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COVER / FEATURE ILLUSTRATION: EMILY JOHNSON



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Are we there yet?

Never hear that question again thanks to this handy roundup of podcasts and storytelling CDs. Good road trip listening for both you and the kids, these audio wonders include professional scientists on Brains On! and *Twilight Zone*-level suspense for tweens and teens on Welcome to Night Vale. Tune in at parentmap.com/podcasts.

Nursing some appreciation

Know a nurse? Give him or her a hug this National Nurses Day (May 6). If our recent look at school nurse staffing taught us anything, it's that we could almost all use more nurses. Read more at parentmap.com/nurses.



Ready, set, roll!

Have a wheelie good time on these bike rides around Puget Sound. Highlights include the Sammamish River Trail and Iron Horse Trail through the Snoqualmie Tunnel. Bring a helmet! parentmap.com/bikes



Go on: Make her day

This Mother's Day (May 8) break out the craft glue. These easy DIY projects will take the stress out of this year's family festivities. All 25 ideas are kid-friendly and parent-approved. Try them at parentmap.com/mothers-day.



Sunshine fun

It's that time of year: The sun is out and your little ones are raring to go! For entertainment on the cheap, test out these inexpensive games. They're a blast for both outdoors and indoors, just in case the grey comes back: parentmap.com/games.

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PUBLISHER/EDITOR Alayne Sulkin

EDITORIAL

EXECUTIVE EDITOR Natalie Singer-Velush

OUT + ABOUT EDITOR Elisa Murray

ASSISTANT EDITOR Elisabeth Kramer

CALENDAR EDITOR Nancy Chaney

PROOFREADER Sunny Parsons

CONTRIBUTORS

Nancy Schatz Alton, Bryony Angell, Will Austin, Michael Berry, Fiona Cohen, Caitlin Flynn, Mallia Jacobson, Kristen Russell, Angela Stowell

PARENTMAP.COM

SOCIAL MEDIA + DIGITAL PRODUCTS MANAGER

Rory Graves

PUBLISHING ASSISTANT Nicole Persun

ADVERTISING SALES + PARTNERSHIPS

Ida Wicklund

Dani Carbary

AD OPERATIONS MANAGER Elisa Taylor

SALES + MARKETING SUPPORT MANAGER

Jessica Collet

SALES ASSISTANT Amanda Brown

MARKETING/EVENTS

EVENT OPERATIONS Tara Buchan

EVENT + MARKETING COORDINATOR

Mallory Dehdod

EVENTS ASSISTANT Zoe Bloom

COMMUNICATIONS ASSISTANT Christina Boyer

ART + PRODUCTION

DESIGN + PRODUCTION, PRINT MAGAZINE

Emily Johnson

DESIGN + PRODUCTION, MARKETING + DIGITAL

Amy Chinn

ADMINISTRATION

BUSINESS MANAGER Sonja Hanson

OPERATIONS MANAGER Carolyn Brendel

ADMINISTRATIVE ASSISTANT + DISTRIBUTION

Angela Goodwin

ACCOUNTING ASSISTANT Lorraine Otani

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Daniel J. Siegel, M.D.

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ADVERTISING INFORMATION

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Fax 206-709-9031

CALENDAR SUBMISSIONS

calendar@parentmap.com

EDITORIAL SUBMISSIONS

editor@parentmap.com

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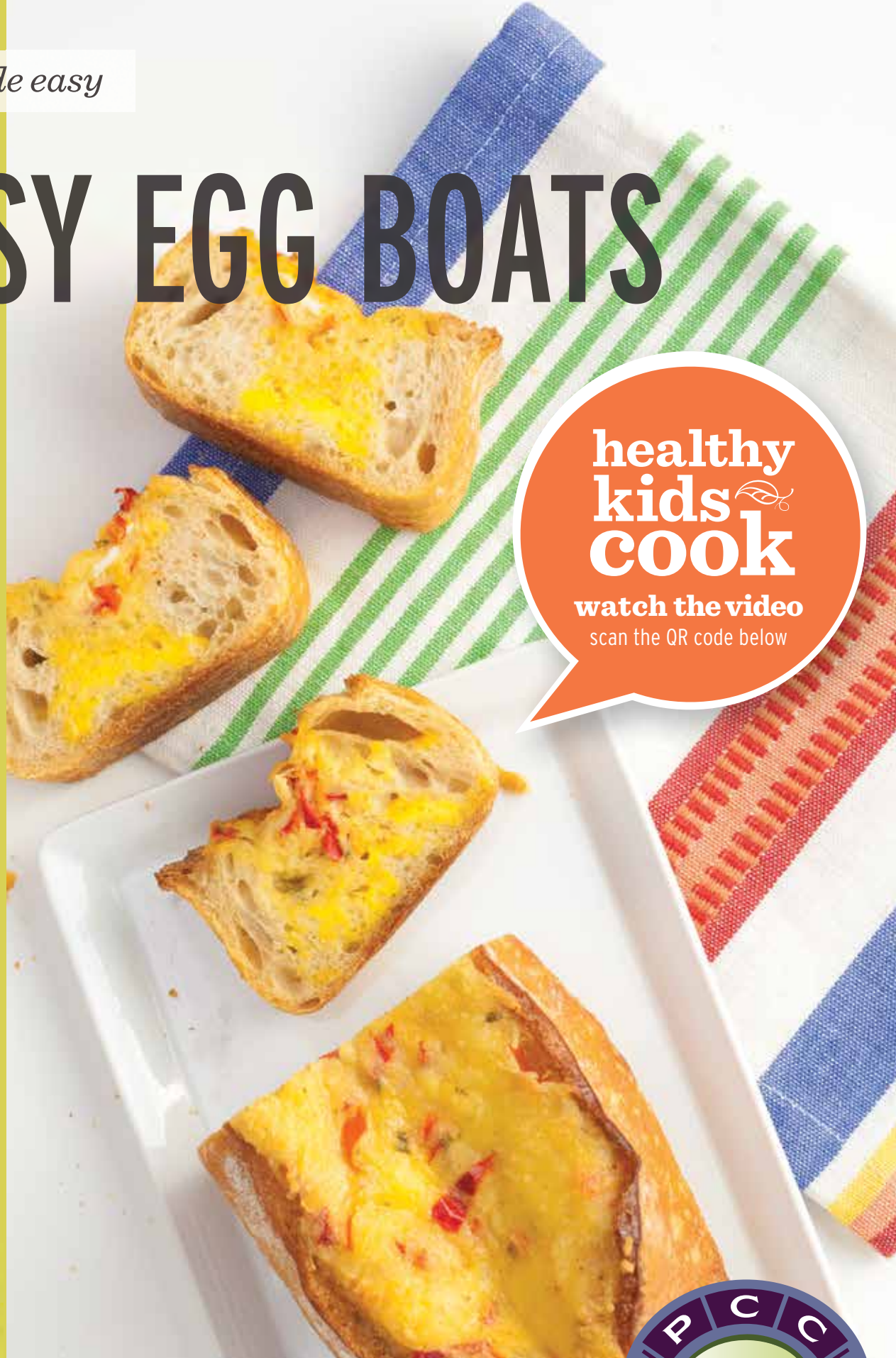
PCC Chef Jackie Freeman takes the TasteMobile on a field trip to visit some backyard chickens! It's a fun way to highlight PCC's commitment to organic, local egg producers before making easy, extremely popular Cheesy Egg Boats with her young helpers, Lily and Fiona. This delicious meal is equally suitable for breakfast, lunch or dinner, and adults will love it every bit as much as the kids do. Slices are also handy for eating on the go when you're hit with a time crunch! Find the video and recipe at pccnaturalmarkets.com/healthykids.



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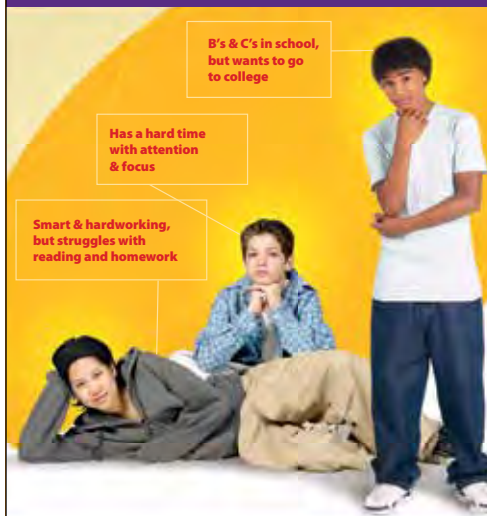
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Let's raise our voices for paid family leave

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

— Margaret Mead

Mother's Day is often marked with varying degrees of joy, angst and longing. Like most who have lost their mothers, I desperately yearn to steal back a flicker of time with my beloved mother. I wish I knew more about her choices, joys, challenges, motivations and sorrows. I wish she had more time with her five extraordinary grandchildren: Arielle, Eli, Simon, Sophie and Maya. The emotional pendulum of Mother's Day can swing from the nostalgic heart pulls of our memories to the blissed-out gift of being luxuriously revitalized by an Ayurveda wrap supporting our quest for balance. (Ask for it and you just may in fact avoid the annual tumultuous and boisterous brunch in favor of a spa trip!) Blessedness resides in all of it.

Pictured is my inside-and-out lovely 14-year-old adorning her size 9.5 pink Converse that will grace the cover of the upcoming *Spare Me 'The Talk! A Girl's Guide to Sex, [oy!] Relationships, and Growing Up*. This sister title to author and veteran sex educator Jo Langford's successful *A Guy's Guide* goes places no other book has journeyed. I deserve a solid D minus for my repeated failures in communicating with my kids around these sensitive but vital issues that will better ensure their safety — emotional, mental and physical. I am taking the oath to share this unflinchingly honest (and often funny!) book to help my youngest, Maya, navigate the danger-laden world of teenage sex and sexuality in the digital age. (Don't miss Langford's riveting, May 24 lecture, "One Click Away: Encouraging Smart Choices in a Wired World" at Seattle Children's.)

I'm also taking the oath to get the word out about paid family leave. This year, we need a humongous number of citizens to raise their voices in order for paid family leave to become law in Washington state. As part of our Making It Work mission-driven content, "The Push for Paid Leave" (p. 10) will inform and drive you to action. Whether you elevate these fundamental life issues within your workplace or family, whether you email your candidate or legislator or post on Facebook, your voice needs to be heard!

Alison



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PARENT FUEL

family news, snack-sized

Chartered territory

Charter schools just survived a tough battle in our state, thanks to a rare move by Gov. Jay Inslee, who refused to veto or sign Senate Bill 6194, allowing it to become law without his signature. The bill funds the schools using state lottery proceeds rather than the state's general fund. Last fall, the state Supreme Court ruled our state's charter schools unconstitutional because they're publicly funded but run by private, unelected boards and therefore are ineligible for tax money. Inslee opposes charters, saying they take resources away from public schools — but despite what he called “deep reservations,” he stopped short of shuttering the schools.



Empowering our kids

Face it: The internet can be a great resource until, well, it's not. How do we help set practical boundaries for our kids in a digital world? And how do those boundaries intersect with sexuality and relationships? That's the topic of therapist and sex educator Jo Langford's latest

book, *Spare Me the Talk! The Girl's Guide to Sex, Relationships and Growing Up*. It's also the focus of his upcoming lecture “One Click Away: Encouraging smart choices in a wired world.” Grab a ticket now for this Tuesday, May 24, event at Seattle Children's Hospital. Tickets and details at parentmap.com/langford.



D students

A vitamin D deficiency in early pregnancy may as much as double a child's risk of developing multiple sclerosis (MS) later in life, according to a new Harvard study. Researchers identified nearly 200 people who have been diagnosed with MS whose mothers were part of a study back in 2011; they found a 90 percent higher risk of MS among children whose mothers were vitamin D deficient during pregnancy.

Flu vaccine news

And while you're at it, talk to your doc about getting a flu shot — you might be preventing more than the flu. New research out of Australia has found a possible link between the flu vaccine and lower rates of stillbirth. The study found that women who received the flu vaccine during pregnancy were 51 percent less likely to experience a stillbirth than pregnant women who went without the shot. The Centers for Disease Control and Prevention recommends that almost everyone — including pregnant women — get a flu vaccine every year.



Gym rats

If you hate hauling it to the gym, you might have your mother to blame. Researchers studying mice have found that those born to mothers that were physically active during pregnancy were 50 percent more physically active themselves, compared with mice whose moms were couch mice. This may indicate that we are programmed to either love or hate working out before we're even born!

