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ParentMap

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Health
I S S U E



What sugar is really doing to us (and how to fix it)

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Good Growing
newsletter inside



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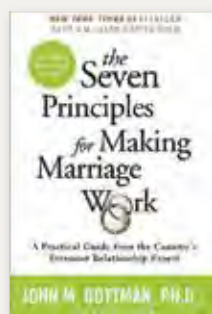
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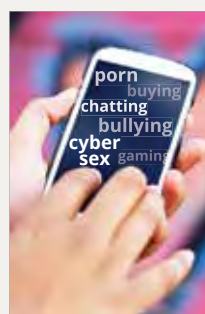


APRIL 19

TOWN HALL, SEATTLE

Lenore Skenazy

**Keep Calm and Parent On:
Raising safe, self-reliant kids**



MAY 24

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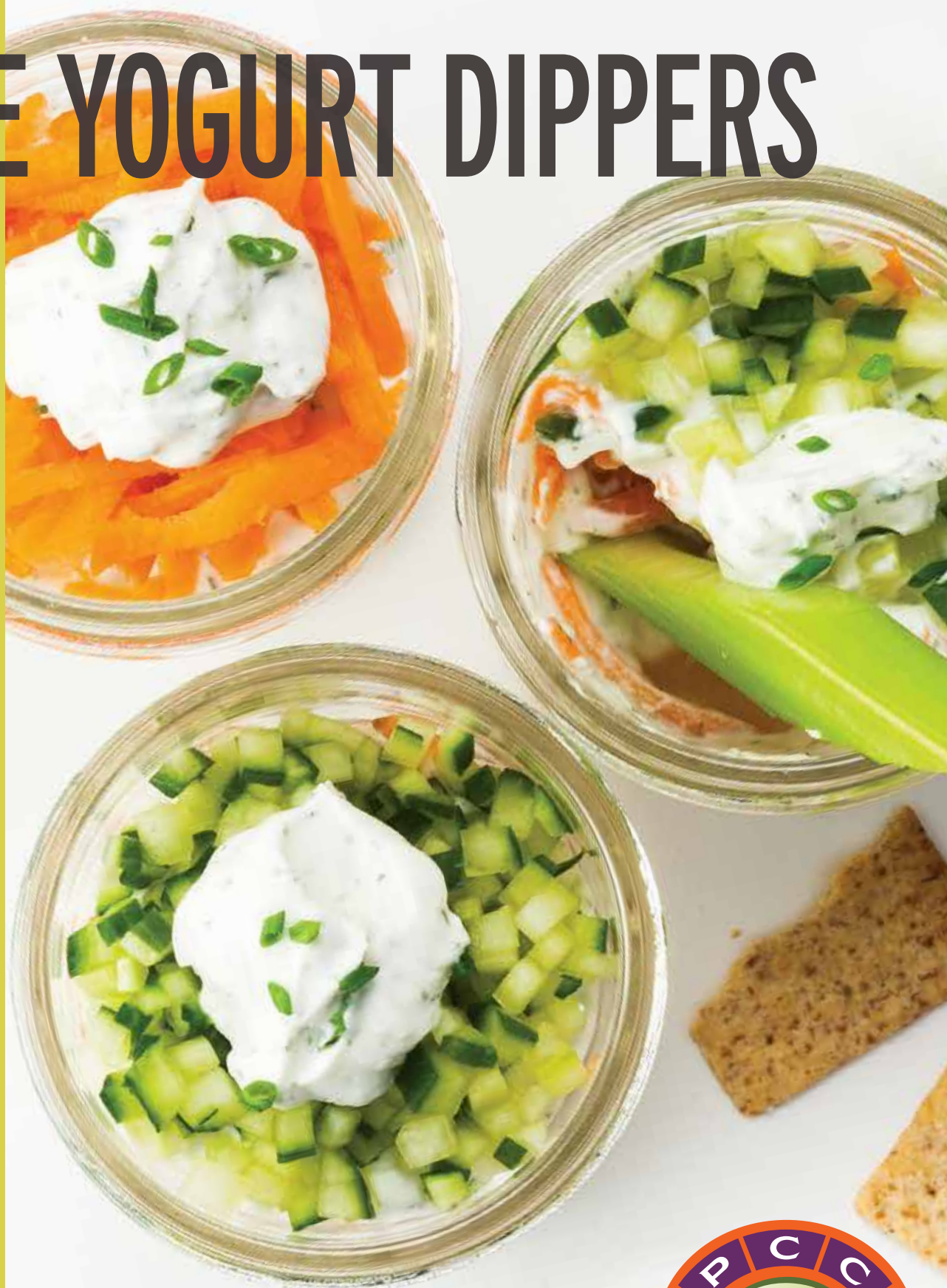
PCC Chef Jackie Freeman takes the TasteMobile on the road – it's a field trip with a delicious, healthy snack! These fun parfaits layer locally made, whole milk yogurt with two popular, kid-friendly vegetables. The creamy, colorful layers are ready to be dipped into with celery sticks or crackers. Find the video and recipe at pccnaturalmarkets.com/healthykids.



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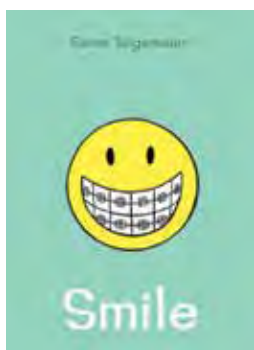
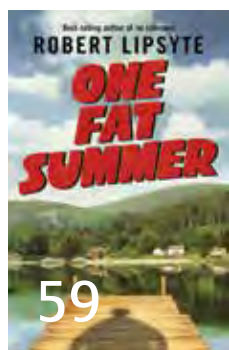
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WILL AUSTIN

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COVER: IMAGES: ISTOCK; COLLAGE: EMILY JOHNSON

ParentMap.com

navigate great stuff daily!



Honor Dr. King

"Life's most persistent and urgent question is 'What are you doing for others?,'" said Dr. Martin Luther King, Jr. Honor his legacy on Jan. 18 by participating in inspiring MLK Day celebrations around the Sound, such as the annual rally at Seattle's Garfield High School to the Northwest African American Museum's open house; or dig into volunteering at a National Day of Service event. Find events at parentmap.com/mlkday. Plus, check out our roundup of fun apps to help teach kids about Dr. King and civil rights: parentmap.com/MLKapps. And to understand how a new generation is navigating race, read our interview with local author Sharon H. Chang, whose new book, *Raising Mixed Race: Multiracial Asian Children In a Post-Racial World*, explores the marginalization of mixed-race people and how to support mixed-race children in developing their own identities: parentmap.com/raisingmixedrace.



Preschool preview!

'Tis the season for many families to begin the preschool search. Lucky for you, ParentMap is preschool central. We have your primer on the difference between Montessori, Waldorf and play-based preschools; plus we explore where you can get a STEM-focused experience for your little one, how to tap into the newest all-outdoor preschool craze, and how to bring preparatory learning into the home: parentmap.com/education/preschool. Plus connect with more than 150 preschools around the region at our four **January Preschool Preview fairs**. Details at parentmap.com/preschool.



Eat your veggies!

If one of your New Year's resolutions is to green your family's diet, you'll want to bookmark our new round-up on the best eateries around the Sound for inventive, kid-friendly vegetable dishes. We cover fancy and lowbrow, with plenty of inspiration for veggie makeovers at home, too. parentmap.com/eatyourveggies. Plus, check out our list of top recipes (plus inspiring pictures!) that will help you use veggies in your home kitchen and please the kids: parentmap.com/veggierecipes.



It's all downhill

Nothing says winter fun like a few hours of rocketing down a snowy hill on a sled or tube, followed by a thermos of hot cocoa. Whether you're dreaming of sledding at Mount Rainier's Paradise, tubing at the Summit at Snoqualmie, or sliding down a gentle hill just off the highway, we've rounded up insider tips on the region's best sledding spots at parentmap.com/sled. (Don't forget to check conditions before you go!)

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dear reader

Making it work in 2016

I'm breathing deeply to ward off the heart palpitations triggered by the fact that we're entering 2016. I'm near twice the age of many of you and living more closely to the reality of how speedily life zooms by. Endless nights while raising three babies are a faint memory. My cherished husband says my memory is perfectly intact, I simply was not the parent getting up.

Guilty.

Middle-of-the-night digital ear-infection diagnoses via video to on-call docs, or wearable trackers to help mamas and papas get calm were unimaginable to us back then. Age-old parenting challenges remain, but remarkable solutions abound — many of which we'll bring to you this year.

In this politically pumped-up election year, we're dedicated to elevating the conversation with business leaders, politicians and you about families' well-being. Our goal is to improve our world for families who struggle daily. Parents in America must be afforded support to bond with their precious newborns, take care of sick kids or aging parents, afford quality child care, and keep their loved ones safe from guns. We're passionately committed to **Making It Work**, our ongoing series (this month in print on p.13 and online every day at parentmap.com/MakingItWork) that will go beyond tired-out debates about "having it all" to explore the issues you face, from on-ramping and off -ramping to the search for easy meals and family-friendly benefits. We'll focus on stories and solutions and make sure your voices are heard.

Championing family-friendly policies, from paid leave to gun safety, is "Someone you should know" (p. 62) and ParentMap's 2008 Superhero, MomsRising's founder Kristin Rowe-Finkbeiner. The positive impacts of MomsRising's now 1 million-plus members is clear when paid family leave is on the agenda of all candidates, Clinton to Rubio.

A hidden hero of this issue is fellow preschool parent of yesteryear and Beecher's Handmade Cheese founder Kurt Dammeier. Foodie father extraordinaire, Dammeier launched Pure Food Kids Foundation to help kids make smart food choices.

We're an unwittingly addicted society, be it to coffee or sugar, but sugar has substantially greater harmful impacts on our health. "Sweet denial" (p. 23) reveals how challenging it is to avoid feeding our precious offspring sugars. The daunting reality in the number of diagnosed cases of type 2 diabetes should stop you cold turkey on added sugar: zero documented cases in adolescents in 1980 vs. 2010's 57,638.

We hope you will join in ParentMap's ongoing Making It Work conversations in 2016 to support our community of families (follow and join the convo on Facebook with #makingitwork).

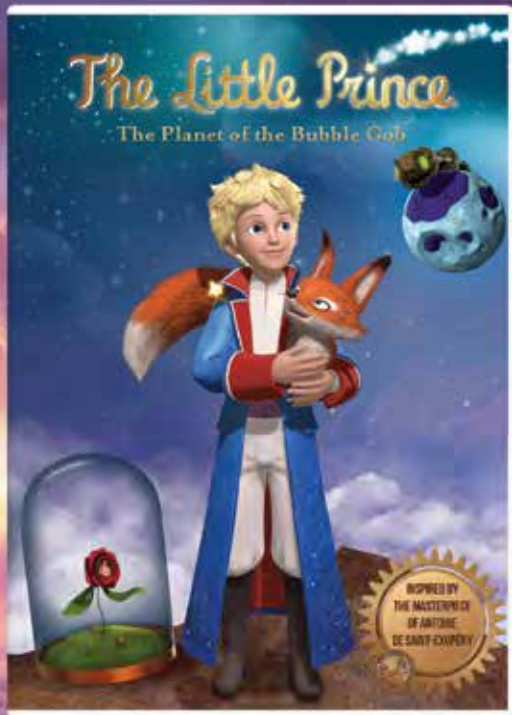
Wishing you and your family great joy, love, health and adventure in 2016.

— Alayne and the ParentMap family



WILL AUSTIN

Someone you should know Kristin Rowe-Finkbeiner and Alayne



The Little Prince

Available January 12th!

The universe is in danger. Stars are being extinguished, one after the other, after the Snake's fateful visit. Accompanied by his inseparable friend Fox, the Little Prince must solve this problem, and leaves his asteroid and his Rose for a great journey. Traveling from planet to planet, he discovers vast, enchanting worlds...



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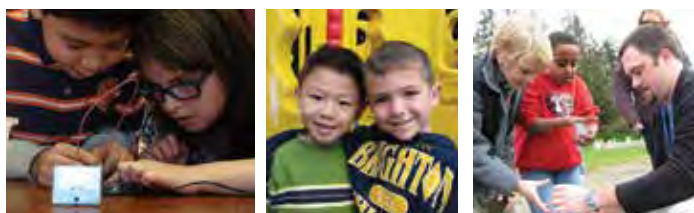


Math Moves! was developed by a partnership between the Science Museum of Minnesota, Explora, Albuquerque; the Museum of Life & Science, Durham; the Museum of Science, Boston; the Center for Research in Mathematics and Science Education (CRMSE) at San Diego State University, and TERC, Cambridge, with support from the National Science Foundation.

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ParentMap understands what it means to be a parent.

We bring you a full menu of parenting nourishment, from the most fascinating research and important family news (*what we like to call the broccoli*) to get-out-of-the-house-now ideas for fun and enrichment (*the popcorn!*).



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PARENT FUEL

family news, snack-sized

Bumper crop

Infant deaths caused by crib bumpers are on the rise — and the authors of a new study are calling for an outright ban on the sale of bumpers. The research, published in *The Journal of Pediatrics*, reviewed data from 2008–2011 from the U.S. Consumer Product Safety Commission (CPSC) and other sources, and found reports of 77 bumper-related deaths — three times more than in two previous seven-year spans. Another 146 infants were involved in bumper incidents in which the babies nearly suffocated, choked or



were strangled. “Crib bumpers are killing kids,” says lead researcher Dr. Bradley T. Thach of the Washington University School of Medicine in St. Louis. “Bumpers are more dangerous than we originally thought.” The American Academy of Pediatrics recommends against using crib bumpers — and a 2012 voluntary industry standard aims to make them safer by limiting their thickness — but there are no federal regulations surrounding bumpers. Thach and his team are now urging the CPSC to ban the sale of crib bumpers.

Joint study

You may have heard that the marijuana kids smoke today is much more potent than the pot that was around a generation ago, and it's true. Now, researchers say that frequent use of that high-potency, “skunk” cannabis causes damage to the brain, particularly the part that aids communication between the right and left hemispheres. Skunk contains higher levels of the main active ingredient in marijuana, delta-9-tetrahydrocannabinol (THC). Scientists

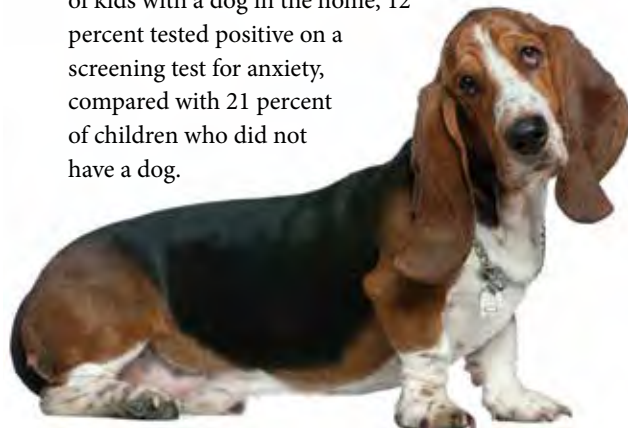
at the Institute of Psychiatry, Psychology & Neuroscience at King's College London in the U.K. also previously released a study linking skunk to greater risk of schizophrenia-like psychosis in frequent users. Smoking pot of any kind, skunk or otherwise, is illegal in Washington for anyone younger than 21.

Painful tooth

Looks like swearing off sugared sodas isn't enough to keep your smile healthy: Even sugar-free drinks can damage your teeth. Researchers at the University of Melbourne in Australia tested 23 different soft drinks and sports drinks (including flavored mineral waters) and found that most produce measurable damage to tooth enamel. It's best to avoid drinks that include acidic additives, especially citric acid and phosphoric acid. If you do drink them, rinse afterward with water — but don't brush for at least an hour or you could remove the softened tooth layer. Better yet: Drink water instead.

