crenshaws.com)**CTX (CENTRAL TEXAS) ABILITY SPORTS**[www.huttochallenger.webs.com](http://www.huttochallenger.webs.com)**DOUGHERTY ARTS CENTER**

512-974-4040

[www.austintexas.gov/dougherty](http://www.austintexas.gov/dougherty)**DOWN HOME RANCH – RANCH CAMP**

512-856-0128

[www.downhomeranch.org](http://www.downhomeranch.org)**DREAM A DREAM (DAD) THERAPEUTIC  
HORSEMANSHIP CAMP**

512-260-5957

[www.dadth.org](http://www.dadth.org)**DREAM OF HOPES RANCH**

512-791-0160

[www.dreamofhopesranch.org](http://www.dreamofhopesranch.org)**EXCEPTIONAL GEORGETOWN ALLIANCE**

512-930-3595

[www.exceptionalgeorgetown.org](http://www.exceptionalgeorgetown.org)**EXTEND-A-CARE FOR KIDS**

512-472-9402

[www.eachkids.org](http://www.eachkids.org)**FANTASTIC MAGIC CAMP**

512-850-4677

<https://magiccamp.com/>**HEALING WITH HORSES RANCH**

512-964-0360

[www.healingwithhorsesranch.org](http://www.healingwithhorsesranch.org)**HEARTS THERAPEUTIC RIDING PROGRAM**

760-580-9948

[www.horseserct.org](http://www.horseserct.org)**HIDEOUT THEATRE**

512-443-3688

[www.specialneedsimprov.com](http://www.specialneedsimprov.com)**JOHNSON CENTER**

512-732-8400

[www.johnson-center.org](http://www.johnson-center.org)**JOSHUA'S STAGE-THE CREATIVE  
OUTLET METHOD™**

512-825-2744

<https://joshuasstage.org/>**KIDSACTING STUDIO**

512-836-5437

<https://www.kidsactingstudio.com/>**LEARNING FUN 101**

512-740-3024

[www.learningfun101.com](http://www.learningfun101.com)**MCBETH RECREATION CENTER**

512-974-9011

[www.austintexas.gov/McBeth](http://www.austintexas.gov/McBeth)**NATIONAL ELITE GYMNASTICS (NEG)**

512-288-9722

[www.neg-usa.com](http://www.neg-usa.com)**ODYSSEY SCHOOL-CAMP ODYSSEY**

512-472-2262

[odysseyschool.com](http://odysseyschool.com)**RED ARENA-EQUINE ASSISTED THERAPY**

512-807-6505

[www.redarena.org](http://www.redarena.org)**ROUND ROCK PARKS AND RECREATION-  
ADAPTIVE CAMP-YOUTH & TEEN**

512-218-3220

<https://www.roundrocktexas.gov/departments/parks-and-recreation/recreation/air/>**SAMMY'S HOUSE**

512-453-5258

[www.sammyshouse.org](http://www.sammyshouse.org)**SNAPOLOGY AUSTIN**

512-368-9090

<https://austin.snapology.com/camps/>**SPARK LEARNING**

512-900-1425

[www.spark-learning.com](http://www.spark-learning.com)**TEXAS SCHOOL FOR THE DEAF-SUMMER  
CAMPS & PROGRAMS FOR THE DEAF AND  
HARD OF HEARING**

512-462-5329 or 512-410-1174 (VP)

[www.texasdeafed.org/sp](http://www.texasdeafed.org/sp)**TEXAS SCHOOL FOR THE DEAF-FAMILY  
WEEKEND RETREAT (FWR)**

512-462-5738 or 512-982-1646 (VP)

[www.texasdeafed.org/fwr](http://www.texasdeafed.org/fwr)**TEXAS STATE UNIVERSITY: AUTISM CAMP**

512-245-8259

<https://www.hhp.txstate.edu/Collaboration---Outreach/Camps/Autism-Camp.html>**THE ARC OF THE CAPITAL AREA COURSES**

512-476-7044

<https://www.arcaustin.org/>**THE DOG ALLIANCE**

512-335-7100

<https://www.thedogalliance.org/>**THINKERY**

512-469-6201

<https://thinkeryaustin.org/camp/>**WE ROCK THE SPECTRUM KIDS**

512-687-4443

[www.werockthespectrumbaustin.com](http://www.werockthespectrumbaustin.com)**WESTLAKE YOUTH SOCCER ASSOCIATION-  
TOPSOCCER PROGRAM**

westlaketopsoccer@gmail.com

[www.westlakesoccer.com/tops](http://www.westlakesoccer.com/tops)



## asuntos Familiares

BETTY RICHARDSON

*Richardson, PhD, RNC, LPC, LMFT, es una psicoterapeuta situada en Austin.*

# ¿Es esto depresión o sólo una fase?

**P.** Mi hija de 13 años ha perdido el interés en cosas que ella solía hacer. No parece tener mucha energía. Está irritable la mayor parte del tiempo. ¿Podría estar deprimida, o es algún tipo de fase que las niñas atraviesan a esta edad? ¿Debo llevarla a ver a un profesional de salud mental?

