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Lenore Skenazy
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ParentMap

Superheroes

2016 champions for Washington kids and families

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Superheroes

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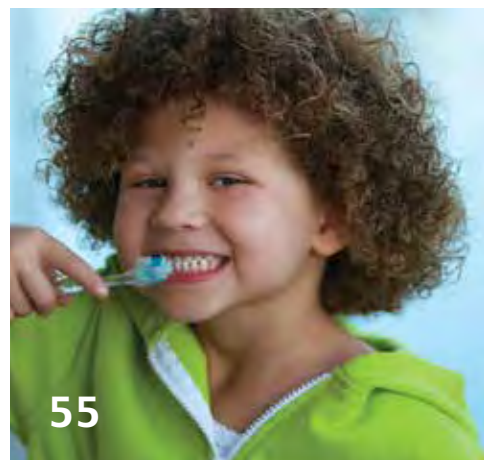
The safety advocate
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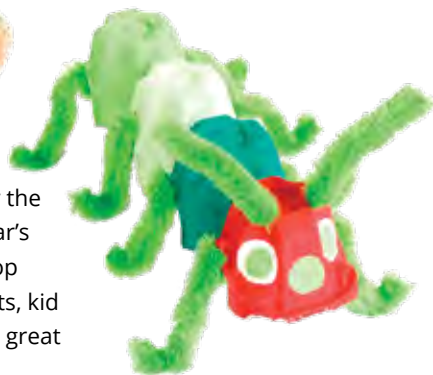
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We say it's our birthday

Watch out, world: ParentMap is officially a teenager! To celebrate our 13th birthday this month we asked past and present staff what ParentMap stories had the most impact. Find out at parentmap.com/birthday.



Teddy, set, go!

Voting is open — and we don't mean for the 2016 election. Cast your vote for this year's Golden Teddy awards and tell us your top local picks for camps, classes, restaurants, kid shopping and much more. Vote and win great prizes at parentmap.com/goldent Teddy.

Get your farm-fresh veggies

Options to sign up for a weekly box of veggies, fruits and herbs from local farms that offer community-supported agriculture memberships (CSAs) are growing every year — but how to pick? And what about all that kale and kohlrabi? Check out our guide to kid-friendly CSAs at parentmap.com/farmfresh.



Earth Day crafternoon

Celebrate Earth Day (April 22) by trying one of 15 crafts perfect for this eco-focused holiday. Highlights include homemade bubbles and egg-carton caterpillars. Get crafting at parentmap.com/earth-day-crafts.

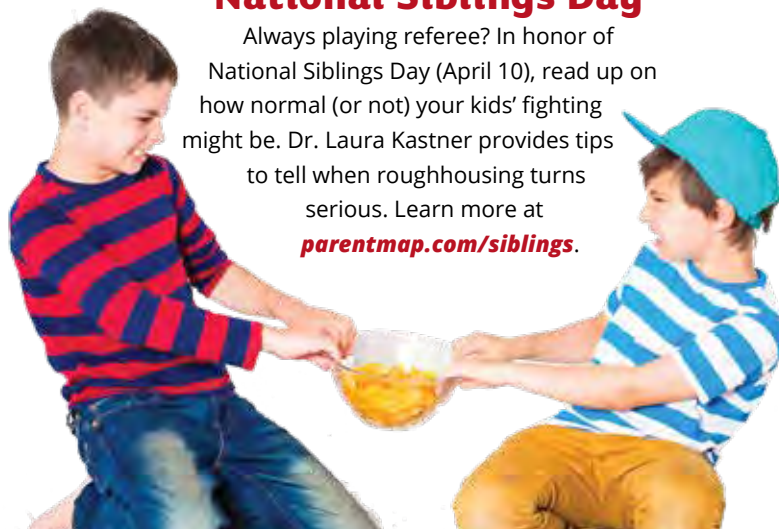


It's a bird! It's a plane! It's our Superheroes edition!

Once you're done combing through this year's list of ParentMap Superheroes, see who made the cut last year. Highlights include our Q&As of Lori "The Compassion Champion" Markowitz and Chuck "The Shelterer" Morrison. Visit parentmap.com/2015-superheroes.

Hug it out this National Siblings Day

Always playing referee? In honor of National Siblings Day (April 10), read up on how normal (or not) your kids' fighting might be. Dr. Laura Kastner provides tips to tell when roughhousing turns serious. Learn more at parentmap.com/siblings.



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 **good food** *made easy*

PINEAPPLE BUTTERMILK SMOOTHIE

The TasteMobile takes a field trip out to Grace Harbor Farms in Custer, Wash., where PCC Chef Jackie Freeman and her friends Angeline and Trenton get to visit with the farmers and their pastured cows. This family farm produces an old-fashioned cultured buttermilk made from whole milk, which makes a fantastic smoothie.

For a quick and healthy snack or breakfast, whirl up this smoothie — it needs just five ingredients and it's mild flavor and creamy texture make it popular with all ages! Find the video and recipe at pccnaturalmarkets.com/healthykids.

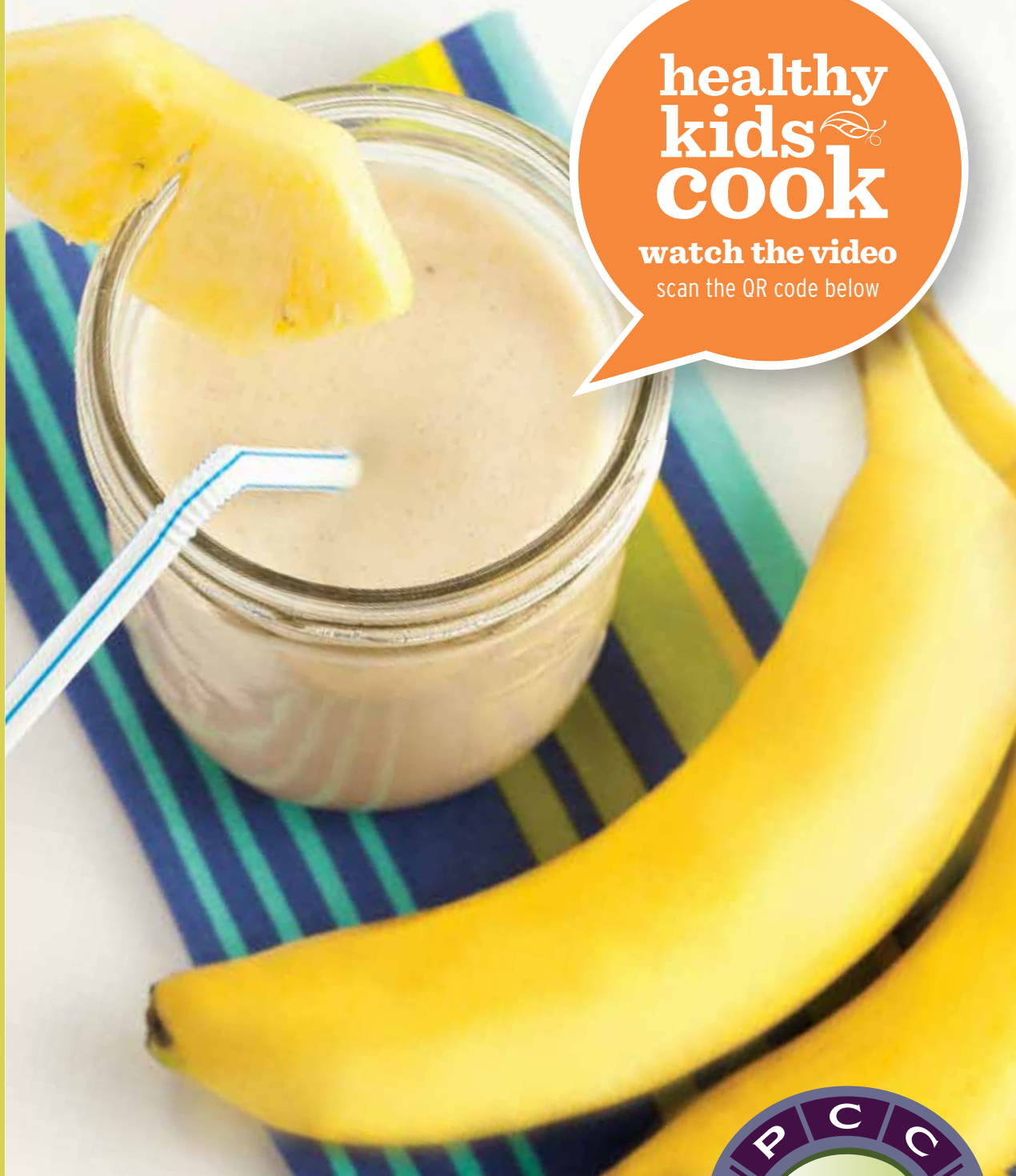
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dear reader

Honoring the village

I'll admit one of my obvious professional weaknesses: superhero worship. At ParentMap, we collectively adore seeking out individuals who possess extraordinary superhuman powers and are proud to report how their powers are put to good use for families in Washington state.

ParentMap's Superheroes for 2016 (p. 11) are selfless individuals — people I like to call master agents of change — dedicated to making life better for families and children in our state, some of whom struggle more than others, many of whom have challenging lives.

The amazing 2016 list opens with Rainier Valley Community Clinic co-founders Jodylyn Owen and Tara Mudaliar, midwives, teachers and miraculous mentors. They provide critical health and birthing services to the most disadvantaged women with the clinic's beautifully diverse team (p. 12). The clinic group,

rarely able to be together at one time, gathered in Superhero master photographer Will Austin's studio a few weeks ago. I witnessed an inspiring level of commitment, emotion, love and care for the work they do, for their patients and for one another. Tara broke down in tears as she described the challenging birth that had happened just hours earlier, while Jodylyn created a prayer-like circle, passionately appreciating each person for their commitment to their patients and the clinic's mission.

Straight-talking, rock star Washington State Teacher of the Year Nathan Gibbs-Bowling (p. 14) had the "parent agitators," who are better known as Washington's Paramount Duty (p. 24), thrilled to be in his presence at their photo shoot, and the energy in the room was electric. I had the fortunate experience to meet and talk with University of Washington president Ana Mari Cauce, a humble, humorous and self-effacing woman who is also a higher-education visionary. Cauce, uprooted from Cuba as a young child, is the first gay Latina president of the UW and passionately committed to diversity. She sees diversity as the key to educational excellence (p. 17). It's truly a challenge to refrain from sharing more of the magic and impact that meeting each 2016 Superhero had on me, but I urge you to flip through the pages of this issue and join us to celebrate these amazing individuals. As always, we are grateful to Will Austin, our own form of paparazzi, for his elegant photos that capture the essence of our Superheroes, who glow on the pages of this issue.

Celebrating is what we're about to do at ParentMap as we reach our 13th birthday this month. Our most extraordinary team of wonder women tirelessly concentrate their abundant talents to ensure that your family receives the very best parenting information we can create. Our families have grown up together,

and we understand that from your child's first coo to her endless soccer games, struggles and deep joys, we're here to help you build your best village.



Alayne with
Ana Mari Cauce

WILL AUSTIN



Alayne

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Putting the 'home' in homework

5 tips to inspire your child's learning

Know that old advice of slipping broccoli in with dessert? This is the educational equivalent. Use these tips to get your children excited about learning without them even realizing that school's in session. (Read more tips online at parentmap.com/learnathome.)

GOOD GRADES ON THE MENU

Add this to the reasons you should schedule dinner as a family: Eating together could mean a better report card. Teens who have dinners daily with their families are almost 40 percent more likely to receive As and Bs compared to teens who eat with their families less often, according to a report by the National Center on Addictions and Substance Abuse. Bon appétit!

COOK UP SOME FUN

Speaking of food, let your kids play sous chef. If they're younger, ask them to name the different foods, colors and shapes they spot. Older kids, meanwhile, can actually help with simpler tasks like grating cheese and measuring dry goods. Plus, if you start this early, your kids might be willing to cook the entire meal by the time they hit puberty.

RUB-A-DUB-DUB: MATH 101

Turn bathtime into a short math lesson by tossing measuring cups in with the bubble bath. It's a simple trick that'll get your child thinking about numbers while you get a little extra time scrubbing behind the ears.

GAME OVER?

Use screen time to your advantage. Surprise your kids and join in on a video game. Talk to them about the characters, the goal and the story, and don't shy away from conversations about what is and isn't healthy competition (even if that conversation is only with yourself).

WATCH THE CLOCK

Give your child the gift of a stopwatch. Yes, we're talking the old-school kind your high school gym teacher wore religiously. Such a simple gift can lead to hours of entertainment for your little ones as they time themselves doing, well, just about everything. How long can I stand on one foot? How long does it take me to tie my shoes? These questions and more will keep your kids busy as you take a little time off the clock.

— Bonnie Lathram



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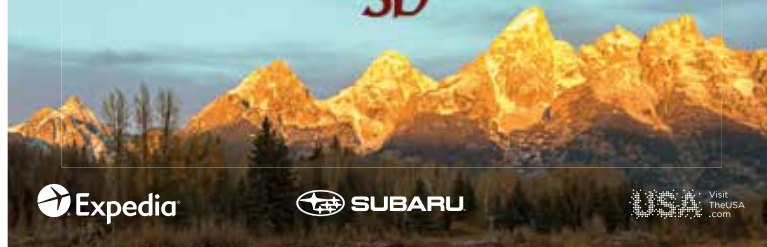


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Superheroes

Our annual issue of champions for Washington families

By ParentMap staff

Who gets to be called a hero? Every year at ParentMap, we sit around the table with a stack of recommendations from readers, child advocates, community leaders and previous Superheroes and talk about just that. We always have many more heroes than we can honor in a given year. As we interview our picks and take their photos (a daylong photo shoot where the do-gooder energy radiates), we hear about how they were inspired to make a difference. Inevitably, trends emerge.

Many of our 2016 Superheroes talk about being supported to succeed by their parents, a reminder of how important it is for kids to have adult mentors who champion them. And this year's heroes are master champions, leaning in so that a new generation of youths can be empowered to follow and achieve their dreams, by learning to lead, getting their ideas and inventions funded for development, writing their stories and more.

Read on to be inspired by these heroes for Washington kids and families. Thank you, Superheroes! >>



ALAYNE SULKIN

Photographs by Will Austin

The midwives

Tara Mudaliar (center left) and **Jodilyn Owen** (center right)

Community clinic champions

Jodilyn Owen attended her first birth thinking it would be a good chance to boss around her older brother, the expectant father.

"It wound up being a great moment to help him connect with his family in a new and different way," says Owen. "I became enamored with the work of bringing families together through the birth process."

Inspired, the Seattle native became a doula, then a midwife and, more recently, a cofounder of the Rainier Valley Community Clinic, a hybrid free/insurance-based perinatal clinic in the heart of southeast Seattle.

There, Owen and cofounder Tara Mudaliar formed a dynamic duo changing how local families function.

Mudaliar was Owen's midwifery student when they first met. They worked together for a year before cofounding the South Seattle Women's

Health Foundation in 2013. The organization, which sponsored the Rainier Valley Community Clinic, fosters collaboration between midwives, physicians, hospitals and patients with the goal of increasing and easing health care access for all families.

"It's our response to the inequities [Mudaliar] had experienced as a student seeking a degree in health care and the disparities in outcomes we were seeing for local families," explains Owen.

On most days, you'll find Mudaliar at Rainier Valley, where she serves as clinical director. She's usually the first to arrive and the last to leave. "There are 59 languages in our ZIP code alone, so we'll never be culturally competent enough to serve every single family here," Mudaliar says.

"We're doing our very best to do what we can, and we still have a long way to go."

Few could handle the myriad challenges presented by such a diverse group of patients, but Owen says her longtime colleague rises to the occasion without fail.

"[Mudaliar] is peace and grace personified," says Owen. "She took our vision to create a safe

learning space for student midwives of color and a safe environment for providers of color to practice and serve communities of diverse backgrounds, and worked tirelessly to ensure that dream became a reality."