Basset hounds

If your kids have been hounding you for a dog, here's new reason to give in: A small but slobbery study from Bassett Medical Center in New York found that children who live with dogs tested lower for anxiety. The study looked at 643 kids between 4 and 10 years old. Among the 58 percent of kids with a dog in the home, 12 percent tested positive on a screening test for anxiety, compared with 21 percent of children who did not have a dog.



New Year's resolutions

Do you make them? Do you keep them? Surveys generally find that slightly fewer than half of us do make New Year's resolutions — usually around losing weight or working out more — but most of us bail pretty quickly. The biggest day for giving up? Jan. 17, now known as “Ditch New Year's Resolutions Day.” Can you hang on through the end of the month?



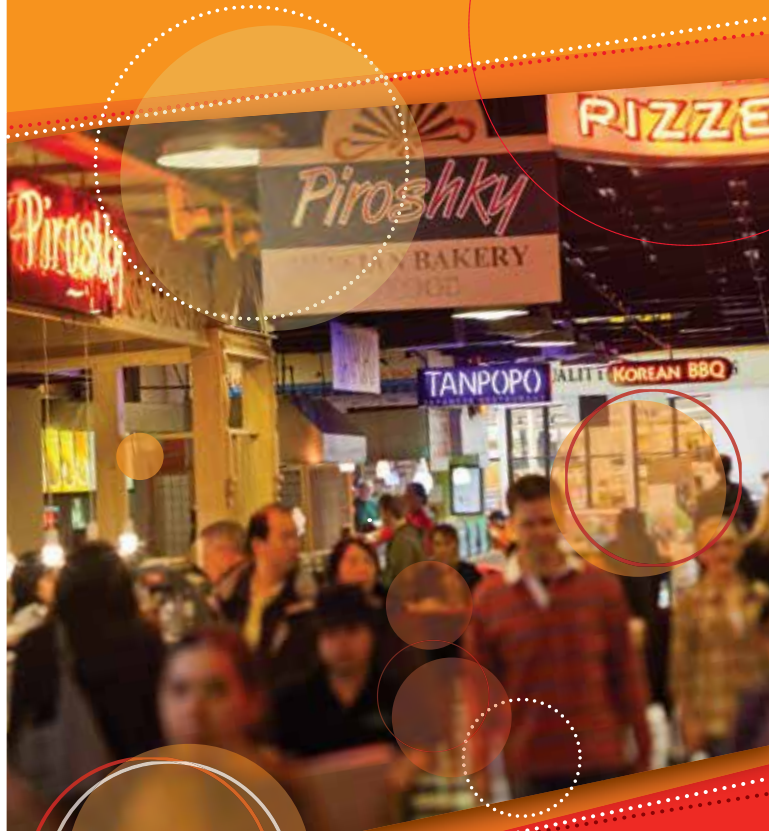
Tidy is sexy

Here's one resolution that could really pay off for men: Do more work around the house! A study in the *Journal of Family Psychology* finds that men who do their fair share of housework have more frequent and better sex. In fact, both men and women are happier in the sack when they believe household chores are divided fairly. It's not about how many chores men do, it's whether their contribution seems fair to their partners. Time to suck it up and fire up the vacuum! ■

— Kristen Russell

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Sick-season salve

Handpicked help to keep even the busiest families healthy

By Nancy Schatz Alton

While January means that light grows longer by the day, wintertime means that colds and flus lurk everywhere. Illness can hit busy families hard, complicating schedules, sometimes requiring us to play musical-chair child care, and generally leaving everyone feeling blah. When germs come knocking, how do we keep ourselves and our children healthy without resorting to quarantine? And when illness takes hold, how do we soothe our families as effectively as possible? We've asked local experts for their best tips and favorite kid-friendly products to support even the busiest families during cold and flu season. We've also included products for adults that encourage calm, knowing less stress often means less illness.

Diagnose the family with your own tech tools

The **Kinsa Smart Thermometer** heralds a new kind of care, because it may help doctors understand fevers in communities, says Dr. Wendy Sue Swanson, executive director of Digital Health at Seattle Children's Hospital. This may be the easiest thermometer you'll ever use. Plug this stick into your smartphone's headphone jack and launch its free app to log each family member's symptoms. During the 10-second read time, kids can play a bubble-popping game on the screen.



"Kinsa remembers temperature history, symptoms and medications, and provides expert medical guidance. As more people use Kinsa, they'll be able to better understand the health of the community around them," says Nita Nehru of Marketing and Community at Kinsa, speaking about Kinsa's "groups" feature, whereby users are alerted to a potential outbreak in their area. kinsahealth.com; \$14.99.

The most common cause of pediatric visits entered the digital age with **CellScope's Oto**. This iPhone otoscope — the device doctors uses to peek inside ears — enables you to take a video of your child's ears when you suspect an infection, and then share it with a doctor. In December, CellScope launched Oto's companion app, **Seymour**, which walks parents through taking an ear exam and extends the product's capabilities into skin concerns. Seymour's software enables parents to take high-quality images of their kids' skin (bug bites, rashes, allergic reactions, etc.). Parents can share the images with one of CellScope's board-certified doctors and get a personal assessment and recommendation plan in less than two hours, without the long wait in the germ-filled doctor's office. cellscope.com; \$79, doctor assessment is \$10 (first consult is free with purchase).

If Mama isn't healthy, no one's happy

Spire adds calm to the wearable tracker toolbox. Although it won't place you by a river, this tracker looks like an oblong rock and clips onto your pants or bra. Until I wore a Spire, I had no idea my breathing never reaches a level of calm on some days. I wore Spire for four days before my app buzzed to let me know



The work/family juggle is one of the biggest challenges parents face. In our 2016 special series, **Making It Work**, we go beyond tired-out debates about "having it all" to explore big issues, real stories and inspiring solutions. Making It Work is sponsored in part by carefully selected partner organizations that are committed to supporting parents and families. All editorial is developed and directed by ParentMap's journalists. This wellness package is supported by Coordinated Care, a Tacoma-based health insurance plan that treats the whole person. For more, connect with us on Parentmap.com/MakingItWork and on Facebook and Twitter with [#MakingItWork](https://twitter.com/MakingItWork) and [#MakeItWorkMondays](https://twitter.com/MakeItWorkMondays).



coordinated care™

I had achieved calm (while having a post-playdate glass of wine and appetizers with neighbors). Luckily, I can practice breathing deeply with the app's calm-boosting activity. Spire tracks rate of breath, cataloging activity (steps), focus (stress without anxiety) and calmness (slow and smooth). I've yet to explore Spire's full data-crunching capabilities, but I'm glad to know I need to breathe more deeply more often than once every four days. spire.io; \$149.95. >>



Sick-season salve

continued from page 13

Before buying the **Headspace** app, I was a theoretical meditator, practicing occasionally. A year later, I meditate almost daily to the soothing, British-accented voice of Andy Puddicombe. After practitioners finish Take 10, they choose from five series. I like that I can choose how long to meditate: 10, 15 or 20 minutes. I love that during each session, Puddicombe gives me factual information on that particular series. So far, I've learned about anxiety, stress, relationships and focus. Better yet: My tween, who has trouble falling asleep, falls asleep while listening to Headspace's sleep meditation. headspace.com; yearly membership is \$7.99 per month.

Pharmaca nutritionist Acacia Wright, RD, CD, carries **WishGarden Herbal Remedies' Kick-Ass Immune Activator** in her purse. "It's great for first-line immune defense for parents and older kids, especially if you are traveling or when petri dishes of sickness are being passed out at school," says Wright, lead practitioner and dietitian at Pharmaca's Queen Anne store in Seattle; \$19.99 for 2 fluid ounces.

Ear, nose, throat and more

Because cough medicine isn't safe for children younger than age 6, Swanson recommends **honey sticks** (but be aware that honey is *not* safe for children younger than age 1). "Research shows



honey can help with productive coughing," she says. If you can't find honey sticks, you'll find local, raw honeys at PCC Natural Markets, says Nick Rose, MS, PCC's nutrition educator. He recommends 1/2–1 teaspoon to soothe bouts of coughing, and says local, raw honey is the ideal choice as it's also a known immune-system booster.

Build up your offspring's immune system by tossing **Garden of Life Raw Probiotics Kids** powder into their daily smoothie, juice, milk or formula. "It has a blend of different fruits and vegetable, and contains 5 billion life cultures, which is incredible for boosting and supporting the immune system with natural antioxidants and phytonutrients," Wright says. pharmaca.com/garden-of-life-raw-probiotics-kids-3-4oz; \$28.30 for 3.4 ounces.

Treat pesky ear pain and potential ear infections with **Herb Pharm Kids Ear Oil** with mullein and garlic. "All of these herbs are anti-inflammatory and antibacterial. The garlic helps to open up airways and relieve pressure from mucous buildup, and the mullein helps to heal damaged tissues," says Wright. Available at Pharmaca, PCC and online (\$13 for 1 ounce).

Herb Pharm Kids Immune Avenger contains a nice mix of herbs that support a variety of



body symptoms, says Rose. "There's echinacea and elderberry for immune support, thyme and hyssop to support the lungs, ginger and cinnamon to increase circulation and warm the body to help fight off the flu, and horseradish to clear the sinuses." Available at PCC, Pharmaca and online (\$13 for 1 ounce).

Is your family plagued by sinus woes? Make 2016 a year free of infections by adding **Kid's Xlear Xylitol and Saline Nasal Spray** to your medicine cabinet. "This a safe and helpful way to prevent sinus infections and remove bacteria trapped in the nasal cavity that may cause colds, infections or runny noses," Rose says.

"This product has additional antibacterial properties from the addition of grapefruit seed extract, and the xylitol helps to moisturize in addition to cleaning out the sinus cavity." Available online (\$6.99 for .75 fluid ounce) or at PCC Natural Markets.

The smell of eucalyptus brings comfort to mind. Maybe that's because eucalyptus is the most effective aromatic herb for helping open up nasal passages for easier breathing. Rose recommends **Puremedy's Eucalyptus Chest Rub** to ease cold and flu symptoms. Pine and elderflower are also in this soothing formula. Available at PCC or online (\$15.95 for 1 ounce). ■





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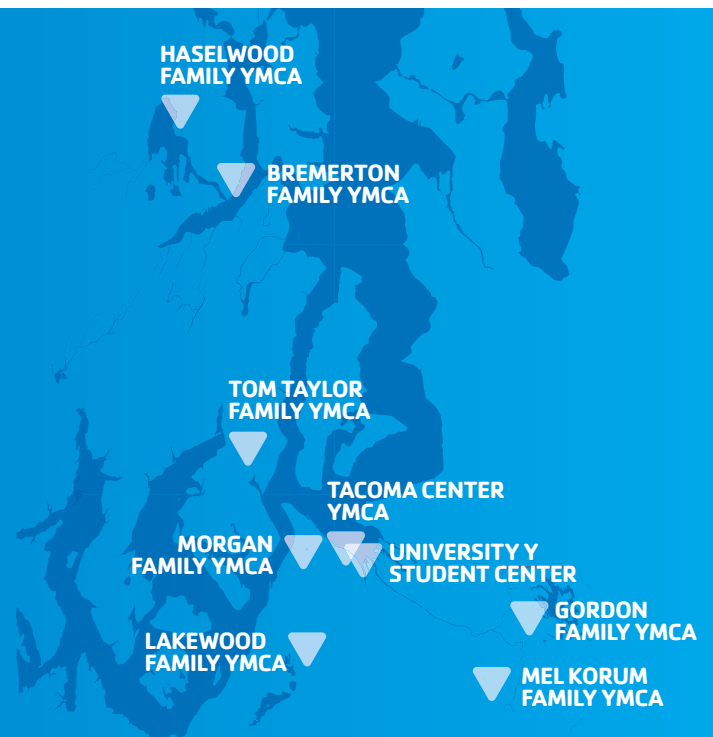
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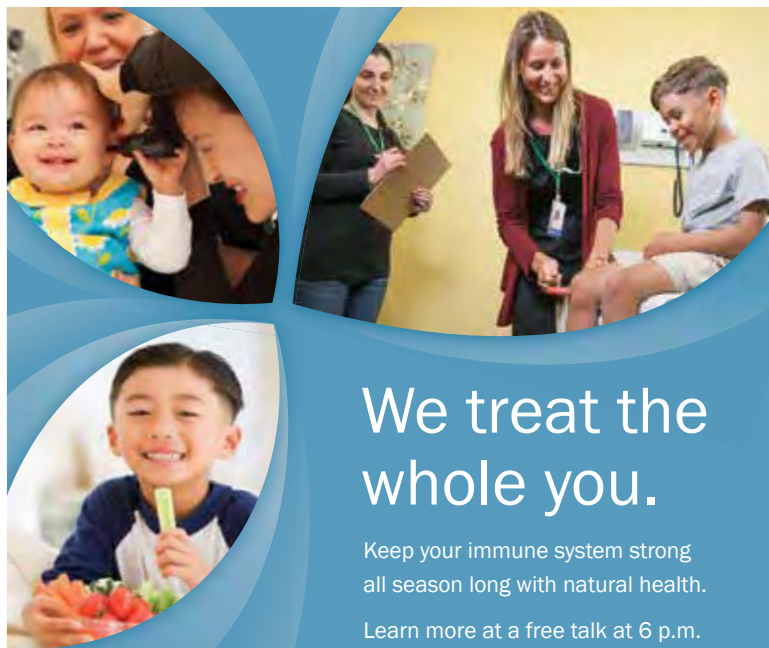
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Teaching kids to be food detectives

Can making kids curious about food change American's eating habits?

By Ashly Moore Sheldon

On a crisp November morning, Katherine Hinn's fourth-grade science class at TOPS K-8 School in Seattle is alive with the thrum of energy created by 28 wriggly 9- and 10-year-olds. But Bri Larson, a visiting instructor from the Beecher's Pure Food Kids Foundation, cuts through the chaos like a seasoned pro. It's a good thing, because Larson's agenda for this workshop is ambitious: In the next two and a half hours, she will teach kids to become "food detectives," meaning they will gain expertise in decoding food labels, understanding product marketing and discerning the difference between processed foods and whole foods. And they'll put that knowledge into action by preparing a simple meal: chili.

First up is learning about labels. Kids study laminated cards showing the labels of popular cereals, snack foods and energy drinks. Larson teaches the group to be wary of false health claims on packaging (Whole grains! Made with real fruit!). They compare the recommended daily amount of sugar (no more than 30 grams) to how much the average American eats per day (186 grams!).

A game has them on their feet, moving between two sides of the room as they guess whether common food additives are artificial or natural. They gasp with surprise at some of the revelations. (Sodium chloride is just another way of saying salt?)

To prep for the cooking part of the workshop, the kids compare the ingredients in a can of Hormel chili with the list of familiar whole food ingredients in the chili they will make as a class. Some of the ingredients on the Hormel's cans — such as textured vegetable protein and hydrolyzed soy — elicit an appropriate response: "Gross!"

Changing America's eating habits, one class at a time

Hinn's fourth-graders are just a few of the 20,000 Seattle-area kids who will become food detectives this school year, courtesy of this single, powerful workshop served up free of charge to local schools by Pure Food Kids.



ERINN HALE

Decoding food labels at a Pure Food Kids workshop

Kurt Dammeier, owner and founder of Sugar Mountain, the parent company of Beecher's Handmade Cheese and other food businesses, started Pure Food Kids in 2004 with a simple but bold goal: Change the way America eats by empowering kids to make healthy food choices.

Pure Food Kids executive director Kristin Hyde explains that Dammeier had originally planned to contribute 1 percent of Sugar Mountain sales to existing initiatives aimed at educating kids about nutrition. But when he looked around, he was unable to find organizations doing the work he envisioned, so he decided to create his own.