**R.** Varios síntomas que menciona indican que es depresión. La mayoría de nosotros no pensamos en relacionar la irritabilidad con la depresión en la niñez y la adolescencia, pero este grupo de edad a menudo muestran su depresión en la irritabilidad. La falta de energía y la pérdida de interés en las actividades también son síntomas depresivos comunes. Usted no menciona otros síntomas, pero aquí hay algunos: pérdida de apetito, pérdida de peso, dormir demasiado o muy poco, sentimientos de inutilidad, culpa excesiva o inapropiada, incapacidad para concentrarse, indecisión y pensamientos recurrentes en torno a la muerte.

Por supuesto, su hija no tiene que tener todos estos síntomas para que un profesional de la salud mental identifique que está deprimida. Una persona puede tener un estado de ánimo depresivo sin un

diagnóstico formal descrito en el Manual de Diagnóstico y Estadística de Trastornos Mentales (DSM-5) que utilizamos los profesionales de la salud mental.

Por otro lado, hay muchas causas posibles para los síntomas que muestra su hija. Ella podría tener un problema de salud físico, como alergias severas. Podría haber tenido una experiencia traumática o sufrir de miedos que no ha compartido con usted.

Mientras que los adolescentes a veces son un serio desafío para los padres, yo no podría asumir que esta es sólo una fase por la que su hija está atravesando. Le aconsejo que:

1. Le haga una cita a su hija para un examen físico con el fin de asegurarse que no esté experimentando un problema médico que imita la depresión.
2. Si el examen no identifica una causa médica, haga una cita con un psiquiatra o enfermero especializado con el cuidado de adolescentes.
3. Haga un seguimiento con un terapeuta que trabaje con niños de 13 años. El terapeuta debe proporcionarle información sobre el comportamiento de su hija y algunas estrategias para ayudarla.

4. Haga oportunidades para que su hija hable con usted. Si ella habla más en el auto o cuando la saca a comer un bocadillo, entonces haga que se den estas oportunidades. Su trabajo es escucharla y animarla a hablar usando frases como "síguela" o "dame un ejemplo". A veces ayuda decir, "Déjame pensar en eso", en lugar de apresurarse a ofrecerle consejos o decirle cómo resolver algo.
5. Considere medicamento como un antidepresivo aprobado para este grupo de edad, sólo si los profesionales de la salud mental lo recomiendan.

Quiero señalar que los profesionales de la salud mental que conozco no aplican el medicamento a menos que parezca ser necesarios. Personalmente, no menciono la idea del medicamento si hay alguna otra manera de lidiar con los síntomas. Hay niños que tratan con estos problemas sin medicamentos. Y luego están los niños que fallan sin la ayuda del medicamento. En mi opinión, los niños que no tienen éxito debido a la depresión, merecen intentar con un medicamento prescrito y estrechamente monitoreado para ver si aumenta la posibilidad de tener éxito en la escuela, el hogar y otras áreas.

Lamento haberla dejado todavía preguntándose qué está pasando con su hija, pero si sigue algunas de las sugerencias anteriores, conocerá la causa de su comportamiento y aprenderá cómo mejorarlo.



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# May

2019  
calendar

Parenting Events Page 44 • Story Time Page 45

## On Stage

**Summer and Bird.** May 3 – 12. Young sisters are transported to a fantasy world in a search for their missing parents. For children grades 3-6 and their families. Austin Playhouse, 6001 Airport Blvd. Childre FREE; adults from \$7. austinplayhouse.com or 512-476-0084.

**Frozen.** May 8 – 12. Disney on Ice brings Anna, Elsa and the gang to Austin for eight performances. H-E-B Center, 2100 Avenue of the Stars, Cedar Park. From \$22. hebcenter.com.



**Matilda the Musical.** Through May 12. Take a journey through the world of the Tony Award-winning hit based on Roald Dahl's Matilda. ZACH Theatre, Topfer Stage, 202 S. Lamar Blvd. From \$25. zachtheatre.org or 512-476-0541.

**Acorn and Robin.** May 9 – 18. Explore all five senses through this story about two best friends. For children ages 2-4 and their families. Carver Cultural Center Dance Studio, 1165 Angelina St. \$7. pollytheatre.org.

**Mary Poppins Jr.** Through June 1. Theater arts students perform a stage classic that's supercalifragilisticexpialidocious. Multiple locations. KidsActing Studio. \$18. kidsactingstudio.com.

**Wake Up, Brother Bear.** Through Aug. 31. For ages 6 and younger. ZACH Theatre, Whisenhunt Studio, 1512 Toomey Rd. \$12. zachtheatre.org.

