

# ParentMap

'cause parenting is a trip!

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YOUR  
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JUNE 10  
parentmap  
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## BOYS LEFT BEHIND

*In academic and emotional realms,  
boys are not getting the support they need*

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JUNE 2015

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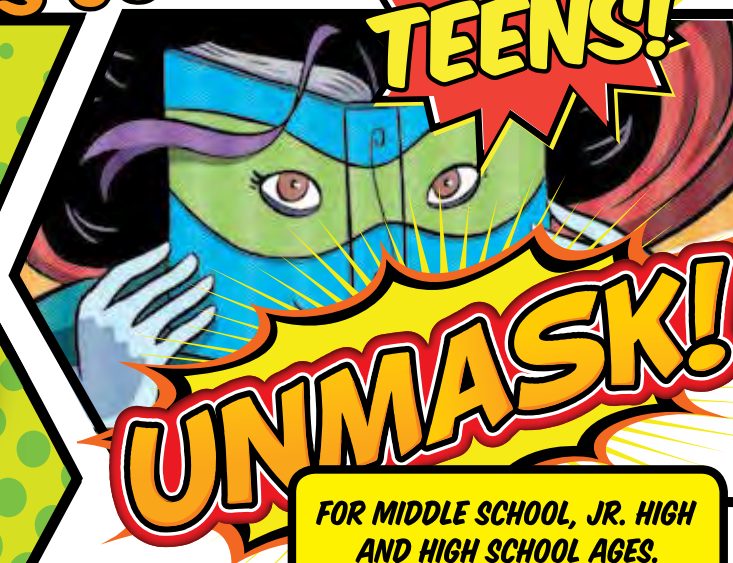
**BEGINS JUNE 1**

**TEENS!**

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# BOYS LEFT BEHIND

*In academic and emotional realms, boys are not getting the support they need*

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COVER: WILL AUSTIN

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dear reader



## Calling on all papas

*Who doesn't love to say 'Papa New Guinea?'*

**B**e you Mama or Papa, the juggle of family and work is one of the biggest challenges we all face as parents. ParentMap's mission-driven content through 2016, "Making it Work," is determined by what we've heard you crave most: finding healthier work-life balance.

Many of you gathered with us late May for the premiere screening of the honest and powerful film *Having It All* by retired Microsoft manager and now filmmaker Vlada Knowlton. Like so many in the room watching the film, I was thrust back to my early days of joy, elation and exhaustion as a first-time parent. Our most important life role (for which we receive no formal training!) takes us from "me to we" in an instant. While we navigate this new landscape of parenthood and the intersection of professional life and intimate relationships, the changes can be emotionally jarring and jubilating at the same time.

Papas, we want your help to effect change.

It may not feel like a Father's Day gift to be asked for something, but who among us has not delivered the often quoted 'It is more blessed to give than to receive'?

It is long past the time that U.S. parents should unite in support of paid family leave. In our progressive and beloved Washington state, we can be change agents. In fact, a growing number of you are the chief home officers (2 million in 2012, up from 1.1 million in 1989, according to Pew Research).

Who doesn't love to say "Papa New Guinea?"

Me!

It may have a fun way of rolling off your tongue but it's usually tied to an unnerving statement such as:

"The U.S is one of only four countries that doesn't offer paid leave to new mothers the others are Papua New Guinea, Swaziland and Lesotho."

Really?

Families in droves, about 3 million and rising, follow locally launched MomsRising. Kristin Rowe-Finkbeiner (a ParentMap 2008 Superhero) and Joan Blades (founder *Moveon.org*) joined forces to bring moms, and those who support moms, together to fight for a "world that is fair and just and safe for mothers and families." This dynamic duo co-authored *The Motherhood Manifesto* [3] and are dedicated to "bringing millions of people, who all share a common concern about the need to build a more family-friendly America, together as a non-partisan force."

In our progressive state, we should all be leaders in progressing our

nation's family leave policies. This Father's Day consider giving back to your family and increase the "MOMentum" by reaching out to U.S. senators to kick it up a notch to co-sponsor the Family Act now. Go to [parentmap.com/momsrising](http://parentmap.com/momsrising).





# GREEK CHICKEN KEBABS

Super quick, super easy and super healthy: this recipe is a winner for summertime schedules. Topped with rich homemade tzatziki featuring locally made yogurt, these flavorful kebabs can be folded into a pita or packed for a cold lunch the next day.

**Find the recipe and additional Healthy Kids Cook favorites that kids will love to make and eat at [pccnaturalmarkets.com/healthykids](http://pccnaturalmarkets.com/healthykids).**



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LINNEA WESTERLUND



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## Art, when teens want it

Got a teen without a plan this summer (and no interest in summer learning)? An innovative art program might be the ticket, giving teens access to mentors and the tools for self-expression that they crave. At [parentmap.com/teenarts](http://parentmap.com/teenarts), find creative and affordable programs, including a free weekly drop-in art night at Gage Academy and one-of-a-kind classes with Coyote Central.

