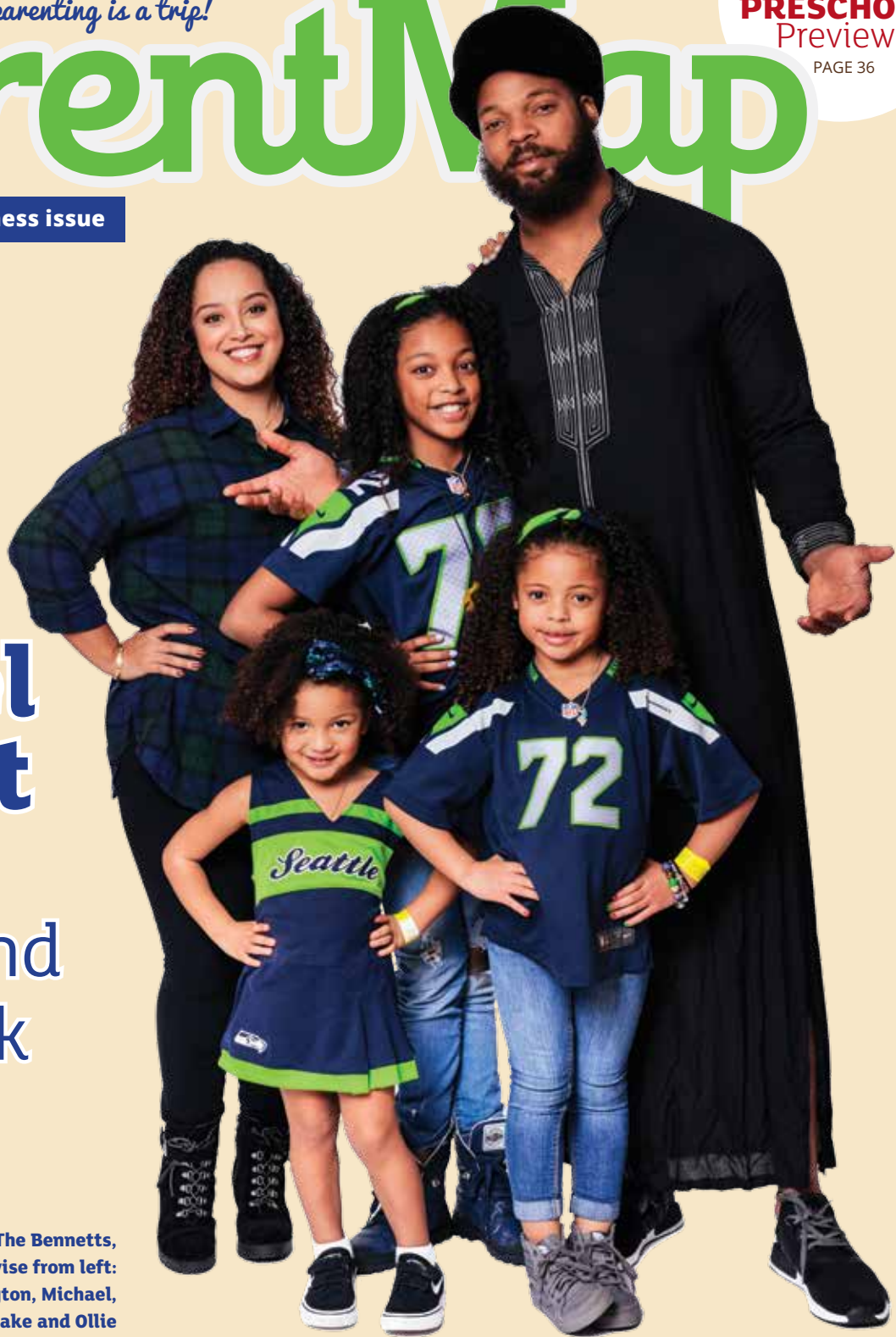


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Health and family wellness issue



Michael Bennett

Staying balanced and giving back

The Bennetts, clockwise from left: Pele, Peyton, Michael, Blake and Ollie

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ALL ARNOLD



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Play matters — here's why

You're always hearing that play matters for a healthy childhood but why is that again? We bring you the latest research in child development from the pros over at the University of Washington. parentmap.com/play



Apps that celebrate Martin Luther King, Jr. Day

School may not be in session on MLK Day (Jan. 16) but that's no excuse to let the holiday pass without remembering what it stands for. Homework: Take this tech and use it for fun and learning. parentmap.com/mlk-apps



Yes, you will get organized this year

2017: the year you master organization. These eight storage tips for helping the kids share a bedroom also work for other rooms around the house. A personal favorite: Assign specific baskets for different tasks to keep your kids on track when it comes to cleaning up. Blue basket is for stuffed toys, red for Legos... you get the idea. parentmap.com/get-organized



Have vision this year

It's a new year and that means new goals, but you can dream bigger than those tired old resolutions. In this craft perfect for a winter night in, you'll ask yourself and your family what you want out of 2017. Plus, it's easy to do (seriously, all you need are magazines, scissors and glue). Start dreaming. parentmap.com/dream-board

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4 GET ACTIVE

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5 PLAN A DREAM VACATION

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dear reader

This New Year’s resolution is on my mind

We’re all too familiar with the annual exercise of making New Year’s resolutions. Having reflected on our past year and wanting life to be better, we try to create a private roadmap for our lives. Generally we aspire to greater success, less weight, more exercise, deeper love, better jobs, more money and always better balance. I, however, am pathetically consistent at only one thing when it comes to resolutions: my failure to keep any past, say, January 7. But this year I’m really going to try and stick to one: Be more mindful.

You’ll hear more about this next month when we officially start our 2017 initiative. At that time, I’ll report on my first month of actively practicing mindfulness with the help of an app and a class at the University of Washington. In February, we’ll also formally begin a year of mission-driven content that will include stories in our print magazine and website as well as a program to connect readers around these issues through our social media channels and parent events.

In the meantime, get a jump on mindfulness by kicking back with this latest issue. You’ll be inspired to act after reading about the tech-savvy fathers in our feature (“Diabetes in the digital age,” p. 12); rather than wait for a solution to ease life for their kids with Type 1 diabetes, these driven dads made one themselves!

You’ll be moved by the latest addition to our ongoing STREAM series (“Solving for XX,” p. 8). In 2017, let’s do better at raising our daughters

to have confidence in all things, including math. We can all resolve to stop spreading insecurity with that all too familiar excuse “I’m just not good at math.”

And, finally, you’ll be impressed by the family of Seattle Seahawk Michael Bennett. Michael and his wife, Pele, have three young daughters who are already dedicated contributors to the family’s foundation. You simply have to hear from this beautifully warm and loving daddy whose tenacity and drive help thousands of kids get healthy (“A family affair,” p. 17).

So with that, welcome to 2017! We look forward to sharing stories with you throughout the new year and hope to see you at one of our upcoming events. Up first: our annual Preschool Previews, which bring together the best and brightest

in local education to give families direct access to early learning options. Remember, if you register early, you’ll be entered to win \$1,500 in prizes: parentmap.com/preschool-previews. Not a bad way to start a new year.



Peyton, Ollie and Blake Bennett

WILL AUSTIN



Sharon

ParentMap

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Solving for XX

Why girls aren't getting the same support as boys in math

By Rebecca Hill



As a college freshman at the University of Chicago, Kristin Lauter was baffled by the deltas and epsilons of her honors calculus class. She'd always been good at math; in fact, she loved it. As a little girl, she'd played math games with her father and in high school she'd been in honors math. College calculus, though? It made no sense. Frustrated, she decided to drop the class.

But when Lauter went to get the signature from her professor that was required in order to leave the course, her teacher refused to sign. "No one else understands it either," the professor told Lauter of her classmates as she encouraged her to stick the class out. It was encouragement Lauter took to heart. She went on to get a Ph.D. in mathematics and is now a principal researcher in cryptography for Microsoft.

Math matters

Mathematics is increasingly the most versatile career in the world of STEM (science, technology, engineering and mathematics). Why? Because math is a foundational skill for every career,

Lauter says. An undergrad math degree creates a good foundation for careers in engineering, data science, computer programming and even, Lauter points out, biological sciences.

"Over the last 10 years, there has been an explosion and need for bioinformatics, genomics [and] statisticians," Lauter says. This means having a strong footing in mathematics, which Lauter calls "a very undervalued profession."

Economists estimate the United States will have 1 million STEM jobs to fill in order to maintain the country's historical preeminence in science and technology. Unfortunately, the candidate pool to pull from isn't the most diverse.

Women fill nearly half of all jobs in the U.S. economy but less than 25 percent of all STEM jobs. How do you fix that? Get more girls interested in STEM, and in math, from an early age.

That's easier than it sounds. A 2015 study from the University of California, Los Angeles and New York University found that female students tend to exhibit lower math self-confidence as compared to males with the same abilities. There are several factors as to why.

First, there's a stereotype that math is "only for boys." In one study conducted by New York University and the University of Illinois, researchers found that teachers and parents unwittingly perpetuate the belief that math is not for girls. Doing so can lead to a lack of self-confidence in math for girls. Those early experiences can, in turn, dictate if girls will choose STEM education and careers.

The traditional way of teaching math has played a big part in perpetuating the belief that "girls aren't good at math." Rote memorization often fosters a competitive atmosphere, which research



Editor's note: Science, technology, robotics, engineering, art and math: In our schools and communities, there is more demand than ever for STREAM. Yet only about a third of eighth-graders score "proficient" in math and science. In this ongoing series, sponsored this month by **Girls Rock Math** and **Living Computers: Museum + Labs**, we'll explore how schools and organizations are approaching STREAM in new, game-changing ways.

has found many girls are not comfortable with and thus do poorly in.

Take the findings of a 2010 article published in the *Journal of Economics Perspectives*. Looking at 20 years of data, the study revealed the ratio of males to females who score in the top five percent in high school math has remained constant at two male students to every one female student. The reason that ratio is static may have to do with how boys and girls view competition; those differences in turn influence math test scores and ultimately give a biased representation of gender differences in math. As the articles authors wrote, "It may be important to examine whether changes in testing or evaluation can allow more females to realize their potential and better measure their current math interests and math skills."

One change that works: Educators focus on the "why" of math rather than on memorization, says Kimberly Vincent, a Washington State University mathematics education professor. A 2016 study from the American Institutes for Research on "deeper learning" (aka going beyond rote memorization) found that students who employed deeper learning had higher levels of collaborative learning, higher academic engagement and greater motivation toward learning and self-efficacy. These students did better in math and had higher graduation rates. This type of learning, Vincent

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Solving for XX

continued from page 8

says, also fosters a more collaborative learning environment with the additional benefit of fostering self-confidence among female students in topics such as math.

Three variables

There are three things that research has found crucial for success in math: an interest in math, confidence gained by being good at it and past achievement that spurs future success.

For Jessica Ellis, a mathematics professor at Colorado State University (CSU), it took the encouragement of her Calculus II professor for her to consider being a math major. Debra Olson, a mathematics instructor at Spokane Falls Community College (SFCC), caught onto math ideas quickly as a student, which increased her confidence and thus her interest in math.

