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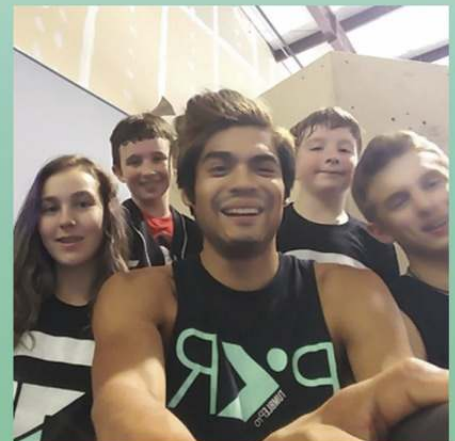
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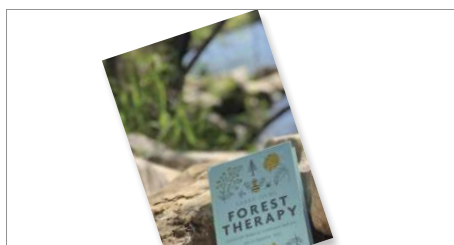


January 2019

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## FILM REVIEW

By Jack Kyser

### “Welcome to Marwen”

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

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## Tune in:

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



Ten-year-old Sadie is a student at Challenger School of Avery Ranch. Photo by Jordan Ashley Photography.

I'm a big fan of public schools. A good school district can take students of all backgrounds and situations and help them become productive adults and life-long scholars. Our neighborhood public schools worked quite well for my family, until suddenly one school didn't.

Because sometimes, no matter how hard a school works to meet a student's unique needs, it's just not the right fit. And so one spring, we joined the ranks of families who choose private schooling. For my younger daughter's last two years of high school, she attended a very small school with an intense performing arts focus. The intimate setting did her a world of good. We learned firsthand what illustrator George Evans was talking about when he said, "Every student can learn, just not on the same day or the same way."

Maybe at this midpoint in the school year, you're starting to think about next year's



## EDITOR'S NOTE

SHERIDA MOCK

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

educational options for your child. What class size, teaching style, curriculum and atmosphere does your child need? Selecting a school is a big undertaking, and I hope the content we're delivering this month brings insight and clarity on this very important decision.

Happy New Year to you all!

PUBLISHER  
Kaye Kemper Lowak

EDITOR  
Sherida Mock: editor2003@austinfamily.com

COPY EDITOR  
Barb Matijevich

ADVISING EDITORS  
Dr. Betty Kehl Richardson, Barb Matijevich

CALENDAR EDITOR  
Betty Kemper: calendar2003@austinfamily.com

CONTRIBUTING WRITERS  
Sherida Mock, Dr. Betty Richardson, Jack Kyser, Richard Singleton, Carrie Taylor, Brenda Schoolfield, Alison Bogle, Denise Yearian and Lisa Greinert

TRANSLATION  
Maribel Ruvalcaba

GRAPHIC DESIGN  
Layout: Susie Forbes  
Ads: Kim Crisler

STAFF PHOTOGRAPHER  
Jordan Ashley Photography

ADVERTISING SALES  
Kaye Kemper Lowak: kaye2003@austinfamily.com

BUSINESS AND DISTRIBUTION  
Greg Lowak: greg@austinfamily.com

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## Government Recalls Nightlights, Baby Carriers and Clothing Sets



HoMedics is recalling about 3,000 **nightlights** because the small feet on the giraffe-shaped nightlight can detach, posing a choking hazard to small children. The recall involves the HoMedics MyBaby Comfort Creatures Giraffe Portable & Bedside Nightlight, model MYB-N100GIR. Affected units were sold at Hinda Incentives, Power Sales and online at Amazon.com between March 2018 and October 2018 for about \$20. Consumers should immediately stop using the recalled nightlights and contact HoMedics for a full refund. HoMedics is contacting all known purchasers directly.

LÍLLÉbaby is recalling about 6,600 **baby carriers** because the sliding chest-clip strap can detach from the shoulder strap, posing a fall hazard to the child in the carrier. The recall involves the LÍLLÉbaby Active series baby carriers, which can be worn with the baby strapped in the front or back position. Affected units were sold at Lillebaby.com and Amazon.com between September 2018 and October 2018 for about \$160. Consumers should immediately stop using the recalled carriers and contact LÍLLÉbaby to receive a free replacement baby carrier and a full refund. LÍLLÉbaby is contacting all known purchasers directly.



H.I.S. is recalling about 5,300 **girls' clothing sets** because the metal pendant on the necklace contains levels of lead that exceed the acceptable federal lead content ban. Lead is toxic if ingested by young children and can cause adverse health issues. The recall involves Self-Esteem brand girls' clothing sets with a gold leaf pendant necklace in style number PO#71160/LOT9. Affected units were sold at Burlington,

Shopko, Meijer's and AAFES stores nationwide between February 2018 and November 2018 for about \$14. Consumers should immediately stop using the necklace from the recalled clothing set, take it away from children and return it to the place of purchase 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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Amy and Sam Thyng collect the grand prize from the Ben's Beginners Cooking Contest. Photo courtesy of Mars Food.

## Recipe Winner

A first-grader at Joe Dan Mills Elementary School in Austin ISD got a surprise in December when he was awarded the grand prize in the Ben's Beginners Cooking Contest. Sam Thyng submitted a recipe for Creepy Calzones with Squirmly, Wormy Rice to the contest run by Uncle Ben's brand.

Thyng received a check for \$15,000 and the school received a check for \$30,000 for a cafeteria makeover. Since launching the contest in 2012, the program has awarded more than \$1 million to motivate families to cook together. For the 2018 winners, hundreds of rice-based entries were evaluated on creativity and presentation.

## Must-Do This January

6

### Free First Sunday

at Bullock State History Museum

20

### Celtic Festival

in San Marcos

26

### Austin Family Magazine's Summer Camp Fair

at Palmer Events Center



Football star Michael Griffin talks oral hygiene at Cook Elementary. Photo courtesy of Guardians of the Smile.

## Dental Health

Former UT football star and current NFL football player Michael Griffin dropped by Cook Elementary in Austin ISD to encourage kids to brush up on their dental health. Students in grades K-2 participated in activities and lessons such as using larger-than-life toothbrushes and dental floss to clean giant teeth.

The visit was part of the Guardians of the Smile program, sponsored by Guardian Insurance Company and Children's Health Fund, a nationwide partnership that promotes good oral hygiene for children. "Dental issues can affect school performance, so it's essential that all kids know how to practice good oral hygiene habits," says Dr. Sherrie M. Ross, Texas Dental Director at Guardian. State Representative Donna Howard also attended the event.



City Councilmember Ann Kitchen and other dignitaries gathered at Fulmore Middle School to celebrate the announcement of Capital Metro's free fare program for K-12 students. Photo by Sherida Mock.

## Student Transportation

All K-12 students can now ride Capital Metro services for free, the agency announced in December. Students use the transit service to get to school, after-school activities, tutoring, libraries, jobs and more. Following a pilot program in June that offered free fares for K-12 students in Central Texas, the overwhelmingly positive feedback from children and parents led the agency's board to make the pilot initiative permanent.

"Free fares for K-12 students is an investment in the young people of our region," says Capital Metro President & CEO Randy Clarke. "Together, we will continue to remove obstacles to opportunity for young people in Texas and build the customer base of tomorrow." For more information, visit [capmetro.org](http://capmetro.org).



## Ten Years of Serving



When a woman is pregnant for the first time, she has dozens of questions and gets just as many opinions from friends and family. How can she figure out the best choices for her and her baby? Nurse-Family Partnership (NFP), celebrating 10 years of partnership with Any Baby Can, is adding more nurses to its staff to serve more expecting mothers in Travis and Williamson counties.

The NFP pairs a first-time mother with her very own, personal nurse to guide her through pregnancy and give her expert health advice. "We support expecting moms emotionally and share medically-sound information and advice throughout pregnancy and after baby is born, never judging the choices each mother makes," says Renee Damron, RN, BSN, nurse supervisor of the Nurse-Family Partnership Program at Any Baby Can.

Eligible pregnant women in Williamson and Travis County can enroll immediately for the free program. To find out more, visit [txnfp.org](http://txnfp.org) or call/text 346-201-3730.



Musical act Dawn & Hawkes entertain the crowd at the Mistletoe Jam in December. Photo courtesy of Partnerships for Children.

## Adoption Awareness

More than 10 local musical acts banded together at the 9th annual Byrd & Street Mistletoe Jam in December to benefit the Heart Gallery of Central Texas, a nonprofit that raises awareness for children in Central Texas who are waiting for loving, adoptive homes. Many of the children are older, in sibling groups or have special needs.

Through portrait photography, the Heart Gallery brings to life the stories of these children and boasts a 60 percent success rate of getting children adopted. The organization estimates that more than 850 children in Central Texas are awaiting forever homes.

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Seventh graders at Gus Garcia YMLA Boys & Girls Club play a game during the UPS Road Code program. Photo by Sherida Mock.

### Safe Drivers

In December, volunteers from UPS brought driving education to young future drivers with the UPS Road Code program at the Gus Garcia YMLA Boys & Girls Club branch. At the event, teens tested their skills on a driving simulator and played road safety games designed to highlight the importance of avoiding distractions while driving.

“UPS has a vested interest in keeping people safe on the road, and the safer we can make young drivers, the safer we can make the general public. That’s very important to us,” says Reagan Glenewinkel, Capital Division Manager for UPS. “Forty-five percent of teens age 16 or older say they’ve texted or emailed while in the driver’s seat, according the CDC.” This is the first time the Road Code program has come to the Austin area.



Austin’s Madison Totaro competes in the Food Network’s Kids Baking Championship starting Jan. 7.

### Baking Competition

The Food Network’s Kids Baking Championship returns on Jan. 7 with a dozen young bakers, including Madison Totaro, an 11-year-old from Austin. Hosts Valerie Bertinelli and Duff Goldman guide the bakers through whipping up everything from brownies to tarts to see who will take home the grand prize of \$25,000, a feature in Food Network Magazine and the title of Kids Baking Champion.

Throughout the 10 episodes, the competitors, ages 9-13, show off their skills and creativity as they dream up impressive confections and see one baker eliminated each week. On the premiere, the bakers are challenged to serve up cupcakes featuring Goldman’s favorite ingredient, bacon.

## by the numbers



**1866**  
Founding of oldest private school in Austin  
*Source: Cathedral School of St. Mary*



**78%**  
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*Source: Council for American Private Education*



**5.8 million**  
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*Source: National Center for Education Statistics*

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### Math Initiative

A new initiative from UT Austin aims to drastically improve students’ college readiness and success in mathematics. Supported through a \$6.68 million grant from the Bill & Melinda Gates Foundation, Launch Years looks to align K-

12 schools and higher education, addressing barriers that keep many students — especially first-generation college students and those from low-income families — from progressing in their math courses between their junior year of high school and their junior year of college.

“We’ve focused for years on preparing college-ready students. Launch Years recognizes that we must create student-ready colleges,” says Carolyn Landel, managing director of UT’s Dana Center. “Mathematics pathways reforms in higher education have redefined college readiness. Yet, K-12 school districts have had almost no visibility into that changing landscape.”





