

**THE GIFT  
OF ANXIETY**  
Chris McCurry, Ph.D.  
March 29  
SEE PAGE 6

'cause parenting is a trip!

# ParentMap

## the **MONEY** issue

- The crisis of high-cost child care
- Saving for college 101
- Moonjar helps kids save, spend and share



*into the urban wild*

**A mudlode of spring fun 21**

MARCH 2016

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## Get lucky

What's better than a pot of gold? Priceless memories and traditions! From leprechaun traps to Irish soda bread, we've rounded up a pile of **St. Paddy's Day ideas** for celebrating the luck of the Irish! Visit [parentmap.com/StPaddy](http://parentmap.com/StPaddy).

## Dine and save

A Ballard oyster bar where you can down \$1 raw oysters while the kids crunch into \$6 fish and chips; a hot new Columbia City spot from Marination offering happy-hour deals on Hawaiian quesadillas and short ribs; a new country-and-western-style burger joint in Frelard dishing up retooled versions of childhood favorites such as sloppy joes, and sautéed greens and local beer for the grown-ups. Find more happy-hour deals and tasty cheap eats for families at [parentmap.com/newcheapeats](http://parentmap.com/newcheapeats).



## Lettuce learn science

If you have gardening ambitions this spring, take note: Gardening is a great way to not only dig in the mud, but also to learn a little science, too. Our new roundup at [parentmap.com/gardenscience](http://parentmap.com/gardenscience) shares the dirt on cool plant experiments with your kids — from growing beans in CD cases (which allows kids to learn all the parts of a plant) to coloring celery and making grass baskets. And we also share tips for creating a fanciful fairy garden tots love at [parentmap.com/fairygardens](http://parentmap.com/fairygardens).



## Egg hunts to dye for

What kind of egg hunt does your family like? On a farm? By flashlight? At the zoo? In a garden? Puget Sound offers all these Easter events and much more. Find dozens of favorite local egg hunts at [parentmap.com/egghuntsgalore](http://parentmap.com/egghuntsgalore), and an even more eggcellent list of Easter events on ParentMap's online calendar ([parentmap.com/calendar](http://parentmap.com/calendar)). Plus, find super-creative ideas for Easter crafts, egg-decorating, and treats at [parentmap.com/crafts](http://parentmap.com/crafts).



## Golden Teddy 2016!

ParentMap asks you every year for your most favorite resources, camps, classes, shops, grub, groups and professionals (because every parent knows there's nothing better than a hairdresser who can tame your toddler, or a just-right burger on a busy weeknight!). Show the love for your favorite businesses and resources and be entered to win fabulous prizes at [parentmap.com/goldent Teddy](http://parentmap.com/goldent Teddy). Golden Teddy voting starts March 15!

## Mmmmm, pie!

What's the most rational way to celebrate the famed irrational number Pi? With a nice slice of pie on Pi Day (3-14) of course! It all adds up in our recipe roundup at [parentmap.com/Pi](http://parentmap.com/Pi).



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PUBLISHER/EDITOR Alayne Sulkin

### EDITORIAL

EXECUTIVE EDITOR Natalie Singer-Velush

OUT + ABOUT EDITOR Elisa Murray

CALENDAR EDITOR Nancy Chaney

PROOFREADER Sunny Parsons

OUT + ABOUT ASSISTANT Ashly Moore Sheldon

### CONTRIBUTORS

Nancy Schatz Alton, Bryony Angell, Will Austin, Rebecca A. Hill, Malia Jacobson, Jennifer Johnson, Anoo Padte, Kristen Russell

### PARENTMAP.COM

CHIEF TECHNOLOGY OFFICER Julian Haight

SOCIAL MEDIA + DIGITAL PRODUCTS MANAGER Rory Graves

PUBLISHING ASSISTANT Nicole Persun

### ADVERTISING SALES + PARTNERSHIPS

Ida Wicklund

Dani Carbary

AD OPERATIONS MANAGER Elisa Taylor

SALES + MARKETING SUPPORT MANAGER Jessica Collet

SALES ASSISTANT Jen Baird

### MARKETING/EVENTS

EVENT OPERATIONS Tara Buchan

EVENT + MARKETING COORDINATOR Mallory Dehobd

EVENTS ASSISTANT Zoe Bloom

COMMUNICATIONS ASSISTANT Christina Boyer

### ART + PRODUCTION

DESIGN + PRODUCTION, PRINT Emily Johnson

DESIGN + PRODUCTION, PRINT + DIGITAL Amy Chinn

### ADMINISTRATION

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OPERATIONS MANAGER Carolyn Brendel

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PCC Chef Jackie Freeman takes the TasteMobile to visit Lisa Nakamura at Gnocchi Bar, the source for our tasty frozen gnocchi. These potato dumplings are a terrific base for all kinds of sauces, from pesto to your favorite prepared marinara: and we've pulled together a fast ragù with canned tomatoes and mild Italian sausage. **Find the video and recipe at [pccnaturalmarkets.com/healthykids](http://pccnaturalmarkets.com/healthykids).**



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# Parenting an anxious child can be stressful



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## The Gift of Anxiety

Turn your child's worry into growth

**Chris McCurry, Ph.D.**

**Tuesday, March 29** VILLAGE THEATRE, ISSAQUAH



## Keep Calm and Parent On:

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**Lenore Skenazy**

**April 19**



## One Click Away: Encouraging smart choices in a wired world

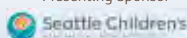
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*dear reader*

## Deep breathing required

**W**elcome to *ParentMap's* money issue!

I am not going to lie; that adorable cover baby is not the only one feeling stressed at the moment. I'm admittedly a little anxious after reading this issue, and you probably will be, too. There is not a family in our midst that does not have issues around finances. Ironically, money worries often hit parents hardest right when they bring that new, beautiful bundle of baby love home.

Most prospective parents are wage earners before baby makes three. The fact that our state is ranked as the sixth least-affordable state for child care for infants is sobering. ("Child-care crunch," p. 14). We see some improvements in our ratings as the 10th least affordable state in the nation for preschool. But still, ouch! The high costs require that parents make numerous calculations to evaluate less-than-perfect, sometimes painful solutions. For instance, does it really pay for both parents to go back to work and leave the infant with strangers, even if they are devoted and caring child-care providers? Should one parent off-ramp given the high costs of care, even when this means diminishing their future earning potential? Are there ways to economize and share nanny care with a neighbor? These scenarios are all confusing. Many parents tough it out in the workforce, which brings its own juggles and challenges. Other times, it simply does not add up for both parents to go back to work, even if they love what they're doing.

As a former math-averse child, my brain went into instant shutdown mode when confronted with a dreaded story problem; "if you take 25 percent of the cost of the . . . and then divide that by . . . and multiply times 8, you get?" Eyes instantly glaze over!

Math, for so many of us, brings on feelings of tension, apprehension or fear. Our story about math anxiety and today's math (p. 43) offers tremendous suggestions for what parents can do to break this cycle or even turn the most "mathemaphobic" youth into a calculus-loving collegiate.

Take a deep breath! Now that we've got that precious bundle far beyond his child care, and super confident in math, we better make bank for college! On this one, there's no magic — just start saving, now! Get help with our guide to college savings (p. 37).



If all of this math and money talk has you wanting to run "Into the urban wild" (p. 21) we've got the perfect adventures for you from frog-finding walks to owl prowls.

P. S. Please join us at Village Theatre for Chris McCurry, Ph.D.'s, lecture, *The Gift of Anxiety*, March 29 at 7 p.m.





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# CAMP FAIRS

See pg 42



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# PARENT FUEL

family news, snack-sized



## Flu fighters

Imagine a world without the flu. Researchers at the University of Washington have brought us closer to that reality by helping develop a revolutionary new drug that could spell the end of the flu as we know it. Unlike the current vaccine, the new treatment keeps up with the rapidly mutating flu virus by fighting different strains simultaneously. So far, the drug has been proven to both prevent and treat the flu in mice; professors Deborah Fuller and David Baker are hopeful that it will work just as well in humans and could one day completely wipe out flu epidemics. Says Seattle to the world (yet again): You're welcome.

## Under the gun

Nearly all children killed by guns in the developed world are killed right here in the U.S. A new study published in the *American Journal of Medicine* looked at 2010 World Health Organization gun death rates from two

dozen high-income countries, including Australia, Canada, France, Germany, Japan and the United Kingdom. Of all gun-related deaths across all countries included in the study, the U.S. accounted for 91 percent of all gun-related deaths among children ages 0–14. *Ninety-one percent.* Also, women: Ninety percent of all women killed by firearms in all 24 countries were U.S. women.

## One-two punch

As if it's not hard enough having attention deficit hyperactivity disorder (ADHD), it now appears that girls with the disorder have double the risk of developing obesity at some point in their lives. A longitudinal study by researchers at the Mayo Clinic indicates that stimulant medications used to treat ADHD do not appear to have any effect on the risk. The researchers are calling for greater awareness among girls, caregivers and health care workers.

## Uno-dos ponche

It looks like there are hidden benefits to being bilingual. A new study in the *Journal of Experimental Child Psychology* shows that bilingual toddlers are better than monolinguals at a certain type of mental control.

Also, the more opportunities the tots have to practice switching between languages, the greater the benefit, in terms of cognitive flexibility and greater attention abilities. ¡Muy excelente!