For both Ellis and Olson, as with Lauter, early interest in math translated into long-term achievement. But for girls who don't get that kind of encouragement or don't experience that type of success, studies show that they may shy away from math entirely — a dramatic turn that can happen as early as the third grade.

One 2016 study conducted by Florida State University and the University of Illinois examined education data from 7,040 children from third to eighth grades. It found that girls felt less confident overall in their math abilities than boys did, and that disparity in confidence was greater than the differences between boys and girls in achievement and interest at a third- and fifth-grade level. In other words, girls became less confident the older they got.

Girls could be interested and good at math, but still not feel confident about it.

Despite calls to give serious attention to this problem, the numbers have yet to really change. According to the Trends in International Mathematics and Science Study (TIMSS) published in 2015, U.S. students in the fourth and eighth grades, both boys and girls, are making long-term progress in math but by the time students hit advanced math courses, male students continue to outnumber female students. They are also, on average, outscoring them, seemingly continuing patterns established earlier on in education.

Which brings us back to calculus. In most U.S. colleges, any student interested in pursuing a major in a STEM field must first take Calculus I. It's a tough class for anyone of any gender but the chances of a female student becoming discouraged and discontinuing the class are 1.5 times greater than for a male student, according to a study conducted by Ellis of CSU. Women often leave the class even when they have the ability to continue, says Ellis. It was just their perception of whether or not they could continue that stopped them.

Teaching encouragement

A former Ph.D. candidate in pure theoretical mathematics who switched to mathematics education, Vincent taught calculus to undergrads. At the beginning of one school year, she started with 50 students — half of them women and half of them men. By the second semester, her class had only five women left.

Intrigued by the forces behind such a dramatic shift, Vincent changed her area of focus to math education. Ultimately, she did her dissertation on women's attitudes about mathematics. She also changed the way that she taught math by asking more questions of her students and avoiding lecturing.

"I have them make conjectures, then test those same conjectures," Vincent says of her students. "I want them to know why things work." The change has made a difference in the gender makeup of Vincent's classes, she says. "In classes that typically have a 50 percent DWF rate [Editor's note: this is the percentage of students who earn Ds, Fs or withdraw from the class] mine is considerably lower (10 to 20 percent)," she says. "In classes with 10 to 20 percent DWF rate, mine is usually below 5 percent."

Olson of SFCC has also tailored how she teaches math and how

she educates other teachers about teaching math.

"My ultimate goal is to design a learning experience that allows students to explore, understand and creatively use important math ideas," she says. A lot of that, she says, comes down to trust, both between the student and the teacher and between the student and herself.

The young women in her classes need to "trust themselves as mathematical thinkers," says Olson. Only then, by embracing and exploring their own mathematical questions, can the kind of change necessary for a more diverse world in STEM happen. Girls, she says, need to know that they have something unique and something important to bring to math. ■

Rebecca Hill is a freelance writer who writes about education, literacy, libraries, parenting/family and science.

getting and staying interested in math

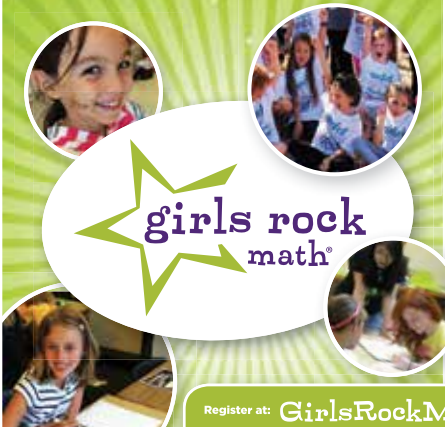
This paraphrased advice comes from women working in math.

- **Find a mentor.** Demand to know why mathematics works.
— *Kimberly Vincent, Washington State University mathematics education professor*
- **Remember that everyone has had moments** where they have hit a wall in their understanding and have had to figure out a way to get over it.
— *Bianca Viray, University of Washington mathematics professor*
- **Trust yourself as a mathematical thinker.** Embrace and explore your own mathematical questions. — *Debra Olson, mathematics instructor at Spokane Falls Community College*
- **If you like math, try another class.** Stick it out.
— *Kristin Lauter, Ph.D. mathematics and principal researcher in cryptography for Microsoft*
- **Find a community or a group of math-friendly girls to support you.** There are organizations specifically for women and girls interested in math.
— *Jessica Ellis, mathematics professor at Colorado State University*



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Diabetes

With Type 1 diabetes on the rise in kids, parents are using tech tools to drive innovations in care

By Nancy Schatz Alton

After her 11-year-old son, Max, took his shirt off during a swim outing, Allison Fisher's instant, alarming thought was: *diabetes*. "He was so thin, I could see his ribs. It looked like he had lost 20 pounds," says Fisher, who booked a doctor's appointment, knowing her son had already been showing other warning signs, such as excessive thirst and frequent urination. Hours before that visit, Max slept through recess.

During the appointment, their pediatrician diagnosed Max with type 1 diabetes (T1D), and said that either they could drive to the hospital right then or he'd call an ambulance.

"As I drove, I remember saying, 'Oh, we'll eat sugar-free, no problem,'" says Fisher, who lives in Lake Forest Park. "Now I see how uninformed I was about T1D."

Max should have been dead or at least in a coma by the time they arrived at the hospital, because his blood sugar reading was at a life-threatening level. He was in diabetic ketoacidosis (called DKA), an extreme condition that happens when the body does not make enough insulin, a hormone required to help glucose enter the cells for energy.

In making her sugar-free promise, Fisher had confused T1D, an autoimmune disease characterized by the pancreas' inability to produce the insulin that regulates blood sugar, with type 2 diabetes, a disease often related to lifestyle choices and obesity.

"Type 1 diabetes, formerly known as juvenile diabetes, is certainly not caused by eating or drinking too much sugar or a lack of exercise," says Dr. Craig Taplin, an endocrinologist at Seattle Children's Hospital. "T1D has been increasing by approximately 2 to 4 percent per year in the U.S., and

the number of patients being diagnosed worldwide has been increasing fairly steadily for several decades now at a similar rate."

On average, about 50 people are diagnosed with type 1 diabetes each day in the U.S. National data suggests that about four out of 1,000 students within an average high school senior class has the disease.

Upon diagnosis at Seattle Children's Hospital, a child spends an average of three days in the hospital while his body's blood sugar level begins to be regulated by injections of insulin. Meanwhile, parents attend a series of classes teaching them how to read food labels; count carbs and figure out premeal insulin doses; give shots and load insulin pens; work out the math equations necessary for administering the correct dosage of insulin for their child; and what to do in times of emergency, such as low blood sugar.

Increasingly, families are turning to new methods, fueled by the advances in and easy availability of technology, for managing this chronic disease.

"A miscalculation could kill your child. I cried during the diabetes math class; it's algebra and ratios and percentages and decimal work. Thank God tech does a lot of the work for us now," says Fisher.

New tools for delivering insulin and monitoring blood sugar, apps for calculating and measuring and even social media are giving parents and children more information about the numerous daily decisions that come with T1D.

But what comes packaged with progress? When is the latest gadget one tool too many? Here's how local families deal with living with T1D today.

in the digital age

A life of monitoring and measuring

After a child is diagnosed with T1D, the family is given insulin, which parents administer by syringes or insulin pens as they learn the specific physiology of their child's body and disease. Eventually, many caregivers switch from using syringes or pens to an insulin pump system, a battery-operated device a bit bigger than a pager that pumps insulin into the wearer through a tube ending in a cannula or a needle inserted into the skin. Some pumps are tubeless. While the pump is revolutionary — designed in the 1970s and refined (roughly 20 percent of people with T1D in the U.S. now use one) — doctors, parents and patients must actually program the pump, telling it how much insulin is needed based on patterns of blood sugar readings, amount of carbohydrates consumed and time of day.

This is why people with diabetes poke their fingers; they're checking their blood sugar level and then employing mathematical calculations to determine how much insulin they need. A more innovative technology came onto the market in 1999, allowing some kids with T1D to also wear a continuous glucose monitor (CGM), inserted under the skin, which measures glucose (sugar) levels in the body in real time 24 hours a day. Families and doctors hope that eventually this technology might evolve and lead to fewer finger pricks, but as of right now, while a CGM adds data, it's also yet another thing to wear on the body.

That's why Anna, 15, who was diagnosed with T1D at age 2, has never worn a CGM. Although her parents switched from needles to insulin pens and finally to using a pump to administer insulin when Anna was in first grade, the CGM sensors that come with her pump remain in storage.



"Anna has great control with the pump, and she's great at checking her blood sugar. She has such a little body and she doesn't want another site on her body," says her mom, Erica Stowell, who lives in Seattle's Ballard neighborhood. Stowell says it was enough of a challenge to figure out where Anna would wear her pump when she donned a fancy dress for her school's winter ball.

Still, many families embrace CGM, because the sensors connect to transmitters that send a sugar reading every five minutes or so to a display device that the user carries.

These days, the patient's device can instantly share this vital blood sugar reading with parents, thanks to that magic tech "cloud" and the smart devices that so many people have.

Leslie Raines has two young sons with diabetes, and this technology means she is no longer physically tethered to Marlowe, 9, and Oliver, 6. "Although they don't always wear their CGMs

— the needles are stiff, and insertion hurts — when they do, I sleep with their monitoring devices, and they wake me with an alarm if their blood sugars are way off. When they don't wear their CGMs, we physically check their blood sugars at 12, 3 and 6 a.m.," says Raines, who lives in Seattle. Omnipod pumps, which are tubeless and deliver insulin, "have helped the boys' blood sugar levels stabilize, given them more freedom and been life-changing for us all," Raines says.

Living with T1D as a child means that the child's school must either have a nurse who is trained to work with students with diabetes or another adult at the school who has been trained in diabetes care — a parent-designated adult, or PDA. Raines writes the carb counts on her sons' lunches, and they visit the school nurse before meals, tell her what they are most apt to eat and the nurse gives them insulin based on this information.

As children grow, they're increasingly learning to maneuver emerging T1D technology, building critical independence they'll need later. A teen using the CalorieKing app on their smartphone can check carb counts on more than 70,000 foods.

Yet parents are still intimately involved, even as technology helps. For instance, social media contracts take on new meaning when you're asking a teen to share his CGM readings with you 24 hours a day.

Parents still are modeling management, the key way kids with T1D learn to keep themselves

As children grow, they're increasingly learning to maneuver emerging T1D technology, building critical independence they'll need later

Diabetes in the digital age

continued from page 13

alive. Rena Holman does daily diabetes care with her 15-year-old, Sam. “When making decisions, I have always narrated what I’m thinking so he can absorb it and use my thought process when I’m not around. That’s my job; I used to tell people I was a full-time artificial pancreas,” says Holman, who lives in Lake Forest Park. “Sam’s really starting to understand his body and his diabetes and draw his own conclusions. He’ll say, ‘The last time I ate this, that happened, so this time I’m going to make a different choice.’”