Today, Mudaliar is in charge of the clinic's daily happenings, while Owen, who recently moved to Memphis, Tennessee, for her

**'There
are 59
languages
in our
ZIP code
alone.'**



**Expanded
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2016**

husband's work, has "taken on the role of board leadership."

Despite the physical distance between them, the two women remain dedicated to the work of improving health care for people of all cultures.

"Outcomes are better when patients don't have to explain the social determinants of their health," says Owen, "better when they are heard in their first language; better when we value innovation, reverence and collaboration more than treating symptoms and moving people out the door; better when we say to them, 'You are the expert on your body and your baby. We are here at your service and will provide the care that is right for your family.'"

— Nancy Schatz Alton

If you could get an airplane ticket to anywhere tomorrow, where would you go?

Jodilyn Owen: To the South Pacific to Vanuatu, which is where I was in 2011. I'd head right to the sweat and grit of the maternity ward there.

Tara Mudaliar: To see my husband; he's in Qatar working for a few months.




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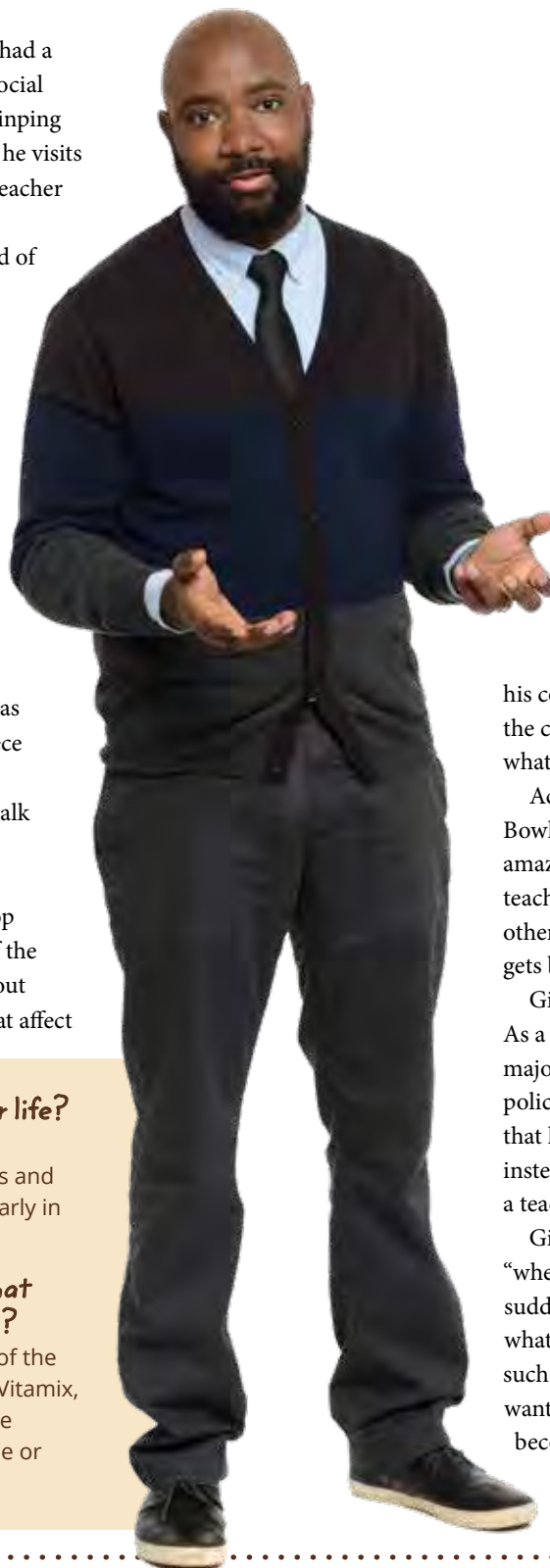
Teacher of the Year

In his own words, Nathan Gibbs-Bowling has had a “hell of a year.” Last September, the Tacoma social studies teacher hosted Chinese President Xi Jinping for a visit in his classroom. And this month, when he visits Washington, D.C., as the 2016 Washington State Teacher of the Year, he will meet President Barack Obama.

But in some ways, Gibbs-Bowling, who dreamed of being a politician before he became an educator, feels conflicted about his accomplishments. On his blog (*A Teacher’s Evolving Mind*, natebowling.com), he writes how teacher absenteeism harms students. “Every day I’m visiting Washington, D.C., or speaking at a conference, that’s a day I’m not in my classroom with my students,” he says.

These aren’t the idle musings of an overworked teacher. Gibbs-Bowling’s blog drew national attention in January when he wrote about the issue of segregated and underfunded schools in a post titled “The Conversation I’m Tired of Not Having.” Republished in outlets such as *The Seattle Times* and *The Washington Post*, the piece elicited a huge reaction. Gibbs-Bowling says that experiences like this inform his teaching. “I don’t talk about civil liberties in the abstract,” he says. “I talk about civil liberties and how they affect students.”

A native and current resident of Tacoma’s Hilltop neighborhood, Gibbs-Bowling has taught many of the children of his former peers. He is enthusiastic about confronting the problems of poverty and crime that affect



‘You don’t become a change agent by accumulating knowledge; you do it by accumulating relationships and skills.’

his neighborhood, describing efforts made by the staff at Lincoln High School to support students, such as taking up a collection for a light bill or paying for a student to take the SAT. “I love this city and believe in this community,” he says.

In regard to his success, Gibbs-Bowling credits his coworkers at Lincoln. “If I wasn’t working with a staff of the caliber I’m working with, I wouldn’t be able to achieve what I’m achieving,” he says.

According to Lincoln’s principal, Patrick Erwin, Gibbs-Bowling is “simply the best teacher in a school full of amazing teachers.” He adds, “What has made Nate a better teacher year after year is his interest in collaborating with others, learning from others and sharing his practice. He gets better by making others better.”

Gibbs-Bowling’s path to teaching took some sharp turns. As a 7-year-old, he envisioned himself as the future Senate majority leader. Then, in college, he planned to become a policy analyst. It wasn’t until two weeks before the deadline that he decided to apply for a graduate teaching program instead. “When I meet my old teachers and they find out I’m a teacher, they’re always amused and shocked,” he says.

Gibbs-Bowling cites the “aha moments” — the moments “when a student who has been struggling with a concept suddenly gets it” — as his favorite parts of teaching. As for what he wants his students to learn, he stresses qualities such as curiosity, persistence and critical thinking. “I want my students to be change agents,” he says. “You don’t become a change agent by accumulating knowledge; you do it by accumulating relationships and skills.”

— Ashly Moore Sheldon

What book saved you or changed your life?

Letters to a Young Contrarian by Christopher Hitchens. It’s about questioning assumptions and being unafraid to speak one’s mind, particularly in moments of injustice.

If you were to go into space alone, what three items couldn’t you leave behind?

A copy of *The Great Gatsby*, because it’s one of the great works of fiction of human history; my Vitamix, because I would get sick of dehydrated space food and would want an occasional smoothie or margarita; and my record collection.

The water bearer

Marla Smith-Nilson

Founder and executive director, Water1st

Ask Marla Smith-Nilson what led her to found Water1st International (water1st.org), and she'll tell you about her childhood in southern Arizona. She'll tell you about summer vacations in Mexico, seeing little girls her age carrying water home to their families. "It seemed so unfair that I could have won the birth lottery a few hours north and have a completely different life," Smith-Nilson says.

In impoverished countries, carrying clean water is difficult and time-consuming, keeping children — often girls — from going to school and adults from earning income for their families. Lack of readily available water also means a lack of sanitation, which spreads disease, pushing families further into debt when paying for medical treatment.

How does Seattle-based Water1st enter this equation? The organization, which has projects in four countries — Bangladesh, Honduras, Ethiopia and India — pipes water to homes. "[We provide] a convenient, clean water supply, toilets and hygiene education to emphasize important activities such as handwashing," Smith-Nilson says. In 10 years, her organization has raised more than \$13 million and implemented projects benefiting 138,000 people.

Water1st projects serve homes, schools, health clinics and community centers, which all receive piped water and toilets. Community members receive extensive training, and women play a critical role in the governance and maintenance of the water systems.

For Smith-Nilson, the work is extremely rewarding. "Gratitude is paid forward and outward like a ripple and connects us all through affection and sympathy and dependence on each other," she says.

— Nicole Persun

Airplane ticket to anywhere tomorrow — where, and why?

A round-the-world ticket. I've been to many countries, and that just makes me want to see more. I love traveling and experiencing new things.

What book saved you or changed your life?

When I was an undergrad at the University of Arizona, I read a book called *Don't Be Afraid, Gringo*. It is the true story of Elvia Alvarado, a courageous and brilliant Honduran woman who becomes an activist in helping other poor Honduran farmers recover their lands. Her message of self-reliance spoke loudly to me.

*'Gratitude is
paid forward
and outward
like a ripple.'*





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The higher-learning hero

Ana Mari Cauce

33rd president of the University of Washington

“When Ana Mari Cauce was selected to be the 33rd president of University of Washington, the university hit a home run,” says Cauce’s friend Yaffa Maritz, founder of the Community of Mindful Parenting. “As the first woman president, Cauce embodies all of the qualities that make the UW a world-class university: a strong commitment to excellent education, a ‘sky is the limit’ foundational principle that doesn’t let barriers limit her perspective and strong ethics. [She’s] compassionate, and an advocate for diversity and social responsibility.”

Cauce gives deep meaning to the historic ethos of making the American dream come true. Her father was Cuba’s ministry of education in 1959, when she was 3 years old, and her family fled Cuba for Miami during the revolution. In the U.S., he became a janitor.

“I had no idea how their lives had changed coming to America. I grew up in a *Leave It to Beaver* childhood with a Cuban rumba background,” Cauce says. “We’d have picnics with fried chicken and rice and beans. It was a regular life, yet we lived in city that was being transformed by immigration.”

Cauce says she didn’t realize how poor she was growing up until she applied for college and qualified for financial aid.

“The older I get, the more I realize how difficult this must have been for my parents. My dad would say, ‘Education is the only thing that no one can take from you.’ He’s right.”

Cauce says the fact that her father was such an educated person added richness to his life and to their family. “It had everything to do with how he and my mother raised us and their expectations for us.”

Cauce elaborates on this ethic.

“My spouse and I recently went to a financial planner. Hypothetically, if I had to leave the university, I know I could get a job at the local McDonald’s. In two months, I would be assistant manager. I know things would work out because I saw my parents do this. My parents had far more before the revolution than I am ever going to have, and it was gone in an instant.”

Cauce hopes her legacy will be clearly interwoven with her faculty and students. “My biggest contributions will not be things I do myself, but rather what I facilitate in others.

‘My dad would say, ‘Education is the only thing that no one can take from you.’ He’s right!’

“My legacy does not have to have my name on it. My modest prediction is that 10 years from now, the UW will have been involved in finding the cure to cancer. Ways in which I’ve led this university, made decisions about money and get a donor involved will have been a part of that.”

The UW boasts a world-class reputation and quality of education, and renowned research. Cauce’s boundless energy and devotion to diversity are positioned to influence the university’s outcomes.

“Diversity is absolutely a key to excellence in education in a whole lot of different ways. Research is fairly clear; when you bring people with diverse backgrounds together, you arrive at smarter answers. We know that innovation gets sparked by this diversity, and it’s why we focus on enhancing our interdisciplinary efforts,” she says.

“Innovation emerges in our great cities, many of which are port towns that create complex crossroads of different people. We’re a public institution, and greater access is important and should reflect the diversity of our community. But also, it is the smart thing to do if we want to educate people who are going to be leaders in the world.”

— Alayne Sulkin



What book saved you or changed your life?

I wouldn’t call it my favorite book, but probably the most eye-opening, and hence transformative, was *The Golden Notebook*. It was the book that woke me up to a feminist perspective and critical examination of gender.

The safety advocate

Fred Rivara

Seattle Children's Hospital Guild endowed chair in pediatric research;
professor and vice chair of the Department of Pediatrics at the University of Washington

We've all heard the adage that an ounce of prevention is worth a pound of cure. Dr. Fred Rivara's work in injury prevention and public education exemplifies this principle. He serves as the Seattle Children's Hospital Guild endowed chair in pediatric research and as professor and vice chair of the Department of Pediatrics at the University of Washington. He is also a physician at Seattle Children's and Harborview Medical Center, and was the first director of the Harborview Injury Prevention & Research Center, which he led for 13 years. He also serves as editor-in-chief of *JAMA Pediatrics*, the oldest pediatric journal in the world. "The world is a safer place thanks to Dr. Fred Rivara," says his Seattle Children's colleague Elizabeth Bennett. "From bike helmets to sports concussions to gun violence and more, Dr. Rivara has conducted research resulting in fewer serious injuries and deaths. When your doctor talks to you and your family about safety, chances are they have learned from and been influenced by Dr. Rivara. He is a world leader in injury prevention."

"It's really arisen from taking care of kids . . . seeing a number of children that were pretty badly injured and realizing that there are limits to what medical care can do," Rivara says when asked about his career path.

His contributions to injury prevention research haven't been without opposition. In 1993, he and his colleagues published research funded by the Centers for Disease Control and Prevention that found a significant correlation between gun ownership and the risk of suicide and homicide.

"We didn't do any lobbying, we simply did research . . . The NRA was able to reach members of Congress to have a ban on federal funding of gun research put into place."

Rivara points to the measurable impacts of other injury research when asked to speculate on the ramifications of the funding ban, which was enacted in 1996.

"Deaths from motor vehicles have

'The world is a safer place thanks to Dr. Fred Rivara'

declined dramatically over the last 50 years, about 80 percent per mile driven, and if you look at why . . . it's the fact that cars are registered, research has been done . . . regulation has occurred. In fact, since 2008, in the state of Washington, there are fewer motor vehicle deaths than gun deaths. Those same factors have not been at play for guns."

Despite this setback, he doesn't have to look far for hope. In 2013, Seattle became the first city in the nation to allocate funds for gun violence prevention, work conducted by Rivara and his colleagues through the Harborview Injury Prevention & Research Center.

Rivara acknowledges the challenge parents face trying to keep their children safe.

"It's a combo of giving your kids enough leeway to develop their skills and experience, but at the same time, trying to create an environment where, if they do what kids all do . . . that they are not going to get seriously hurt. Make sure kids are buckled up correctly, from infant to adolescent, and make sure whoever is driving the car is not using a cell phone at the same time," Rivara says.

He advises always using proper safety equipment, such as bike and ski helmets.

And this: "Make sure guns are safely locked and stored whenever guns and children or teens are together in the same household."

— Rory Graves



If you were to go into space alone, what three items couldn't you leave behind?

The Kindle, so I can read, and a cell phone, so I can call my family.

If you were given an airplane ticket to anywhere tomorrow, where would you go and why?

Probably China, because I think it is a fascinating country, it is rapidly changing and I'd like to see it before it changes too rapidly.

The parent activists

Soup for Teachers

Left to right: Reba Jean, Terri Lovins, Megan Larkin, Liza Rankin, Kathryn Russell Selk, Astacia Carter

Last fall, as Seattle Public Schools (SPS) teachers negotiated their contracts with the district, and educators, parents and kids all prepared for the strike that was to come, something magical began to stir amid the anxiety.

Like many efforts today, it started on Facebook. Several parents launched a page in order to organize deliveries of coffee and snacks to teachers on the picket lines.

The Soup for Teachers group (*Facebook*, “*Soup for Teachers*”), which eventually bloomed to 3,100 members, proved essential in helping connect families that wanted to assist at their own schools and on other campuses. Striking teachers around the city were greeted every morning with hot coffee, tables of fruit, water and pastries. Lunches arrived in the form of pizza deliveries, homemade casseroles, kid-baked cookies by the container and — of course — soup. Parents were kept abreast of needs and organized support.

“There’s six of us in the photo, but there are thousands of members in the schools, running around, doing this work,” says Liza Rankin, Soup for Teachers board president and mom to a current SPS student and a future one.