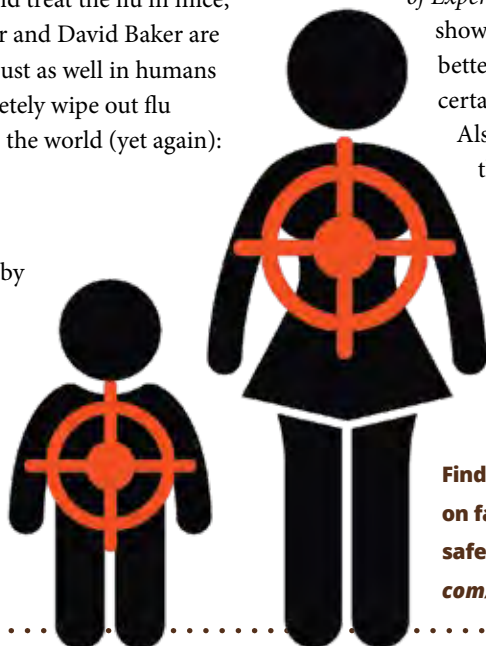
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## Campy happers

Spring starts this month (on March 20), which means I'm already behind on summer planning. Are you? Help is here: ParentMap's Camp Fairs come to the North End (March 6) and the South End (March 19) to give you loads of tot ops for summer fun and learning (read more on page 42). ■

— Kristen Russell





# HeyMama!

presented by

# ParentMap

The Northwest Women's show is 28-years-old and we're having a baby!

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**HeyMama! from Tummy to Tricycle.**



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# Sandwiched in the middle

*What to do when your parents and your children need your care*

By Rebecca A. Hill

**W**hen my dad became sick and moved in with us, I officially joined the Sandwich Generation, which, for me, meant I then had two jobs: caring for Dad and for my two boys. Tending to both my kids and my father was hard; like many people who find themselves raising their children while suddenly caring for their own parents, I was not prepared for the emotional and logistical challenges.

Coined in 1981, the term “Sandwich Generation” once described women in their 30s and 40s taking care of their aging parents and their children. Now, according to a 2013 Pew Research Center report, 47 percent of men and women between the ages of 40 and 65 years old do the same.

In my family, there were difficult times, tears and some amazing moments. I can say that considering some of the ramifications and common issues will help you plan for a sandwich scenario. Here are some questions to think about.

## Why is it so hard?

Before caring for her own aging parents, author Virginia Morris wrote the first edition of her book *How to Care for Aging Parents*. Now, with the book in its third edition, Morris has talked to thousands of parents and children all over the United States. She found that we basically face two themes when taking care of our parents and our kids: stress and joy.

One is the constant daily friction between what we have to do for our parent(s) and what we have to do for our kids: *Do I take Mom to her doctor’s appointment or go to see my daughter’s soccer game?*

“You are constantly feeling like you are not doing something that you should do,” Morris says.

She also discovered that, on the plus side, people found their kids learned from the experience, and their relationships with their grandparent grew stronger. My own sons and their grandfather spent more time with each other once I moved into a caregiver role for him. They even took him to appointments and out to eat.

But caring for a parent, while it can be rewarding, is really, really hard work. Morris says, “It is exhausting, and even when you are doing a lot of the day-to-day care, the worry and guilt can be overwhelming.”



*Do I take Mom to her doctor’s appointment or go to see my daughter’s soccer game?*

## Wait, am I the parent now?

As a caregiver, you sometimes have to make decisions for your parents because they can’t. They may be too sick. They may be confused or disabled. These life changes will be hard for you, but they can be even more difficult for your parent, especially the loss of independence and familiarity. But don’t fall into the trap of thinking that you are now their parent.

It’s a dangerous mindset, says Morris. “You are not the parent. Your relationship has shifted, but you are always the daughter or the son.” Remember, no matter how frail your parents get, Morris says, treat them with respect and dignity. Be compassionate and tactful about even the most fraught issues.

“You have to remind yourself that they are not children, and that they are actually sick and can’t do any better,” Morris says. It can be a very confusing, but maintaining this mindset will help.

## Why do I feel so guilty and resentful all the time?

Everyone feels it: guilt and resentment. Exhaustion. A desperate desire to return to normal. You might even wonder when it will all be over. Sometimes, your parent’s helplessness might make you angry. Typically, caregivers might not realize how stressed they are, because they are just handling each crisis as it comes. But all these emotions are normal.

“When you get to that point, you need to take care of yourself,” Morris says. “Get away and take a break.”

## How do I take a break when I have so much to do?

Taking a break can be very challenging, especially if you have young kids and a lack of backup care or support. Some people can schedule short-term care options, such as adult day care, a home health aide, a daily visit from a friend or family member. In many families, siblings or extended family members can help. I was lucky: My siblings were near and helped with my dad while he lived with us. My dad’s best friend would take him to breakfast every week, giving me an opportunity for a break and to get things done. But others may not be so fortunate — siblings may live in other states or work full-time. Sometimes, relationships between siblings are fraught with old hurts or disagreements over the parent’s care. But whatever it takes, work hard to take those breaks, for your sanity and your parent’s.

## My siblings and I have issues. How can I count on them?

Try to remember that you all haven’t lived with your parents for many years. You aren’t children anymore; in many cases, the adult children have moved, gotten married, had families of their own. But now that your parents need care, you are suddenly back in each other’s lives, and not



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## Sandwiched

continued from page 11

because it is a major holiday. When a parent requires care, difficult subjects such as care philosophies, end-of-life decisions and money planning must be navigated. Families will fight about anything and everything, Morris says, so it is a good idea to plan ahead so everyone can get on the same page.

Talk together about the issues concerning your parents' care. Where are they going to live? What kind of services will they need and are those services available? What happens when they are dying?

"Once you open the door and have a conversation, it is such a relief. You can start to plan," Morris says.

## Should I just have my parent live with me?

One of the biggest question is whether or not you can take care of that parent in your home, given his or her medical condition. Finances also play a large part in the equation. Both of my parents came from a small community with very few elder health care options, so moving them to a place where they had better services made sense. But leaving the family home and community — my parents had lived there for more than 50 years — was very difficult.

Finally, what will happen when the time comes that you can't take care of your parent? Before you decide to have your parent live with you, think long and hard about that question, too. Talk it over together. You don't want to say, "I'll never put you in a nursing home," Morris says. Avoid making promises that you can't keep, and don't make assumptions.

Wherever you are in the sandwich process, start by talking. Once you talk, it's not that scary. And even a little planning can help. ■

Rebecca A. Hill is a freelance writer and the mother of two boys.



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# Child-care crunch

We have some of the least affordable care in the country, and it hurts

BY MALIA JACOBSON

**A**fter Michelle Bennett gave birth to her now 4-year-old daughter, going back to work made sense, largely because she had low-cost or free child care available to her, provided by family members. But the arrival of another daughter the following year changed everything. Caring for two kids younger than 2 years old wasn't feasible for Bennett's family members, putting her in the market for center-based care.

Sticker shock ensued. The Des Moines mom soon learned that her family would have to shell out about \$2,000 a month for full-time care for two children, an amount nearly equal to her take-home pay. So she traded her job at a skilled nursing facility for stay-at-home parenthood, a different kind of job that definitely has its perks (days full of whimsical toddler antics, for instance), but lacks others — namely, health benefits and a paycheck.

Whittling the family budget down to one income hasn't been easy, Bennett says. "It's been really tough financially. We went from making very good money to having to be very frugal." But the alternative — one parent's paycheck almost entirely eaten by day-care costs — was just too hard to stomach.

She's not alone. Child Care Aware of Washington recently ranked Washington sixth in the nation for least affordable child care for infants and 10th in the nation for least affordable preschool care. The December 2015 report, which analyzed cost of care by measuring what percentage of families' income it took to get care, pegs child care as the biggest expense, after housing, for Washington families, beating out food, transportation costs and other necessities.

Full-time care for an infant consumes nearly 15 percent of the state's average annual income of \$85,038 for married couples; the government deems care "affordable" when it costs less than 10 percent of a family's annual income.

Parents statewide share Bennett's struggle, but those in King County are being hit the hardest. While King County incomes are approximately 22 percent higher



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Montessori is a child-directed approach to learning that originated from Italian pediatrician/psychiatrist Maria Montessori and emphasizes the development of the whole child. Classrooms are typically mixed-age (usually 2 ½ or 3 to 6 years old), which helps to foster peer learning, and children are encouraged to learn at their own pace with the goal of establishing independence, self-discipline, and self-esteem. More about the tenets and focus of Montessori (learn more at [parentmap.com/education](http://parentmap.com/education)):

### WHOLE BODY, WHOLE MIND

Montessori's approach to motor development actually stimulates cognitive development and deep concentration. When children begin Montessori education at 3 or 4, they work on motor-skills activities like sweeping, polishing silverware and pouring. These aptly named "Practical Life" activities prepare kids for greater independence and self-reliance in daily tasks but also support the development of higher cognitive functions essential to concentration and attention.

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— Malia Jacobson

than the state average, Seattle parents still pay disproportionately higher rates — on average, 31 percent higher than the rest of the state. At nearly \$13,000 per year, the average cost of a year of infant child care in Seattle is more than a year of tuition at the University of Washington.

## Child-care crunch

While child care is pricey, stepping out of the workforce comes at a steep price, too, says Robin Lester, CEO of Child Care Aware of Washington, a statewide, community-based resource and referral network for parents and professional association for child-care providers.

"Having one parent stay home works well for some families. But when one parent has to stay home because child care is too expensive, that parent's ability to earn and take care of the family long-term is diminished, and the economy loses a productive worker," Lester says.

Case in point: Women who take



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## Child-care crunch

*continued from page 15*

between four and 12 months off after childbirth are 15 percent less likely to get promoted. Opting out of the workforce for two years cuts earnings by 10 percent.

"Right now, too many organizations reward people who can put work first [for] their entire career. When you take a few years off, it's a black mark," says Jessica DeGroot, founder of Philadelphia-based ThirdPath Institute, an organization promoting an integrated approach to work and family life.