Working closely with staff of Washington State University's Food Sense program and other education experts at the state level, Dammeier and his team laid the groundwork for the initial workshops. They decided on a length of two and a half hours — short enough to fit into a school day, yet long enough to have an impact. The workshop would also be academically aligned with school curricula and standards.

"We make kids aware that they're the target of \$2 billion a year in advertising"

They targeted fourth- and fifth-graders because they are at a perfect developmental phase for absorbing and sharing information: old enough to be independent and competent, yet still enthusiastic and open. Hyde says that kids of this age range are also primed to promote change in their families. She recalls her own experience as a kid in the 1970s with antismoking programs, saying, "I would lobby my parents relentlessly. Kids change the norm . . . Get to them early and they become the catalyst for change in the family."

And the focus would be not on lecturing, but sparking kids' curiosity, using engaging activities to open their eyes to what might be driving their food choices. "We make kids aware that they're the target of \$2 billion a year in advertising," says Hyde. "The idea is to raise suspicion, make these kids savvy that they're being marketed to in the first place and give them the tools to find out."

In the first year, Pure Food Kids, then called Beecher's Flagship Foundation, ran 20 workshops in the Seattle area. In the past 10 years, that number has skyrocketed. In the last school year,

Teaching kids to be food detectives

continued from page 17

Hyde reports, “we taught 647 Pure Food Kids workshops in more than 200 schools, turning more than 15,000 students into food detectives. That’s almost enough to fill KeyArena!”

The foundation also launched a satellite program in New York City in 2014, running 58 workshops there in the 2014–15 school year, and is on track to reach more schools this school year.

Turning the tide of diet-related disease?

With child obesity on the rise, empowering kids to make better food choices isn’t just smart, it may be life-saving. The Centers for Disease Control and Prevention reports that more than one-third of American children are overweight or obese. Hyde says, “Many studies indicate that this is the first generation in modern history who may have a shorter lifespan than their parents.” Diet-related disease, she notes, has recently overtaken tobacco as the leading cause of death in America.

Nutritionists argue that the rise of diet-related disease goes hand in hand with our culture’s rising consumption of processed foods. At the same time, busy parents often find that they don’t have time to examine all the food their kids are eating, much less prepare homemade meals.

It’s hard to believe that a one-time workshop can do anything to reverse these dire trends. But evidence suggests it has a lasting impact.

In a quiz that Pure Food Kids instructors give at the end of each workshop, for example, participants’ knowledge of the topics increases by about 30–40 percent. And the learning seems to stick: Recently, Pure Food Kids had the opportunity to survey groups of local middle school students about their nutritional knowledge. Kids who had participated in a workshop a year or two before had clearly retained information, answering questions correctly about 70 percent of the time, compared to kids who hadn’t taken the workshop, who answered correctly about 40 percent of the time.

“We hear from kids and teachers that it was their favorite day of fifth grade or fourth grade,” says Hyde. “That was the thing they remember most.”

And then there’s the anecdotal evidence.

Teacher Katherine Hinn says, “This program has a huge impact on the students. They usually remember quite a bit of information about the workshop and use it when they go home.”

Back in Hinn’s classroom, where the excitement is building as the kids start to cook together, it’s easy to see why.

The cooking teams make a plan for dividing up the work and are given tools and ingredients. Kids vie for positions. One girl says to her group, “I chop onions all the time at home, so I should do it.” The boy next to her replies, “Well, I’ve never done it before and I want to try!” He is soon sawing happily away at the onions with the group’s

green plastic knife while his “expert” partner peppers him with suggestions.

Anticipation grows as Larson assembles the ingredients in the pot, explaining her steps as she goes. The aroma of simmering chili fills the room, along with responses like “Mmmmm!” and “I’m hungry!”

Soon the kids will eat together, and — if the workshop hits its mark — go home armed with skills to do much more than make a mean pot of chili.

Hyde provides a perspective of the long-term impact her organization hopes to achieve. “We are helping families shift how they spend their food dollars, driving demand away from heavily processed foods and toward more wholesome choices.” ■

Ashly Moore Sheldon is a Seattle-based writer and editor.

how to find a workshop

Pure Food Kids workshops are free and offered to schools in the Seattle area, including private schools, public schools and homeschool groups. To organize a workshop for your child’s classroom, talk with the teacher about it and visit purefoodkids.org.

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Don't let the rain get you down! It's winter but you can still throw an affordable yet pumped-up party in any warm, dry space — including, gasp, your own house — if you keep these tips in mind. (Get more ideas for every type of birthday at parentmap.com/birthdays.)

SKIP MEALTIMES

With younger kids, be sure not to schedule during nap time. Avoiding the lunch or dinner hour makes your job easier, because you won't feel obligated to serve a meal.

KEEP 'EM BUSY WHEN THEY COME

Guests seldom arrive at the same time. You don't want to start a game and leave someone out, plus you will likely be tied up chatting with parents about pick-up times. For younger kids, try providing coloring sheets and crayons, or have your guests decorate their own party hats with stickers. For older kids, free play with Legos or a craft project will do.

LOW-KEY GAMES WIN

For indoor games, you will want to keep the running around to a minimum. Great games for indoors (that can be adapted to any theme, from *Star Wars* to *Frozen*) include: Pin The Tail On the Donkey, Musical Chairs, Pass the Parcel, Freeze Dance, Hot Potato (pass around a stuffed animal but don't be caught holding it when the music stops), and Bingo.

PULL OUT THE PERFECT PIÑATA

Piñatas are fun, but no one wants a 5-year-old swinging a stick in the house! The solution? A pull-string piñata.

— Tiffany Doerr Guerzon



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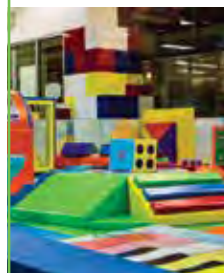


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Eating healthy is an evolution, so let's all relax

By Angela Stowell

It happened about a month into preschool: I sent my son to school with a peanut butter and jelly sandwich. Gone were my dreams of a perfectly tailored lunchbox, filled with turkey, avocado and cucumber sandwiches, aged cheeses and homemade hummus. I was starting to feel guilty about this plain, uninspired lunch I had prepared when it hit me: Why was I beating myself up for giving my kid organic peanut butter and jam on whole-grain, organic bread? There are worse things!

I think sometimes, as parents, we go overboard trying to feed our kids healthy food just as we worry that we're giving them too many sweets. If my 3-year-old finishes his lunch (including the carrot sticks and bell peppers that I've packed in his lunchbox) because I also threw in PB&J — well, then I think I'm doing OK.

Getting kids to eat healthy foods is easy — if you have a kid who really likes healthy food. Despite his desire for a daily PB&J lunch (and probably breakfast, too, if he could get it), my 3-year-old really loves wholesome foods. My 18-month-old, on the other hand, will eat exactly three green vegetables and throws the rest on the floor. So what do we do at our house? We do our best to put healthy food on their plates and in their lunchboxes, and then we hope they eat it. If they don't, we move on and assume that, unless our doctor raises concerns, we will still raise healthy and well-balanced children. That said, we do try to keep to relatively clean eating most of the time when we're at home. We incorporate green

vegetables into smoothies, pasta sauces and muffins. We keep putting the same healthy foods in front of our boys and hope that at some point they will like them. We make sure that they see us putting healthy food on our own plates.



Being a restaurateur and the wife of a chef doesn't mean that it's always easy to come up with creative, healthy recipes. Actually, my husband might say that I'm a borderline bad cook. (I might agree.) As a working mom, I don't have a lot of time to spend with cookbooks, but I do follow some Instagram accounts that offer good ideas for lunches, snacks and dinner. I like Real Food Whole Life (realfoodwholife.com) for dinner ideas; Weelicious (weelicious.com) posts a lot of inspiring lunch box pictures and recipes; and Allrecipes.com is just a good standby for general cooking ideas. Often my meals don't look nearly as pretty as the filtered

EDITOR'S NOTE

Angela Stowell is CFO and partner at Ethan Stowell Restaurants in Seattle, which encompasses 12 restaurants including Tavalà and How to Cook a Wolf. Angela also helped found Eat Run Hope, an annual 5K and culinary event that benefits the Fetal Health Foundation. Angela and Ethan have two young sons.

Instagram shots, but it's important to me to keep reintroducing foods in new ways. So, I keep trying different things. I add new spices to foods that the kids didn't previously like and then I pat myself on the back when I get a winning combo.

I don't know if I have any amazing advice that other parents haven't already come up with. Sometimes — OK, a lot of times — it's really hard to suit up for a dinnertime battle, especially after you've all had a long day at work and at school. But I think we as parents should give ourselves a little more credit for just doing the best that we can to feed our children's souls as well as their bellies — even when that means spreading an organic peanut butter and a nice jelly on healthy bread and calling it good. ■

If my 3-year-old finishes his lunch (including the carrot sticks and bell peppers that I've packed in his lunchbox) because I also threw in PB&J — then I'm doing OK.

SWEET DENIAL

What sugar is really doing to us (and how to fix it)

BY NANCY SCHATZ ALTON





On day seven of my family's 10-day no-added-sugar challenge, I discovered that my teen liked soy milk, which at first seemed to me like a great way for my milk hater to get calcium. Then I had a second thought: *Wait, why does my sweets-loving girl like it?* I had forgotten to read the label: It turns out there are 5 grams of sugar in each serving!

I've always known my eldest daughter (who chose breast milk over all other foods until she was weaned) had a thing for sugar. "We are hardwired [from babyhood] for that sweet taste," says Jennifer Adler, a Seattle-area nutritionist and author of *Passionate Nutrition*. "Sweetness is an indicator that food is safe, because it doesn't have that bitter taste from alkaloids that signify poison in plants. If we look back through history, sweet meant we were safe."

I've been scanning food labels for added sugar ever since I watched the documentary *Fed Up* and decided my family of four would participate in the 10-day no-added-sugar Fed Up Challenge. The film follows families struggling to lead healthier lives while indicting the food industry and the U.S. government for hiding sugar in 75 percent of packaged foods. In fact, we learn, researchers estimate that 15 percent of all calories consumed in our country comes from added sugars.

"Basically, the food industry has plied all of our foods with sugar so we buy more food. Because we then have a sugar addiction; we can't stop even when we want to stop," says Dr. Robert Lustig, a pediatric endocrinologist at the University of California, San Francisco, where he is a professor of clinical pediatrics. "This wouldn't be a big deal if it were just addiction like coffee is — and believe me, if you take my Starbucks away from me, I will kill you — but coffee, to my knowledge, doesn't have a downfall like sugar does."

Although *Fed Up* is stuffed full of statistics explaining why sugar is not good for our bodies, it's the diabetes fact that haunts me most. In 1980, there were no documented cases of type 2 diabetes in U.S. adolescents (ages 8–19); 57,638 adolescents were diagnosed with type 2 diabetes in 2010.

To get a window into the cause, you need look no farther than the closest checkout aisle or vending machine. A can of Coca-Cola has 39 grams, or 7.8 teaspoons, of sugar. For

comparison, the American Heart Association recommends limiting added sugar consumption to no more than half of your daily calories, which roughly translates to 4 teaspoons for ages 1–3; 3 teaspoons for ages 4–8; 5–8 teaspoons for tweens and teens; 6 teaspoons a day for most women; and 9 teaspoons a day for most men.

In a recent study published by Lustig and colleagues, dietary sugar intake was reduced from 28 percent to 10 percent for nine days in children (ages 9–18) who had one or more symptoms of metabolic syndrome, which can include hypertension, high blood sugar, abnormal cholesterol and excess body fat around the waist. "We didn't give them good food; we substituted sugar for starch: chicken teriyaki [was] out, turkey hot dogs in; doughnuts out, but bagels in. The only added sugar they had was from fruit; we didn't change their calories and their weight didn't change," Lustig says. "But every health aspect got better in 10 days."

The participants' LDL cholesterol (associated with heart disease) dropped an average of 10 points, while their triglycerides (which contribute to heart disease) fell 33 points. Notably, the children's fasting blood sugar and insulin indicators significantly improved, which meant participants' indicators of diabetes risk fell sharply.

When this study was published in the journal *Obesity* in October, a *New York Times* headline caught my eye: "Cutting Sugar Improves Children's Health in Just 10 Days." I wish it was harder for food companies to effectively hide sugar in the processed food that lines my grocery store shelves. But as Lustig says, "Until the federal government does just this, you are on your own. Parents have

to be fastidious label readers or make their own food. And that's the real answer: Eat real food."

I feel lucky: A 2013 study by the Rudd Center for Food Policy and Obesity showed that only half of Americans cook every day, and 33 percent of children and 41 percent of teens eat fast food *every single day*. During our 10-day no-added-sugar challenge, I cooked and cooked and cooked. I attuned my ears to my children's words as they spoke of sweet cravings while we tried to reduce our sugar intake.

In response to that information, I employ the tools doctors and nutritionists say are the most important for changing our household eating



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SWEET DENIAL

continued from page 23

habits for the long term. My teen and tween already know that sugar mimics heroin as an addictive substance. What they need, though, is knowledge gathered from people in the business of helping families lead healthy lives. This is more important than pulling a bait and switch — simply substituting some foods for others and hoping they go along with it — and this is what I attempt to give them.

Slow down, start small

Do you grab a handful of granola bars on the way to soccer? Pass out breakfast in the car? Struggle to make it to work or pick up your kids on time? You're not alone, and, it turns out, the pace of modern families is directly tied to diet.

"Many of our choices [around eating] are made because we are overscheduled and eating on the go, which can lead to snacking, fast-food stops, more pre-prepared/processed food and not paying attention while eating," says Dr. Lenna Liu, a pediatrician at the Odessa Brown Children's Clinic and the medical head of the obesity program at Seattle Children's Hospital. "Take time to review all activities in your life and see if there are some that can be let go and where you can simplify."

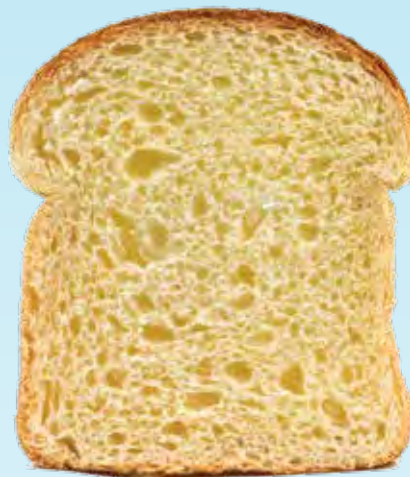
Our entire food and family culture has changed in the past 60 years. Dr. Wendy Sue Swanson, a general pediatrician and executive director of digital health at Seattle Children's Hospital, reflects back to when her mom grew up in the 1940s. "Food was prepared for her by her mom. She ate every meal while sitting at a table because she came home for lunch. They never went out to eat and they weren't eating in the car, in front of the TV or on the side of the sports field," Swanson says. "Not only has the food industry changed the caloric density, the sugar density and the portion size, we've changed where we consume it."

We know prepackaged food, fast food and restaurant meals all include more sugar, salt and fat, so one important shift is cooking more whole foods at home, Liu says. She recommends starting small: Cook one big meal on the weekend

together and plan to enjoy leftovers later.

Of course, children are more interested in eating the food they help cook, but getting them to the cutting board can be tricky. "Children appreciate when their opinions are respected, so let them have input," says Cynthia Lair, assistant professor for Bastyr University's School of Nutrition and Exercise Science, founder of Bastyr's bachelor of science degree program in and the author of *Feeding the Whole Family*. "Offer a choice of tasks appropriate for their age, such as setting the table for a 4-year-old or preparing salad for an older child. They may grumble, but you are offering the child an opportunity to contribute, which makes them feel more part of the family."