New T1D tech driven by parents

Caregivers involved in T1D have long joked about being an “artificial pancreas,” but researchers are now working on the technology to create just that. A new hybrid closed loop system called the MiniMed 670G, developed by Medtronic, will be on the market this spring and has been approved

by the FDA for older children and adolescents. With this system, the insulin pump and the CGM will essentially talk to each other, meaning that the CGM’s sugar readings are popped into algorithms that tell the pump how much basal insulin to give the body, and this process happens automatically, without patient input. Patients and parents will still need to manually tell the pump how much bolus (fast-acting) insulin to give the body before a meal.

While this type of technological advance changes the landscape of T1D management to a degree, parents will be the first to tell you that the MiniMed 670G is not really an artificial pancreas. “We have the hardware that it takes to create an artificial pancreas, and the communication pathways for the pump and the CGM to talk to each other are there, but a true artificial pancreas needs an algorithm to determine dose, as well as stable glucagon [the hormone that raises blood

sugar], and the FDA hasn’t approved any system that uses glucagon yet,” says Fisher.

Currently, glucagon is a drug that can save a person with T1D when their blood sugar is extremely low. People with T1D and parents of kids with T1D carry glucagon with them at all times (and stash extras in backpacks, purses and glove compartments). Glucagon is packaged as a “kit” containing a liquid that must be mixed with a solid before being administering; this is to avoid hypoglycemia, a potentially very serious condition that can cause loss of consciousness, seizures and, on rare occasion, death.

When the market doesn’t deliver solutions fast enough, some parents start thinking like scientists, creating their own do-it-yourself solutions, such as a hybrid closed loop system, at home. Seattleite Dana Lewis, who has lived with diabetes for 14 years, worked with Scott Leibrand to create her

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own hybrid closed loop system with her existing medical devices. Then she decided to share it with the world: The Open Artificial Pancreas System project aims to make safe and effective basic artificial pancreas system (APS) technology widely available to anyone with compatible medical devices who is willing to build their own system. While this isn't FDA-approved technology, Lewis points out that they aren't selling medical devices, but posting code and documentation online.

"With diabetes, you do your best every day with a lethal drug. Sometimes you get it right, sometimes you get it a little less right and sometimes you get it wrong. It's a constant thing; it's not as easy as it sounds," says Lewis. "People say sharing this information [without FDA approval] is so risky, but what they don't realize is that a person with diabetes makes hundreds of life-or-death decisions every day. Using a system like this cuts your risk significantly."

Seattle parent Carlin Pressnall and her husband, Matt, used OpenAPS to build a hybrid closed loop system for their daughter Ella, 11. They were user no. 28 on this project, which at press time had 174 users worldwide.

"When you manage diabetes, you realize how many decisions you are making in a day, especially at 3 a.m. after rolling out of bed. A computer can use algorithms to make those decisions every minute and make them in a very slow and safe way. A computer can be way more diligent than parents," says Pressnall, who lives in Seattle. "We've been running the closed loop since spring and we really trust it now. The first full night, my husband stayed up all night to make sure it was working safely. Now we sleep all night almost every night, and Ella wakes up with good blood sugar almost every day, which is a huge transformation."

While Dr. Taplin understands the motivation of people who have turned to a system such as OpenAPS, he doesn't recommend that parents of a child with diabetes build their own hybrid closed loop system. But by demanding better solutions, he says, parents of children with T1D are helping to drive the diabetes technology sector, likely moving products such as the MiniMed 670G more quickly toward formal regulatory approval.

Parents with T1D experience and software expertise are even working with device companies and research teams to create solutions that result in brand-new technologies," Taplin says.

One of those companies is Bigfoot Biomedical, a California company founded two years ago by four fathers of children with T1D who were dissatisfied with the pace of traditional industry development. These dads had the technical and business expertise to create, develop and commercialize a comprehensive solution, says Melissa Lee, Bigfoot's director of community relations. The company's insulin delivery system, the Bigfoot smartloop system, is currently undergoing its first FDA-approved trial.

"We recognize, respect and reflect the unrest of the people impacted by T1D who said, as our cofounder Lane Desborough first coined, 'We are not waiting.' We believe that the DIY community has helped industry recognize the needs and desires of the end user of these devices," says Lee.

It takes a village

Parents haven't just built new tools; they've used technology to build person-to-person communities. "The T1D community was one of the first to take to social media, looking for physiological information, psychological, social and emotional support and peer-to-peer nurturing," says Dr. Wendy Sue Swanson, pediatrician and chief of digital innovation at Seattle Children's Hospital. "Because it's a minute-by-minute disease, the community has been very motivated, working to share tips and tricks and life hacks. You can imagine what a relief it can be to have a place to go online and get a script from another parent about how to talk to a school nurse or a principal with a challenge, or how to easily learn how the ADA (American Disabilities Act) protects students with T1D."

This very connected community doesn't just live in the virtual world. ConnecT1D was founded

in Seattle in 2009 with the belief that life with a chronic illness is just a little bit easier if you know somebody else going through it at the same time, says Jake Johnston, one of ConnecT1D's founders who has T1D himself and also has a

11-year-old daughter with T1D. Wanting to create real-world social and community connections and support, ConnecT1D achieved nonprofit status in 2011, and proceeded to launch a parent program, a teen program and an adult program, and went on to host its first Family Camp in 2012, which today serves more than 60 families.

Raines says members of her family relished their time at the ConnecT1D camp held last October at Warm Beach Camp and Conference Center. "The kids are off with teenage counselors that all have diabetes. The parents go to sessions," she says. "It's wonderful being in a community where everybody is

going through the same thing and truly gets it. My sons say, 'Everybody else is checking their blood sugar just like me.'"

ConnecT1D receives dozens of emails and calls every week from people seeking support. "There's 'OMG, we were just diagnosed and we're overwhelmed' to 'There's nobody else in our town that has this disease.' Some of our most important work is hosting parents' night outs so parents can talk to each other," says Johnston, who lives in Seattle.

As a person with T1D and the parent of a child with T1D, Johnston admits he hasn't been this excited about technology in decades. He says hybrid closed loop systems and eventually an artificial pancreas would mean fewer sleepless nights for parents. Still, it's not just technology that encourages him.

"Hope comes in two flavors," says Johnston. "There's hope for technology and there is the hope that we feel in knowing someone is out there that we can connect with about living with diabetes." ■

Nancy Schatz Alton lives with her husband, two daughters and two dogs in North Seattle.

"Because it's a minute-by-minute disease, the community has been very motivated, working to share tips and tricks and life hacks."

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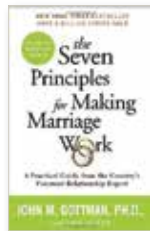
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A family affair

How Michael Bennett's family gives back and keeps their famous football star grounded

By Elisabeth Kramer • Photo by Will Austin

The first image you see on The Bennett Foundation website (thebennettfoundation.org) is of Michael Bennett — the 6-foot-4, 274-pound Seattle Seahawk with a fierce reputation as a pass rusher — on an itty-bitty yellow bicycle. It brings to mind another memorable bike ride: that time Michael took a police two-wheeler for a joyride around CenturyLink Field after the Hawks' had-to-see-it-to-believe-it win over the Green Bay Packers in 2015. This athlete, you realize, knows how to have a good time.

This shouldn't be a surprise. Michael and his wife Pele, who've been together since they were teenagers, have three young daughters: Peyton, Blake and Ollie (who are 10, 6 and 3). Together, the quintet support The Bennett Foundation (see their silhouettes running in the logo, Ollie, the youngest, still in pigtails).

For those who only know of Michael's work on the field, the family foundation — and his dedication to its mission of raising awareness and education about childhood obesity — might be news. The Bennetts started the foundation after Michael took a trip to Hawaii in spring 2014; there, he participated in a roundtable conference at the state capitol about obesity. Inspired to move more quickly than government is sometimes wont to do, Michael and Pele got to work on educating communities about childhood obesity.

That June, mere months after his trip, the Bennetts hosted the first OCEAN Health Fest. More than 1,000 people attended the five-day event, which featured healthy cooking demonstrations, free health screenings and, of course, a Michael Bennett football camp.

Clearly a hit, The Bennett Foundation has partnered with the likes of Safeway and Delta Air Lines and plans to expand its programs. In November, for example, Michael stopped by Rainier Beach High School for a

stint in the school's cooking club (see a snapshot of that trip plus other foundation photos at [@thebennettfoundation](https://www.instagram.com/thebennettfoundation) on Instagram).

Throughout his many successes — you know, like heading a foundation and winning the Super Bowl — Michael says his focus has been his family. "My goal is to keep [my daughters] grounded," he says. "I want them to have their own identities and I'm looking forward to how they can continue to give back and learn about giving."

Despite their young ages, the girls, it seems, are already taking note. The two older Bennett sisters, whom Pele says are "bookworms," recently started their own book club. Inspired by their dad's similar venture with the Seahawks, Peyton and Blake share their favorite stories over Instagram as the Pencils on Paper Club ([@pencilsonpaperclub](https://www.instagram.com/pencilsonpaperclub)). Eventually, says Pele, they hope to move the club beyond Instagram and start doing book drives, among other literary outreach.

"Pencils on Paper is all in their own words," says Pele. "They just love reading and writing and wanted to share that."

The family is also working on a children's book that'll publish in early 2017; it'll follow the Bennetts in a typical day in the life of the famous family. The point, says Michael, is to show that no matter your day job, the ups and downs of parenting are universal.

"We have the same things as other parents," he says. "We're rushing around, running errands, trying to find time to be a couple — we're just regular people." ■

Elisabeth Kramer currently serves as assistant editor at ParentMap.

The Bennetts clockwise from left: Pele, Michael, Ollie, Peyton and Blake



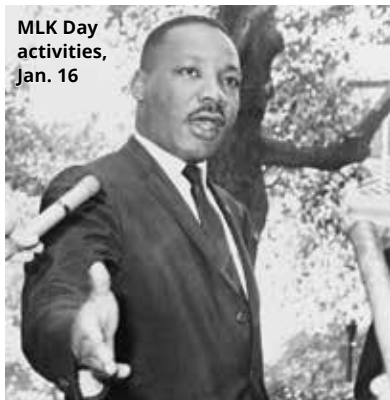
Learn more about the Bennett family's work via

Facebook (facebook.com/thebennettfoundation),
Twitter ([@tmbfoundation](https://twitter.com/tmbfoundation))
and Instagram
([@thebennettfoundation](https://www.instagram.com/thebennettfoundation)),
and at thebennettfoundation.org



PICKS

MLK Day activities, Jan. 16



Model Railroad Show, Pacific Science Center, Jan. 14–16



ParentMap Preschool Previews, Jan. 7, 14, 21 and 28



Seattle Mariners FanFest, Jan. 28–29



Lunar New Year, Wing Luke Museum, Jan. 28

SUNDAY

1

Polar Bear Plunge. Mark the new year with a refreshing 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 multiple model train layouts, built and operated by grown-up enthusiasts. 10 a.m.–5 p.m. Included with admission. Washington State History Museum, Tacoma. washingtonhistory.org

8

ArtVenture: Toy Transformation! Bring an old toy to work with and create something new. 1–3:30 p.m. **FREE.** All ages. Henry Art Gallery, Seattle. henryart.org
ONGOING EVENT
Mercer Slough Family Ranger Hike. Go on a kid-oriented 1.5-mile walk through this fascinating wetland area. 2–3 p.m. **FREE;** RSVP requested. All ages. Mercer Slough Environmental Education Center, Bellevue. bellevuewa.gov