If striking teachers at one school were being heckled on the sidewalk, more parents — made aware of the situation quickly via the Facebook group — dispatched themselves to the school to honk car horns in support or walk the picket line.

“During the strike, we made contact with every single one of the 98 schools in the district to find out if their educators were being supported or not, and finally got in touch with the final school, Seattle World, on the last day of the strike,” Rankin says. “We coordinated a delivery of lunch and flowers for them to enjoy on the workday between the end of the strike and school.”

The early efforts, which played out over a weeklong school strike, not only energized the exhausted educators, but also galvanized parents, who themselves had been frustrated about a range of issues within the schools and now had a place to organize for the long game.



‘We want to build a collaborative relationship with the district, but we are also holding them accountable.’

“The strike showed us, ‘Oh, I’m not the only one who felt this way.’ We got used to things in the district, and change seemed overwhelming, but when you see a couple thousand people, it suddenly seems more manageable,” Rankin says.

The strike “was a tipping point,” says district mom and board head of special projects Kathryn Russell Selk, a mom to two students, who was involved in Soup for Teachers from day one. “Parents have been very, very frustrated for years. It seems like it has always been a fight and always been a zero-sum game — maybe you get what you need, but the person next to you doesn’t. Each group has been trying to advocate for their kids, but the strike brought everyone

together. Some kids aren’t being served. Some educators aren’t supported. This all goes back to the unconstitutional funding. Finally, it just coalesced around the realization that we all need to work together.”

Rankin says the Soup for Teachers leadership team, whose members didn’t know each other before the strike and who hail from all around Seattle, has recently formalized roles and set goals for the coming year. Resource sharing, problem solving and cross-district advocacy are focuses for Soup for Teachers (*soupforteachers.org*) moving forward.

— Natalie Singer-Velush

If you were to go into space tomorrow, what three items would you take with you?

Liza Rankin: I would never go into space; that’s a terrifying nightmare. I’ve said before that if we had to evacuate Earth, I would just miss everybody so much that I wouldn’t go. Well, if my kids were getting on an evacuation transport, I would have to go, but I would not be happy about it.

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The arts visionary

Holly Arsenault (center)

Executive director, TeenTix

Holly Arsenault wasn't much older than a teen herself in 2005, just 26, when she joined a fledgling organization called TeenTix (teentix.org) as program manager. Founded under the auspices of Seattle Center, TeenTix was based on one big idea: Make it easy for teens to engage with the arts, and they will come. Any local teen could sign up for a free TeenTix pass, which they could use — until the day they turned 20 — to obtain \$5 rush tickets to partner theaters and museums (initially a handful of Seattle Center organizations).

Arsenault — who had recently finished an internship at Seattle Repertory Theatre — was intrigued by the opportunity to expand the organization's reach. At the time Arsenault joined TeenTix, only 23 passes a month were being used.

So Arsenault got busy — experimenting, reshaping and involving teens at every step of the way. Under her leadership (she became executive director and is still the organization's only full-time employee), its model evolved from 15-minute rush tickets to day-of-sale

tickets. Partnerships grew to its current star-studded list of 63 arts organizations, from the symphony to the ballet, museums and all the top theaters. And programs blossomed that allowed teens to deepen their engagement: criticism workshops, a teen press corps and a multiyear arts leadership program called The New Guard.

Ultimately, Arsenault says, it's not about "putting butts in seat; it's about offering young people the tools for playing an active role in shaping the arts community."

Simply by the numbers, TeenTix is impressive. To date, it has provided 75,000 passes to teens,

and TeenTix members purchase about 1,200 \$5 tickets each month. In 2014, it won the Mayor's Arts Award. In 2015, it became an independent nonprofit. But for Arsenault, the stats pale in comparison to individual stories of lives changed and new paths taken.

Take Karissa Lamb, a Shoreline teen who signed up for TeenTix when she turned 13 and eventually applied to be part of The New Guard. "My family doesn't have a lot of money, so before I found TeenTix, seeing art seemed impossible," Lamb said. "Now, it's a huge part of my life."

Arsenault sees another example of TeenTix's impact every day: Ashraf Hasham signed up for the program as a "Ballard High kid who, by his own description, would never have attended an art event," says Arsenault. Now he is deputy director of TeenTix and an emerging arts leader. "That's a real person whose life is different than it would have been," says Arsenault.

After all those achievements, it'd be understandable if Arsenault, also a mom to a 4-year-old boy and a playwright in her "spare" time, wanted a break. But TeenTix has just started its most ambitious initiative yet, a massive research study to better understand the barriers to teen engagement with the arts, called Teens Count.

TeenTix will use the study's findings to inform its programs as well as "bring the information to our partners, so they can build programs that better serve these populations," says Arsenault.

— Elisa Murray

'The important thing about indulgences is that you pay attention to them; otherwise, you're just wasting them'



What's your guilty indulgence?

I don't feel guilty about my indulgences. The important thing about indulgences is that you pay attention to them; otherwise, you're just wasting them. But . . . I've been watching a lot of *The Great British Bake Off*, the nicest reality show in the world.

The gender equity champion

Liz Vivian

Executive director, Women's Funding Alliance

Last year, the Women's Funding Alliance released the report "The Status of Women in Washington," which held some upsetting yet unsurprising statistics:

Full-time, year-round working women's median earnings are \$41,300, compared to men's at \$53,000. In 2013, women in Washington earned 77.9 cents (and 76 cents in King County) on the dollar compared with their male counterparts — a slightly larger gender wage gap than nationwide. The gap is even wider when comparing the earnings of women of color to white men. Women earn less than men at every educational level, and at most levels of education, they earn less than men with lower qualifications.

At the current rate of progress, the gender wage gap in Washington state is projected to close in the year 2071. That means a girl in kindergarten this year might finally earn the same amount as her male counterparts just before she retires.

And while Washington ranks fifth in the nation for the number of seats in the state Legislature held by women (32.7 percent of the seats), if progress continues at the current rate, women will only achieve parity in the state Legislature in the year 2038.

Without a doubt, these statistics show what prevents girls and women from reaching their full potential.

Imbalances such as the gender gap, as well as even less-acknowledged inequities, such as gaps between groups of women, are the types of issues the Women's Funding Alliance and its executive director, Liz Vivian, focus on unwaveringly. Through research, grants, community partnerships and initiatives, the organization (wfalliance.org) advances the economic and leadership opportunities for girls and women in Washington state.

"We're not talking enough about the gaps among women. The gender wage gap is larger between women who have children and women who don't than between women and men — this is the huge motherhood penalty. There's a huge gap between

'It is really critical that we increase the voice of women and girls in politics. When women are elected, government is more transparent, collaborative and inclusive'



What's your guilty indulgence?

Sitting down and reading a book instead of doing chores. Not just at the end of the day in bed, but actually letting it be OK to sit down and read a novel for an hour.

women who have a high school diploma and those don't — a class gap. And there's a huge gap along racial and ethnic lines," Vivian says.

To have an impact on these gaps, Vivian says, is "to ensure that we create the systems and opportunities for low-income women to have living-wage jobs." Through a five-year initiative called 100% Talent, the alliance is working with the Seattle Metropolitan Chamber of Commerce to push forward best practices, and seeks to sign 500 King County companies up for a gender-equity pledge.

During her time at the alliance, Vivian has helped expand the mission beyond grant making to a full-spectrum program of initiatives.

"Her understanding of the importance of women and girls has really made a difference in us broadening our impact," says Sam Whiting, the alliance's board secretary, who has known Vivian for many years. "Her passion is so inspiring."

In this presidential election year, Vivian says, the opportunity to focus on women's role in politics is heightened, too.

Through a pilot project, the alliance is working with the Center for American Women and Politics at Rutgers University to create one-day programs to give university women access to the training and inspiration they need to become engaged in politics and actions in the public sector. They have launched the program at Washington State University.

"It is really critical that we increase the voice of women and girls in politics. When women are elected, government is more transparent, collaborative and inclusive. So we need to support women running for office," Vivian says. "Also, I want us to think about how we use words to talk about women who are running. Take the word 'ambition.' When it's used to describe a male candidate, it's positive. When it's a woman, she's too ambitious. God forbid a woman should be more ambitious."

— Natalie Singer-Velush

The jazz teachers

Clarence Acox Jr. Director, Jazz Ensembles I & II, at Garfield High School (left)

Jacob Zimmerman Director, Jazz Ensemble III, at Garfield High School (right)

Clarence Acox Jr. laughs when he's referred to as a legend. Yet Acox rebuilt Garfield High School's music program over the last 44 years until the phrases "Garfield High School" and "excellence in high school jazz" were stuck together forevermore. He's also an in-demand drummer who cofounded the Seattle Repertory Jazz Orchestra.

Very much a legend, Acox directs Garfield's Jazz Ensemble I & II, which have won dozens of awards and make appearances at national and international venues. Despite the public accolades, Acox says, the deepest satisfaction is working with and inspiring students. "When a kid has been trying to learn a difficult concept and all of the sudden a light comes on in the kid's head, I call that the golden moment," he says.

Alto saxophonist and composer Jacob Zimmerman, Acox's colleague, directs Garfield's Jazz Ensemble III, a role enhanced by the fact that he graduated from Garfield in 2004.

"I went to a middle school in Sammamish and came from a musical family. [Arriving at Garfield] was a rude awakening, realizing how much better the students were. It was wonderful to be inspired," Zimmerman says. "It enhances my investment and passion for doing a really good job and helping all of these students because I was right in their situation."

Zimmerman leads The Jacob Zimmerman Quintet, composes for his large chamber

'I love red beans and rice just like Louis Armstrong.'

'My guilty indulgence is the endless YouTube black hole.'



ensemble project Lawson and the collective modern jazz trio Anteater and is an ensemble coach for Seattle JazzED, an after-school program that never turns a student away due to a lack of funds.

Zimmerman invites his Garfield students to monthly jazz sessions at The Royal Room in Columbia City, hoping to inspire them to teach themselves as much as they can about the music. "It's not just your ability to play, it's your knowledge of the repertoire and how much music you have internalized," he says.

Acox aims to instill the same lessons in his students. "Jazz is a very highly developed art form," says the veteran teacher. "It's like what people say about how to get to Carnegie Hall: practice, practice, practice. To learn how to play jazz: practice, practice steady."

Acox, who arrived in Seattle in 1971, has seen the student body and the city change since he began teaching.

"Garfield was a struggling inner-city school, and the principal thought it would be smart to start a band program. I was at Southern University, and he saw our marching band play at the Super Bowl.

He called and asked, 'Do you have anybody that [could] come in?' and the band director said, 'I have just the person.' That's me," Acox says. "The principal picked me up at the airport and told me I was never going to leave, and so far he's right."

— Nancy Schatz Alton

What has been your humblest moment?

One time, Quincy Jones surprised us and [joined us onstage] at the Monterey Jazz Festival. He's conducted a few times since then, but that was the first time, and it was a special occasion.

If you were to go into space alone, what three items couldn't you leave behind?

I'd probably bring a battery-powered turntable and I'd have to bring some Charlie Parker. I'd bring my saxophone and my clarinet . . . my saxophone first.



The parent agitators

Washington's Paramount Duty

A grassroots parent organization pushing for state education funding
John Freeman, Eden Mack, Tali Rausch, Summer Stinson, Rebecca Vaux

One thing about parents: When they get fed up, they are a force to be reckoned with.

The simmering frustration of parents and other education advocates came to a head this fall, when it became obvious that the Washington State Legislature, despite being ordered to fully fund public education as part of the state Supreme Court's *McCleary* decision and being fined a \$100,000-a-day penalty, was not making progress. Everywhere around Washington, classrooms are bursting at the seams, school facilities are crumbling, nurses and librarians are funded on a part-time basis or not at all and teachers and families are paying for basic supplies.

A grassroots activist group, committed to pushing the state to fund education and to uniting parents throughout Washington into action, quickly formed on Facebook. The group was named Washington's Paramount Duty, a goading nod to the wording in the state constitution that identifies education as the central mandate of our government.

Paramount Duty advocates — most of them ordinary parents from many districts — say they know the problem is complex, and they want to partner with state leaders to find real solutions instead of delaying hard discussions for another day, session or year.

"The starvation of the system for so long has created a broken and unsustainable system," says

Eden Mack, Seattle mom and Paramount Duty's board president. "For 40 years, Washington's public schools funding has been undermined by cutbacks and Band-Aid solutions, and that creates a fundamentally inequitable system. Kids are not getting the basic education they deserve. At the same time, we have the most unfair tax system in the country, so kids and families are feeling it from both sides."



'It is the paramount duty of the state to make ample provision for the education of all children residing within its borders, without distinction or preference on account of race, color, caste or sex.'

— Washington State Constitution

Paramount Duty currently has 4,200 members in its Facebook group (*Facebook*, "Paramount Duty"). The group also has a website, *paramountduty.org*.

Among its recent actions: More than 50 children and parents rallied and testified at the statewide Senate Education Committee listening tour last fall; families met with willing legislators in Olympia during the recent session; members have written letters to lobby legislators to act. A video of a third-grader's testimony to the Senate Education Committee telling them to "do their homework" garnered more than 2,000 views on Facebook. The group also has begun fundraising.

"It's important to realize that not every problem in the world is going to be solved by closing the education funding gap. But in my mind, it is the single largest action we can take to make a difference now for the future of Washington's children," Mack says.

The state is under a mandate to lower class sizes and expand full-day kindergarten. But on March 10, the Legislature adjourned its 60-day session without a deal on a 2016 supplemental budget, and lawmakers say they plan to address the education funding issues next year.

Until then, advocates say, parents have work to do.

"Our key project right now is really to reach across the state and connect with other parents

who feel the same way, to join our collective voices,” says Summer Stinson, the board’s secretary. “We know from the Senate listening tour back in the fall that the effects of the lack of education funding are felt across the state, but they are felt differently by different communities. In some places, it’s the teacher shortage; in other communities, it’s a capacity shortage and portables; some communities cannot pass a bond or levy.”

While teamwork is the ultimate goal, these parents do not, however, want to dilute the ire.

“It’s fundamentally shocking that even now the legislators have not provided a plan for funding. They’ve provided a plan for a plan. But not the funding. You can get bipartisan support on so many things, transportation, for example, but so far not on funding the paramount duty of the state,” Mack says.

This summer, the group will begin an ambassador program and reach out to communities across Washington. “We need to gather more opinions, both from geographic communities and from all the voices from within communities. Not all voices take to Facebook,” Stinson says.

The conversations, the group knows, won’t be easy. “When you get into the nitty-gritty, you uncover the fact that you do not want to cut social services. We are facing a homeless crisis, tuition has gone up. We can’t close the gap by cutting existing social services. We need new revenue, and it needs to be sustainable and fair. People like to talk about language immersion and STEM and aviation programs and international baccalaureates, and that’s really fun. But all of that depends on funding, and that money talk is a harder conversation to have.”

— Natalie Singer-Velush

What book saved you or changed your life?

Summer Stinson: It sounds cliché, but *To Kill a Mockingbird*. As a girl growing up in the '80s, women were starting to do things, but it still felt, in my small town, that women still had these prescribed roles: the cheerleader, the pep squad. To see Scout question her environment and take all this in with her own eyes was so powerful — and now I am a lawyer. It truly showed me that the choices you make as an individual every day matter.

Eden Mack: A book that had a big impact on me is *The Little Engine That Could*. You might be little, but you can be resilient. Stick with it and believe you can — that is so important. I think I can, I think I can.

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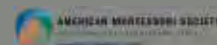


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The green game-changers

Liesl Clark (left; cofounder of Buy Nothing) and **Crescent Moegling**

(right; founding team member and regional admin for Seattle)

Once upon a time, two Bainbridge Island mothers set up a project to increase community and reduce waste in their neighborhood. Called “Bainbridge Barter,” the project involved neighbors gathering on Saturdays to share extra garden produce and homemade foods. The bartering project was successful. But by virtue of being rooted in just one community, it was limited.

Hmmm, the two women mused. What if we could extend this idea to all the stuff in our homes, and to many other communities?