Pricey child care hurts lower-income and single-parent families acutely. Washington single moms spend up to 50 percent of their income for child care, and although state child-care subsidies are available via the Department of Social and Health Services (DSHS), consistently qualifying for assistance isn't a sure bet. Applicants file monthly income reports, and those with fluctuating incomes — such as food service employees or workers with seasonal or temp jobs or who freelance — might get aid one month and be up a metaphorical creek without a paddle the next.

Kelly Doscher of Ballard was a single mom waiting tables in 2010 when she was suddenly cut off from a DSHS child-care subsidy for exceeding the monthly income limit by \$7 the previous month. The swift stop put her in a bind — she needed her restaurant paycheck

more than ever, but struggled to pay for the care she needed in order to work.

This year, families can apply for a yearlong child-care subsidy to avoid the month-to-month instability that Doscher and others have faced. "Beginning July 1, 2016, we can work with families for 12-month eligibility, which is a change to our current system. A child would be eligible for subsidy for an entire year, despite changes to a family's economic situation," says Stephanie Liden, communications manager with the Washington State Department of Early Learning.

## System check

Some of the challenges related to affordable child care are created by actions meant to help education, according to Thrive Washington president and CEO Sam Whiting. Reductions in class size and full-day kindergarten mean the K-12 system needs space for more classrooms; in January, Seattle Public Schools announced it may have to reclaim 19 Seattle classrooms currently used for before- and after-school preschool

and child care.

(In February, the district decreased the number of possible relocations to seven classrooms.)

Another move meant to increase quality, upping educational requirements for providers, also potentially increases costs to parents. Early Achievers, the state's child-care quality

*The government*

*deems care*

*"affordable"*

*when it costs less*

*than 10 percent*

*of a family's*

*annual income.*



# SCHOOLS + PRESCHOOLS

rating system, requires an associate's degree for child-care center teachers and a bachelor's degree for center directors. Providers who receive government subsidies will need to comply by July 1, 2016.

Former preschool teacher Julia Hosack of Edmonds knows the struggles these providers face. At the preschool where she worked for years, parents constantly complained about high tuition rates — but many of the teachers struggled to get by on their low wages. “Most of the teachers who had children were on state assistance themselves,” says Hosack, who put off starting a family of her own because of the cost of child care. She knew her wages as a center teacher wouldn't stretch to cover the cost of day care and preschool for her own kids.

“It was too expensive for our center to provide health insurance to its employees,” Hosack says. She couldn't stand “the thought of having my own kids and not being able to provide for them.”


According to a recent report by the Economic Policy Institute, nearly 15 percent of U.S. child-care workers live below the poverty line, and they are less likely to receive health care and benefits than other types of employees.

The economics of preschool (which children typically start at age 3 and which can encompass not only partial-day programs but also full-day care until kids reach kindergarten age) can seem confounding, Whiting says. Even with high tuition, most child-care centers have razor-thin profit margins. “You have to get into this business because you really want to see children succeed. You don't do it to get rich.” >>

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pg 42



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## Child-care crunch

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Still, the news isn't all bad, Whiting notes. "A lot of people are working very hard on the Seattle pre-K pilot," a program approved by Seattle voters in 2014 that aims to provide free or low-cost child care for 2,000 children in 100 classrooms by 2018. "Once it's rolled out, that program could provide a model for the rest of the state to follow."

Whiting says that the scarcity of suitable child-care spaces could be approached creatively: If developers could be incentivized to create spaces that could be licensed for child care, providers would

have more options, which would benefit families and children.

Meanwhile some parents are finding out-of-the-box ways to make working work. Last year, Laurie and Brian Foley of Rainier switched to nontraditional shifts — she works 3:30 a.m.–noon in insurance claims, and he works 3 p.m.–1 a.m. in manufacturing — to avoid shelling out for child care for their 6-year-old son.

Andrea and Robert Cantu of Burien hired an au pair through Au Pair in America; at about \$16,000 per year, the option is hardly cheap, but still costs less

than half of the \$38,000 they'd pay for preschool and infant care for their three young boys. Nanny shares, flexible schedules and care provided by family members help ease the burden for other families.

But until affordable child care is a reality for more parents, some will opt out of their jobs, as Michelle Bennett did. She may want to go back to "the exciting, adult world" of work when her girls are in school, but for now, she's staying home. ■

*Malia Jacobson is a Tacoma-based freelance writing specializing in health and family topics.*

### resources

#### Seattle Preschool Program

[seattle.gov/education/child-care-and-preschool/seattle-preschool-program/about](http://seattle.gov/education/child-care-and-preschool/seattle-preschool-program/about)

#### DSHS Child Care Subsidy Program

[dshs.wa.gov/esa/community-services-offices/child-care-subsidy-program](http://dshs.wa.gov/esa/community-services-offices/child-care-subsidy-program)

#### Thrive Washington [thrivewa.org](http://thrivewa.org)


#### Child Care Aware of Washington

[wa.childcareaware.org](http://wa.childcareaware.org)

#### Washington State Department of Early Learning, Early Achievers

[del.wa.gov/care/qris](http://del.wa.gov/care/qris)

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BY BRYONY ANGELL AND JENNIFER JOHNSON

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

### PLAN THE PLAN

A good amount of time for an elementary school party is two hours max. Assume the first 15–30 minutes will be taken up with arrivals, and the last 30 minutes with cake and presents, so you will need to fill one hour of time. Games and activities will keep the kids focused and the party moving along. Plan to start with active games, and finish with a sit down, quieter game such as themed Bingo (Star Wars, animals, robots) or crafts. Plan a couple of extra games for those times that one isn't working or the kids finish faster than you had expected.

### SIMPLIFY, SIMPLIFY, SIMPLIFY

Avoid ice cream if possible, but if the birthday kid insists, get ice cream in individual, disposable cups. Cupcakes are great for automatic portion control — and no need for forks. Open cups present a spilling hazard, so juice boxes or pouches work best for little hands. Keep a trash can near the table for quick clean up and instead of paper napkins put out a package of wet wipes. Using a compostable paper tablecloth allows you to gather all of the cupcake wrappers and empty juice boxes in the table cover and put the whole thing in the trash.

— Tiffany Doerr Guerson



## BIRTHDAY PARTIES

CELEBRATE YOUR CHILD'S BIRTHDAY  
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Host a birthday party in the carousel party room and enjoy all-day zoo admission for you and your guests. Create memories they will never forget with options for face painting, animal encounters, unlimited carousel rides and more!

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Birthday ideas!**

[parentmap.com/birthdays](http://parentmap.com/birthdays)



## Into the urban wild

continued from page 21



**Paddle power:** Mercer Slough is a verdant ecosystem of canals and wetlands

### WETLAND MAGIC

## Mercer Slough

Bellevue

At one of Bellevue's largest parks, 320-acre Mercer Slough, 7 miles of flat trails, including short loops, lead hikers through a verdant ecosystem of canals and wetlands — even a blueberry farm on the west side of the park. Look for red-winged blackbirds and duck species along the waterways or downy woodpeckers and black-capped chickadees in the woods. The Environmental Education Center, a complex of classrooms and a visitors center, perches on the edge of the slough, complete with a lookout tower that kids can climb (up a ladder!) to peer into the tree canopy.

**Activities:** The slough's Education Center, open daily 10 a.m.–4 p.m., has a small assortment of displays and natural items to touch and see, and offers programs such as a monthly nature movie on fourth

Friday nights (next up is *Raccoon Nation* on March 25), and a free nature walk around the wetland every Saturday (2–3:15 p.m.). Pacific Science Center also runs high-quality school-break and summer camps at Mercer Slough that explore science and nature, such as a Sasquatch-themed camp in July.

**Info:** [bellevuewa.gov/mseec.htm#programs](http://bellevuewa.gov/mseec.htm#programs), [pacificsciencecenter.org](http://pacificsciencecenter.org)

continued on page 26 ➤



**Lookout tower** at Mercer Slough

**SkyMania!**  
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## SAFECO FIELD TOURS

**BALLPARK TOURS**

Year-round tours are available at Safeco Field, the spectacular home of the Seattle Mariners. The 19.59 acre outdoor ballpark features real grass, a retractable roof and state-of-the-art amenities. Bring your camera and take a "behind the seams" tour including areas normally restricted to the public such as the Press Box, Owners Suite, Field, Dugouts, Visitors Clubhouse, All-Star Club, and more. [All areas of the ballpark are subject to availability based on ballpark activities.]

**BIRTHDAY PARTIES**

Parents should enjoy their child's birthday party as much as the kids...and you can...when you host it at Safeco Field! The lineup includes a ballpark tour with stops on the field and at the playground, food and festivities in a group suite, and a final surprise with your child's name on the Out-of-Town Scoreboard. For extra fun, add a Mariner Moose appearance or test your skills at the batting cage. The only thing to worry about with this party is how you will top it next year.

**Mariners.com/Tours**





## PICKS

**ParentMap Camp Fairs,  
March 6 and 19**



**Polar Science Weekend, Pacific Science  
Center, March 4-6**



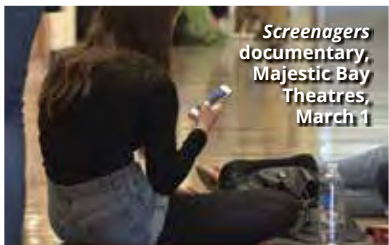
**'Gift of Anxiety'  
lecture by  
Chris McCurry,  
Village Theatre,  
March 29**



**Family Bike Night,  
Ravenna-Eckstein  
Community  
Center,  
March 11**



**Screenagers  
documentary,  
Majestic Bay  
Theatres,  
March 1**



### SUNDAY



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

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

**Free Bike Helmet Fitting & Giveaway**  
**Saturday, March 26, 10 a.m. to 1 p.m.**  
Renton Community Center  
1715 SE Maple Valley Hwy  
Renton, WA 98057

FREE bike helmets for kids ages 1 to 18 year old. Child must be present to receive properly fitted helmet. Supplies are limited. Helmets provided by Kohl's Helmet Safety Program at Seattle Children's.