15

A Year with Frog and Toad. Beloved children's book characters share a year of friendship and adventures, set to music. Saturday–Sunday, Jan. 14–22. \$12–\$15. All ages. Tacoma Musical Playhouse. tmp.org
Snowman Building Contest. Your team gets a 55-gallon bucket of snow and 45 minutes to craft your snow creature. 4:30–5:30 p.m. \$20/team of up to 10; preregister. Sprinkler Recreation Center, Tacoma. piercecountywa.org

22

Winter Adventure Hike. Explore the winter environment around Rattlesnake and Christmas Lakes on a two-mile hike. Select weekends, Jan. 7–March 19, 1:30–3:30 p.m. **FREE;** preregister. Ages 7 and up. Cedar River Watershed Education Center, North Bend. seattle.gov/util/crwec
Tacoma Resident Free Day at the Zoo. City of Tacoma dwellers enjoy free admission to Point Defiance Zoo and Aquarium. Jan. 7 and 22. **FREE** for Tacoma residents with proper I.D. pdza.org

29

Seattle Mariners FanFest. Ask for autographs, run the bases, ride the zip line and more. Saturday–Sunday, Jan. 28–29, 11 a.m.–4 p.m. \$10; ages 14 and under free. Safeco Field, Seattle. seattle.mariners.mlb.com
Ronald Dahl's Willy Wonka Jr. Youth Theatre Northwest presents the musical story of a wacky confectioner and his chocolate factory. Jan. 27–Feb. 12. \$13–\$20. Ages 5 and up. Stroum Jewish Community Center, Mercer Island. youththeatre.org

MONDAY

2

Let's Play: The Mitten. Olympia Family Theater invites little ones to enjoy this favorite folk tale live. Jan. 2, 5–7; 10:30 a.m. \$5. Ages 0–5 with caregiver. Olympia Family Theater. olyft.org
Willy Wonka and the Chocolate Factory in Smell-O-Vision. Last day to experience this cinematic, aromatic delight, with goody bags prepared by Oompa Loompas. 1 or 3:30 p.m. \$14–\$15. SIFF Film Center, Seattle. siff.net

9

Toddler Time at the Aquarium. Stop by for fishy fun and marine-themed activities. Jan. 8–10, 22–24; 9:30 a.m.–noon. Included with admission. Ages 0–5 with caregiver. Seattle Aquarium, Seattle. seattleaquarium.org
Early Childhood Art Studio. Dig into paints, crafts, gluing, sculpting and more at this drop-in session. Monday, 10–11 a.m. \$10. Ages 2–4 with adult. Kirkland Arts Center. kirklandartscenter.org **ONGOING EVENT**

16

Martin Luther King, Jr. Day Rally and March. Gather to honor the life and legacy of Dr. King, with the theme "Stop the hate; come together." 11 a.m. rally, 12:30 p.m. march. **FREE.** Garfield High School, Seattle. mlkseattle.org
Dr. Martin Luther King, Jr. Birthday Celebration. Community gathering features music, dance, poetry and a keynote speaker. 11 a.m.–1 p.m. **FREE.** Greater Tacoma Convention and Trade Center. cityoftacoma.org

23

Free Organ Demonstration Recital. Organist Joseph Adam plays selections to showcase the Watjen Concert Organ in Benaroya Hall. 12:30 p.m. **FREE.** Seattle. seattlesymphony.org
Make a Kazoo. Celebrate National Kazoo Day (Jan. 28) by making your own kazoo. Jan. 22–28, 11 a.m.–3 p.m. Included with admission. Hands On Children's Museum, Olympia. hocm.org

30

OmTots Play Gym. Bounce around, swing from the ceiling and play like a monkey. Monday–Friday, 9:30 a.m.–noon. \$12; discounts available. Ages 1–5 with caregiver. OmCulture, Seattle. omculture.com **ONGOING EVENT**
Kitty Literature. Kids practice reading skills with a supportive audience of shelter cats during a 20-minute session. Monday–Friday, 3–6 p.m. **FREE;** preregister. Ages 5–10. Seattle Humane, Bellevue. seattlehumane.org

TUESDAY

3

Magic Season Ice Arena. Last week of the season to glide around this large, open-air rink. Daily through Jan. 8. \$9–\$12; skate rental included. Ashwood Park, Bellevue. bellevuedowntown.com
Preschool Playtime. Drop-off play for little tots and some "me-time" for caregivers. Tuesday, Thursday: 9–11 a.m. or noon–2 p.m. \$10; call ahead or drop in. Ages 3–6. Lynnwood Recreation Center. ci.lynnwood.wa.us

10

Happy Babies Educational Support Group. Help and support for the transition to parenthood. Tuesday, 10:30 a.m.–noon. \$10–\$16. Babies to 12 months with caregiver. Center for Birth, Seattle. happybabiesparenteducation.com **ONGOING EVENT**
Classical Tuesdays in Old Town. Make Tuesday special with free live music for the community. 7 p.m. **FREE.** All ages. Slavonian Hall, Tacoma. classicaltuesdays.blogspot.com

17

SkyMania Toddler Time. Let preschoolers burn off morning energy. Tuesday–Thursday, 10–11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com **ONGOING EVENT**
Mom & Baby Yoga. Gentle yoga for new moms along with community support. Tuesday, 11:30 a.m.; Thursday, 3 p.m. \$20 drop-in. Moms with Infants. Seattle Holistic Center. seattleholisticcenter.com **ONGOING EVENT**

24

Hoppy Hour. Bounce time for energetic kids to get the rainy-day wiggles out. Monday–Friday, 10 a.m.–12:30 p.m. \$6–\$9. Ages 1–8. Elevated Sportz Trampoline Park, Bothell. elevatedsportz.com **ONGOING EVENT**
PEPS Lecture: Choosing the Right Preschool. Learn five factors that matter most for young learners. 6:30 p.m. \$15 per couple or pay-what-you-can. Adults. Verity Credit Union, Seattle. peps.org

31

Boardwalk Stroll at Shadow Lake Bog. Embark on a self-guided, half-mile walk through this fascinating bog preserve. Daily during daylight hours. **FREE;** donations accepted. Shadow Lake Nature Preserve, Renton. shadowhabitat.org
Indoor Playground. Bounce, balance, roll and play on a rainy day or any day. Daily, various times. \$6; adults free. Ages 1–5 with caregiver. Seattle Gymnastics Academy locations, Seattle. seattlegymnastics.com

Good Growing

A Seattle Children's Publication | **Winter 2017**

Creating a Media Plan for Your Family

The American Academy of Pediatrics (AAP) has some new guidelines to help families create healthy habits for media use — including TV, video, computers, tablets and phones. The advice goes beyond simply setting limits on screen time, and takes into account that quality of content matters. Two doctors at Seattle Children's Research Institute were closely involved in creating these policies: Dr. Dimitri Christakis wrote the guidelines for children ages 18 months to 5 years old, and Dr. Megan Moreno wrote the guidelines for school-age children and teenagers. Here are some highlights.

Avoid media for children younger than 18 months. As Dr. Christakis puts it, "Infants and young children need laps more than apps." Very young children can't absorb much from



media, and time spent with devices too often takes the place of important human interaction that comes from playing, talking and reading. One exception to this rule is video-chatting with loved ones.

Limit screen time to one hour per day for children ages 2 to 5. Ideally, this means high-quality media that is co-viewed with a

parent. Avoid fast-paced programs and apps; slower-paced content coupled with adult interaction works best to foster learning.

Work together with older kids to set standards. For older children and teens, agree on both the quality and quantity of media use. Help them make positive selections, and co-view when possible. Set clear rules for 'unplugged' time, such as during family meals and sleeping hours. Dr. Moreno also warns against media use while doing homework: "They should not be flipping through their phone. Studies have found that digital multitasking results in reduced learning retention."

Create a media plan that works for your family. There is no one-size-fits-all solution for families. One practical resource is the AAP's Family Media Plan tool, which helps set personalized guidelines geared toward each family member. A link is provided below.

Become a media role model for your child. Help your family prioritize sleep, physical activity and brain development — along with everyday responsibilities such as work, school and family time. After those areas are fulfilled, then allow some time for positive, high-quality media. Parents have the power to help kids develop healthy media habits as part of a happy, well-balanced life.

TO LEARN MORE:

www.healthychildren.org/English/media/

F5 St. Patrick's Day Dash

Sunday, March 12, 8:30 a.m.
Seattle Center, Seattle

Lace up your shoes and dress up in green for the 2017 St. Patrick's Day Dash! All are welcome to run or walk the 5K race, and kids 10 and under can participate in the 1K Leprechaun Lap. A portion of the proceeds benefit Seattle Children's Autism Center.



TO LEARN MORE:

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



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Three Types of Rear-facing Car Seats

All infants and toddlers should ride in a rear-facing car seat until they are at least 2 years old. Three types of car seats can be used rear-facing.

Rear-facing only seats are for infants up to 22 to 45 pounds, depending on the model. When children reach the highest weight or height allowed by the maker of their rear-facing only seat, they should continue to ride rear-facing in a convertible or 3-in-1 seat. **Convertible** seats

can first be used rear-facing and later can be converted to forward-facing. These seats often have higher weight-height limits for rear-facing use, which makes them ideal for bigger babies and toddlers. **3-in-1** seats can be used rear-facing, forward-facing, or as a booster seat.

TO LEARN MORE:

Visit www.800buckleup.org.

Reduce SIDS and Suffocation Risk

The American Academy of Pediatrics recently updated its guidelines for reducing the chances of SIDS (Sudden Infant Death Syndrome) and suffocation. One new recommendation is for infants to room share (but not bed share) with parents for the first six months of life, and ideally the first year. Room-sharing may decrease the risk of SIDS by as much as 50%. Another new recommendation concerns breastfeeding. Sleepy, sleep-deprived moms should avoid nursing in a cushioned chair because if the mother falls asleep

the infant can slip down into the chair, become trapped and suffocate. Nurse in a bed without loose blankets and pillows, then move baby back to its own sleep surface. One strong recommendation stays the same: infants should sleep on their backs in a crib that is bare, boring and basic — with no pillows, blankets, bumpers or stuffed animals. The mattress should be firm, with a tight fitted sheet.

TO LEARN MORE:

www.seattlechildrens.org/goodgrowing.



Health Risk for Kids: Too Much Salt

Researchers from the U.S. Centers for Disease Control and Prevention (CDC) have found that nearly 90% of kids in the U.S. consume too much salt (sodium). This puts them at risk for high blood pressure and heart disease later in life.

The recommended daily salt intake for kids is 1,900 to 2,300 milligrams (mg), depending on age. The CDC study found that among kids ages 6 to 18, their average daily salt intake is 3,256 mg — which does not include salt added



at the table. Daily intake varies greatly by gender, with boys consuming 3,584 mg and girls consuming 2,919 mg. Teens consume more than younger children: kids ages 14 to 18 ingest 3,565 mg daily.