## Museum Exhibits

**New Monuments for New Cities.** Through May 31. Muse over the role monuments have played in shaping cities. Symphony Square, 1111 Red River St. wallercreek.org or 512-541-3520.

**Texas from Above.** Through June 16. View the 3,822 miles of Texas border lands and water from an aerial perspective. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

**The Rise of Everyday Design.** Through July 14. View the books, drawings, furniture, objects and other materials of the Arts and Crafts movement. Harry Ransom Center, 300 W. 21st St. hrc.utexas.edu or 512-471-8944.

**War Work: WWI in America.** Through Aug. 11. Explore how WWI was experienced and how it shaped our modern world. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

**Motown: The Sound of Young America.** Through Jan. 2020. Explore the music, culture and politics of 1960s soul and how it still influences us today. LBJ Presidential Library, 2313 Red River St. lbjlibrary.org or 512-721-0200.

## Family Events

### Wed 1

**Sprouts.** 10 to 11 a.m. Preschool program in the Family Garden. Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org.

**Kawaii Club.** 4:30 to 5:15 p.m. For kids who enjoy manga and anime. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Music on Main: Pike & Sutton.** 6 to 9 p.m. Family-friendly live music. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.

### Fri 3

**Sprouts.** 10 to 11 a.m. See Wed 1 for details.

**Rock the Park.** 6 p.m. A family-friendly concert presented by Mueller and KUTX featuring Kat's Pajamas and Moving Panoramas. Mueller Lake Park, 4550 Mueller Blvd. FREE. 512-703-9202.

**Movies in the Park: The Road to El Dorado (PG).** 8:15 p.m. Dick Nichols Park, 8011 Beckett Rd. FREE. austinparks.org.

### Sat 4

**Muddy Miler Family Adventure.** 8:15 to 9:45 a.m. A themed adventure run for the whole family (all ages). Old Settlers Park, 3300 Palm Valley Blvd., Round Rock. FREE with preregistration. roundrocktexas.gov.

**Foraging for Native Edibles.** 9 a.m. to 12 p.m. Fruits and flowers everywhere, but not a bite to eat? Wildflower Center, 4801 La Crosse Ave. wildflower.org.

**Bat Bonanza.** 10 to 11 a.m. Story time, sing-along, activity and craft. A program for children ages 2-5 years. Texas Memorial Museum, 2400 Trinity St. FREE with admission. tmm.utexas.edu.

**Blackland Prairie Days.** 10 a.m. to 4 p.m. Entertainment, kids' activities, festival food, arts and crafts. Main St. and Heritage Square Park, Taylor. FREE admission.

**Pioneer Times in Texas.** 10 a.m. to 3 p.m. A history program for kids. The Williamson Museum on the Chisholm Trail, 8 Chisholm Tr., Round Rock. FREE. williamsonmuseum.org.

**Milkweed Madness.** 10 a.m. to 12 p.m. Learn about monarch butterflies. Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org.

**Code Chica Certification Program.** 10 a.m. to 2 p.m. An 8-week program for girls ages 14-18. Latinitas, 1023 Springdale Rd., Building 9E. FREE. latinitasmagazine.org.

**Maifest.** 11 a.m. to 7 p.m. A German festival that marks the arrival of spring. German-Texan Heritage Society, 507 E. 10th St. From \$5. germantexans.org.

**Voices, Voces, Voix Youth Festival.** 1 to 3 p.m. Mexican American Cultural Center, 600 River St.

**Saturday Family Matinee: Into the Spider-Verse.** 2 p.m. Windsor Park Library, 5833 Westminster Dr. FREE. library.austintexas.gov or 512-974-9840.

**Movie Screening: Glass (PG-13).** 2 to 4 p.m. Pflugerville Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

**Concert Series: Two Tons of Steel.** 7 to 9 p.m. Live music on the lawn. Hill Country Galleria, 12700 Hill Country Blvd., Bee Cave. FREE. hillcountrygalleria.com.

### Sun 5

**NCHM at Work: Simple Machines.** 1 to 4 p.m. Learn about historical gizmos that make work easier. Neill-Cochran House Museum, 2310 San Gabriel St. FREE. nchmuseum.org.

### SUBMIT YOUR EVENT

Visit [austinfamily.com](http://austinfamily.com) and click "Submit your event." The deadline is the 5th of the month preceding the month of the event. If your event charges more than \$15, send details to [kaye2003@austinfamily.com](mailto:kaye2003@austinfamily.com) for approval.



## Mon 6

**Rockin' Kids Club.** 4:30 to 5:30 p.m. LEGO free-build for ages 5 and up. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

## Tue 7

**LEGO Club.** 4:30 to 5:15 p.m. Kids free-build with LEGO and DUPLO bricks. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Super Smash Bros Ultimate Teen Tournament.** 5:45 to 7:30 p.m. Teens ages 12-18 are invited to compete. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Mother's Day Crafts.** 6 to 8 p.m. What tells mom you love her more than a handcrafted gift? Fleming Community Center, 802 N. Ave. C. elgintx.com.