"One of the ways I helped my young daughter enjoy cooking came out of my own insecurity. During recipe testing for my book, I'd have her give me feedback on the taste. I'd ask, 'Does it need salt or lemon?' As an adult, this troubleshooting ability has made her a really good cook," Lair says.



Make home wholesome

The name Ellyn Satter is repeated by doctors and nutritionists far and wide. Satter, an authority on eating and feeding, is famous for the phrase "division of responsibility."

"[Satter says] our job as parents is to be the earnest provider of good food, and that children eat

when they are hungry and stop when they are full," Swanson says. "That calorie-dense and full-of-sugar food? Our job is not bringing that stuff into our homes and to think judiciously while we shop. The best way to spend our money is on fresh foods and vegetables. It's about cooking foods that grow in the ground."

Respected feeding approaches for parents suggest that, just as it's up to the child to decide which foods they choose to eat and how much, it's up to the parent to help children develop skills to navigate outside food environments, especially as those children grow into teenagers. "Because every time they leave the house, they are presented with food choices; why wouldn't they choose what tastes good?" says Rebecca Finkel, MA, MS, RD, nutritionist at Odessa Brown Children's Clinic.

As a mom of an almost 14-year-old, I know I have less control over what my teenager eats. During our challenge, I offered an after-school snack of peanut butter and apples to my teen. She snapped at me, saying, "I didn't ask for that."

She didn't ask for that and yet she ate it before she reached for chips. What I learned from this is that kids — just like adults — don't always know what they need to change. But we can guide them.

Contents of a kitchen

Look inside your refrigerator, search your pantry and snap pictures of your cupboards' contents. This, experts say, is your starting point for creating change.

Replace packaged food that contains added

BREAKING UP IS HARD TO DO

"Even before we start our 10-day sugar fast, I freak out. At the store, I find only one (one!) loaf of bread with no added sugar. I buy four energy bars even though I won't be packing them as school snacks. My husband reminds me to breathe and to not go overboard."

Read more of author Nancy Schatz Alton's **10-day challenge diary**, "Breaking up with sugar," online at parentmap.com/sugarchallenge.



SWEET DENIAL

continued from page 25

sugar with real food. Cut up some fruit and veggies and put those at eye level, because what's readily available and seen is more likely to be eaten, Lair says.

Here are some more tips from Nick Rose, MS, nutrition educator at PCC Natural Markets:

- Don't get confused by label claims such as "no refined sugar" or "no artificial sweeteners." Instead, read the ingredients list and avoid anything with more than 24 grams of added sugar; 24 grams of added sugar equals 6 teaspoons of added sugar, which equals your daily sugar max.
- Replace sweet snacks with savory ones: Instead of reaching for a sweet treat for a snack, reach for string cheese, mixed nuts, crackers, baby carrots or seaweed snacks.
- Switch to plain yogurt instead of flavored yogurt. Flavored yogurts can have as much as 6 teaspoons of added sugar per serving. You can sweeten it yourself by adding 1–2 teaspoons of sugar or honey and then work your way down to using even less.
- Don't stress about the natural sugars in fruits, vegetables and dairy products. That sugar comes with fiber, water and other essential nutrients.
- Rely on the list of ingredients, and avoid any and all added sugars (if there's an "ose" at the end of the word, that's sugar!), including agave, coconut sugar and brown rice syrup. These sweeteners may sound healthier, but they are still added sugars and should be consumed in moderation.
- Remember that you can eat some sugar. The recommendation is to eat less sugar, not completely avoid sugar! It is ideal to limit your sugar intake to 5 percent of your total calories; you can enjoy some sugar each day and still be healthy.

Also, Rose says, to reduce your sugar intake, always look at your beverage consumption. "Half of all sugar consumed in the U.S. comes from

sugar-sweetened beverages, including soda, energy drinks, coffee drinks, iced teas, lemonade and some fruit drinks. Replace these with water, tea, carbonated water or diluted fruit juice," he says.

Watching the film *Fed Up*, I was shocked to learn that 80 percent of public schools in America have contracts with soda companies, and that the typical can of soda contains 10 teaspoons of sugar.

Keeping soda out of our homes makes a big difference, but if you declare any food taboo, it only becomes more alluring. Maybe home is soda-free, but having a soda at restaurants or parties occasionally is OK, Liu says



Start talking

Months before we started our Fed Up Challenge, I told my kids we would be giving up added sugar for 10 days. Even though they

rolled their eyes at me, their buy-in was amazing. I think that's because I kept the conversation casual while also making it a family affair. Yes, they had to participate, but their suggestions counted. For instance, my teen reminded me that she liked kale chips and suggested making homemade pretzels as an after-school snack.

Finkel recommends using media and advertising messages as opportunities for critical

thinking. "Ask them why professional athletes might need Gatorade. Why do we maybe not need Gatorade, or when would a sports drink be appropriate?"

Lair suggests allowing older children to discover how their diet makes them look and feel. "Question them in an exploratory way. Have you been eating something different that might have changed your skin or your energy levels? Get them to figure it out, instead of you telling them what they should or shouldn't do," she says.

Make dessert

Finally, we reach the sweet spot otherwise known as dessert. Lair suggests that parents consider a "homemade only" rule for desserts. "When you make sweets at home, other whole foods like eggs, butter and nuts and fewer artificial ingredients are included," she says.

The day after our sugar challenge ended, my girls and I baked profiteroles from scratch. My teen was worried that the sugarless whipped cream wouldn't be sweet enough, and I suggested that the chocolate sauce might balance the savory. The proof was in the tasting, and there was much joy as my family of four ate dessert that evening. I'm happy to report the maple-syrup-sweetened chocolate sauce balanced the unsweetened whip cream and baked eggy puffs.

"Be conscious and aware about the impact of sugar, but don't get so dogmatic as to lose the sweetness in your life and the joyful connections that sugary food can bring to celebration," Adler says. "I tell clients I'd rather see them eating a Big Mac with joy than be stressed out while eating a kale salad in their car."

For my family, the 10-day no-added-sugar challenge brought a new lightness to our dinner table. My anxiety about what my children choose to eat lessened the more I listened to their thoughtful (and often humorous) input. Now we're talking more about our food choices instead of mindlessly eating (or intentionally hiding) that Halloween candy stash. ■

Nancy Schatz Alton is a Seattle writer, book author and mom to two daughters.



READ MORE!

You don't have to read between the lines to find out what books can help you and your family navigate a food revolution (or just inspire you and answer your questions!). We've rounded up our picks for **food-themed books** that will teach and inspire young children, and books for teens and adults that cover food through the lens of health, social justice and politics: Peruse our list at parentmap.com/foodbooks.



THE REEL DEAL

Why not appeal to our children's love of movies to help educate them on the issues surrounding eating? That said, it's a good idea for parents to preview all movies to make sure they are friendly for their particular kids. For example, I thought I'd want both my kids to watch *Fed Up*, but after viewing it, I knew that the information would make my youngest child too anxious. Instead, I spoon-fed my whole family facts from *Fed Up*. Most of these films are not suitable for younger children.

Fed Up: This film follows families battling to lead healthier lives while it indicts the food industry and the U.S. government for hiding sugar in 75 percent of packaged foods.

Sugar Coated: How the Food Industry Seduced the World One Spoonful at a Time: Sugar expert Dr. Robert Lustig says *Fed Up* tells us how we got to where we are today, while *Sugar Coated* tells us why we got to where we are today.

That Sugar Film: Common Sense Media calls this film "a quirky, energetic documentary that follows Australian TV star Damon Gameau through a 60-day lifestyle experiment that reveals potentially shocking truths about foods often perceived as 'healthy' by society," and rates it OK for kids ages 10 and older.

Forks Over Knives:

Researchers examine what happens when people change their diets from animal-based to plant-based. Can this change help eliminate or control diseases like cancer and diabetes?

Food, Inc.: This film investigates how corporations have taken over all aspects of the food chain in the United States.

TEDTalks: Chew on This:

This is a Netflix collection of videos with master bakers, food scientists, chefs, farmers and foodies that offers "a taste of truth about food."

Hungry for Change: This documentary exposes the diet industry's strategies to prevent people from losing and keeping off weight.

Nourish: Tracing our relationship to food from a global perspective, this film explores how food connects to issues such as biodiversity, climate change, public health and social justice, and asks viewers to think about how they can "vote with [their] fork."

Jamie Oliver's Food Revolution:

In this TV show, suitable for family viewing with even younger children, Oliver visits American cities to help the residents lead healthier lives.

— Nancy Schatz Alton

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Rainy-day boredom busters



Northwest kids are used to gearing up to go outside: hats, jackets, rain boots and gloves. But sometimes, staying inside is the only option, and you need a quick game plan for fun. Here's a grab bag of easy kids' activities gathered from teaching Pre-K in Seattle. Just add imagination! Find more at parentmap.com/preschooltricks.

FREEZE DANCE. A classic! All you need is music, and the only guideline is to freeze when the music is paused. Encourage kids to "freeze" in fun poses or with funny faces.

INDOOR OBSTACLE COURSE. Push aside some furniture, and practice gross motor skills without breaking any priceless antiques! Set out a laundry basket and use balled-up socks to practice throwing and accuracy. Tape down some yarn or string for a makeshift balance beam. Add yoga moves, use a timer, and cheer them on.

SCAVENGER HUNT. Take any theme, such as patterns, letters, or colors, and hunt around the house. Make it official with a clipboard and check off items as you go. Crawl around, reach up high and get down low!

YOGA FOR KIDS. If you enjoy yoga, your kids probably do, too! Just remember, they won't stay quiet and breathe; expect laughter at the names of animal poses. For added literacy practice, make flash cards with the names of the poses and a picture. Classroom favorites are usually airplane (flying warrior), lion and table top.

STORY GO-ROUND. Make up a cooperative story by letting each person add one sentence. Start with characters and a simple plot, like "a dog and cat went to the beach," and let the children take it from there. The sillier, the better!

HOMEMADE COLLAGE WITH REUSABLE MATERIALS. Simply provide a few items that can be rearranged again and again. Arrange them on a tray or placemat to make patterns, designs and objects. Since the materials are reusable, take a picture to commemorate each creation. Ideas: craft sticks, buttons, paint samples, fabric swatches, spare keys.

SELF-PORTRAITS. Using a mirror, let the child draw themselves. Point out facial features like eyebrows and eyelashes. If they draw their whole body, add in some fashion design. Don't be surprised if your child takes some liberties, i.e. "Yes, I do have purple hair!"

— Lauren Valencia



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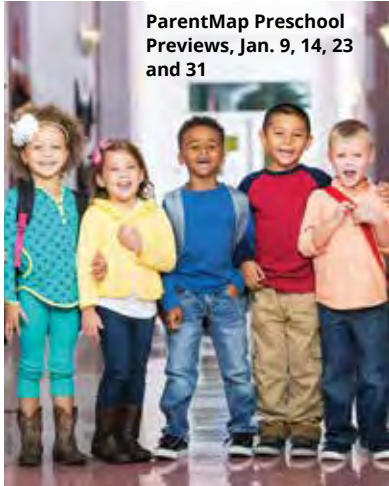
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Monster Jam, Tacoma Dome,
Jan. 15-17



World Taiko Festival concerts,
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Model Railroad
Festival,
Pacific Science
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3

Winter Adventure Hike. Explore the winter environment around Rattlesnake and Christmas Lakes on a 2-mile hike. Select weekends, Jan. 2-March 27, 1:30-3:30 p.m. **FREE**; preregister. All ages. Cedar River Watershed Education Center, North Bend. seattle.gov/util/crwec
Seattle Family Dance. Learn fun line and square dances with live music. 3-5 p.m. \$7/person or \$20/family. Ages 10 and under with families. Phinney Neighborhood Center, Seattle. seattledance.org

4

Let's Play: Alphabet Stories. Enjoy an exciting live theater show that's just the right length for young attention spans. Jan. 4, 8 and 9; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia Family Theater, Olympia. olyft.org
Free Skate Monday. Last Monday to skate at this large, open-air rink, free today for Bank of America or Alaska Airlines cardholders. 3-9 p.m.; rink open through Jan. 10. Bellevue Downtown Park, Bellevue. magicseason.com

5

Toddler Time at the Aquarium. Make a fish-print painting and engage in other marine-themed activities. Jan. 4, 5, 10, 11, and 12; 9:30 a.m.-noon. Included with admission. Ages 0-5 with caregiver. Seattle Aquarium, Seattle. seattleaquarium.org
Preschool Playtime. Drop-off play for little tots and some "me-time" for caregivers. Tuesdays and Thursdays, 9-11 a.m. or noon-2 p.m. \$10; call to reserve spot. Ages 3-6. Lynnwood Recreation Center. ci.lynnwood.wa.us

10

Counter-Culture: Fashioning Identity in the American Counterculture. Last day to explore this celebration of the handmade style of the hippie movement. 11 a.m.-6 p.m. Included with admission. Bellevue Arts Museum. bellevuearts.org
Hansel & Gretel and Three Bears. Last day for the Fremont Players' annual panto, full of outrageous characters, catchy songs, silly jokes and audience participation. 1 p.m. and 4 p.m. \$7-\$13. All ages. Hale's Palladium, Seattle. fremontplayers.com

11

Luke's Kids Drop-in Play Time. Preschoolers and their grown-ups are invited to stay warm inside, play and meet other families. Mondays, 1-3 p.m. \$5 suggested donation. Ages 0-5 with caregiver. St. Luke's Episcopal Church, Seattle. stlukesseattle.org
ONGOING EVENT
Maker Mondays. Experiment with 3D modeling and try out the 3D printer. Mondays, 3-8 p.m. \$5; printing extra. Ages 11-18, under 15 with adult. Future of Flight Aviation Center, Mukilteo. futureofflight.org **ONGOING EVENT**

12

Junie B. Jones Party. Celebrate this popular character with stories and activities, plus an appearance by Junie herself! 4:30 p.m. (also Wednesday, Jan. 13, 2 p.m. at University Place Branch). **FREE**; preregister. Pierce County Library, Gig Harbor Branch. piercecountylibrary.org
Power Parenting Workshop. Explore why kids talk back and act out. 6-8 p.m. **FREE**; preregister, free childcare for ages 3-12, \$10 per child under age 3. Hands On Children's Museum, Olympia. hocm.org

17

42nd Annual Model Railroad Show. Ride on the kid-size train, operate several model layouts, plus check out all the displays. Saturday-Monday, Jan. 16-18. Included with admission. Pacific Science Center, Seattle. pacificsciencecenter.org
Junie B. Jones - The Musical. Comical character works out friends, sugar cookies, glasses and other issues of first graders in this musical adaptation of the popular book series. Saturday-Sunday, Jan. 16-24. \$12-\$15. Ages 4 and up. Tacoma Musical Playhouse. tmp.org

18

Martin Luther King, Jr. Day Rally and March. Gather with the community to honor the life and legacy of Dr. King, with the theme "We have the power to make change." 11 a.m. rally, 12:30 p.m. march. **FREE.** Garfield High School, Seattle. mlkseattle.org
United Way MLK Day of Service. Recognize the work and service of Dr. King by volunteering to improve your community. Become a project leader or join a project. United Way of King County. uwkc.org

19

Hoppy Hour. Bounce time for energetic kids to get the rainy-day (or any day) wiggles out. Monday-Friday, 10 a.m.-12:30 p.m. \$5-\$8. Ages 1-8. Elevated Sportz Trampoline Park, Bothell. elevatedsportz.com **ONGOING EVENT**
Discover Art - Henri Matisse. Study the art of a famous artist, then work on your own masterpiece. 4:30 p.m. **FREE**; preregister. Ages 6-10. Pierce County Library, Parkland/Spanaway Branch. piercecountylibrary.org

24

Stuart Little. Follow the delightful adventures of this mild-mannered mouse. Saturday-Sunday, Jan. 16-Feb. 6. \$5-\$10. Ages 5-12; Sunday shows are all ages. SecondStory Repertory, Redmond. secondstoryrep.org

25

Make a Kazoo. Celebrate under-appreciated National Kazoo Day (Jan. 28) by making, playing and learning all about kazoos. Jan. 24-30, 11 a.m.-3 p.m. Included with admission. All ages. Hands On Children's Museum, Olympia. hocm.org
Lil' Diggers Playtime. Behold the giant, indoor sandbox of kids' dreams, with toys and wi-fi for grown-ups. Monday, Wednesday, Thursday, 9:30-11 a.m. or 11:30 a.m.-1 p.m. \$7. Ages 5 and under. Sandbox Sports, Seattle. sandboxsports.net **ONGOING EVENT**

26

Art Studio. Visit Imagine Children's Museum on select dates for studio art projects; today, it's a Design & Fly Airplane. 9 a.m.-5 p.m. Included with admission. Ages 1-12 with caregiver. Everett. imaginecm.org
Side by Side Concert with Seattle Symphony Orchestra. Musicians from these groups play a program that includes Stravinsky's "The Firebird" Suite. 7 p.m. **FREE**; preregister for tickets. Shoreline Performing Arts Center. seattlesymphony.org

31

South Sound Preschool Preview. Discover dozens of area preschools. 10 a.m.-1 p.m. **FREE.** STAR Center, Tacoma. parentmap.com/preschool-previews

Good Growing

A Seattle Children's Publication | **Winter 2016**

Toddlers Need a Consistent Bedtime Routine

Is your toddler getting a good night's sleep? Kids ages 1 to 3 need as much as 14 total hours of sleep each day (including naps) to stay healthy and feel their best. A set bedtime and a comforting, consistent nightly routine will help them get the rest their growing bodies need.