[makesurethehelmetfits.org](http://makesurethehelmetfits.org)

### MONDAY

### TUESDAY

6

**ParentMap North Camp Fair.** Browse oodles of summer camp options and ask questions of camp providers. 11 a.m.-3 p.m. **FREE.** Cedar Valley Community School, Lynnwood. [parentmap.com/campfair](http://parentmap.com/campfair)  
**Winter Stories and Crafts.** Enjoy stories and crafts featuring a watershed resident critter. Saturday-Sunday, March 5-6, 1:30 p.m. (also March 19-20). **FREE;** preregister. Cedar River Watershed Education Center, North Bend. [seattle.gov/util/crwec](http://seattle.gov/util/crwec)

7

**Let's Play: Humpty Dumpty.** Giggles guaranteed at these fun, short shows designed for the preschool crowd. March 7, 11 and 12; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia Family Theater. [olyft.org](http://olyft.org)  
**Paws to Read.** Kids practice reading aloud to gentle, trained therapy dogs. March 7, 14; 3-5 p.m. **FREE.** Ages 5-11. Everett Public Library, Evergreen Branch. [epls.org](http://epls.org)

8

**PEPS Benefit Luncheon.** Gather with other PEPS parents to support a beloved organization in our community. Donations requested; preregister. 11 a.m.-1 p.m. Fisher Pavilion, Seattle Center. [peps.org](http://peps.org)  
**Side by Side Concert with Seattle Symphony and Roosevelt High School Symphony Orchestra.** Youth and professional musicians combine talents to play a free community concert. 7 p.m. **FREE.** Roosevelt High School, Seattle. [seattlesymphony.org](http://seattlesymphony.org)

13

**Kruckeberg Leprechaun Hunt.** Stop by to search for wily little leprechauns in this beautiful hidden garden. Saturday-Sunday, March 12-13, 10 a.m.-5 p.m. **FREE;** donations appreciated. Kruckeberg Botanic Garden, Shoreline. [kruckeberg.org](http://kruckeberg.org)  
**King-Snohomish County Regional Spelling Bee.** Seventy local middle-schoolers do battle with words and letters, in hopes of advancing to the National Spelling Bee. 1 p.m. **FREE.** Town Hall, Seattle. [townhallseattle.org](http://townhallseattle.org)

14

**Luke's Kids Drop-in Play Time.** Preschoolers and their grown-ups meet up to play at this Ballard church. Mondays, 10 a.m.-noon. \$5 suggested donation. Ages 0-5 with caregiver. St. Luke's Episcopal Church, Seattle. [stlukesseattle.org](http://stlukesseattle.org) **ONGOING EVENT**  
**Meet-up Monday.** Meet up with friends to receive \$3 off admission plus free coffee for adults, while it lasts. Mondays, 9 a.m.-9 p.m. \$7 with discount; adults and under age 1 free. WiggleWorks Kids, Bellevue. [wiggleworkskids.com](http://wiggleworkskids.com) **ONGOING EVENT**

15

**Preschool Playtime.** Need a breather? Drop your little ones for play and social time. Tuesdays, Thursdays, 9-11 a.m. or noon-2 p.m. \$10; call to reserve spot. Ages 3-6. Lynnwood Recreation Center. [ci.lynnwood.wa.us](http://ci.lynnwood.wa.us) **ONGOING EVENT**  
**The Opposite of Spoiled.** *New York Times* columnist and best-selling author Ron Lieber offers practical tips on teaching kids about values and money. 7 p.m. \$10. Adults. Mercer Island High School. [miparentedge.org](http://miparentedge.org)

20

**French Fest.** Festál celebrates French-speaking cultures with Best Baguette contest, plus live music, dance performances and kids' activities. 11 a.m.-6 p.m. **FREE.** The Armory at Seattle Center. [seattlecenter.com/festall](http://seattlecenter.com/festall)  
**Curious George: The Golden Meatball.** Our favorite silly monkey and his chef friend solve a puzzling meatball mystery. 2 p.m. \$15. Ages 4-8 with families. Everett Civic Auditorium. [villagetheatre.org](http://villagetheatre.org)

21

**Shoreline Indoor Playground.** If it's not park weather, let the kiddos loose at this huge gym with slides, balls and other toys. Monday-Friday, 9:30-11:30 a.m. \$3. Ages 1-5 with caregiver. Spartan Recreation Center, Shoreline. [shorelinewa.gov](http://shorelinewa.gov) **ONGOING EVENT**  
**Maker Mondays.** Experiment with 3D modeling and try out the 3D printer. Mondays, 3-8 p.m. \$5; printing material extra; preregister. Ages 11-18, under 15 with adult. Future of Flight Aviation Center, Mukilteo. [futureofflight.org](http://futureofflight.org) **ONGOING EVENT**

22

**Kidz Bounce Drop-In Time.** Little ones get a workout at this inflatable gym. Tuesday-Thursday, 9:30-11 a.m. or 12:30-2 p.m., plus Thursday 5-6:30 p.m. \$8. Ages 2-10 with caregiver. Kidz Bounce, Preston. [kidzbounce.com](http://kidzbounce.com) **ONGOING EVENT**  
**Detective Cookie's Urban Youth Chess Club.** Stop by to learn and practice chess skills; new members welcome. Tuesdays, 3:30-5 p.m. **FREE.** Ages 7 and up. Seattle Public Library, Rainier Beach Branch. [spl.org](http://spl.org) **ONGOING EVENT**

27

**Spring Egg Hunt.** With 4,000 eggs stashed throughout the museum, register early for this huge and popular hunt. Friday-Sunday, March 25-27, 8:30-10 a.m. \$9.25-\$15.25; preregister. The Children's Museum, Seattle. [thechildrensmuseum.org](http://thechildrensmuseum.org)  
**Bunny Express.** All generations enjoy a spring train ride through the forest plus egg hunt and visit with the Easter Bunny. Saturday-Sunday, March 26-27. Buy tickets in advance. Mt. Rainier Railroad and Logging Museum, Elbe. [mtrainierrailroad.com](http://mtrainierrailroad.com)

28

**Book Swap.** Bring your good-condition books and trade for up to 5 others at this kids' books trade-in fest. 3:30-5 p.m. Ages 12 and under with caregiver. King County Library System, Fall City Branch. [kcls.org](http://kcls.org)  
**Hello! Exploring the Supercute World of Hello Kitty.** This little kitty's popularity has spanned generations and crossed the globe; discover her story. Daily through May 15. Included with admission. EMP Museum, Seattle. [empmuseum.org](http://empmuseum.org)

29

**The Gift of Anxiety: Turn Your Child's Worry into Growth.** Author and psychologist Chris McCurry, Ph.D., discusses the origins of child anxiety and strategies for improved communication, mutual respect and problem solving. 7 p.m. \$25-\$30. Adults. Village Theatre, Issaquah. [parentmap.com/lectures](http://parentmap.com/lectures)



## WEDNESDAY

2

**Dr. Seuss Day.** Celebrate the birthday of uber-popular author with story times, crafts and "Seussian" activities. 10 a.m.–5 p.m. Included with admission. Ages 1–10 with caregiver. The Children's Museum, Seattle. [thechildrensmuseum.org](http://thechildrensmuseum.org)

**Art Rocks.** Stop by Imagine Children's Museum's art studio for a Dr. Seuss character painting project. 9 a.m.–5 p.m. Included with admission. Ages 1–10 with caregiver. Everett. [imaginecm.org](http://imaginecm.org)

9

**Conservatory Story Hour.** Story time plus craft in lovely surroundings. 11 a.m. \$3 suggested donation; ages 11 and under free. Ages 3–8 with families. W.W. Seymour Botanical Conservatory, Tacoma. [seymourconservatory.org](http://seymourconservatory.org)

**Student Wednesday at BAM.** Free entry for students to see the Louis Kahn architecture exhibit and other displays. 11 a.m.–6 p.m. **FREE** for grades K–12 with online coupon. Bellevue Arts Museum. [bellevuearts.org](http://bellevuearts.org)

16

**Top Ten Toys Story Time.** As if you need another reason to visit this creative-toy heaven, bring the tots for weekly story time. Wednesdays, 11 a.m. **FREE**. Top Ten Toys, Seattle. [toptentoys.com](http://toptentoys.com) **ONGOING EVENT**

**Little Bookworms Story Time.** Stop by for stories, songs and a special treat. Wednesdays, 11 a.m.–noon. **FREE**. Ages 0–5 with caregiver. The Shops at the Bravern, Bellevue. [thebravern.com](http://thebravern.com) **ONGOING EVENT**

23

**Capoeira for Little Tots.** Creative, fun class for kids to learn the graceful Brazilian martial art of capoeira. Wednesdays, 4:30–5:10 p.m. \$16. Ages 4–5. Balance Studio, Seattle. [bahaiinmotion.com](http://bahaiinmotion.com)

**Math Moves!** It's full-body math exploration with interactive stations that bring math concepts such as ratios and proportion to life. Daily through May 1. Included with admission. Pacific Science Center, Seattle. [pacificsciencecenter.org](http://pacificsciencecenter.org)

30

**SkyMania Toddler Time.** Burn off preschoolers' morning energy in hopes of a quiet afternoon (ha). Tuesday–Thursday, 10–11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. [skymaniatrampolines.com](http://skymaniatrampolines.com) **ONGOING EVENT**

