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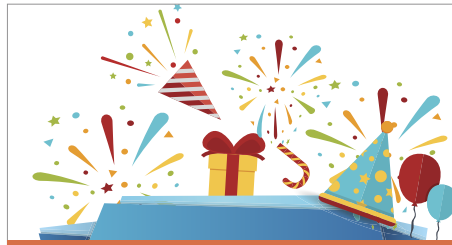
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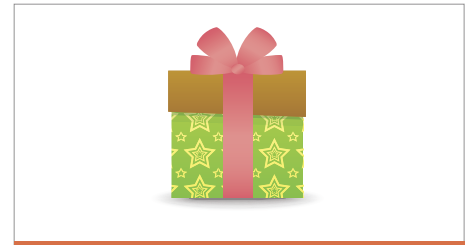
smart parenting • healthy homes



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By Jack Kyser

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Read online at: www.austinfamily.com/films

FILM REVIEW

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



Pick us up at HEB, Whole Foods and Central Market.



See page 10

It's our birthday month at *Austin Family* magazine! This year, our publication turns 27, and so much has happened during that time. In 1992, Microsoft had just released Windows 3.1 and Disney was gearing up to debut its animated film *Aladdin*. Technology as we know it had yet to make its way into our everyday lives. The first text message was sent at the end of 1992. Facebook wouldn't launch for another decade, and it would be a dozen years before anyone laid eyes on an iPhone.

Time flies, is my point. And things change fast. But what doesn't change is that kids have birthdays every year, and some of them you'd like to commemorate with parties and gifts and cake. That's why we've given our April issue a birthday theme, with ideas for parties you can throw in a snap and birthday presents tailor-made for a young person's interests.



EDITOR'S NOTE

SHERIDA MOCK

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

We at *Austin Family* magazine enjoy serving you each month with tips and info you can use every day. Please contact us if you have ideas, comments or suggestions about how we can do that better. We hope to continue serving you faithfully during our next trip around the sun, as well.

Happy Spring!

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Play it product recalls **SAFE**

Government Recalls Milk Bottles, Toddler Boots and Mini-Trampolines



Crate and Barrel is recalling about 17,000 **acrylic milk bottles** because the plastic straw that comes with the milk bottle can crack or break, posing a laceration hazard. The recall involves clear acrylic milk bottles with a graphic of a bear in a red sweater printed on the wide part of the bottle. Affected units were sold at Crate and Barrel retail stores nationwide and online at crateandbarrel.com between August 2018 and November 2018 for about \$5. Consumers should immediately stop using the recalled milk bottles and contact Crate and Barrel to receive a full refund.

Target is recalling about 33,600 **toddler boots** because the unicorn horn on the boot can detach, posing a choking hazard to children. The recall involves Cat & Jack brand "Chiara" toddler's unicorn boots in sizes 5-13 and size 1. Affected units were sold at Target stores nationwide, online at target.com and on Google Express between October 2018 and November 2018 for about \$27.



Consumers should immediately take the recalled boots away from children and return them to any Target store for a full refund.



JumpSport is recalling about 11,300 **mini-trampolines** because the folding trampoline's frame can forcefully hit the user, posing an injury hazard. The recall involves fitness trampolines with a hinged metal frame and black fabric

jumping surface suspended by bungee cords. Model numbers 230f, 350f, 550f Pro and 550fi are involved in the recall. Affected units were sold online at amazon.com, costco.com, jumpsport.com and other websites and specialty fitness equipment stores nationwide between January 2011 and November 2018 for between \$250 and \$500. Consumers should immediately stop using the recalled trampolines and visit jumpsport.com to download a new instructional manual and warning materials.

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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Autism Awareness Month

Experts say when it comes to autism, early intervention leads to the best outcomes. That's why learning the signs of autism and knowing what steps to take after diagnosis are so important. While autism can be diagnosed as early as 18 months of age, the average age of diagnosis is 4 years.

Signs of autism can include lack of eye contact by 6 months; no pointing, reaching or waving by 12 months; and loss of babbling or speech at any age. Currently, one in 59 children in the U.S. is diagnosed with autism. Visit autismspeaks.org for a list of early signs and the 100-Day Kit, which answers many questions parents have. For local resources, visit texasautismsociety.org.



A robotics team from Bailey Middle School competed at the Tournament of Champions at Google Headquarters in California. Photo courtesy of Austin ISD.

Robotics Competition

A local robotics team recently burnished Central Texas's tech reputation. In late February, Austin ISD's Bailey Middle School robotics team competed in the Tournament of Champions at Google Headquarters in California. Out of 76 middle school teams from throughout the U.S., Bailey placed third in the qualifying round.

"Our robotics students are doing an amazing job," says Bailey Principal John Rocha. "I can't wait to see what they accomplish this year." Bailey Middle School's robotics program is one of the fastest growing in the state. Three of its teams have qualified for the U.S. Open in Iowa on April 4-7, where they will compete with 160 of the best teams in the world.



Fractured Lives

New research from UT Austin backs up what many experts suspected. The study finds that lesbian, gay, bisexual, transgender and questioning (LGBTQ) youths are more likely to end up in foster care or unstable housing and suffer negative outcomes, such as substance abuse or mental health issues, while living in the child welfare system.

The February paper in the journal *Pediatrics* looked at nearly 600,000 youths living in California. Overall, researchers found that less than 1 percent of the sample was living in foster care or unstable housing, but more than 30 percent of those living in foster care identified as LGBTQ. More than 25 percent of those living in unstable housing — defined as living at a friend's house, motel, shelter or other transitional housing — identified as LGBTQ.

"People have been concerned for some time that LGBTQ youth are over-represented in the child welfare system, but there has been little evidence — until now," says Stephen T. Russell, chair of the Department of Human Development and Family Sciences at UT Austin.

Must-Do This

April

6

Youth Fishing Derby

in Round Rock

10

Open House/Muster Day

at Camp Mabry

20

Austin Nature Day

at Austin Nature and Science Center



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Kudos

Austin Family magazine garnered a couple of awards at the annual conference of the Parenting Media Association. For his monthly "Family Connections" column, Richard Singleton received a silver award. "The author employs his expertise in family counseling, as well as the latest research, to offer sound advice on everyday parenting matters," the judges note. "The writing commands respect without being overbearing."

For her design of the Summer Family Fun Guide in 2018, designer Susie Forbes received a gold award. "The design of this delightful guide reflects summer," say the judges. "It's full of color and visuals. The organization eliminates clutter and it invites the reader into the pages."



Austin's own Shinyribs headlines Any Baby Can's 40th annual benefit concert on May 3. Photo courtesy of Shinyribs.

Benefit Concert

Any Baby Can's annual benefit concert turns 40 this year, and the May 3 event at the ACL Live Moody Theater will include performances by Shinyribs and Charley Crockett, along with stories from Any Baby Can's client families and a live auction.

"All parents should feel supported, valued and empowered to ensure their children have the best chance at a bright future," says Any Baby Can CEO Veronda L. Durden. In 2018, Any Baby Can served more than 3,000 families in Central Texas, including expecting parents and parents of young children, children with developmental delays, moms and dads seeking parenting classes, and children with cancer or other medical needs. To learn more, visit anybabycan.org/benefit-concert.

by the numbers



1893
Year the Happy Birthday song was first published
Source: Reader's Digest



2 billion
Birthday cards are sent annually
Source: Paperstyle.com



May 22
Least common birthdate (besides leap years)
Source: Paperstyle.com

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Play Ball!

The Round Rock Express kicks off its 2019 season with a series of home games against the Nashville Sound on April 9, 10 and 11. In celebration of the team's 20th anniversary, on opening day the first 2,000 fans will receive a commemorative coin and the opening game will be followed by a fireworks display.



Cookie News

Two local cookie producers have big news for shoppers. Fast-casual restaurant Henbit announced that its monster cookies are now being sold at the Whole Foods N. Lamar location. The cookies are made with chocolate chips and pecans, with a crispy outside and a gooey inside.

Photo courtesy of Meli's Monster Cookies.

Founded by two UT Austin grads and moms, Meli's Monster Cookies announced the expansion of its

offerings to a nationwide audience. Previously available in about 300 regional Walmart stores, the line of gluten-free ready-to-eat cookies and mixes will now be sold in nearly 4,000 Walmart stores nationwide. Flavors include Original, Choco-lot and Cashewlicious.



Faculty from Orpheus Academy of Music performed a benefit recital for CASA of Travis County. Photo courtesy of Orpheus Academy.

Musical Fundraiser

Music can do more than soothe the savage beast. Members of the Orpheus Academy of Music faculty performed a recital in February to benefit CASA of Travis County. The show at First Presbyterian Church of Austin included short skits from Broadway musicals along with piano and voice performances. Admission was free and donations to CASA were accepted at the door.

So far this year, Orpheus has raised over \$800 for CASA and has donated thousands over the past years. CASA of Travis County supports volunteers who advocate in the court system for more than 1,800 children who have been abused or neglected.