Melanie Choukas-Bradley (in blue) leads participants on a forest bathing walk through YMCA's Camp Moody. Photo by Roxanne Rathge.

## Forest Bathing

The YMCA's Camp Moody recently hosted a series of events highlighting forest bathing and the work of Melanie Choukas-Bradley, a Certified Nature and Forest Therapy Guide and author of *The Joy of Forest Bathing: Reconnect with Wild Places & Rejuvenate Your Life*. The events included an author talk at the Central Library and a family forest bathing hike at Camp Moody, where participants experienced natural streams, limestone bluffs and biological diversity.

"Camp Moody is an ideal place for forest bathing," says Choukas-Bradley. "The flowing waters of Onion Creek and the wind in the cottonwoods and live oaks provide the 'pink noise' that has proven calming effects." Forest bathing encourages immersion in natural surroundings using all the senses.



Leander ISD added 24 new propane-fueled buses to its fleet in December. Photo courtesy of Leander ISD.

## Clean School Buses

Leander ISD rolled out 24 new buses in December, each equipped to run on a propane fuel system. The district, which has operated propane-fueled buses since 2008, used a \$740,000 grant from the Texas Commission on Environmental Quality to purchase the buses, which produce fewer emissions and cost less to operate.

"Both our propane provider and local Blue Bird dealer have been very active in helping us identify grants," says Ann Hatton, director of transportation for the district. "The savings achieved with our propane buses goes back into our school district general funds. I am pleased that our choice of an alternative fuel can help put money back into the classroom."



Former client Reese Bain spoke at the Wonders & Worries Gala in 2017. Photo courtesy of Wonders & Worries.

## Charity Gala

Texas Oncology will present the 5th Annual Wonders & Worries Unmasked Gala on February 22 at the JW Marriot Austin. Taking on a Venetian carnival theme, participants are encouraged to wear masks. Proceeds will benefit Wonders & Worries, an Austin-based nonprofit that provides professional support to children and families through a parent's serious illness.

"I was often more worried about my son than myself," says the mother of one Wonders & Worries client. "Wonders & Worries gave him a safe, happy place to talk about 'mommy's cancer.' They helped me when they helped my son." For tickets and more information, visit [wondersandworries.org](http://wondersandworries.org).

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# Local Authors **Help Dudes Become Dads**

BY SHERIDA MOCK



Author Brian Salmon wrote his guide for new dads out of frustration with a lack of helpful information in the current literature. Photo courtesy of Brian Salmon.

Author Kirsten Brunner is an Austin-based counselor and founded the blog Baby Proofed Parents. Photo courtesy of Kirsten Brunner.

One day a while back, Austin-based counselor Kirsten Brunner logged onto Twitter, looking to connect with other like-minded professionals serving parents. She soon knew she wanted to meet Brian Salmon. The San Antonio-based doula had a unique energy that caught her attention. Before they knew it, they were writing a book together. Salmon wanted to expand the reach of a course he developed specifically for new dads (Rocking Dads), and Brunner was eager to pour her 20 years of counseling parents into a concrete form. And so, *The Birth Guy's Go-To Guide for*

*New Dads: How to Support Your Partner Through Pregnancy, Birth and Beyond* was born. With the book hitting shelves February 2, Brunner and Salmon chatted with us recently about bringing new dads into the birthing experience.

**AFM: What drew you to this profession?**

**Salmon:** When I was 35 years old and we were pregnant with my first daughter, I started looking for things for dads, and they were ridiculous. Singing to a baby. Pushing a stroller. Changing a diaper. It was a little condescending to guys. My background is in biochemistry,

physiology and radiology. When I opened BabyVision UltraSound, I was hearing so much from my clients about their first baby experience, about guilt and shame, and I thought, "This has to stop." So, I got certified as a doula and lactation counselor. I love my job. It's definitely a calling. It's very time consuming, because I attend a lot of births. And of course, you can't just stop there. So, I teach a lot of classes.

**Brunner:** After becoming a mother, I understood what everybody's talking about, the emotional and relational strains of new parenthood. At the same time, my practice

started attracting more and more postpartum depression cases and couples. A colleague and I decided to start a blog devoted to strengthening the emotional relationships of expectant parents. So, I started the blog Baby Proofed Parents. Now, I would say about 50 percent of my practice is postpartum depression and anxiety, and then couples who have new babies.

**AFM: How did you connect and decide to work together?**

**Brunner:** I wasn't on Twitter before I started my blog. I found it to be the most incredible





As a practicing doula in San Antonio, Brian Salmon teaches childbirth and breastfeeding classes and provides doula services. Photo courtesy of Brian Salmon.

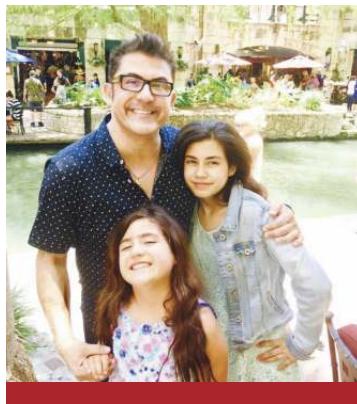
networking space, where you can approach anybody, and they can choose whether to talk back to you or not. So, I entered this networking space, and Brian's logo and his energy just shot off the page, and I thought, "I want to connect with this guy." We were aligned in involving dads more in the process.

**Salmon:** I remember distinctly getting a message from Kirsten on Twitter and I just said, "Why don't you call me right now?" And I pulled into my driveway and sat there for 45 minutes chatting with her, because she was so intriguing. Her goals and the things that she was going after parallel with mine. I want

to find out what makes my clients tick, what their real fears are, more than showing them a video of someone having a baby. Kirsten had the same type of feel, that it's valuable to have a couple growing the relationship before they have their baby.

### **AFM: What are some apprehensions that men feel about pregnancy and childbirth?**

**Brunner:** There's a wide, wide spectrum. Some have never held a baby before, or they never interacted with kids very much. They don't know what it's going to be like to be a dad. Especially after the birth, they aren't sure how to be involved. So much of it is mama-baby centered. Sometimes they feel left out, or they're not sure how to be helpful. That's something we talk about a lot in the book: how to support mom, how to be involved, how to support yourself, as well. Because he's going through changes and figuring out things.



Brian Salmon is father to two daughters. Photo courtesy of Brian Salmon.

**Salmon:** People tell war stories. When you're pregnant, they tell you, "Your life's gonna be over, man. You're never gonna sleep again. Your relationship's gonna go down the tubes." But that's all up to you. That's not up to anybody else. If you have a plant, and you don't water it, it's not going to live. That's the same thing with a relationship.



Author Kirsten Brunner is an Austin-based counselor and mother of two sons. Photo courtesy of Kirsten Brunner.

Most guys, their first thought is money. She wants an SUV for a family now. We need to move and get a new house. I'm telling you, at least 70 percent of the people I meet are also trying to buy a house. While they're pregnant. And move in before the baby gets here. That's a huge added stress. So, I tell guys, "From here on out, don't return the ball. If you're playing tennis and someone serves the ball, don't hit it back." Say something like, "Babe, I just want our life to be great and start our family well, so I'm going to do whatever it takes to make you comfortable so we are a solid unit. I want to start that now, before the baby comes." Once they see the

effect of their words, it becomes a lot more pleasurable. Suddenly, they're communicating.

### **AFM: What kind of feedback do you hear?**

**Brunner:** They're so appreciative. It's so helpful for them to just have their experience validated and to hear that their challenges are very normal. Almost all new parents go through this stuff. Reach out for help. You do not have to figure this out all on your own. Brian gets so much feedback from moms about the Rocking Dads course. They're so thankful that their partner is informed and proactive and involved in the birth process and advocating for them. A lot of times, the mom's comment is that they feel like their husband knows more about childbirth and breast feeding than they do.

**Salmon:** A trauma surgeon sent this to me yesterday. He came to my class on Saturday, and he said, "Thanks again for taking time to hold a session of Rocking Dads yesterday. I learned a lot about how I can better prepare myself, communicate and take care of my wife and guide her through this journey as a better teammate. Afterwards, I came home and couldn't stop talking about all that I had learned." This is a surgeon. This isn't somebody who knows nothing about human life. It's universal. Birth brings us all together. It connects us as humans, to propagate the species.

# GETTING ON TRACK

## Help Your Student Chart a Course

# Through High School and Beyond

BY LISA GREINERT

What led you down your career path? For most of us, it wasn't a straight route, but more like a winding road with dead ends, bumps and curves along the way. How much did you learn when you were young about your next steps and what they might be? Typically, there was little focus on this topic, so many of us aimlessly chose our path with limited information. Knowing that, we can improve this process for our own children. Let's look at some of the mis-information that may have led us down blind alleys, and maybe we can avoid them with our own kids.

As a teacher and administrator for 18 years in middle and high school, I have seen first-hand the various paths that students

choose. No matter how much information is given to students at school, a parent's assistance is crucial to exploring and deciphering what their future might look like. Schools are now encouraging students to begin thinking about their future in middle school and exposing them to potential careers as early as elementary school. The reason for this is simple: begin the conversations early, and students can make informed decisions when choosing their middle school and high school classes. Exploring potential careers allows students to recognize areas of study they might want to pursue or conversely, decide that particular areas are not for them, saving countless time and money before getting to college.





## MYTH: STUDENTS ARE TOO YOUNG TO BE HEARING THIS

This comment is heard at many schools today. However, by middle school, students typically have strong inclinations regarding their specific skills and what they enjoy. Most of us can look back at our own childhood and see a propensity for something. I lined up my stuffed animals and taught them the ways of the world. No one told me I was destined to be a teacher, and I didn't follow that path until later in life. I wandered through college and career for many years until I discovered my perfect fit in education.

When it comes to employment, the reality is that few people are eager to go to work every day. However, those who find their careers rewarding and personally satisfying probably jump out of bed a little quicker in the morning. There's a better chance we'll live a happy and successful life if we're working in an area that we enjoy and that fits within our skill set. We know that in order to meet our basic needs, we also need a job that will provide an adequate income.

Numerous career and skill inventories are available that allow students to begin exploring jobs and careers as early as elementary school. These resources not only allow students to deepen their understanding of their own strengths and weaknesses, but they also provide information on education or training requirements, average salaries and the current demand for that job, which is often overlooked. Paying for an education when there are very few jobs available is

frustrating and upsetting, and it happens way too often.

## MYTH: LOAD UP ON AP AND COLLEGE-CREDIT COURSES

For those planning to attend college, taking AP or college-credit classes that will count toward a degree in the future does save money on future tuition. Many students feel outside pressure and demands that cause them to feel that is what they should be doing.

I often hear that our schools are pressuring students to take advanced courses, which is causing increased stress and anxiety to students. Indeed, there are many students who load themselves up with tough classes; however, it's typically not encouraged by school staff. In my experience, there were many times when I actually discouraged students from taking too many advanced courses, due to the stress I've seen students endure.

That being said, some students have a tendency to choose the path of least resistance, so encouraging them to take on a challenging course allows them to recognize abilities they didn't know they had. If the plan is to attend college, advanced classes do help prepare students for the demands of college classes, but honestly, we also want our students to enjoy their high school years. And there are many great careers available that don't require a four-year degree.