Many people would have stopped there, but these two women were no ordinary community builders. Rebecca Rockefeller, who is now executive director of a small island nonprofit, had experience building social media communities. Liesl Clark, a mountain climber, producer and director known for her films about the Himalayas, had witnessed firsthand the gift economy model in remote villages of Nepal. (In a true gift economy, all goods are freely given, with no expectation of rewards.)

“We wanted to try to replicate that [gift economy] model, using social media to bring us all together,” says Clark. “The hope was that this sharing would lower our waste impact, too.”

In July 2013, Clark and Rockefeller started a single Buy Nothing Facebook group for Bainbridge Island. They called it Buy Nothing, to underline the bedrock

‘The true wealth of the gift economy isn’t the stuff. It’s the human connection we make.’

foundation of the project: You could ask and offer, but never trade, sell or buy.

To say that Buy Nothing hit on an idea whose time had come would be an understatement. Growth was immediate and explosive. Within a month, a cascade of other Buy Nothing groups, first in Washington and California, began forming. Today, less than three years later, Buy Nothing boasts more than 290,000 members in 1,300 groups in 19 countries (including every state in the U.S.).

In keeping with the Buy Nothing philosophy, a dedicated corps of more than 1,700 volunteers manages the local sharing Facebook groups.

If you’re a member of a local Buy Nothing group, you’re familiar with the diverse parade of posts on the daily feed. Many are onetime requests and offers; some bloom into remarkable examples of community support. Clark cites the 2014 landslide in Oso, which prompted hundreds of Buy Nothing groups to mobilize to bring food and supplies to the affected families.

Rockefeller recalls a North Seattle man who asked for flowers for his wife in hospice care. “The last part of her life, she was surrounded by flowers.”

These kinds of human stories are at the heart of the Buy Nothing Project. “The true wealth of the gift economy isn’t the stuff. It’s the human connection we make,” says Clark.

— Elisa Murray

What was your humblest moment?

Liesl Clark: My most humble moment in the context of the Buy Nothing Project has been an everyday occurrence: the realization that we’ve created an interwoven connection of collaborative human efforts in a social experiment that has become a worldwide movement toward change.

What book saved you or changed your life?

Clark: So many books have changed my thinking and have enlightened my worldview. Of late, Charles Eisenstein’s *Sacred Economics* has resonated well with our own attempts at creating true gift economies.



The tribal leader

Cecile Hansen

Honorable chair of the Duwamish Tribe

The great-great-grandniece of Chief Sealth, Cecile Hansen has been the elected chair of the Duwamish Tribe since 1975. For much of that time, she's been fighting to have her tribe, which includes the first people of Seattle, Bellevue and much of King County, formally recognized by the U.S. government.

Ever since, Hansen, who serves as current president of Duwamish Tribal Services, has worked to regain her tribe's federal status. It is an uphill battle, with Hansen finding more success in creating a home for her tribe. The Duwamish Longhouse and Cultural Center opened in West Seattle in 2009. The longhouse holds special significance for the Duwamish, says Hansen.

"History reflects our people lived in longhouses," she says. "The settlers [of Seattle] burned down all of our houses so we'd go away."

Attempts to establish a modern headquarters have also been challenging. When she first attempted to get an office for the Duwamish Tribal Services, Hansen says, she met with discrimination. "I was discouraged," she says. "I went home, cried and had a cup of tea." Then she opened the newspaper. "It said there was an office for rent for \$100 in Burien," she says. "I called and said, 'Do you like natives or not?'"

The answer, thankfully, was yes. Duwamish Tribal Services rented that location for 12 years.

When the tribe began looking for a long-term home for a longhouse and cultural center, Hansen met with two failed attempts to find suitable property for the project. Then, longtime friend and tribal supporter George Wade called.

"He not only found us a piece of property, he put the first \$10,000 down," says Hansen. "Then we were off to the races." Since its opening seven years ago, the Longhouse and Cultural Center has quickly established itself as a hub for the tribe.



'History reflects our people lived in longhouses. The settlers [of Seattle] burned down all of our houses so we'd go away.'

As for the Duwamish's future, Hansen isn't holding out hope that the tribe will be federally recognized before President Barack Obama leaves office.

"I'm not going to bet my dollar on it," says Hansen, who has written the Obama administration three letters since the president has been in office; none of the letters have been answered. "If the city of Seattle and its people really cared, there would be an outcry to how they're treating this tribe," she adds. "The one thing I tell kids when they come to visit the longhouse, I tell them to remember Duwamish means 'people of the inside.' I tell students to remember this, but they forget."

Hansen sees so much of the Seattle she knows and loves changing — and not always for the better. "It's certainly being developed, isn't it?" she says. "We're really moving as a big city, but we have to remember we have homeless people, so there's something wrong. You can't fight the ones who have big money."

— Nancy Schatz Alton

If you could receive an airplane ticket to anywhere tomorrow, where would you go, and why?

Italy, because I'm [part] Italian. My cousin lives in Perugia, and this city is focused on our tribe. I went to Milan with my daughter, and that was quite an adventure.

The gear-changer

Deb Salls

Executive director, Bike Works

A bicycle is a simple, useful and fun contraption. To Deb Salls, executive director of Bike Works (*bikeworks.org*) and her staff, it is much more. It is both a vehicle and “a vehicle for change,” says Salls. At Bike Works, the bike is a way to get around and a way to get ahead.

This double-duty role of the bicycle lies at the center of Bike Works’ mission. The 20-year-old nonprofit organization in South Seattle aims to “build sustainable communities by educating youth and promoting bicycling,” says Salls.

‘I am in a band, Hotel Stella, that is extremely fun and a great release from day-to-day life . . . it is empowering to make noise’

In one of Bike Works’ youth programs, Earn-A-Bike, young participants log service hours learning to fix up bikes.

“Young people come here and learn how to fix a bike, and the first bikes they fix up are not for themselves. They’re for other people in the community,” Salls says. When they’ve put in enough time, they earn a bike for themselves.

While earning the bike and having independent transportation are the outward goals, “there are things going on behind the scenes,” explains Salls.

“A lot of what we do . . . it seems like it’s all about the bike. But in many ways, it’s not about the bike at all.”

In the Bike Works model, the bike serves as the catalyst for a range of goals. Bike-based programs foster community, empower youths, encourage problem solving, develop leaders, build job skills, even open a window into the wider field of engineering.

After a long career in youth development with the YMCA in other cities, Salls moved to Seattle to lead Bike Works and has been at the helm for five years. She sees her role as shepherding the organization through developing and following a strategic vision, along with ensuring the resources and the right staff to run the organization’s programs.

In addition to the Earn-A-Bike program, Bike Works’ youth programs include Bike-o-Rama and UGottaGetABike, both of which put bikes refurbished by Bike Works youths into the hands of low-income kids in need of a working bike.

The R.I.D.E.S. Club gets groups of teens on their bikes and riding around to explore the city. The club, the name of which stands for “ride, investigate, discover the environment and society,” offers sliding, pay-what-you-can fees for its programs.

Salls especially likes Bike Works’ summer





touring programs. Along with group leaders, tweens and teens go on self-supported, overnight bike tours. Salls describes how kids return from their trips feeling empowered, and relates a story of one participant who described riding up a big hill as a metaphor for life and feeling like reaching the top meant that she could accomplish anything.

For community members looking to help Bike Works, Salls encourages families to dig out those old bikes collecting dust in the garage and donate them to Bike Works. Bikes can be dropped off at the Bike Works shop and other locations, including select transfer stations. These bikes will go on to have second and third lives as training tools and then into the hands of the next rider. She also notes that Bike Works is a full-service bike shop, selling, servicing and repairing all types of bikes.

— Nancy Chaney

What book saved you or changed your life?

I recently read *What Do You Do with an Idea?* by Kobi Yamada. It is a children's book that is meant for any age. We all have great ideas. Whether we are young or old, our ideas are something we need to foster and bring to the world, because these ideas can be a great gift. Bike Works was an idea born from some of our founders who were young environmentalists who wanted to make a difference in the community. I am so glad that they let their idea out into the world and it is still a great, shiny idea that has come to fruition over the past 20 years.



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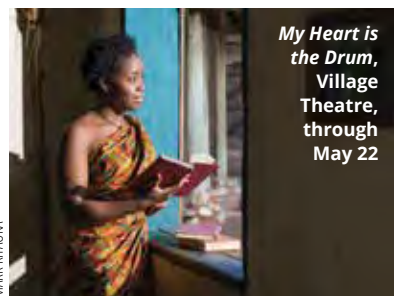
Washington State Spring Fair, Puyallup, April 14-17



Keep Calm and Parent On: Lecture with Lenore Skenazy, Town Hall Seattle, April 19



Skagit Valley Tulip Festival, through April 30



My Heart is the Drum, Village Theatre, through May 22



Kids' Trek at Northwest Trek, opening April 2

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3

Lego Brick by Brick Show. Eye-popping Lego structure displays, hands-on building stations and demos by Lego gurus. Daily, April 2-16. \$15 or \$40 family pass. Freighthouse Square, Tacoma.

brickabledesigns.com

Marine Mammal Mania. April weekends honor our mammal cousins, such as orcas and otters, who live in the sea next door. Saturday-Sunday, April 2-24. Included with admission. Seattle Aquarium.

seattleaquarium.org

4

Spring Break Superstars. Celebrate the zoo's "superstar" species — sharks, red wolves, polar bears and more — with special activities. Monday-Friday, April 4-8. Included with admission. Point Defiance Zoo & Aquarium, Tacoma.

pdza.org

Science on Screen: The Martian. PLU prof discusses the chemistry behind making water on the red planet; plus film screening of *The Martian*. 6:45 p.m. Teens and up. \$10. The Grand Cinema, Tacoma.

grandcinema.com

5

Emery the Emergency Penguin Story Time.

Emery the penguin helps preschoolers learn to call 9-1-1 in case of an emergency. 10 a.m. **FREE.** Ages 3-5 with caregiver. King County Library System, Bothell Branch. kcls.org

Play to Learn. Kids and caregivers gather for community play, songs and circle time. 10-11:30 a.m.; additional weekly times/locations. **FREE.** Ages 0-6 with caregiver. Charles Wright Academy, University Place. playtacoma.org **ONGOING EVENT**

10

Thank You, Tacoma Side-by-Side Concert.

Musicians of Tacoma Youth Symphony Association and Tacoma Symphony Orchestra join forces to play a free concert. 2:30-5 p.m. **FREE;** preregister. Pantages Theater, Tacoma. tacomasymphony.org

Second Sunday at Morse Wildlife Preserve.

Explore this land preserve's remarkable diversity of habitats on one of a handful of open dates per year. 10 a.m.-6 p.m. **FREE.** Morse Wildlife Preserve, Graham. tahomaadubon.org

11

Let's Play: Three Billy Goats Gruff. Giggles guaranteed at these fun, short shows designed for the preschool crowd. April 11, 15 and 16; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia Family Theater. olyft.org

Juggling Club. Stop by Top Ten Toys to learn and practice juggling; all skill levels welcome. Mondays, 7-8 p.m. **FREE.** Ages 5 and up. Top Ten Toys Greenwood, Seattle. toptentoy.com **ONGOING EVENT**

12

SkyMania Toddler Time. Burn off preschoolers' morning energy. Tuesday-Thursday, 10-11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com **ONGOING EVENT**

PJ Library Neighborhood Song and Storytime. Betsy Dischel and her blue guitar lead tots in Jewish storytelling, dancing, egg-shaking and more; all welcome. Tuesdays, 11:30 a.m. **FREE.** Ages 0-5 with caregiver. Secret Garden Books, Seattle. jewishinseattle.org **ONGOING EVENT**

17

International Children's Friendship Festival.

Kids perform dances and music from around the world to foster cross-cultural understanding. Saturday-Sunday, April 16-17. **FREE.** Fisher Pavilion at Seattle Center. childrensfest.tacawa.org

Party for the Planet. Celebrate the home planet of all animals (including humans!) and learn ways to show our home some extra love. Saturday-Sunday, April 16-17, 10 a.m.-3 p.m. Included with admission. Point Defiance Zoo & Aquarium, Tacoma. pdza.org

18

FREE Entrance to National Parks. It's National Parks Week so head outside to enjoy our country's treasured places for **FREE.** April 16-24. nps.org

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 **ONGOING EVENT**

19

Keep Calm and Parent On: Lecture with Lenore Skenazy.

The original proponent of free-range kids and reality TV's "world's worst mom" challenges parents to raise independent, self-reliant kids in honest talk laced with wit and humor. 7-9 p.m. \$25. Adults. Town Hall, Seattle. parentmap.com/lectures **Crazy 8s Math Club.** Build stuff, make music, run and jump and get fired up about math. Tuesdays, 4-5 p.m. **FREE.** Grades 3-5. King County Library System, Enumclaw Branch. kcls.org **ONGOING EVENT**

24

FREE Sundays at the Henry. All are welcome to explore the Henry Art Gallery's modern art collections including the current "Six Weeks, in Time" exhibition. Sundays, 11 a.m.-4 p.m. **FREE.** Henry Art Gallery, Seattle. henryart.org **ONGOING EVENT**

Disney's Peter Pan Jr. Get whisked away along with the Darling children to magical Neverland in this musical adventure. Friday-Sunday, April 22-24. \$8. All ages. Auburn Avenue Theater. auburnwa.gov

25

Sing and Dance with Erika. Folk musician Erika plays tunes for a preschool dance party in this indoor play space. Mondays, 10-11 a.m. \$20/family includes all-day play. Ages 0-5 with caregiver. Roo's World of Discovery, Kirkland. roosworldofdiscovery.com **ONGOING EVENT**

Read to a Dog. Calm, trained therapy dogs listen attentively while kids practice reading aloud. 4-5 p.m. **FREE.** Ages 5-8. Pierce County Library, Fife Branch. piercecountylibrary.org

26

Kidz Bounce Drop-In Time. Little ones get their 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 **ONGOING EVENT** **Passport to Passover.** Families welcome for an interactive Passover journey with songs, storytelling, crafts and more. 7 p.m. \$10-\$12; ages 1 and under free; RSVP. Ages 0-6 with families. Temple Beth Am, Seattle. sjcc.org

Good Growing

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

How Much Screen Time Is OK for Kids Under Age 2?

Today, our media screens travel with us everywhere: in laptops, tablets, smart phones and other devices. Technology has changed how we watch TV and videos, play games and stay connected—so much so, that we sometimes feel 'glued' to our screens.

But what hasn't changed is how babies learn and develop. Brain research confirms that children under age 2 learn the most from in-person communication: talking, singing, reading aloud and playing. For this reason, the American Academy of Pediatrics (AAP) recommends as little screen time as possible for this age group.

Kids under 2 should never be plopped down alone in front of a screen. Habits form very early, and studies show that too much media use can lead to problems with attention, school,



sleep and obesity. Screen time before age 2 can have lasting negative effects on learning to speak and read, and even on short-term memory. For these reasons, one of the AAP's strongest warnings is against having a

television or other media screen in a child's bedroom—at any age.

What about 'good' television, videos and games that are designed to teach? Science tells us that even high-quality educational media doesn't have a positive effect until after age 2. Babies may stare at the bright colors and motion, but their brains can't make sense of it.

While zero screen time is ideal, the AAP advises that if infants and toddlers do watch media, co-viewing with a parent or caregiver is a must. Every once in a while, it can be cozy and fun to watch a high-quality program together—as long as you communicate with your young one as you watch. And many families relax their screen-time rules during long flights and car trips, where kids must sit secured in place and ideally not disrupt fellow travelers.

As parents, we're the ultimate role models for our kids. We must be aware that our own media use can set a bad example, and it may have a negative effect on them. Who hasn't been pulled away by a text or a tempting social media message? Keep this in mind: the first two years of a child's life fly by fast, and our kids want to interact with us more than anything. They need us to help them learn and grow. No screen will ever replace us!

TO LEARN MORE:

Visit www.healthychildren.org/English/family-life/Media/Pages/Why-to-Avoid-TV-Before-Age-2.aspx.