Sibling revelry

Toddlers, listen up: That pesky younger brother might just be good for your health! A new study in the journal *Pediatrics* finds that becoming a big brother or sister before hitting first grade lowers a child's chances of becoming obese. Kids who don't have a younger brother or sister were almost three times more likely to be obese by the time they were in first grade. Researchers say they're not sure yet exactly why this is true, but they think more active play and less screen time might be a factor once there's a younger sib to play with. ■

— Kristen Russell



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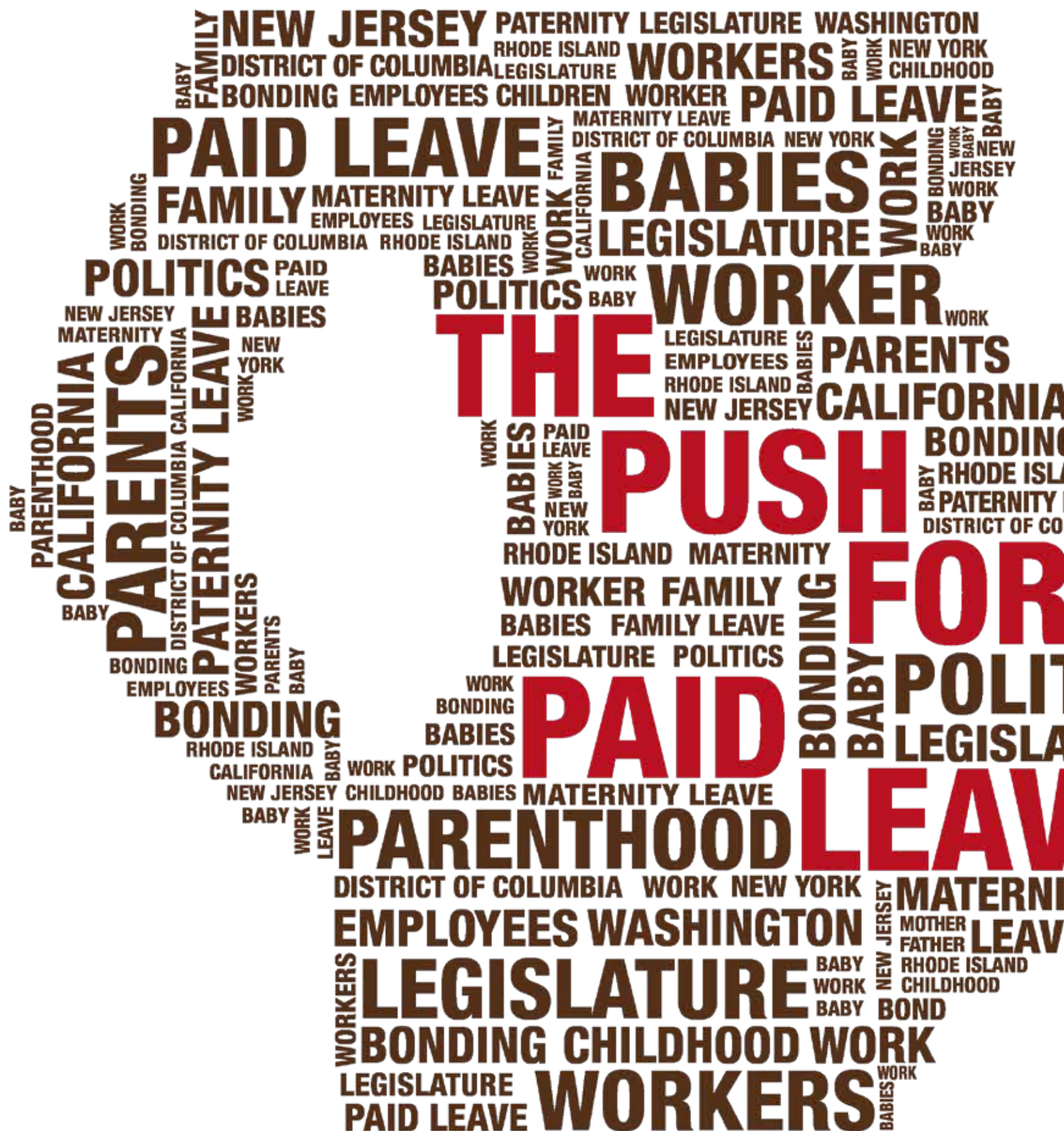
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Will Washington workers be next?

By Nancy Schatz Alton

When Beth* had her first two children, her employer's paid family leave policy covered her family's expenses while she took time off to recover and bond with her infants. Not having to worry about a gap in income meant she could focus on her maternity leave. But when she gave birth to her third child, Beth was working for a different company that did not offer a paid family leave policy. Still, she and her husband felt they could manage some debt in order to take unpaid time off.

Then, Beth was diagnosed with cancer just days before her baby's first birthday. During the following year of cancer treatments, the family's expenses piled up, along with their debt, as Beth took more unpaid time away from work.

Beth says that having a paid leave policy, either for maternity leave or to cover her cancer-related leave, would have better situated her and her family for her health crisis. "We're still digging out of debt," says Beth, who is now cancer-free.

For many employees, starting a family impacts the trajectory of their career and their family's economic story in ways both foreseen and unanticipated.

The way that an employee eases (or staggers) into parenthood creates ripple effects that can be felt for years, even decades, by families, workplaces, entire industries and our society. Research shows that parents who receive paid leave from work to recover from childbirth and raise their babies reap long-term benefits:

When new moms are afforded paid maternity leave, they have fewer health complications and are more likely to be working and earning more money one year after the birth of their child, which leads to better economic, academic and social outcomes for children later on. It's also been found that

babies receive better preventive care when moms are given paid leave.

When fathers have access to paid leave, they are more likely to take leave and are more involved in the direct care of their children. Paid leave actually improves businesses' bottom lines, reduces stress among employees and improves morale among the employees who take leave and their coworkers.

"Paid family leave is the No. 1 policy that improves health and economic outcomes for all people. Even though we live in the world's richest country, the wealthiest people here are dying earlier than in other countries. Our infant

**Names changed for privacy*

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feature

The push for paid family leave

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mortality ranks 37th worldwide,” says Teresa Mosqueda, political and strategic campaign director for the Washington State Labor Council, AFL-CIO. “All of society benefits from paid family leave, not just the people who are taking the leave.”

Yet despite these known benefits, the United States is one of only two countries with no national paid maternity leave for mothers (96 countries also offer paid paternity leave). The federal Family and Medical Leave Act (FMLA) ensures unpaid family leave for eligible employees, but

this guarantee is available to fewer than 50 percent of workers. And it's *unpaid*. What does this mean on the ground? One-quarter of working mothers will have to return to work within two weeks of bringing a

new child home. One-quarter of all poverty spells in our country stem from the act of having a baby.

While efforts to establish a national paid parental leave law have so far failed, progress is happening in both the private sector and at the state legislative level. Hear this, Washington state parents: Our turn could be right around the corner. Advocates say this state is closer than ever to passing a program that would, quite literally, change the way workers from Seattle to Spokane, from Kirkland to Kennewick, become parents and navigate both family life and work life after that milestone. Like the

handful of states that have led the charge launching paid family leave, Washington state is on the cusp of something big.

So what does this possible change — a major upgrade to our lives that would affect attorneys, kindergarten teachers and grocery clerks alike — need to move from imagination to implementation? You.

The ABCs of family leave policy

There are three ways a Washington state worker could receive paid

family leave.

The federal government could pass a national program; this possibility will be shaped by this fall's presidential and national congressional election results. The

Washington State Legislature could pass and fund a state paid family leave benefit, such as the current proposed insurance program. Or the worker's employer could have its own paid leave benefit. As employers such as Microsoft, Amazon and Adobe have implemented model policies, pressure for a state program that reaches more employees has grown.

“We used to read about paid family leave in the lifestyle sections of magazines, and now it's front-page news. Awareness around this issue has grown immensely



Sign online petitions

Sign up for alerts from the Washington Work and Family Coalition (waworkandfamily.org). The longer that list grows, the more emails legislators receive.

and as a result, we're seeing more paid family leave bills moving in state legislatures," says Maggie Humphreys, the Washington state organizer for MomsRising (momsrising.org), an organization of more than 1 million people agitating for economic security for all moms, women and families. "We're building on this momentum and working closely with our partners to poise Washington state for passage of a strong family and medical leave policy in 2017."

It's not advocates' first time at this rodeo. The current Family and Medical Leave Insurance (FAMLI) Act failed to get a hearing on either floor of the state Legislature during the 2016 session. If passed, the law would provide up to 12 weeks of leave at two-thirds of an employee's pay to care for a new child or a seriously ill family member, and 12 weeks for the worker's own serious health condition.

Since 1999, various proposals for a paid family leave law have come before legislators in Olympia. It seemed that momentum and awareness were building, and in 2007, a version of the bill was signed into law — but without the funding attached. Then, the Great Recession arrived in 2008.

"The framework was passed, and then we hit the terrible budget years and we still haven't recovered from that. In a way, we were

standing on the ledge and we never could make it happen," says Rep. June Robinson, D-Everett, House sponsor of the FAMLI Act.

Robinson says that in the interim, advocates have worked behind the scenes, and the private sector has made progress. "The good news is that individual businesses are doing it on their own . . . [now] we are starting to build a groundswell of support and we will see if it is possible [statewide]."

Advocates say now is the time

to make our voter voices heard in Olympia. Four states already have paid family leave policies in place: California, New Jersey, Rhode Island and most recently New York.

Hawaii has a workers' disability insurance that covers pregnancy and childbirth. Other states, including Massachusetts and Connecticut, have paid family leave bills proposed now, and advocates in quite a few other states are looking at 2017 as the year to push new legislation. New York's new program is the most comprehensive state family leave policy in the U.S., with 12 weeks of paid leave available to workers (Washington, D.C.'s tax plan, currently proposed, would offer 16 paid weeks if passed). >>



Pressure politicians

It's going to take a sense of urgency and pressure from citizens to turn a proposal into state law. Ask your elected politicians and candidates: "Will you support paid leave?"

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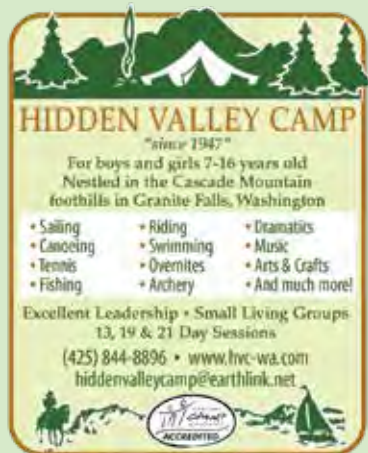
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feature

The push for paid family leave

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"Red and blue states alike are moving family economic security policies — like paid family leave, sick days, child care and fair pay — forward. While partisan gridlock is all too common in Congress right now, polling for these policies is sky high with real people of all parties. These types of policies are what pass at the city, county and state levels when we raise our voices together, because they boost families, businesses and the economy," says Kristin Rowe-Finkbeiner, executive director/CEO and cofounder of MomsRising.

"It takes a whole bunch of people to make wins, but people are stepping up and speaking out. We are the antidote to cynicism."

A single-issue campaign organization focused solely on winning paid family medical leave for everyone in the U.S., PL+US (paidleave.us), launched this February. "In 2017, we will focus on state legislation. In Washington, we want to help finish the paid family leave work that started in 2007," says Katie Bethell, senior leader and organizer at PL+US.

Washington, advocates say, still has time to be a national leader.

"Washington state has a proud history of innovation — from Boeing to Microsoft. We have an opportunity to lead again by passing one of the strongest paid family and medical leave bills in the country," Humphreys says.

Groundwork
already laid

Humphreys likes to say that 2015 was the year that the question of paid family leave for all became not if, but when.

That May, the City of Seattle began offering four weeks of paid parental leave (PPL). That August, Microsoft bumped up its PPL plan to 20 weeks for new mothers and 12 weeks for dads and non-birth parents in the U.S. That November, Amazon announced a new family leave policy that gave new fathers paid time off

for the first time in the company's history while boosting a birth mother's PPL to 20 weeks. That December, the King County Council approved 12 weeks of PPL for county employees welcoming

a new family member through birth, adoption or foster-to-adopt placement.

Many business owners who offer PPL say that these policies are actually good for their bottom line. "When you invest in a person, they invest in you. No one wants to lose that relationship when it's healthy and good," says Sarah Bird, CEO of Moz, a Seattle-based software company that offers four months of PPL and six weeks of paid leave for any situation covered under the federal FMLA. "We have lower employee turnover, and a lot of that is because of how we take care of people here. I am spending less time recruiting people and backfilling roles," Bird says. >>

Talk with
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Talk about paid family leave as a family issue instead of a women's issue, calling on men to stand up and speak about being active members of their families.

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The push for paid family leave

continued from page 14

Small-business owner Molly Moon says she started her company's leave policy for employee-retention reasons, too. "I have two male employees who are incredible that have been with my company for more than six years. When I heard one of them wondering if he needed a 'grown-up job' so he can support a family, I knew I needed a competitive benefits package," says Moon. Her company, Molly Moon's Homemade Ice Cream, offers 12 weeks of PPL. "For small-business owners, it's the mental health of the owner who has to deal with turnover. A good PPL plan helps me avoid the worry of having to hire and train someone new, and wondering if that person will be a good fit."

With businesses jumping on board with new programs and vocal support, and as we close in on the outcome and impact of this year's national and state elections, the Washington Work and Family Coalition is finessing the current FMLI Act before going back for a bid in the 2017 session.

"In our current proposal, the average worker would pay less than \$2 a week and be able to take up to 12 weeks of leave with two-thirds their usual pay. We're looking at potential tweaks, but we have a good basic model. We want to look at what will make it usable for everyone. We really want fathers to take leave, too," says Marilyn Watkins, policy director at the Economic

Opportunity Institute and leader of Washington Work and Family Coalition (waworkandfamily.org). Even when men are offered leave, they don't always take it. Studies show that men who take time away from work for family caregiving can face harassment, discrimination or mistreatment, according to the National Partnership for Women & Families.