## MYTH: FOLLOW YOUR PASSION

We often overlook the importance of having reality checks with young people. Students see athletes, actors, musicians

and the like and dream of following in their footsteps. As adults, we recognize that there are very, very few individuals who actually become professional athletes or actors and are able to make it a lifelong career. Let's encourage passions as lifelong pursuits that fulfill us, but help our young people recognize that some things can rarely be a lifelong career. It's our responsibility to equip students with the skills and knowledge necessary to prepare them for the future, college or otherwise. (I credit this piece of advice to Corinne Hoisington, a professor at Central Virginia Community College in Lynchburg, Virginia.)

## MYTH: EDUCATIONAL PLANNING HAPPENS AT SCHOOL

I have seen beautiful things happen in classrooms for many years, and I'm proud to count myself as an educator. However, high school teachers are responsible for approximately 150 students each year. As you can imagine, providing one-on-one instruction and mentorship can be exceedingly difficult. The amount of responsibility our teachers are tasked with is mind-boggling. Ultimately, parents are responsible for helping the students in their families make smart, informed choices regarding their education and their future. Teachers and school counselors can help students build on their educational foundation so they're provided with the knowledge and skillset to ensure a bright, successful future.

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*Lisa Greinert is the Director of Community Education for Round Rock ISD*



## LIFELINES

BRENDA SCHOOLFIELD

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

# Strategies for Teaching Your Child to Swallow a Pill

The day will come when your child will need to swallow a pill. Some children have no problem swallowing pills; others flatly refuse or are terrified. Here are some strategies for helping your child master this important skill.

### Pills vs Liquid Medicine

Medicines for children often come in liquid form. To make them more palatable, the unpleasant taste of the drug is masked with sweeteners and flavors. But in some cases, a child may hate the taste so much, she refuses to take it or spits it out. Then, your pediatrician may prescribe the medicine in pill form.

For some illnesses or medical conditions, pills are the only form of medicine available. Another reason for a pill vs. a liquid is the need for a delivery system. Pills can be designed to deliver medicine to the blood stream in a time-released or controlled way.

### Pill-Swallowing Practice

Many parents wisely teach the skill of swallowing a pill before the need arises. It's much easier to teach a child who is well and happy than one who is sick and irritable. Start practicing with tiny "pills," then gradually increase the size as your child masters the skill. Here's what to do:

1. Buy several sizes of small, hard candies for pill-swallowing practice. Some examples are cake sprinkles, tic-tacs and mini M&M's. Do not use any candies that are soft or gummy.
2. Explain to your child that you're going to help him learn the skill of swallowing

a pill. Focus your attention on the child. Eliminate distractions.

3. Sit with your child at a table. Put a few of the smallest candies on the table with two glasses of water. Demonstrate how to swallow a pill by doing steps 4 through 7 yourself.
4. Sit up with your spine straight, head erect and shoulders back.
5. Put a candy in the center of your tongue.
6. Take a sip of water and swallow.
7. Open your mouth and stick out your tongue to show that the pill is gone.
8. Praise your child. Say, "You did a great job swallowing that pretend pill!"

Continue helping your child practice for several days in a row, swallowing two or three candies of the same size. Once that size is mastered, choose a slightly bigger candy and repeat the process.



## Teaching Tips

Here are a few tips to keep in mind.

- If the pill is “getting lost” in the mouth and isn’t being swallowed, try a smaller sip of water.
- The candy should be swallowed right away so that none of the candy color gets on the tongue. For example, if your child swallows a blue mini M&M, there shouldn’t be any blue on the tongue.
- Make the practice sessions fun and positive. Keep your tone of voice and attitude upbeat.
- Focus your attention on desired behaviors. Even if your child doesn’t manage to swallow the “pill” during initial practice sessions, you can praise how good her posture is or what a nice job she did taking a sip of water.

- Ignore behaviors that you don’t want to see increase, such as complaining or gagging. Withdraw your attention and don’t engage by giving negative comments.
- Model pill-swallowing behavior in your home. Call your child’s attention to the steps as you are taking your own medicine or vitamins.
- For kids who haven’t yet mastered pill swallowing, try putting a small amount of pudding, applesauce or yogurt on a spoon, then placing the pill inside. But check with your pharmacist before trying this. Some medicines shouldn’t be taken with milk products or food.

If your child has trouble swallowing a pill, talk to your pediatrician or pharmacist. Sometimes there are alternate forms of similar medication available, such as a transdermal patch.

## Pill-Swallowing Training Video

For children who are having pill-swallowing difficulty, check out “Better Than a Spoonful of Sugar” on YouTube. Dr. Bonnie Kaplan goes through step-by-step instructions using head posture practice. The child learns to swallow pills with the head turned left, right, up and down. Each day for two weeks, the child swallows one small candy in each of the five positions and rates the ease of pill swallowing with a thumbs up or thumbs down. After two weeks, the child chooses the head position he likes best. In her study, all 33 children who participated using this method successfully overcame their difficulties.



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## FAMILY CONNECTIONS

RICHARD SINGLETON

*Singleton, MACE, MAMFC, LPC, is the president of STARRY in Round Rock.*

# Teens Have a Nuanced Relationship with Social Media

**S**tereotypes of young people are hard to shake. Every ensuing generation seems to pepper their juniors with breathy judgment. For the past decade, the youthful use of social media has invited shrill suspicion. Jabs against supposed social and personal corrosion have developed into an almost unshakeable trope.

New empirical research conducted by Common Sense Media (CSM), however, demands nuance. Gone are the days of easily broad brushing all social media as “obviously” harmful.

You can access this hefty 72-page report on the [CommonSenseMedia.org](http://CommonSenseMedia.org) website. It’s fascinating stuff.

Here’s the gist: social media isn’t a toxic wasteland devoid of any redeeming value. Many teens view social media in positive terms, as valuable and important to their social well-being.

Sure. Sure. We might think that teens would be loath to throw social media under the bus, but this research is more sophisticated than just asking teens if they like Snapchat. It’s an empirical study that indicates that social media isn’t necessarily as socially corrosive as we’ve feared.

Okay, let’s go deeper.

James P. Steyer, founder and CEO of CSM, says, “The percentage of teens who engage with social media multiple times a day has gone from 34 percent in 2012 to 70 percent in 2018.”

That’s a staggering number. To not pay attention to social media research going forward will miss out on a massive swath of how the world works.

The CSM study verifies what parents already know: Snapchat is the current social media juggernaut for teens. Fully 41 percent of teen social media use is via Snapchat. In addition, teens report that their most used form of social contact with

others is text. In-person engagement has fallen from first place at 49 percent to second place at 32 percent.

All of this may seem dire. But teens are reporting these quantitatively high levels of social media connections as a qualitatively valuable way of engagement. For many teens — and this might seem ironic — social media has become a path for trying to ameliorate stress, anxiety and depression. The CSM research, of course, doesn’t indicate that social media is an effective strategy, just that teens feel it helps them.

Clearly, there continues to be a need to search out the best ways to achieve well-being, but the reality is that teens report social media is part of their go-to menu for trying to achieve what might be considered positive well-being. Consequently, to severely limit or sever social media connections might not be wise in many cases.

Teens aren’t naïve about the drawbacks of their social media use, either. As noted by



GeekWire's Frank Catalano, "Some 57 percent of teens said social media often distracts them when they should be doing homework, and 54 percent also are distracted when they should be paying attention to people they're with."

Catalano also points to associated research from the Pew Research Center. In the Pew research, teens were forthright: 54 percent said they spent too much time on social media.

But, then the data gets more difficult to parse.

“

**For many teens, social media has become a path for trying to ameliorate stress, anxiety and depression.**

Pew's Jingjing Jiang notes that, "56 percent of teens associate the absence of their cellphone with at least one of these three emotions: loneliness, being upset or feeling anxious."

Whereas we might conclude this is an inherently negative posture, for some teens their sense of pain in the absence of social media might be somewhat more analogous to the ache that many of us have if we're cut off too long from important in-person relationships.

As in-person relationships without boundaries can become enmeshed and unhealthy, so can the relationship that teens have with social media. That, however, doesn't mean that social media use is a non-starter for healthy engagement. The data challenges that assumption.

Steyer summarizes the CSM study with precision and insight: "Like teenagers themselves, this research presents a

complex picture that defies simplistic judgments. For example, on the one hand, teens feel social media strengthens their relationships with friends and family, provides them with an important avenue for self-expression, and makes them feel less lonely and more connected. At the same time, teens acknowledge that social media can detract from face-to-face communication and make them feel left out or 'less than' their peers. In general, however, teens are more likely to say that social media has a positive effect on how they feel."

Our younger generations are exploring new and diverse ways of doing relationships. The jury is still out, but the evidence is mounting. Like those of us before them, today's teens may be finding that there are successful ways of doing life with others that don't fit a traditional mold. Let's be gracious and wise as we journey together, no matter what the vehicle of communication.

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# 12 STEPS TO CONSIDERING A PRIVATE SCHOOL

BY DENISE YEARIAN

There are a host of reasons why parents send their children to private schools. For some it is a smaller teacher-student ratio and more individualized attention. For others, it is the religious grounding their children receive. For still others, it is to better address their student's needs and cater to his academic timetable — be it a late bloomer or one who is gifted in math or art. But since no two schools are alike, where do parents begin their search for the right academic setting? Consider these tips:

- 1. Get real with recommendations.** Get input from other parents you know and trust. At the same time, realize there is no perfect school or one-size-fits-all academic setting. Every school has a different flavor, and one is not necessarily better than another. One school may be a better fit for your child than another.
- 2. Consider your child's individuality.** Take into account his strengths, weaknesses, interests and talents. Also, mull over what sort of learning environment he would be most comfortable in. A self-motivated learner, for example, may do well in a program where he gets to direct and carry out his own learning. But a child in need of constant direction might be more suited to a structured environment.

- 3. Make a list.** Write down what you are looking for in a school. Be specific about ambiance, class size, teaching style, curriculum, the role of art and music, homework and where parents fit in the running of the school. Then prioritize your list. Some things, such as class size, a strong art program or religious affiliation, may be non-negotiable. Other things would be nice but not necessarily mandatory.

- 4. Research options.** Check out the websites for schools that are potential candidates, or call and ask for more information. Consider each one's program, mission, services, faculty and administration. What makes the school unique? What is its teaching philosophy? Is there a vision for the future? Is there anything the school does particularly well? What about the curriculum? Will it cater to your child's talents and interests?

- 5. Don't let cost limit you.** Consider a school, even if you think you can't afford it. Most academic institutions offer scholarships or have financial aid based on need, so ask about it.



Madison is a student at Holy Family Catholic School. Photo by Jordan Ashley Photography.

- 6. Go the distance, if needed.** A ride as far as 30 minutes may be worth it, if the school has an environment where your child will be happy and thrive. Look for someone to carpool with. Or use that distance to let your child study or spend quality time together.



**7. Schedule a visit.** Arrange to visit schools that meet your initial criteria. This will give you a feel for each school's academic and developmental philosophy. Note, however, that even schools that adhere to like-minded philosophies can be tremendously different. A school that seemed to be the perfect fit on the internet or phone may prove otherwise once you have visited. And the school you weren't initially drawn to may be "the one." That's why it's important that you go. Test it. Feel it. See what it's like.