Spring Cleaning for a Good Cause

Clean your house and support uncompensated care at Seattle Children's at the same time! Donate gently used clothing, jewelry, furniture and antiques to Seattle Children's Bargain Boutiques. Drop off donations at any of our locations in Shoreline, Redmond, Bainbridge Island, Kent and Olympia, or call 206-448-1233 to arrange a pick-up.

TO LEARN MORE:

Visit www.seattlechildrens.org/ways-to-help/shopping/bargain-boutiques.



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First Dental Check by First Birthday

It's important to have your baby's mouth checked by their doctor or dentist by age 1. Baby teeth start to come in early—usually between 6 and 12 months. Baby teeth are just as important as adult teeth, and must be cared for as carefully as adult teeth. They help your child speak and chew, and they hold space for the adult teeth. Baby teeth are at risk of decay, which can lead to infection and pain—and have a long-lasting impact on overall health and

development. Before teeth appear, wipe your baby's gums each day with a clean, damp cloth. Once teeth appear, brush twice a day with a soft toothbrush and fluoride toothpaste. Use an amount equal to a grain of rice for children under 3.

TO LEARN MORE:

Visit www.seattlechildrens.org/safety-wellness/dental-health-birth-beyond.



Help Prevent Youth Suicides: Remove Guns and Medicines



Suicide is the second-leading cause of death among youth ages 10 to 24. In Washington State, we lose an average of two young people every week to suicide. What adds to these tragedies is that these kids often find two common means of suicide at home: firearms and prescription pain medicines. Guns are the number-one method. Always store guns unloaded and locked in a gun safe or lock box. Store and lock ammunition in a separate place. Combination locks are generally better at keeping kids out than key locks; fingerprint locks are even better. (But experts advise that if a young person is known to be depressed, it's best to remove guns entirely from the home.)

Prescription pain medicines are on the rise for suicides and suicide attempts, so keep current medicines locked away, and properly dispose of old or unused medicines.

The free phone number for the National Suicide Prevention Lifeline is 1-800-273-TALK (8255). Anyone may call anonymously, 24 hours a day, seven days a week for a listening ear, resources and support. Information is kept confidential.

TO LEARN MORE:

Visit www.yspp.org/about_suicide/means_restriction.htm and www.lockyourmeds.org.

How Do I Know if My Child Is Ready for Potty Training?

Is your child ready for pull-ups and a potty seat? Don't let well-meaning friends, relatives or childcare providers decide for you. Instead, let your child be the guide. In most cases, somewhere between 18 and 24 months (sometimes sooner, sometimes later), your child will give signals that they are ready. Do they go poop at about the same time every day, and does their diaper stay dry for two hours or more? Can they pull down training pants on their own, and get on and off the potty themselves? Do they understand words about going to the bathroom? Do they tell you when they need to go, or when they've just gone? Do they show interest in using the toilet or wearing underwear? If the answers are all yes, then your child is probably ready.



If your child isn't quite there yet, you can help them become aware of when they are peeing and pooping, and what that feels like. You can probably tell when your child is going poop in their diaper, so simply ask in

an interested, positive voice: "Are you going poop?" Ask them to tell you when their diaper is wet or dirty. When diapering, don't make faces or use any negative words. Instead, talk about how good it feels to be dry and clean.

The source below has training tips for a positive experience from start to finish. You'll need to have lots of patience, and give plenty of praise. Before you begin, be sure you and your child's other caregivers are ready to fully commit to your potty-training plan.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/CE1326.pdf

Kid Bits



Marijuana: Start Talking Early

Teenagers who use marijuana often start by the time they are 14. Those who start before age 14 are four times more likely than others to become addicted by the time they are adults. So parents must start an honest, ongoing conversation about drugs by the time kids are in fourth or fifth grade. First, find out what they know. Do they know marijuana can hurt their health, and that it's illegal for anyone under 21 to smoke it or eat it? Be sure they understand that, above all else, you want them to be happy and healthy, now and in the future. Help your child practice strong skills in saying "no" to marijuana, to help ensure their life will be full of positive choices and opportunities.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/parents-guide-preventing-underage-marijuana-use.pdf.



All-in-One Spot for Product Recalls

Looking for the latest car-seat recall, a safety brief on hoverboards, or details on a food-borne illness affecting grocery stores or a restaurant chain? Six major federal agencies responsible for different product safety issues have joined together to create a 'one stop shop' for recall information. Find out about car seats, children's toys and apparel, pesticides, food safety issues, medicine recalls and warnings, car and boat safety issues, and much more. Visit www.recalls.gov to see recent recalls, get product safety information or sign up to receive recall notices by email. You can even report dangerous products to warn others. Bookmark this handy all-in-one website today!

TO LEARN MORE:

Visit www.recalls.gov.



Infant Crying is Normal

It's normal for babies to cry a lot during the first five months of life—and sometimes cry for long periods of time. This is frustrating and tiring for everyone. But parents and other caregivers must remain calm as they try to soothe the infant. If the baby is not hungry or cold and does not need a diaper change, you might try swaddling, gently rocking or pacing, giving a soothing bath, or taking the baby outside for some fresh air. Sometimes none of these soothing methods seem to work. Everyone needs a plan to handle the stress of caring for an infant. It also helps to understand 'PURPLE' crying, explained in the link below. If you suspect a physical problem is causing your baby to cry, see your doctor.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/PE1874.pdf.

Quick Tip

Girls and boys should get the HPV vaccine when they are 11 or 12. Remember to get all three doses.

Regional Clinics

Find us near you at one of our clinics:

- Bellevue
- Everett
- Mill Creek
- Olympia
- South Clinic
- Tri-Cities
- Wenatchee
- 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

 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. © 2016 Seattle Children's, Seattle, Washington.



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Classes and Events

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

PARENTING CLASSES

Autism 101

WHEN: Thursday, April 28, 7 to 8:30 p.m.
FEE: Free
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-8080

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

Autism 200 Series

Autism 204: Helping Children with Autism who Struggle with Restrictive Eating: An Interdisciplinary Approach to Improving Mealtimes

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

Autism 205: Understanding Developmental Disability Administration (DDA): New Pathways to the Future

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

Autism 206: Transition to Adulthood: Community-Based Housing Options for Adults with Disabilities

WHEN: Thursday, June 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 throughout Washington, Alaska and Oregon.

Infant Car Seat Class for Parents

2
locations

WHEN: Saturday, April 9,
10 a.m. to 12 p.m.

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

WHEN: Saturday, July 16, 10 a.m. to 12 p.m.
WHERE: Odessa Brown Children's Clinic,
2101 East Yesler Way, Seattle

FEE: \$45 per family
CALL: 206-987-9879

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

Babysafe

WHEN: Saturday, May 7, 9:30 a.m. to 1:30 p.m.
FEE: \$65 per family
WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle
CALL: 206-789-2306

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

Heartsaver First Aid, CPR and AED

WHEN: Sunday, April 24, 8 a.m. to 2:30 p.m.
FEE: \$60
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-9879

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

PRETEEN AND TEEN CLASSES

Better Babysitters

4
locations

WHEN: Saturday, April 2,
9 a.m. to 2 p.m.

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

WHEN: Sunday, April 24, 9 a.m. to 2 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Saturday, May 7, 9 a.m. to 2 p.m.
WHERE: Seattle Children's admin. building,
6901 Sand Point Way NE, Seattle

WHEN: Sunday, May 15, 9 a.m. to 2 p.m.
WHERE: Seattle Children's South Clinic,
34920 Enchanted Pkwy. S., Federal Way

View more dates online

FEE: \$45 per person
CALL: 206-987-9878 for all locations

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

CPR and First Aid for Babysitters

WHEN: Sunday, April 17, 9 a.m. to 2:30 p.m.
FEE: \$60 per person
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-9878

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

For Boys Only: The Joys and Challenges of Growing Up

2
locations

WHEN: Sunday, May 15, 1 to 5:30 p.m.
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

WHEN: Tuesdays, May 17 & 24,
6:30 to 8:30 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

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

2
locations

WHEN: Wednesdays, April 27 & May 4,
6:30 to 8:30 p.m.
WHERE: Overlake Medical Center,
1035 116th Ave. NE, Bellevue

WHEN: Sunday, May 1, 1 to 5:30 p.m.
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle

View more dates online

FEE: \$80 per parent/child pair;
\$60 per extra son or daughter
CALL: 206-789-2306

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

EVENTS

Bike Helmet Fitting and Giveaway

WHEN: Saturday, April 16, 1:30 p.m. to 4:30 p.m.
FEE: Free
WHERE: Federal Way Community Center,
876 S. 333rd St., Federal Way
CALL: 206-987-1569

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

Car Seat Check

WHEN: Saturday, June 18, 10 a.m. to 1 p.m.
FEE: Free
WHERE: Seattle Children's main campus,
4800 Sand Point Way NE, Seattle
CALL: 206-987-5999

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



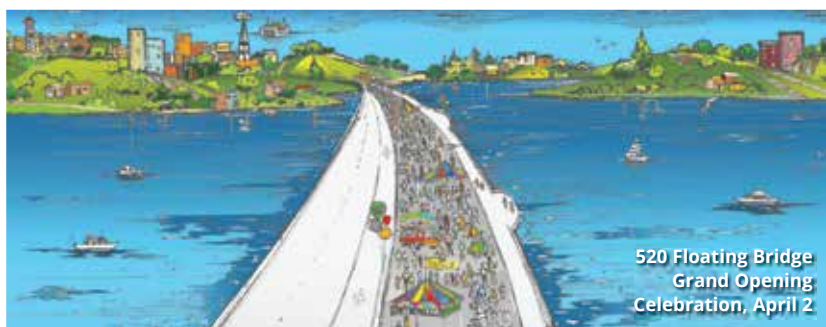
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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



TOWN CHAU

6

Spring Break NanoDays. Dig into the science of tiny things; explore hydrophobic sand, ferrofluid, capillary action and more. Daily, April 4–17. Included with admission. Ages 10 and under with families. KidsQuest Children's Museum, Bellevue. kidsquestmuseum.org
Skagit Valley Tulip Festival. The tulips are blooming early again, head north to see the acres of gorgeous tulip fields. Daily through April 30 or while blooms last. Skagit County. tulipfestival.org

7

Nordic Stories. Listen to *The Three Triceratops Tuff* and do a creative craft project. 10 a.m. **FREE.** Ages 3–6 with caregiver. Nordic Heritage Museum, Seattle. nordicmuseum.org
Late Play Date. Quick, finish your homework, then head out for a night of fun crafts and activities with your family. 6–8 p.m. **FREE.** Ages 3–12 with families. White River Valley Museum, Auburn. wrvmuseum.org

8

Baby Jam. The tots will be a-rockin' with this multilingual, drop-in musical exploration. Fridays, 10:30 or 11:15 a.m. \$12. Ages 0–5 with caregiver. Balance Studio, Seattle. babyjam.net **ONGOING EVENT**
My Heart is the Drum. A young woman from a village in West Africa defies tradition in this musical with an engaging, pulsing score. Through April 24 (April 26–May 22 in Everett). \$32–\$68. Ages 12 and up. Village Theatre, Issaquah. villagetheatre.org

9

Recycled City. Bring your recyclables and found objects to help construct a recycled metropolis in honor of Earth Day, tools and some materials provided. 10 a.m.–noon. **FREE;** preregister. Ages 6–11 with families. Center for Architecture and Design, Seattle. seattlearchitecture.org
Daffodil Festival Parades. Wave at the floats, marching bands and Daffodil Princesses in four city parades. 10:15 a.m., Tacoma; 12:45 p.m., Puyallup; 2:30 p.m., Sumner; 5 p.m., Orting. **FREE.** thedaffodilfestival.org

13

Anne Frank: A History for Today. Moving exhibit puts Anne Frank's remarkable writings, and the Holocaust, into new focus. Wednesdays and Sundays through May 18. \$5–\$10 suggested donation; reservations required. Grades 6 and up. Holocaust Center for Humanity, Seattle. holocaustcenterseattle.org
Conservatory Story Hour. A pleasant spring story time. 11 a.m. **FREE;** donations appreciated. Ages 3–8 with caregiver. W.W. Seymour Botanical Conservatory, Tacoma. seymourconservatory.org

14

Washington State Spring Fair. Get a head start on summer fair fun with rides, music, pig racing, Motorsport Mayhem and more. Thursday–Sunday, April 14–17. \$6.50–\$10; ages 5 and under free; all kids free Thursday with food bank donation. Washington State Fair Events Center, Puyallup. thefair.com
Hello! Exploring the Supercute World of Hello Kitty. Learn the story of the cartoon kitty with international popularity. Daily through May 15. Included with admission. EMP Museum, Seattle. empmuseum.org

15

A Cat and a Hat and an Elephant, Too! Magic Show. Arrive early to grab a seat for this surprising, Dr. Seuss-inspired magic show. 1 p.m. All ages. King County Library System, Sammamish Branch. kcls.org
Mercer Slough Night Walk. Head out in the dark to explore nocturnal life in this fascinating, in-city wetland area. 7–9 p.m. \$15/person. Ages 6 and up with families. Mercer Slough Environmental Education Center, Bellevue. bellevuewa.gov

16

Arbor Day – Earth Day Family Festival. Nature activities, ranger walks and an eco-passport for kids celebrate Bellevue's status as a Tree City USA. 11 a.m.–1:30 p.m. **FREE.** Lewis Creek Park, Bellevue. bellevuewa.gov
Family Day at Magnuson Children's Garden. Dig into gardening, check out the worm bin and make nature crafts for Earth Day. 10 a.m.–2 p.m. **FREE.** Magnuson Children's Garden, Seattle. magnusonnatureprograms.com

20

Toddler Tales & Trails. Kids and caregivers enjoy story time and a tot-sized nature hike. Wednesdays and Saturdays, 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. sewardpark.audubon.org **ONGOING EVENT**
Teaching Girls About Sex: Peggy Orenstein with Katy Sewall. Author of just-published *Girls & Sex* and *Cinderella Ate My Daughter* discusses guiding girls through the murky waters of sexual activity. 7:30 p.m. \$5. Town Hall, Seattle. townhallseattle.org

21

Story Time for Kids. Settle in for new and classic kids' books, plus activities and refreshments. Thursdays, 11 a.m. **FREE.** Ages 3–7 with caregiver. University Bookstore, Bellevue. bookstore.washington.edu **ONGOING EVENT**
Drop-in Breastfeeding Group. Stop in for support, guidance and discussion with breastfeeding families. Thursdays, 10 a.m.–noon. **FREE.** Parents with breastfeeding babies. Family Support Center, Olympia. southsound-breastfeeding.org **ONGOING EVENT**

22

State Parks FREE Day. Celebrate Earth Day with a visit to one of our sensational Washington State Parks with no Discover Pass required today. discoverpass.wa.gov
Celebrate Spring Weekend. Kids love carnival rides in any season, get a spring time dose at the fair. Friday–Sunday, April 22–24. \$18/day advance purchase wristband. Evergreen State Fairgrounds, Monroe. evergreenfair.org

23

Seattle Cherry Blossom and Japanese Cultural Festival. Taiko drumming, artisan craft demos, traditional food and games. Friday–Sunday, April 22–24. **FREE.** Seattle Center. seattlecenter.com/festival
Sewing to Sowing. Plant seeds, learn to hand-sew, churn butter and experience springtime life of the 1850s. 11 a.m.–5 p.m. \$5–\$8; ages 4 and under free. Fort Nisqually Living History Museum, Tacoma. fortnisqually.org

27

Wednesday Play Group. Free, drop-in play time connects families for fun and community. Wednesdays, 10:30 a.m.–noon. **FREE.** Ages 0–5 with caregiver. FamilyWorks Resource Center, Seattle. familyworkseattle.org **ONGOING EVENT**
OmTots Play Gym. Bounce around, swing from the ceiling and generally act like monkeys. Monday–Friday, 9:30 a.m.–noon. \$10; discounts available. Ages 1–5 with caregiver. OmCulture, Seattle. omculture.com **ONGOING EVENT**

28

Kaleidoscope Play and Learn. Stop by community-oriented Third Place Commons to meet and play with other families. Thursdays, 10:30–noon. **FREE.** Ages 0–5 with caregiver. Lake Forest Park. thirdplacecommons.org **ONGOING EVENT**
Vader Seder. Families invited for build-your-own matzah pizza and exploration of the Passover story through a screening of *Star Wars*. 5:30–8:30 p.m. \$5; kids free; RSVP. All ages. Stroum Jewish Community Center, Mercer Island. sjcc.org

29

Gage Teen Art Studio at BAM. Teens explore creative expression sculpting with clay and paper; no experience needed. 4–7 p.m. **FREE.** Ages 13–18. Bellevue Arts Museum. bellevuearts.org
Family Movie: Wild America, Tender Times. Delight in the play and wonder of baby animals as they grow in the world; popcorn provided. 5–6 p.m. **FREE.** All ages. Mercer Slough Environmental Education Center, Bellevue. bellevuewa.gov

30

Kelsey Creek Sheep Shearing. Watch the sheep get a haircut, take a wagon ride, see the animals. 11 a.m.–4 p.m. **FREE;** some activities have fee. Kelsey Creek Farm, Bellevue. bellevuewa.gov
Youth Sailing Open House. Sail boat rides, knot-tying, sail boat origami and other activities introduce kids to the fun of sailing. 11 a.m.–3 p.m. **FREE.** Sail Sand Point, Seattle. nwyouthsailing.org

PACIFIC NORTHWEST BALLET

George Balanchine's Coppélia

A
COMICAL CASE
— of —
MISTAKEN IDENTITY

MUSIC: LÉO DELIBES

CHOREOGRAPHY:
ALEXANDRA DANILOVA
& GEORGE BALANCHINE

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ALL ABOARD FOR *TRANSIT ADVENTURES*

The journey is half the fun when you're getting there by bus, boat and light rail

By Carla Sautler

Go green: Riding the new light-rail route is fun, and better for the planet

Driving kids around our crowded metropolis is often expensive and stressful. Explosive growth, unpredictable traffic, interminable construction and parking hassles — not to mention whining and back-seat arguments — can make getting around a serious ordeal.