The benefit's applicability to not only dads and moms but to any employee who needs to care for a family member (such as an aging

parent) or themselves (say, during a serious illness) broadens the appeal and seeks to curb the common quibble between employees who are or want to become parents and those who don't.

Struggle for families

While some business owners and employees may fret over a new insurance program with a payroll deduction, Watkins points out that the lack of paid family leave actually exacerbates inequalities.

"Without paid leave, the divide grows between those families whose kids are getting the best of everything compared to those families where moms and dads have to go back way too soon," Watkins says. Every baby in our state deserves a good start. Babies don't get to choose, and you shouldn't have to work for Microsoft to have a benefit like this."

Sen. Karen Keiser, D-Kent, says



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Take couple of minutes to send an email to your candidate or a legislator about paid family leave (find all your elected representatives at app.leg.wa.gov/districtfinder)

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The push for paid family leave

continued from page 17

she thinks of employees like the hotel workers cleaning rooms up and down the SeaTac strip. "There are hundreds of them, and not one of them has paid family leave insurance. It breaks my heart that the people who need it most are low-income employees working often in service jobs. Paid family leave clearly needs to be a minimum benefit for all employees," says Keiser, the Senate sponsor of the FMLI Act.

Both Julie* and her husband were working full time at Domino's Pizza when they were expecting their first child.

"I was planning on working right up until the baby came and to go back to work a few weeks after giving birth, but early contractions [forced me to shorten] my shift lengths. Then when the store's air conditioner was broken, I ended up calling my husband to come finish my shift for me as I cried on the floor of the walk-in refrigerator," recalls Julie, who lives in Snohomish County. She had a C-section and was unable to go back to Domino's until two months after giving birth. The worry and the frustration of physically not being able to do the work that represented her livelihood were overwhelming.

"I wasn't able to save up nearly as much money as I wanted. My husband [only] took five days off after I gave birth because we needed the money," Julie says.

Early impacts

Easing the financial strain of welcoming a new baby into a family is just one way that paid family leave policies create good starts for families.

"All infants become attached to their caregivers. The big argument for family leave is that both parents need time with their child. Parents need to be there to offer care and comfort regularly," says Susan Spieker, Ph.D., a professor of family

and child nursing and director of the Barnard Center for Infant Mental Health and Development at the University of Washington.

"The first six weeks are unpredictable, and infant crying peaks at six weeks. I

worry more about the parents; babies in child care still become attached to their parents. Parents need this protected time for bonding, [for] getting to know their baby and working out their routines. I don't want people without family leave to feel guilty about their baby. I believe in the resilience of the baby but it's so stressful [to go back to work during this transition]," Spieker says.

The FMLI Act is a gender-neutral policy. This means that paid family leave is for single dads, and families with two dads or two moms and for adoptive parents. Beyond building a strong family foundation during that first



Talk at work

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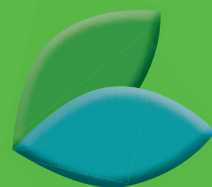
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The push for paid family leave

continued from page 18

year of life, the way we care for our children correlates to how our children think about our family culture, and even about gender roles, as they grow. “We know that children learn a lot implicitly from their environment, that they are really good at picking up patterns in their world. Starting early, you’re giving kids role models. You’re changing cultural stereotypes if you are changing what children are learning from their home environment,” says Sarah Roseberry Lytle, Ph.D., director of outreach and education at the Institute for Learning & Brain Sciences (I-LABS) at the University of Washington. “You want dads to change diapers. You want moms to do math, so kids know moms do math. Some of the research we’ve done shows how kids internalize environment, moving from the idea of ‘girls don’t do math’ to ‘I don’t do math because I’m a girl.’ What you are doing is exposing kids to this new normal: Mom is not the only caregiver; dad is a caregiver, too.”

Last big push

Paid family leave is just around the corner, and it’s within reach. Legislators and voters are building support; businesses are moving forward along a parallel track; and the parenting culture has become less gendered than it has ever been. Are these the perfect conditions the state needs?

What it’s going to take to pass paid family leave in Washington, advocates say, is a sense

of urgency and pressure from citizens to turn a proposal into a fully funded Washington state law.

“Literally thousands of bills get introduced every year. It’s really easy to just brush it aside, because it seems too big. But we already know how to pay for paid family leave in the U.S.A. We are not going to adopt Sweden’s model or even the Canadian model but we can certainly adopt the California model,” [which offers workers six weeks of partial pay for care of a newborn baby, foster or adopted child, seriously ill family member, or their own disability], Watkins says.

But we, the parents, and all those who support strong families, a diverse workforce and a strong economy need to act. “The call for paid family leave rises from the people because we have the experiences of not having paid leave when we need it,” says Mosqueda.

So, Washington parents: We need to agitate like the spin cycle on the biggest, baddest washing machine, one that can handle the busiest family’s dirtiest jumble of soccer socks, yoga pants and Monday-morning blouses. Between now and the next legislative session, we need to lather. We need to froth.

If you are in the baby-making years, this issue hits home. If you’re past those years, think back to how paid leave would have impacted you, and how it can change the future of families across our state.

Democracy is not a spectator sport, Rowe-Finkbeiner likes to say.

Now, let’s go get our leave. ■

Nancy Schatz Alton is a Seattle author. Find her blog at withinthewords.com.

States with paid family leave

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PENDING NEXT
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California.....
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5 ways to have a spring crafternoon



MAKE GARDEN MARKERS: If you're starting your garden from seeds this year, have your kids help you make homemade rock garden markers: Simply pull out your paints and put your pint-sized Picassos to work on coloring in all of the veggies and fruits that you're planning on featuring in this year's family plot.

CREATE SEED STARTERS: Fun as gifts or for home, kids will love making DIY shredded-paper seed starters. Using shredded recycled paper and tissue paper, make a paper mixture in a bowl and combine with water until soft. Then drain, place the paper mix into a decorative cookie cutter, and add your seeds to the wet paper once the shape is set. Let dry and you're ready to plant.

FEED THE BIRDS: This classic craft is always a winner. Easy for small hands to create, you'll only need to have some peanut butter, birdseed, twine, pine cones and scissors to get started on your own "cheep" treats.

ECO-FRIENDLY EGGSHELL STARTERS: Why spend money on plant starter kits when you've got eggs in the fridge? When you next cook with eggs, carefully crack each shell before emptying it to leave a little bowl. Plant seeds in the egg with soil, then crack the shell gently before placing the sprouts in the ground when they're big enough.



SPRING SCAVENGER HUNT: So easy. Find a number of "treasures" in your backyard that are easy for kids to find, take photos and print them on a piece of paper (or write them out). Then set the kiddos loose with prizes for fastest, most creative and more.

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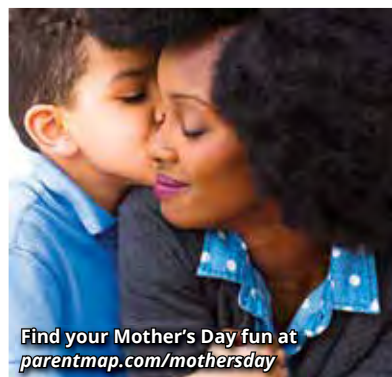
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PICKS



Syttende Mai Parade, Ballard, May 17



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Billy Elliott, Village Theatre, May 12-July 3



Jo Langford on 'One Click Away,' May 24

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SUNDAY

1

Bicycle Sunday. Take your family's two-wheelers out for a spin on this first of many car-free Sundays along the lake. Select Sundays, 10 a.m.-6 p.m. **FREE.** Lake Washington Boulevard, from Mount Baker to Seward Park, Seattle. seattle.gov/parks/bicyclesunday
Camlann Festival for May. Travel back to the 14th century at Camlann's annual Mayday fest, with Maypole dancing, demonstrations, games and entertainment. April 30-May 1. \$6-\$10; ages 5 and under free. Camlann Medieval Village, Carnation. camlann.org

8

Remlinger Farms Opening Weekend for Mother's Day. Steam train, hay maze, pony rides and more. Saturday-Sunday, May 7-8. \$11.75-\$13.75; under age 1 free; moms and grandmas free on Sunday with brunch purchase. Carnation. remlingerfarms.com
Free Train Rides for Moms. Take a scenic vintage train excursion. Saturday-Sunday, May 7-8. \$12-\$22; mothers free with paying child. Northwest Railway Museum, Snoqualmie. trainmuseum.org

15

Anne Frank: A History for Today. Just a few remaining chances to experience this moving exhibit. Wednesdays, Sundays through May 25. \$5-\$10 suggested donation; reservation required. Grades 6 and up. Holocaust Center for Humanity, Seattle. holocaustcenterseattle.org
Puget Sound Starts Here Family Fun Day. Scien-terrific hands-on activities, games, entertainment, prizes and more. 10 a.m.-2 p.m. **FREE.** Foss Waterway Seaport, Tacoma. fosswaterwayseaport.org

22

Mushroom Maynia. Puget Sound Mycological Society promises "family fungi fun" at this mushroom-growing fest. 10 a.m.-4 p.m. \$3/person or \$5/family. Center for Urban Horticulture, Seattle. psms.org
Campout Cinema. Cozy up for *Star Trek II: The Wrath of Khan* plus trivia, giveaways and more fun. 7:30 p.m. \$12. Film rated PG. EMP Museum, Seattle. empmuseum.org

29

The Music Man. Make it a day out to see this outdoor production about a smooth-taking salesman who rolls into River City. May 29-June 19, 2 p.m. \$10-\$20; ages 5 and under free. Kitsap Forest Theater, Bremerton. foresttheater.com
The Marvelous Land of Oz. Studio East presents this world premiere based on Frank Baum's sequel to *The Wizard of Oz*. Friday-Sunday, May 27-June 19. \$17. Ages 4 and up. Kirkland. studio-east.org

MONDAY

2

Let's Play: Pinocchio. Giggles guaranteed at these fun, short shows designed for the preschool crowd. May 2, 6 and 7; 10:30 a.m. \$5. Ages 0-5 with caregiver. Olympia Family Theater, Olympia. olyft.org
Sing and Dance with Erika. Folk musician plays tunes for a preschool dance party. 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**

9

Play to Learn. Kids and caregivers gather for community play and circle time. 10-11:30 a.m.; additional weekly times and locations. **FREE.** Ages 6 and under with caregiver. Madison Complex, Tacoma. playtacoma.org
Luke's Kids Drop-in Play Time. Preschoolers and their grown-ups meet up to play at this Ballard church. Mondays, 10 a.m.-noon. \$5 suggested donation. Ages 0-5 with caregiver. St. Luke's Episcopal Church, Seattle. stlukesseattle.org **ONGOING EVENT**

16

Lil' Diggers Playtime. Get digging in the sand, no matter the weather outside. Monday, Wednesday, Thursday; 9:30-11 a.m. or 11:30 a.m.-1 p.m. \$7. Ages 5 and under with caregiver. Sandbox Sports, Seattle. sandboxsports.net **ONGOING EVENT**
Meet-up Monday. Meet up with friends to receive \$3 off admission plus free coffee for adults, while it lasts. Mondays, 9 a.m.-9 p.m. \$7 with discount; adults and under age 1 free. WiggleWorks Kids, Bellevue. wiggleworkskids.com **ONGOING EVENT**

23

Seattle Aquarium Beach Naturalist Program. First day of this seasonal program that explores tidal life at area beaches, with Seattle Aquarium naturalists on hand. 10 a.m.-1:30 p.m. **FREE.** Check website for multiple locations and additional dates. seattleaquarium.org **ONGOING EVENT**
Juggling Club. Stop by to learn and practice juggling; all levels welcome. Mondays, 7-9 p.m. **FREE.** Ages 5 and up. Top Ten Toys Greenwood, Seattle. toptentoys.com **ONGOING EVENT**

30

Kodomo no Hi - Children's Day. Celebrate this traditional Japanese holiday with performances and hands-on activities. 10 a.m.-3 p.m. \$4-\$6; ages 5 and under free. Seattle Japanese Garden. seattlejapanesegarden.org
Memorial Day at The Museum of Flight. Honor our veterans at this commemoration featuring patriotic music and ceremonies. 10:30 a.m.-12:30 p.m. Free admission for veterans and active U.S. Military personnel. Seattle. museumofflight.org

TUESDAY

3

Preschool Playtime. Need a breather? Drop your little ones for play and social time. Tuesdays, Thursdays; 9-11 a.m. or noon-2 p.m. through June 3. \$10; call to reserve spot. Ages 3-6. Lynnwood Recreation Center. ci.lynnwood.wa.us **ONGOING EVENT**
Tot Trek - Search for Salamanders. Little ones and their grown-ups look for critters in the woods. 10:30-11:45 a.m. **FREE;** preregister. Ages 2-3 with caregiver. Camp Long, Seattle. seattle.gov/parks

10

Kidz Bounce Drop-In Time. Take a break while your little ones get their workout. 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**
Hello! Exploring the Supercute World of Hello Kitty. Last week to learn the story of the cartoon kitty with international popularity. Daily through May 15. Included with admission. EMP Museum, Seattle. empmuseum.org

17

Syttende Mai Parade. Ballard flies its Scandinavian colors at this popular parade highlighting the neighborhood's enduring connection to some of its early settlers. 6 p.m. **FREE.** Along N.W. Market St., Seattle. 17thofmay.org
Learning Buddies. Elementary-age kids improve their reading and math playing games with a high school buddy. 4-5 p.m. **FREE.** Seattle Public Library, Beacon Hill and NewHolly Branches. spl.org

24

One Click Away: Encouraging Smart Choices in a Wired World. Author and therapist Jo Langford, M.A., provides tools on creating smart boundaries for your family at this ParentMap lecture. 7 p.m. \$25-\$30. Adults. Seattle Children's Hospital. parentmap.com/lectures
Shadow Lake Bog Self-guided Walking Tour. Stroll the boardwalk in this fascinating bog preserve for a great tot-length hike. Daily during daylight hours. **FREE.** Shadow Lake Nature Preserve, Renton. shadowhabitat.org

31

Hoppy Hour. Bounce time for energetic kids to get the wiggles out. Monday-Friday, 10 a.m.-12:30 p.m. \$5-\$8. Ages 1-8. Elevated Sportz Trampoline Park, Bothell. elevatedsportz.com **ONGOING EVENT**
Pool Playland. It's swim time for parents and tots in the warm pool. 11 a.m.-noon daily through summer. \$3.75-\$5.25; under 1 free. Ages 0-5 with caregiver. Pop Moun-ger Pool, Seattle. seattle.gov/parks/aquatics

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Write your first and last name here • Escribe aquí tu nombre y apellido

Tear out and bring your log into the library to register for Summer Reading!