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Photo: Katie Wnukoski

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THE Learning Curve

ALISON BOGLE

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

Reimagining a Bright Future for All Students

My oldest has never really fit the standard academic mold. She is a creative dreamer. She is gifted in art, and her singing voice has moved many people to tears, not just counting family. She's obviously bright, inquisitive and finely tuned-in to people's emotions. She's charismatic, extremely tenacious and super social. Yet, the luck of the draw gave her dyscalculia, a math learning disability. Add on memory retention issues, and traditional schooling has been a struggle for her.

We are lucky to live in a school district that has provided extremely good support. You would not be able to tell by her report card that she has worked as hard as she has. Her tenacity has served her well, and we also count ourselves lucky to have found a very talented tutor to round out her support system. But, this has just been elementary school. My husband and I worry about what middle and high school will look like. And,

because we are parents, we worry about what education will look like for our girl after high school graduation.

Our daughter is not drawn to math or sciences. She's a great writer, but that is not where her passion lies. We see her in a profession that is less desk and more hands-on. Less paperwork and more artistic freedom. Less traditional and more free-flowing. So, what is best for those types of kids? Is a traditional four-year college the right path? Is it the only way to experience success?

The Higher Education Bump

According to the National Center for Education Statistics, in 2016, a higher percentage of young adults with a bachelor's or master's degree worked full-time year-round in comparison to high school graduates – 79 percent versus 69 percent. Having a college degree is also directly linked to future earnings. In 2016, the median earnings of young adults with a master's degree or higher was \$64,100. For

those with a bachelor's degree, earnings were \$50,000. However, for young adults with only a high school degree, median earnings were a much lower \$31,800. This pattern holds true for both males and females and across all races.

A college degree is necessary for easier employment and a greater salary. That is the message that our children are receiving, but is it all that matters? There are, of course, always people who will not fit that formula. Steve Jobs dropped out of college after one semester, and no one can argue that it hurt his earning potential! We can also all probably think of one over-educated person we know, or have heard of, that has struggled to find or retain employment.

Many young adults find success by enrolling in a technical college where students can select career-driven courses that teach very specific skills. For example, a person might choose to focus on electrical work, with the goal of becoming an electrician. All courses she would be required to take would relate

to that area of focus. In other words, there would be no requirement to take extraneous classes, such as a physical education course, often required by most four-year colleges.

A community college, offering an associate's degree or certification, is another good alternative to traditional four-year schooling. Community colleges tend to provide a very good value and, like technical colleges, they also offer targeted programs. For example, in just two years, a student could earn an associate's degree or a certification as a dental hygienist, veterinary technician or even a web developer.

Other young adults choose to enroll in the military to take advantage of its competitive salary, free health care and little-to-no living cost. The military will also pay tuition costs, should an enlistee take higher education classes while in service.

Redefining Success

So, what do you do if you are a parent of one of these "non-traditional" students? It can be scary to set aside the belief that a four-year degree is necessary and to be open to the possibility that happiness and success can be found by taking a different path. We need to ask our children what they are interested in and what they hope to do someday, and then show them that we will listen with acceptance to their answer.

Many kids have trouble realizing what they are good at, so we can support them in finding their strengths by exposing them to varied experiences. And, we can help them to find what motivates them. If your child shows an interest in something, you can support her in expanding on that interest. For example, if she likes to sing at home, you can encourage her through voice lessons and help her to find opportunities to sing in front of a crowd.

Most crucial, though, will be your belief in



A college degree is necessary for easier employment and a greater salary. That is the message that our children are receiving, but is it all that matters?

your child. It will be important to support his dreams and accomplishments in whatever form they take, even if his path is different from what you had imagined for him. If our voices telling our children what they "should" do are louder than their own, they will have a hard time listening to their own callings and finding what is their true definition of success.

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STUDENT LEADER TALKS ABOUT LIFE WITH AUTISM

BY SHERIDA MOCK

Photos courtesy of Theresa Allen

Thoughtful, eloquent and confident, Aaron Allen makes an impression in conversation. The senior at Del Valle High School has been through an experience that powerfully transformed his outlook and his self-image, and he's happy to talk about it. Allen has autism, a condition that challenges his efforts to master social skills, speech and nonverbal communication.



But challenges aren't verdicts on our destiny so much as tests of our fortitude. And Allen learned that lesson through his time in the Bank of America Student Leadership program, which included a local summer internship at Communities in Schools and a trip to the program's summer summit in Washington, D.C. What might have been an exciting adventure to other students required Allen to shed long-held beliefs about what he could do and how others saw him.

In recognition of April as Autism Awareness Month, Allen spoke with us recently about what the student leadership experience taught him and what it's like to grow up with autism.

AFM: Tell us about your family.

Allen: I am the youngest of two boys. My brother, Andrew, is 12 years older than me. He used to coach at the high school I go to, and my dad, Tom, works as the head trainer there. My mother, Theresa, is a retired first grade teacher from the elementary school I went to. So, we're very close at Del Valle. It was nice to be around them throughout the educational process.



A visit to Senator Ted Cruz's Washington office made an impression on Allen.



Allen's experience in Washington, D.C., at the Bank of America's Summer Summit culminated with him giving a speech at the closing luncheon.

AFM: How did you find out about the Bank of America Student Leadership program?

Allen: One of my friends was the student council president at the same time that I was our freshman class secretary. She told me she was going on a summer adventure with Bank of America, and she thought when I got older, I should look into it, because it may help me grow my social skills and become a better leader.

AFM: What did you think would happen when you applied?

Allen: I didn't think I was going to get in, mainly because I don't see myself as a leader. Growing up, I was bullied a lot in school, and no one – my peers – really stood up for me. In middle school, as a result of being bullied, I became suicidal. I would shut down. The school was worried about me. I finally got over that hurdle when I got my service dog, Roxi.

AFM: How did being in the program change your outlook?

Allen: I learned a lot, but if I had to pick one thing that stood out the most, I learned how to function independently. The summer summit in Washington was the first time I have been away from home, my parents and my service dog. We were put into workshops of kids from around the nation, and my workshop had a lot of strong opinions. They're very open, very social, and I kept to myself. I tried to keep it secret that I was autistic, that I have suicidal thoughts at times. I just didn't want anyone to know. But soon, I realized that I couldn't hide it from them.

So, I just told myself, "You need to try to be as strong as you can." There was an event we had that gave me flashbacks of being bullied, and I had a really bad panic attack. That was the moment I realized that I cannot hide this from them. I need to do what they're doing: open up and not be afraid of who I am. If they

were going to really get to know me, I would have to tell them.

They were very supportive. They would regularly check in with me, make sure I was doing OK. I was able to have a stronger connection. There's this passion in my friends from the nationwide program. Without them, I wouldn't have had as good an experience as I did.

AFM: Were you surprised when your peers selected you to make the student speech at the end of the week?

Allen: Very. When I first heard about the student speech, I thought I wouldn't mind sharing – I kind of wanted to share. So, I prepared a speech during lunch. It took me 30 minutes. It just came out of my heart. When I let my heart lead, it takes me to better places than my brain does. And I shared the speech with my friends. A lot of them cried. They said, "That's perfect." So, I was able to



Service dog Roxi lends support when Allen feels anxious.

give that speech to the 300-and-some-odd student leaders and Bank of America officials who were there.

AFM: What is it like to live with autism?

Allen: It's a challenge. I have a hard time socially. I tend to not understand facial cues very well. I often ask people, "Are you upset? Are you sad?" My best friend is on the spectrum, and she has helped me learn to embrace autism and not be afraid of it. It makes you special.

I consider it a blessing in disguise. If you do the research on famous people with autism, like Temple Grandin and Thomas Jefferson and Albert Einstein, they had their challenges. I want to become someone who's known for being different in a good way. That's what I feel like autism can help me do. And that's what I want people to know.

AFM: Do you see yourself as a role model?

Allen: I see myself as a role model to my past self, because I never thought I would get to where I'm at, being in all AP classes, on the homecoming court, a part of the Bank of America program. So many things have happened that I never dreamed would have happened. Nor did I think I'd live to see them happen.

AFM: What are your plans for the future?

Allen: I got accepted into UT Austin. It's my dream school. I want to pursue computer science – or government, because the Bank of America program really opened my eyes to politics. I met with people like Congressman William Hurd and the staff of Senator Ted Cruz, and they showed us things not many people get to see. We got to go inside the Senate offices and inside the Supreme Court. It makes me feel like I want to be a part of this.



LIFELINES

BRENDA SCHOOLFIELD

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

5 Reasons for Childhood Sunburn (and How to Prevent the Next One)

Uh oh – your child just showed signs of a sunburn. What can you do to treat it, and how can you prevent the next one? Unlike a burn from a hot stove, sunburn symptoms don't appear right away. It could be up to 4 hours before you realize that your child has a sunburn. According to experts, once you detect or suspect a sunburn, you should do the following right away:

1. Get your child out of the sun.
2. Make sure she drinks plenty of water to prevent dehydration.
3. Apply cool, wet cloths to the burned area to help make her more comfortable. Cool (not cold) baths are another option.
4. Get medical care if needed. (See sidebar.)