Toddlers are busy, curious and social. They may view going to bed as missing out on the action — especially if older siblings are still



awake. So as bedtime nears, it helps to bring down the energy and noise levels in your home.

As much as possible, do the same routine every night, and don't let it get too long. Your own calmness will help your toddler relax, so speak quietly and soothingly. Brush and floss teeth, and clean up with a washcloth or a bath. Put them into pajamas and a fresh diaper — or for those who are potty

trained, have them go pee. Then read in bed or a comfy chair for a set length of time. A final, brief ritual will further ease them toward sleep, such as a whispered poem or prayer listing loved ones, topped by a kiss goodnight. The goal is to help your child relax enough to fall asleep on their own, not to stay with them until they nod off.

Does your child get out of bed? Other than one drink of water or a final pee, don't fall for the stall. Quietly and calmly usher them back to bed, but don't engage in conversation or provide any other payoff for their stalling. Be boring.

All caretakers should follow the same, calming routine. Be sure they understand that playing, tickling or silliness before bed will excite your child, and may result in an over-tired meltdown.

Good nutrition, exercise, time outdoors — plus little or no screen time — all help a child sleep better. A white-noise machine or air purifier will block out sounds in your home, including others coming to bed in a shared bedroom.

Some toddlers slide easily into a deep slumber, while others fight it or have trouble staying asleep. If your child can't fall asleep or often wakes during the night, your healthcare provider can rule out physical problems and offer some advice.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/PE1066.pdf.

F5 St. Patrick's Day Dash

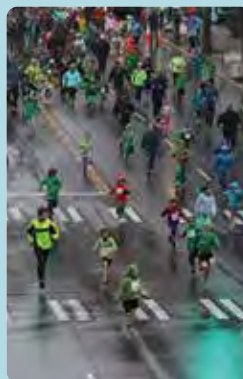
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Seattle Center, Seattle

Run, jog, walk, or crawl with the whole family at the 2016 St. Patrick's Day Dash! All are welcome to run the 5K race, and kids 10 and under can participate in the 1K Leprechaun Leap. The event is

presented by the Detlef Schrempf Foundation and supported by the Tailgaters Anonymous for Children's Guild. A portion of the proceeds benefit Seattle Children's Autism Center.

TO LEARN MORE:

For more information and to register, please visit www.stpatsdash.com.



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Preventing TV and Furniture Tip-overs

There has been a 31% increase in TV-tip-over injuries in the past decade—mostly among kids age 5 or younger. Every 45 minutes in the U.S., a falling TV sends a child to the emergency room. Every 3 weeks, a child dies from these injuries. You can prevent a tragedy. Mount flat-screen TVs to the wall and anchor furniture like bookshelves, cabinets and dressers to the wall. (Deep old-style TVs should be placed on low, sturdy surfaces.)

General retail stores and hardware stores carry special mounts, brackets and straps that are simple to install. Don't allow a child of any age to climb up on furniture, and be sure grandparents and other caregivers secure their own TVs and furniture.

TO LEARN MORE:

Visit www.safekids.org/tv.

Treating a Cold

Healthy children average six colds a year. For kids under 6, avoid any over-the-counter cough and cold medicines. For those older than 1, a half-teaspoon of honey can help a cough. Cough drops are OK for ages 6 and older, but follow the dosing directions. For a fever, if your child is over 3 months and is uncomfortable, give acetaminophen (Tylenol). At 6 months, you can give acetaminophen or ibuprofen (Motrin). Give the right dose based on your child's weight, using the measuring tool that comes with the medicine. For a stuffy nose, try saline nose drops or spray, or a cool mist humidifier in the

bedroom. Have your child rest and drink lots of fluids. Warm water or apple juice can help thin the mucus and relax their airway. Teach them to cough and sneeze into their elbow, use tissues for a runny nose, and wash their hands often. When should you call the doctor? For infants under 3 months, call if they have a cold and a fever. For older kids, follow your instincts: if they don't look or seem right, call.

TO LEARN MORE:

Visit www.seattlechildrens.org/medical-conditions/symptom-index/colds.



Kids Must Have Critical Water Skills to Avoid Drowning

Drowning is a leading cause of unintentional death among children of all ages. All kids should know how to swim, plus have additional skills to save themselves from drowning. For parents themselves, it's never too late to learn to swim or improve your skills.

There are critical in-water safety skills everyone should have. They are the ability to: step or jump into water that's over your head; return to the surface and float or



tread water for one minute; turn around in a full circle; swim 25 yards; and exit the water (if in a pool, exit without using a swim ladder).

The American Red Cross has found that among adult swimmers, only 56% can perform these five critical in-water safety skills. And among parents of kids ages 4-17, only 40% say their child can perform all five skills. So even if you and your child can already swim, it's crucial to learn these extra skills. Make sure your

child understands how swimming in a pool is a lot different from swimming in open water such as lakes, rivers and the ocean. In open water, swimmers must be aware of sudden drop-offs, objects below the surface, currents, ocean undertow and sudden weather changes. Normally confident pool swimmers may panic in open water where they can't see the bottom, and where there's no nearby edge or shallow area.

Kids must always be closely supervised whenever they swim. And if the situation calls for life jackets, be sure kids and adults alike wear them and keep them fastened.

TO LEARN MORE:

Visit www.seattlechildrens.org/dp.

Kid Bits



Avoiding Constipation

Kids must have healthy bowel movements (BMs) to feel their best. Daily BMs without strain or pain are the goal. Most kids can avoid constipation by drinking lots of water, eating plenty of fiber (fruits, vegetables and whole grains), and limiting foods that can cause constipation such as cheese (or too many dairy products), bananas, white flour or white rice. As kids grow up, parents naturally become less aware of their child's BMs. So be sure your child lets you know if they are having pain or not voiding enough. If there's a problem, take them to see their doctor. Your child may need medicine or other treatment.

TO LEARN MORE:

www.seattlechildrens.org/constipation.



Be Prepared for Emergencies

The best way to cope with a disaster is to be prepared. Your child can help! When kids know what to do and have practiced for an emergency, they are better able to deal with disaster when it strikes. Let them help you shop for and gather emergency supplies such as flashlights, batteries, a radio, food and water. Discuss your family's escape plan, draw a map with two escape routes from each room in your home, and agree where to meet in case you are separated. Teach your child how and when to call 911, and be sure they know your out-of-state contact's full name and phone number, in case local phone services aren't working.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Nutrition, Supplements and Vitamin D

Healthy kids who eat a variety of nutritious foods generally don't need to take multivitamins or other supplements, with one big exception: vitamin D. Vitamin D is crucial for strong, healthy bones—but almost no one gets enough vitamin D from sun exposure alone, especially when practicing great sun protection using sunscreen. For this reason, infants should get 400 international units (IU) of supplemental vitamin D each day, and kids over age 1 should get 600 IU daily. However, if your child has underlying health problems that affect their nutrition, or has a restrictive or selective diet such as veganism, their doctor may recommend a multivitamin or another supplement.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.

Quick Tip

Help your child get at least 60 minutes of active play every day!

Regional Clinics

Find us near you at one of our clinics:

- Bellevue
- Tri-Cities
- Everett
- Wenatchee
- Federal Way
- Odessa Brown
- Mill Creek
- Children's Clinic
- Olympia

Main Hospital Numbers

206-987-2000
866-987-2000 (Toll-free)

Online Resources

Visit www.seattlechildrens.org for the following:

- Child Health Advice
- my Good Growing email newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101, Autism and On The Pulse blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children's
- Research Institute



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www.twitter.com/seattlechildrens



www.youtube.com/seattlechildrens

Heather Cooper is the Editor of *Good Growing*, which is produced four times a year by the Marketing Communications Department of Seattle Children's. You can find *Good Growing* in the January, April, July and October issues of *ParentMap* and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's healthcare provider. © 2016 Seattle Children's, Seattle, Washington.



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Classes and Events

To register or view more information, please visit www.seattlechildrens.org/classes. A phone number is provided for those without Internet access. No one will be denied admission if unable to pay the full amount. If you need an interpreter, please let staff know when you register, and one will be provided. These classes are popular and often fill up several months in advance, so register early.

PARENTING CLASSES

Autism 101

WHEN: Thursday, Jan. 28, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children recently diagnosed with autism spectrum disorder who wish to better understand this disorder. The class is also available through Children's video and teleconferencing outreach program in various locations throughout Washington and Alaska.

Autism 200 Series

Autism 201: The State of Autism in 2016

WHEN: Thursday, Jan. 21, 7 to 8:30 p.m.

Autism 202: Use of Applied Behavior Analysis to Assess and Treat Disruptive Behavior

WHEN: Thursday, Feb. 18, 7 to 8:30 p.m.

Autism 203: Strategies for Addressing Challenging Behavior at Home and School

WHEN: Thursday, March 17, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children's video and teleconferencing outreach program in various locations throughout Washington, Alaska, Oregon and Montana.

Infant Car Seat Class for Parents

WHEN: Saturday, Feb. 6, 10 a.m. to 12 p.m.

FEE: \$45 per family

WHERE: Odessa Brown Children's Clinic,
2101 East Yesler Way, Seattle

CALL: 206-987-9878

For new and expectant parents and infant caregivers. Come learn from child passenger safety experts how to properly restrain your baby's car seat, how to select the safest car seat, and how to safely secure your baby in the car seat.

Babysafe

WHEN: Sunday, Feb. 28, 9:30 a.m. to 1:30 p.m.

FEE: \$52 per family

WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle

CALL: 206-789-2306

For new and expectant parents and infant caregivers. Topics include infant development, baby safety, injury prevention and treatment. Infant CPR is demonstrated and practiced.

Heartsaver First Aid, CPR and AED

WHEN: Saturday, Feb. 13, 8 a.m. to 2:30 p.m.

FEE: \$60

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-9879

For parents and caregivers. Topics include how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use.

PRETEEN AND TEEN CLASSES

Better Babysitters

WHEN: Sunday, Jan. 31, 9 a.m. to 2 p.m.

WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle

WHEN: Saturday, Feb. 6, 9 a.m. to 2 p.m.

WHERE: Pavilion for Women & Children,
900 Pacific Ave., Everett

WHEN: Sunday, Feb. 28, 9 a.m. to 2 p.m.

WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Saturday, March 19, 9 a.m. to 2 p.m.

WHERE: **NEW** Seattle Children's South Clinic,
34920 Enchanted Pkwy. S., Federal Way

View more dates online

FEE: \$45 per person

CALL: 206-987-9878 for all locations

For youth, ages 11 to 14. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys, business hints and parent expectations.

CPR and First Aid for Babysitters

WHEN: Saturday, Feb. 20, 9 a.m. to 2:30 p.m.

FEE: \$60 per person

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-9878

For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive a 2-year American Heart Association completion card.

For Boys Only: The Joys and Challenges of Growing Up

WHEN: Sunday, Feb. 7, 1:00 to 5:30 p.m.

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

WHEN: Wednesdays, March 9 & 16,
6:30 to 8:30 p.m.

WHERE: Thomas Jefferson High School Library,
4248 S. 288th St., Auburn

For Girls Only: A Heart-to-Heart Talk on Growing Up

WHEN: Tuesdays, Feb. 16 & Feb. 23,
6:30 to 8:30 p.m.

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

WHEN: Mondays, Feb. 22 & 29, 6:30 to 8:30 p.m.

WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

View more dates and locations online

FEE: \$80 per parent/child pair;

\$60 per extra son or daughter

CALL: 206-789-2306

These classes use an informal and engaging format to present and discuss the issues most on the minds of pre-teens ages 10 to 12 as they begin adolescence; conversations about body changes, sex, and other growing up stuff. Content outlines and short videos available at www.greatconversations.com.

EVENTS

Preventing Teen Drug Use

WHEN: Thursday, March 24, 6:30 p.m. to 8 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

What can parents do as alcohol, marijuana and prescription drugs become more available? Come join a free educational forum for families. Dr. Leslie Walker, Chief of Adolescent and Young Adult Medicine at Seattle Children's will discuss teen health, the impact of drug use, and what parents can do to prevent it. Dr. Walker will be followed by a panel discussion with time for questions and answers.

Car Seat Check

WHEN: Saturday, March 26, 10 a.m. to 1 p.m.

FEE: Free

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

CALL: 206-987-5999

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. No appointments needed.

Bike Helmet Fitting and Giveaway

WHEN: Saturday, March 26, 10 a.m. to 1 p.m.

FEE: Free

WHERE: Renton Community Center,
1715 SE Maple Valley Hwy., Renton

CALL: 206-987-1569

Come get your child properly fit for a new bike helmet. Kids must be 1 to 18 and present to receive a helmet. First come, first served. No appointments needed. Learn more at www.MakeSureTheHelmetFits.org.