START
HERE!
20
¡COMIENZA
AQUÍ!

100

600

900

800

400

500
HALFWAY!

Staff
Initials
Halfway!

2016 SUMMER READING PROGRAM BEGINS JUNE 1.

Color one shape for every 20 minutes spent reading,
being read to, or listening to a book.

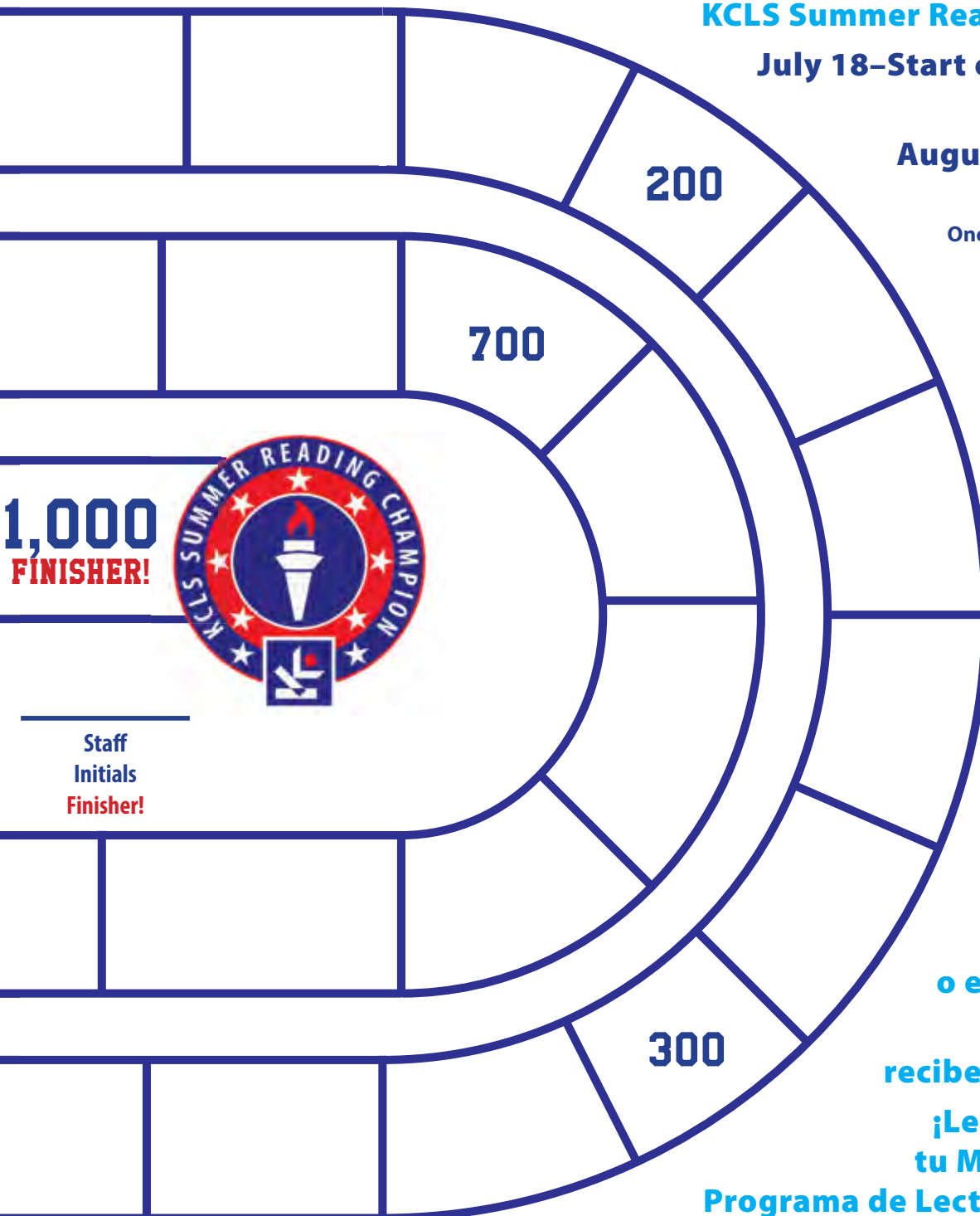
Read 500 minutes and receive a halfway prize.

Read 1,000 minutes to earn your
KCLS Summer Reading Champion Medal!

July 18–Start collecting your halfway
and finisher prizes.

August 31–Summer Reading
Program ends.

One half way prize and one finisher prize
per child, while supplies last.



**EL PROGRAMA
DE LECTURA
DEL VERANO
2016 EMPIEZA
EL 1 DE JUNIO.**

Colorea una forma
por cada 20 minutos
que leas, te lean,
o escuches un libro audio.

Lee 500 minutos y
recibe un premio intermedio.

¡Lee 1,000 minutos y gana
tu Medalla de Campeón del

Programa de Lectura de Verano de KCLS!

El 18 de julio comienza a coleccionar los premios intermedios y de finalista.

El 31 de Agosto termina el programa de Lectura de Verano.

Un premio intermedio y un premio de finalista por niño, mientras duren las existencias.

FUN THINGS TO TRY THIS SUMMER

COSAS DIVERTIDAS PARA PROBAR ESTE VERANO

- | | |
|--|---|
| <input type="checkbox"/> Go on a hike and identify trees and birds. | <input type="checkbox"/> Identifica árboles y pájaros cuando vayas de caminata. |
| <input type="checkbox"/> Play a card game. | <input type="checkbox"/> Juega a las cartas. |
| <input type="checkbox"/> Play a game of hopscotch. | <input type="checkbox"/> Juega a la rayuela. |
| <input type="checkbox"/> Learn a magic trick. | <input type="checkbox"/> Aprende un truco de magia. |
| <input type="checkbox"/> Help cook a healthy meal. | <input type="checkbox"/> Ayuda a cocinar una comida sana. |
| <input type="checkbox"/> Learn more about your favorite sports heroes. | <input type="checkbox"/> Aprende más sobre tus héroes deportistas favoritos. |
| <input type="checkbox"/> Play Simon Says. | <input type="checkbox"/> Juega a Simon dice. |
| <input type="checkbox"/> Have a family board game marathon. | <input type="checkbox"/> Realiza un maratón familiar de Juegos de mesa. |

Find more fun things to try at kcls.org/kids/summer

BOOKS I HAVE READ • LIBROS QUE LEÍ

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WEDNESDAY

4

Bike to School Day. Ask your school to register with Cascade Bicycle Club, or just get on your bike and ride to school, to the park or around your neighborhood, today or any day. **FREE.** cascade.org
Holocaust Remembrance Observance and Memorial. In honor of Holocaust Remembrance Day (May 5 this year), a memorial service and candle lighting will be held at Stroum Jewish Community Center, and local survivor Henry Friedman will share his story. **FREE.** 6:30-8:30 p.m. Mercer Island. holocaustcenterseattle.org

11

Story Time for Kids. Settle in for new and classic kids' books, plus activities and refreshments. Wednesdays, 11 a.m. **FREE.** Ages 2-5 with caregiver. University Bookstore, Mill Creek. bookstore.washington.edu
ONGOING EVENT
Conservatory Story Hour. Lovely verdant surroundings make for a pleasant spring story time. 11 a.m. **FREE;** donations appreciated. Ages 3-8 with caregiver. W.W. Seymour Botanical Conservatory, Tacoma. seymourconservatory.org

18

Toddler Tales & Trails. Story time and a tot-sized nature hike. Wednesdays, Saturdays, 10-11 a.m. \$2. Ages 2-5 with caregiver. Seward Park Audubon Center, Seattle. sewardpark.audubon.org
ONGOING EVENT
Wednesday Play Group. Free, drop-in play time. Wednesdays, 10:30 a.m.-noon. **FREE.** Ages 0-5 with caregiver. FamilyWorks Resource Center, Seattle. familyworksseattle.org **ONGOING EVENT**

25

Wild Wednesday. Free admission the last Wednesday of the month with two-item food bank donation. 9 a.m.-8 p.m. **FREE** with donation. Ages 1-10. PlayDate SEA, Seattle. playdatesea.com
SkyMania Toddler Time. Burn off pre-schoolers' morning energy. Tuesday-Thursday, 10-11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com **ONGOING EVENT**

THURSDAY

5

Reading with The Wing. Stories with Asian characters or books by Asian authors plus art activity. 11 a.m. **FREE.** Ages 1-4 with families. Wing Luke Museum, Seattle. wingluke.org
Dr. Seuss' The Cat in the Hat. Faithful adaptation of the story of our favorite zany cat and his outlandish antics. Through May 22. Ages 3 and up. \$22-\$40. Seattle Children's Theatre, Seattle. sct.org

12

Billy Elliott. A young man switches from boxing to ballet in this inspirational musical with a fantastic score by Elton John. May 12-July 3 (July 8-31 in Everett). \$44-\$72. Ages 10 and up. Village Theatre, Issaquah. village theatre.org
Family Nature Class. Explore the natural world with learning stations. Thursday-Saturday, 9:30-11:30 a.m. \$18 per adult/child pair; preregister. Ages 2-5 with caregiver. Washington Park Arboretum, Seattle. depts.washington.edu/uwbq **ONGOING EVENT**

19

Seattle International Film Festival. The renowned festival's family-friendly track (Films4Families) screens new feature-length, short and animated films, including the much-anticipated *Little Door Gods* from new Chinese animation studio Light Chaser. May 19-June 12. siff.net
Dusty Strings Presents Eric Madis Acoustic Trio. Terrific live music from friends of Dusty Strings acoustic music for a family night out. 6:30-8 p.m. **FREE.** Crossroads Market Stage, Bellevue. crossroadsbellevue.com

26

Kaleidoscope Play and Learn. Stop by 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
Board Game Night. Try out new games or join in league play and win prizes. Thursdays, 6:30-9:30 p.m. **FREE.** Card Kingdom, Seattle. cardkingdom.com **ONGOING EVENT**

FRIDAY

6

Critter Club. PDZA kids' program features stories, hands-on exploration and an animal surprise. May 5, 6, 19 and 20; 11 a.m. \$11-\$13; preregister. Ages 3-4 with caregiver. Point Defiance Zoo & Aquarium, Tacoma. pdza.org
Paws-on Science: Husky Weekend. Fun, interactive science activities plus Dubs, Husky marching band and more. Included with admission; discount for UW alumni, staff and students. Pacific Science Center, Seattle. pacificsciencecenter.org

13

A Year with Frog and Toad. Arnold Lobel's delightfully quirky characters and their friendship are set to music in this charming musical adaptation. Friday-Sunday, May 13-June 5. \$13-\$19. All ages. Olympia Family Theater. olyft.org
Family Night Walk. Begin in the lab then head out in the dark in search of nocturnal creatures. 7-9 p.m. \$15; preregister. Ages 6 and up. Mercer Slough Environmental Education Center, Bellevue. pacificsciencecenter.org

20

Free Admission Night at Imagine Children's Museum. Play free with your friends and family the third Friday evening of the month. 5:30-9 p.m. Ages 1-12 with families. Imagine Children's Museum, Everett. imaginecsm.org
The Wiz. The story of *The Wizard of Oz* exuberantly re-told through the lens of the African-American experience. Friday-Sunday, May 20-June 12. \$12-\$31. Tacoma Musical Playhouse. tmp.org

27

Northwest Folklife Festival. The theme for this year's festival is "The Power of the Human Voice through Song," showcasing a huge array of talent and opportunities to learn and make music. Discovery Zone features hands-on activities and performances especially for kids. Friday-Monday, May 27-30. \$10/person or \$20/family suggested donation. Seattle Center. nwfolklife.org