FIRST AID FOR SUNBURN SYMPTOMS

Of course, you'll want to help sunburned skin heal and make the symptoms go away quickly. Dr. Ted Lain, a board-certified

dermatologist in Austin, says, "The first thing to realize is that any treatment you use is unlikely to make the sunburn go away faster or reduce peeling. You also can't do anything to prevent the damage caused by the sunburn. All you can do is to help make your child less uncomfortable and itchy."

Dr. Lain explains some treatments to consider:

- Calming and numbing gels are helpful for pain and tenderness. Look for products with lidocaine (to numb) and aloe vera (to soothe).
- Moisturizing creams will help make peeling skin more comfortable, although these products will not reduce peeling. Dr. Lain cautions not to pick off the peeling, dry skin. This can lead to scarring or infection.
- The NSAIDS group of over-the-counter drugs (such as Tylenol, Advil or Aleve) can help reduce swelling. Remember that Advil or Aleve can cause sun sensitivity, so keep your child out of the sun any time she is taking either of these products.

PREVENTING FUTURE SUNBURNS

Experts suggest you take a few minutes to think about why your child got a sunburn. A history of sunburns, especially early in life, can increase the risk of skin cancer. Protecting children from harmful ultraviolet (UV) radiation is an important responsibility for every parent and caregiver.

Here are some possible reasons for sunburn and solutions to prevent it from happening again:

Reason: *The child didn't put on sunscreen.*

Solution: Educate your child about sun safety and the reasons for protecting skin from UV rays. Make putting on sunscreen part of the "getting ready" process. For example, brush your teeth, then put on your sunscreen. Insist that your child take responsibility for remembering this important task.

Reason: *Your child put on sunscreen but it "didn't work."*

Solution: Make sure your child applies sunscreen early enough and thickly enough. Dr. Lain advises "Apply a thick layer of

sunscreen 20 to 30 minutes before going outside or swimming.” One ounce of sunscreen (enough to fill up a shot glass) is considered enough by the American Academy of Dermatology. Also, make sure that the sunscreen has not expired or been stored in a hot environment, such as in the trunk of the car during the summer.

Reason: *Your child put on sunscreen earlier in the day but got a sunburn later in the afternoon.*

Solution: No sunscreen will last all day. “Reapply sunscreen at least every 2 hours or as directed on the package. Also, reapply after swimming or sweating,” advises Dr. Lain.

Reason: *It was a cloudy day, so I didn't think there was enough sun to cause a sunburn.*

Solution: “Clouds don't block UV rays,” explains Dr. Lain. “Don't forget to apply sunscreen even if it is cool and cloudy.”

Reason: *Your child wants to get a tan.*

Solution: Educate yourself and your child about the dangers of tanning.

TANNING MYTHS

Many people don't understand the dangers of tanning. The Burning Truth Initiative was developed by the Centers for Disease Control and Prevention to help educate the public. Quiz yourself – do you know the “burning truth” or still believe any of the following tanning myths?

When to Get Medical Care for a Sunburn

Get medical care if your sunburned child has:

- A severe sunburn that covers more than 15% of the body
- Dehydration
- Fever higher than 101° F
- Extreme pain that lasts longer than 2 days

Source: National Institute for Occupational Safety and Health (NIOSH)

Tanning myth #1: *A “base” tan will help protect against sunburn and sun damage.*

The burning truth: A tan is evidence that the body has had damage from UV rays. A “base tan” doesn't protect against future UV exposure, sunburn or skin damage.

Tanning myth #2: *Tanned skin is healthier than skin without a tan.*

The burning truth: “A tan is not an indication of health or well-being,” counsels Dr. Lain. “A tan is a response by the skin cells to DNA damage. Avoid tanning just as much as sunburn.”

Tanning myth #3: *Indoor tanning is safe.*

The burning truth: “Sensible indoor tanning is a myth,” cautions the CDC. Indoor tanning exposes the body to intense UV rays, increasing the risk of melanoma. Melanoma is the second most common cancer for women in their 20's.



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Birthday Parties for Busy Parents

Fun Party Places Your Kids Will Love

BY KIMBERLY BLAKER

So your child's birthday is just around the corner, and you don't have time to plan and prepare the perfect birthday party? Don't despair. There are plenty of fun places to hold kids' parties that'll save you time in planning, preparation and cleanup. Most importantly, your birthday girl or boy and guests will have a blast.

Try some of these party places for kids of all different ages. When you call, ask what amenities are available and included. Many places provide invitations, food and cake, balloons and decorations, a private party area, a gift for the birthday child and other special birthday services.

Skates & Blades. Roller skating rinks are again gaining popularity and most offer a choice of inline

or roller skate rentals for today's kids. Consider ice-skating and ice or roller hockey parties as a fun alternative.

Strike it Big. Bowling parties are a fun form of recreation for kids of all ages. Preschoolers can score every time with bumper bowling, while teens can go cosmic for glow in the dark fun. Add to the amusement by offering small prizes for low and high scores and the most and fewest gutters.

Pizza and Play. Preschool and early elementary children thrill at being invited to these parties where they can play kiddie arcade-style games, win tickets for prizes, hop on coin operated rides and romp in soft play areas.

Water, Water Everywhere. Head to a wave pool or water park where big kids can ride the waves, swish

down water slides, take a plunge and go on tubing adventures. What better way to cool off and party on a hot day?

Recreational Romp. Recreation and fitness centers offer a wide variety of activities for birthdays including gymnastics, swimming, basketball, and arts and crafts.

You Should be Dancin'. Check with your local dance studio for birthday party packages. Some offer professional dance instruction and allow food and party treats to be brought in, so the whole shebang is done right there.

Hit the Right Note. Big kids will be in awe to see one of their favorite performers in concert. For young children, look for a kiddie musical adventure offered by an area musician or music center.

Craft Magic. Young children love to create, so schedule a craft party at a fabric shop, craft store or scrap-recycling center where kids' activities are offered.

Cops and Robbers. Kids will thrill at testing their skills and cunningness in a game of laser tag. These centers often offer on-site party areas and birthday packages.

Fast Food Fun. For a simple and inexpensive toddler or preschool party, fast food spots are an excellent choice. Children can crawl through a playscape and dive into a pool of balls while enjoying their favorites: hamburgers, chicken nuggets and French fries. Call ahead to make your reservation.

Putt-Putt & More. Family fun centers offer a variety of

entertainment including batting cages, miniature golf, video games, bumper boats and go-carts.

Hands-on Science. Keep kids of all ages thoroughly engrossed and entertained at one of the many hands-on science instruction sites, where they can try out gadgets, watch or participate in experiments, build constructions and much more.

Elevating Adventures. Daredevils won't want to miss one of these exciting quests. Look for a rock climbing gym or zipline tour in your area where party guests can pursue adventures with a professional instructor.

Monkeyin' Around. Parties away from home don't have to be costly. Reserve a pavilion at a nearby park with a large playscape. Little ones can run,

climb and play to their hearts' content. Bring along your own party supplies. To keep things simple, call ahead for pizza delivery.

Row, Row, Row Your Boat. An afternoon paddling excursion for teens is the ultimate in outdoor fun. Contact stand-up paddle board, kayak or canoe rental facilities for details. Bring along a picnic lunch. Add to the fun with a cooler full of water balloons to cap off the day.

Z is for Zoo. Zoos and wildlife centers are a great source for birthday entertainment. Many offer party packages that include meals, cake, invitations, live animal presentations and more.

Kimberly Blaker is a freelance writer and the author of a kids' STEM book, Horoscopes: Reality or Trickery?

PARTY TIPS



When planning your child's party, keep in mind what's important is not how perfectly the party goes, but that your birthday child and guests have fun. To ensure success, follow these tips:

- Offer your child choices for his or her party, ask for input and allow him or her to assist in planning.
- Send out written invitations. Verbal invitations may be forgotten, make the invitee feel like an afterthought or leave parents of the invited child questioning whether the invitation was approved by the birthday child's parents.
- Include all details on the invitation including a start and end time, address and directions, phone number and anything guests need to bring, such as a bathing suit and towel or activity waiver.
- Play it safe and set a rain date for outdoor parties.
- Keep the guest list manageable to avoid chaos, confusion and conflict. The number of guests should correspond with the child's age or slightly over.
- Request an RSVP with a specific deadline, allowing yourself time to invite others in the event that the guest list falls short. Be sure to include your contact info.
- Keep the length of the party within reason. Unless it's a sleepover or special event, preschool parties should be limited to one hour; parties for older children should last two to three hours.



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FAMILY MATTERS

BETTY RICHARDSON

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

Giving Up the Beloved Binky

Q We're expecting our first child, and I'm curious about pacifiers. My wife plans to breastfeed our baby. Will we still need or want to use a pacifier? And if we do, when is a good time to get the child to give up the pacifier?