Seattle Children's
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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



JOSEPHINE BALBY

Caspar Baby pants, Mount Baker Community Club, Jan. 2



SEATTLE PARKS AND RECREATION

Polar Bear Plunge, Matthews Beach, Jan. 1

6

Toddler Tales & Trails. Kids and caregivers enjoy story time and a tot-sized nature hike. 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. sewardpark.audubon.org
Star Wars: The Force Awakens: An IMAX 3D Experience. Immerse yourself in larger-than-life *Star Wars* action for the first or 100th time. Multiple daily show times through Jan. 28. \$10.50–\$15.50. Film rated PG-13. Pacific Science Center, Seattle. pacificsciencecenter.org

13

SkyMania Toddler Time. Burn off preschoolers' morning energy. Tuesday, Wednesday, Thursday, 10–11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com
ONGOING EVENT PJ Library Neighborhood Song and Storytime. Betsy Dischel and her blue guitar lead tots in musical Jewish storytelling, dancing, egg-shaking and more; all welcome. Wednesdays, 11:30 a.m. **FREE.** Ages 0–5 with caregiver. Elliott Bay Books, Seattle. jewishinseattle.org
ONGOING EVENT

20

Parents' Night Out. Drop the kiddos at KidsQuest for a night that sounds like hog heaven: pizza and marble raceway building. 6–9 p.m. \$35; discount for siblings and members; preregister. Ages 4–10. KidsQuest Children's Museum, Bellevue. kidsquestmuseum.org
PEPS for Dads. New and expectant dads gather to hear a short talk from a presenter, then swap stories over beers. 6:30–8:30 p.m. \$10; preregister; beer and food for purchase. Lucky Envelope Brewing, Seattle. peps.org

27

Kidz Bounce Drop-In Time. Grown-ups get a breather while the little ones get their workout at this inflatable gym. Tuesday–Thursday, multiple session times. \$7. Ages 2–10. Kidz Bounce, Preston. kidzbounce.com
ONGOING EVENT Baby Jam. The tots will be a-rockin' with this multi-lingual, drop-in musical exploration. Monday, Wednesday, Friday, multiple session times. \$12. Ages 0–5 with caregiver. Balance Studio, Seattle. babyjam.net
ONGOING EVENT

7

Kaleidoscope Play & Learn. Stop by community-oriented Third Place Commons to meet and play with other families. Thursdays, 10:30–noon. Ages 0–5 with caregiver. Lake Forest Park. thirdplacecommons.org
ONGOING EVENT Mine, Craft, Build and Play. Play Minecraft and construct in the real world with Legos, blocks and other materials. First Thursdays through May 5, 3:30–5 p.m. **FREE.** Ages 3–13 with families. Pierce County Library, Lakewood Branch. piercescountylibrary.org

14

Eastside Preschool Preview. ParentMap invites families to discover dozens of preschool options in their community and find the right fit for their child. 5:30–8:30 p.m. **FREE.** The Jewish Day School, Bellevue. parentmap.com/preschool-previews
The Legacy of Seattle Hip-Hop. Interactive exhibit on local hip-hop culture and its connection to the global hip-hop movement. Daily through May 1. Included with admission. Museum of History & Industry. mohai.org

21

Children's Film Festival Seattle. This largest festival of its kind on the West Coast inspires and entertains the next generation of movie lovers, screening over 165 children's films from 40 countries — including collections of shorts, animated and live-action films, and works by youth filmmakers. Jan. 21–31, various show times. Check website for ticket prices. Northwest Film Forum, Seattle, and Carco Theatre, Renton. childrensfilmfestivalseattle.org

28

Tugboat Story Time. Get your sea legs on and board a tugboat for stories of the sea. Second and fourth Thursdays of the month, 11 a.m.–noon. **FREE.** Ages 2–5 with caregiver. Center for Wooden Boats, Seattle. cwb.org
ONGOING EVENT Ladysmith Black Mambazo. Iconic South African group brings its uplifting harmony, rhythmic tunes and dance moves to Kirkland for two shows. Thursday–Friday, Jan. 28–29, 8 p.m. \$45. Kirkland Performance Center. kpcenter.org

1

Polar Bear Plunge. Gather your courage, then strip down to your suit for an invigorating plunge in Lake Washington. 11 a.m., Gene Coulon Memorial Beach Park, Renton; or noon, Matthews Beach, Seattle. **FREE.** rentonwa.gov, seattle.gov/parks
Model Train Festival. Last day to take in an eye-popping array of model trains, built and operated by some grown-ups who really, really love trains. 10 a.m.–5 p.m. \$8–\$11; ages 5 and under free. Washington State History Museum, Tacoma. washingtonhistory.org

8

Polar Plaza Ice Skating. Last weekend to enjoy the sights and sounds of downtown Tacoma while you glide across the ice. Daily through Jan 10. \$4–\$8; skate rental \$2. Tollefson Plaza, Tacoma. polarplaza.com
Board Game Night. Learn and play a bounty of fun games with your family and other like-minded folks. 6:30–8:30 p.m. **FREE.** All ages. Ravenna-Eckstein Community Center, Seattle. seattle.gov/parks

15

Family Movie Night: Inside Out. Watch this heartfelt, emotional movie with your fam and talk about it afterward; concessions, including adult bevies, for purchase. 6:30 p.m. \$3. Film rated PG. Mount Baker Community Club, Seattle. mountbaker.org
Monster Jam. Watch humongous trucks jump, fly, race, do doughnuts and perform epic stunts on four giant wheels. Friday–Sunday, Jan. 15–17. \$10–\$25. Tacoma Dome. tacomadome.org

22

Family Movie Night: Minions. Have a toasty evening watching a movie on the big screen with your friends and family. 7 p.m. **FREE.** Film rated PG. Lakewood Community Center. piercescountywa.org
Families of Color Seattle Community Dialogue. Join FOCUS for an open discussion of anti-racist birthing with a panel of specialists. 5–8 p.m. **FREE;** RSVP required; bring a potluck dish to share. All ages; free child care provided. Giddens School, Seattle. focuseattle.com

29

Toddler Treasures Storytime. Tots gather with Miss Carol for stories, songs and rhymes. Fridays, 11:15 a.m. **FREE.** Ages 1–3 with caregiver. Puyallup Public Library. cityofpuyallup.org
Amadeus. Seattle Public Theater presents the high drama of young prodigy Mozart treading on court composer Salieri's turf. Jan. 29–Feb. 21. \$17–\$24. Ages 13 and up. Bathhouse Theater at Green Lake, Seattle. seattlepublictheater.org

2

Kindie New Year with Caspar Baby pants. Rock in the new year with local star Caspar Baby pants; additional kindie favorites play select Saturdays through April 23. \$15/family of four. Mount Baker Community Club, Seattle. kindieindependent.com
Winter Magic Skating Rink. Last day to get your glide on at Snoqualmie's seasonal synthetic rink. 1–5 p.m. \$3–\$10. The Ridge Amphitheater, Snoqualmie. cityofsnoqualmie.org

9

North Preschool Preview. ParentMap invites families to explore early-learning options in their community. 1–4 p.m. **FREE.** Cedar Valley Community School, Lynnwood. parentmap.com/preschool-previews
A Splash of Red: The Life and Art of Horace Pippin. A Book-It Family Fun presentation tells the story of an African American painter, born in 1888 and wounded in World War I. 11 a.m. \$5–\$7, includes museum admission. Grades K–6 with families. Northwest African American Museum, Seattle. book-it.org

16

Family Concert: The Not-Its! Charles Wright hosts this rockin' band singing about haircuts, scabs and raising your hand. 11 a.m. **FREE;** preregister. All ages. Charles Wright Academy, Tacoma. charleswright.org
World Taiko Festival Concerts. World-renowned performers gathered for the World Taiko Festival put on two public shows, sure to amaze. 1:30 p.m. and 6:30 p.m. \$18–\$30; ages 4 and under free. Meydenbauer Center Theater, Bellevue. worldtaikofestival.org

23

Seattle Preschool Preview. ParentMap invites families to meet and talk with representatives of dozens of area preschools, all under one roof. 10 a.m.–1 p.m. **FREE.** Safeco Field First Base Terrace Club (indoors), Seattle. parentmap.com/preschool-previews
Oshogatsu in Olympia. Celebrate Japanese New Year at this community festival showcasing traditional arts, culture and food of Japan. 10 a.m.–4 p.m. \$2/person or \$5/family suggested donation. Olympia Center. celebratejapan.org

30

Seattle Mariners FanFest. Ask for autographs, throw a pitch in the bullpen, visit the kids' zone and more. Saturday–Sunday Jan. 30–31. 11 a.m.–4 p.m. \$10; ages 14 and under free. Safeco Field, Seattle. seattle.mariners.mlb.com
No Sun Fun Run 5K and 1 Mile. This run may well live up to its name, but you and your family will feel so tough and proud when you're done. 9:30 a.m. \$5–\$30. All ages. Nathan Chapman Memorial Trail, Puyallup. piercescounty.wa.org



Spice up your winter

From *banchan* to *bi bim bap*, a family guide to Korean food

By Lynn Schnaiberg

W

e're spoiled in Seattle, awash in food options that hail from every corner of the Asian continent; a city that seemingly has a teriyaki joint on every corner.

But for families looking to broaden kids' palates for Asian fare, Korean offers a fitting gateway cuisine. Why? While Korea's de facto cultural dish, *kimchi*, can pack a spicy and sour punch, lots of other offerings have a milder, often sweet flavor profile. Rice- and noodle-based dishes, soups, barbecued meat, dumplings and savory pancakes abound. Plus, kids will love the hands-on experience of cooking your own barbecue with portable grills brought tableside or tables with built-in grills.

This is food that's meant to be shared and typically comes all at once, rather

than in courses, though usually, everyone gets their own *bap*, or rice. Our family's go-to Shoreline spot serves its *bap* in little individual metal bowls with lids, which the kids love.

One of the best parts of a Korean meal is *banchan*, a myriad assortment of little side dishes that will arrive at your table without your asking, and — happily — can be refilled upon request after you've inhaled the first round.

Some flavors and textures may be off-putting to kids who haven't been raised on them; my children still won't eat one of my faves, stir-fried dried tiny anchovies (*myulchi bokkeum*), even though they're almost candy sweet. But there are many kid-friendly *banchan*, including soy sauce and sesame potatoes (*gamja jorim*), rolled

omelet (*gyeranjjim* or *gyeranmari*), soybean sprouts (I've never seen my son slurp up a vegetable so quickly or enthusiastically as *kong namul*), sesame spinach (*shigumchi namul*), fiddlehead fern (*gosari namul*) and simmered tofu (*dubu jolim*). You may also be brought steaming mugs of roasted barley tea, or *boricha* (caffeine-free, so your kids won't be buzzing if they glug it down), and a bowl of simple soup broth.

But back to that kimchi for a minute. Its seasoned vegetables and salt can be fresh, like salad, or fermented, and it can be served as both a condiment and an ingredient in other dishes. Koreans eat the staple at pretty much every meal. And while the typical napa cabbage kimchi containers sold at Uwajimaya and other Asian grocery stores are the hue of red-hot chiles, not all kimchi is spicy. (When



saturday family concerts

swil kanim

a classically trained violinist
and lummi nation storyteller
(1/23)

pig snout!!

family music rock
(2/27)

gustafer yellowgold

music, animation,
& storytelling
(3/19)

franchesska berry

fable-based music & dance
from around the world
(4/16)

frances england

sparkly, acoustic,
slightly offbeat pop songs
(5/14)



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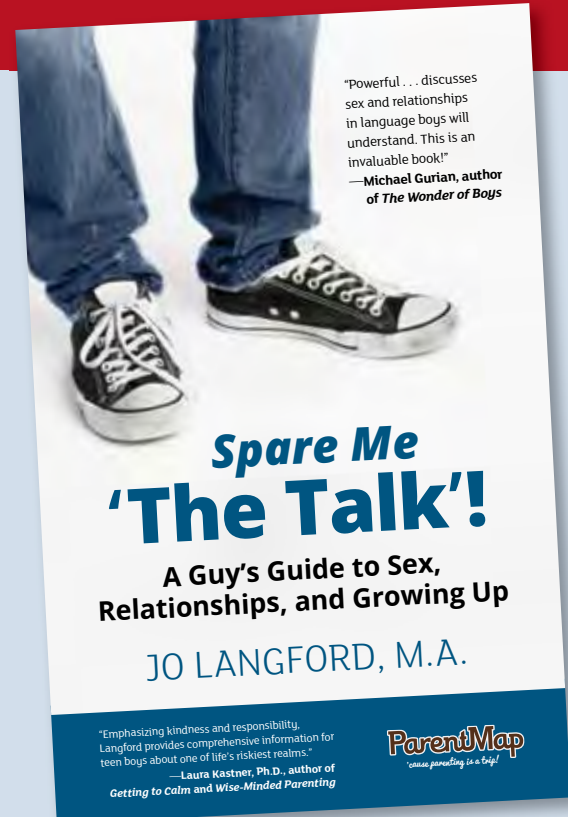
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This is the first book of its kind by
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Spice up your winter

continued from page 37

it is, I've been known to discreetly rinse it in a glass of water to make those salty, crunchy veggies more palatable for the kids.) In her terrific cookbook *Eating Korean*, author Cecilia Hae-Jin Lee cites the Korean Food Research Institute as logging just under 200 varieties of kimchi, with loads of regional specialties spotlighting everything from radish and mustard leaf to leek, persimmon and squash to garlic stalk and abalone.

See the accompanying glossary ("Know your Korean") for some kid-pleasing dishes to try. And even if you don't plan to cook Korean at home, Lee's book is worth reading for her personal stories and cultural nuggets that are interspersed among the recipes. Another Korean cooking star, Maangchi (dubbed "YouTube's Korean Julia Child" by *The New York Times*), has a cookbook out in addition to her popular YouTube shows, which share insights into dishes.

Eating Korean 6 PICKS

Oma Bap, Central District, Seattle.

This self-described "fast casual" restaurant, with about 10 tables, is like the Chipotle of *bi bim bap*. The food is filling, cheap and arrives quickly (good for impatient tots). Choose white, brown or multigrain rice, pick your protein and you're off. Plus, it offers a few other kid-friendly staples, such as *japchae*, *mandu* and the decidedly nontraditional Korean tacos.

Kimchi House, Ballard, Seattle.

A good all-around dinner spot (Saturday is the only day it's open for lunch), Kimchi House has a relatively small menu: Don't expect a wide array of banchan served in the traditional style. If your kids still refuse to try kimchi, your secret weapon is its kimchi fries (cheese, sour cream, kimchi and mayo made with Korean red chili

PHOTO COURTESY OF OMA BAP



Bi bim bap

paste). Or kimchi fried rice, or its non-spicy water kimchi. And there is lots of kimchi to take home, too. Try the tasty *soondubu* as well.

Stone Korean Restaurant, Redmond.

KFC is not just Colonel Sanders' purview. Korean-fried chicken is addictive, especially Stone Korean's marinated, sweet-and-spicy version dish done well. (Note: While the order runs \$18 or higher, it feeds at least two.) You can also order non-spicy KFC. While you're there, try the Korean cold noodles, *naengmyeon* (akin to Japanese soba), made from arrowroot. Comfy booths abound.

Original Sul Lung Tang, Lynnwood.

Known for its mild, long-simmered beef soup and all-you-can-eat barbecue fired up at recessed in-table grills, this Lynnwood spot offers barbecued meat, including pork belly, brisket, marinated chicken and sliced beef, along with excellent *bulgogi*. The lowest price for the all-you-can-eat service is \$19.95, from 4 to 9 p.m. Table waits can be long. Outside those hours, it's \$25 per person.

Hosoonyi, Edmonds. This long-established Korean eatery is famous for its soft tofu soup, or *soondubu*, of which it lists more than a half-dozen versions, from clam and fish roe to mushrooms with

Know your Korean

Here are key Korean dishes to know (English spellings often vary from place to place). Helpfully, many Korean menus include photos of dishes too.

BI BIM BAP: Mixed rice topped with vegetables and meat or tofu and often a fried egg, served in a regular bowl or a hot stone pot (making it *dol sot bi bim bap*). The stone pot makes a crispy, yummy rice crust at the bottom. The spice-averse should ask for chili sauce on the side.

BULGOGI: Grilled beef, often sirloin, marinated with soy sauce and mild spices. Generally grilled over an open flame, it is also sometimes made with pork (*dwaengi bulgogi*) or chicken (*dak bulgogi*).

GALBI OR KALBI: Beef short ribs marinated with soy sauce, garlic and sugar, sometimes with sesame oil or chili paste. Often served with lettuce or other leafy greens for wraps, keeping toddlers' hands busy.

JAPCHAE: Sweet potato noodles (translucent, chewy and slightly sweet) stir-fried with vegetables (often mushrooms, spinach, bell peppers) and beef.