**College Planning 101.** 6:30 to 7:30 p.m. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov.

## Wed 8

**Music on Main: Jackie Venson.** 6 to 9 p.m. Family-friendly live music. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.

## Thu 9

**Little Texans: Tools.** 10 to 11 a.m. Take a hands-on approach to history as we learn about early Texans and the tools they used. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com.

## Fri 10

**Teen Showcase.** 7:30 p.m. Teens take the stage to create amazingly awesome scenes out of

nothing. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com or 512-443-3688.

## Sat 11

**Code Chica Certification Program.** 10 a.m. See Sat 4 for details.

**Dia de las Madres.** 10 a.m. to 1 p.m. Celebrate mom with Ballet Folklorico. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov or 512-659-5667.

**Muffins with Moms.** 10 to 11 a.m. Muffins, stories, and a craft. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Kids' Yoga.** 10:15 to 11:15 a.m. Recommended for ages 5-10, all levels. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**CelebrASIA.** 11 a.m. to 4 p.m. Food, fun, kids' activities, cultural events and more. Asian American Resource Center, 8401 Cameron Rd. FREE. austintexas.org or 512-974-1700.

**Touch a Truck.** 12 p.m. See, touch and climb on all types of vehicles. Benefitting The SAFE Alliance. Camp Mabry, \$5 - \$25. safeaustin.org.

**Roots & Rhythms Presents Candela.** 1 to 2:30 p.m. Mexican American Cultural Center, 600 River St.

**Saturday Cinema: Incredibles 2 (PG).** 2 p.m. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov 512-974-8840.

**Round Rock Express vs Oklahoma City.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Concert Series: Chubby Knuckle Choir.** 7 to 9 p.m. Live music on the lawn. Hill Country Galleria, 12700 Hill Country Blvd., Bee Cave. FREE. hillcountrygalleria.com.

## Sun 12 Mother's Day

**Mom's Sk8 4 Free.** 12 p.m. Playland Skate Center, 8822 McCann Dr. playlandskatecenter.net or 512-452-1901.

**Family Day.** 12 to 4 p.m. Creative and expressive activities for the whole family. Umlauf Sculpture Garden and Museum, 605 Azie Morton Rd. FREE. umlaufsculpture.org.

**Round Rock Express vs Oklahoma City.** 1 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Mother's Day Concert at the Capitol.** 7 to 8:30 p.m. The Austin Symphonic Band plays well-known tunes for the whole family. Texas State Capitol South Steps, 1100 Congress Ave. FREE. austinsymphonicband.org.

## Mon 13

**Round Rock Express vs Oklahoma City.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Tue 14

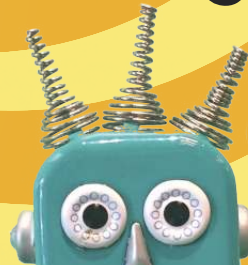
**Round Rock Express vs Oklahoma City.** 11:30 a.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Wed 15

**Tween Scene.** 4:30 to 5:15 p.m. Monthly activity for tweens ages 8-12. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

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**Music on Main: Texas KGB.** 6 to 9 p.m. Family-friendly live music. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.

## Thu 16

**Tween Maker Club.** 4:30 to 5:30 p.m. For ages 8-12, an anime-themed crafting event. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

**Round Rock Express vs Nashville.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Fri 17

**TGIF Movie with Popcorn.** 1 to 3:30 p.m. Family-friendly classic movie. Bring a drink. Elgin Library, 404 N. Main St. FREE. elgintx.com.

**Movie Night: Teen Titans Go to the Movies (PG).** 3:30 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

**Deutschen Pfest.** 5 p.m. A festival of culture. Pfluger Park, 515 City Park Rd. \$5 - \$7. deutschenpfest.com or 512-990-6355.

**Cordova Art School's Student Art Show.** 6:30 to 8 p.m. Wingate by Wyndham Hotel and Events Center, 1209 I-35. roundrocktexas.gov.

**Round Rock Express vs Nashville.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Sat 18

**Family Takeover Day.** 9 a.m. to 3 p.m. University of Texas at Austin, 110 Inner Campus Dr. FREE. commonthreads.org or 512-471-3434.

**Deutschen Pfest.** All day. Pfluger Park, 515 City Park Rd. \$5 - \$7. deutschenpfest.com or 512-990-6355.

**The "5 Book Dive" Summer Reading Splash.** 10 a.m. An initiative to foster literacy and stop the summer slide. AISD Performing Arts Center, 1500 Barbara Jordan Blvd. FREE. austinisd.org.

**Code Chica Certification Program.** 10 a.m. See Sat 4 for details.

**Spring Safari.** 10 a.m. to 12 p.m. Join Easter Seals for a fun day. Play for All Abilities Park, 151 N. AW Grimes Blvd. FREE. 512-615-6871.