SATURDAY

7

Free Comic Book Day. Just like it sounds! Visit one of dozens of area comic stores to choose from among 50 free comic books offered **FREE** today. freecomicbookday.com
SIFF 2016 Films4Families Preview. Get a sneak peek of some of the excellent family films from around the world to be screened at this year's SIFF, see *The Lego Movie* on the big screen and play in a giant Lego playspace. 1 p.m. \$5. SIFF Cinema Uptown, Seattle. siff.net

14

Kids' Fish In. Learn to fish with expert guides. Bring fishing gear; limited gear available to borrow. Preregister for time slot between 7:30 a.m.-3:30 p.m. **FREE.** Ages 4-14. Thornton Sullivan Park, Everett. everettwa.org
Bear Camp. Learn about our formidable Northwest neighbors plus test out Trek's fantastic new playground. Saturday-Sunday, May 14-15. Included with admission. Northwest Trek Wildlife Park, Eatonville. nwtrek.org

21

A Glimpse of China: Chinese Culture and Arts Festival. Festal celebrates 5000 years of Chinese culture. 11 a.m.-6 p.m. **FREE.** Seattle Center Armory. seattlecenter.com/festal
Petpalooza. A day of four-legged fun including a Dog Trot Fun Run, pony rides, agility area, 'Unleashed' pet contest, and pet adoptions. 10 a.m.-5 p.m. **FREE;** some activities have fee. Game Farm Park, Auburn. auburnwa.gov

28

The Art of the Brick. The stunning sculpture of artist Nathan Sawaya redefines what can be built with Legos. May 28-Sept. 11. \$20.75-\$28.75 (includes admission to all exhibits); ages 2 and under free. Pacific Science Center, Seattle.
Canoe Mercer Slough. Ply the waters of the amazing Mercer Slough with a guide; prior canoeing experience required. Select weekends through Sept. 6, 8:30 a.m.-noon. \$16-\$18; preregister. Ages 5 and up. Enatai Beach Park, Bellevue. myparksandrecreation.com



Northwest Folklife Festival, Seattle Center, May 27-30


Seattle Children's
 HOSPITAL • RESEARCH • FOUNDATION
www.seattlechildrens.org

Better Babysitter Classes
Sat, May 7 and Sun, May 22, 9 a.m. to 2 p.m.
 Seattle Children's Admin Building
 6901 Sand Point Way NE, Seattle

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. www.seattlechildrens.org/classes

Fee: \$45 per person. Pre-registration required.

Purchase a Miracle for Seattle Children's
May 1 - June 15
 Grocery stores across Washington

Purchase products marked by Purchase a Miracle shelf tags at your local grocery store to support Seattle Children's Hospital.

www.seattlechildrens.org/purchase-a-miracle



Pack (a picnic) and play

7 spots for a perfect spring spread

By Fiona Cohen

At its best, a family picnic is a mini vacation: a chance to leave day-to-day routine behind, spread out under the open sky and spend some time together. No wonder it's a favorite activity for Mother's Day, despite the fact that mothers are often the ones packing the picnics (or at least supervising). These seven favorite picnic spots around Seattle offer a range of experiences, from farm fun to tide pooling to hiking. What they have in common are beauty, bathrooms (important!) and that sense of getting away from it all, which makes an open-air meal taste just a little bit better.

1 NEIGHBORHOOD CHARM

Mount Baker Park, Seattle

This leafy lakefront park is the northern launching point for this year's Bicycle Sunday, an event held on 14 Sundays in spring and summer when the city closes three scenic miles of Lake Washington Boulevard to motorized traffic, and bicycles roll free (2521 Lake Park Dr. S., Seattle). The most popular place to picnic is probably near the lifeguard-posted swimming area on the lakefront, but there are many lovely shady spots in the inland part of the park; look for the spiffy new playground on the south end of the park by South McClellan Street.

EATS: Pick up locally sourced deli items, farmers-market-quality produce, smoothies and fresh-pressed juices at **The Feed Store**, a new gourmet *bodega* across the street from the Mount Baker Park playground. Sit on one of the 1940s stools and order a pour-over coffee while the kids "ride" the old-fashioned, coin-operated pony ride (3605 S. McClellan St., Seattle).



2 THE FARM IN THE WOODS

Farrel-McWhirter Farm Park, Redmond

Located just 10 minutes from Redmond Town Center, Farrel-McWhirter feels like a world away. Walk through a forest of tall trees, surrounded by birdsong, to the children's farm. There, kids can encounter goats, pigs, chickens, horses and rabbits. The best picnic area, with a shelter, tables and a wide lawn, is between the farm and Mackey Creek (19545 N.E. Redmond Road, Redmond).

EATS: Grab excellent banh mi sandwiches, which are rapidly becoming Seattle's version of hoagies in Philly or burgers in L.A., at **Yummy Pho Vietnamese Restaurant**, about 10 minutes away (8920 161st Ave. N.E., Redmond). >>



REDMOND.GOV



REDMOND.GOV

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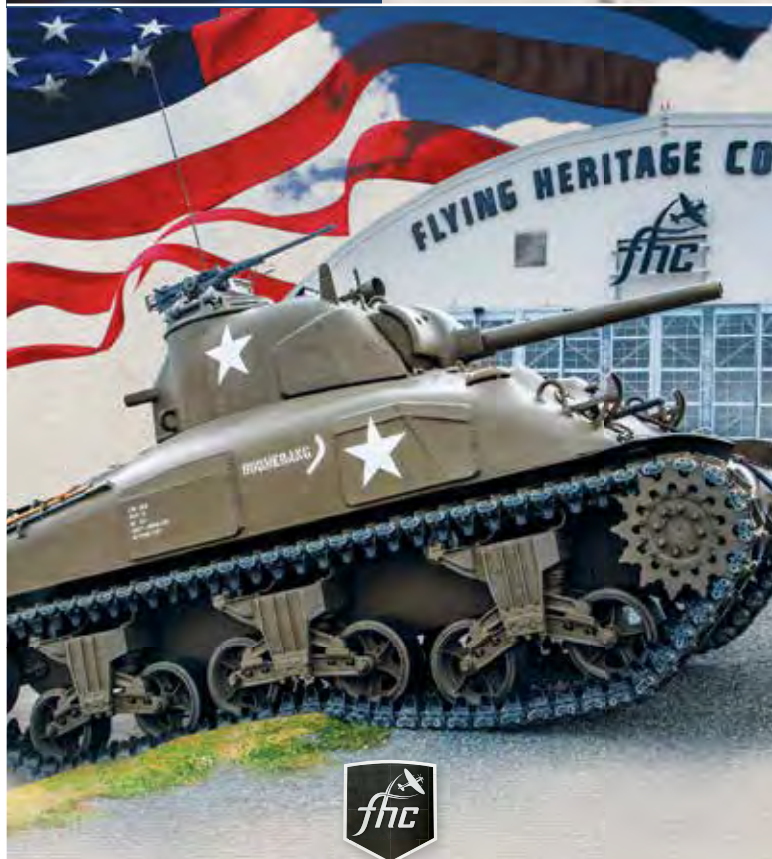
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MAY 30
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877-FHC-3404 FLYINGHERITAGE.COM

out + about

Pack (a picnic) and play

continued from page 31



Flickr Creative Commons / JOSE RIZAL YES PROGRAM

3 THE CITY AT YOUR FEET

Dr. Jose Rizal Park, Seattle

Perched on the northwest corner of Beacon Hill, this park boasts a sweeping view that overlooks the bustle of Elliott Bay and

downtown Seattle. Long before it became a park, this hillside was a favorite picnic spot for Filipino families in the neighborhood. It's named after Jose Rizal, a brilliant writer, scientist and a hero in the Philippines' struggle for independence. The park also has a playground, an off-leash area for dogs and walking trails (1007 12th Ave. S., Seattle).

EATS: **Beacon Ave Sandwiches**, a small neighborhood joint, offers an array of internationally themed sandwiches, including a creation called "The Filipino," comprising pork adobo, mango and pineapple salsa (2505 Beacon Ave. S., Seattle).



Facebook BEACON AVE SANDWICHES

4 WHERE ALL SPORTS MEET

Magnuson Park, Seattle

If you live in Seattle, and you or your kids have any inclination to be sporty, chances are you've spent time in this sprawling park on the shore of Lake Washington. It plays host to a huge variety of organized and disorganized sports, from soccer to cricket (on the specially built pitch south of the Tennis Center) to boating (at Sail Sand Point). There's even a miniature golf course.

But there's a quieter side to the park: the woods, natural meadows, lovingly restored wetlands and a children's garden, just north of the large Junior League playground. Environmental educators run a variety of programs at the park (magnusonnatureprograms.com).

The best picnic spots are by the lake, near the swim beach and its spacious bathrooms, which are a stone's throw from Kite Hill (7400 Sand Point Way N.E., Seattle).

EATS: Pick up freshly baked bagels, sandwiches and other goodies from the beloved Wedgwood bakery **Grateful Bread**, which also has a few toys for kids (7001 35th Ave. N.E., Seattle).



Flickr Creative Commons TIA INTERNATIONAL

5 BIG, BEAUTIFUL BEACH

Dash Point State Park, Federal Way

This state park has woods and trails, but the main attraction is the beach. At high tide, it is broad and sandy. At low tide, it grows enormous, with acres of sand flats to explore. Seattle Aquarium will send beach naturalists here during the first weekend in June and July 2-5 to answer questions about starfish, moon snails and other tidal life. Discover Pass is required for parking (5700 S.W. Dash Point Road, Federal Way).

EATS: Located near Interstate 5, about 15 minutes away from the park, **Marlene's Market & Deli** carries a variety of wholesome sandwiches, salads and baked treats. If your family can't agree on a picnic food (mine certainly can't), you can order, say, a roast beef sandwich for one person and quinoa salad for another (2565 S. Gateway Center Plaza, Federal Way). >>



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ParentMap

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Presented by Bellevue Parks &
Community Services Bellevue Youth Theatre

Beauty and the BEAST

May 13–22, 2016
Bellevue Youth Theatre-Crossroads
16051 NE 10th Street, Bellevue



Advance tickets: \$12. Purchased after tech week begins: tickets go up to \$15. BEAUTY & THE BEAST tech week begins **Monday, May 9.**

All seats are reserved and we do sell out. Buying your tickets early is highly recommended.

For group rates and special pricing, show information or tickets, call **Sheila Framke** at the BYT Box Office, **425-452-7155.**

out + about

Pack (a picnic) and play

continued from page 33



AMY BROCKHAUS / MOUNTAINS TO SOUND GREENWAY TRUST

6 GATEWAY TO THE SKY

Poo Poo Point, Issaquah

For kids and adults who have the energy to take on a two-mile hike uphill, this amusingly named destination in the Issaquah Alps offers huge rewards. (Not that it makes any difference to a sniggering 7-year-old, but the name refers to the loggers' steam whistles that once resounded through these hills.) After ascending the Chirico Trail (look for a view of Mount Rainier along the way), you come to a broad, clear area, with a sweeping view of Lake Sammamish, Issaquah and Bellevue. Watch the paragliders set themselves up, check and recheck the wind, and finally launch themselves into the breeze. As for where to set up picnic camp, there are two picnic tables and a composting toilet. (No running water here.) Get directions and more at wta.org/go-hiking/hikes/poo-poo-point-chirico-trail.

EATS: Pick up artisan bread, sticky buns and other baked goods from **Forest Fairy Bakery** (485 Front St. N., D-1, Issaquah; closed on Sunday). For decent sandwiches and salads, stop at **Panera Bread** (775 N.W. Gilman Blvd., Issaquah).



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Peter & The Wolf

Sunday, May 22, 2016, 2:30 pm

Prokofiev's timeless favorite introduces the different instruments in the orchestra as characters in a classic Russian folk tale. Each character is represented by a different musical instrument or group of instruments. The piece specially features the Woodwind Family of instruments. David Fischer narrates.

Please note: there is no instrument petting zoo with this performance.

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

Presented by:



Additional support provided by Washington State Arts Commission, the National Endowment for the Arts, University of Puget Sound, Lexus of Tacoma at Fife, TAPCO Credit Union, Annie Wright School, Driscoll Restaurant Group and Parent Map.

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PICNIC ESSENTIALS

- Water
- Picnic fixings: sandwiches or baguettes and cheese, fruits, cut veggies, sparkling juice, etc.
- Layers (for the changeable weather)
- Sunscreen
- First aid kit — including bandages, antibiotic ointment and wipes
- Towel — in case of wet seats and play equipment
- Trash bag





COURTESY CITY OF SHORELINE

7 WIND AND WAVES

Richmond Beach Saltwater Park, Shoreline

Cross a narrow pedestrian bridge over the railroad tracks at Saltwater Park in Shoreline and you're in a world of sun, sea and sand dunes. This is one of Puget Sound's windy places, so you'll often spot kiteboarders frolicking in the waves near here. Even on a sweltering day, you're likely to find a breeze. Kids will love climbing and playing pretend among the driftwood, and you can eventually head to the castle-themed playground above the parking lot (2021 N.W. 190th St., Shoreline).