**Wild Wednesday.** The last Wednesday of the month enjoy free admission to this fun indoor play space with a food-bank donation of at least two items. 9 a.m.–8 p.m. **FREE** (with donation). Ages 1–10. PlayDate SEA, Seattle. [playdatesea.com](http://playdatesea.com)

## THURSDAY

3

**Reading with the Wing.** Enjoy stories with Asian characters or books by Asian authors followed by a simple art activity. 11 a.m. Included with admission. Ages 1–4 with families. Wing Luke Museum, Seattle. [wingluke.org](http://wingluke.org)

**Peppa Pig Live: Peppa Pig's Big Splash!** It's an interactive live show with familiar songs, dancing and lots of action. 6 p.m. \$34 and up; under age 1 free. All ages. ShoWare Center, Kent. [showarecenter.com](http://showarecenter.com)

10

**Critter Club.** PDZA kids' program features stories and hands-on animal exploration. March 10, 11, 24 and 25; 11 a.m. \$11–\$13; preregistration recommended. Ages 3–4 with caregiver. Point Defiance Zoo & Aquarium, Tacoma. [pdza.org](http://pdza.org)

**Brooklyn Bridge.** A latchkey girl discovers her community and gains new insight into the subject of her research project. Through March 20. Ages 9 and up. \$22–\$40. Seattle Children's Theatre. [sct.org](http://sct.org)

17

**Family Nature Class.** Explore the natural world with learning stations and a trail walk. Thursday–Saturday, 9:30–11:30 a.m. \$18 per adult/child pair; preregister. Ages 2–5 with caregiver. Washington Park Arboretum, Seattle. [depts.washington.edu/uwbw](http://depts.washington.edu/uwbw) **ONGOING EVENT**

**My Heart is the Drum.** A young woman in West Africa defies tradition in this engaging new musical. March 17–April 24 (April 26–May 22 in Everett). \$32–\$68. Ages 12 and up. Village Theatre, Issaquah. [villagetheatre.org](http://villagetheatre.org)

24

**Tugboat Story Time.** Get your sea legs on and board a tugboat for stories of the sea. Second and fourth Thursdays of the month, 11 a.m.–noon. **FREE**. Ages 2–5 with caregiver. Center for Wooden Boats, Seattle. [cwb.org](http://cwb.org) **ONGOING EVENT**

**Play to Learn.** Kids and caregivers gather for community play, songs and circle time. Thursdays, 10–11:30 a.m. **FREE**. Ages 0–6 with caregiver. Pierce County Library, Lakewood, and Peace Community Center, Tacoma. [playtacoma.org](http://playtacoma.org) **ONGOING EVENT**

31

**Lil' Diggers Playtime.** Get digging in the sand, no matter the weather outside. Monday, Wednesday, Thursday, 9:30–11 a.m. or 11:30 a.m.–1 p.m. \$7. Ages 5 and under with caregiver. Sandbox Sports, Seattle. [sandboxsports.net](http://sandboxsports.net) **ONGOING EVENT**

**Gage Teen Art Studio at BAM.** Teens explore creative expression and new artistic techniques; no experience needed. 4–7 p.m. **FREE**. Ages 13–18. Bellevue Arts Museum. [bellevuearts.org](http://bellevuearts.org)

## FRIDAY

4

**Polar Science Weekend.** Feel polar bear fur, try on a survival suit and "dive" into life on our planet's icy poles. Friday–Sunday, March 4–6. Included with admission. Pacific Science Center, Seattle. [pacificsciencecenter.org](http://pacificsciencecenter.org)

**You Me We Celebration.** Shoot a goal, laugh with a clown and try other fun activities in this kid-focused community fest. 6–9 p.m. **FREE**. All ages. ShoWare Center, Kent. [kentwa.gov](http://kentwa.gov)

11

**Hoppy Hour.** Bounce time for energetic kids to get the rainy-day wiggles out. Monday–Friday, 10 a.m.–12:30 p.m. \$5–\$8. Ages 1–8. Elevated Sportz Trampoline Park, Bothell. [elevatedsportz.com](http://elevatedsportz.com) **ONGOING EVENT**

**Family Bike Night.** Turn up with your fam to learn about bike safety, maintenance and ways to get riding. 6:30–8:30 p.m. **FREE**. Ravenna-Eckstein Community Center, Seattle. [seattle.gov/parks](http://seattle.gov/parks)

18

**Peter Rabbit and Me.** The sweet story of young Beatrix Potter and her favorite, most mischievous character. March 15–April 3. \$13–\$19. All ages. Olympia Family Theater. [olyft.org](http://olyft.org)

**Moisture Festival Comedy/Variété.** Musicians, acrobats, comedians and can't-be-categorized performers present amazing variety shows. March 17–April 10. \$11–\$26. Most shows all ages; see website. Hale's Palladium and Broadway Performance Hall, Seattle. [moisturefestival.com](http://moisturefestival.com)

25

**Raccoon Nation.** Are our garbage cans making raccoons even smarter? Find out in this film documenting raccoons' urban movements. 5 p.m. **FREE**. All ages. Mercer Slough Environmental Education Center, Bellevue. [bellevuewa.gov](http://bellevuewa.gov)

**Family Movie Night: Inside Out.** Gain new insight into the emotions we all experience in this original, heartfelt movie. 7 p.m. **FREE**. Film rated PG. Lakewood Community Center. [piercecountywa.org](http://piercecountywa.org)

## SATURDAY

5

**Eric Ode's Pirate Show – Yo Ho!** Join a high-seas musical adventure with storms, sharks and hidden treasure. 2 p.m. \$8. All ages. Auburn Avenue Theater. [auburnwa.gov](http://auburnwa.gov)

**EMP's Sound Off! Championship.** Final four remaining under-21 local bands compete for the title of best young band in the Northwest. 8 p.m. \$10–\$14. Ages 10 and up. EMP Museum, Seattle. [empmuseum.org](http://empmuseum.org)

12

**Dino Day.** Dig into paleontology and find clues from dino teeth, bones, poop and more. 10 a.m.–4 p.m. Included with admission. The Burke Museum, Seattle. [burkemuseum.org](http://burkemuseum.org)

**St. Patrick's Day Parade and Irish Festival.** Get your green on and celebrate Irish pride. 12:30 p.m. **FREE**. Parade along Fourth Ave. toward Seattle Center, where Irish Fest takes place, Saturday–Sunday. [irishclub.org](http://irishclub.org)

19

**ParentMap South Sound Camp Fair.** Come to meet dozens of South Sound-area summer camp providers. 10 a.m.–1 p.m. **FREE**. All ages. STAR Center, Tacoma. [parentmap.com/campfair](http://parentmap.com/campfair)

**Kids' Saturday in the Park.** Participate in crafts inspired by Olympic Sculpture Park's resident nurse log and bring your own cardboard box to make a car for the "drive-in" movie (*The Lorax* at noon). 11 a.m.–2 p.m. **FREE**; RSVP requested. All ages. Olympic Sculpture Park, Seattle. [seattleartmuseum.org](http://seattleartmuseum.org)

26

**World Water Day.** Explore the critical role of water in planetary life through hands-activities and experiments. 10 a.m.–1 p.m. **FREE**; preregister. Brightwater Education Center, Woodinville. [islandwood.org](http://islandwood.org)

**Easter Eggstravaganza.** Hop in for an Easter egg scavenger hunt, bunny petting zoo, bouncy house, crafts and more; bring your own basket. Noon–4 p.m. **FREE**. Ages 10 and under with families. Redmond Town Center. [redmondtowncenter.com](http://redmondtowncenter.com)



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

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

**Bubble Bash**  
Saturday, April 23, 12 noon to 4 p.m.  
University of Washington Quad, Seattle  
[bubblebash.org](http://bubblebash.org)

Join the Bubble Bash Guild on the UW Quad for games, food and entertainment. This carnival-style event benefits Seattle Children's Dr. Stanley Stamm Summer Camp, which is celebrating its 50th anniversary this year. Donations welcome.

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out + about

## Into the urban wild

*continued from page 23*

### STREAM IN

#### **Lewis Creek Park** Bellevue

Tucked away in the hills of south Bellevue, near Cougar Mountain, this lovely preserve protects the headwaters of Lewis Creek, attracting birds and wildlife — as well as little adventurers. A 1-mile loop trail is a perfect short hike for families, and there are also two connected playgrounds near the park's visitor center.

**Activities:** The spacious, light-filled Lewis Creek Visitor Center, open Wednesday–Saturday 10 a.m.–4 p.m., offers a commanding view over the meadow and wetlands, and many rainy-day activities: Thumb through nature books, look at casts of animal tracks, use a spotting scope. Activities include a monthly story time on the first Friday of every month (ages 3 and older, \$2, registration required); or indoor-outdoor programs on spring topics such as frogs or butterflies, or monthly guided hikes on the first Saturday of each month.

**Info:** [bellevuewa.gov/lewis\\_creek\\_park.htm](http://bellevuewa.gov/lewis_creek_park.htm)

### INTO THE WOODS

#### **Seward Park** South Seattle

The jewel of South Seattle, Seward Park boasts nine miles of trails that wind through old-growth forest (reportedly the city's last stand, look for the two eagles' nests), a beach on Lake Washington and a 3-mile paved walk around the peninsula. A nature-oriented playground near the Seward Park Audubon Center features a thrilling zip line, a multilevel climbing complex and more play features that kids love.

**Activities:** The Audubon Center offers a rich set of programs for both younger kids (look for Toddler Tales and Trails events for little ones) and older kids, including full-moon owl prowls, bat treks and summer camps. Stop by the center to browse the nature shop, pick up an Explorer Pack for the park, or take a time-out at the library, which offers nature titles as well as toys and puzzles for little ones (open Wednesday–Saturday, 10 a.m.–5 p.m.).