**East Communities Y: Splash Day.** 12 to 3 p.m. Celebrate the beginning of summer. East Communities Y, 5315 Ed Bluestein Blvd. FREE. 512-933-9622.

**Round Rock Express vs Nashville.** 6 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Concert Series: Mayeux & Broussard.** 7 to 9 p.m. Live music on the lawn. Hill Country Galleria, 12700 Hill Country Blvd., Bee Cave. FREE. hillcountrygalleria.com.

**Williamson County Symphony Orchestra Concert.** 7:30 p.m. Old Settlers Park Pavillion, 3300 Palm Valley Blvd., Round Rock. FREE. wilcosymphony.org or 512-789-5073.

## Sun 19

**Deutschen Pfest.** All day. Pfluger Park, 515 City Park Rd. \$5 - \$7. deutschenpfest.com or 512-990-6355.

**The Music of David Bowie.** 11 a.m. A family concert by the Rock and Roll Playhouse. Mohawk, 912 Red River St. therockandrollplayhouse.com.

**Round Rock Express vs Nashville.** 1 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Mon 20

**College Planning 101.** 6:30 to 7:30 p.m. Howson Branch Library, 2500 Exposition Blvd.

**Round Rock Express vs Nashville.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Tue 21

**Round Rock Express vs San Antonio.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

## Wed 22

**Teen De-Stressing Day: Reptile Hangout.** 4:30 to 5:30 p.m. Are finals stressing you out? De-stress here. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

**Music on Main: Aaron Stephens.** 6 to 9 p.m. Family-friendly live music. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.

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**Round Rock Express vs San Antonio.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

### Thu 23

**Round Rock Express vs San Antonio.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**Movies in the Park: The Little Mermaid (G).** 8:30 p.m. Dove Springs Park, 5899 Ainez Dr. FREE. austinparks.org.

### Fri 24

**Friday Movie Matinee: Nim's Island (PG).** 3:30 p.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. library.austintexas.gov or 512-974-8860.

**Round Rock Express vs San Antonio.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

### Sat 25

**Close Assault: 1968.** 11 a.m. and 2 p.m. Remember the true meaning of Memorial Day with this look back at the Vietnam War. Texas Military Forces Museum at Camp Mabry, 3038 W. 35th St. texasmilitaryforcesmuseum.org or 512-782-5659.

**Austin Greek Festival.** 11 a.m. to 11 p.m. Dance performances and kid-friendly activities. Transfiguration Greek Orthodox Church, 414 St. Stephens School Rd. \$5; under 10 FREE. austintexas.org.

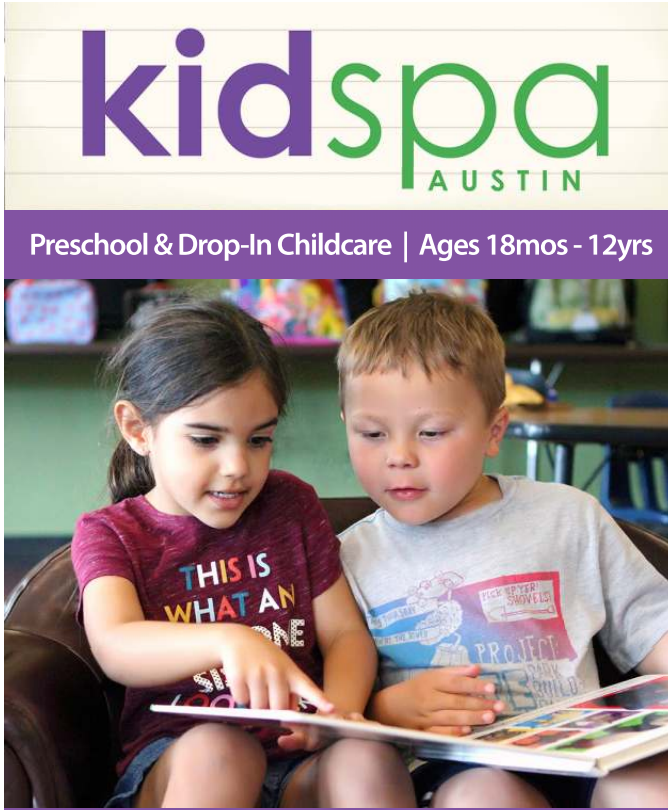
**Concert Series: Dale Watson.** 7 to 9 p.m. Hill Country Galleria, 12700 Hill Country Blvd., Bee Cave. FREE. hillcountrygalleria.com.