A. Sometimes when mothers breastfeed, they find the baby wanting to nurse more frequently, for example, more than every two hours. This frequency of breastfeeding suggests the baby needs to suck to calm down, and is in effect using mom as a pacifier. After the breastfeeding is going well (but not before) is a good time to add the use of a pacifier.

There are plenty of opinions on when and how a child should give up his pacifier. Some people advocate taking it away at three months, while others say the child will give it up himself before he starts kindergarten. Most parents ease their child off the pacifier between 18 and 24 months old. Pat Hamaguchi, a speech language pathologist and author of *Childhood Speech, Language*

and *Listening Problems: What a Parent Should Know*, has said that parents should give the child a newborn-size pacifier, limit its use as much as possible and give it up by 18 months.

There is a concern that continued and frequent use of a pacifier can make a child prone to issues like ear infections, a lisp or language problems. Some parents limit pacifier use to only in the home or only at night, while others offer it freely. Other parents are concerned about their child being anxious without the pacifier and want to allow its use to go on past the age of 2.

In my opinion, if there are no ear infections or speech problems, it's up to you as the parent to decide when to give up the pacifier. Bear in mind that using a binky is a lot like thumb-sucking, except that you can't lose a thumb or trade it for a toy. In any event, you can rest assured your child will most likely give it up by the time he goes to school.

You ask how to get a child to give up a pacifier, and it seems there are a variety of ways:

- My friends told their 2-year-old the train set he wanted would cost his pacifier. At the store, they let the clerk in on the trade. When it was time to

pay, the young boy gave his pacifier to the clerk.

- Some children are told Santa or a Binky Fairy will come for the pacifier so a new boy or girl can have it, and leave a toy in exchange. A soft, cuddly toy is often left in its place.
- Some parents use a three-day technique to wean their children off the pacifier. A warning is given on Day One, along with the message, "You can do it." On Day Two, a reminder is given. On Day Three, the pacifiers are gathered up to be "recycled into new toys."
- Other parents have gotten children to give up pacifiers by making them taste bad or by cutting the rubber part so there's no suction (and ensuring the child won't ingest a part of the rubber).
- Some parents remove all the pacifiers and say they're lost. The most comforting way seems to be getting something in the place of the pacifier.

There are lots of books for children about giving up the pacifier, such as *No More Pacifier, Duck* by Michael Dahl, *Bye Bye Binky* by Maria Von Lieshout and *Pacifiers are Not Forever* by Elizabeth Verdick.

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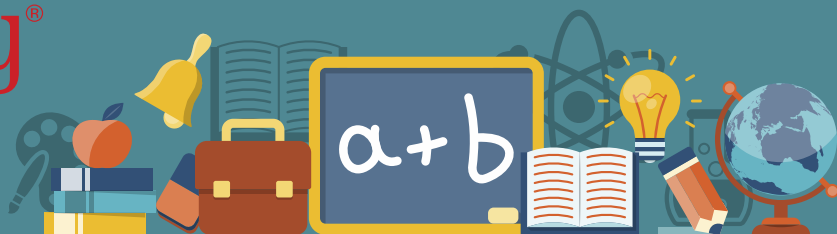
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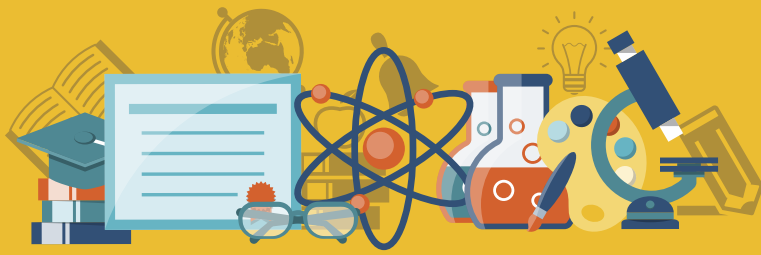
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A bereavement summer day camp for children who have experienced the death of a parent, sibling or primary caregiver. It's a safe place to laugh, cry, play, create and remember.
2413 Greenlawn Pkwy., Austin
512-472-7878
www.austingrief.org/campredbird
Ages 6 – 12

CAMP SWITCH WILLO

Educating riders in small groups with a relaxed, supportive learning environment emphasizing safety. Riders learn grooming, tacking and riding on a horse or pony selected just for them.
4829 Switch Willo, Austin
512-920-0554
www.switchwillo.com
Ages 6 – 13

CENTRAL TEXAS WRITING CAMP

Your camper will meet other young writers and be inspired to explore new writing styles. Austin, Round Rock, San Marcos 512-245-3680 www.tinyurl.com/y89j4hem Ages 6 - 18

CLUB Z

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

CODING WITH KIDS

Tech-savvy instructors guide small groups as they unleash their creativity to build games, interactive stories, websites, programmable circuits and more. Personalized instruction. 9 locations in Austin metro 512-415-4120 www.codingwithkids.com Ages 5 - 18

COUNTRY HOME LEARNING CENTER

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

CRASH BANG BOOM

Crash Bang Boom is a place for people of various ages and skill levels to experiment with sound, movement, and collaboration. In our weeklong program, students will learn about rhythm, technique, and dynamics while exploring our space and working together to create and perform original percussive and kinetic pieces. Space Rehearsal & Recording Studio 6945 7915 Manchaca Rd., Austin www.crashbangboom.org Ages: 6 - 106

DANCE DISCOVERY

Dance Discovery's weekly summer camps include Storytime Ballet, Jazz, Tap, Hip Hop along with "Sing-a-Longs", Musical Theater, and Set/Prop Design. Each week is wrapped up with an "End of Week Camp Show!" Central Austin, 512-419-7611 Avery Ranch, 512-658-2996 www.dancediscovery.com www.averyranchdance.com Ages 3 - 14

ELITE UNIVERSITY SUMMER CAMPS

A premier summer program with the greatest summers ever. The Elite U variety of camp activities appeals to every child. Whether it's the day camp, overnight camp, or the internship program, there's a place for everyone. 5600 RR 620 N., Austin Houston, Wimberley 713-454-7989 www.elitesummercamps.com Ages 4 - 16

EXTEND-A-CARE FOR KIDS SUMMER DAY CAMP

Weekly sessions consisting of sports, field trips, swimming, cooking, games and puzzles, reading, arts and crafts and more. Weekly themes are based on children's literature. Locations in AISD, DVISD and HCISD 512-472-9402 www.eackids.org Ages 4 - 12

FANTASTIC MAGIC CAMP

Teaching life skills and confidence through magic, juggling and puppetry. Open 9 a.m. to 4 p.m. with optional "rehearsal time" that extends the day to 6 p.m. for a fee. 7500 Woodrow Ave, Austin 512-709-8060 www.magiccamp.com Ages 5 - 12

FUN 2 LEARN CODE

Computer programming camps covering coding and video game development, including virtual reality, Python, robotics, Scratch, 3D graphics and various Minecraft camps (Mods, Redstone and Game Design). Round Rock, Austin 512-900-8380 www.fun2learncode.com Ages 7 and up

GIRLS EMPOWERMENT NETWORK-CAMPGEN

Interactive workshops during two week-long sessions that are designed to ignite the power in girls and teach them skills to thrive and believe in their ability to be unstoppable. Participate in fun, interactive workshops during weeklong sessions designed to help girls feel more confident as they navigate girlhood. Girls gain new skills, friendships and a sense of self.



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YMCA Camps offer children & teens safe, exciting, and memory-making experiences. At the Y, campers gain a sense of accomplishment, build relationships, and find their sense of belonging.

Summer Camp Registration Now Open

- For ages 4-14
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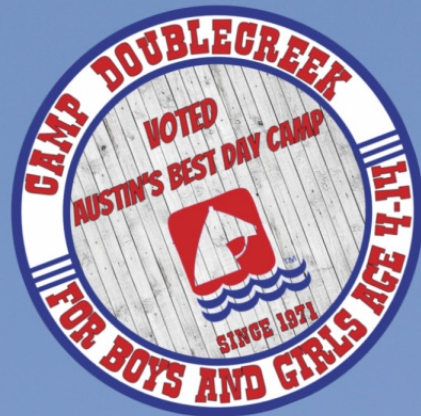
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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

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 Ages 4 – 12

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www.lcra.org/camps
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2019 BPSC SUMMER CAMP DATES

Session 1	June 10-13	WAYA-West Austin Youth Association
Session 2	June 10-13	Anderson High School
Session 3	June 10-13	Round Rock High School
Session 4	June 24-27	WAYA-West Austin Youth Association
Session 5	June 24-27	Gorzycki Middle School
Session 6	June 24-27	Clay Madsen Rec. Center
Session 7	July 8-11	WAYA-West Austin Youth Association
Session 8	July 8-11	St. Michael’s Athletic Center
Session 9	July 22-25	WAYA-West Austin Youth Association
Session 10	July 22-25	Cedar Park Rec. Center
Session 11	Aug 5-8	WAYA-West Austin Youth Association
Session 12	Aug 5-8	Brushy Creek Rec. Center
Session 13	Aug 5-8	Georgetown Rec. Center