How are kids getting so much salt? Ten types of food account for almost half the salt intake: pizza, Mexican mixed dishes, sandwiches (including burgers), breads, cold cuts, soups, savory snacks, cheese, poultry and plain milk. Plain milk naturally contains sodium; for the other nine, sodium

is added during processing or preparation.

Which meals account for the most salt? Dinner accounts for 39% of kids' daily salt intake, lunch for 31%, breakfast about 15% and snacks about 15%. Where is this salty food coming from? Foods bought at grocery stores provide 58%, fast food and pizza 16%, and school cafeterias 10%.

What can families do? Read nutrition labels and teach your child to do the same, aiming for foods with less than 140 mg of sodium per serving. Keep the salt shaker off the table and add little or none when cooking. Avoid too much processed food. Instead opt for fresh foods, including lots of fruits and vegetables.

TO LEARN MORE:

Visit www.cdc.gov/salt.

Kid Bits



Dental Sealants Are Recommended

Brushing and flossing are the best ways to keep teeth clean and help prevent cavities. Another safe and effective way for both kids and adults to keep their teeth cavity-free is with dental sealants. Sealants are a thin, clear protective coating that adheres to the chewing surface of molars (the back teeth). Applying the sealant is quick and painless; your regular dentist can do it. For kids, dental sealants may reduce the risk of decay by nearly 80%. A child's first molars appear at about age 6, and their second molars break through at around age 12. Sealing these teeth as soon as they come through will help keep them cavity-free. Ask your dentist if sealants are a good option for you and your family.

TO LEARN MORE:

Visit www.mouthhealthy.org/en/az-topics/s/sealants.



Bullying Is a Serious Problem

Child-development experts now consider bullying to be a public health problem. In-person bullying affects 18% to 31% of children and youth, while cyberbullying affects 7% to 15%. Both are harmful. Kids who are bullied may suffer with physical symptoms such as headaches, sleep problems, anxiety, depression and substance abuse. Bullying is linked to an increased risk of school failure and suicide. Parents must take their child's concerns seriously, whether the child is a target, bystander or the bully himself or herself. Kids who bully also suffer; they need help to understand their own behavior and stop it. Talk with your child and seek additional support from healthcare providers, school personnel and counselors.

TO LEARN MORE:

Visit www.stopbullying.gov.



Active Play for Preschoolers

Children ages 3 to 5 need lots of active play to help their bodies and brains develop. Preschoolers should get at least two hours of active play every day, with play being 15 minutes of each hour during their time awake. Be sure they run, jump, dance, climb, explore and play active games like tag or (closely supervised) hide-and-seek. Find toys that help your child move such as tricycles, wagons and balls. Play outside every day if possible. Dress for the weather and have fun! Local playgrounds and public swimming pools are ideal for both active play and socializing with other children. Aim for little or no screen time each day (TV, computers, tablets, phones), with a maximum of one hour.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/ce1705.pdf.

Quick Tip

Reduce poisonings and prevent drug abuse with safe disposal of unwanted and expired medicines. Visit www.takebackyourmeds.org.

Regional Clinic Locations

- Bellevue
- Everett
- Federal Way
- Mill Creek
- Olympia
- Tri-Cities
- Wenatchee

Primary Care Clinic

- Odessa Brown Children's Clinic

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 information



www.facebook.com/seattlechildrens



www.instagram.com/seattlechildrens



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. © 2017 Seattle Children's, Seattle, Washington.



Seattle Children's
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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. These classes are popular and often fill up several months in advance, so register early.

PARENTING CLASSES

Autism 101

WHEN: Thursday, Jan. 26, 7 to 8:30 p.m.

Autism 200 Series

Autism 201: The State of Autism in 2017

WHEN: Thursday, Jan. 19, 7 to 8:30 p.m.

Autism 202: Autism Genetics:
What Parents Should Know

WHEN: Thursday, Feb. 16, 7 to 8:30 p.m.

Autism 203: Making Friends on the Playground:
Social Skills Support in School

WHEN: Thursday, March 16, 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.

Heartsaver First Aid, CPR and AED

WHEN: Sunday, Feb. 12, 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.

Mothers of Sons

WHEN: Tuesday, March 28, 7 to 8:30 p.m.

FEE: \$35

WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-789-2306

Rob Lehman, MD, will present an evening discussion for mothers on parenting sons. Dr. Lehman will discuss some of the unique issues facing boys as they mature, some of the things on their minds, the role of male and female role-models, and strategies in building communication between the preteen/teen boy and his mom.

PRETEEN AND TEEN CLASSES

CPR and First Aid for Babysitters

WHEN: Sunday, March 5, 9 a.m. to 2 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.

Better Babysitters

4
locations

WHEN: Saturday, Feb. 4, 9 a.m. to 2 p.m.

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

WHEN: Saturday, Feb. 11, 9 a.m. to 2 p.m.

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

WHEN: Sunday, Feb. 26, 9 a.m. to 2 p.m.

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

WHEN: Saturday, March 4, 9 a.m. to 2 p.m.

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

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.

For Boys: The Joys and Challenges of Growing Up

4
locations

WHEN: Mondays, March 6 & 13,

6:30 to 8:30 p.m.

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

WHEN: Wednesdays, March 15 & 22,

6:30 to 8:30 p.m.

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

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

4
locations

WHEN: Mondays, Feb. 27 & March 6,

6:30 to 8:30 p.m.

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

WHEN: Tuesdays, March 7 & 14,

6:30 to 8:30 p.m.

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

View more dates and locations online

FEE: \$80 per parent/child pair;

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

Winter Sport Helmet Fitting and Giveaway

WHEN: Sunday, Jan. 8, 10 a.m. to 1 p.m.

FEE: Free

WHERE: Seattle Children's Bellevue Clinic
and Surgery Center

1500 116th Ave. NE, Bellevue

CALL OR VISIT: 206-987-1569,

www.MakeSureTheHelmetFits.org.

Come get your child properly fit for a new ski helmet. Kids must be 4 to 18 and present to receive a helmet. First come, first served. No appointments needed.

Safe Gun Storage Event

WHEN: Saturday, Feb. 11, 10 a.m. to 1 p.m.

FEE: Free

WHERE: Outdoor Emporium

1701 4th Ave. S, Seattle

CALL OR VISIT: 206-987-4653,

www.seattlechildrens.org/gun-safety.

Come learn about the importance of safe gun storage and get a free lock box or trigger lock, with hands-on training on proper use. Supplies are limited. First come, first served. One free lock box or trigger lock per person (maximum two items per household). Must be present to receive free item. Recipient must be 18 or older. No ID required.

Bike Helmet Fitting and Giveaway

WHEN: Saturday, March 11, 10 a.m. to 1 p.m.

(view more dates online)

FEE: Free

WHERE: Renton Community Center

1715 Maple Valley Hwy, Renton

CALL OR VISIT: 206-987-1569,

www.MakeSureTheHelmetFits.org.

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.



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WEDNESDAY

4

Festivals of Light. The Children's Museum continues exploring winter holidays from around the world. Daily Jan. 2–15. Included with admission. Ages 3–10 with families. Seattle. thechildrensmuseum.org

Story Time for Kids. Get comfy and listen to new and classic stories 11 a.m. **FREE.** Ages 1–5 with caregiver. University Bookstore, Mill Creek. ubookstore.com **ONGOING EVENT**

11

PJ Library Neighborhood Song & Story. Jewish storytelling starts up at a new Eastside location. Wednesday, 11 a.m. **FREE.** Ages 0–5 with caregiver. Book Tree, Kirkland. jewishinseattle.org **ONGOING EVENT**

Rogue One: A Star Wars Story. Immerse yourself in IMAX-sized Star Wars action. Show times daily through Jan. 19. \$10.75–\$15.75. Film rated PG-13. Pacific Science Center, Seattle. pacificsciencecenter.org

18

Toddler Tales & Trails. Kids and caregivers enjoy story time and a short nature hike. Wednesday, Saturday; 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. sewardpark.audubon.org **ONGOING EVENT**

Reading with Rover. Elementary students practice reading aloud to certified therapy dogs. 3–4 p.m. **FREE;** sign-in sheet at the door. Ages 6 and up with adult. King County Library System, Woodinville Branch. kcls.org

25

Shoreline Indoor Playground. Huge play gym is a parent's lifesaver in foul weather. Monday–Friday, 9:30–11:30 a.m. \$3. Ages 1–5 with caregiver. Spartan Recreation Center, Shoreline. shorelinewa.gov **ONGOING EVENT**

Play to Learn. Community play and circle time. Wednesday, 10–11:30 a.m. at Parkland/Spanaway Library; 1:30–3 p.m. at Graham Library; additional weekly times and locations. **FREE.** Ages 6 and under with caregiver. playtacoma.org

THURSDAY

5

Free First Thursday. Visit local museums for **FREE**, including Seattle Art Museum, the Burke Museum, the Northwest African American Museum, the Wing Luke Museum and MOHAI. parentmap.com/freemuseum **Nordic Stories.** Jan Brett's winter tale *The Hat* is featured along with a craft project. 10 a.m. **FREE.** Ages 3–6 with caregiver. Nordic Heritage Museum, Seattle. nordicmuseum.org

12

Family Nature Class. What's happening in the woods in winter? Find out. Thursday–Saturday, Jan. 12–14. 9:30–11:30 a.m. \$18 per adult/child pair; preregister. Ages 2–5 with caregiver. Washington Park Arboretum, Seattle. botanicgardens.uw.edu **Board Game Thursdays.** Stop by for board games, video games or pool. Thursday, 4–7 p.m. **FREE.** Ages 7–14. Mercer Island Community & Event Center. mercergov.org **ONGOING EVENT**

19

Lil' Diggers Playtime. This giant, indoor sandbox is perfect for rainy-day play. Monday, Wednesday, Thursday; 9:30–11 a.m. or 11:30 a.m.–1 p.m. \$8. Ages 5 and under. Sandbox Sports, Seattle. sandboxsports.net **ONGOING EVENT** **Kaleidoscope Play and Learn.** Meet and play with other families. Thursday, 10:30–noon. **FREE.** Ages 0–5 with caregiver. Third Place Commons, Lake Forest Park. thirdplacecommons.org **ONGOING EVENT**

26

Children's Film Festival Seattle. Go on an around-the-world trip with this fantastic local film fest featuring 150 films from 40 countries that will make you make you laugh, love and find deeper meaning in life. Special events include opening party (Jan. 27) and pancake breakfast with shorts (Feb. 4). Jan. 26–Feb. 11. \$8–\$11. Ages 2–14 with families. Northwest Film Forum, Seattle. childrensfilmfestivalseattle.org

FRIDAY

6

Small Frye: Storytelling in the Galleries. Stories spring to life with Seattle Children's Theatre at this first Friday event with art-making session. 10:30–11:45 a.m. **FREE;** preregister for art. Ages 3–5 with caregiver. Frye Art Museum, Seattle. fryemuseum.org **Free First Friday Night.** Check out Madagascar hissing cockroaches and play in the museum. 5–9 p.m. **FREE.** Ages 0–10 with families. Hands On Children's Museum, Olympia. hocm.org