JUK OR GOOK: A slow-boiled rice porridge (sometimes made with other grains) cooked with a seemingly endless array of meat, seafood or vegetables. Try *dakjuk*, a Korean-style chicken and rice porridge; *jatjuk*, a pine nut porridge; or *miyuk gook*, a seaweed porridge.

JUN, JEON OR BUCHINGAE: Flat cakes or pancakes commonly studded with vegetables (such as mung bean sprouts or green onions) or seafood.

MANDU OR MANDOO: Pan-fried dumplings traditionally made with pork (some restaurants may offer vegetarian tofu versions). When served in soup, they are steamed, not fried.

SOONDUBU: Soft, silky tofu, often cooked in a stone pot, served bubbling hot with seafood, meat or veggies and with a red tinge from the chili powder. Note: Only for kids who like spice.





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Spice up your winter

continued from page 39

beef to vegetarian style. (Tip: Mix in the egg right away so it cooks thoroughly.) If you like seafood, try the thick, creamy rice noodles with mussels, squid, shrimp and veggies.

Hae-Nam Kalbi & Calamari, Shoreline. My family's go-to spot is tucked into one of the seemingly endless Aurora Avenue strip malls. Don't miss the great, fresh banchan and, if you can handle heat, try the spicy baby octopus. The kids like to threaten to press the tableside button that summons a server. Be warned: The large TV near the kitchen is usually on and tuned (appropriately) to a Korean-language channel. If you have a big group, nab a table in one of the private rooms, which feature traditional low tables (ditch your shoes at the door).

Traditional Korean Beef Soup, Federal Way. The straightforward name says it all: Soup's on, perfect for a chilly damp day. (The restaurant name

is the English translation of the cloudy, slow-cooked beef soup *sul lung tang*.) Add some green onions, chiles, salt and kimchi to taste. If the kids shy away from the beef soup, order the spot-on mandu soup. The menu is smaller than those of many Korean places, but it's solid. Pot stickers and the seafood pancake are super yummy. The dark-wood restaurant is cozy, with loads of booths. The kids will like the purple-hued rice. ■

Lynn Schnaiberg is an award-winning journalist who has written for national publications, including Education Week, Outside and Business 2.0. She is the author of Outside magazine's Urban Adventure Chicago.

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0–5

Beyond brushing

Understanding, preventing and treating common childhood dental problems

By Deanna Duff

Hollie Walsh's son had his first dental checkup when he was 5 years old. The mother of three was diligent about early dental care, which proved wise. Even so, her son began developing cavities soon after his first visit to the dentist. By age 8, part of one of his molars fell out, and Walsh realized there was more to dental health than good care.

"It was such a big issue in a small mouth," Walsh says. "A quarter to a third of the tooth just broke off. He wasn't in pain, and it wasn't discolored or soft. It just didn't look like what you'd expect."

While parents typically start thinking about their child's teeth after teething, when the first pearly whites pop through the gums, critical dental development happens long before.

Teeth develop in utero. Baby teeth typically appear within the first year, sometimes as early as 4 months of age. Permanent teeth begin erupting around age 6. Even very young children can be at risk for dental issues such as early decay, discoloration and tongue thrust, according to Dr. Christopher Delecki, Seattle Children's Hospital dentist and director of the Odessa Brown Children's Clinic Dental Program,

"I didn't have it on my radar because I've always had good teeth. I didn't think about it that my kids might experience it differently," Walsh says. "I've learned a lot."

By learning about all the factors that can impact a child's dental development, and by monitoring it closely, you can help keep chompers healthy.

Early decay

Decay can strike as soon as teeth come into the mouth, according to Dr. Elizabeth Palmer, a pediatric dentist and clinical assistant professor at the University of Washington School of Dentistry.

Decay, she says, can cause serious problems. "Decay is caused by a bacterial infection that can spread into the middle of the tooth, where the nerves and blood vessels are," Palmer says. "It can spread into the jawbone with infections going to the body and brain."



Three factors are needed for decay to take hold: a genetic predisposition, the presence of sugar, and bacteria.

"The bacteria consume the sugar, which produces an acid.

The acid then attacks a susceptible tooth, which causes decay," says Dr. Larry Kuhl, senior dental consultant for Delta Dental of Washington.

Bacteria can easily pass from a caregiver to child. Experts say we should avoid sharing utensils, cups or even licking a finger to wipe a child's face. Adults, including pregnant mothers, should practice good dental health to reduce the presence of oral bacteria.

Also, be aware of sugar intake. Foods with processed sugars, such as cookies, candy and soft drinks, are more obvious culprits. Kuhl says, however, that sugar from fermentable

carbohydrates, such as bread, crackers and cereals, can also contribute to decay.

"From a dental health perspective, it's not so much the amount of sugar, but the frequency," Kuhl explains. "Eating six candy bars at once won't be as detrimental to the teeth as eating bite after bite for hours, which provides a constant, rich source of sugar for bacteria."

For children, sippy cups containing sugary substances pose a serious threat to tooth health. Kuhl advises parents to serve water to children whenever possible.

Regularly clean teeth with either an infant toothbrush or even a washcloth. According to the American Academy of Pediatrics, the appropriate dose of toothpaste for children younger than the age of 3 years is an amount the size of one grain of rice. For those older than 3, the amount should be the size of a pea. Toothpastes containing fluoride are recommended, but avoid whitening varieties.

Enamel issues and discoloration

It is possible for an injury to cause discoloration. A child's gums might bleed after a fall, but appear to heal without damage. From three to six months later, the tooth begins darkening into a brownish color.

"Trauma discoloration is caused by bleeding going into the tooth," Delecki says. "It's like a bruise. When that happens on the skin, the body cleans it out, but it can't do that in the tooth."

Fortunately, such discoloration does not generally cause pain or impact permanent teeth. According to Delecki, further treatment is usually unnecessary. If a child has a tooth injury, he recommends taking the child to a dentist to ensure there isn't unseen damage, infection or an abscess.

Fluorosis, caused by early overexposure to fluoride, can also cause discoloration. According to Palmer, it often appears as chalky white or brown areas on the teeth. It is relatively rare in the modern age. Exceptions are found in certain geographic areas where drinking water comes from wells, which can have naturally occurring, high concentrations of fluoride. >>

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strike as soon
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Beyond brushing

continued from page 43

"Sometimes when a tooth is forming in utero and the parent has a fever or illness, that can also disrupt the formation and result in tooth spots [after birth]," Palmer says. "As long as the spots aren't sensitive or decayed, we just monitor them."

Lastly, the use of tetracycline antibiotics in early childhood can cause brown, gray or yellow staining. It potentially alters the internal chemical makeup of developing permanent teeth. While mainly an aesthetic issue, it is difficult to treat.

"It's much rarer now because physicians and dentists are aware," Kuhl says. "Still, when a child is experiencing health problems that require antibiotics, I encourage parents and caregivers to engage their physician. Ask about medicine combinations and which ones, such as tetracycline, can result in discoloration."

Tongue thrust, pacifiers and thumb sucking

Tongue thrusting, also known as reverse swallowing, is when the tongue protrudes forward through the teeth.

"It usually occurs during the natural swallowing process. The tongue moves forward, pushes on the teeth and eventually can create an open bite [when upper and lower front teeth don't overlap]" Delecki says. A parent or teacher might notice tongue thrust because of the impact it can have on speech, or it might go unnoticed until later on.

A speech pathologist can help retrain the tongue to position appropriately. If that isn't successful, dental appliances can be made to physically restrict it.

"We don't fully understand the scientific reasons why. There is a genetic component,

but we don't know to what degree. There is something, though, in the development of some children that somehow encourages or permits it," Kuhl says.

Likewise, prolonged pacifier use and thumb or finger sucking can result in speech issues and have an impact on jaw development.

"Almost all kids will do it to some extent, and it's not a problem in most cases," Kuhl says. "If they're under 5 and doing it occasionally, be aware and see if there is a low-intensity intervention. If they're getting to be 7 or 8 years old, you probably need to seek professional help." ■

Deanna Duff is a Seattle-based freelance writer who contributes to a variety of regional and national publications. Her writing has been awarded by the Society of Professional Journalists.

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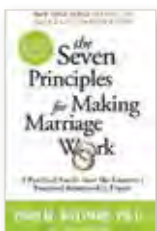
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SIMPLE COUNTING

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- the number of blocks in a random pile of Lego blocks
- the number of dots on each block
- the specific number of blocks in a tower he or she builds

Put a number label on

each block based on how many dots it has to help your child make the connection between number of dots on the block and what that number looks like when written down.

SEQUENCES

Once a child grasps the concept of bigger and smaller numbers, teach her the sequence of numbers in order of their value. Teaching children ascending and descending orders of numbers forms the basis of teaching them to perform operations like addition, subtraction and the like. Ask your kid to make a Lego earthworm with blocks arranged from the largest to the smallest. Challenge your kiddo to build towers of increasing sizes, starting with a single block tower.

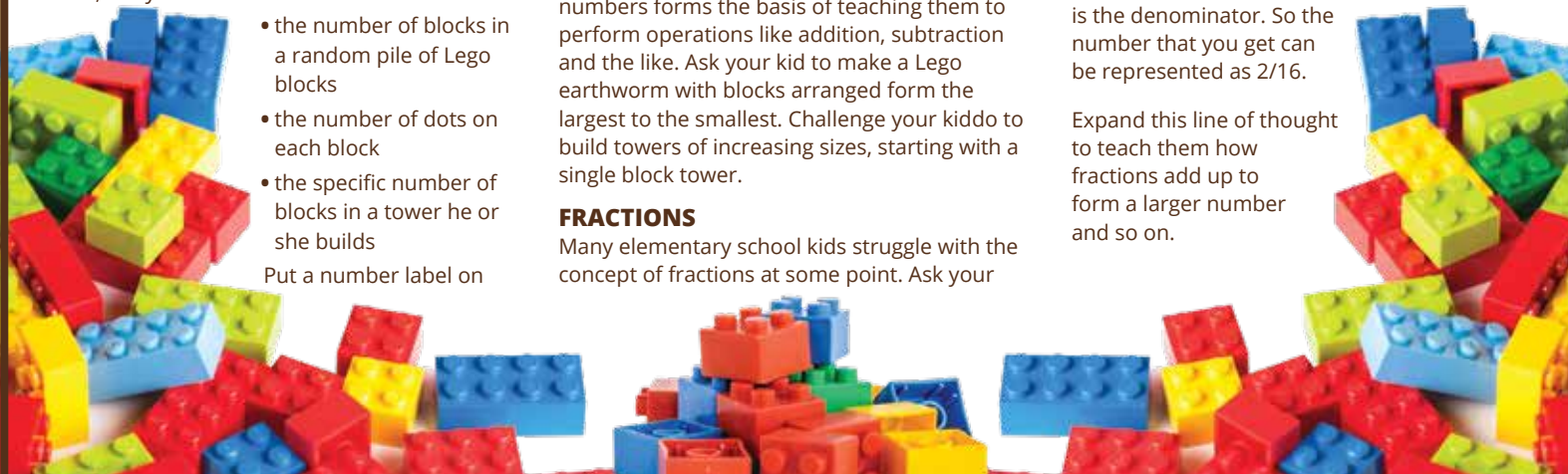
FRACTIONS

Many elementary school kids struggle with the concept of fractions at some point. Ask your

child to pick the largest yellow rectangular Lego piece from their set.

Let's assume they picked a 16-dot yellow block. Now ask them to pick any smaller red colored rectangular Lego piece and place it on top of the larger one. Let's say this is a 2-dot red block. Ask them to count the number of blocks on the red piece. This is the piece on top, therefore it is the numerator. The yellow piece is below and is larger. Therefore it is the denominator. So the number that you get can be represented as $2/16$.

Expand this line of thought to teach them how fractions add up to form a larger number and so on.



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5–9

Mindful mouthfuls

Nourishing healthy eating habits is easier than you think

By Melissa Benaroya, LICSW

Since the moment your child was born, your no. 1 job was simple: Keep this little person alive. As you began navigating the maze of parenthood, grasping the complexities of feeding and nutrition likely felt overwhelming. It turns out, how you nourish your child is a journey that doesn't end until, well ... ever. Your influence may wane, but your desire to ensure your child makes smart, healthy choices won't.

There are as many views on feeding as there are flavors of ice cream. (I'm not endorsing ice cream, by the way.) I recently spoke with Brandi Olden, RDN, a local pediatric dietitian, about the topic of feeding children, and I liked her references to Ellyn Satter's Division of Responsibility in Feeding and how it "gives parents and children very specific jobs. Parents are in charge of deciding what is served at mealtime, when meals occur and where. Children get to be in charge of choosing what to eat and how much from what is offered to them."

Here are a few helpful hints on how to manage and prevent some of the most common feeding challenges from turning into bigger problems.

FEEDING CHALLENGE NO. 1 My child is a picky eater

Some picky eaters are born, but most are made. Adults contribute to this behavior by giving in and catering to their children's desires for a limited diet of favorites, such as mac 'n' cheese, quesadillas and chicken nuggets. Sound familiar? Rare is the child who will eat pretty much anything, but a willingness to take risks in eating is something that can be nurtured. If adults can influence picky eating habits, then it is also possible for them to help children expand their palate.

So, what is a parent to do with a "picky" eater?

1) Stop labeling the behavior. The label "picky" is destined to become a self-fulfilling prophecy. When talking about your child's preferences, focus on using language that encourages your child to take more risks in eating. Lose the term "picky" all together and change words like



The label "picky" is destined to become a self-fulfilling prophecy.

"always," "never" and "all the time" to "can be" or "is learning to" when talking about your child's tendencies.

2) Introduce new foods, while offering one or two familiar foods at each meal. "Children tend to take more risks when new foods are accompanied with safe and familiar ones," Olden says.

3) Encourage experimentation. Let your child lick the food, rest the food in her mouth, or chew it and even politely spit it out. If you allow your child to spit out food she doesn't like, she is actually more likely to try it again. Children have stronger taste buds, which can overwhelm their palate. It may take a while for them to get accustomed to less familiar or pungent tastes. "On average, there must be at least 21 introductions of a new food before a child eats and enjoys it," Olden says.

FEEDING CHALLENGE NO. 2 My child does not stop eating! OR My child does not eat enough!

Eating is instinctual. If we listen to our bodies, we will know what, when and how much to eat. When we interfere with a child's ability to distinguish hunger and fullness, we interfere

with healthy eating habits. Have you ever witnessed a young child being forced, prodded or manipulated into eating a meal or snack? Well-intentioned parents can interfere with a child's ability to read his body's signals of hunger and fullness. When children lose the ability to read these signals coming from their brain, they often adopt unhealthy eating habits.

So what can we do to avoid having our children eat too much or not enough?

1) Notice the big picture before becoming too concerned. First, acknowledge that there are numerous factors that can influence a child's eating habits. Children grow in spurts, and their growth will significantly affect the amount of food they will or won't consume. They also tend to eat more when physically active and less when sedentary.

2) Empower your children. Relinquish control and allow them to serve themselves. They will take what they need. If you are serving them, you are presuming you know how much they need to feel satisfied and full. If a child places a less desirable food on her plate, she is more likely to eat it than if you had placed it there for her.

3) Involve your children in shopping for foods that they can have without any restrictions. Allow them to choose some of the proteins, veggies and fruits they will eat for lunch and/or dinner. Again, their selection of foods will increase the likelihood that they consume them.

FEEDING CHALLENGE NO. 3 Screens, screens and more screens!

Phones and tablets interfere with healthy, intuitive eating and create unnecessary challenges for parents. Recent research conducted in the U.K. found that one-third of children are engaged with technology at the dinner table. Not only are these devices getting in the way of families connecting socially, but they may also be contributing to weight gain. In the April 2013 issue of *The American Journal of Clinical Nutrition*, one study found that being distracted by a screen during a meal tended to make people eat more at that meal, and that paying attention to a meal was actually linked to eating less later on. Screens contribute to altering children's intuitive eating signals.