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 512-415-0804
www.rock-about.com
 Ages 9 - 18

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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
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<https://seaworld.com/san-antonio/educational-programs/day-camp/>
 Ages 2 (with parent) - 13

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Nine shady acres in northwest Austin with animals, music, swimming, crafts, sports and horseback riding. Summer sessions are two weeks long. Extended hours available.
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 Camp Eagle Individual Camp is where students come for outrageous outdoor adventure. More than just radical fun, adventure activities form a carefully prepared platform for growth.
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 830-683-3536
<http://cameagle.org>
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\$330 per camp

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www.bearcreekstables.com
Easy Online Registration



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 in English and Spanish For more information, contact Kathy.Palomo@austinisd.org

DAY PROGRAMS & ACTIVITIES

ADVENTURERS ACADEMY OF LIFELONG LEARNING

737-203-5494 or Cell: 512-784-2479
www.austinadventurers.org

ARMSTRONG COMMUNITY MUSIC SCHOOL

512-474-2331
www.acmsaustin.org

ASPIRE

512-962-5543
www.aspireaustin.com

AUSTIN ISD SPECIAL OLYMPICS

512-841-8336
www.austinisd.org/athletics/special-olympics

AUSTIN JEWISH COMMUNITY CENTER

512-735-8050
shalomaustin.org/jcamps

AUSTIN NATURE & SCIENCE CENTER

512-974-3888
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

AUSTIN/TRAVIS COUNTY WORK-BASED LEARNING

512-854-4590
www.traviscountytexas.gov/health-human-services/children-and-youth/employment-program

AUTISM SOCIETY OF TEXAS

512-479-4199 Ext 1
www.texasautismsociety.org

BIG SKY PEDIATRIC THERAPY

512-306-8007
www.bigskyfriends.com

BILINGUISTICS

512-480-9573
bilinguistics.com

CAMP AILHPOMEH

info@camp-ailhpomeh.org
www.camp-ailhpomeh.org

CAMP CELL-A-BRATION

512-458-9767
www.sicklecetltx.org/camp

CAMP GRACE AT AUSTIN OAKS CHURCH (RESPITE DAY CAMP PROGRAM)

512-891-1609
www.austinoakschurch.org/special-needs

CAMP IN MOTION ADAPTIVE SPORTS CAMP

512-324-0000 X86399
www.dellchildrens.net/camp-in-motion

CAMP SUCCESS

254-710-4745
www.baylor.edu/csd/index.php?id=50610

CAPITOL SCHOOL OF AUSTIN

512-467-7006 (Heidi)
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

CTX (CENTRAL TEXAS) ABILITY SPORTS

www.huttochallenger.webs.com

DOUGHERTY ARTS CENTER

512-974-4040
www.austintexas.gov/dougherty

DOWN HOME RANCH - RANCH CAMP

512-856-0128
www.downhomeranch.org

DREAM A DREAM (DAD) THERAPEUTIC HORSEMANSHIP CAMP

512-260-5957
www.dadth.org

DREAM OF HOPES RANCH

512-791-0160
www.dreamofhopesranch.org

EXCEPTIONAL GEORGETOWN ALLIANCE

512-930-3595
www.exceptionalgeorgetown.org

EXTEND-A-CARE FOR KIDS

512-472-9402
www.eackids.org

FANTASTIC MAGIC CAMP

512-850-4677
<https://magiccamp.com/>

HEALING WITH HORSES RANCH

512-964-0360
www.healingwithhorsesranch.org

HEARTS THERAPEUTIC RIDING PROGRAM

760-580-9948
www.horseserct.org

HIDEOUT THEATRE

512-443-3688
www.specialneedsimprov.com

JOHNSON CENTER

512-732-8400
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

MCBETH RECREATION CENTER

512-974-9011
www.austintexas.gov/McBeth

NATIONAL ELITE GYMNASTICS (NEG)

512-288-9722
www.neg-usa.com

ODYSSEY SCHOOL-CAMP ODYSSEY

512-472-2262
odysseyschool.com

RED ARENA-EQUINE ASSISTED THERAPY

512-807-6505
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

SNAPOLOGY AUSTIN

512-368-9090
<https://austin.snapology.com/camps/>

SPARK LEARNING

512-900-1425
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

TEXAS SCHOOL FOR THE DEAF-FAMILY WEEKEND RETREAT (FWR)

512-462-5738 or 512-982-1646 (VP)
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.werockthespectrumaustin.com

WESTLAKE YOUTH SOCCER ASSOCIATION-TOPSOCCER PROGRAM

westlaketopsoccer@gmail.com
www.westlakesoccer.com/tops

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.

15 IDEAS FOR UNIQUE BIRTHDAY GIFTS



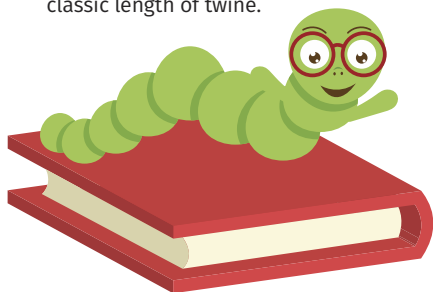
BY RHONDA FRANZ

Looking for an out-of-the-ordinary gift for a child's birthday? This list of solid winners built around enduring childhood passions is sure to be a hit with the birthday boy or girl. As a bonus, you might just have a little fun putting these gift ideas together, yourself.

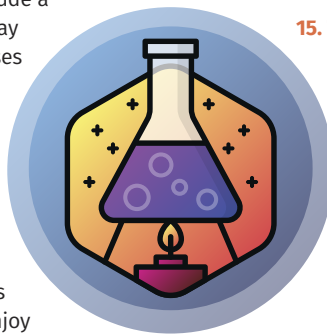
- 1. The Artist.** Budding artists can let their imaginations soar with an assortment of markers, sketchpads, stickers, colored pencils and How to Draw books. Place them all in a swanky tote bag for easy, on-the-go creations.



- 2. The Lego Lover.** Get a fun Lego storage container, add a building set and include instructions for how to sign up at club.lego.com for a free subscription to the *Lego magazine* (Lego Club Jr. for children under 7). A bow on the side of the container is all this present needs to finish it off.
- 3. The Bookworm.** Books encourage reading and don't take up a lot of space on the toy shelf. Purchase a few classics or find the latest new releases. Make a neat stack of wrapped books, and tie them all up with a classic length of twine.



- 4. The Super-Active:** Put together a basket of fun that develops large motor skills with essentials such as jump ropes, balls, Frisbees and kites. Consider tossing in the latest issue or a full subscription to *Sports Illustrated Kids*. Wrap the basket in colored cellophane and curling ribbon.
- 5. The Foodie.** Purchase a children's cookbook or search online for printable recipe cards for kids. Then assemble a few kitchen supplies like measuring cups, spoons and an apron, and wrap them all up inside a big mixing bowl.
- 6. The Little Crafter.** Arts and crafts enthusiasts will appreciate a selection of stickers, yarn, glue, pipe cleaners, construction paper, children's scissors, fabric scraps, rubber stamps and ink pads, all in a handled box for easy storage.
- 7. The Great Pretender.** For kids who like to spend time dressing up in dramatic play, assemble a wardrobe of clothes and accessories. Include a cape, scarves, play jewelry, sunglasses and hats. Wrap them up in a hat box.

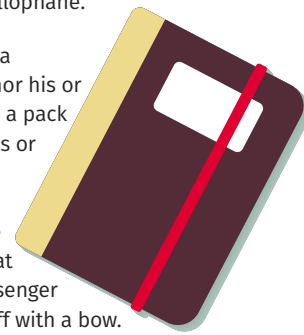


- 8. The Scientist.** Chemistry sets and science kits are great for girls and boys who enjoy solving problems and

performing experiments. Buy one or make your own with a simple online search for instructions, and include simple tools like funnels, droppers, cups and bowls. Place items in a plastic shoe box for wrapping.

- 9. The Sensory Seeker.** Kiddos who like to explore using all their senses need items like play dough, finger paints, cotton balls and popsicle sticks. Add a smock and a plastic tray to finish off the gift, and wrap it all in colored cellophane.

- 10. The Writer.** Give a burgeoning author his or her own journal, a pack of special pencils or pens and a children's dictionary. Place them all in a neat tote bag or messenger bag and top it off with a bow.



- 11. The Outdoor Enthusiast.** Young wilderness explorers will appreciate a child-friendly basket containing a kids' magnifying glass, sturdy binoculars, bug net, bug house and wildlife book. Wrap the basket in netting to give the gift a safari feel.

- 12. The Musician.** Assemble a collection of instruments for the sonically-savvy set. Include items like a xylophone, hand bells, rhythm sticks, triangle bell and tambourine. Place them in a clear tote bag that can be used later for storage.