**Info:** [sewardpark.audubon.org](http://sewardpark.audubon.org)



**Owl together now:  
Kids explore nature  
at Seward Park**

SEWARD PARK / NATIONAL AUDUBON SOCIETY





**Climbing Wood Wave  
at Kruckeberg**

BRYONY ANGELL

#### FROGS AND FORTS

### Magnuson Park North Seattle

At Magnuson Park's wonderful children's garden (located in the north end of the park, near the Junior League playground), kids can learn about composting, go on a scavenger hunt or even build a fort from a small pile of logs. Check out an Explorer Pack at the Magnuson Community Center for further self-guided exploration of the park, where a network of flat trails beckons for strolling or low-key cycling. Birds are abundant; in winter months, you might see bufflehead or a great blue heron in the wetlands. In spring and summer, look for frogs and spectacular dragonflies.

**Activities:** Magnuson Nature Programs, an organization sponsored by Magnuson Community Center, offers classes and family activities including monthly family wetland walks (on March 26, the focus is tree frogs), nighttime nature walks, monthly garden days, nature adventures for tots and summer nature camps.

**Info:** [magnusonnatureprograms.com](http://magnusonnatureprograms.com)

#### GARDEN GEM

### Kruckeberg Botanic Garden Shoreline

This gem of a garden, located on a residential street in North Shoreline and run by the City of Shoreline, is a perfect kid-size world of native plants, trees, public art and trails. Play spots include an extraordinary burl sculpture that kids can climb (titled *Wood Wave*) and a glen that invites kids to build fairy houses from natural materials.

**Activities:** Kruckeberg is open Friday–Sunday, 10 a.m.–5 p.m., from March to October. Seasonal events for kids include a leprechaun hunt for Saint Patrick's Day (held this year on March 12 and 13), Garden Tot programs in the summer for kids ages 2–6, and summer camps. Admission to the garden is free, though a fee and registration are required for some programs.

**Info:** [kruckeberg.org](http://kruckeberg.org) ➔



EMILY BISHTON

PACIFIC NORTHWEST BALLET SCHOOL

# Le Corsaire

## A PIRATE'S TALE



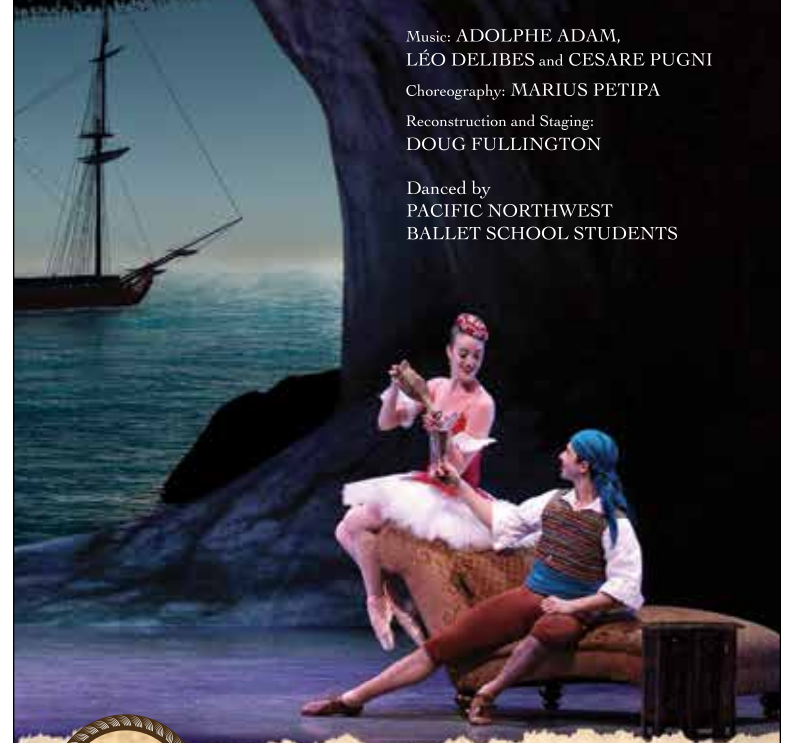
**March 20 & 26,  
2016** McCaw Hall

Music: ADOLPHE ADAM,  
LÉO DELIBES and CESARE PUGNI

Choreography: MARIUS PETIPA

Reconstruction and Staging:  
DOUG FULLINGTON

Danced by  
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May 13, 14, 20 & 21 at 7 p.m.

**Call the BYT box office at 425-452-7155.**





## Into the urban wild

continued from page 27



A guided nature exploration at Tacoma Nature Center

TACOMA NATURE CENTER/TACOMA AUDUBON

### NATURE IN THE CITY

## Tacoma Nature Center

This urban wetland preserve, run by Metro Parks Tacoma, offers a chance to view birds and other wildlife in all seasons, with 2.5 miles of gentle trails. Don't miss Discovery Pond, a nature-themed play area with innovative structures for kids to explore, such as a tree house and a pond with waterfalls.

**Activities:** Duck out of the rain at the Nature Center (open Monday–Saturday, 9 a.m.–4 p.m.) to explore hands-on activities for kids. Upcoming programs run by Tacoma Nature Center (many of which are not at the center itself) include the last Pier Peer of the winter, in which children 8 and older can investigate nocturnal sea life at the docks (March 5, \$8); as well as many classes and camps, and workshops. The center also teams up with Tahoma Audubon to offer bird-related activities and outings for kids.

**Info:** [metroparkstacoma.org/tacomanaturecenter](http://metroparkstacoma.org/tacomanaturecenter)

### GREAT LAKE

## Cedar River Watershed Education Center North Bend

Located on Rattlesnake Lake near North Bend, the Cedar River Watershed Center (open Tuesday–Sunday, 10 a.m.–4 p.m.) is a showcase of sustainable architecture. Imaginative musical water features (rain drums!) and displays are designed to help visitors understand the cycle of water use and the Cedar River Municipal Watershed's role in supplying drinking water to the city of Seattle. Outside, you can walk the lake for an easy hike or, with older kids, scale Rattlesnake Ledge (4 miles round trip).

**Activities:** The educational programs at the center vary seasonally: Through March, winter weekend offerings rotate between free wildlife-themed story times and guided “adventure hikes” exploring the lake. In the summer, take a guided tour into the protected watershed (try the one-hour, family-oriented tour).

**Info:** [seattle.gov/util/environmentconservation/education/cedarriverwatershed](http://seattle.gov/util/environmentconservation/education/cedarriverwatershed)

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## Into the urban wild

continued from page 29

### BIRDER'S PARADISE

## Padilla Bay

### Skagit County

In the Skagit Valley near Anacortes, Padilla Bay National Estuarine Research Reserve is a birder's paradise and offers a breathtaking river delta landscape. Walk a short wooded loop (0.8 mile long) at the reserve or drive to Bayview



Eagle spying at Padilla Bay

GILL ANGELL

nearby to walk the Padilla Bay dike walk, which runs 2.25 miles one way across flooded fields and tidal flats. Look for river otters, northern pintail ducks and bald eagles.

**Activities:** At the reserve, the Breazeale Interpretive Center (open Wednesday–Sunday, 10 a.m.–5 p.m.) chronicles life in the estuaries through its floor-to-ceiling aquarium; and more displays and hands-on activities. It offers aquarium tours, and nature exploration programs for preschoolers and elementary-school-age children, based on seasonal themes.

**Info:** [padillabay.gov](http://padillabay.gov) ➔



Padilla Bay is a breathtaking Skagit landscape

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or call 206-526-KIDS (5437)



## Into the urban wild

continued from page 31



Making bird feeders with Pilchuck Audubon

BRYONY ANGELL

### CRAFTING NATURE

## Pilchuck Audubon

Snohomish County

This Audubon chapter supports family nature programs year round throughout Snohomish County, including the annual Kids' Bird Festival in Everett in May and Swift Night Out in Monroe

in September. Free craft events for kids are held at the Edmonds Native Plant Demonstration Garden at the Willow Creek Fish Hatchery in Edmonds, located just above the Edmonds marsh (a fantastic and easy place to see birds any time of the year).

**Activities:** Upcoming events include a workshop on plant dyes on March 19; and activities at the Edmonds Watershed Fun Fair on May 7.

**Info:** [pilchuckaudubon.org](http://pilchuckaudubon.org)

*Bryony Angell is a Seattle-based freelance writer who blogs at [bryonyangell.com](http://bryonyangell.com). Jennifer Johnson and her kids explore the Pacific Northwest in all kinds of weather; follow their adventures on [thehikermama.com](http://thehikermama.com).*

## mudlode: 5 spring nature adventures

**Try geocaching.** Technology plus nature plus a treasure hunt is a win-win-win. Find out how to get started at [parentmap.com/geocache](http://parentmap.com/geocache).

**Find frogs.** Nothing says spring like a dusk frog chorus. Find kid-friendly hikes starring frogs and other spring critters at [parentmap.com/critterhikes](http://parentmap.com/critterhikes).

**Walk to a waterfall.** The classic spring hike is to a roaring waterfall, fed by melting snowpack. We tell you where to go at [parentmap.com/waterfall](http://parentmap.com/waterfall).

**Clam up.** Clamming is easy, gets families outside in any kind of weather, and at the end of an hour or so, you have dinner. [parentmap.com/clam](http://parentmap.com/clam)

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## Maker classes to fire kids' imaginations

One of the best antidotes to excess testing and homework is a hands-on creative activity, from pottery to sewing to filmmaking. We've put together a primer on a dozen or so great crafting classes for kids and families. Find more at [parentmap.com/craftclasses](http://parentmap.com/craftclasses).