How do we manage technology around mealtimes?

1) Pull up a seat! If you are not eating with your children and engaging with them, you can expect for them to look elsewhere for entertainment. This may sound obvious, but modeling what it looks like to sit and eat a meal will increase the likelihood that

your children will sit and eat the healthy foods you have prepared for them. Showing up device-free will communicate your values and help your children to regulate their own behaviors.

2) Set limits and communicate expectations ahead of time.

Establish when your children can use technology and where they can interact with it. Involve children in the formation of your family's policy to get their buy-in, and have a discussion about the sanctity of the dinner table and the importance of being screen-free. Limits should pertain to everyone in the family, not just children.

Feeding children doesn't have to be as complex as we make it. Many of the issues we create in our quest to do our best for our children can be overcome or avoided. Success will come from modeling the right behaviors, making meal planning and preparation more cooperative, and allowing your children to be intuitive eaters. Creating the right feeding and nutrition habits in early childhood will set the stage for when they are out of view of your watchful eye. Maybe they will even gobble up kale and broccoli one day! ■

Melissa Benaroya, LICSW is a parent educator and consultant in the Seattle area. She cofounded Grow Parenting (growparenting.com) to provide parents with the tools and support they need to raise healthy children and find more joy in parenting.



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See pg 42






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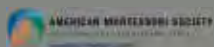


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Body building

8 books that help kids build a healthy body image

By Caitlin Flynn

Every body is beautiful, but many children have a hard time accepting their bodies. The media bombards us with images that tell us beauty doesn't come in all shapes and sizes, and children who don't fit society's cookie-cutter idea of "attractive" are often subjected to bullying by their peers.

According to the National Eating Disorders Association (nationaleatingdisorders.org), 81 percent of 10-year-old girls fear being fat, and 46 percent of 9- to 11-year-olds frequently go on diets. By the teen years, the statistics are even more troubling. More than half of teenage girls and one-third of teenage boys engage in unhealthy behaviors (such as skipping meals, purging and abusing laxatives) in an effort to lose weight.

These statistics prove that we need to teach our children to love and take care of their bodies. Books are powerful tools for teaching your child about body positivity. The following fiction and nonfiction titles explore a variety of body-image issues and send the powerful and important message that beauty comes from within.



The Second Life of Abigail Walker

By Frances O'Rourke Dowell
(Ages: 8–12)

Abby Walker is always on the outskirts of her group of friends solely because she weighs 17 pounds more than her pals. She walks on eggshells around them and is always careful to agree at all costs — otherwise they taunt her. Abby is happy with her body and realizes that her weight is no reason to be mistreated. She finds the courage to stand up to their cruel remarks, and is promptly ostracized.

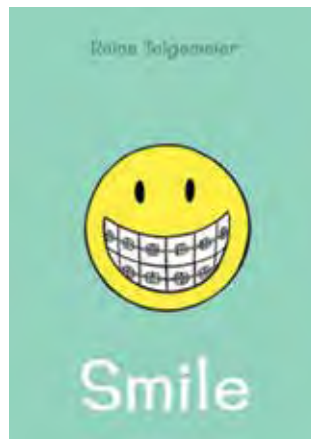
Eventually, Abby finds new friends who accept her and love her for who she is and who recognize that the number on the scale doesn't define her.



Wonder

By R.J. Palacio (Ages: 8–12)

Auggie was born with a severe facial deformity, and he is homeschooled because of his health problems. He's excited to begin mainstream school in fifth grade, but not all his classmates welcome him with open arms. Some of his peers refuse to look past Auggie's physical appearance and taunt him because of the way he looks. But Auggie stays positive, finds true friends and inspires those around him to adopt the motto of "Choose kind."



Smile

By Raina Telgemeier (Ages: 10–13)

When Raina Telgemeier was 12 years old, an accident caused her to lose both her front teeth. For the next several years, she endured painful surgeries and had to wear headgear, false teeth and implants. The physical pain was accompanied by taunting from her classmates and former friends.

Despite the physical suffering and bullying, Telgemeier persevered. She found friends who loved her with or without headgear, and this memoir sends the important message that it's entirely possible for people to find happiness and acceptance when they don't meet society's standards of "beautiful."



Taking Flight: From War Orphan to Star Ballerina

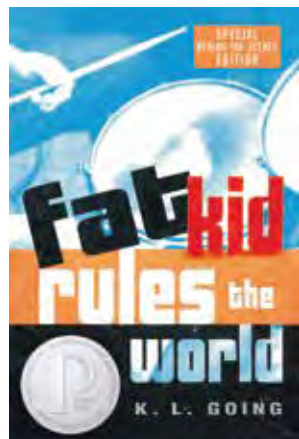
By Michaela DePrince with Elaine DePrince (Ages: 11 and older)

Michaela DePrince is currently a dancer at the prestigious Dutch National Ballet — but her path to stardom wasn't an easy one. DePrince was born in Sierra Leone and lived in an orphanage after her parents died. Because of vitiligo, a condition that makes her skin look spotted, she was ostracized and described as a "devil's child."

Despite her incredible talent and work ethic, DePrince was told that she'd never succeed as a ballerina because the black body type isn't "graceful" enough for professional ballet. But she couldn't be stopped. >>

Body building books

continued from page 59

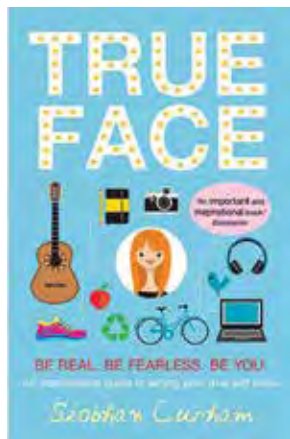


Fat Kid Rules the World

By K.L. Going (Ages: 12 and older)

Troy is painfully self-conscious about his weight, and he lives with constant anxiety that others are laughing at him. He reaches the point where he considers jumping in front of a subway train, but a chance encounter with a teenage musician, Curt, changes his life. Curt recruits Troy to join his band, and Troy slowly but surely begins to realize that his identity is not defined by his size.

Troy's journey to self-acceptance doesn't involve losing weight. It's all about discovering his passions, forming supportive relationships and recognizing the importance of looking beyond appearances.



True Face: Be Real. Be Fearless. Be You.

**By Siobhan Curham
(Ages: 13 and older)**

Curham's motto is "Forget the fake and keep it real," and *True Face* provides thoughtful advice that encourages teens to focus on inner beauty. Teenagers are bombarded with airbrushed images and narrow standards of what constitutes "beautiful." Curham encourages her readers to find their true selves and challenge the inner voice that constantly tells them they're not pretty enough or thin enough.

Curham also includes writing exercises that allow readers to explore their body-image issues.



One Fat Summer

**By Robert Lipsyte
(Ages: 14 and older)**

Most kids eagerly await summer vacation, but Bobby dreads it. When he spends the season at Rumson Lake, he can't hide his weight beneath heavy jackets. In order to avoid summer camp and the bullying he fears will await him, Bobby gets a job mowing lawns — but he still can't escape the constant criticism from his family. The job proves to be difficult, but Bobby doesn't give up, and the physical activity ultimately makes him healthier. Although the summer is far from easy, Bobby learns to stand up for himself and respect his body.



Wintergirls

**By Laurie Halse Anderson
(Ages: 14 and older)**

Cassie and Lia's friendship turns toxic when they begin a contest to see who can become the thinnest. Both girls develop severe eating disorders, and their friendship falls apart.

Without sugarcoating or preaching, *Wintergirls* depicts the psychological and physical suffering that accompanies eating disorders. The bodies of anorexics and bulimics are often glamorized, and *Wintergirls* drives home the message that abusing your body has devastating consequences. ■

Caitlin Flynn is a lifestyle and entertainment writer at Bustle.

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Kristin Rowe-Finkbeiner

By Alayne Sulkin • Photograph by Will Austin

Back in 2008, Kristin Rowe-Finkbeiner was in ParentMap's first cohort of Superheroes. We honored her as the "the crusader" for launching **MomsRising** in order to raise awareness around the extreme invisibility of mothers in America. MomsRising.org was born as a grassroots movement and has grown from 150,000 members to more than 1 million today. This on-the-ground, hashtag-happy coalition is working to achieve economic security for all moms, women, and families in the United States. MomsRising advocates for paid family leave, earned sick days, affordable child care, and for an end to the wage and hiring discrimination that penalizes so many mothers.

In 2006, you founded MomsRising with a handful of moms and now have more than 1 million members. For political change, don't we need more dad involvement?

MomsRising is for moms and for anyone who has ever had a mom. So anyone who has an actual belly button can be involved. We see an increasing focus on working families. The reason why we are focused on moms and why we are called MomsRising is because, right now, moms are experiencing the most discrimination. Being a mom is a huge predictor of wage and hiring discrimination in our country. Public policies that we support don't only raise moms, they raise women, they raise dads, they raise working families. But moms are often the most impacted.

Could you highlight key policies affecting families that our readers should pay particular attention to this legislative session?

We are expecting to see paid sick days billed for the entire state. We are also expecting to see the Equal Opportunity for Fair Pay Act go in again. We should see a pregnancy nondiscrimination bill and family leave. There is a lot of what moms care about on the agenda for the legislators and that's good news: It means legislators are paying attention and they are [bringing forward] the bills that matter most to families.

What is the connection between the pervasive sexism in our culture and policies that penalize or fail to support women and children?

There is a definite connection between pervasive sexism in our culture and our lack of women's economic security and empowerment policies. It starts with the fact that we have yet to achieve full equality. Fewer than 20 percent of all people in Congress are women, and so a lot of the people who are literally holding the reins of power in our country don't really understand what is going on with women. Because of that, we are behind the rest of the world when it comes to policies relating to paid family leave, fair pay, sick days, child care and more.

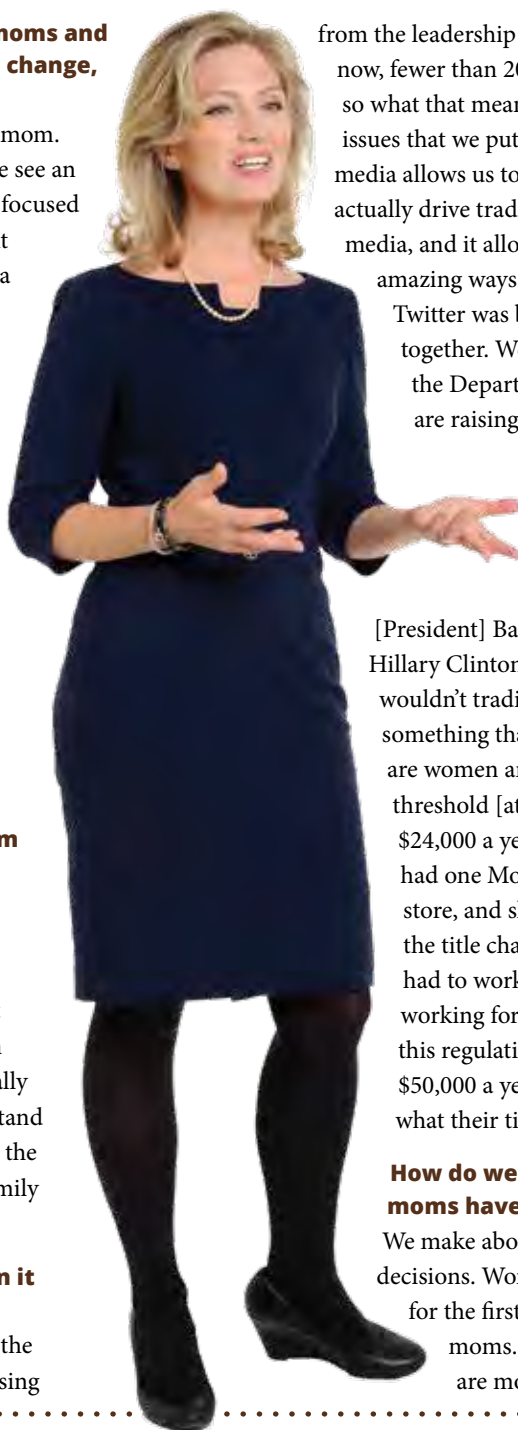
Expand on the good and the bad of social media when it comes to political activism.

I have to say that I think the good outweighs the bad. One of the things that is so exciting is that women have been largely missing

from the leadership of traditional media outlets. In fact, right now, fewer than 20 percent of media executives are women, so what that means is that the issues that impact us daily, the issues that we put as priorities, are often overlooked. Social media allows us to go completely around that; it allows us to actually drive traditional media. It allows us to make our own media, and it allows each of us to be our own news outlets in amazing ways. MomsRising was born the same year that Twitter was born, in 2006, and so we have really grown up together. We are working on a very important policy with the Department of Labor on overtime regulations. We are raising the threshold that qualifies you for overtime pay. We did a tweet chat for an hour on this overtime regulation change, which would help over 20 million people. In that one hour we had over 120 million Twitter impressions. We had [President] Barack Obama tweeting as himself, along with Hillary Clinton and Bernie Sanders. Overtime regulations wouldn't traditionally get covered in the news. But that's something that matters to 20 million people, most of whom are women and moms. Going backward, right now the threshold [at] which you don't earn overtime is about \$24,000 a year. We've been frozen there for decades. We had one MomsRising member that worked at a doughnut store, and she was made supervisor and then because of the title change, she no longer qualified for overtime. She had to work more hours with less pay. Basically, she was working for free because she had her title changed. With this regulation change, anybody making under about \$50,000 a year will qualify for overtime pay, regardless of what their title change is.

How do we best capture and export the power moms have as consumers and advocates?

We make about three-quarters of consumer spending decisions. Women are 50 percent of the labor force, and for the first time in history, three-quarters of them are moms. Forty percent of all primary breadwinners are moms. When we look at this changed labor



force, we look at the change in our country, we look at the change in our economy, and we see that our public policies across a wide area, from gun safety to paid family leave to fair pay, are way behind. It is through that acknowledgment and understanding that when this many people are experiencing the same problem, at the same time, we have structural issues that we can address and fix together so that we boost our families and our economy. We all need to have a strong movement like MomRising so society and people's lives move forward.

Can you share your thoughts about the presidential election?

This upcoming presidential election is an exciting one! Starting with the opening statements of the first Democratic presidential debate, there has been a focus on working families and their economic security policies. Every single Democratic candidate is now supporting paid family leave, and even some Republicans are jumping on board, like Marco Rubio. We see that a tipping point is happening, and it's just at those tipping points where you have to pump up the volume and amp up the pressure!

Should the myriad voices and organizations try to work more collaboratively in order to have great political impacts? For instance, the number of advocacy groups working in support of gun safety seems

to have grown tremendously over the past few years, and I wonder whether more organizations and voices may dilute the passion and power if they were more unified.

Well, we find that when we bring people together on one issue, they are often educated and engaged on other issues. The issues we work on are quite linked together. The mainstream news media doesn't link them together, but as working people, as men, and as moms and dads, we know that the issues are linked together so it's not uncommon for somebody to come in, for example, on gun safety, like in North Carolina. Our North Carolina MomsRising members just had a huge victory on gun safety, where there aren't a lot of victories happening right now. And then they turned around and started working on other issues, like the North Carolina budget and on child care funding and on other issue areas. So people came together on one issue and then realized that, hey, we have a crisis in America. A quarter of our young families are living in poverty. Women, especially moms, are experiencing extreme wage hits right now, and together we can solve these issues. So there really is a coming together and an understanding that we have moved from a manufacturing economy to a consumer economy, and in a consumer economy, women have unprecedented power. ■

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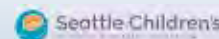
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