- 13. The Fixer-Upper.** A handy helper needs child-size versions of tools like a hammer, screwdrivers, goggles, a measuring tape, pliers and a craftsman's apron. Tuck them all into a handled tote box and add a bow.

- 14. The Budding CEO.** Little bosses need a planner with plenty of room to write, pens and pencils, post-it notes, erasable markers and a marker board. Stash them inside an inexpensive laptop case and tie on a ribbon.

- 15. The Car Lover.** Gift the avid matchbox collector with a snazzy storage case, display case, car set to add to the collection, and/or a play mat with town or racetrack scenery.

Rhonda Franz is a writer, educator, and home operations specialist. She lives with her husband and three young Lego lovers.

April

2019
calendar

Parenting Events Page 45 • Easter Events



On Stage

Wake Up, Brother Bear. Through May 26. For ages 6 and younger. ZACH Theatre, Whisenhunt Studio, 1512 Toomey Rd. \$12. zachtheatre.org.

Matilda the Musical. April 3 - May 12. Take a journey through the world of the Tony Award-winning hit, Roald Dahl's Matilda. Sensory-friendly show on April 30. ZACH Theatre, Topfer Stage, 202 S. Lamar Blvd. From \$25. zachtheatre.org or 512-476-0541.



Alice in Wonderland. April 5-28. Alice plunges down the rabbit hole in this story by Lewis Carroll. Sam Bass Community Theatre, 600 N. Lee St., Round Rock. From \$13. sambasstheatre.org or 512-763-7228.

Treasure Island in the Bay of Bengal. April 6-28. Enjoy a pirate adventure with a Bollywood twist. Scottish Rite Theater, 207 W. 18th St. From \$10. scottishritetheater.org or 512-472-5436.

Happiness Is.... April 13 and 14. Synergy Dance Studio musical theatre workshop presents its capstone show. Scottish Rite Theater, 207 W 18th St. \$20. brownpapertickets.com.

Disney's Beauty and The Beast Jr. April 25, 1 to 2:30 p.m. The Fine Arts Department presents this classic musical. Texas School for the Blind and Visually Impaired, 1100 W. 45th St. eventbrite.com.

Museum Exhibits

Saddle Up. Through April 30. Explore the history of ranching in Texas. Capitol Visitors Center, 112 E. 11th St. tspb.state.tx.us or 512-453-5312.

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.

Family Events

Mon 1 April Fools Day

LEGO Lab. 4 p.m. LEGO free-play and WeDo 2.0 Robotics for ages 5+. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

STEM Club. 4 p.m. Kids ages 5 to 8 explore STEM activities. Pflugerville Library, 1008 W. Pflugler St. library.pflugervilletx.gov.

Rockin' Kids Club: LEGO free-build. 4:30 p.m. For ages 5+. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Tue 2

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

Dungeons & Dragons Teen Night. 6 to 7:30 p.m. Meet D&D players and make a dice tray. Pflugerville Library, 1008 W. Pflugler St. library.pflugervilletx.gov.

Wed 3

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

High Noon Talk: Texas Petroglyphs. 12 p.m. Discover the lasting remnants of ancient Texans. Bullock Museum, 1800 Congress Ave. thestoryoftexas.com or 512-936-8746.

STEAM Studio. 6 to 7 p.m. Science, technology, engineering, art, and math activities with a twist. Ages 4+. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Music on Main. 6 to 8 p.m. Prete Main Street Plaza, 221 E. Main St. roundrocktexas.gov.

Thu 4

Tiger Woman. 6:30 p.m. A Bunraku-style puppet show for ages 5 and up. Manchaca Road Branch Library, 5500 Manchaca Rd. library.austintexas.gov or 512-974-8700.

Fri 5

Sprouts. See Wed 3 for details.

Kinderdance Demo. 11:15 to 11:45 a.m. In place of the regular story time. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Tiger Woman. 3:30 p.m. A Bunraku-style puppet show for ages 5 and up. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

Cedar Fest BBQ Cook-Off & Heritage Festival. 5 p.m. Elizabeth Milburn Park, 1901 Chase Blvd. FREE. cedarparktexas.gov.

First Friday: Tap Dance Show. 6:30 to 7:30 p.m. Performance by Terrence Taps. All ages. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Mary Poppins Returns (PG). 7:30 to 10:30 p.m. Hosted by Mobile Loaves & Fishes. Community First Village, 9301 Hog Eye Rd. FREE. eventbrite.com.

Sat 6

Youth Fishing Derby. 7 to 11 a.m. Old Settler's Park, Round Rock. FREE. roundrocktexas.gov.

Beginner Bird Walk: St. Edward's Park. 7:30 to 9:30 a.m. Travis Audubon Society, 7301 Spicewood Springs Rd. FREE. travisaudubon.org.

Spring Preview Day. 10 a.m. to 1 p.m. Preview day for high school and transfer students. Huston-Tillotson University, 900 Chicon St. htu.edu.

Chisholm Trail Day. 10 a.m. to 3 p.m. The Williamson Museum on the Chisholm Trail, 8 Chisholm Tr., Round Rock. FREE. roundrocktexas.gov.

Tinkerfest. 10 a.m. to 4 p.m. Guest makers and hands-on activities. Austin Tinkering School,

SUBMIT YOUR EVENT

Visit 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 for approval.

1122 Airport Blvd. FREE. facebook.com or 512-579-6169.

Cedar Fest BBQ Cook-Off & Heritage Festival. 1 to 5 p.m. Elizabeth Milburn Park, 1901 Chase Blvd. FREE. cedarparktexas.gov.

Care Fest. 11 a.m. to 2 p.m. A day of fun activities and lunch. Ann Richards School for Girls, 2206 Prather Ln. eventbrite.com.

VegFest. 11 a.m. to 6 p.m. Cooking demonstrations, educational lectures, yoga. Fiesta Gardens, 2101 Jessie E. Segovia St. FREE. vegevents.com.

Movie Matinee: Aquaman (PG-13). 2 to 4:15 p.m. Teens and adults are welcome. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Sun 7

Family Bird Walk. 7:30 to 9:30 a.m. There are many feathered friends to be found if you watch for them. Wildflower Center, 4801 La Crosse Ave. wildflower.org or 512-232-0200.

Poetry & Prose from Your Eyes, Ears & Nose. 10 a.m. to 12 p.m. Spring is a sensational time to stroll, sniff, listen and look for new life. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

First Sunday: Wide Open Spaces. 12 to 5 p.m. Celebrate Texas land, water and natural resources. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

Heritage House Open. 1 to 4 p.m. Visit the Heritage House Museum and learn about local history. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Austin Poetry Slam Off. 8 p.m. Paramount Theatre, 713 Congress Ave. From \$17. austintheatre.org.

Mon 8

LEGO Lab. See Mon 1 for details.

STEM Club. See Mon 1 for details.

Tue 9

Tiger Woman. 10:15 a.m. A Bunraku-style puppet show for ages 5 and up. Terrazas Branch Library, 1105 E. Cesar Chavez St. library.austintexas.com or 512-974-3625.

Storytime & Egg Hunt at the Heritage House. 10:30 a.m. Story in the gazebo followed by an egg hunt. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Homeschool Teens: Bird Walk. 2 to 3 p.m. Socialize, play games, make crafts and learn. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

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

Wed 10

Sprouts. See Wed 3 for details.

Music on Main. 6 to 8 p.m. Prete Main Street Plaza, 221 E. Main St. FREE. roundrocktexas.gov.

STEAM Studio. 6 to 7 p.m. Science, technology, engineering, art and math activities with a twist. Ages 4+. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Round Rock Express vs Nashville. See Tue 9 for details.

Texas Stars vs San Antonio Rampage. 7 p.m. HEB Center at Cedar Park, 2100 Avenue of the Stars. \$22.50.

Thu 11

Little Texans: Create. 10 a.m. Work and learn together through play, dance and song. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

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

Tiger Woman. 3:30 p.m. A Bunraku-style puppet show for ages 5 and up. North Village Branch Library, 2505 Steck Ave. library.austintexas.gov or 512-974-9960.

Tween Book Club: Seraphina and the Black Cloak. 4:30 to 5:15 p.m. For ages 9 - 12. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Fri 12

Sprouts. See Wed 3 for details.

DEAR Day. 4 to 5 p.m. Celebrate national Drop Everything and Read day by reading a book to a miniature horse. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

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

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Mon-Sat 10-6 Sun 12-6 by Terra Toys

Teen Showcase. 7:30 p.m. Teens take the stage to create awesome scenes out of nothing. Hideout Theatre, 617 Congress Ave. \$10. hideouttheatre.com or 512-443-3688.

Movies in the Park: Zoolander (PG-13). 8 p.m. Zilker Park, 898 Azie Morton Rd. FREE. austinparks.org.

Sat 13

Open House/Muster Day. 8 a.m. to 5 p.m. Historical reenactments and museum exhibits. Texas Military Force Museum at Camp Mabry, 2200 W. 35th St. FREE. texasmilitaryforcesmuseum.org or 512-782-5659.