**Kirkland Arts Center** offers 70 classes per quarter for toddlers through adults. Youth students can choose from a selection of painting, clay and mixed-media classes. [kirklandartscenter.org](http://kirklandartscenter.org)

**Coyote Central** offers innovative courses for kids ages 10 to 14. Professional artists and tradespeople teach everything from electronics to welding to glass flameworking and filmmaking. In the summer, its innovative Hit the Streets program offers an opportunity for kids to earn money by creating public art. [coyotecentral.org](http://coyotecentral.org)

**Kids' Carpentry** is a year-round, after-school enrichment program in Seattle that teaches kids practical woodworking skills with an emphasis on the safe use of hand tools. Look for summer camps, too. [kidscarpentry.com/our-teachers/loren-kite-seattle](http://kidscarpentry.com/our-teachers/loren-kite-seattle)

**Schack Art Center** in Everett offers a wide range of classes for kids and teens as well as art camps for children as young as 6 during spring and summer breaks. Financial assistance is available for those who qualify. [schack.org](http://schack.org)

**Smart With Art**, a mobile arts education program with a range of craft and art classes, offers after-school programs at elementary and middle schools, art parties, workshops and summer camps. [smartwithart.net](http://smartwithart.net)

**Gage Academy of Art**, which teaches painting, drawing and sculpture to kids of all ages, offers free drop-in arts workshops for teens at two locations: on its Capitol Hill campus every Friday evening and at Bellevue Arts Museum on Thursdays. [gageacademy.org/tas](http://gageacademy.org/tas)

— Nancy Schatz Alton



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0-12

## College Savings 101

Hey, parents: Class is in session!

By Nancy Schatz Alton

Balance  
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[parentmap.com/  
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**P**sssst, pop quiz: What's in your kid's college fund?

What? Oh, look over there at that pretty bird. La-la-la-la-la.

OK, parents. We're going to have to talk about something you might want to avoid, something that too many of us ignore, or wish away, or think we just don't have the resources to deal with: college cash.

Because hindsight is 20/20. Forty-four percent of experienced moms polled by NerdWallet ([nerdwallet.com](http://nerdwallet.com)) said they wished they had been advised to start saving for their children's college education during their children's infancy. The projected cost of college 18 years from now is enough to make anyone spew their coffee: The average four-year tuition and fees for a private college in the year 2033 is \$323,900; a public in-state university enrollee can expect to pay \$94,800, according to Saving for College ([savingforcollege.com](http://savingforcollege.com)).

Here's the bright side: Anytime you tackle this planning, whether during your child's infancy or well beyond, you are getting ahead and making the future more manageable for your student and yourself.

"It's daunting to know that helping your child choose a college is one of the biggest financial decisions you will make in your life, so do your homework as you start saving money," says Ron Lieber, "Your Money" columnist for *The New York Times* and author of *The Opposite of Spoiled*.

While there's no one-size-fits-all answer, the facts below will help you start saving for your child's (or children's!) college education. With all the stresses of parenting, it will be one less thing hanging over you.

### Create a saving mindset

When you think about trimming expenses to fund future college costs, ask yourself what you value most, says Tracy Cutchlow, author of *Zero to Five: 70 Essential Parenting Tips Based on Science* and a former personal finance editor at MSN. "Spend your money on what feeds your soul and not on the rest. You will spend less but feel that you're living quite well. If saving any amount feels too hard, work to reduce your essential expenses to 60 percent of your gross income. That includes

taxes and committed expenses like sports or music lessons," Cutchlow says.

Saving has to be automatic, or it just won't happen, she adds. "Have the money deposited directly from your paycheck into a savings account, so it never hits your checking account. Then, set up the investment account to automatically withdraw the money from that savings account. You don't see it, you don't think about it, you don't miss it."

Start the process by tracking your monthly expenditures. "I suggest to parents to create a financial plan that encompasses all your short- and long-term goals to learn what it will take to realistically achieve them," says Karalyn Carlton, president and financial adviser at Carlton & Company Financial in Seattle. "After gaining a clear understanding of your monthly expenditures, you can fund what is most important in your goal planning, including an emergency fund, retirement and educational planning."

### The GET conundrum for early savers

Right now is a curious time to talk about college savings, because our state's pre-paid college tuition program — Guaranteed Education Tuition, or GET — stopped selling new units on July 1, 2015 for a period not to exceed two years. This temporary closure is in response to the passing of the College Affordability Program by Washington state lawmakers; the program lowered tuition at our state's public colleges and universities. With the 529 prepaid tuition plan, people who bought units saved money by prepaying part or all of their children's college tuition costs now. Here's a big caveat: This model doesn't actually work if the cost of tuition goes down instead of up.

While GET retools the program, current enrollees can roll over their money into another education savings plan through December 2016 with no financial penalties. >>



## 0–12 College savings 101

continued from page 37

“We’ve had a lot of people do that, but more customers are waiting and seeing what happens with the program,” says Betty Lochner, GET program director. However, a recent survey of area financial planners found that those who were asked unanimously recommended against parents utilizing the program ([parentmap.com/getout](http://parentmap.com/getout)). Stay tuned to news about the future of the program by checking the GET website, [get.wa.gov](http://get.wa.gov), which will have more to report after an April 11 meeting.

If you’ve already bought into the GET program, look at when your GET units were purchased. “If you bought units during or before the years 2009 or 2010, you’ll likely have a gain on your investment, so hanging onto your GET units probably makes sense. For anyone who purchased units starting in 2011, it makes sense to look at other options and roll over some GET units into new accounts,” says Ted White, a financial planner at Blue Canoe Financial Planning in Seattle. “GET is not dead, but investors should assume that units will gain about 2.5 percent per year (this is the average growth over the last 10 years in median hourly wages).”

### Basics of saving

As long as the ages of your children are still in the single digits (9 and younger), consider opening a 529 college savings plan. “529 plans come in two flavors. Programs like the GET allow buyers to purchase discounted future tuition units, while the college savings plans

allow you to invest money in mutual funds that could grow over time tax-free. This second flavor, often called traditional, is a tax-advantaged account that is very similar to a Roth IRA retirement account. My wife and I have traditional 529 plans for our 5- and 2-year-old children,” White says. You can choose any 529 plan, not just one in the state where you live — or the state where you think your child will go to college. (An aside: Right now, our state’s only 529 plan is GET, which isn’t taking new enrollees, as mentioned previously. Washington state is also planning to start a traditional 529 saving plan, which may open as early as 2017.)

People can pick an adviser-directed 529 or a direct 529 without an adviser. “Sometimes the last thing someone wants is to direct this type of decision. In those cases, a financial adviser can help people select a 529 and assist with the underlying investment allocation,” Carlton says.

If you don’t want to find a plan through a financial planner, Saving for College is another place to shop for a 529 plan. [The website] “has an encyclopedic list of rankings and details about all of the 529 plans, and there are several ‘best of’ lists and really good low-cost plans with all of the right kind of investments. You really can find everything you need there,” Lieber says.

For parents starting early with college savings plans, think about diversifying your investments, experts say. “Don’t overfund your 529 account. Figure out your financial goal for college savings,

and aim to grow half to two-thirds in a 529 account. Put the rest of your money in a taxable savings or investment account,” White says.

Of course, the big question that no one can answer but you is, how much to save? While the target amount is dependent on both your family’s values (do you want to fund your child’s whole college education? Avoid debt? Encourage scholarships or work-study?) and your disposable income, a method to get the process started is to ponder the “rule of four”: Parents save 25 percent of the money needed for college; parents give 25 percent financial support while the child is in school; the student earns 25 percent; and the student then takes on 25 percent of the cost as debt. “This method helps get the process started, but only allocates a portion of the family’s financial resources to the total cost of the college education. Also, it puts half the total cost on the kid’s shoulders, which may help her decide to choose a more economical option,” says Kevin McKinley, a financial planner and author of *Make Your Kid a Millionaire: 11 Easy Ways Anyone Can Secure a Child’s Financial Future*.

While the idea of saving for college can be daunting, any money you do save is worthwhile. “There are very few people that regret savings,” Lieber says. “Saving gives your child more choices.” ■

*Nancy Schatz Alton is a writer, author and mother living in Seattle.*



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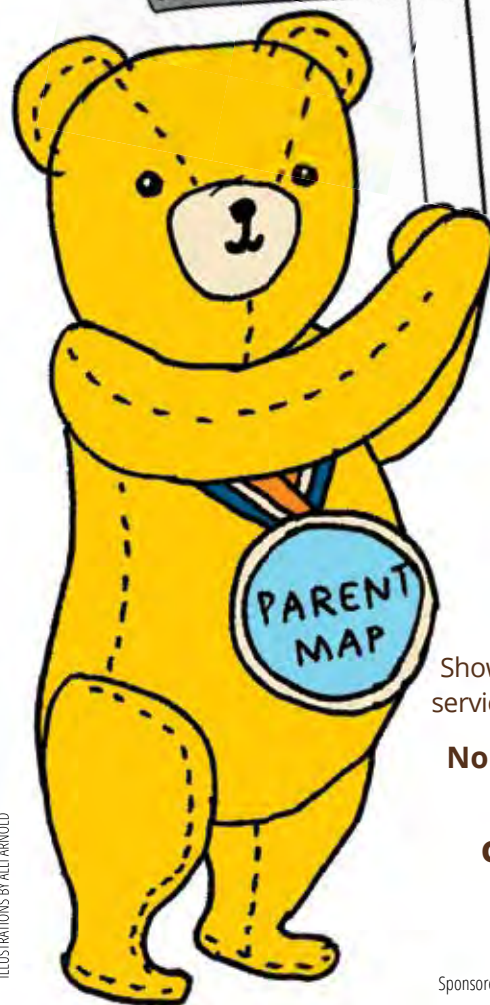


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# When $2(x-2)=10$ strikes fear in your heart

*Math anxiety and today's math*

By Rebecca A. Hill

**W**hen I was in third grade, I didn't understand division. My father tried to help me, but he would become so exasperated that he'd yell at me. I couldn't get it. Of course, the yelling didn't help. To this day, I struggle with math. I have what researchers call a textbook case of math anxiety.