**8. Meet with administrators.** While visiting, spend a few minutes talking with the principal or head of school. Discuss your child's needs and ask if the school can meet those needs.

**9. Make observations.** If possible, sit in on classes and observe the teachers and students. Write down obvious facts such as school and class size, ambiance as a whole and within individual classrooms, absence or presence of a dress code and general demeanor of the students and teachers. Also, record the students' reactions. Did they feel comfortable and relaxed, or anxious and uptight?



**10. Ask for references.** If you haven't already done so, get names of several parents whose children attend the school and who would be willing to talk with you. Find out what they do and don't like about the school. If you can, obtain a few names of parents who were not happy with the school and enrolled their children elsewhere. All schools have success stories, but no school works for every child. So, find out about a child who did not thrive there, so you can get a balanced perspective.

**11. Get your child's take.** Return to the schools that meet your criteria and bring your child with you. Have her meet the teacher, and if possible, spend time in the classroom with the other students. What was her reaction? Did she seem comfortable with the school? The teacher? Other students?

**12. Follow your intuition.** You know your child better than anyone else. If you have done your homework, you'll know if it's the right school for your child. Sometimes it's not necessarily a specific program or academic feature that lets parents know it's a good match. It's that intangible feeling — that visceral reaction. You'll know this is a place where your child can grow and succeed academically.

*Denise Yearian is the former editor of two parenting magazines and the mother of three children and four grandchildren.*



## QUESTIONS TO ASK WHEN CONSIDERING A SCHOOL

- + What is the school's philosophy on teaching reading?
- + What kinds of books are the children expected to read? Who chooses them?
- + How and when is writing and composition taught? Is there time for creative writing?
- + Is the curriculum established, or does it emerge from the students' interests?
- + How often do the children use textbooks? Workbooks? Worksheets?
- + When do children start getting homework? How much at what grades?
- + How are the students assessed?
- + When does computer education start? How much exposure per week do students get?
- + What extracurricular activities are offered? Are they open to all children?
- + How much time is spent on art, music and crafts?
- + Are there many opportunities for cooperative learning?
- + How is discipline for improper behavior carried out?
- + What qualifications do the teachers have?
- + Who makes decisions about the school?
- + What level of parental participation is allowed/expected?



## FAMILY MATTERS

BETTY RICHARDSON

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

# How to Get Teens Out of Bed in the Morning

**Q** We have two boys, ages 13 and 16. My husband leaves early for work, so it's my job to get the boys up, ready for school and out to the car for the drive to school. I have to call them several times before they finally get up. By then I'm frantic, because we barely make it to school on time, and they have to eat in the car on the way. This frenzy every morning is driving me crazy. I've heard of parents pouring water on their kids to get them up, but I don't want to do that. What else can I do to make the mornings go better?

**A.** I'm with you on not throwing water on children. I've also heard of putting peanut butter on the kid's cheek and getting the dog to lick it off to cause a kid to wake up. I probably wouldn't do that, either. I'd try other things first.

You're not alone in this struggle to get your teens out of bed. Your kids — and many others — have learned that a parent will take responsibility for getting them up, but now is the time to change that script. Let your kids know they're old enough to take responsibility for getting themselves up and ready for school. It's also their consequence if they're too late to grab breakfast or if they

walk in late to school. Teaching kids to take responsibility is one of the most important tasks of parenting.

You can also help your children by doing some of the following things:

- Provide some sort of alarm they can set to get themselves up. Some kids prefer to wake to music, while others may opt for a loud alarm.
- Have a set routine for the evenings before school days. Have set times to study, have dinner, lay out clothes and supplies for the next day. Kids may elect to shower the night before school or get up early enough to shower the day of school. Having a set routine and getting ready the night before school makes the morning go easier.
- Set a time before bedtime when all technology use stops. When kids use social media just before bedtime — or in some cases during the first few hours when they are supposed to be sleeping — they don't get enough quality sleep.
- It's possible your kids are staying up too late and missing important sleep time. Ask them to think about why sleep is important. They may already

know some of the reasons, but make sure they know that sleep promotes growth, increases attention span, increases learning ability and affects weight. On the other hand, lack of sleep can adversely affect physical and mental health. Anxiety, depression and physical pain can increase with the lack of sufficient sleep.

- Provide rewards to kids who get up on time, make their beds, eat breakfast and are ready to go on time. Some parents reward with a stop on the way to school for a special treat, while for others it's shopping for something special or tied to when they can take their driver's license test or earning extra time on devices. Be sure to give verbal praise when kids get up and get ready on time.
- Other ideas that have worked for parents include letting some natural light into the kid's room, staying calm and not adding to the drama when kids don't want to get up, and starting early to ease your kids back into a reasonable bedtime if you've let them stay up later during vacation or holidays.





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[www.sccstx.org](http://www.sccstx.org)  
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[www.saviochs.org](http://www.saviochs.org)  
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956-421-9251  
Grades 7 - 12

### REDEEMER LUTHERAN SCHOOL

[www.redeemerschool.net](http://www.redeemerschool.net)  
This Christ-centered school develops life-long learners who demonstrate leadership in service and care to others. Love Jesus, love learning, love others.  
1500 W. Anderson Ln., Austin  
512-451-6478  
15 mos. - Grade 8



### ST. STEPHEN'S EPISCOPAL SCHOOL

[www.ststephensschool.org](http://www.ststephensschool.org)  
Established in 1989, the school mission is to empower each student to live authentically, think expansively and serve selflessly.  
6000 FM 3237, Wimberly  
512-847-9857  
Grades Pre-K3 - 6



## PUBLIC SCHOOLS

### AUSTIN INDEPENDENT SCHOOL DISTRICT

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

AISD achieves excellence by providing high quality education to all students. Dual language education from elementary to high school, associate degrees at six early college high schools, and all free.

Locations throughout Austin  
512-414-1700

Grades Pre-K3 - 12

## CHARTER SCHOOLS

### BASIS ED

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

Basis schools celebrate and pass on a love of learning to all students and value critical thinking, responsibility and motivation. Coming soon to Austin  
210-981-1071  
Grades K - 12

### N.Y.O.S. CHARTER SCHOOL

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

Educating the whole student, NYOS fosters a collegial program that challenges learners with rigorous academics, innovative strategies and civic engagement.  
N. Lamar Blvd., 512-583-6967  
Kramer Ln., 512-275-1593  
Grades Pre-K - 12

### WAYSIDE SCHOOLS

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

All children deserve access to a college-preparatory education, regardless of race, family income or zip code.  
Altamira Academy, Eden Park Academy, REAL Learning Academy  
Sci-Tech middle and high schools  
512-220-9184  
Grades Pre-K - 5, 6 - 8 and 9 - 12

## MONTESSORI/ PRESCHOOLS

### BRIGHT HORIZONS

[www.brighthorizons.com/austinfamily17](http://www.brighthorizons.com/austinfamily17)  
Your child's education and care is a priority, and choosing the right

program is a big decision. World-class curriculum and knowledgeable child development professionals for every age and stage.

West Lake Hills, 512-640-1879

Round Rock, 512-341-0733

North Austin, 512-833-7090

Inf - Afterschool

### COUNTRY HOME LEARNING CENTER

[www.countryhomelearningcenter.com](http://www.countryhomelearningcenter.com)

Students experience a variety of hands-on activities that encourage them to explore, discover solutions and engage in countless projects that excite young minds.

1310 US Hwy 183 North, Austin  
512-331-1442

6900 Escarpment Blvd., Austin  
512-288-8220

Inf - Afterschool

### EXTEND-A-CARE FOR KIDS

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

EAC's after-school program complements the school day by reinforcing state curriculum concepts and objectives. Summer programs for school-age kids keep children physically active and engaged in learning.

77 area campuses  
512-472-9402

3 yrs - Grade 8

### KIDDIE ACADEMY

[www.kiddieacademy.com/pflugerville](http://www.kiddieacademy.com/pflugerville)

[www.kiddieacademy.com/roundrock](http://www.kiddieacademy.com/roundrock)  
Kiddie Academy feeds a child's curiosity and instinct to learn with age-appropriate activities that treat every experience as a learning opportunity. Afterschool and summer camp programs for school-age kids.

Pflugerville, 512-270-9988

Round Rock, 512-270-9988

Inf - Grade 8

### PETRA PRESCHOOL

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

The Petra learning model enables kindergarten readiness and provides opportunities to teach children how the gospel applies to their lives.

North Austin, 512-777-1746

6 wks - 4 yrs



### SPICEWOOD COUNTRY SCHOOL

[www.spicewoodcountry.com](http://www.spicewoodcountry.com)

Established in 1980, this school offers a farm-like atmosphere, with horses grazing on the 9-acre grounds and room to explore the banks of Bull Creek. Summer camp programs also available.

6102 Spicewood Springs Rd., Austin

512-346-2992

2 yrs - Afterschool

### STEPPING STONE SCHOOLS

[www.steppingstoneschool.com](http://www.steppingstoneschool.com)

Founded in Austin in 1979, Stepping Stone Schools nurture the whole child through cognitive, physical and social-emotional development. After school and summer camp programs for school-age children.

17 Locations throughout Austin  
512-459-0258

Inf - Afterschool

### XPLOR

[www.xplortoday.com/austin](http://www.xplortoday.com/austin)

XPlor's learning curriculum prepares children for kindergarten and beyond by developing important academic, social and emotional skills.

Five locations in Austin, Georgetown, Leander, Round Rock

877-322-2891

6 mos - Pre-K2

## IN-HOME CHILDCARE

### NANA'S HOUSE

A home daycare setting is the perfect head start before your young one enters a larger school environment.

Round Rock

512-964-5758

Newborn - 5 yrs

## RESOURCES

### AUSTIN LEARNING CENTER

[www.austinlearningcenter.com](http://www.austinlearningcenter.com)

Austin Learning Center empowers every student to achieve his or her personal best by matching the student with a tutor who will inspire and empower them. Tutoring, test prep, college prep, homeschool support.

3355 Bee Cave Rd., #203, Austin  
512-330-9007

School-age

### CENTER FOR CHILD PROTECTION

[#putourkidsfirst](http://#putourkidsfirst)

If you suspect child abuse, report it. One in 10 Austin kids is abused. Learn the signs.

800-252-5400

### KIDSPA AUSTIN

[www.kidspaaustin.com](http://www.kidspaaustin.com)

KidSpa brings transformation to the fields of childcare and early childhood education by combining flexible, on-demand childcare with enriching learning experiences in a clean, safe and fun environment.

South Austin, 512-301-5772

North Austin, 512-828-5772

Drop-in childcare, 18 mos - 12 yrs

### TEXAS NURSE-FAMILY PARTNERSHIP

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

With your very own free Nurse-Family Partnership personal nurse, you will get the support, advice and information you need during your pregnancy and when your baby arrives.

346-201-3730

## COLLEGE CREDIT

### AUSTIN COMMUNITY COLLEGE

[www.austincc.edu/startnow](http://www.austincc.edu/startnow)

Pick up college credits or career skills while still in high school. There are great options for both college-bound and career-bound students.