13

Bundling Up in the Wild. Discover how local critters adapt to winter weather. 10–11 a.m. Preregister; \$2 suggested donation at the door. Lake Hills Greenbelt Ranger Station, Bellevue. bellevuewa.gov **Monster Jam Triple Threat.** Watch enormous trucks jump, fly, race and do doughnuts on four fat wheels. Friday–Sunday, Jan. 13–15. \$15–\$55; ages 2 and under free. Tacoma Dome. tacomadome.org

20

Baby Jam. The tots will be a-rockin' with this multilingual, drop-in musical exploration. Friday, 10:30 or 11:15 a.m. \$12. Ages 0–5 with caregiver. Balance Studio, Seattle. babyjam.net **ONGOING EVENT** **Free Admission Night at Imagine.** Let off steam on a Friday evening playing in the museum. 5:30–9 p.m. **FREE.** Ages 1–12 with families. Imagine Children's Museum, Everett. imaginecm.org

27

Family Movie Night: Hoosiers. Have a dry and toasty evening watching a movie on the big screen with your friends and family. 7 p.m. **FREE.** Film rated PG. Lakewood Community Center. piercecountywa.org **Peking Acrobats.** All ages will marvel at the feats of balance, flexibility and strength displayed by this dazzling troupe. 7:30 p.m. \$15–\$28. Kentwood Performing Arts Center, Covington. kentwa.gov

SATURDAY

7

Seattle Preschool Preview. ParentMap invites families to explore early-learning options in their community. 10 a.m.–1 p.m. **FREE.** Safeco Field, Seattle. parentmap.com/preschoolpreview **Curious George: The Golden Meatball.** Our favorite mischievous monkey goes on a meatball mission. Saturday–Sunday, Jan. 7–8. \$5–\$10. Ages 5–12; Sunday shows are all ages. SecondStory Repertory, Redmond. secondstoryrep.org

14

Eastside Preschool Preview. ParentMap invites families to discover preschool options in their community. 9:30 a.m.–12:30 p.m. **FREE.** South Bellevue Community Center. parentmap.com/preschoolpreview **Model Railroad Show.** Ride on the kid-sized train, operate model layouts and check out all the displays. Saturday–Monday, Jan. 14–16. Included with admission. Pacific Science Center, Seattle. pacificsciencecenter.org

21

South Sound Preschool Preview. ParentMap welcomes families to learn in-person about preschools early learning resources in their community. 2–4:30 p.m. **FREE.** Morgan Family YMCA, Tacoma. parentmap.com/preschoolpreview **Kids' Saturday at Olympic Sculpture Park.** Explore landscapes, weather and light, and watch *Cloudy with a Chance of Meatballs* (12:30 p.m.). 11 a.m.–3 p.m. **FREE;** RSVP requested. All ages. Seattle. seattleartmuseum.org

28

North Preschool Preview. ParentMap invites families to explore great early-learning options in their community. 10 a.m.–1 p.m. **FREE.** Shoreline Community College. parentmap.com/preschoolpreview **Lunar New Year Celebration and Fair.** Watch a thrilling Lion Dance outdoors (11 a.m., free), plus engage in crafts, story time, passport activity and more. 11 a.m.–5 p.m. Included with admission; students free with I.D. Wing Luke Museum, Seattle. wingluke.org

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Family birding takes flight

This natural scavenger hunt gets families outside in the heart of winter

By Bryony Angell

Does your family want some time outside this winter, time that includes scavenger-hunt-like fun, multisensory exploration, breathtaking scenery and a few bragging rights? Try birding, also called bird-watching, an age-old pastime that's gaining seriously cool cred among a younger generation (including kids!).

Winter is the ideal season to take up birding. The cold months of the year in the Pacific Northwest mean the shedding of tree leaves and the fluttering arrival of many avian visitors. The result of these two seasonal certainties is world-class birding in our region from November to early May.

Washington state hosts snow geese, tundra and trumpeter swans, sandhill cranes, short-eared owls, masses of waterfowl and the usual resident birds, which are easier to see throughout trees and bushes bare of leaves. If you're truly lucky, you might even see a snowy owl, a find for even lifelong birders.

If this sounds like fun for your family, here are suggestions for how to get started — it's as easy as stepping out your door.



Look for dark-eyed juncos in your backyard

Yes, in your backyard

"My favorite place to watch birds is my backyard," says 7-year-old Ari Charlton of the Wedgwood neighborhood of Seattle. Ari's interest in birds began when his dad accidentally mowed over a dark-eyed junco's nest while doing yardwork. Ari was hooked, watching to see what happened next. "It wasn't sad," he says. "Two nestlings escaped, and the mom bird was scolding my dad!"

Ari has put up feeders, collected a library of field guides and participated in Seattle Audubon's summer nature camp.

"The staff recognizes him now whenever we visit the shop!" says his mom, Gabby Charlton. "Birding has become part of our family's life, thanks to Ari."

Your family can get started as easily as Ari did. First, pick up a pair of binoculars and a field guide for local birds. You can purchase or rent binoculars from outdoor recreation stores or some nature shops, such as **Seattle Audubon's Nature Shop** in northeast Seattle, which has an excellent selection of both optics and

field guides. Having binoculars will allow you to see birds up close and will greatly enhance your time in the field.


Next, put up a bird feeder, or three. Black oil sunflower seeds will attract chickadees, finches and grosbeaks. A suet cage will bring woodpeckers and bushtits, and a hummingbird feeder will draw Anna's hummingbirds to your house year around. A bird bath will attract every bird imaginable. To keep visiting birds safe, put stickers or bright, dangling ribbon on the window glass near feeders, to prevent your avian friends from striking the window when coming to feed.

Encourage kids to watch birds from a respectful distance, to allow them to become comfortable with you.

Birding around town

A great next step is to participate in the many classes and walks put on by local Audubon chapters or other nature organizations (see sidebar), or head to a park.

Marymoor Park is King County's largest and most visited park, and it has



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Seattle Audubon leads a local community in appreciating,
understanding, and protecting birds and their natural habitats.



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TOWNHALLSEATTLE.ORG

Birding takes flight

continued from page 25

diverse habitats for bird viewing. (Birds reliably flock to three habitat features — water, tree canopy and a food source — and Marymoor has acres of all three.)

The best areas for birds in Marymoor are along the **Sammamish River** and in the **Community Garden**. Wander the bird-named loop trails that lead to the river, and look for hawks, belted kingfishers, waterfowl and songbirds. Grab a bird list for the park (marymoor.org/birdlist.htm) and keep your eyes aloft and ears pricked.

Marymoor also has an open environment, ideal for seeing birds. Apply the same birding principles to any park near you. Try the **Seward Park** peninsula in south Seattle for waterfowl on the lake and barred owl sightings in the wooded interior.

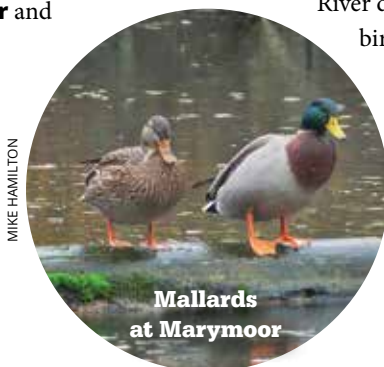
Golden Gardens in northwest Seattle is ideal for seeing seabirds just offshore, and belted kingfishers and great blue herons in the pond at the north end of the park. A combination of

landscapes within a single park will give you the most bird-sighting potential.

Eagles, snow geese and sandhill cranes, oh my!

River deltas the world over are prime birding locations, and the world-famous **Skagit Valley** delivers every winter: Swans and snow geese, which look like patches of snow amid miles of open farmland, come from Alaska and northern Canada to feed on waste grain, roots and seed. Eagles gather to feed on spawning salmon along the Skagit River.

A good place to see the Skagit's treasures is to park at the end of Rawlins Road on Fir Island (between Conway and La Conner in the **Skagit Wildlife Area**, no Discover Pass required) and hike along the dike, keeping an eye out for low-flying raptors hunting voles. This is one of my favorite spots for seeing bald eagles, short-eared owls and ravens — and sometimes a flock of snow geese in the pasture along the road. Be sure to dress for mud and cold.



MIKE HAMILTON

Mallards at Marymoor



Wing it: See trumpeter swans every winter in the Skagit Valley

MIKE HAMILTON

Audubon Washington's **Cascade Bird Loop** (wa.audubon.org/node4211/cascade-loop) includes other locations for birding around the Skagit. Bring a Discover Pass for parking, as some viewing spots are on public land. Also be aware of the dates for hunting season.

BONUS: Spend a weekend exploring the Skagit and stay overnight in **La Conner**, a charming town centrally located for a birding weekend. Hit the town of **Edison** for a pastry at **Breadfarm bakery** (breadfarm.com), where you can also pick up a loaf or two for the drive home.

Another river delta rich with bird life, and even closer to Seattle, is the **Billy Frank Jr. Nisqually National Wildlife Refuge** (NWR), a short hop off Interstate 5 between Tacoma and Olympia. Unlike the sprawling Skagit, the Nisqually NWR packs a complete ecosystem within an easily traversable (and wheelchair-accessible) system of boardwalk and earthen dike trails, a flat and easy hike for little legs. Start at the visitor center to pick up a bird list and map.

The best time to see birds at Nisqually is within two hours on either side of high tide, so check the tides before your visit. Even if your timing isn't optimal for seeing birds, the boardwalk and flat trail through the flooded delta is a beautiful walk. You might see something unexpected; I once spotted mermaid-like harbor seals in the river, far from Puget Sound. Parking at the refuge is \$3, or free with a Discover Pass.

Spectacular migrations

Every year in late March, thousands of sandhill cranes — a species that stands more than 4 feet tall — visit the area around the agricultural town of **Othello, Washington**, from their breeding grounds in northern Canada. And each March, Othello (about a three-hour drive from Seattle) partners with the Washington Department of Fish and Wildlife for a three-day celebration of the cranes. This year, the festival celebrates its 20th anniversary, March 24–26, 2017.

The **Othello Sandhill Crane Festival** (othellosandhillcranefestival.org) is a family-friendly event, offering a variety of birding tours by school

presents

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Jungle Jams
Featuring Brass Quintet
March 19 | 2:30 p.m.

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Featuring Percussion Ensemble
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Peter and the Wolf
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Sarah Ioannides, conductor
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INQUIRY **KCTS9**

Birding takes flight

continued from page 27



Othello Sandhill Crane Festival

bus, craft activities, “meet the bird” docents, guest speakers, guided walks and a friendly, low-key atmosphere that attracts people from across the state. Tours start at Othello High School and take visitors throughout the immediate area to see the rich wildlife in the surrounding fields and scablands. Go for the day or spend the night at one of Othello’s motels to explore the area after the festival.

Tip: Be sure to preregister for the best tours, including one to see burrowing owls! Kids are welcome on all tours, although a few tours may have minimum age restrictions.

BONUS: The nearby **Columbia National Wildlife Refuge** (fws.gov/refuge/columbia) is a stunning place to hike or picnic. If you’re lucky, you might catch sight of a marmot peeking over a cliff to get a look at you.