EATS: Pick up fresh tortillas, superb cheeses, sushi and much, much more from **Central Market** (15505 Westminster Way N., Shoreline), a local supermarket wildly popular with families with global tastes (and with 2-year-olds who enjoy pushing their own carts). ■

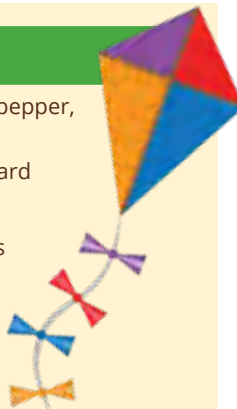


CENTRAL-MARKET.COM

Fiona Cohen lives in Seattle. She has two kids, ages 14 and 12. Her first book, a kids' guide to natural history, will be published by Sasquatch Books in spring 2017.

NICE TO HAVE

- Hand sanitizer
- Tablecloth — adds to presentation, and prevents food from falling through the planks of the picnic table
- Waterproof or water-resistant blanket or cloth
- Camp chairs
- Bug and bird guides
- Condiments — salt, pepper, Sriracha, mustard
- Knife and cutting board
- Napkins
- Cooler with ice packs
- Playthings: stomp rockets, footballs, soccer balls, kites, buckets, nets



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Evergreen Middle School • 7621 Beverly Lane, Everett

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- The Bubbleman from 3-4PM

Organized through community partnerships with Snohomish County Human Services

The core problem

Is a 'mommy makeover' right for you?

By Malia Jacobson

Like most new moms, Olya*, 31, expected her body to change after pregnancy and childbirth. But the Bellevue mother of two didn't anticipate how drastic the transformation would be. Six months after giving birth to her second child, she still looked six months pregnant. Well, sort of — her belly didn't actually resemble pregnancy's evenly round bump. Rather, it slanted to one side, with a protruding belly button that looked like the end of a half-inflated balloon.

She felt cosmetically disfigured, she says, and that wasn't even the worst part. Every day, she fought lower back pain, aching numbness in her legs and debilitating fatigue. "By the end of the day, I couldn't even stand up," she says.

Worried that something was seriously wrong, Olya consulted her primary care doctor, who scanned her pelvis via ultrasound and declared her healthy. Unsatisfied, Olya made an appointment with her ob-gyn. After a brief physical exam, her doctor suspected *diastasis recti*, which is a vertical separation of her lower abdominal muscles, and an umbilical hernia near her belly button.

Olya was referred to Helen Kim, M.D., of Proliance Surgical Specialists at Bellevue's Overlake Hospital Medical Center. Kim confirmed the diagnosis. Pregnancy and childbirth had left Olya with severely damaged abdominal muscles. Unable to properly support her lower back and internal organs, Olya's compromised core caused her backaches, leg pain and weakness.

And there was even worse news: All the sit-ups in the world wouldn't help. The strain of pregnancy had forced the muscles to separate beyond the point of self-healing. The good news: There was a fix. Olya needed an abdominoplasty and a hernia repair, a package of surgical procedures better known as a "mommy makeover."

Fixing the floor

Olya is not alone. At least one-third of all women experience problems related to the pelvic floor — a hammock-like layer of muscle and connective tissue that supports the uterus, vagina and bladder. While tears in the abdominal wall like Olya's are

less common, any issue with the area can wreak havoc on a woman's physical appearance and quality of life, says Kim.

Enter mommy makeovers, designed to help women regain their pre-baby bodies. The surgery can include a number of different procedures, including breast augmentation, breast reduction and vaginal tightening. Depending on the needs of the patient, mommy makeovers can also correct prolapsed, or collapsed, pelvic organs, including the uterus, bladder and vagina, to remedy pelvic pain, urinary incontinence and pain during sex.

Plastic surgery is nothing new; according to

to go forward with the surgery," she says. "I needed to be able to care for my children without pain. That's the most important thing to us."

Therapy without bandages

Surgery isn't always the obvious choice, however. It can be pricey, carries risks and often isn't recommended for women planning additional pregnancies. That's when nonsurgical pelvic floor physical therapy (PT) might help.

While PT can't repair abdominal muscle tears or hernias like a surgical mommy makeover can, a 2016 study shows that basic strengthening exercises



Mommy makeovers can also correct prolapsed, or collapsed, pelvic organs, including the uterus, bladder and vagina

the American Society of Plastic Surgeons, the number of tummy tucks performed in the U.S. increased 85 percent between 2000 and 2010. In Seattle alone, the number of locals researching mommy makeovers has jumped 32 percent in the past year, according to Seattle-based RealSelf, an online community and resource for information on cosmetic procedures.

These fixes cost a pretty penny. Because procedures such as breast augmentation and vaginal rejuvenation are considered elective, they're often not covered by insurance. (Surgeries such as hernia repair and to correct prolapse usually are.) Per RealSelf, mommy makeovers cost an average of \$12,000, but can set patients back as much as \$50,000. But many women, including Olya, say it's well worth the cost.

"My husband and I talked about it and decided

effectively treated mild pelvic organ prolapse, helped stop urinary incontinence and reduced or eliminated pelvic pain. Common exercises include pelvic floor contractions (aka Kegels), lunges, squats or small, controlled movements such as squeezing a rubber ball between the knees.

The results can be surprising. Tacoma mom Amber started pelvic floor PT when her now 2-year-old son was 6 months old. She wanted to stop leaking urine whenever she sneezed. Amber figured she needed to tighten her pelvic muscles, but PT revealed that it was her overly tense pelvic muscles that were actually causing the problem.

Amber's physical therapist used vaginal biofeedback, an electrical readout that showed the levels of tension in her pelvic floor, to help her learn to relax those muscles.

"Now, I'm always mindful of tension in my

pelvic floor,” Amber says. “I know what to do when symptoms flare up.”

A doctor’s referral isn’t necessary for PT, although many women talk to their ob-gyn or midwife about the option. Treatment is often covered by insurance and generally involves three to six sessions every few weeks, with exercises assigned as “homework” between sessions.

It’s never too late to seek out pelvic floor PT, says physical therapist Peg Maas, a board-certified women’s health specialist at Seattle’s Swedish Medical Center. “There’s not a window of time for addressing these concerns, even if it’s been years since you gave birth.”

As for Olya, she got surgery last September. She’s still recovering, but her back and leg pains are gone, and her energy has returned. At her six-month checkup she was given a clean bill of health and told to “go out and live life.” That, she says, was always the goal.

“I wanted to be active with my kids. I wanted to play with them and chase them and lift them up. That’s what this was about, for me,” she says. “Recovery has been tough, but I would do it again.” ■

Malia Jacobson is a nationally published freelance writer specializing in health and family topics.

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Celebrating all the mothers

By Angela Stowell

EDITOR'S NOTE

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

I spent my first Mother's Day under the covers, barely able to breathe, my eyes swollen from hours of crying. There was no breakfast in bed, no flowers or Mother's Day brunch. I had given birth 10 months earlier, but on this day, while my mom friends were at home reading handmade cards and eating burnt pancakes, I was trying to survive one more painful reminder that I was not actually a mother. Not yet, maybe not ever. My twin sons, Nathanael and Gabriel, had been stillborn after I was diagnosed with a rare disorder of the placenta called twin-to-twin transfusion syndrome.

So there I was, a childless mother on a day that was, ironically, created by a woman who never had children. And I was angry. I was angry at all of the moms who lovingly complained, as I do now, about whiny toddlers and Popsicle-stained sofas. I was angry at the world for being so insensitive to all of the mothers who have lost children and who have to celebrate their motherhood in the shadows of those with living children.

There was nothing I could have done that day to take away the rage and pain that only a mother could feel, because I was a mother, despite the loss.

It has been almost five years since the stillbirth of our twins, and even though the rawness of that first year of grief has subsided, it will never fully



go away. I am still the mother of two babies I never got to bring home from the hospital. But I am also the mother of one of the world's sweetest 3-and-a-half-year-olds, who was perfectly placed in my life to help heal my heart. I'm also the mother of a very outgoing and outspoken 22-month-old. And I am a better mother to both of my living children because of my loss.

This year, I will probably celebrate Mother's Day like most moms with small kids and busy lives. I will still jokingly complain about syrupy kisses

and peanut butter in my hair, and I will do so with a deep gratitude for my chance at motherhood. I will celebrate myself as a mother who knows both profound grief and profound joy. I will celebrate the army of strong, resilient mothers, some of whom you will never celebrate because they remain childless mothers. I will celebrate the women in my life who have lost adult children and know that not a day goes by, much less a Mother's Day, in which those brave mothers have not, for even a second, stopped loving their dead children.

To all of you women who have faced infertility, miscarriage, stillbirth, or infant or child loss; to those who have lost their adult children too soon: I celebrate you and the wonderful mothers you are to the world and people around you. ■

Get help, give help

Parent Support of Puget Sound (psopugetsound.org) offers support groups and resources for parents who have lost a baby. Global Alliance to Prevent Prematurity and Stillbirth (GAPPS) strives to improve birth and maternal outcomes globally (gapps.org). And Seattle Children's Journey Program offers help to grieving parents (206-987-2062, www.seattlechildrens.org/clinics-programs/grief-and-loss).



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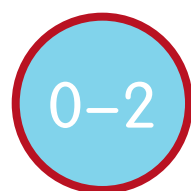


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Is your baby a musical prodigy?

The answer is yes!

By Michael Berry

Is your baby the next Mozart? While unlikely — the nearly superhuman Mozart achieved fame as a violinist, pianist and composer all by the age of 5 — most children are born with incredible musical abilities that eclipse those of adults.

Nurturing these abilities will spur your baby's social, intellectual and emotional growth.

"Children deserve the opportunity to develop all their sensory capacities, in order to live their lives to the fullest," says Patricia Shehan Campbell, professor of ethnomusicology at the University of Washington (UW) and an expert in children's music. "The sounds that surround them stimulate their listening ears, and the musical expressions they experience are pathways for understanding the world in which they live."

Making music is a social activity that encourages bonding, aids in a child's intellectual growth and helps her learn and share emotions. The earlier you get started, the better — you don't even need any talent or equipment! In fact, you're probably already helping your child become more musical, whether you know it or not.

Music and language

We've all been guilty of using a singsongy voice when talking to baby. It turns out, however, that lilting manner of talk might be good for your little one.

"Singing is slower than speaking and very deliberate, so babies hear the words and the order in which they come more clearly when we sing," says Allison Butler, director of education for Joyous Noise Studio, which has six locations in the Seattle area. "The rhythmic patterns and the intervals catch and hold a baby's attention and engage him or her more fully than speaking alone."

It doesn't matter what you sing, only that you do so. Singing helps infants pick up on important features of spoken language. Many song lyrics are written in grammatically correct, complete sentences, while music's repetitive structures reinforce important words. Even when you speak

normally, the rhythm and tone of your voice convey important information about the intention behind your words.

That's why any song will help your baby better understand the world. "If you don't know many songs, make them up," says Butler. She suggests using popular Christmas carols or hymns that you know well and changing the lyrics. "New words about diapers and mushy rice cereal do quite well."

Music and intellectual growth

Listening to music does more than engage your baby; it introduces him to patterns of repetition and variation. Infants, says University of Toronto psychologist Sandra Trehub, are good at making judgments about musical sounds. They can, for example, recognize when a melody raises or lowers all the notes at a consistent value.

Infants can also readily differentiate between notes that are at least a halfstep apart — from a white key to the adjacent black key on a piano, for example. They show a preference for consonance (combinations of notes that sound pleasant) as opposed to dissonance (combinations that sound harsh); some will even show discomfort when they hear dissonance. Similarly, infants tend to prefer happy music (upbeat and in major keys) to sad music (slower and in minor keys).

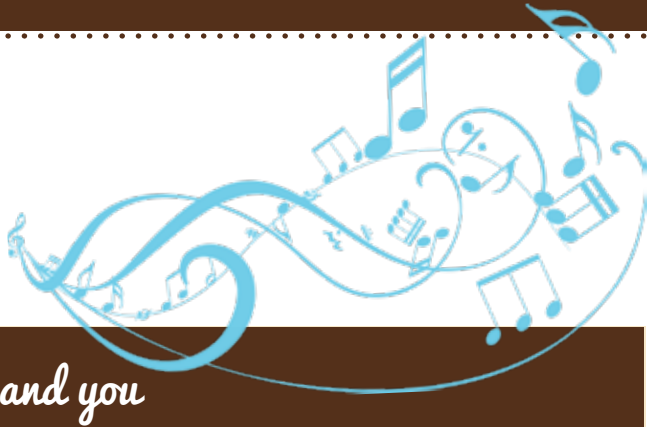
As babies become more familiar with a particular song or style, they start to predict what will come next. Music provides a safe testing ground for our predictive abilities, says Ohio State University music theorist David Huron, and it teaches us to keep a steady beat — an important life skill.

"Keeping a steady beat is a time-management skill," explains Butler of Joyous Noise. "Walking, crawling and running are all done to a specific beat — usually the child's internal steady beat. There are many fine motor skills that are linked to the ability to keep a steady beat, too, such as cutting with scissors and writing smoothly."



*Walking,
crawling and
running are
all done to a
specific beat
— usually the
child's internal
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SCHOOLS + PRESCHOOLS



music and you

Developing your baby's musical sensibilities is easier than it sounds. Give these tips a spin.

HIT PLAY. Listen regularly to music, in the car, at meals and at bedtime. Even playing in the background, music provides baby with plenty to enjoy.

LET YOUR BABY ROCK OUT. Let baby make her own music. Simple instruments such as rattles and tambourines (or pots, pans and a wooden spoon) allow children to explore cause and effect while expressing themselves.