But what if traveling with our kids was an adventure? What if the journey was at least half of the fun? What if it was an opportunity to learn, get some exercise and connect with each other and the people in our community?

Taking a break from the car is good for your kids — and the planet. Plus, I have never met a young child who didn't love buses and trains. So why not capitalize on the fun factor and take transit for your next family outing? With a brand-new light rail route, as well as bus, streetcar and water taxi options, there's never been a better time to ditch the car and let someone else do the driving. >>

A primer on transit with kids

If you've never taken your kids (or yourself!) on transit, here are some tips to get you started.

PREPARE FOR FARES:

Whether you're riding Metro or Sound Transit, children 5 and younger are free. Kids 6 and older pay the youth fare; adult fares vary, depending on the system, mode and distance you are traveling. The simplest way to ride without worrying about having the correct change

is to use an ORCA card that can be used to pay for bus, Sounder, light rail or ferry fare (ORCA is our regional fare system). orcacard.com, metro.kingcounty.gov/fares

PLAN AHEAD: King County Metro, Sound Transit, Pierce Transit and Community Transit share the same regional trip planner, so planning a trip online is pretty simple. If you have a smartphone, you can download the Puget Sound Trip Planner app (metro.kingcounty.gov/trip-planner/mobile-apps), which also

includes real-time arrival information. Other apps are also useful (I use the free OneBusAway app for arrival info).

SET YOUR CHILDREN UP FOR SUCCESS:

There is no more public way to parent than on public transportation. Keeping children calm and well-behaved is essential for good transit citizenship — and for your sanity. Make sure your little ones are well-rested and well-fed; and pack the few things they will need for several hours away from home.

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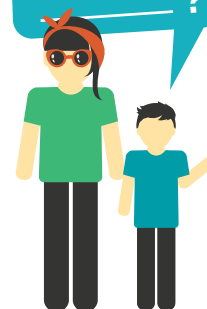


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Join the Tacoma Symphony percussion quartet for this informal concert
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The Mini Maestros series is especially suited to children ages 2-8 and their
grown-ups - all ages welcome! Performances run approximately 45 minutes.

Schneebeck Hall, U. of Puget Sound - Tickets: \$7, children & \$10, adults + box office fees

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TRANSIT ADVENTURES

continued from page 37

Here's a sampler of suggested outings. For the sake of simplicity, all trips begin in downtown Seattle, but you can use King County Metro's Trip Planner to plan an alternate route.

NEW LIGHT RAIL

Link to Capitol Hill and the University

Adventures await along the new University of Washington Link light rail extension, which opened in March (soundtransit.org/ulink). On Capitol Hill, the Link station is on the southeast corner of Broadway and John, where you'll find plenty of restaurants and shops within walking distance (including Dick's).

If you visit on a Sunday, head south on Broadway to Seattle Central Community College for the **Capitol Hill Broadway Farmers Market**. It's also a short walk to **Cal Anderson Park**, where there's a "mountain fountain" (according to my kids), a playground with swings and lots of open space. At nearby **Elliott Bay Book Company**, a children's story time is hosted on Saturdays at 11 a.m.

The **University of Washington station** is right next to Husky Stadium. If you're up for a lovely spring walk, take the station elevator to the new pedestrian overpass that leads to the Burke-Gilman Trail. Or, walk through the **university campus** for spring blooms, Rainier views and museum fun.

Getting there Board at any Link station between Tukwila and Westlake and ride north to the Capitol Hill or University of Washington stations. (The ride from downtown to the UW station should take eight minutes.) Note that you must tap your ORCA card or buy a ticket from a station vending machine before boarding the train. >>



SOUND TRANSIT / DON WILSON

Take Link to Capitol Hill to explore Broadway and beyond



WILL AUSTIN

Back to school: Ride from downtown to the UW in eight minutes



SAM Camp

July 11-29, 2016

Monday-Friday, 9 am-3 pm

After-camp care available till 5:30 pm

Every summer children experience three fun-filled weeks of creativity and inspiration at SAM. Campers will sharpen their art-making skills, unleash their imaginations, make new friends, and explore SAM's galleries and outdoor spaces. Designed for kids entering grades 1-5. Attend one week or all three!

Week One: July 11-15

Voyagers: Around the world and back again

Asian Art Museum in Volunteer Park

Week Two: July 18-22

Time Travelers: Discover art from the present, past, and future

Asian Art Museum in Volunteer Park

Week Three: July 25-28

Earth Defenders: Saving the planet

Olympic Sculpture Park

visitsam.org/samcamp

Each week includes a visit to the Seattle Art Museum. Registration required. For more information call 206.626.3144 or email samcamp@seattleartmuseum.org

SAMkids
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Photo: Sasha Im

seattleartmuseum.org **SAM** SEATTLE ART MUSEUM

Bellevue Parks & Community Services

Bellevue Youth Theatre

PRESENTS

OKLAHOMA!

April 15, 16, 22 & 23 at 7 p.m.

April 17, 23 & 24 at 2 p.m.



April 29, 30, May 6 & 7 at 7 p.m.

April 30, May 1 & 7 at 2 p.m.



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

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TRANSIT ADVENTURES

continued from page 39

POOL AND PARKS

Link to Rainier Beach

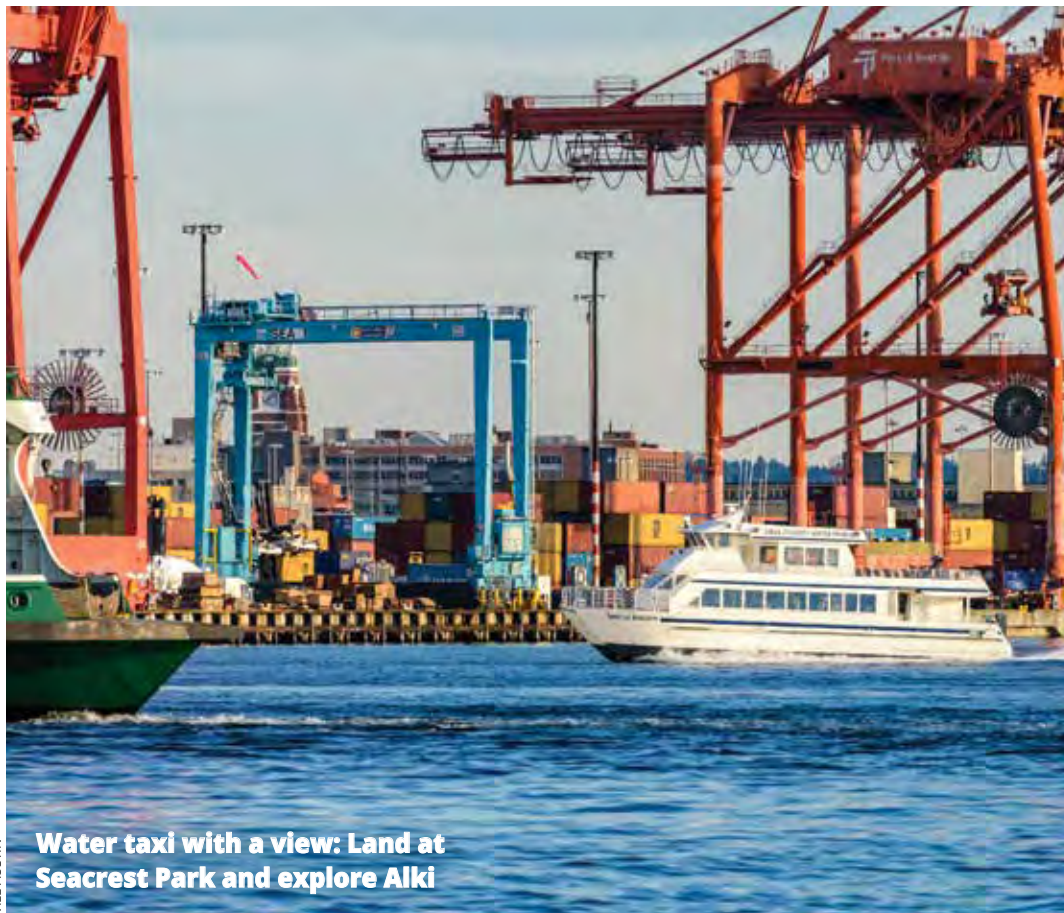
For another Link adventure, ride the train from downtown south to Rainier Beach to visit the new(ish) **community center and pool**. This pool has everything: a play area, fountain, lazy river and water slide. Also, it's warm! Just around the corner, visit the newly remodeled **Rainier Beach branch of the Seattle Public Library**. If you're feeling ambitious, take a long walk to wonderful **Kubota Garden** (slightly less than a mile from the station) and enjoy the flowers in bloom.

Getting there

Board the train at any Link stop and get off at Rainier Beach station. (The ride from Westlake Station is 26 minutes.) The community center is a short walk from the station.



Take the light rail to Rainier Beach and stroll to Kubota



Water taxi with a view: Land at Seacrest Park and explore Alki

FERRY TALE

Water taxi to Seacrest/Alki

Both my kids started riding buses at 1 day old (seriously) and have ridden their fair share of trains. But a trip on the **King County Water Taxi** always makes them giddy (kingcounty.gov/transportation/kcdot/WaterTaxi.aspx). The water taxi travels across Elliott Bay between Pier 50 downtown and **Seacrest Park** in West Seattle. In nice weather, ride on the upstairs deck for the 10-minute journey to enjoy views of Mount Rainier and the Seattle skyline.

On the West Seattle side, explore the rocky beach at Seacrest Park or snack on sliders and shave ice at **Marination Ma Kai**. Or catch a free shuttle (Route 775) to **Alki Beach** (you can also rent bikes and pedal the wide **Alki Trail**).

Getting there

To get to Pier 50, take a bus to Pioneer Square and walk west on Yesler all the way to the water. (Because of construction on the waterfront, give yourself plenty of time to make the boat.) You can use cash or an ORCA card on the boat, but if you use ORCA, the fares are cheaper. >>

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TRANSIT ADVENTURES

continued from page 41



In the summer, bus it to Lincoln Park, then dip into Colman Pool

FERRY TALE

Water taxi to Seacrest/Alki

Both my kids started riding buses at 1 day old (seriously) and have ridden their fair share of trains. But a trip on the **King County Water Taxi** always makes them giddy (kingcounty.gov/transportation/kcdot/WaterTaxi.aspx). The water taxi travels across Elliott Bay between Pier 50 downtown and **Seacrest Park** in West Seattle. In nice weather, ride on the upstairs deck for the 10-minute journey to enjoy views of Mount Rainier and the Seattle skyline.

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Getting there

To get to Pier 50, take a bus to Pioneer Square and walk west on Yesler to the water. You can use cash or an ORCA card on the boat, but if you use ORCA, the fares are cheaper.



GREAT LAKE

Metro to Madison Park

It's a straight shot from downtown Seattle on the No. 11 bus to **Madison Park**, a Lake Washington beach area that is an ideal spot to spend a sunny afternoon. Play at the park (with a zip line and playground) or wade at the swimming beach. When it's snack time, there are plenty of restaurants, a grocery store and even an ice creamery within walking distance.

Getting there

Catch the No. 11 bus on Pike Street downtown (metro.kingcounty.gov/schedules/011/s0.html). Get off at the very bottom of Madison (43rd Avenue E. and E. Madison Street), across from the lake. >>

TRANSIT ADVENTURES

continued from page 43



The City of Destiny is a perfect one-day adventure

PHOTO BY SOUND TRANSIT

RAIL TRAIL

Bus and rail to Tacoma

Tacoma is a perfect destination for a transit adventure: far enough away to feel like a true journey, relatively simple to access by transit, and with many cultural outings within a short walk. Just on Pacific Avenue, you can visit the **Children's Museum of Tacoma** (with pay-as-you-can pricing), the **Washington State History Museum** and the **Tacoma Art Museum**. Also on Pacific, stop by the creative reuse center, **Tinkertopia**, to make something useful out of items from its amazing collections.

Another reason to visit Tacoma is to have an excuse to ride the **Sounder train**. It has comfortable seats, gorgeous views, tables (for card games, drawing, Play-Doh, etc.) and — wait for it — bathrooms on board!

Getting there

Because the Sounder is optimized for people commuting to Seattle from the south, there are only two early-morning trips from Seattle to Tacoma. Your best bet is to take **Sound Transit express bus route 590/594** to Tacoma, which runs at least every 20 minutes from downtown Seattle to Pacific Avenue and 19th Street in downtown Tacoma. At the end of the day, Tacoma's free **Link light rail** line can whisk you to the **Sounder Station** for your trip home (there



WILL AUSTIN

Tinkertopia is a fun craft stop

are two afternoon trips between Tacoma and Seattle). Find schedules at soundtransit.org. Note: The Sounder only operates on weekdays, so save this one for a school break. On a weekend, you can bus both ways, or consider taking Amtrak, a pricier option (amtrak.com).

There are countless other transit adventures to take with kids (our family has been just about everywhere on the bus). Not only will you have tons of fun, you will also be teaching your kids to be good stewards of the planet they have inherited. ■

Carla Saulter is a writer and public transportation advocate who blogs about car-free living and transit culture at buschick.com.



5 more transit adventures

MONORAIL TO SEATTLE CENTER:

Board at Westlake Center, get off at the only stop (Seattle Center Armory), and explore the Seattle Center. Cash only (no ORCA). seattlemonorail.com

SEATTLE STREETCAR FIRST HILL LINE TO CAPITOL HILL:

The new streetcar line doesn't go far, but it makes for a fun mini-adventure, with stops to explore the International District and Capitol Hill. seattlestreetcar.org

SEATTLE STREETCAR TO MOHAI/CENTER FOR WOODEN BOATS:

Board at Westlake Center downtown and get off at Lake Union Park for a day of history, boats and park paths.

36 TO JEFFERSON PARK:

Beacon Hill's Jefferson Park has it all (lawn bowling, skate park, spray park and views). Take King County Metro bus 36 (board downtown) and get off on Beacon Avenue S., right in front of Jefferson Community Center.