For another spectacular migration experience, head to **Bowerman Basin in the Grays Harbor National Wildlife Refuge** (ghas.org/bowerman.php) on the Washington coast in late April and early May to see migrating shorebirds by the thousands (and the peregrine falcons that hunt them). Park at the Bowerman airfield (itself a novelty for kids) and walk along the boardwalk to the end viewing platform, where you’ll see plovers, sandpipers, dowitchers, red knots and dunlins converging on the mudflats.

The best time to see the shorebirds en masse is two hours before and after high tide, so time your visit just right. The undulating sight of so many birds in flight is unforgettable.

BONUS: Make a weekend of it by staying on the coast in nearby, stunning locales such as **Ocean Shores, Copalis** (try Iron Springs Resort) or **Seabrook’s beachside village**. ■

Bryony Angell is a Seattle-based freelance writer. Find her writing at bryonyangell.com.

how to get started

Classes, walks and bird counts:

Many local nature organizations (such as local chapters of Audubon) hold free or very affordable family bird walks. The Great Backyard Bird Count (Feb. 17–20, gbbc.birdcount.org) is also a fun way to get involved.

Ear training: Families can learn “birding by ear” through “BirdNote” (birdnote.org), a daily two-minute radio program available online or on the air at 8:58 a.m. on local station KNKX-FM 88.5. Each program features a bird likely to be seen at that particular time of year, along with its vocalizations and signature behavior.

Apps: Apps can also be a great way to engage kids in birding in real time. The Cornell Lab of Ornithology has suggestions for apps when birding with kids (birdsleuth.org/top-10-apps-for-birding).

Books: Pick up a copy of the invaluable *A Birder’s Guide to Washington*, an exhaustive tour of every corner of the state for bird-watching, with driving directions and lists for what you are likely to see and where.



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Those are the questions we posed to Jenny Rosenstrach, chef and author of the cookbook and memoir *How to Celebrate Everything*. Her advice? Don't wait to celebrate.

"It doesn't have to be elaborate," Rosenstrach says of forming family traditions. "It's the idea of everyone sitting together, with kids, maybe light a candle. You don't need to do much more than that."

Making those lasting memories can be as simple as scheduling regular family dinners and while the food matters, Rosenstrach says it's about more than the meal. "What I want to share is what happens around the food is as important as the food."

Read more from our Q&A with Jenny Rosenstrach at parentmap.com/celebrate-everything.

—Bryony Angell



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Parting with pain pills

New collection systems help you keep potentially deadly opioids away from curious kids

By Brad Broberg

Hoarding unused prescription painkillers might be tempting. Spiked with potent opioids, the pills could come in handy if two Tylenol aren't enough to relieve an aching back or a throbbing knee.

The urge to keep leftover prescription pain pills is amplified by a lack of safe ways to throw them away. You can't dump them down the drain or toss them in the garbage because they are bad for the environment. And you can't return them to a pharmacy because they are a controlled substance.

The only choice for someone who wants to do the right thing is to take the pills to a police department, but even then, not every department will accept them.

These leftover drugs pose an additional risk when there are kids around.

With doctors writing more than 200 million prescriptions for oxycodone, hydrocodone and other opioid painkillers every year, it all adds up to countless bottles of pills sitting in homes everywhere — each bottle a possible portal into opioid and heroin use.

While there are many pathways to narcotic abuse, experts say stealing prescription painkillers from the family medicine cabinet is a scarily easy first step for teens, “a very popular way for kids to get started,” says Dr. Leslie Walker, former chief of adolescent medicine at Seattle Children's Hospital.

Some new local protocols are offering ways to keep the medicine cabinet safer, although doctors say parents still need to remain vigilant about the risks prescription meds pose to kids and the signs that might indicate a youth is using drugs improperly.

Gateway to heroin

Every medication presents a risk of life-threatening danger, especially for toddlers. But prescription painkillers pose the additional threat of intentional misuse by thrill-seeking teens, who don't fully grasp the potential for addiction and overdose.

“Teens often mistakenly believe that misusing [prescription opioids] is safer than using street drugs,” says Taylor Watson, who oversees King



County's secure medicine return regulation. “Medicines stored in the home are providing teens easy access.”

In a study by the Partnership for Drug-Free Kids, seven out of 10 teens said it was no sweat to access prescription drugs in their parents' medicine cabinet. Of those who have misused prescription drugs, four out of 10 said that's where they scored their pills.

Teen opioid abusers don't just raid their own home. They plunder pills from the homes of relatives, friends and others. They'll go so far as to buddy up with a classmate whose parent has cancer just to pocket the parent's pain meds, Walker says.

The pills are often used together with alcohol. They're also crushed into powder and smoked, snorted or injected — just like heroin.

While opioid painkillers can be addictive and deadly on their own, the cruel kicker is their link to heroin. Studies have shown that as many as 80 percent of new heroin users first used prescription opioids.

Seven out of 10 teens said it was no sweat to access prescription drugs in their parents' medicine cabinet. Of those who have misused prescription drugs, **four out of 10** said that's where they scored their pills.

“Once you become a prescription opioid user, then heroin becomes the logical next step,” says Penny LeGate, whose daughter, Marah, died of a heroin overdose in 2012 at the age of 19.

Marah battled substance abuse and related disorders, such as anxiety and depression, throughout her teen years. Before turning to heroin, Marah misused oxycodone stolen from an overnight kit in the family's home.

“That was most likely her pathway to heroin,” says LeGate, a former reporter and anchor at KIRO-TV. “We were just ignorant at the time. We had no idea ... that opioids could be so incredibly harmful.”

Prescription opioids and heroin are both derived from the opium poppy and interact with opium receptors in the brain to block pain and produce euphoria.

The vast majority of people who take prescription opioids for acute pain after surgery or injury never become addicted. Most people dislike the woozy feeling they get from the drugs, so they stop taking them as soon as possible. >>

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Parting with pain pills

continued from page 33

But some people are wired to crave the high they get from prescription opioids or use them to treat chronic pain. Either way, prolonged use warps the brain's chemistry and sooner or later leads to addiction.

A prescription opioid habit is not an easy beast to feed, though. Over time, abusers build up a tolerance and need increasingly stronger doses to generate the euphoria. Graduating to heroin — cheaper, stronger and easier to obtain — is a natural progression.

Safer collection is key

With nearly 30,000 deaths from overdoses in 2014, the Centers for Disease Control and Prevention considers prescription opioid and heroin addiction a national epidemic. King County and the City of Seattle have formed a task force to tackle the problem locally. Heroin overdoses claimed the lives of 136 people in King County last year, while prescription opioid overdoses accounted for another 97 deaths.

In an effort to reduce easy improper access to prescription drugs, King and Snohomish counties are launching new collection systems for all unused medicines — including prescription opioids. The systems will provide free drop boxes, all funded and operated by drug companies as the result of secure medicine return regulations passed by the county health boards.

King and Snohomish counties are among the first in the nation to pass such regulations. The King County system is scheduled to be

up and running in 2017 with the Snohomish County system to follow soon after. Check takebackyourmeds.org for sites.

Experts urge parents not to be lax about disposal, especially with new collection sites. LeGate says she wonders how many people overlook the potential heartbreak hiding in a bottle of leftover prescription painkillers. “A lot of people are totally stunned by their children raiding their medicine cabinet, but as we know, that’s a major gateway to addiction.”

The good news is that prescription opioid abuse is waning, thanks to stricter guidelines for prescribing painkillers and the reformulation of pills to make them harder to convert into a usable powder. Heroin, however, remains a more stubborn scourge.

The number of 10th-grade students nationwide who reported misusing oxycodone in the past year fell to 2.6 percent in 2015 from 3 percent in 2012, and the number who reported misusing hydrocodone (Vicodin) fell to 2.5 percent from 4.4 percent, according to the National Institute on Drug Abuse. Meanwhile, heroin use dipped only slightly to 0.5 percent from 0.6 percent.

In Washington, the number of 10th-grade students who reported using painkillers in the previous 30 days fell to 5 percent in 2014 from 6 percent in 2012, while the number of 10th-grade students who reported ever using heroin remained at 3 percent, according to the most recent Washington State Healthy Youth Survey.

While the overall numbers may seem small, they reflect every rung of society, regardless of tax bracket or ZIP code. “Everybody is vulnerable,” says Dr. Caleb Banta-Green, a senior researcher with the University of Washington Alcohol and Drug Abuse Institute.

Keeping prescription painkillers out of the reach of adolescents — by getting rid of them or locking them away — is an important step in the fight against prescription opioid and heroin abuse, says Banta-Green. “I’d never leave a gun sitting around,” he says. “Why would I leave opioids sitting around?” ■

Brad Broberg is an Auburn-based freelance writer.

resources

Find local law enforcement agencies that accept controlled substances for disposal and learn more about efforts to pass statewide secure medicine return legislation at **Take Back Your Meds** (takebackyourmeds.org).

Learn more about secure medicine return regulations in King and Snohomish counties online at **King County Security Medicine Return** (kingcountysecuremedicinereturn.org) and **Snohomish Health District** (<http://snohomishcountywa.gov/1509/health-public-safety>).

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—Bryony Angell

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Abortion: The parenting decision no one talks about

Three mothers share their stories of getting an abortion before and during motherhood

By Elisabeth Kramer

What is abortion doing in a parenting magazine? Ask a mother. Six out of 10 women who undergo abortions have a child or children at the time they have their abortion, according to reproductive health research organization the Guttmacher Institute.

That statistic doesn't surprise Andrea Starbird. Starbird is a doula who volunteers with Full Spectrum Doulas (fullspectrumdoulas.org). This Seattle-based organization of volunteers "supports every kind of pregnancy experience," including abortion, says Starbird.

"The people I've served individually, I would say at least half of them have been mothers [with at least one child at home]," she says. "I'm thinking of how much an act of parenting having an abortion was for them." Such clients, she adds, are often taking their child's experience and welfare into account when making the decision to have an abortion. "Folks who have a child [or children] at home ... they might already be right on the edge of comfortably supporting [that family]," Starbird says. "They know having another is going to somehow make that child not as comfortable or can even endanger their ability to support him or her."

Of course, there is no one story when it comes to abortion. In fact, promoting certain stereotypes — that only one "type" of woman gets an abortion — is a tactic frequently used by opponents to abortion rights. "The anti-choice movement frames those who choose abortion as selfish women with shaky morals and no willingness to take responsibility for their actions," says Amelia Bonow, founder of #ShoutYourAbortion.

Launched in September 2015 from Seattle, the hashtag "#ShoutYourAbortion" has been



"I didn't really talk about my abortion. I think that I had kind of taken in the general cultural stigma."

used over 250,000 times to empower individuals to discuss their abortion experiences. It's still in use with SYA's website (shoutyourabortion.com) actively collecting abortion experiences from all around the world. Through her work, Bonow has met thousands of women and, like Starbird, seen a wide variety of stories.

"Unwanted pregnancies happen to every kind of woman: rich and poor, Democrat and Republican, devout and secular. A third of them choose abortion for all sorts of reasons," she says. "By the numbers, the idea that there's only type of woman who has an abortion is preposterous."

Meet three women who've experienced pregnancy and, at some point, abortion. Each is a mother from the Seattle area who decided an abortion was right for her. Read about their experiences, as shared with ParentMap, with the parenting decision no one ever talks about.