Easter Egg Hunt. 9 a.m. to 12 p.m. Bounce houses, trackless train and more. Buda Sportsplex, 310 Buda Sportsplex Dr., Buda. FREE. ci.buda.tx.us or 512-523-1081.

US Quidditch Cup. 9 a.m. to 7 p.m. Top teams from around the country. Round Rock Multipurpose Complex, 2001 N. Kenney Fort Blvd. From \$10. Usquidditchcup.com.

Eggstravaganza. 9:30 to 11:30 a.m. Garey Park, 6450 RM 2243, Georgetown. FREE. parks.georgetown.org.

Art City Austin Festival. 10 a.m. Republic Square, 422 Guadalupe St. From \$15. artcityaustin.org.

South Asian New Year Festival. 11 a.m. Zilker Hillside Theatre, 2206 William Barton Dr. sasianfest.com.

Round Rock Empty Bowl Festival. 11 a.m. to 2 p.m. Cedar Ridge High School, 2801 Gattis School Rd. roundrocktexas.gov.

Easter Egg Drop Extravaganza. 1 to 4 p.m. Greg Clark Park, 1231 W. Center St. FREE. eikonchurch.com or 512-298-2013.

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

Sun 14

US Quidditch Cup. 9 a.m. to 7 p.m. Top teams from around the country. Round Rock Multipurpose Complex, 2001 N. Kenney Fort Blvd. From \$10. Usquidditchcup.com.

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

Easter Bunny Bonanza at Terra Toy. 2-4 pm Pet live Bunnies! Enjoy cookies and refreshments. Everyone must get a ticket to attend. FREE Terra Toys 2438 W. Anderson Ln.

Spring Egg-Stravaganza. 2 to 4:30 p.m. Elizabeth Milburn Park, 1901 Sun Chase Blvd. FREE. cedarparkchamber.org.

Platform Nine & Teen Quarters. 2 p.m. Make magic with fellow teen Harry Potter fans. Austin Central Library, FREE. library.austintexas.gov.

Double Dare Live. 7 p.m. The messiest game show ever. Bass Concert Hall, 2350 Robert Dedman Dr. From \$12. Doubledarelivetour.com or 512-471-2787.

Mon 15

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

LEGO Lab (ages 5+). See Mon 1 for details.

Coppélia Ballet. 6:30 to 7:30 p.m. Special story time with dance performances. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Tue 16

Board with Books. 6 to 8:45 p.m. Play board games. Austin Central Library. FREE. library.austintexas.gov.

Easter Egg Decorating. 6 to 8 p.m. Fleming Grand Hall, 802 N. Ave. C, Elgin. elgintx.com.

Wed 17

Sprouts. See Wed 3 for details.

STEAM Studio. 6 to 7 p.m. Science, technology, engineering, art and math activities with a twist. Ages 4+. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

Music on Main. 6 to 8 p.m. Prete Main Street Plaza, 221 E. Main St. roundrocktexas.gov.

Fri 19 Good Friday

Sprouts. See Wed 3 for details.

Art Smart Storytime. 10:30 a.m. Story and a related art project. Austin Central Library. FREE. library.austintexas.gov.

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

Sat 20

Austin Nature Day. 9 a.m. Austin Nature & Science Center, 301 Nature Center Dr. austintexas.gov.

RED Arena ROUNDUP

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MAY 3 5PM - 8PM FRIDAY

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5K/10K Trail Run, Equine Trail Challenge, FREE Kid Activities, HUGE Silent Auction & Raffles, BBQ, Snowcones

More info at
REDarena.org

Benefiting RED Arena,
a nonprofit therapeutic
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Community Easter Egg Hunt. 10 a.m.
Huston-Tillotson University, 900 Chicon St.
FREE. htu.edu.

Easter Egg Hunt. 10 a.m. to 1 p.m. Thomas
Memorial Park, 411 Madison St. elgintx.com.

Youth Woodworking: Make an Heirloom.
10 a.m. to 2 p.m. Pioneer Farms, 10621 Pioneer
Farms Dr. pioneerfarms.org.

Chess Club. 10:30 a.m. to 12 p.m. For ages 10 –
18. Round Rock Library, 216 E. Main St.
roundrocktexas.gov.

Easter Egg Roll. 10:30 a.m. to 12 p.m. LBJ
Library, 2313 Red River St. lbjlibrary.org.

Reading Dog. 12 to 1 p.m. One-on-one reading
practice with a therapy dog. Wells Branch
Library, 15001 Wells Port Dr. wblibrary.org.

Little Diamond Clinic. 1 to 4 p.m. Join the
Diamond Dazzlers for a 3-hour clinic. Akins
High School, 10701 S. 1st St. eventbrite.com.

Sun 21 Easter

Austin Bold FC vs El Paso Locomotive. 3:30 p.m.
Bold Stadium, 9201 Circuit of the Americas Blvd.
\$15.

Mon 22 Earth Day

STEM Club. See Mon 1 for details.

LEGO Lab. See Mon 1 for details.

Rockin' Kids Club: Game On. 4:30 to 5:30 p.m.
It's gaming week for ages 5+. Round Rock
Library, 216 E. Main St. roundrocktexas.gov.



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Tue 23

Homeschool Pfair. 1:30 to 3 p.m. Learn about resources and services available at the library. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

Teen Book Club: Wild Bird. 6:30 to 7:30 p.m. The Teen Book Club for ages 12 – 18 meets monthly. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Wed 24

Sprouts. See Wed 3 for details.

Tween Scratch Programming. 4:30 to 5:30 p.m. Must preregister. For ages 8 – 12. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

STEAM Studio. 6 to 7 p.m. STEM activities with a creative twist. Ages 4+. Wells Branch Community Library, 15001 Wells Port Dr. wblibrary.org.

Music on Main. 6 to 8 p.m. Prete Main Street Plaza, 221 E. Main St. roundrocktexas.gov.

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

Thu 25

Play Group for All Abilities. 10 to 11:30 a.m. Easter Seals, 8505 Cross Park Dr. eventbrite.com.

Storytime: Stop and Go. 10 a.m. Bullock Museum, 1800 Congress Ave. FREE. thestoryoftexas.com or 512-936-8746.

Tiger Woman. 10:15 a.m. A Bunraku-style puppet show for ages 5 and up. Cepeda Branch Library, 651 N. Pleasant Valley Rd. library.austintexas.gov.

Tween Maker Club: Box Fort Engineering. 4:30 to 5:30 p.m. Must preregister. For ages 8 – 12. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

Teen Gamers. 4:30 to 6 p.m. Join the KPL Video Gamers club. Kyle Library, 550 Scott St. cityofkyle.com or 512-268-7411.

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

Fri 26

Sprouts. See Wed 3 for details.

SculptFest 2019. 4 to 8 p.m. Centennial Plaza, 301 W. Bagdad Rd. FREE. roundrocktexas.gov.

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

Sat 27

Go Fish. 9 a.m. to 12 p.m. Learn the basics of fishing. McKinney Falls State Park, 5808 McKinney Falls Pkwy. eventbrite.com.

Weiner Dog Races. 9 a.m. to 5 p.m. Buck's Backyard, 1761 South FM 1626, Buda. \$5; kids 12 and under FREE. budalions.com.

SculptFest. 10 to 8 p.m. Centennial Plaza, 301 W. Bagdad Rd. FREE. roundrocktexas.gov.

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Milkweeds for Monarchs. 1 to 4 p.m. Wildflower Center, 4801 La Crosse Ave. wildflower.org.

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

Sun 28

Weiner Dog Races. 9 a.m. to 3 p.m. Buck's Backyard, 1761 South FM 1626, Buda. \$5; kids 12 and under FREE. budalions.com.

SculptFest 2019. 10 to 4 p.m. Centennial Plaza, 301 W. Bagdad Rd. FREE. roundrocktexas.gov.

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

Mon 29

STEM Club. See Mon 1 for details.

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. texaslll.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. austinymca.org.

Story Times

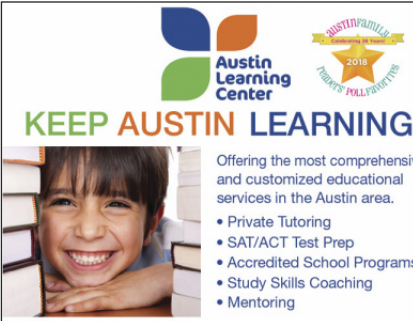
Find Story Times and More Events Online at austinfamily.com

LOOKING FOR SOMETHING FUN TO DO?

Check out the **NEW Austin Family Magazine** events calendar

for a full listing of events happening all over the city!