Locations around Austin

High school-age

# 7

BY SHERIDA MOCK

## Questions for Your Summer Camp Provider



Your child's summer will undoubtedly include a bit of enrichment, and summer camps offer a smorgasbord of choices, from riding camps to writing camps and everything in between. So, when it's time to find the right fit for your child, wouldn't it be great to line them all up and interview them one at a time?

Austin Family magazine's annual Camp Fair is just that opportunity. On Jan. 26, from 11 a.m. to 4 p.m. at the Palmer Events Center, you'll be able to meet face-to-face with over 85 summer camp providers of all types. And in case you're stumped as to what questions to ask, here are a few to get you started as you make the rounds.



### 1. What does a typical day look like?

You're asking this question so you can get a feel for what the camp focuses on. There are no right or wrong answers, but you'll gain insight into, for example, how much time the camp spends developing sports skills or building character traits or fostering creativity, in addition to how much the camp values free time, water breaks and social time.

### 2. Can you provide references?

There's nothing immediately wrong with a camp that can't readily provide you with a list of references, especially if the camp is in its first year of operation. But it's a reasonable request to make, and the camp should be able to dig up at least one or two names for you to contact.

### 3. How do you screen and train your staff?

This question gets to the heart of who will be working with your child, day in and day out. Ask whether the camp performs criminal background checks or requires first aid and CPR training. For those that transport campers, ask whether the camp reviews its staff's driving records.

### 4. How many campers attend?

Camps come in all sizes, and no particular size is inherently better than another. This question is important because you know



what environment best suits your child. If you've got a social butterfly or an independent type, a large camp could be perfect. But if your child is more introverted or quiet, he or she might feel more comfortable in a smaller setting.

### 5. Do you offer discounts?

Expect to hear a "yes" from many camps, because discounts are common. Following up with more questions will help you get a better understanding of how you can take advantage. Ask if there are promotional specials for signing up early, registering multiple siblings or attending multiple sessions. Ask about discounts for referring other campers. Ask about installment plans.



### 6. Where is the camp located?

This question can start a conversation about setting, such as rural or urban, but also give you a chance to ask about shuttle service and parking. Some camps have buses that pick up and drop off at multiple points around town.

### 7. What dates and hours are programs available?

You may or may not know your family's summer schedule at this point in the year. But it's important to note that not every camp operates every week of the summer. So, don't assume that the camp will be available for the weeks you'd like to sign up. In particular, you should know that not all camps operate during the week of July 4. Some camps offer both half-day and full-day options. Many provide extra hours of supervision before or after normal camp hours.

These are just a few questions to get you started on your summer camp search. It's an important decision, and we want to help you make the right one.



# Summer Camp

## Guide

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Some of the camps that will be exhibiting at our 21st Annual Summer Camp Fair

**ATX KIDS CLUB**

512-234-5437  
www.atxkidsclub.org

**AUSTIN FILM FESTIVAL**

512-478-4795  
www.austinfilmfestival.com/yfp

**AUSTIN GIRLS CHOIR**

512-453-0884  
www.girlschoir.com

**AUSTIN NATURE & SCIENCE CENTER**

512-974-3872  
www.austintexas.gov/

**BADGERDOG CREATIVE WRITING CAMP**

512-542-0076  
www.austinlibrary.org

**CAMP CHAMPIONS**

830-598-2571  
www.campchampions.com

**CAMP DOUBLECREEK**

512-255-3661  
www.campdoublecreek.com

**CAMP LANTERN CREEK FOR GIRLS**

936-597-8225  
www.camplanterncreek.com

**CAMP OLYMPIA**

936-594-541  
www.campolympia.com

**CAMP RED BIRD**

512-472-7878  
www.austingrief.org

**CAMP STEWART FOR BOYS**

830-238-4670  
www.campstewart.com

**CAMP SWITCH WILLO**

512-920-0554  
www.switchwillo.com

**CLUB Z**

512-219-0700  
www.zsclubhouse.com

**CODER SCHOOL CODING CAMPS**

512-593-2729  
www.thecoderschool.com

**CODING WITH KIDS**

512-415-4120  
www.codingwithkids.com

**CORDOVAN ART SCHOOL**

512-673-8646  
www.cordovanartschool.com

**CRASH BANG BOOM PERCUSSION AND MOVEMENT CAMP**

512-569-5983  
www.crashbangboomaustin.com

**EXTEND-A-CARE FOR KIDS SUMMER DAY CAMP**

512-472-9402  
www.eackids.org

**FANTASTIC MAGIC CAMP**

512-709-8060  
www.magiccamp.com

**GIRLS EMPOWERMENT NETWORK-CAMPGEN**

512-808-4044 x104  
www.genaustin.org

**GIRLSTART**

512-916-4775  
www.girlstart.org

**GOLF IN SCHOOLS**

512-767-5566

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830-238-4650  
www.hohcamp.com

**HILL COUNTRY INDOOR SPORTS & FITNESS**

512-956-6531  
www.hillcountryindoor.com

**ID TECH CAMP**

1-888-709-8324  
www.idtech.com

**IDEA LAB FOR KIDS**

512-710-9654  
www.austin.idealabkids.com/camps

**INQUIRING MINDS**

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www.inquiringminds-austin.org

**JUMP! GYMNASTICS**

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www.jump-austin.com

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www.kidsactingstudio.com

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FOR HEALTHY LIVING  
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Our caring counselors are trained and background checked.

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Kids cool off in 2 pools, the Lake or Wet Willie Water slide.

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- Ages 7-16
- 6 week long sessions
- Sunday-Saturday
- June-July



**MINI OVERNIGHT CAMP**

- Ages 6-13
- 3 two night sessions
- June-July



**DAY CAMP**

- Entering Grades K-9
- 12 week long sessions
- Monday-Friday
- May-August

**YMCA CAMP TWIN LAKES**  
1902 S Bell Blvd • Cedar Park, TX 78613  
512-792-2697

[family.ymcagwc.org](http://family.ymcagwc.org)



**KIDVENTURE**

512-263-8992  
www.kidventure.com

**LAUNCH AFTER SCHOOL**

512-337-6624  
www.launchafterschool.com

**LEYLA Y LA BALLENA  
SPANISH IMMERSION**

512-299-5731, 512-299-5732, 512-466-2409  
www.austinbilingualschool.com

**MAD SCIENCE & IMAGINE ARTS  
ACADEMY OF AUSTIN**

512-892-1143  
www.austin.madscience.org

**MCKINNEY ROUGHS NATURE CAMP**

512-303-5073  
www.lcra.org/naturecamp

**MO-RANCH SUMMER CAMP**

830-238-4455  
www.moranch.org

**NEURON GARAGE**

512-593-5393  
www.summerspark.com

**PARAMOUNT THEATRE SUMMER CAMP**

512-692-0524  
www.austintheatre.org

**PLAY-WELL TEKNOLOGIES CAMP**

512-757-4371  
www.play-well.org

**RIO VISTA FARM**

512-247-2302  
www.riovistafarm.net

**ROCK ABOUT CLIMBING**

512-415-0804  
www.rock-about.com

**SHALOM AUSTIN JCAMPS**

512-735-8050  
www.shalomaustin.org/camps

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512-222-8570  
www.sherwoodforestfaire.com

**SPICEWOOD COUNTRY CAMP**

512-346-2992  
www.spicewoodcountry.com

**SQUADSTX**

903-883-6398  
www.squadstx.com

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512-459-0258  
www.steppingstoneschool.com

**THE THINKERY**

512-469-6200  
www.thinkeryaustin.org

**TOPGOLF**

512-222-5950  
www.topgolf.com

**WAYSIDE SCHOOLS**

512-220-9100  
www.wayssideschools.org

**WHIZ BIZ KIDS**

www.whizbizkids.com  
512-699-2720

**YMCA OF AUSTIN SUMMER DAY CAMP**

512-236-9622  
www.austinyymca.org

**YMCA CAMP CULLEN**

936-594-2274  
www.ymcahouston.org

**YMCA TWIN LAKES OVERNIGHT CAMP**

512-250-9622 option 6  
www.ymcagwc.org/twinlakes

**YMCA OF GREATER WMCO**

512-246-9622  
www.ymcagwc.org

**ZACH THEATRE SUMMER CAMPS**

512-476-0541  
www.zachtheatre.org



**CAMP  
DOUBLECREEK**



**REGISTER TODAY AND SAVE!**  
**WWW.CAMPDOUBLECREEK.COM**

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# DAY CAMPS

### AUSTIN GIRLS CHOIR

Austin Girls Choir camps include instruction on vocal skills, note reading, basic harmony and fun songs, with simple choreography.  
Austin  
512-453-0884  
[www.girlschoir.com](http://www.girlschoir.com)  
Ages 8 - 16

### AUSTIN LEARNING CENTER SUMMER PROGRAM

Research shows that students who continue their learning over the summer have a significant advantage over those who don't, and that they continue to do better in every year of education.  
3355 Bee Cave Rd. #203, Austin  
512-330-9007  
[www.austinlearningcenter.com](http://www.austinlearningcenter.com)  
School Age Students

### AUSTIN ZOO

This summer program philosophy is designed to get your child excited about nature and science, using the Austin Zoo as an outdoor living classroom.  
10808 Rawhide Trail, Austin  
512-288-1490  
[www.austinzoo.org](http://www.austinzoo.org)  
Ages 5 - 13

### BADGERDOG CREATIVE WRITING CAMP

At Badgerdog, campers will grow their confidence as writers and enjoy the freedom to explore the ideas that matter to them most, no matter how wild and unusual.  
Several locations in Austin  
512-542-0076  
[www.austinlibrary.org](http://www.austinlibrary.org)  
Grades 3rd - 12th

### CAMP AVALANCHE AT CHAPARRAL ICE CENTER

Campers fill their days swimming, going to the park, going on field trips, doing arts and crafts and — of course — ice skating!  
2525 W. Anderson Ln. #400, Austin  
512-252-8500 x160  
[www.chaparralice.com](http://www.chaparralice.com)  
Ages 5 - 14

### CAMP DE CHAMPS AT CHAPARRAL ICE CENTER

Offering 11 weeks of figure and hockey skating instruction. Campers get two lessons daily, public skate time, off-ice training, arts and crafts and a Thursday recital.  
255 W. Anderson Ln. #400, Austin  
512-252-8500 x160  
[www.chaparralice.com](http://www.chaparralice.com)  
Ages 5 - 14

### CAMP DOUBLECREEK

Since 1971, Doublecreek is an activity-based day camp in Round Rock with free transportation from 12 locations for campers.  
800 Doublecreek Dr., Round Rock  
512-255-3661  
[www.campdoublecreek.com](http://www.campdoublecreek.com)  
Ages 4 - 14

### CAMP SWITCH WILLO

Educating riders in 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](http://www.switchwillo.com)  
Ages 5 - 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/y9er3zwq](http://www.tinyurl.com/y9er3zwq)  
Ages 6 - 18

### COUNTRY HOME LEARNING CENTER

Join CHLC for an incredible summer camp experience, featuring child-approved special events, exciting weekly field trips and kids' choice special interest clubs.