Chelsea, 34

Had abortion at 20

Yoga teacher

Mother of two daughters, 7 and 4

"I was 20 years old. I was living in a punk house in the U District with, like, nine other people.

I was working part-time making coffee and interning for a nonprofit and playing in a band, and I got pregnant by my live-in boyfriend. I was basically still a child and so was he, and there was no way we were going to be able to support a kid. Our relationship wasn't that stable, and my mental health wasn't that stable, so I got an abortion at Planned Parenthood."

"I don't remember that much of the procedure except that it was a lot less painful than I'd been led to expect, and the women at Planned Parenthood were sweet and supportive and really present with me. I was so grateful to them that I ended up volunteering in a Planned Parenthood clinic several years later ... I wanted to give back because I didn't have the money to pay at the time."

"[My abortion] was actually ... what's the word I was looking for? 'Painless' isn't the word. ... Physically it wasn't that big of a deal. I was very aware that that was the right decision for me, and there wasn't a lot of hand-wringing. There was no way that I was going to be able to support or raise a child. There was no way I was going to get myself through an entire pregnancy [to get to] adoption. The only way forward for me was to have an abortion, [and]

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Abortion

continued from page 39

I'm endlessly grateful that my 20-year-old self was wise enough and had the resources to pull that off."

"I didn't really talk about my abortion. I think that I had kind of taken in the general cultural stigma. I think there are a lot of issues like that [for women]. We don't talk about our sexual assault. We don't talk about our birth stories. We don't talk about our periods. We don't talk about our bodies. We don't talk about female experiences."

"I don't know if I have any advice other than it's been my experience that when you tell the truth about your life, the people who you want around will love you no matter what, and the people who push you away because they're uncomfortable with your life and your story you don't really need anyway. It has often been my experience that being open and honest with my life has led to more connections with people and just more joy in general."

Tess MacDonald, 36

Had abortion at 33

Florist and small-business owner

Mother of one son, 8 months

"My husband and I found out we were pregnant for the first time promptly after returning from our honeymoon. In my second trimester, we found out that we were having identical twins. It was a moment of overwhelming joy for us. But at 22 weeks gestation, we found out that they had developed twin-to-twin transfusion syndrome. Disbelief washed over us. The viability of the pregnancy, as well as the potential for quality of life, was in doubt. I'll never forget sitting in a room with three doctors going over the facts with us."

"My husband and I walked Seward Park daily from the time we found out the twins were in distress to when we checked into the hospital a final time. It was a very insular period with quiet discussions and our families waiting by the phone. After an unsuccessful procedure to stabilize their growth, we made our decision. The next steps were very daunting but intentional. I can't relay details of the three days in the hospital; it is too painful. But as their

mother, I decided I wanted to give birth to them and hold them. I had worked so hard to grow them, and craved an intimate good-bye. My husband and I cherish this time; it was when we found out they were girls. Two days later, in a fog, as my milk came in, I called local funeral homes to arrange their cremation. We spread their ashes in the San Juan Islands."

"Motherhood is intertwined in my experience with abortion, grief and the strength it takes to have another child. I haven't always associated the word 'abortion' with our choice to terminate the pregnancy for medical reasons. Perhaps it's the connotation, or the fact that I never thought I would be a woman to go through it. Sometimes I have to remind myself that it happened at all. However, we feel it was our first decision as parents."

"Our son had the same due date two years later, and I believe that [my daughters] helped bring him into the world beautifully. He has two tiny spots on his skin that the doctor told us are temporary birthmarks called 'angels' kisses."

Karen Hartman, 45

Had abortion at 42

Playwright and senior artist-in-residence at the University of Washington

Mother of one son and one stepson, 9 and 21

"In a way, my story is really kind of simple. When my son was born, I was 36, my husband was almost 50, and my stepson was 12. When my son was a toddler, my husband and I made a really difficult decision over a period of a couple of years not to have any more children. Then, when I was 42 and my husband was 56 and my stepson was 18 and going to college, I got pregnant."

"It was a really difficult decision [to have an abortion], but it came down to just deciding to stay with the decision we had made in the first place. I'm not a magical thinker. I don't think everything happens for a reason. I especially don't think pregnancy happens for a reason. I mean, I felt like, 'God, if I were to believe that this happened for a reason, then I'd have to believe that my friend who had five miscarriages that that

happened for a reason' and that didn't happen for a reason. You know what I mean? Pregnancy does not happen for a reason. It's pretty obvious that it's not assigned on who needs, deserves and wants children."

"At the time, I was living in Brooklyn and in a super-progressive circle, but I still didn't feel I could talk about that abortion with my mom friends. ... In retrospect, I'd have to call that shame, but I wouldn't have thought of myself as a person who was carrying shame ... [yet] there was a shame and an isolation around that experience. ... In my imagination, I didn't know anyone who was also a mother who chose to have an abortion for family planning reasons."

Editor's note: After reading the book Pro: Reclaiming Abortion Rights by Katha Pollitt, Hartman decided to share her story publicly. In January 2015, she wrote an essay about her experience for The Washington Post. She also founded a Facebook group called #TalkAbortionRights (facebook.com/groups/956786604339141).

"[After sharing my abortion publicly] I went from telling eight people to telling something like a million people in one day. It was a great feeling. It was really liberating ... I started hearing from women, including some of the mothers of my son's friends whom I had known, saying, 'Yeah, I had an abortion when my youngest was 6 months old, when my youngest was 2 years old.' I started hearing from all these people in my community and I was like, 'Wow. I was in an illusion of being alone, and that illusion is based on shame and not based on reality.'"

"Nobody knows that everybody knows someone who had an abortion. Nobody knows that most families contain someone who had an abortion ... We can't protect [the right to have an abortion] if we don't talk about it." ■

Elisabeth Kramer currently serves as assistant editor at ParentMap.





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Conversations that spark insight

Banking on baby teeth

Those baby teeth are worth way more than the tooth fairy's going rate

By Kali Sakai

A month ago, my 6-year-old wiggled her first tooth out, and the tooth fairy dutifully left a glitter-strewn \$1 bill and a nice note. In response to my Facebook post announcing this major milestone, my mom pointed out an article about “banking” baby teeth because — get this — the living dental pulp inside baby teeth contains *stem cells*.

“Stem cells” might ring a bell for women who delivered babies in a hospital or birth center, because most of us were asked if we wanted to store or donate the stem-cell-rich umbilical cord blood. Stem cells are the body’s biological wild cards, with the potential to be transformed into a variety of other cells and used in medical therapies to replace damaged or malfunctioning cells. Think of it as a way to treat an ailment at a cellular level specific to the individual, rather than just treating symptoms.

For that reason, many parents decide to “bank” their baby’s umbilical cord upon birth.

“Up to 40 percent of qualifying mothers with normal term pregnancies opt to donate cord blood to the public bank, and private donation is even more frequent,” says Dr. Rebecca Haley, medical director of Bloodworks Northwest. Last year alone, 250 units of publicly banked cord blood were sent for transplant through the Cord Blood Coordinating Center and used in treatments for leukemia, lymphoma, rare cancers and metabolic conditions.

But is it essential for new parents to take this emerging precaution?

All stem cells are not the same

Many parents and parents-to-be might be surprised, as I was, to learn that a child’s baby tooth could hold the key to a life-saving treatment in her adulthood.

To collect and store dental stem cells, a dentist must extract the baby tooth when it starts to get wiggly and then prep it with materials from a special kit provided by the chosen dental stem cell bank. Currently there are five such banks located in the United States. Once the doctor



preps the tooth, it’s sent overnight to the chosen bank, where, upon confirming the cells’ viability, they’re cryogenically preserved (i.e., frozen) until needed.

Currently, this relatively new service is only available privately, which means you have to pay a one-time processing fee that varies from \$500 to \$1,700, plus an annual storage fee of about \$100–\$200. To differentiate themselves, some labs tout higher lab certification standards, options to duplicate cells to enlarge the specimen sample or provide an environmentally friendly processing kit to the dentist. Most labs also affiliate with larger ones, in case the business should change hands or something happens at the storage site.

The living dental pulp inside baby teeth contains stem cells

But aren’t all stem cells the same? Isn’t donating your baby’s cord, if you choose to do so, enough? Not exactly. There are important differences between dental (mesenchymal) and umbilical cord (hematopoietic) stem cells. Dental stem cells can become, among other options, bone or muscle cells to treat issues associated with those areas of the body, much like doctors already use umbilical cord stem cells in blood-based therapies to regenerate blood and bone marrow for cancer patients.

Also with dental stem cells, you have at least 24 chances (that’s the number of baby teeth plus wisdom teeth) to gather them over the years your children lose their teeth. These cells can also be duplicated on a massive scale, so even a small viable sample can theoretically yield a large bounty. Conversely, with umbilical cord stem cells, you get just one chance to gather them — at birth. The number of cord stem cells you get is all you get, as there is not yet a

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Banking on baby teeth

continued from page 45

method for duplicating them. There are, however, public banks where people can donate or receive umbilical cord stem cells.

Biological insurance

So why is it that you haven't heard of dental stem cell banking? It's still a work in progress, with many treatments and therapies under development. The U.S. Food and Drug Administration has yet to approve the widespread use and application of dental stem cell therapies, with only animal studies and limited clinical human trials conducted thus far. Advocates are hopeful that the successes with umbilical cord stem cell therapies will hasten the approval process for dental stem cell therapies within the next decade.

Think of banking dental stem cells as "biological insurance," says Arthur E. Greco, CEO of StemSave, a dental stem cell bank in New York City. He and other supporters of dental stem cells believe regenerative therapies are poised to revolutionize medicine.

"Young people today are projected to have life spans of 100-plus years," says Greco. "Regenerative therapies will play a central role in assuring that those longer life spans will be

healthy as stem cell treatments are utilized to combat the normal degradation that occurs as we age."

While this may sound like science fiction, medicine is moving toward customizing therapies and medications down to the cellular level. There is still much work and research needed, but by the time our kids hit middle age, this type of treatment could be a distinct reality.

"This area of study is moving quickly, and significant clinical applications may be available in the future," says American Academy of Pediatric Dentistry national spokesperson Dr. Amr M. Moursi. "Parents should discuss the risks and benefits of dental stem cell banking with their pediatric dentist in order to make a well-informed decision."

While it's not a decision to take lightly,

Seattle pediatric dentist Dr. Purva Merchant embraces dental stem cell collection. "Stem cells are becoming more and more invaluable in retaining genetic information that is specific to that particular individual," she says. "This will help in customizing medication for certain genetic conditions."

If you're interested in dental stem cell banking, read up on all of the options and find the one that best fits your needs and budget for the long haul. After all, you're setting up a potential option for your children's medical well-being that will follow them into adulthood. While some parents may be ready to jump on the dental stem cell bandwagon now, others might want to wait and keep tabs on future medical research partnerships and FDA trials. Either way, I bet you'll never look at a loose baby tooth the same way again. I know I won't. ■

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Kali Sakai is a Seattle-based freelance writer and blogger. She ascended the media and high-tech industries and then transformed into a "domestic project manager" to raise her family. She's a native Washingtonian and multi-ethnic, shark-loving tech geek, and you can find more of her stories and observations on evidentlyblog.com.

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