Math anxiety is an unpleasant and apprehensible reaction to math. Research shows that it affects 25 percent of four-year college students and can affect students as young as first-graders. Math anxiety is linked with lower achievement in math and is known to persist even in adulthood. Because of the science, technology, engineering and math (STEM) crisis (the greater demand for workers in these fields and our inability to meet those demands), math anxiety is a very real issue in schools, one that, if not tackled, could have lasting impacts on students.

## Why worry?

Researcher Erin Maloney, Ph.D., of the University of Chicago, together with Sian Beilock, professor of psychology at the University of Chicago, has been studying math anxiety. (See [parentmap.com/crunchingnumbers](http://parentmap.com/crunchingnumbers) for more.) What she found is that math anxiety stems from a combination of factors.

"We believe that children who start formal schooling with less advanced numerical and mathematical skills may be more likely to become anxious about math," Maloney says. "We also know that a parent's math anxiety can transfer to their children, particularly when parents frequently help their children with their math homework." Finally, a teacher's attitudes toward math, Maloney says, may impact how a student responds to math.

Stereotypes are also hampering math success. How many times have you heard someone say, "I'm just not good at math"? Or that boys are better at math than girls? What about the belief that you can either do math or you can't?

The fact is that all students can be good at math. But in order for this to happen, we have to change how we think about, talk about and teach math.



*If a parent has math anxiety and frequently helps his child with math, that child may be predisposed to math anxiety.*

## 'Mathemaphobia'

Recently, Jo Boaler, a Stanford University professor of math education, wrote an article for *The Atlantic* titled "The Math-Class Paradox." Boaler believes that the way we teach math today is less about learning and more about taking tests. According to Boaler, educators know that math is best learned in a positive and growth-aimed classroom, but because schools are enmeshed in a test-driven learning culture, math is more about performance.

In today's classroom, math often consists of timed tests, flash cards and math-app races. Boaler wrote that students typically say that to be good at math, they have to be fast thinkers. Instead, Boaler counters, math is a subject that evolves from careful and deep thought.

Emphasizing tests more than deep learning "backfires in all sorts of ways, math anxiety being one," says Mark Ashcraft, a professor of psychology at the University of Nevada, Las Vegas. Even with that current emphasis, he says, math anxiety is nothing new.

"The very first mention of 'mathemaphobia' was

in the early 1950s," Ashcraft says. Now, it is more closely tied to how teachers teach math and the messages that they send about math, especially the emotional messages, he says. Maloney agrees: "Our research suggests that teachers' attitudes about math may impact students' beliefs about math, so there may also be a link between teachers' attitudes and students' math anxiety."

## Ditch that baggage

Unfortunately, a parent's attitude might also influence whether a student has math anxiety. In my family, my lack of math ability is well documented, often drawing a "I'll wait until Dad gets home" response when my child asks math questions. Maloney's research found that what happens at home may contribute to a kid's risk for math anxiety. For instance, if a parent has math anxiety and frequently helps his child with math, that child may be predisposed to math anxiety.

This doesn't mean we get a hall pass when it comes to helping our kids, though.

Experts say that a child's math education should begin with positive math talk and activities. If

## 6–12 Math anxiety

continued from page 43

not, that child is at more risk for math anxiety because she has never been exposed to the fundamental building blocks, like counting or simple calculations. That's why, Maloney says, it is important for parents to begin math education early and at home.

### What can parents do?

Practice early math education at home, even before children enter formal schooling. "When parents frequently engage in math talk with their young children, their children are quicker to acquire foundational math skills," Maloney says. For ideas about how to teach math at home and incorporate math into play, such as with Lego, visit [parentmap.com/education](http://parentmap.com/education).

If, as a parent, you have math anxiety, consider finding a tutor or asking a teacher for more help ([parentmap.com/findatutor](http://parentmap.com/findatutor)). Finally, just as you

have learned to do with body image, always speak positively about math. Ways to do this include finding math in everyday life — count bugs or rocks on a hike; turn block or toy car play or a baking project into learning about fractions; charge kids with budgeting their own money and allowance before being allowed to spend it on a desired item — and approaching math challenges with a sense of enthusiasm and fun.

### For older children with math anxiety:

- **Encourage them to write out their feelings prior to a math test.** This will free up their working memory from the anxiety they feel, making it easier for them to remember what they have studied. Research has shown that journaling helps ease academic anxiety.
- **Try to reframe the anxiety by encouraging them to see math as a challenge, rather**

**than a chore.** Use a growth mindset language ([parentmap.com/growthmindset](http://parentmap.com/growthmindset)): Instead of saying, "This is too hard," encourage with statements like, "This might take some effort."

### Parents with younger children can also try the following:

- **Count ordinary objects.** When my son and I were in the car, we would count the trucks on the road. Count things that you find at the grocery, like lemons; add simple items together.
- **Do visual comparisons for spatial math learning.** Is a grapefruit bigger or smaller than an orange?
- **Introduce set sizes.** If we put three oranges in this bag and three bananas in this bag, how many oranges are there? How many bananas? How many altogether?



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- **Avoid stereotypes.** Starting early, introduce books that feature boys and girls engaging in non-gender-specific activities. Find female scientists and engineers in the media you present to your child and the toys she plays with.

- **Encourage tactile play** with more puzzles and blocks.

- For connected kids, **check out math apps** like Bedtime Math.

Of course, when schools are test-driven, finding a solution to math anxiety can be more challenging. According to Ashcraft, the research is still relatively new on math anxiety, and most schools don't know what to do about it. So, if your child has a teacher who has math anxiety or seems to be encouraging or exacerbating it, consider talking to the teacher. Offer to help in the classroom with students who have trouble with math.

On a grander scale, encourage your principal to read articles about math anxiety, or to include a link to this article in your PTA newsletter. Ask her to add training for overcoming math anxiety in the school's professional development instruction.

Finally, remember that the more you do as a parent to make math, inside and outside school, a positive experience, the greater the chance that your child will have a positive math experience, too. Repeat after me: Math is fun! ■

*Rebecca Hill is a freelance writer and mother of two boys.*

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## Tatum Kerr, Mary Karges, Eulalie Scandiuzzi

By Alayne Sulkin • Photograph by Will Austin

**Moonjar** was established in 2001 with the mission to inspire the incorporation of strong financial values, and bring financial savvy to children and families in their everyday life. Eulalie Scandiuzzi is the founder/owner. As Moonjar's Chief Creative Officer, she creates the products. Mary Karges, partner, is responsible for sales and marketing. She casts the wide net to all of the different business sectors. Tatum Kerr is Moonjar's bookkeeper and partner, most noted as the first to smile in the office.

### What was the motivation behind starting Moonjar?

We are all worried about money and don't know how to talk to our children about it. The idea launched sometime after a visit in 2001 to FareStart Seattle, where we listened to those clients speak about their reasons for falling into deep financial holes. [Moonjar founder] Eulalie's wish was to provide all people with the same vocabulary around money as she and her siblings received from their mother. She wanted to basically debunk the idea that we are all born wired with information on how to handle money. We really wanted to help visual and kinetic learners understand the value of the dollar — saving it, choosing to spend it or with whom to share it and why.

### What is the name Moonjar meant to reflect?

Moon: "To shoot for the moon"; to go after dreams and goals. Jar: Following the ancient custom where wishes or dreams are written down and placed in a special jar for future celebration. Shoot for the moon and celebrate it while you go!

### At what age should parents begin considering the conversation about money with children, and how can they be most effective?

As soon as they start asking for things! We wanted to be able to create a "yes conversation," and help our children see that they could be part of the yes — that together we can create a solution and problem-solve together. But if we're pushed, we'll suggest a 4- to 5-year-old. As soon as they can count to 10.

Here are some of the top 10 tips we have come up with over the years [find more tips online at [parentmap.com/sysk](http://parentmap.com/sysk)]:

- Keep lessons short with a specific goal — kids have short attention spans.
- Reward kids early — don't make the first goal reachable in six months, make it three days.
- Set a date to share some of their savings — that can often be as rewarding as spending it themselves.
- Sit down and budget your own finances as a family — kids see how much there is to work with, where it all goes and how much things cost.

### What are your goals for Moonjar?

We are currently looking for partners/investors who want to hold the leading edge in financial literacy education reform in elementary schools across the nation by providing both public and private elementary schools with Moonjar's role play/activity-based tools and lesson plans.

### Please share a couple of stories of families who have been effectively using Moonjar.

We have a family who visits us often to tell us about the saving, spending and sharing that the two girls are setting goals around. We were so excited last fall when they came and told us Moonjar had inspired the 12-year-old to write and self-publish a book. She told us that she realized it was about making a plan, and although it did not go exactly as she thought, she was able to save enough money to self-publish and dedicate enough time to write a story she is proud of.

### What do kids like about the share, spend, save aspects of Moonjar?

Our favorite moments are when we get to talk to kids about the share box. There is a special light in their eyes when they talk sharing. We love to hear kids figure out what matters to them. We had two brothers in the office trying to decide if they had to donate to the same places. We loved to watch the parent give the kids space to make that choice. The conversation started with the question "How is your Moonjar different from your brother's?" Ultimately, they decided to give the money from each share box to different projects in their school. Kids also love the idea that they can buy the Lego, American Girl doll, Xbox game they've longed for because their goal becomes a reality. ■



Left to right: Tatum Kerr,  
Mary Karges, Eulalie Scandiuzzi



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