## 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)



6900 Escarpment Blvd., Austin. 512-288-8220  
13120 U.S. Hwy. 183 N., Austin. 512-331-1441  
[www.countryhomelearningcenter.com](http://www.countryhomelearningcenter.com)  
Ages 5 - 13

### CREATIVE BRICK BUILDERS

Half-day camps designed for LEGO enthusiasts, featuring building activities and motorized project kits. New themes each week.  
12 Chisholm Trail Rd., Round Rock  
512-388-9003  
[www.creativebrickbuilders.com](http://www.creativebrickbuilders.com)  
Ages 5 - 13

### DANCE DISCOVERY

Various themed camps include story time ballet, jazz, hip hop, gymnastics, musical theatre and drama-set design. Each camp week ends with a great show!  
Central Austin, 512-419-7611  
Avery Ranch, 512-658-2996  
[www.dancediscovery.com](http://www.dancediscovery.com)  
[www.averyranchdance.com](http://www.averyranchdance.com)  
Ages 3 - 14

### EPICWATERS INDOOR WATERPARK

Voted the #1 waterpark in DFW and referred to as a "cruise ship on land," there is something for every member of your family.  
2970 Epic Place, Grand Prairie  
972-337-3131  
[www.epicwatersgp.com/visitorinfo/](http://www.epicwatersgp.com/visitorinfo/)  
All Ages

### 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](http://www.eackids.org)  
Ages 4 - 12

### FANTASTIC MAGIC CAMP

Every day at this camp is filled with magic, juggling and puppetry. Doors open at 8 a.m. and programs begin at 9 a.m. When the day ends at 4 p.m., an optional "rehearsal time" can extend the day until 6 p.m. for a fee.  
7500 Woodrow Ave, Austin  
512-709-8060  
[www.magiccamp.com](http://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](http://www.fun2learncode.com)  
Ages 7 and up

### HEARTSONG

Offering spring and summer Music Together classes for children and their caregivers.  
2700 W. Anderson Ln., Austin  
512-371-9506  
[www.heartsongmusic.net](http://www.heartsongmusic.net)  
Ages up to 9 yrs.

### IDEA LAB KIDS

Idea Lab Kids is a full service STEM Enrichment Summer Program serving the Austin Area. Unique, hands-on curriculum sets this program apart from others. Campers are guaranteed to have a great time while continuing STEM Education  
8626 Burnet Rd., Austin  
512-710-5694  
[www.austin.idealabkids.com](http://www.austin.idealabkids.com)  
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### KIDSACTING SUMMER CAMPS

These award-winning camps feature full-scale musical or play productions. Camps for ages 4 - 8 are an intro to the performing arts.  
16 locations in Austin metro  
512-836-5437  
[www.kidsactingstudio.com](http://www.kidsactingstudio.com)  
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at [AustinYMCA.org/camp](http://AustinYMCA.org/camp)  
or call Program Services at 512.236.9622





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 Camps,  
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**SUMMER**

**Ages**  
**3-20**

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(Spring Break Camp Dates: 3/9 - 3/15/2019)



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830.460.8487  
[www.TexasHorseCamps.com](http://www.TexasHorseCamps.com)

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512-259-7999  
[www.nitroswim.com](http://www.nitroswim.com)  
Ages 6 months and up


**PARAMOUNT THEATRE**  
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512-692-0524  
[www.austintheatre.org](http://www.austintheatre.org)  
Ages 6 - 16

**RIO VISTA FARM**  
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13013 Fallwell Ln., Del Valle  
512-247-2302  
[www.riovistafarm.net](http://www.riovistafarm.net)  
Ages 7 - 16


**ROCK-ABOUT CLIMBING ADVENTURES**  
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512-415-0804  
[www.rock-about.com](http://www.rock-about.com)  
Ages 9 - 18

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512-735-8050  
[www.shalomaustin.org/camps](http://www.shalomaustin.org/camps)  
Grades K - 10th

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# Cómo hacer que los adolescentes se levanten de la cama por la mañana

**P.** Tenemos dos hijos, uno de 13 y otro de 16 años de edad. Mi esposo se va temprano al trabajo, así que es mi responsabilidad hacer que mis dos hijos se levanten, se arreglen para ir a la escuela y que se suban al auto para llevarlos a la escuela. Tengo que llamarlos varias veces antes de que finalmente se levanten. Para entonces estoy desesperada, porque me apenas llegamos a la escuela a tiempo, y tienen que comer en el auto camino a la escuela. Esta histeria cada mañana me está volviendo loca. He oído hablar de padres que les echan agua a sus hijos para que se levanten, pero no quiero hacer eso. ¿Qué más puedo hacer para empezar mejor las mañanas? ¿Qué debo hacer?

**R.** Estoy de acuerdo con usted de no echarles agua a los niños. También he oído hablar de poner mantequilla de maní en la mejilla del niño y hace que el perro la lame para que el niño se despierte. Probablemente yo tampoco haría eso. Intentaría otras cosas primero.

Usted no está sola en esta lucha para levantar a sus hijos adolescentes de la cama. Sus hijos, y muchos otros, han aprendido que un padre asumirá la responsabilidad de levantarlos, pero ahora es el momento de cambiar ese guión.

Hágales saber a sus hijos que tienen edad suficiente para asumir la responsabilidad de levantarse y prepararse para la escuela. También decirles que ellos sufrirán las consecuencias si llegan demasiado tarde para tomar el desayuno o si llegan tarde a la escuela. Enseñar a los niños a asumir la responsabilidad es una de las tareas más importantes de la crianza de los hijos. También puede ayudar a sus hijos haciendo algunas de las siguientes cosas:

- Provea algún tipo de alarma que puedan configurar para levantarse. Algunos niños prefieren despertarse con música, mientras que otros pueden optar por una alarma fuerte.
- Tenga una rutina fija para todas las tardes de los días escolares. Tenga horarios establecidos para estudiar, cenar, preparar su ropa y los suministros para el día siguiente. Los niños pueden elegir bañarse la noche anterior a la escuela o levantarse lo suficientemente temprano para bañarse el día de clases. Tener una rutina fija y prepararse la noche antes de la escuela hace que la mañana sea más fácil.
- Establezca un horario antes de irse a dormir, donde se detiene todo uso de



## asuntos familiares

BETTY RICHARDSON

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

tecnología. Cuando los niños usan las redes sociales justo antes de acostarse, o en algunos casos durante las primeras horas en que se supone que deben dormir, no duermen lo suficiente.

- Es posible que sus hijos se queden despiertos demasiado tarde y estén perdiendo tiempo importante para dormir. Pídales que piensen por qué es importante dormir. Es posible que ya conozcan algunas de las razones, pero asegúrese de saber que el sueño promueve el crecimiento, aumenta la capacidad de atención, aumenta la capacidad de aprendizaje y afecta el peso. Por otro lado, la falta de sueño puede afectar negativamente a la salud física y mental. La ansiedad, la depresión y el dolor físico pueden aumentar al no dormir lo suficiente.
- Proporcionar recompensas a los niños que se levantan, hacen sus camas, desayunan y están listos para salir a tiempo. Algunos padres recompensan a sus hijos haciendo una parada en el camino a la escuela por un deleite especial, mientras que para otros es comprar algo especial o indicar cuando pueden tomar el examen de licencia para conducir o ganarse tiempo extra en los dispositivos. Asegúrese de alabar verbalmente cuando los niños se levantan y se preparan a tiempo.
- Otras ideas que han funcionado para los padres incluyen dejar un poco de luz natural en la habitación de los niños, mantener la calma y no aumentar el drama cuando los niños no quieren levantarse, y comenzar temprano la rutina de irse a dormir, para ayudar a sus hijos de nuevo a irse a acostar a una hora razonable si es que ha dejado que se queden más tarde durante las vacaciones o los días festivos.





# 62

# NOTICIAS AUSTIN 5 Y 10PM

# FELIZ AÑO NUEVO



## DE PARTE DE TU FAMILIA UNIVISION





## THE LEARNING CURVE

ALISON BOGLE

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

# Montessori Practices You Can Put to Work at Home

**M**ost parents have heard of Montessori schools and might have a basic understanding of how they operate. If you're like me, however, you haven't thought about incorporating Montessori practices into your home, especially if your child doesn't attend a Montessori school.

The Montessori Method of education, developed by Maria Montessori in Italy over a century ago, is based on the idea that children are naturally curious and want to learn. By observing a child's interests and curating her environment to support those interests, the whole child will flourish — cognitively, socially, physically and emotionally. Montessori learning environments promote calm, reflection and self-awareness, all things that any home could use during the crazy winter season!

So, how can you create a Montessori-like environment at home? It can actually be

quite simple. Here are some practical suggestions:

- **Simplify.** Montessori purports that children naturally take better care of belongings if they have a select few, with the message being that these items are important. Think “less is more” and reduce toys to a manageable number. The rest can be put



“The essence of independence is to be able to do something for one’s self. Adults work to finish a task, but the child works in order to grow, and is working to create the adult, the person that is to be. Such experience is not just play... it is work he must do in order to grow up.”  
— Maria Montessori

away for future rotation. Children thrive on order and predictability. The environment will be less overwhelming, and when each toy has a place, children can be reasonably expected to put them away.

- **You, too.** Simplicity ideally extends to the whole house. Re-home anything that doesn't bring you pleasure or that you don't really use. (I think that might be half my closet!)

- **Put them to work.** Seriously. Participating in work allows children to feel like important contributors to the family. Folding laundry, cooking, cleaning, watering plants and washing windows are all Montessori-suggested tasks and can be modified for any age. With laundry, a toddler can help put clothes into the washing machine, and a preschooler can help sort by colors. A younger elementary-aged child can fold towels, and older children can be expected to handle any part of the process.



- **Change your perspective.** View your home through your child's eyes and make adjustments for easier participation in daily life. For example, put a bedroom mirror at child height and place all your child's clothing within reach, so he can begin to dress himself from a young age. Use light switch extenders and provide stools in the bathrooms and the kitchen to promote independence. Designate an accessible kitchen drawer and fill it with cups, plates and utensils so he can get a drink or plate a simple snack. Provide properly-sized cleaning tools so he can participate in the care of the home.

- **Make it a process.** Teaching and working with children in a way that honors their development involves a lot of showing, demonstrating and patience. Of course, no child is going to learn how to properly complete a chore overnight, as nice as that might be. The trick is to know when to step away. When parents provide too much help, they send the message that the child

is not capable. As a result, she won't learn to stretch or challenge herself. Too little help can result in a frustrated child.

- **Zip it.** Stop yourself from commenting on your child's play to allow him to stay fully immersed and to derive pleasure from his own accomplishments. Imagine a young child building a really tall tower with blocks. His parent comments, "Wow! Look how tall you made that! I'm impressed!" Now the child's concentration is broken, much like ours is when we feel our cell phone buzz. In addition, the praise was unnecessary, because he was being self-rewarded by doing something that already felt like an accomplishment.

- **Give choices.** If your child is doing something you don't like, give options. "I see that you're bouncing the ball in the house, and I'm afraid some of our belongings are going to get broken. Would you like to bounce the ball outside or choose something different to do?" This

type of discourse lets your child feel respected and helps her practice making choices. Bonus: it also reduces power struggles.