### Sun 26

**Close Assault: 1968.** 11 a.m. and 2 p.m. See Sat 25 for details.

### Wed 29

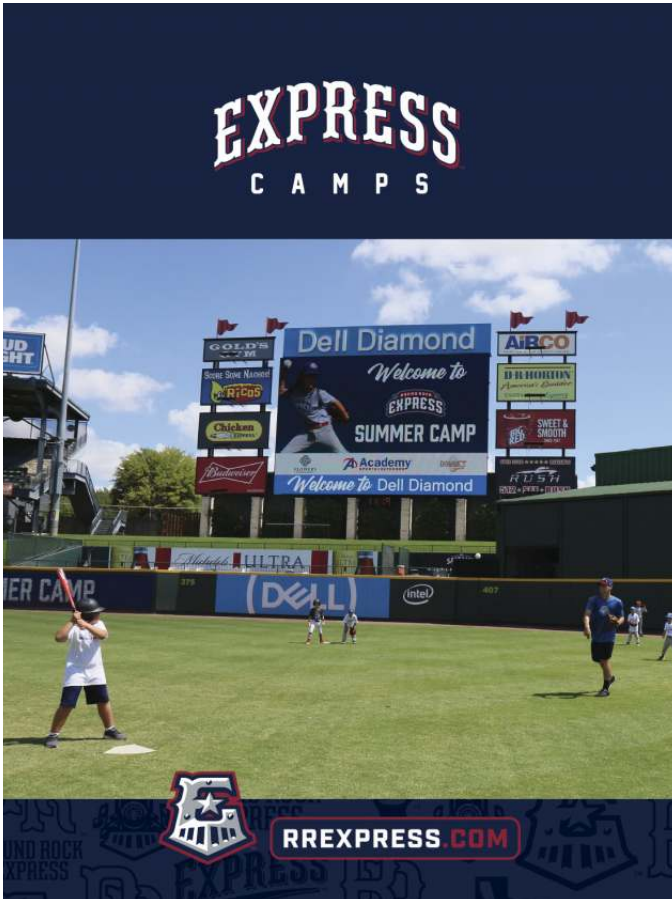
**Music on Main: The Reverent Few.** 6 to 9 p.m. Family-friendly live music. Prete Plaza, 221 E. Main St., Round Rock. FREE. roundrocktexas.gov.



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## Thu 30

### Award Winning Expert Essays for College.

6:30 to 7:30 p.m. Open to all high school students and their parents. Attend this college planning workshop to hear from an actual college admissions expert. Sponsored by Access College America. Manchaca Road Branch Library, 5500 Manchaca Rd. FREE. 512-382-0059.

**Round Rock Express vs Iowa.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

### Movies in the Park: The Little Mermaid (G).

8 p.m. Free popcorn and concessions available for purchase, plus crafts for the little ones. Elgin Memorial Park, 1127 N. Main St., Elgin. FREE. elgintx.com or 512-285-6434.

## Fri 31

**Round Rock Express vs Iowa.** 7 p.m. Dell Diamond, 3400 E. Palm Valley Blvd. rrexpress.com.

**The Secret Life of Pets (PG).** 8 to 10:30 p.m. Community First Village, 9301 Hog Eye Rd. FREE. mlf.org.

## Parenting Events

Bridges to Growth holds early childhood parenting classes throughout the month. georgetownproject.org.

The City of Austin offers free car seat checks and Safe Baby Academy classes at a variety of locations. Appointments and reservations required. Email emspubed@austintexas.gov.

La Leche League of Central Texas hosts regular meetings, play dates and gatherings. All breastfeeding mothers, babies and mothers-to-be are welcome. texasll.org.

The Literacy Council of Williamson County offers free ESL classes for beginners through advanced. literacycouncilwilco.org.

YMCA hosts a free Childhood Obesity Intervention Program at various locations. austinyymca.org.

## Sat 4

**Hazardous Household Waste Drop-off Event.** 9 a.m. to 12 p.m. Open to all utility customers of Bee Cave, Lakeway, Hurst Creek MUD, Lakeway MUD and Travis County WCID 17 with proof of utility bill. Lake Travis Regional Reuse and Recycling Center, 3207 Neidhardt Dr. FREE. lakeway-tx.gov.

**Tour for Expectant Parents.** Tours at 10 a.m., 12 p.m., 2 p.m. Prepare for the birth of your child and ask questions about your special day. The Women's Center of Texas - St. David's North Austin Medical Center, 12221 N. Mopac Expy. FREE. stdavids.com.

**Safe Baby Academy.** 2 to 5 p.m. Learn about car seat safety, infant CPR, home safety, water

safety and safe sleep practices. Baylor Scott & White Medical Center, 300 University Blvd., Round Rock. FREE with registration. events.bswhealth.com or 512-972-7233.

## Tue 7

**Pediatrician Meet and Greet.** 5:30 p.m. Baylor Scott & White Clinic, 120 Ed Schmidt Blvd., Hutto. FREE with registration. events.bswhealth.com.

## Wed 8

**Pediatrician Meet and Greet.** 5:30 p.m. Baylor Scott & White Clinic, 910 E. Whitestone Blvd., Cedar Park. FREE with registration. events.bswhealth.com.