Find the calendar link on our Home page or go to: www.AustinFamily.com/events



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PIENSA POSITIVO

by Leslie Montoya, life coach and host of Despierta Austin

**CONECTANDO MENTE,
LENGUA Y CORAZÓN**

La falta de control emocional es un problema en la mayoría de las personas. El mal manejo de nuestras emociones nos lleva a cometer errores afectando nuestra calidad de vida. Me he dado cuenta que la falta de conexión entre nuestra mente, lengua y corazón es una de las razones por las que muchas veces cometemos errores. Me encontré con una técnica que ayuda a reconectarnos y sincronizar de manera positiva nuestra energía. Busca un lugar cómodo para que la practiques. Cierra los ojos, respira profundamente y lleva tu mano derecha a tu pecho en donde se encuentra el corazón. El solo hecho de estar conciente de esta acción mientras respiras profundamente te ayudara a entrar en un estado de relajación. Practicalo por unos cinco minutos, al final te sentirás despejado y conectado contigo mismo. Te recomiendo lo hagas antes de tener conversaciones difíciles o expresar algo importante. Pono en practica, veras que si funciona. ¡Piensa Positivo!

**CONNECTING THE MIND,
LANGUAGE AND HEART**

Lack of emotional control is a problem for most people. The mismanagement of our emotions leads us to make mistakes affecting our quality of life. I've realized the lack of connection between our mind, language and heart is one of the reasons we often make mistakes. I found a technique that helps to positively reconnect and synchronize our energy. Find a comfortable place to practice. Close your eyes, breathe deeply and take your right hand to your chest, where the heart is. The mere fact of being aware of this action while breathing deeply will ease you into a state of relaxation. Practice it for about five minutes, and you will end up feeling clear and connected. I recommend you do this before having difficult conversations or expressing something important. Put it into practice, and you'll see if it works. Think positive!

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Craft a Butterfly

Did you know spring is the season in which the most new life occurs? In fact, for many animals and insects like butterflies, spring is a time of rebirth and new beginnings. We're celebrating warmer temperatures, blooming flowers and lush fields with a fun butterfly craft. Gather your art supplies and enjoy some creative time with the whole family!

Materials

- Large paper plate
- Child-safe scissors
- Stapler
- Pipe cleaner (any color)
- White glue
- Tissue paper in 2-3 colors, cut into small squares
- Glitter cardstock, cut into an elongated oval



Instructions

1. Using child-safe scissors, cut your large paper plate in half, then staple the two halves together on their curved sides so that the cut sides are the outside edge of your butterfly wings.
2. For the antennae, fold a pipe cleaner in half and staple it to the top of the middle of your paper plate.
3. To decorate the wings, glue several layers of colored tissue squares to the wings of your butterfly until the wings are covered. Get as creative as you'd like!
4. Using glitter cardstock, cut and staple a small oval in the middle of the wings and below the antennae for your butterfly's body.
5. Let your butterfly dry completely, for about 30 minutes to one hour.
6. All done! Display your butterfly proudly on the fridge or in your room to greet the spring season!

Photo and craft courtesy of www.gluedtomycraftsblog.com



The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

The Serving Center assists 1,200 households every month



The Round Rock Area Serving Center, a Texas non-profit corporation, also known as the Serving Center, carries out a community-wide mission of churches, other organizations and individuals serving human needs in the City of Round Rock and surrounding areas.



- Food Pantry
- Keep Round Rock Warm
- Clothing & Furniture Vouchers
- Computers for Kids
- Community Gardens
- Computer Skills Training
- Financial Assistance
- The Volunteer Center

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Stores are open to the public, with clothing and furniture available to clients by voucher. All sales revenues support the food pantry and services.

Donations of clothing, books, furniture and small appliances are needed!
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JUST FOR GRINS

CARRIE TAYLOR

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



Average Parties Are the Best Parties

I'm not sure when it started – this trend of over-the-top extravaganzas for children's birthday parties. Probably around the same time Pinterest turned wedding planning into a torturous dark journey of the soul.

But the trend seems here to stay. Kids' birthday parties featuring Duncan Hines' plain vanilla cake served straight out of your mom's well-worn baking pan are long gone, replaced by stunning unicorn cakes covered in edible glitter, made with organic flour and sporting horns of hand-baked, hand-shaped waffle cones.

Today's parties boast color-coordinated decorations, animal entertainers, professional photographers, a photo booth or two, and maybe even live unicorns.

But listen, you don't need monogrammed party favors to make it a special day. You don't need hand-dipped glitter balloons, a gourmet taco bar, a red carpet (yes, "red carpet" kids' parties are a thing – Google it) or a full-size ice sculpture of a unicorn. You don't need to carve a watermelon into the

shape of a Power Ranger or commission an inflatable entrance made in the likeness of your child's face (looking at you, Kylie Jenner).

I'm only five years into this parenting gig, but the best party we've thrown so far was for our oldest. It was so simple. We ordered way too much pizza and grabbed a Mickey Mouse cake from H-E-B. (It even came with plastic characters on top! Success!) Our one splurge was that we rented a bounce house, and that stretched me to the edge of my birthday party hosting limits.

But it was glorious. The birthday boy had such a great time, he even forgot all about his potty training and pooped inside the bounce house. As unpleasant as it was to clean bodily emissions out of a plastic enclosure that had been sitting in the Texas sun for five hours, I was proud.

I organized a perfectly average party that my son loved so much, he pooped himself. #momgoals

IF YOU VOTE, YOU COULD WIN!



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

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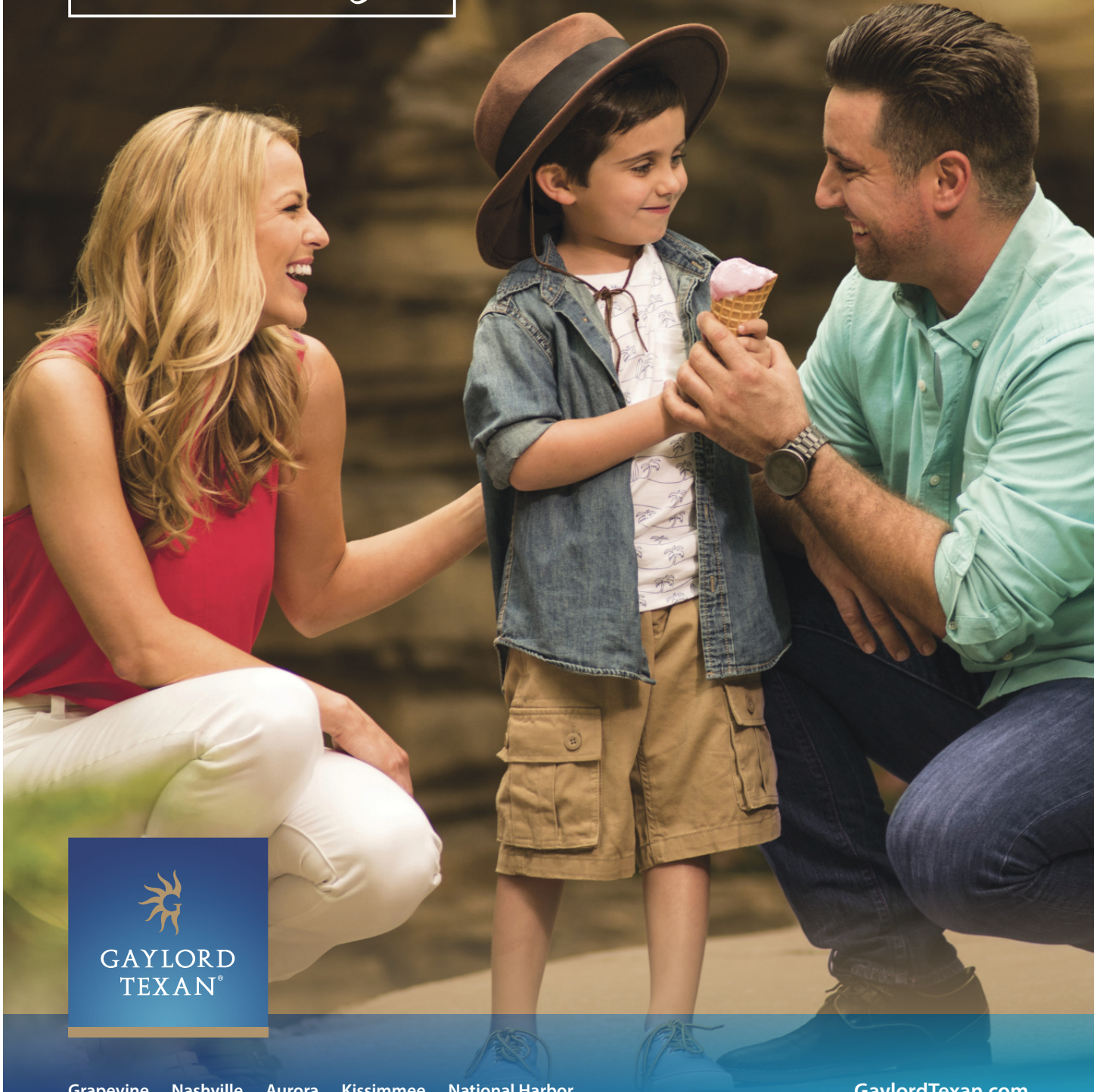
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between **March 1** and **May 15** (One ballot per family)

*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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