- **Feelings first.** Montessori purports that feelings are never wrong and should be acknowledged first before behavior. How a child expresses his feelings may need a little help and guidance, but the feelings shouldn't be judged. Parents should also work to model conflict resolution and appropriate ways to express emotions.

When incorporating Montessori practices into your home, choose those that will work best for your child, but also remember to honor yourself in the process. You need to be comfortable with the changes you make, or your kiddo will sniff you out! By choosing what works both for your child and for you, you'll be fulfilling another Montessori principle: that individuals are unique and thrive best in an individualized environment.

## Austin Family Magazine's Holiday Giveaway **WINNERS!**



The announcement features a red banner at the top with the text "Austin Family Magazine's Holiday Giveaway WINNERS!". Below the banner is a decorative border of colorful Christmas lights. Two photo frames are displayed: a red one on the left and a green one on the right. The red frame contains a photo of a woman and a baby with the caption "OMG we just saw Santa! He does exist!". The green frame contains a photo of a family on a spring rider with the caption "WINNER of a Springfree Trampoline: Edward Guzman Family, 'FELIZ NAVIDAD FRIENDS!!!'". At the bottom, there is a call to action to view all entries at a website and the Austin Family logo with the tagline "smart parenting • healthy homes".

**WINNER of a two-Night Stay at Gaylord Texan:**  
Aniela Niedzwiedz,  
"He does exist!"

**WINNER of a Springfree Trampoline:**  
Edward Guzman Family,  
"FELIZ NAVIDAD FRIENDS!!!"

View all the entries at [www.austinfamily.com](http://www.austinfamily.com)

**austinfamily**<sup>®</sup>  
smart parenting • healthy homes

# January

COMPILED BY BETTY KEMPER

2019  
calendar

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## Museum Events

### Ed Ruscha: Archaeology and Romance.

Through Jan. 6. View the books, photos, sketches and other materials of the artist's engagement with pop culture. Harry Ransom Center, 300 W. 21st St. [hrc.utexas.edu](http://hrc.utexas.edu) or 512-471-8944.

### Get in the Game: The Fight for Equality in American Sports.

Through Jan. 13. Celebrate the athletes who have broken barriers and spoken out for equality, both on and off the playing field. LBJ Presidential Library, 2313 Red River St. [lbjlibrary.org](http://lbjlibrary.org) or 512-721-0200.

### Rodeo! The Exhibition.

Through Jan. 27. Explore the origins of Texas rodeos and stock shows. Bullock Museum, 1800 Congress Ave. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Fortlandia.** Through Feb. 24. Explore unique forts designed and built by local architects, designers, artists and students. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. [wildflower.org](http://wildflower.org) or 512-232-0100.

## Family Events

### Tue 1

#### New Year's Day

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. Whole Foods Market, 525 N. Lamar Blvd. \$10 includes skates. [wholefoodsmarket.com/events](http://wholefoodsmarket.com/events).

**Pffreeze Pflap.** Slide into the pfrigid waters of an unheated pool. 10 to 11 a.m. Scott Mentzer Pool, 901 Old Austin-Hutto Rd., Pflugerville. FREE. [parks.pflugervilletx.gov](http://parks.pflugervilletx.gov).

**Wake Up, Brother Bear.** Theater for the very young uses music, art and hands-on sensory experiences to connect children to literature. 10 a.m. to 1 p.m. ZACH North, 12129 N Ranch Rd. 620. \$12. [zachtheatre.org](http://zachtheatre.org) or 512-476-0541.

### Wed 2

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Polar Bear Plunge.** Dive into the pool, then warm up with complimentary warm beverages. 10 to 11 a.m. Morris Memorial Pool, 802 N. Ave. C, Elgin. FREE. [elgintx.com](http://elgintx.com).

**Community Night.** 4 to 8 p.m. The Thinkery, 1830 Simond Ave. By donation, \$1 recommended. [thinkeryaustin.org](http://thinkeryaustin.org) or 512-469-6200.

### Thu 3

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Wake Up, Brother Bear! 10 a.m.** to 1 p.m. See Tue 1 for details.

### Fri 4

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Music and Movement.** For ages 3-5. 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8860.

**Brown Bag Movie Matinee.** 12:30 p.m. Hutto Library, 205 West St., Hutto. FREE. [huttotx.org](http://huttotx.org).

### Just for Teens: Kingdom Hearts Unlocked.

1 to 3 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-9747400.

### Austin Boat and Travel Trailer Show.

1 to 9 p.m. Austin Convention Center, 500 E. Cesar Chavez St. \$10 adults; \$6 children. [austinboatshow.com](http://austinboatshow.com) or 512-494-1128.

**First Friday Films.** 4 p.m. Hutto Library, 205 West St., Hutto. FREE. [huttotx.org](http://huttotx.org) or 512-759-4008.

### Sat 5

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Austin Boat and Travel Trailer Show.** 10 a.m. to 9 p.m. See Fri 4 for details.

**Tortoise and Hare.** A re-imagining of the ancient fable as a play with modern music. Performances at 11 a.m. and 2 p.m. Zach Theatre Kleberg Stage, 1421 W. Riverside Dr. From \$18. [zachtheatre.org](http://zachtheatre.org) or 512-476-0541.

**The Little Mermaid.** 1:30 p.m. Center Stage Texas, 2826 Real St. \$13 adults, \$11 kids. [kidsactingstudio.com](http://kidsactingstudio.com).

**Saturday Family Movie - Hotel Transylvania 3 (PG).** 2 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9840.

**Tortoise and Hare.** 2 p.m. See 11 a.m. for details.

**The Little Mermaid.** 8 p.m. See 1:30 p.m. for details.

### Sun 6

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Austin Boat and Travel Trailer Show.** 10 a.m. to 5 p.m. See Fri 4 for details.

**The Little Mermaid.** Performances at 11:30 a.m., 3:30 p.m. and 7:30 p.m. See Sat 5 for details.

**Free First Sunday.** Take a journey through more than 16,000 years of Texas history in the newly re-opened first floor gallery. 12 to 5 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

### Mon 7

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Gretel the Musical.** Best for grades 4-8. 7 p.m. Paramount Theatre, 713 Congress Ave. From \$10. [austintheatre.org](http://austintheatre.org).

### Tue 8

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Wake Up, Brother Bear! 10 a.m.** to 1 p.m. See Tue 1 for details.

### Wed 9

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

#### 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.



**Homeschool Social.** 11:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. library.austintexas.gov or 512-974-7400.

**Community Night.** 4 to 8 p.m. See Wed 2 for details.

### Thu 10

**Family Craft Night.** For ages 5 and up. 7 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Little Texans.** Monthly hands-on program with movement, play and tactile learning for ages 2 to 5. 10 a.m. Bullock Museum, 1800 Congress Ave. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Wake Up, Brother Bear! 10 a.m.** to 1 p.m. See Tue 1 for details.

**Music and Movement.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

**Music and Movement.** 11 a.m. Howson Branch Library, 2500 Exposition Blvd. FREE. library.austintexas.gov or 512-974-8800.

### Fri 11

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Friday Matinee - Incredibles 2 (PG).** 3:30 p.m. Carver Branch Library, 1161 Angelina St. FREE. library.austintexas.gov or 512-974-1010.

### Sat 12

**Gault Site Tour.** See one of the largest Clovis archeological sites. 9 a.m. to 12 p.m. Williamson Museum, 716 S. Austin Ave., Georgetown. \$10; FREE for children 10 and under. williamsonmuseum.org or 512-943-1670.

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**The Little Mermaid.** Performances at 10:30 a.m. and 7 p.m. See Sat 5 for details.

**Second Saturdays are for Families: Seeing Double.** Make a mirror-image work of art, then see an interactive performance by actors from the Hideout Theatre. 11 a.m. to 3 p.m. Laguna Gloria, 3809 W. 35th St. FREE with reservation. thecontemporaryaustin.org or 512-458-8191.

**Tortoise and Hare.** 11 a.m. to 12 p.m. See Sat 5 for details.

**Who's Been Here: Tracks, Scats & Signs.** Learn to scope out a scene, investigate for signs of wildlife, use a field guide and study synthetic scat. 1 to 3 p.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org or 512-232-0100.

**Winter Pfest.** Family fun featuring indoor winter theme activities and games for families with kids up to age 10. 2 to 4 p.m. Pflugerville Library, 1008 W. Pfluger St. pflugervilletx.gov or 512-990-6375.

### Saturday Cinema - Paddington 2 (PG)

2 p.m. Southeast Branch Library, 5803 Nuckolls Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

### Sun 13

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Family Day.** 12 to 4 p.m. Umlauf Sculpture Garden and Museum, 605 Azie Morton Rd. FREE. umlaufsculpture.org.

**The Little Mermaid.** Performances at 1:30 and 6:30 p.m. See Sat 5 for details.

**Tortoise and Hare.** 2 p.m. See Sat 5 for details.

### Mon 14

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Music and Movement.** 11 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

### Tue 15

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.



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**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 1 for details.

**Music and Movement.** 11 a.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. FREE. library.austintexas.gov or 512-974-8840.

### Wed 16

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Community Night.** 4 to 8 p.m. See Wed 2 for details.

### Thu 17

**Travis County Youth Show.** 9 a.m. Travis County Expo Center, 7311 Decker Ln. traviscountyyouthshow.org or 512-278-8498.

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 1 for details.

**Music and Movement.** 10:15 a.m. See Thu 10 for details.

### Fri 18

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**TGIF Movie with Popcorn.** 1 to 3 p.m. Elgin Public Library, 404 N. Main St., Elgin. FREE. elgintx.com or 512-281-5678.

**Family Movie – The House with a Clock in Its Walls (PG).** 3 p.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. library.austintexas.gov or 512-974-7500.

### Sat 19

**MLK Celebration.** A short program at the statue and then a march to Huston-Tillotson University for activities. 9 a.m. Begins at MLK Statue at UT Austin. FREE. mlkcelebration.com.

**When I Grow Up.** Professionals interact with children to share the tools of their trade. 9 a.m. to 12 p.m. For the City Center, 500 E. St. Johns. FREE. pipaustin.org.

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**The Little Mermaid.** Performances at 10:30 a.m. and 5:30 p.m. See Sat 5 for details.

**Family Storytime - Round Rock.** 11 to 11:30 a.m. See Sat 5 for details.

**Unplug and Explore: Stompin' Around.** Dinosaur Park has life-size replicas of prehistoric creatures, fossil digs and scavenger hunts. 12:30 to 4 p.m. Pflugerville Rec Center, 400 Immanuel Rd, Pflugerville. \$8. parks.pflugervilletx.gov or 512-990-6363.

**Girls of Grit.** Walk through the pages of Lone Star history and learn about the lives of the women and girls who helped settle Texas. 1 to 3 p.m. Pioneer Farms, 10621 Pioneer Farms Dr. \$10. pioneerfarms.org or 512-837-1215.

**Tortoise and Hare.** 2 p.m. See Sat 5 for details.

**New Year's Masquerade Ball.** 7 to 9 p.m. Macbeth Rec Center, 2401 Columbus Dr. \$5. austintexas.gov or 512-974-3914.

### Sun 20

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**The Little Mermaid.** Performances at 10:30 a.m., 2:30 p.m. and 6:30 p.m. See Sat 5 for details.