## Thu 9

**Pediatrician Meet and Greet.** 5:30 p.m. Austin Regional Clinic, 1807 Slaughter Ln. FREE. austinregionalclinic.com or 512-282-8967.

## Sat 11

**Prenatal Yoga.** 9:30 a.m. Relieve the discomforts of pregnancy. Baylor Scott & White Medical Center, 300 University Blvd., Round Rock. \$10. events.bswhealth.com.

**Tour for Expectant Parents.** Tours at 10 a.m., 12 p.m., 2 p.m. See Sat 4 for details.

## Wed 15

**Pediatrician Meet and Greet.** 5:30 p.m. Austin Regional Clinic, 4515 Seton Center Pkwy. FREE. austinregionalclinic.com or 512-338-8388.

## Sat 18

**Prenatal Yoga.** 9:30 a.m. See Sat 11 for details.

**Breastfeeding Support Group.** 11 a.m. Gather and discuss nursing questions/concerns. Baylor Scott & White Medical Center, 300 University Blvd., Round Rock. FREE. events.bswhealth.com.

**Tour for Expectant Parents.** Tours at 10 a.m., 12 p.m., 2 p.m. See Sat 4 for details.

## Tue 21

**Pediatrician Meet and Greet.** 5:30 p.m. Baylor Scott & White Medical Center, 300 University Blvd., Round Rock. FREE. events.bswhealth.com.

## Wed 22

**Pediatrician Meet and Greet.** 5:30 p.m. Austin Regional Clinic, 940 Hesters Crossing, Round Rock. FREE. austinregionalclinic.com or 512-244-9024.

## Thu 23

**Pediatrician Meet and Greet.** 5:30 p.m. Austin Regional Clinic, 4100 Everett St., Kyle. FREE. austinregionalclinic.com or 512-295-1333.

## Sat 25

**Prenatal Yoga.** 9:30 a.m. See Sat 11 for details.

**Tour for Expectant Parents.** Tours at 10 a.m., 12 p.m., 2 p.m. See Sat 4 for details.

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# Story Times

## Editor's Picks

Public library story time events listed here are FREE unless otherwise noted. Programs are subject to change. Please contact the venue before attending.

Austin Public Library story times are too numerous for our calendar, but include story times for infants, toddlers, preschoolers and all ages. In addition, there are dual language and Spanish language story times. Visit the Austin Library website for dates, locations, age groups and times. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## Sat 4

### Preschool Playtime with Dragons & Unicorns.

11 a.m. A special family play event that replaces the regularly-scheduled family story time. Best enjoyed by families with children ages 18 months – 6 years. Story at 11 a.m., then come-and-go imaginative play stations until noon. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

## Wed 8

**Dance a Story: Giselle.** 1 p.m. Students are led through a series of movement and ballet-based activities that appeal to both girls and boys. The class is designed to enhance

physical, cognitive, social and emotional skills through collaborative and cooperative games. Austin Central Library, 710 W. Cesar Chavez St. FREE with preregistration. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## Fri 10

**Wiggle Worm Story time: For Children with Special Needs.** 10:30 a.m. Children will enjoy fun movement activities, music, and interactive books, followed by sensory activities and crafts. This story time is designed for children who have special needs, whether they have been officially diagnosed or not. Activities are planned at a pre-K developmental level, but all ages are welcome. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Thu 23

**Story time: Our Colorful World.** 10 a.m. Celebrate color and creativity through books, songs and art. Best for ages 2-5. Bullock Museum, 1800 Congress Ave. FREE with admission. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

## Tue 28

**Hindi-English Storytime.** 10:30 a.m. Interactive story time for ages 3 and up, celebrating Indian culture with stories, finger play, songs and other activities in both English and Hindi. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).



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### Dates and times:

May, 31st - 8 pm • June, 1st - 8 pm • June, 2nd - 4 pm

**Location:** Emma S. Barrientos Mexican-American Cultural Center  
600 River st. Austin, TX 78757

**Tickets:** \$10-\$20, available at [www.chamacosdance.com](http://www.chamacosdance.com)



THIS PROJECT IS SUPPORTED IN PART BY CULTURAL ARTS DIVISION OF THE CITY OF AUSTIN ECONOMIC DEVELOPMENT DEPARTMENT BELIEVING AN INVESTMENT IN THE ARTS IS AN INVESTMENT IN AUSTIN'S FUTURE. VISIT [AUSTINONNOWPLAYINGAUSTIN.COM](http://AUSTINONNOWPLAYINGAUSTIN.COM).



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# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## SERVICIO

Cuando aparezca el sentimiento de la soledad, tristeza, ansiedad, depresión o cualquier otro estado emocional negativo, BUSCA SERVIR. La acción de servir sin esperar nada a cambio, ayuda a que nuestra mente deje de enfocarse en los problemas propios por un momento para atender las necesidades de alguien más. Al hacerlo, nuestro cerebro tiene oportunidad de reevaluar la situación personal, ayudándonos así a tener otra perspectiva y sacar soluciones. Así que la próxima vez que te sientas emocionalmente abrumado, práctica el servicio y veras los beneficios. ¡Piensa Positivo!