33 TO DISCOVERY PARK:

To access all that Discovery Park has to offer, take the 33 from downtown (board on the east side of Third Avenue) and get off at 33rd Avenue W. and W. Government Way.

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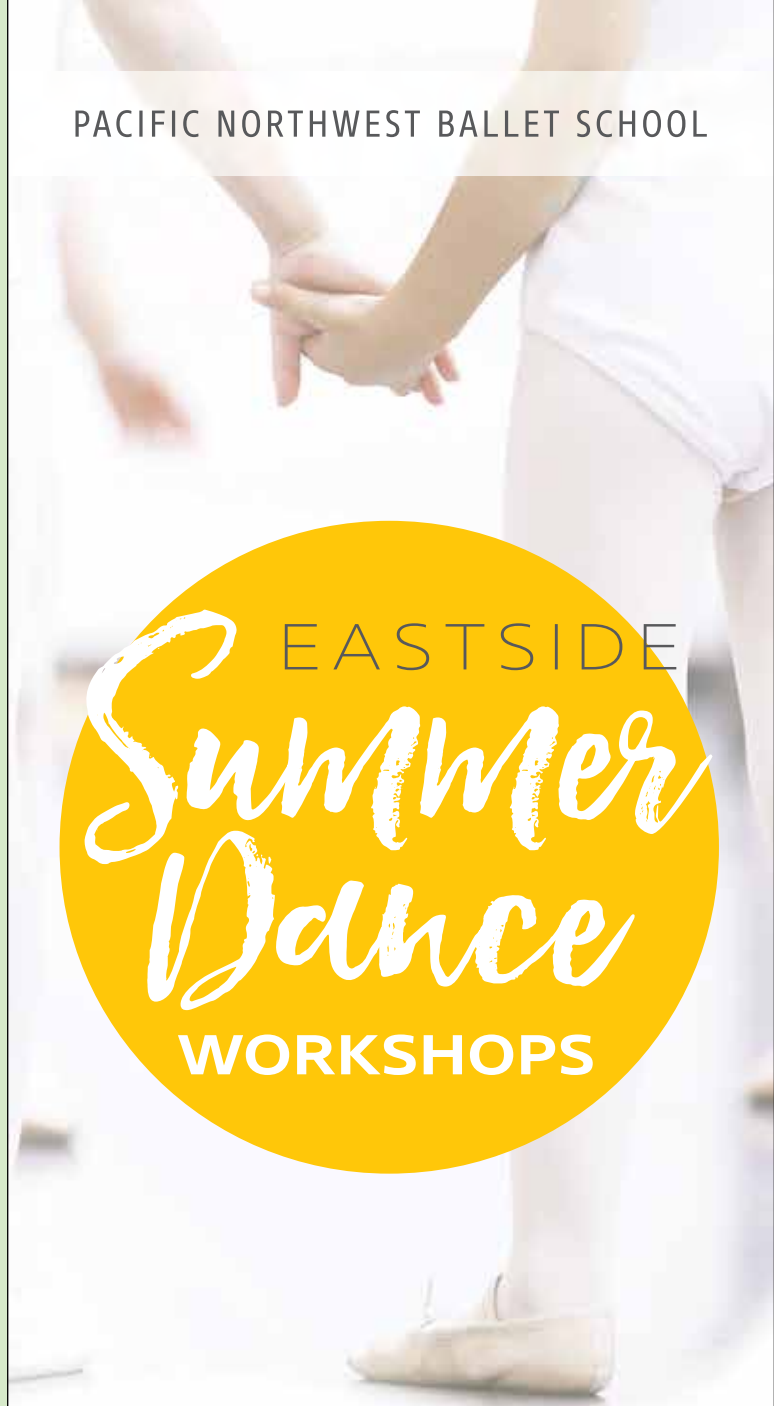


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The big sleep-away

How to decide if your child is ready for overnight camp

Summer's just around the corner and with it plenty of opportunities to have children stretch their wings by attending overnight summer camp. But is sleep-away the only way? Here are some considerations (find more sleep-away camp tips at parentmap.com/summer-camp).

DON'T WORRY — THIS IS OPTIONAL

Some sleep-away camps are open to children as young as 6 (those going into first grade in the fall) but remember, age is just a number. If you don't feel your child (or you!) is ready for full-on overnight camp, there are options. Some camps allow a "favorite adult" to tag-along while day camps provide all the fun without the overnight. Or you can attend family camp all together (find one at parentmap.com/familycamp).

WHEN'S THE RIGHT TIME?

This one's easy: Did your child ask to go to camp this year? If so, it might be time to research some options. Another good litmus test is if your kid does well staying with a relative or friend for several days at a time. But if you're getting phone calls every five minutes, probably best to hold off for another summer or two.

STOP AND LISTEN

Do what you can to limit the influence of your own fond memories of camp. Just because you had a great time at Camp Granada back in the day doesn't mean the same will be true for Junior. Listen to your child.

CARE PACKAGE 101

We all get a little homesick and that's particularly true for camp-bound kids. The American Camp Association estimates 90 percent of children attending camp experience homesickness while they're away. So here's a tip: give your kid a small piece of home. These "transitional objects" could be a favorite blanket or stuffed animal or, for an older child, a lucky coin or (faux) rabbit's foot to make the trip a good one.

— Hilary Benson



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Should you invade a nice restaurant with your kids in tow?

By Angela Stowell

When our son was 10 months old, we went to visit a friend's restaurant in Boston. It was sushi, so we figured we could make a quick exit if a massive meltdown ensued. What we didn't realize was that the restaurant was actually a little more "Nobu" than casual sushi counter, and we had just plopped our ticking time bomb down next to a couple who was about to spend \$300 per person on a tasting menu. Lucky for us, our son was the perfect dining companion. But substitute our second son into the same scenario, we later came to learn, and it would have been no dice.

That night we experienced a familiar anxiety for a parent: How do I get through this meal, in public, if my child totally loses it? There have been several notable instances in the press and on social media over the past few years about restaurant owners kicking parents out for their unruly — or maybe just unhappy — little customers. These overpublicized incidents, which often go viral on social media thanks to video and our gawker culture, make a lot of parents even more nervous about dining out with their kids.

My husband and I own a dozen Seattle restaurants, from casual pizza joints to a fine dining restaurant in the Four Seasons. So what do we think about kids in restaurants? I look at it in the same way I look at teaching a kid to ride a bike or swim: They will never learn how to do it if you don't try.



a window you have to entertain him or her and having the right tools to get through dinner so you can all enjoy yourselves.

We have friends who dine with their two small children at least once a week and always pack a special bag of quiet toys that the kids only get to play with when they're in a restaurant. I can never quite pull that off, so I'm usually scrambling to find a peg board and cars for our little one and some coloring books for our 3-and-a-half-year-old. I also do not fault parents, or myself, for pulling out an iPad or iPhone if that is what it takes to finish a meal (and my glass of wine) in peace.

My general recommendations for dining out with kids:

- **Know where you're going.** Maybe skip the restaurant that doesn't take reservations and has an hour-long wait.
- **Accept that there are some restaurants that are just off-limits to kids.** I can't wait

Eating in your favorite restaurant is not an experience that has to wait until your kids are old enough to sit quietly through the entire meal, though dining with older kids is certainly much easier. That's not to say that I would personally take my cranky 2-year-old to a three-course dinner right at his bedtime, but I would take him to my favorite "grown-up" restaurant at 5 p.m. For me, it comes down to knowing your child, being aware of how long of

EDITOR'S NOTE

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

until my kids are old enough to experience a fine dining restaurant like Canlis, but I would never dream of taking them there now.

- **Practice** by taking them to brunch or lunch, or to a restaurant that is geared toward kids.
- **Tell your kids when you're planning to go out and talk about it** at home so they know what to expect at the restaurant. Tell them what the food is like, what it will be like to sit at the table and what you're excited to try.
- **Reward good behavior** with dessert, and don't beat yourself up if you need to bribe them with an iPad.
- **Accept the fact that sometimes things are not going to go as planned** and you may have to shovel food into your mouth, box up the remainders, pound your glass of wine and make as graceful of an exit as possible. And then you plan for your next night out with the kids.

As a mother and a restaurateur, my hope is that parents start teaching their kids about food and eating out at an early age. Eating out is such a wonderful way to connect and celebrate with family and friends. There is no reason to leave your favorite little dining companions at home. ■

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1–8

Take a bite out of dental fears

With a few simple steps, you can make visits to the dentist smooth and happy

By Nikole D. Shvartsur, DDS

We've all been there: Our kids screaming and floundering in the dentist's chair before the dentist even pulls a toothbrush out. There are even a few adults whom you'll see doing the same (as a practicing family dentist and a mom myself, I've seen it all)! Unfortunately, what seems like a common and extremely normal fear in children can lead to damaging behavior to their health as an adult.

Oral health is one of the most forgotten aspects of our overall well-being. For example, if we break a bone or sprain an ankle, most of us would seek immediate medical attention. But how many of us have postponed a visit to the dentist at the onset of a toothache? We often see patients go a year or more without seeking the care of a dentist, at which point the initial toothache has turned into a much larger and more costly issue.

What many of us don't realize is that poor oral health can indicate or even cause severe medical conditions. So, it's crucial that we teach our children at a young age to view a visit to the dentist as a nonintimidating and normal part of a health care routine.

How do we accomplish this when it seems as if a fear of the dentist is often engrained into our children early? Here are my top four strategies you should try now to combat anxiety later.

1 Start by eliminating your fear of the dentist

It's no secret that young children mirror our behaviors. If our kids hear us talk about our own dental appointments in a negative light, they will quickly develop their own negative associations. Not only is it important that we avoid expressing our fears about the dentist, but we need to go the extra mile to link positive words and experiences with the dentist and oral hygiene.

2 Get them in early

We typically like to see children in our office by the time their first tooth has come in, which is usually by their first birthday. This timing is



Oral health is one of the most forgotten aspects of our overall well-being.

beneficial for a number of reasons. First, the child is young enough that she can complete the entire appointment while sitting in the parent's lap to create a sense of safety and comfort. The dentist may do a quick check for abnormalities and proper tooth development. But the focus of the appointment is speaking with the parent about oral hygiene, nutrition and what to expect as the child grows. This helps to take the pressure off from the child.

Second, it creates the habit of visiting the dentist before a problem arises, so that if the child does need a filling at age 4 or 5, it's that much less intimidating because she already has a long-standing relationship with the dentist.

3 Avoid rewards

This might seem counterintuitive, but try to avoid bribing your children with a reward for visiting the dentist. It might be tempting to dangle that over their heads in an attempt to promote positive behavior, but it instills in them the idea that the dentist is negative and the reward is positive. Why is a visit to the dentist so bad that it would warrant some type of reward? It's about shifting your children's thinking so that seeing the dentist is a reward in itself because the dentist

is taking steps to keep them strong and healthy. This is something all of us could work on!

4 Play 'dentist' at home

This is an easy, fun way to familiarize young kids with the idea of the dentist. Just as you might play "house" or "dress-up" with your children, start incorporating a visit to the dentist in your games of make-believe. You and your child can take turns being the patient and the dentist, practicing lying in the chair and pretending to give an oral exam. This is not only a great way to get your kids comfortable with the process, but it also allows for an opportunity to check their teeth on your own at home, which is important to stay on top of their dental health in between dental office visits.

Practicing these strategies will help set your children up for success. But don't be discouraged if they still shed a few tears or let out a couple of screams. It can be a process, and the most important thing is that you are simply getting them through the door. ■ **See sidebar >>**

Dr. Nikole D. Shvartsur practices family and cosmetic dentistry in partnership with her husband, Dr. Oleg A. Shvartsur, at their practice in Issaquah.

1–8 Take a bite out of dental fears

continued from page 55

helping children with special needs have stress-free dentist visits

By Travis Nelson, DDS, MSD, MPH

For children with special needs, the challenges of a dental exam include unfamiliarity, unpredictability and physical invasiveness. Going to the dentist can be really stressful for parents and children, but if children can learn to allow a dentist to look in their mouth, they are on the path to a lifetime of good oral health. Here are a few tips to help you prepare your child with special needs for a trip to the dentist:

- Brush teeth at least once daily.
- If your child benefits from visual cues, consider posting a tooth-brushing graphic somewhere in the area where he brushes his teeth.

For children who like apps, here are a few that may prove helpful: Off We Go to the Dentist and My Healthy Smile are a couple of apps that help prepare children for positive oral hygiene habits.

- Incorporate oral care into daily life. Make it part of the home routine, and consider requesting that it be added to your child's individualized educational plan during school time.
- Fluoride in toothpaste is one of the best tools we have to fight decay. Experiment with different brands and flavors. If your child is not able to tolerate the taste or texture of the paste, you can try dipping the

toothbrush in a fluoride mouth rinse — it won't be as foamy.

- Minimize the number of snacks that your child has during the day. Children who eat frequently are more likely to get cavities. Drinks and snacks that contain sugar are also likely to cause cavities when consumed outside of mealtimes. Some recommendations for good snacks are fresh fruits and vegetables, cheese, cold cuts, nuts and plain popcorn.
- Sometimes the bathroom may not be the best place to brush. Try having your child lie down so you have a better view of his or her teeth.

- Complete much of the required paperwork in advance of an office visit to save time.

You know your child best, so don't be afraid to offer the dentist tips that you think may make the visit easier for your child. The dentist will appreciate it!

Dr. Travis Nelson is a clinical assistant professor in the Department of Pediatric Dentistry at the University of Washington. He specializes in the dental treatment of children with special needs, such as autism spectrum disorders, at the UW Center for Pediatric Dentistry.

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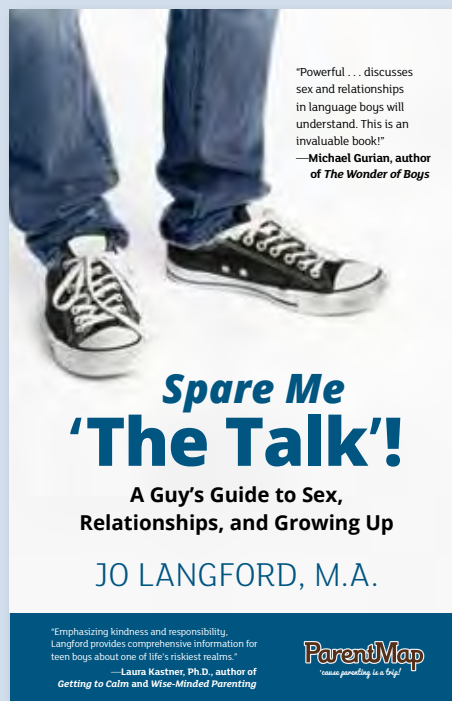
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More than condoms on bananas

What schools are (and aren't) teaching kids about sexual health

By Bryony Angell

Ah, the birds and the bees. When is it time to start talking about them to your kids? I started when my kid was 3; he's now a 6-year-old boy who correctly names his body parts without a flinch of embarrassment and knows that a sperm and egg make a baby when Mom and Dad embrace in "a special hug." My own mother took me to a Planned Parenthood "Me and Mom" classes as a kid, so I'm trying to replicate that loving, open and frank introduction to sexuality. I figured that starting early might take the awkwardness and titillation out of more complex conversations when my son is a teenager, at which point he'll also be learning about sexual health in school, alongside his peers. Right?

Not so fast.

Across the U.S., fewer than half of high schools and even fewer middle schools are teaching students the necessary topics for sexual health education recommended by the Centers for Disease Control and Prevention (CDC), according to a recent report. This despite national research that shows that the more comprehensive a sexual health education a child has, the longer he or she delays sexual activity, the fewer partners he chooses and the greater the likelihood that he will use birth control.

I expected Washington state would be at the top of the state list in compliance, because of the generally progressive laws recently passed, such as same-sex marriage and legal recreational marijuana, but I was wrong. While Washington state mandates HIV and AIDS prevention education, sexual health education is optional across the state's public schools; providing sexual health education is the decision of each school district. And some districts are not providing sexual health education at all.