**Sunday Afternoon Movie - A Wrinkle in Time (PG).** 2 p.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

**Tortoise and Hare.** 2 p.m. See Sat 5 for details.

### Mon 21

#### MLK Day

**Ice Skating on the Plaza.** 10 a.m. to 9 p.m. See Tue 1 for details.

**The Little Mermaid.** 6:30 p.m. See Sat 5 for details.

### Tue 22

**Wake Up, Brother Bear!** 10 a.m. to 1 p.m. See Tue 1 for details.

### Wed 23

**Community Night.** 4 to 8 p.m. See Wed 2 for details.

**The Little Mermaid.** 6:30 p.m. See Sat 5 for details.

### Thu 24

**Wake Up, Brother Bear! 10 a.m.** to 1 p.m. See Tue 1 for details.

**Music and Movement.** 10:15 a.m. See Thu 10 for details.

**The Little Mermaid.** 6:30 p.m. See Sat 5 for details.

### Fri 25

**The Little Mermaid.** 6:30 p.m. See Sat 5 for details.

### Sat 26

**Texas Wildlife Day.** Celebrate everything feathered, furred, smooth and scaled. 9 a.m. to 5 p.m. Texas Memorial Museum, 2400 Trinity St. FREE. tmm.utexas.edu

**Austin Family Magazine's Summer Camp Fair.** Meet camp providers face-to-face as kids try camp-themed activities. 11 a.m. to 4 p.m. Palmer Events Center, 900 Barton Springs Rd. FREE. austinfamily.com or 512-733-0038.

**Winter Tree Fest.** Family-friendly tree climbing, walks and talks, s'more roasting, fort building and more. 11 a.m. to 4 p.m. Lady Bird Johnson Wildflower Center, 4801 La Crosse Ave. FREE with admission. wildflower.org or 512-232-0100.

**Tortoise and Hare.** 2 to 3 p.m. See Sat 19 for details.

**The Little Mermaid.** 6:30 p.m. See Sat 5 for details.

### Sun 27

**The Very Hungry Caterpillar Show.** A stage production best for pre-K to 2nd graders. Performances at 2 and 4:30 p.m. Paramount Theatre, 713 Congress Ave. From \$10. austintheatre.org.

**Tortoise and Hare.** 2 p.m. See Sat 5 for details.

**The Little Mermaid.** Performances at 2:30 and 6:30 p.m. See Sat 5 for details.

### Tue 29

**Wake Up, Brother Bear! 10 a.m.** to 1 p.m. See Tue 1 for details.

### Wed 30

**Community Night.** 4 to 8 p.m. See Wed 2 for details.

### Thu 31

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 1 for details.

**Music and Movement.** 10:15 a.m. See Thu 10 for details.

## Parenting Events

**Any Baby Can** offers free parenting classes in English and Spanish. Postpartum support group meets on Thursdays. 6207 Sheridan Ave. FREE. anybabycan.org or 512-454-3743.

**Bridges to Growth** offers early childhood parenting classes throughout the month. 805 W. University Ave., Georgetown. georgetownproject.org or 512-864-3008.

**The City of Austin** offers free car seat checks and Safe Baby Academy classes throughout the year at a variety of locations in the Central Texas area. Appointments and reservations are required. For dates and locations, email emspubed@austintexas.gov or call 512-972-SAFE (7233).

**La Leche League** of Central Texas hosts nine regular meetings in addition to play dates and gatherings in Austin, Round Rock, Killeen/Temple, Bryan-College Station and Waco. All breastfeeding mothers, babies and mothers-to-be are welcome to attend. texasll.org.



**YMCA** offers a free Childhood Obesity Intervention Program at various locations throughout the month. [austinyymca.org](http://austinyymca.org) or 512-236-9622.

### Wed 9

**Welcome Wednesday.** 8:30 to 10 a.m. Hill Country Christian School, 12124 RR 620 N. FREE. [hillcountrychristianschool.org](http://hillcountrychristianschool.org) or 512-331-7036.

### Thu 10

**Open Campus Day.** Observe K-12 classrooms; come and go. 8:45 to 11:30 a.m. Regents School of Austin, 3230 Travis Country Circle. FREE. [regentsaustin.org](http://regentsaustin.org) or 512-899-8095.

### Fri 11

**Kindergarten Information Session.** 9:30 to 10:30 a.m. St. Andrews Episcopal School – Lower, 1112 W. 31st St. FREE. [sasaustin.org](http://sasaustin.org) or 512-299-9800.

### Sat 12

**Make and Take: Create a Personal Book for Your Child.** Learn to create a personal book of high interest to encourage your child to read. 9 to 10:30 a.m. AGE of Central Texas, 3710 Cedar St. FREE with registration. [dsact.org](http://dsact.org) or 512-323-0808.

### Sun 13

**Info Session for Prospective Families.** 2 to 3:30 p.m. St. Andrews Episcopal School – Upper, 5901 Southwest Pkwy. FREE. [sasaustin.org](http://sasaustin.org) or 512-299-9700.

### Tue 15

**Prospective Middle School Parent Coffee.** 9 to 10 a.m. St. Andrews Episcopal School – Lower, 1112 W. 31st St. FREE. [sasaustin.org](http://sasaustin.org) or 512-299-9800.

### Wed 16

**Lunch and Learn: Building a Team for Your Child.** How do you create a great team for your child? 11:30 a.m. to 12:30 p.m. Contact DSACT for location. FREE with registration. [dsact.org](http://dsact.org) or 512-323-0808.



### Thu 17

**Visitor Morning.** For prospective grade school students. 9 to 11 a.m. Austin Waldorf School. FREE with registration. [austinwaldorf.org](http://austinwaldorf.org) or 512-288-5942.

### Wed 23

**Visitor Morning.** For prospective kindergarten students. 9 to 11:30 a.m. Austin Waldorf School. FREE with registration. [austinwaldorf.org](http://austinwaldorf.org) or 512-288-5942.

### Austin Caregiver's Circle Support Group.

Listen and share experiences for caregivers. 12 to 1:30 p.m. AGE of Central Texas, 3710 Cedar St. FREE with registration. [ageofcentraltx.org](http://ageofcentraltx.org) or 512-451-0684.

### Sat 26

**Open House.** 1 to 3 p.m. Challenger Schools in Avery Ranch, Pond Springs and Round Rock. [challengerschool.com](http://challengerschool.com).

### Wed 30

**Welcome Wednesday.** 8:30 to 10 a.m. See Wed 9 for details.

## Story Times

**Public library story time events are free unless otherwise noted. Programs subject to change. Please contact 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.

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# PIENSA POSITIVO



by Leslie Montoya, life coach and host of Despierta Austin

## PENSAMIENTOS NEGATIVOS RECURRENTE

En promedio tenemos alrededor de 50,000 pensamientos diariamente. ¿Cuántos de estos pensamientos son negativos, destructivos o sin ningun proposito? Cuando escuche que la calidad de los pensamientos determina la calidad de vida me hizo total sentido. He encontrado que para eliminar un pensamiento negativo recurrente sin ningun proposito, primero es necesario detectarlo y tener en claro cual es, y segundo, entonces reemplazarlo con otro pensamiento más productivo. Por ejemplo, si el pensamiento negativo es que te imaginas que algo malo te puede pasar sin ninguna razón, entonces en ese instante reemplaza ese pensamiento imaginando lo agradecido que estás por todas las cosas buenas que te hayan ocurrido ese día. Al inicio tomará de toda tu atención para detectar tu pensamiento pero después se convertirá en un hábito inconsciente. ¡Piensa Positivo!

## RECURRING NEGATIVE THOUGHTS

On average we have around 50,000 thoughts per day. How many of those are negative, destructive or without purpose? When I heard that the quality of your thoughts determines the quality of your life, it totally made sense. I've found that to eliminate a recurrent negative thought, it's important to first become aware of and acknowledge the thought. Then replace it with a better, more constructive thought. For example, if your thought is that, without a reason, you fear something bad can happen to you, then in that moment imagine giving thanks for all the great things that happened to you that day. At first, it will take all your attention to detect the thought, but eventually it will become an unconscious habit. Think positive!

## klru SMART SCREEN TIME® TIP

### Find your balance



Here's why they call that a lateral pass...

Screens can be used for things that are BOTH entertaining and informative. Find your balance: watch your movies, but also write a short story. Watch an episode of Nature about cute animals. Design a game. Skype your grandma.

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# KID ZONE

## Sticky Water



You can learn about three forces — gravity, adhesion and cohesion — with one nifty experiment! You see, water molecules are attracted to each other. This is called cohesion. Water molecules are also attracted to other

molecules, like the ones in the string. This is called adhesion. The force of gravity pulls the water down, and the water "sticks" to the string when you pour because of adhesion and cohesion. Go ahead, give it a try! It's easy, and it looks pretty darn cool!

### What You Need

- Small pitcher of water
- Spoon
- Cotton string
- Tray
- Food coloring
- Cup
- Scissors
- Paper towel

### What You Do

1. Add a few drops of food coloring to the pitcher of water and stir to mix.
2. Cut a piece of string about 60 cm (2 feet) long.
3. Soak the string in the colored water.
4. Working over the tray, press one end of the string against the inside of the pitcher's spout. Hold the other end of the string against the inside of the cup. Make sure you pull the string so it is tight.
5. Position the pitcher higher than the cup and carefully pour. Can you get the water to pour along the string and into the cup?



Mad Science of Austin's mission is to spark the imagination and curiosity of children by providing them with fun, hands-on and educational activities. Central Texas youth have been "edu-tained" with their week-long science-themed camps since 1997.



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## JUST FOR GRINS

CARRIE TAYLOR

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



# Hoarders: Buried Alive in Paw Patrol

There are moments early in your child's life that will define your family — forever. Like the time I discovered the sinister genius of children's toy manufacturers.

It started innocently enough. Our oldest had reached an age where he was remembering what he saw on TV, and while performing our weekly Target walk, he squealed in delight upon glimpsing a shelf of Paw Patrol figures. I mentioned it to my husband on the phone later that afternoon.

That night when he came home from work, Hubby unveiled a simple car and pup combo for the lead Paw Patrol, Marshall. The next night, he brought home another.

This continued until we had a total of six pairs. I was incredulous.

"This is ridiculous — you don't even know if he'll continue to like this stuff!!" I remember shouting dramatically.

And here we are two years later. Buried, I tell you, in Paw Patrol paraphernalia. And

the worst part? Every toy IS. THE. SAME. But with small variations. We have three figures for each pup: a "sea" theme, a "mission/spy" theme and the plain old version. We have a Paw Patrol plane, a Paw Patrol bus, a Paw Patrol mission van thing, a Paw Patrol submarine and a giant Paw Patrol boat.

We're living the textbook definition of insanity.

The other night I searched for something for my 4-year-old to watch, and he of course directed me to old faithful Paw Patrol. Navigating to the latest episode on our DVR, I suddenly felt sick. The title wasn't making any sense. "Mighty Pups," I read, feeling my heart race and forehead start to sweat.

As we pressed play, I saw a new horror of Paw Patrol fly and run across the screen — "superhero" pups.

Time to order some more storage bins.



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