## SERVICE

When feelings of loneliness, sadness, anxiety, depression or any other negative state appear, SEEK TO SERVE. The act of serving without expecting anything in return helps our minds to stop focusing on our own problems and to attend the needs of someone else. By doing this, our brains have the opportunity to reevaluate our personal situations and give us another perspective to come up with possible solutions. So, next time you feel emotionally overwhelmed, practice serving others and you will see great benefits. Think Positive!



### Want to promote your event?

### Austin Family Magazine's "Calendar of Events" is the perfect way!

### Post your event for FREE right from our homepage!

Just go to [www.AustinFamily.com](http://www.AustinFamily.com) and click here for step by step instructions. Easy peasy!





# KIDZONE

## Mother's Day Bubble Paint Hydrangea

Just in time for Mother's Day, here's a beautiful bouquet of hydrangeas you can make for Mom using homemade bubble paint! This activity is perfect for children ages 3 through early elementary school. Note that an adult's help is needed to make the bubble paint. This activity can be expanded to create a wide range of creative, open-ended works of art!

### Materials to Make Hydrangeas

- Construction paper in white and green
- Scissors
- Glue
- Plastic straws (one for each child)
- Dishes with low sides, like pie pans (one for each color)
- Once recipe of Bubble Paint



### Recipe for Bubble Paint

- 6 cups hot water
- 2 cups clear dishwashing soap
- ¾ cup light corn syrup
- Food coloring

### To Make Bubble Paint

1. Combine hot water, soap and corn syrup. Mix well.
2. Tip: If you're making different colors of paint, pour some of the bubble solution into separate containers, then add the food coloring. The more food coloring you add to the solution, the more vibrant the paint colors.

### To Make Hydrangeas

1. Fill a low-sided dish (like a pie pan) with a quarter of the bubble paint.
2. Blow into the solution with a straw to make bubbles. Continue to blow gently until the bubbles form a dome shape.
3. Press the white paper onto the bubbles without touching the liquid bubbles. Repeat as many times as desired.
4. Once dry, cut the bubble pictures into flower cluster shapes and glue them to a second piece of construction paper. Cut and add several green leaves, tucking them under the flower shapes.



Stepping Stone School is the largest privately-owned childcare provider in Central Texas. Locally owned and operated since 1979, the Paver family has grown the company to 20 locations. Stepping Stone School has been named Best in Childcare by the readers of Austin Family magazine for 20 years.



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## JUST FOR GRINS

CARRIE TAYLOR

Taylor is a freelance writer, editor and mother of two boys.



## Pregnancy on the Brain

One of my coworkers recently announced she is pregnant with her first. She told me her husband is skeptical about the mysterious and mythical Pregnancy Brain. Apparently she is, too, and I had to smile blandly as she said, "I'm already eight weeks and I don't feel any different!"

Oh my dear, but you will. Winter of the mind is coming.

Pregnancy brain means losing half of your vocabulary. Common phrases and words are the first to go. You'll find yourself referring to every object as "that thing" and every person as "you know, that one." Don't be surprised if you gain a few new and unexpected words like "doohickey" or "whatchamacallit." Some days it may just be easier to adopt a vow of silence.

Pregnancy brain means you are always looking for an item you misplaced. A good rule of thumb is thinking of how often you typically misplace your keys, phone, TV

remote, etc., and multiply that by 10. I'm usually always looking for something, and you know, as long as it's not one of my kids, I consider it a good day.

Pregnancy brain means forgetting to do things almost immediately after saying you will do them. Half of your days will be spent standing in the kitchen squinting around trying to remember why you got up in the first place.

Pregnancy brain means you finally have an out when you forget all of your friends' and families' birthdays, your anniversary, your own birthday, your partner's birthday and your partner's name.

If you think pregnancy brain ends after pregnancy, think again. (Or at least try.) It's better to accept that your mind now resembles cottage cheese, but that's OK. You're creating children who will always love you, even when you call them by the dog's name or by, "the one with the moles."

# IF YOU VOTE, YOU COULD WIN!



### It's time to cast your vote for *Austin Family Magazine's* **Readers' Poll Favorites!**

**PLUS,** everyone who votes is automatically entered into a drawing\* to **WIN** a **2 night stay at Gaylord Texan** or **4 tickets to Schlitterbahn Water Park!**

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Vote at [www.austinfamily.com](http://www.austinfamily.com)  
between **March 1 and May 15** (One ballot per family)

\*AFM will hold 2 drawings. April 1 for a stay at Gaylord Texan and the second drawing on May 15 for four Schlitterbahn tickets



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