DON'T PLAY CONDUCTOR. Refrain from showing your baby how to make music. Don't take his hand and bounce the instrument up and down, for example. That will just make him feel confined.

HAVE A LITTLE FUN. Get into it! Move to the music and move your baby, too. Bounce, dance, sway, walk or rock to whatever you're listening to. Tap your baby along with the beat; this will help her internalize it.

BROADCAST GLOBAL TASTES. Expose your baby to a wide variety of music. Tunes ranging from those of Caspar Babypants to Buddy Holly to, yes, our old friend Mozart can provide young listeners with new listening experiences.

Music and emotion

Even in the womb, a child becomes accustomed to sensations associated with particular emotional states. The mother's voice, heartbeat, digestion and walking speed offer physical cues to emotional states through pitch and rhythm, says Richard Parncutt, an Australian professor of music cognition.

At birth, however, infants possess very few emotions themselves, say Emery Schubert and Gary E. McPherson, both also Australian professors of music cognition. It's during the first year of life that babies acquire many of the emotions, such as happiness, sadness, anger, joy and fear, that are necessary for survival. Music plays an important role in that development.

Schubert and McPherson suggest that while an infant's musical brain is still underdeveloped in many respects, it is sophisticated enough to extract meaningful emotional cues from music, particularly when paired with the pitch and rhythm of spoken language.

"By learning to listen," says Campbell of the UW, "children grow more deeply engaged in what it means to be human. Music is a means of social and self-definition, a bridge for young children from the self to others." ■

Michael Berry is an artist-in-residence in music theory at the University of Washington. He earned his bachelor's degree in double bass performance and his master's degree in music theory from Temple University.





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Do this to help your kid succeed



SAT, ACT, AP, IB — so many acronyms, so little time. But does any one test or college-prep class equal success for your child? The short answer: No. It's about general well-being, says clinical psychologist Laura Kastner, Ph.D. The University of Washington associate professor and author of five books shares her solutions for common problems faced by parents as they attempt to raise healthy, successful children. Read more at parentmap.com/collegetips.

DON'T IGNORE IT. It can be easy to write off your child's bad behavior. Hormones, lack of sleep, general angst. But your child cannot succeed if he's unhappy. Address the early signs and symptoms of emotional and social struggle. Don't be afraid to get help, be it from a therapist, school counselor or other ally.

EXPECT MESS. Repeat after us: Mess is normal. It's unrealistic to expect childhood (including and especially the young adult years) to be anything but chaotic. Rather than rage against what you cannot change, embrace the crazy. In fact, enjoy it. Soon enough your nest will be empty.

CONVERSATION IS KEY. Child problems only mushroom if left to their own devices. Make time to talk through behavioral challenges including anxiety and stress. If you have a co-parent, don't always play bad cop to his or her good cop (or vice versa). Foster a sense of collaboration and don't focus on "winning" the co-parenting wars.

EDUCATE YOURSELF. Education isn't just for your kid. Attend every parent education opportunity you can. Not only will you learn something, you'll associate with other adults going through similar struggles. Reach out to them for support when the going gets rough.

— Laura Kastner, Ph.D.

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2–10

Emoji Shakespeare?!

How to introduce classic literature to your children

By Caitlin Flynn

Once upon a time, there were classic books. And there were children who read those books — as soon as they were old enough. There were, sometimes, very patient parents who read those classics to their precocious, patient young children, page by precious page.

Hundreds of years went by this way, sharing the canon with readers only when they were ready for the existential angst of Victor Hugo and the passionate bloodletting of Shakespeare.

That is, until a new millennium dawned, when suddenly babies could, quite literally, chew on Jane Austen while they smashed their dinner peas, and bug-loving toddlers could dig into *My First Kafka* after a productive day of hunting beetles in the sandbox.

In 2014, the American Academy of Pediatrics officially began recommending that parents begin reading aloud to their children starting at birth in order to prevent education and opportunity gaps that emerge when those kids are as young as 18 months old. Conveniently, publishers in recent years have filled the marketplace with adaptations of even the most unlikely classics for tots, such as *Pride and Prejudice* counting primer board books and, for the slightly older kid crowd, graphic novels adapted from the likes of Dickens (Bah! Humbug?).

Although abridged versions of classics have always existed, publishers are getting increasingly creative with their adaptations. For example, a new series of books aimed at tweens and teens retells Shakespeare's classics using text messages and emoji. The series includes titles such as *YOLO Juliet* and *Sryslly Hamlet* (yes, seriously).

Parents are, like, OMG

This growing kid lit trend hasn't come without controversy and concerns. Parents might be understandably eager to share their favorite classics with their kids, but some worry that some of the books' best aspects will be lost if children read an abridged or "dumbed-down" version of the classic.

Books are deemed "classics" for myriad reasons, including storytelling, narrative structure, language, message and historical context. All these things should be taken into consideration when deciding how and when to introduce your child to a classic, whether it's the original format or an adaptation. Lauren Mayer, a children's librarian at The Seattle Public Library, emphasizes that there's not a correct way to introduce your kids to the classics. Instead, she says, the approach varies depending on the book, the child and what aspects of the book the parent wishes to share with the child.

Obviously, a 2-year-old isn't going to understand the deeper concepts of *Moby Dick*, *Sense and Sensibility* or *Les Misérables* — all of which are now available as board books. However, that doesn't mean they won't benefit from aspects of such adaptations. With these board books, it's not about sharing the classic elements in a way that will result in literary comprehension, but rather about introducing children to language and its rhythm at an early age. The practice of reading any book aloud to an infant instills the idea that reading is a fun, positive experience. Plus, why not read something you will enjoy, too?

Publishers are getting increasingly creative with their adaptations

"If the parents are enjoying the books and it's clear that they're having fun reading with their children, that's going to come through and make it a positive experience that will make [those children] want to read in the future," Mayer says.

But remember: It's a sin to kill a mockingbird

While it can be fun to introduce books you love in formats your child can handle, if you are especially passionate about the beautiful language and storytelling of a particular classic, you might want to wait until your child is old enough for the original.

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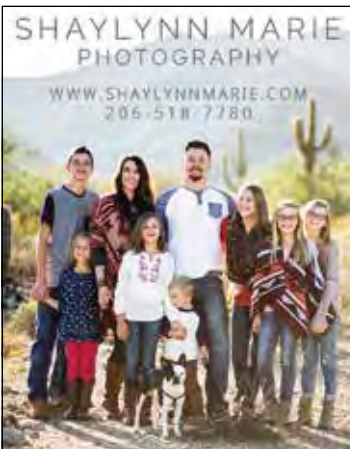
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2–10 Introducing classic literature

continued from page 43

“It’s all about what the parent is hoping to share with the child,” Mayer says. “If their primary interest is sharing the story, then they should use whatever form is best for their child. But if they really want to share their passion for the language and the structure, and they feel that’s what makes it special, then they should wait to read the original out loud.”

Although there’s certainly a market for the growing number of adaptations, Mary Bayne and Kathryn Dennis, booksellers at Mockingbird Books in Seattle, say that customers seem to prefer the original classics rather than adaptations. They note that friends and relatives often seek original versions of the classics as special gifts for the kids in their lives.

Bayne and Dennis say their primary concern with graphic novels and board books is that the emphasis on pictures destroys that magical, imaginative element of reading. Bayne suggests that parents read the originals aloud so the children can use their imaginations to picture the story.

“I think reading without pictures is better for kids, unless the subject matter is very

difficult and the pictures clarify the story,” Dennis says.

When a parent and child read together, it allows the child to ask questions and process elements of the plot that may be confusing to them. At The Seattle Public Library, librarians encourage parents to continue reading aloud to their children, even when the child is older and reading independently. “They can read aloud or take turns reading to each other. It’s a great way to share the classics,” Mayer says.

A truth universally acknowledged

Parents frequently seek out beloved classics from their own childhoods when looking for a book to read with their kids. This is a great place to start, because their love for the novel will come through as they read it out loud.

Mayer emphasizes that we certainly shouldn’t dismiss adaptations altogether — rather, they should be evaluated on their own merits. “If a parent really loves Shakespeare or *Treasure Island* and thinks their child will enjoy the story, I say go for it and share it with your child, even if it’s abridged or edited in some way.”

It is likely that by introducing the literature to children in a format they can process, they will be more comfortable or interested in picking up the original in a few years when they are able to understand the text.

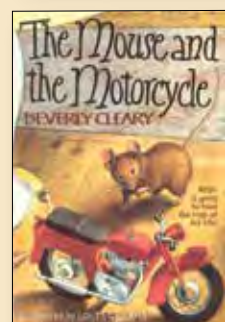
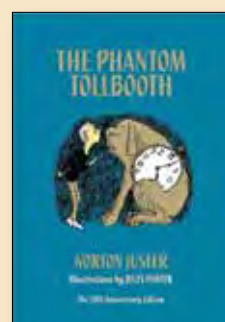
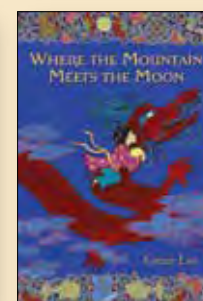
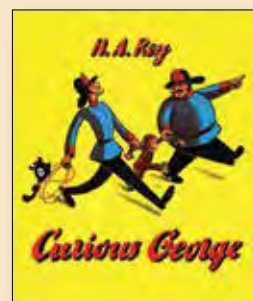
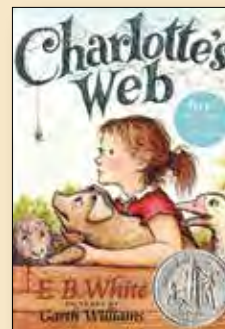
And whatever the format, don’t get too stuck in the past.

When parents seek out recommendations, booksellers and librarians are keen to introduce “new classics” that reflect the growing awareness of diversity in the publishing industry. While older classics reflect the publishing industry’s biases of certain eras, works by authors of color, such as Jerry Pinkney and Christopher Paul Curtis, are finally beginning to get the recognition they deserve. ■

Caitlin Flynn is a lifestyle and entertainment writer at Bustle (bustle.com). Before moving to Seattle, she worked at Random House Children’s Books in New York City.

classics

Accessible classics to read aloud or to give kids in their original form:



recommendations online

The following websites offer recommendations for reading aloud as a family, along with new classics:

Seattle Public Library: Family Read-alouds

seattle.bibliocommons.com/list/show/73413760_seattle_kids_librarians/118213231_seattle_picks_-_family_read_alouds

King County Library System: Children’s Classic Fiction

kcls.org/kids/reading/booklists/bibliocommonsBookList.cfm?booklist_id=209384013

New York Public Library: 100 Great Children’s Books

nypl.org/childrens100

New York Review Children’s Collection

nyrb.com/collections/the-new-york-review-childrens-collection



There's a vaccine that prevents cancer

So why don't more kids get it?

By Bryony Angell

In recent years, more and more parents have become aware that there is a widely available vaccine that prevents life-threatening cancers, protects against genital warts and is available for free to many youths, including those in Washington state younger than age 19.

Yet despite this, only 40 percent of American girls and a mere 20 percent of American boys ages 13–17 get the vaccine for human papillomavirus (HPV), an easily acquired and potentially life-threatening infection. Compare that to the nearly 80 percent in vaccination rates for meningitis and around 90 percent for measles, mumps and rubella. What gives? One leading reason that so few children and teens receive the readily available protection against HPV, despite its wide availability, could come down to this: our fears and misconceptions about sex.

What is HPV?

Human papillomavirus is the nation's most common sexually transmitted infection and a leading cause of cancers of the vagina, penis, anus and other “private” areas. But how much are

our own hang-ups about sex denying our kids a healthier life?

Human papillomavirus is actually a group of viruses that can be transmitted through sexual contact, even when a condom is used, and can be spread whether or not there are symptoms (there often aren't). About 79 million Americans currently have HPV, with 14 million newly infected every year. It's so common, in fact, that the Centers for Disease Control and Prevention (CDC) says most sexually active people will get at least one type of HPV during their lives.

HPV also causes genital warts, which about 360,000 people get every year in the U.S. One in 100 sexually active American adults who have genital warts at any given time.

*If we prevented
most HPV infections,
we could eliminate
almost all cervical
cancers*

What does the vaccine do?

The Food and Drug Administration (FDA) currently licenses two HPV vaccines. One, Gardasil, prevents four HPV types, in addition to HPV 6 and 11, which cause 90 percent of genital warts; the other, Cervarix, prevents two HPV types that cause 70 percent of cervical cancers.

“Almost all cervical cancer cases have been found to be directly related to HPV,” says Sonja Olson, M.D., a family practice doctor at Seattle's Country Doctor clinic. “If we prevented most HPV infections, we could eliminate almost all cervical cancers.”

We're already seeing results. Even though vaccination rates are lower than doctors would like to see, the CDC reports a 56 percent reduction in the number of young women contracting HPV-related infections since the vaccine's 2006 introduction. A 2016 study published in the journal *Pediatrics* showed that HPV rates have plummeted by 64 percent among women ages 14–19 and 34 percent among those ages 20–24.



So, what's the problem?