"Some districts don't implement at all, and some do a

cram version," says Laurie Dils, MSW, and The HIV Sexual Health Education Program supervisor for Washington state public schools. "Districts get to decide, for whatever reason. In my observation, 95 percent of parents think that sex ed should be taught in public school. It's a vocal few who make it more controversial than it is."

Dils' office provides a library of resource materials, sample curriculum, policies and instruction aids for teachers. But because her office has no monitoring authority, Dils is not aware of which districts are opting out.

The best way her office has to track which districts participate in sex ed is through the responses from an annual Department of Health and Office of the Superintendent of Public Instruction "Healthy Youth" survey. "It's a voluntary survey we send out to all districts, and students can choose to answer or not," explains Dils. The survey asks students about the sex education they received and is the source for statistics such as average age of first sexual activity and frequency of contraceptive use.

Dils' office is currently managing a

CDC-funded revision to the recommended curriculum used by Washington state public schools providing sexual health education. "For the districts which provide that education, we make sure it is vigorous, medically accurate, addresses the CDC requirements and is based on best-practice national models recommended by the [American Academy of Pediatrics]," she says. Revisions include recommending sex education across more grade levels, starting in grade 5 (where sex ed currently starts and, in some cases, ends), and the active engagement of parents in the education.

Seattle-based sexuality educator Greg Smallidge agrees that including parents in the current education model is important. Smallidge develops curriculum for private schools, trains teachers for Seattle Public Schools and facilitates classroom lessons, working with kids ages 10–18.

"I talk with parent groups about how to be a better sexuality educator for your child," Smallidge says. "Our kids prompt us to bring language, and a coherent story, to an area of our lives we may never have spoken out loud about before."

One way to introduce this language, in school and at home, is through books. Smallidge coaches parents on age-appropriate literature to introduce the subject to kids, whatever their age.

"Grab the book *It's So Amazing!* or [for the toddler set] *It's Not the Stork!*, both by Robie H.

Harris and Michael Emberley, and let their brilliant words and pictures serve as an introduction for both you and your child," he says.

"Definitely don't wait for school to give you the signal to begin. You are your child's primary sexuality educator, and you get to act like it."

What can parents do?

Some parents are eager for schools to tackle sex ed; others have concerns about curriculum or are confused about best

*The most important
sexuality content is
what's going on
inside your child's
heart and mind.*



practices by age. Here are some suggestions for approaching the issue.

Ask your child's school about planned sexual health curriculum and review it.

"Know what education your child is getting," says Dils. "And if it is lacking, advocate to the district with resources, copies of the Healthy Youth Act for Washington state (which mandates HIV and AIDS education and suggests sex ed), sample curriculum and a supportive attitude for a partnership among the parents, teachers and administration." Smallidge has additional sex-ed evaluation materials on his website for parents to peruse, and in particular recommends the book *Guidelines for Comprehensive Sexuality Education*.

For parents who object to having sex ed in the classroom, consider the impact of not having it.

"I think some parents pull kids out of sex ed because they're unable to pull their kid from our hypersexualized society — [so opting out of classroom ed is] something tangible, and feels like a powerful action," Smallidge says.

But sitting it out also sends a message. "Now [the parent] has given this child a clear message that he or she needs to be protected from sexual knowledge and conversations, that Mom or Dad is going to handle sexuality for them. For some parents, these are messages they are comfortable with and committed to.

But ignorance never protected anybody, so it is our kids who get the hard lessons when we decide to opt out," Smallidge says.

Learn about resources in your community for further learning for kids and teens about sexual health.

Outside of schools, the Puget Sound region has a wealth of organizations offering primary or supplemental sexual health education, from medical facilities like Seattle Children's Hospital and Planned Parenthood to community and faith organizations like the Girl Scouts and local churches. Chances are there is a program offering a medically sound and thoughtful approach to this sensitive topic, whatever your parental perspective.

No matter what type of sexual health education your child receives in school or the community, you, the parent, are ultimately the biggest influence on your child's future sexual health. "The most important sexuality content is what's going on inside your child's heart and mind," Smallidge says. "If they share their thinking with you, if they feel seen and supported by you as they grow to be a healthy sexual adult — congratulations, you are the best sexuality educator of all time." ■

Bryony Angell lives in North Seattle with her family. You can see more of her writing at bryonyangell.com and follow her on Twitter @bryonyangell.

resources

FOR PARENTS AND KIDS AGES 10-18

Great Conversations delivers sexual health programs at various hospitals, including Seattle Children's, and community centers: greatconversations.com

Greg Smallidge, sexuality educator for kids and parents: sex-ed.us

Amy Lang coaches parents on educating their own children about sexual health: birdsandbeesandkids.com

Planned Parenthood, community sexual health consultants (tailored to age and audience): plannedparenthood.org/planned-parenthood-great-northwest-hawaiian-islands/education/family-programs

Girls Scouts of Western Washington, classes for girls about puberty and growing up with grace: girlscoutsww.org

BOOKS

For younger kids

It's Not the Stork! by Robie H. Harris (ages 5 and older)

It's So Amazing! by Robie H. Harris (ages 7 and older)

For older kids

It's Perfectly Normal, by Robie H. Harris and illustrated by Michael Emberly (ages 10 and older)

Sex, Puberty and All That Stuff: A Guide to Growing Up, by Jacqui Bailey (ages 12 and older)

The Girl Files: All About Puberty and Growing Up, by Jacqui Bailey (ages 11 and older)

Spare Me The Talk!: A Guy's Guide to Sex, Relationships and Growing Up, by Jo Langford (ages 12 and older)

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14–18

Do you really want to know?

Making choices about genetic testing and teens

By Rebecca A. Hill

If your teenager was genetically predisposed to a disease, would you want him to get a genetic test? Would you want him to know the results even if he has a risk of getting the disease only later, as an adult? And even if your teen might have a right to know, what if he doesn't want you to know, to keep you from worry and fear? Does he have that right?

Research shows that most teens say they would want to know the results of genetic testing. Doctors agree that, more and more, genetic testing will play a role in detecting and treating disease. The more we look toward genetic testing, the more we will grapple with big medical and ethical questions.

If you have a family history of disease and you or your teen is interested in a genetic test, consider these issues first.

What are the types of testing?

Genetic testing is a rapidly changing field. Two types of predictive genetic testing will let you know if you have a particular disease or risk, says Kimberly Quaid, Ph.D., director of the predictive testing program at Indiana University.

First, **presymptomatic testing** can help

determine whether or not a person will develop a particular disease, such as Alzheimer's disease or Huntington's disease, before any signs or symptoms occur, Quaid says. This is especially helpful if you have a family history of a disease like Alzheimer's or Huntington's. This type of test can predict with 100 percent certainty whether or not you will get the disease, says Quaid.

The second kind of test, **susceptibility testing**, can identify those mutations that increase a person's risk for a disease such as cancer. Patients may know if they have an increased risk, says Quaid, but the test results are not a definite confirmation of whether or not they will get the disease.

Why would a teen get tested?

According to Dr. Sophia Hufnagel, a medical geneticist with Children's National Health System in Washington, D.C., medical literature over the past 30 years has put forward pros and cons associated with adolescents and genetic testing. "The classic reason against testing

is that it can increase anxiety," says Hufnagel, who conducted a survey with teens and genetic testing. Another reason, says Hufnagel, is that it could lead to dissension within a person's family because "genetic testing is not about one patient; it's about the entire family." Genetic testing can also impact future choices or lead to discrimination by peers or even insurance companies, says Hufnagel. Finally, testing can lead to unclear results.

But in recent years, attitudes have shifted toward teens' rights to know their own medical information. Newer studies have shown that teens might experience a feeling of relief from knowing more about their genetics, Hufnagel said. Other reasons to test, Hufnagel says, are that positive test results may lead to the diagnosis for other family members and aid in family planning, and could even lead to a person to decide to enter a clinical trial or research project. >>

Genetic testing is not about one patient; it's about the entire family.



Genetic testing

continued from page 61

What should you know before you are tested?

While these tests will tell you whether you have a probability or perhaps a certainty of developing a particular disease, often the question is whether you want to know the results. Before going ahead with testing, it's important to determine first whether you really want to have the information it will provide, and whether you want it now.

Testing a teen brings up a host of even more complicated issues: Whose right is it to decide? Who gets the information? Do you fully inform your teen of what you learn?

A recent position statement from the American Society of Human Genetics (ASHG) urges parents to consider whether there are any "clinical intervention benefits appropriate in childhood" before testing. Absent those benefits, the society recommended that parents be encouraged to defer susceptibility or presymptomatic testing for adult-onset conditions until teens reach adulthood.

Testing can be especially problematic from a privacy standpoint, says Dr. Lainie Friedman Ross, a professor of clinical ethics at the University of Chicago.

"First, some adults choose not to know this information, so by testing the child, you remove the child's [future] right to not know as an adult," Ross says. "Second, even if the child would still desire, as an adult, to have the information, the child has a right to privacy about health problems that will not develop until adulthood." By testing your child, Ross says, you take away her right to privacy regarding her own health information.

Finally, it is important to remember that most genetic information is probabilistic, Ross says. "Getting the information now doesn't ensure the same interpretation 10–20 years from now, so it must be explained that repeat testing down the road may be necessary."

What is informed consent?

If your teen is interested in genetic testing, first encourage him to discuss these issues thoroughly with you and his physician. Generally, informed consent means that a person should

fully understand the testing procedure, its benefits and limitations, and possible consequences of the test.

Quaid likes to start with a family history, and then explore exactly what types of risks are or might be present. After this, she discusses with the patient how much the patient knows about the disease and its impact. Finally, she'll ask why the patient wants to be tested and what major decisions need to be made. Informed consent, in the case of testing a minor, is especially critical if the testing is done for adult-onset diseases, because of the impact on a teen's right to privacy. As a result, teens and their parents should consider obtaining counseling before testing, Ross says.

What comes next?

Once counseling has been completed, a medical geneticist, primary care doctor or nurse practitioner may order the test. The test is performed on a blood, hair or skin sample and then sent to a laboratory for examination. The examination looks for chromosomal, DNA or protein changes, depending on what disorder is suspected. The laboratory then issues a report to the physician.

Whether or not to then share the test results is a big question for any parent. Some test results may help teens and their parents to plan better for their future health. At other times, because the results may not be 100 percent certain, parents must be cautious and not assume their child is destined to get a particular disease such as cancer.

A recent survey conducted by the Cincinnati Children's Hospital Medical Center found that 83 percent of teens would prefer to know the results, even if the results indicate adult-onset disease, which the teens couldn't do anything about at that point in their lives. Of those who preferred to know the results, they cited future planning as a key reason. Teens wanted to be able to plan their

By testing your child, you take away her right to privacy regarding her own health information.

education, career choices, relationships and reproductive choices in light of their results.

This is not surprising, says Quaid, because the age limits for testing keep moving back. Previously, Quaid says, she was seeing primarily 30- to 40-year-olds but she now sees many 19- to 21-year-olds. "They are the first generation who have grown up with genetic testing and being able to know that they can make decisions about their careers and lives with the possibility of an adult-onset disease."

Are at-home tests reliable?

There are at-home genetic tests directly marketed to consumers.

Generally, a test kit is mailed to a person's home. The sample is collected by the person at home and then returned via mail to the genetic testing company. According to ASHG, these types of tests are risky because of the lack of pre-test or post-test counseling and clinical interpretation of the test results, as well as inadequate validation of some tests. One big concern is testing children for adult-onset diseases without these safeguards.

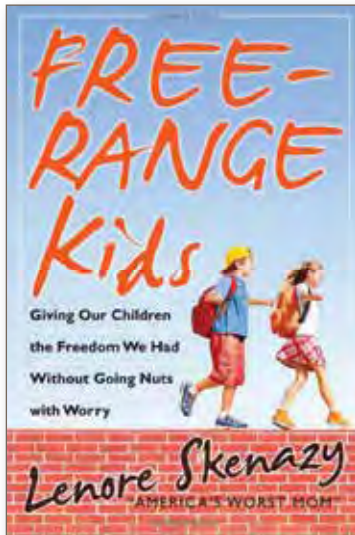
Another problem with these tests, says Quaid, is that they don't do an adequate job of educating people about the testing process. This is because the tests are distributed directly by businesses and testing companies, not by health care providers who have knowledge of the outcomes and risks.

Ross generally discourages adults and teens from getting at-home testing. But if individuals are considering it, she says, they should understand that the medical community's understanding of genetics and the genome is constantly evolving. "Information we give to the patient today," Ross says, "may be inaccurate next month." But most importantly, she says, despite the test, we must remember that "genetics cannot predict your future health with a certainty — at best, it can only give you probabilities." ■

Rebecca Hill is a freelance writer who writes about education, literacy and science.

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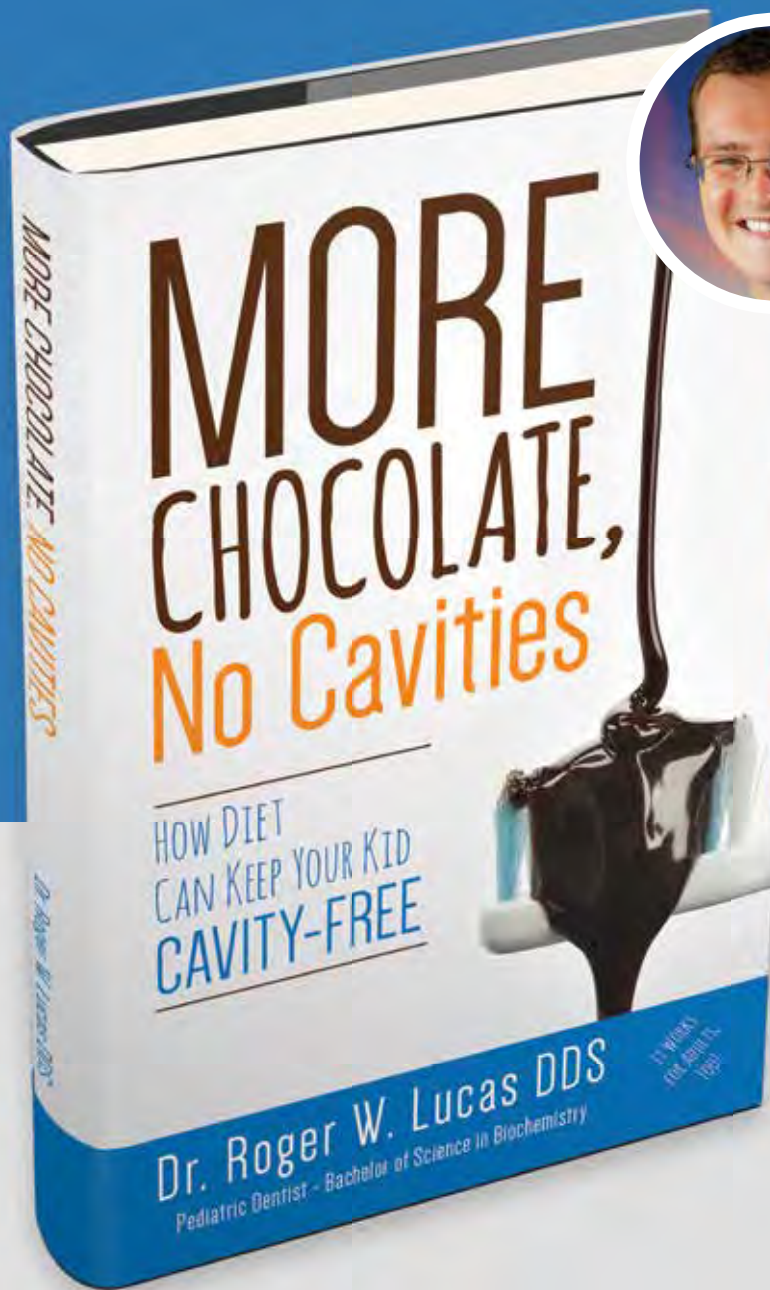


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