"A lot of the resistance [to getting the vaccine] comes from the parents," says Andrew Sinfuego, M.D., a pediatrician at Seattle's Group Health Cooperative. "The main reason I hear is that their teens do not need it because they are not going to have sex or are not going to be [sexually active] until they get married."

Olson sees the same thing. "I understand how there is the gut instinct for parents of preteens to hesitate about giving their child something that will prevent a sexually transmitted infection, because we all like to think of our kids as being kids forever and not doing adult things," she says.

Of course, statistics tell a different story: 47 percent of teens in a 2013 CDC survey reported that they have had sexual intercourse. Of the teens who had had sex within the last three months, only 41 percent reported using a condom. Nearly half of the 20 million new cases of STDs each year are among young people ages 15–24.

A 2015 Harvard Medical School study found that physicians may actually discuss the vaccine in such a way that they discourage parents from investigating the option. "We were surprised that physicians so often reported recommending HPV vaccination inconsistently, behind schedule or without urgency," says Melissa Gilkey, Ph.D., the study's leader and an assistant professor of population

medicine at Harvard. "We are currently missing many opportunities to protect young people from future HPV-related cancers." Washington state ranks 12th for immunization of females (ages 13–17), at 43.8 percent; for boys in the same age range, we rank 13th, at 24.6 percent. Those numbers are still far behind those in other countries. In Australia, for example, the vaccine is offered in schools. There, in 2014, 73 percent of girls and 60 percent of boys turning 15 had completed the vaccine series.

hpv vaccination 101

- A series of three shots given over a six-month period
- Most effective if completed before sexual activity begins
- **First dose given:** now.
Second dose: one–two months after first dose.
Third dose: four months after second dose. All three doses are required.
- Females: ages 11–12; available to women 13–26
- Males: receive only Gardasil vaccine. Ages 13–21; may be given to males 22–26
- Recommended for all sexual orientations

Source: Washington State Department of Health

Mandating the HPV vaccine in the U.S. has proven a controversial topic, although the vaccine itself is safe and proven effective (just two states, Rhode Island and Virginia and the District of Columbia, currently require HPV vaccines). Side effects are rare; those reported include mild pain at the injection site, nausea or fever. More severe reactions are extremely rare.

Ten years on the market and five years of clinical testing, however, have not dissipated misconceptions. Sinfuego recalls a mother who got mad after the father of her daughter had her get the first dose of the vaccine. "She said we 'infected' her with HPV," says the doctor. "I was trying to explain that this is an inactivated virus vaccine, so it cannot infect the person receiving the vaccine, but she was adamant. She made us place a note on her daughter's chart that she is not to receive any other doses of the vaccine."

Your kids are going to do it

Let's face it: At some point, sooner or a bit later, our kids are going to be sexually active. Most parents, when we set aside our fears or discomfort thinking of our children as sexual beings, would agree that we want their experiences to be as healthy and positive as possible. HPV is common. It causes cancer. And now, we can fight it. ■

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.



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Untangling teen girl emotions

Lisa Damour on her new book about the seven transitions to adulthood

By Nancy Schatz Alton

Although I've been a teenage girl myself, I'm no expert when it comes to parenting one. Looking for guidance, I found *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* by Lisa Damour, Ph.D. Immediately, I saw myself and my daughters reflected in the book's true-to-life anecdotes sprinkled with psychotherapy know-how.

Take this passage in the first chapter, "Parting with Childhood": "One minute your daughter lobbies to download songs with raunchy lyrics, and the next, she curls up on the couch in the exact same position she adopted at age 6 to read a book she enjoyed at age 8." That may seem confusing, but, Damour explains, the "seemingly paradoxical behavior is actually brilliant."

Your daughter, writes Damour, is parting with childhood in fits and starts, rather than all in one terrifying go. This process can be difficult for parents as they "mourn" the loss of their little girl, but it's important to connect with the woman she's becoming.

Ding! With that, the lightbulb turned on. Instead of fearing the natural process of my daughters growing up, I need to embrace the young women they're becoming.

There are seven stages to this process, writes Damour in her new book, and no right way to navigate it. For my money, though, Damour is a pretty good guide. She directs Laurel School's Center for Research on Girls, writes a column for *The New York Times*, teaches at Case Western Reserve University and maintains a private psychotherapy practice.

Here's what she had to say about the stages of transition.



We typically think of girls at ages 11 and 12 as tweens. Why include them in a book with the word "teenage" in the subtitle?

There's this expectation that 11 and 12 isn't like it really is . . . ages 11–14 can be really intense. Many 11-year-olds want to go to their room and close the door. We think we should be getting along with our kids and if we aren't, there's something wrong.

If I had to have another title for my book it would have been: *It's Not About You*. If your 11-year-old was forthcoming and your 12-year-old doesn't want to talk, parents take it personally. It's not personal: That's normal development.

Before I had a tween, I believed my kids wouldn't want me around anymore. Now I know my

The goal is to have a decent amount of time and warmth, but you aren't going to have both every day

tween and teen both pull away and hold tight, often on the same day. How do you explain this push-and-pull phenomenon?

Teens totally want us to go way, except when they need us. The emotional whiplash of parenting a teenager is getting pulled in and pushed away again and again.

Teenagers are like swimmers: The water is their world, and we are the edges of the pool holding them together. Eventually a girl has a bad lap and she comes scrabbling to the edge of the pool, trying to get her breath back.

For the parents, the experience is usually, "I'm so happy she's back!" For the girl, she feels like a baby at the pool's edge the moment she gets her breath back, so she pushes her parents away. She can be snarky and very abrupt, and it's hard for the parents if they don't expect the push.

How can parents be better at managing our teens' outbursts but also asking them to be kinder?

There's not a one-size-fits-all response that is going to work for all families all the time. The balance of parenting is getting it right over the course of years.

For a rude teenager, we need [a variety of] different responses. There's [the scenario of] the

kid said something and the parent leaving the room and not engaging. There's 'You're being rude and knock it off.' Or 'That's not really like you. Are you OK?' Any of these are perfectly reasonable responses. Parents feel like there's one right response, but that doesn't reflect human life.

When we look at really successful kids, we see that they come from families that contain warmth and structure. The goal is to have a decent amount of time and warmth, but you aren't going to have both every day. Home is a place where we can relax, and we don't need to fix things and make things right every minute.

In Untangled, you discuss venting and complaining. What's the difference and how can parents recognize it?

When teenagers complain, they can give the impression that somebody needs to do something. But most of what teens talk about can't be fixed: bothersome friends, bad classes, etc. It's helpful if we ask them, 'Do you want my help with this or do you just need to vent?' Venting is valuable, and adults do it all the time. We just need to unload, but we don't need anyone to fix anything.

Recently, I asked high school juniors what they wanted me to talk about with their parents. One of the girls said, 'I want you to tell my parents that when I tell them about my school day, I just want them to say, "OMG, that sucks!"' Of course, it's really well-meaning [as a parent] to ask your daughter if she's tried this or has she thought of that, but what she really wants to do is just dump it and move on.

These two sentences are underlined in my copy of the book: 'Must we fight? Can't we build emotional intelligence without fighting?' Explain this idea. How can fighting help teach our kids emotional intelligence?

What it comes down is to how the fighting happens. There are fights when everyone attacks each other, or when people withdraw or when people give in. What we want to get to is when we say to the teenager, 'Hey, here is where I'm coming from and where are you coming from and can we make this work?' We are trying to help teenagers have more insight into what is going on inside of them. This helps drive their mental health.

Arguments are not always going to go well. There's something really powerful about saying, 'I just messed up. I had a really bad reaction. Can we have a do-over?' This is saying, 'I'm human, I'm going to make mistakes and I'm going to try to fix them' [and also saying] 'I know you're human, you're going to make mistakes, and I'm going to help you fix them.' Then your teen knows it's OK to not get it right every day.

It's much, much trickier when an adult says, 'I'm the parent and I don't make mistakes.' Teenagers see right through that and know you're not perfect. Better to own it and fix it together. ■

Nancy Schatz Alton is the co-author of two holistic health care guides, The Healthy Back Book and The Healthy Knees Book. Find her blog at withinthewords.com.

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Liliana Lengua

By Alayne Sulkin • Photograph by Will Austin

Parenting is more than checking off boxes; it's about nurturing positive well-being for both children and parents, according to the University of Washington Center for Child and Family Well-Being (CCFW). No doubt the mission is an important one, but for center director Liliana Lengua, Ph.D., a professor of psychology, well-being means more than good general health. It means flourishing.

How do you define well-being, and how can families improve their own well-being?

We focus on well-being at our center because it goes beyond the absence of health and mental health problems to include the idea of “flourishing” — being happy, healthy, satisfied and successful. We also look beyond the well-being of an individual child and consider the well-being of the family and community surrounding that child.

Parents are absolutely fundamental in supporting their children's well-being, and the systems surrounding the parents are critical in supporting them. Families need good living conditions (stable housing, food, employment, family-friendly work policies), good health and mental health care, safe neighborhoods, stable and meaningful social connections and high-quality, accessible child care and educational settings.

Founded in 2011, CCFW is relatively new. What inspired the idea?

We started the center as a collaborative effort among faculty who do research related to children's development, mental health and well-being. It usually takes 10–20 years for only about 10 percent of research findings to impact practice. We wanted to change that so research had a more meaningful impact on parenting, health and mental health practices, education and policy. So we built CCFW around the goal of creating opportunities for collaborative, multidisciplinary research and disseminating the findings of our research to the community.

What are you most proud of so far?

I am most proud of our faculty and staff's collaborative spirit and commitment to improving the lives of children and families. Each of the faculty affiliated with our center is an accomplished researcher doing critically important work, so each of them deserves recognition for his or her own research. But as a group, we are committed to learning from each other, expanding our expertise, and having a meaningful impact on children and families. It's inspiring and humbling for me to be working with each of our affiliates.

What are CCFW's greatest challenges?

The greatest challenges are trying to communicate what we do. Multidisciplinary work is complicated and not easily communicated in sound bites. In the same way, the problems we are working to address are complicated and not solved with a silver bullet. We are trying to research and disseminate “whole child” solutions to complex, multisystem problems. That's a whopping challenge!

Tell us about your research.

My own research examines the impact of stress, adversity and economic disadvantage on children's social-emotional development, self-regulation and mental health. It focuses on the role that parents, families and other protective relationships play in supporting children's resilience when they experience adversity.

Over the years, we've studied parenting in families experiencing economic disadvantage, an accumulation of risk factors, parental mental health problems and divorce. Although parents are more likely to struggle in these contexts and are more likely to display problems in their parenting when they experience stress, it is also amazing how committed parents are to doing and being the best they can for their children. We see that when parents can sustain effective parenting even in the face of adversity, children fare better.

Based on this, I would love to see parents get the resources, support, training and information they need to be effective and to support their children's well-being and resilience. I have developed a parenting program that incorporates mindfulness and self-regulation strategies for parents to support loving, nurturing and consistent parenting behaviors, and I'm advocating for increased support and resources for parents in families experiencing adversity.

What is the main message that you want to share with new parents?

There is so much parenting advice out there, and it's often contradictory. The big message that I often share is that parents can focus on a couple of main, overarching principles and tap into their own wisdom to guide most of their parenting. Be loving, be consistent and be balanced. For children, the loving warmth and consistency they experience from their parents helps them weather the stress and adversity that might arise in their lives. ■

Liliana Lengua with her daughter, Carina Hussing



FOREIGN LANGUAGE RESOURCES

Bilingual bonus



A new study recently published by the *Journal of Experimental Child Psychology* showed that children who are learning both English and French are better at certain problem-solving tasks than children who are learning only one language.

In the study, researchers measured the vocabulary of English/French bilinguals and monolinguals at 24 months and 31 months. They also measured the children's selective attention, or their ability to focus on relevant information while ignoring distracting information, and the children's cognitive flexibility — the ability to switch between two different tasks.

"We had them put small blocks in the small bucket and big blocks in a big bucket," says Cristina Crivello, the lead researcher and a graduate student at Concordia University's Centre for Research in Human Development in Montreal. "We then switched the rules on them and asked them put the small blocks in the big bucket and big blocks in the small bucket."

The study compared the results of the bilingual children to the monolingual children, and the bilingual children to each other.

"We looked at the relationship between the increase in their language skills from 24 to 31 months of age and their performance," says Crivello. "We also measured the bilingual children's doublets,

which is their understanding of two words in two different languages with the same meaning. In other words, how bilingual are they?"

The researchers correctly predicted that bilinguals with a greater increase of doublets would do better on the provided tests.

— Nancy Schatz Alton



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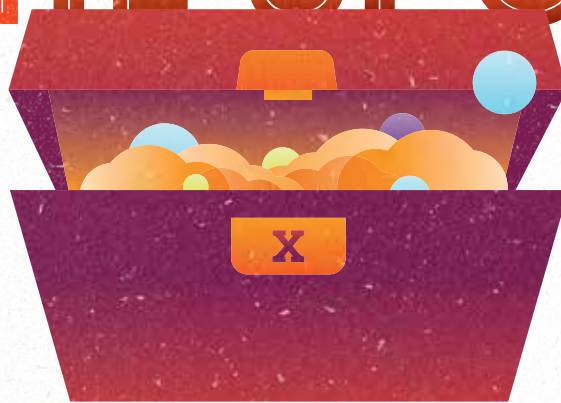
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