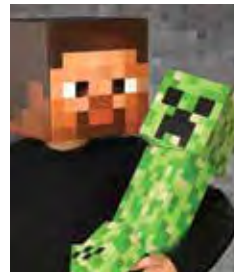
## Wine without the whine

Our region is practically drunk on the newest trend right now — urban wineries — and we've got great news: Many not only tolerate but welcome kids and families, from lovely Efest in Woodinville, which offers wood-fired pizza along with its complex varietals, to Bottlehouse, a hidden gem in Madrona with an outdoor patio and kid-friendly offerings such as ice-cream soda floats.

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

## Check out my party world!

Does your kid love the pixelated world of Minecraft? Build on our roundup of themed birthday party ideas, from Creeper invitations to giant Steve figure decor, at [parentmap.com/minecraft](http://parentmap.com/minecraft).



## Get pickin'!

Strawberries, raspberries, tayberries, blueberries: A berry-picking adventure is on everyone's summer bucket list. But where to go? We've updated our ultimate berry-picking guide, with tips on organic farms, farms that are part amusement park, best spots when you have toddlers in tow, and best berry farms for the serious picker: [parentmap.com/berries](http://parentmap.com/berries).



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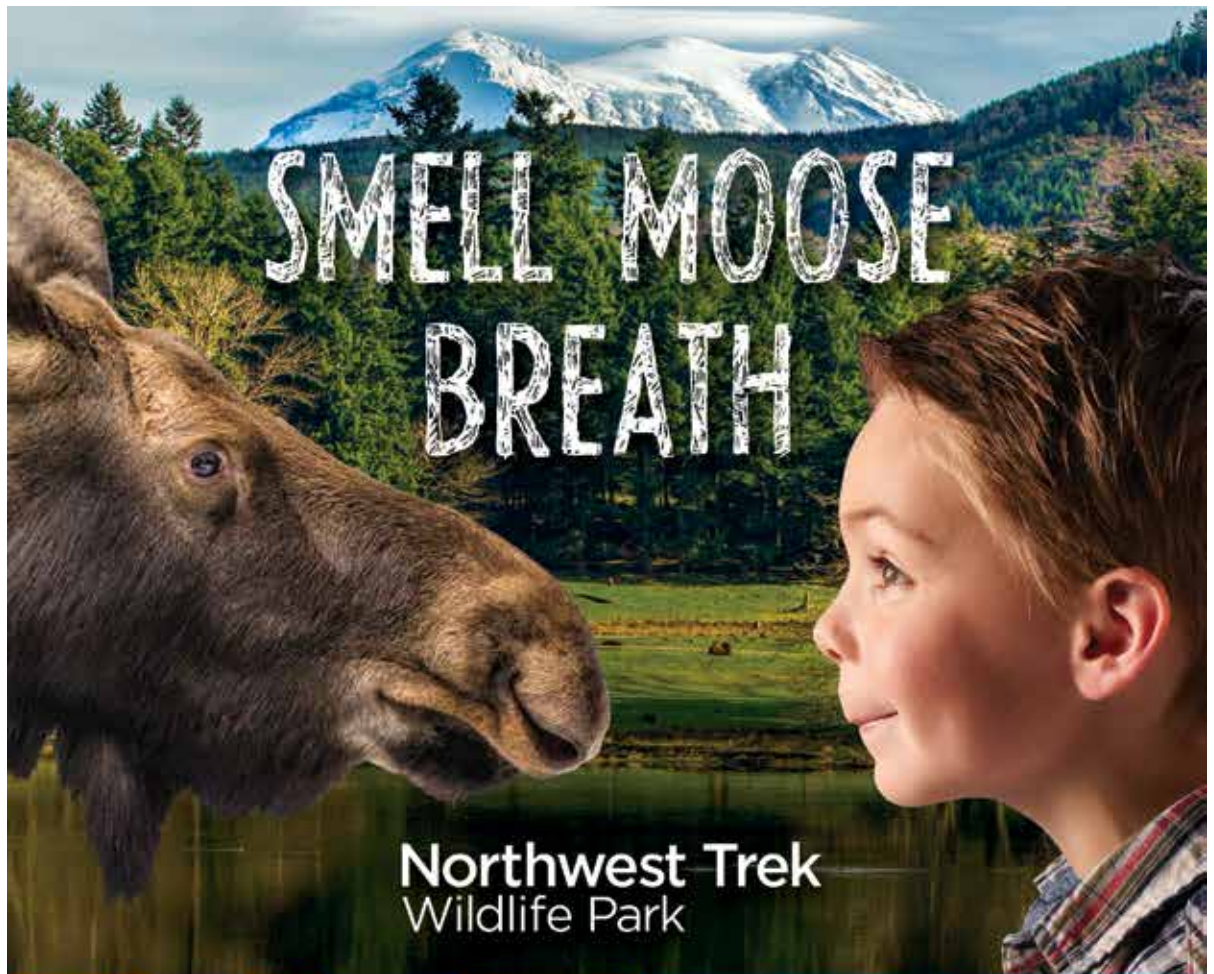


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# BRAIN FUEL

*parent news, snack-sized*

## Autism and prodigies

There's new evidence of a genetic link between autism and prodigies. Scientists at Ohio State University and Nationwide Children's Hospital in Columbus studied families that have both prodigies and people with autism and found a commonality on chromosome 1. "Prodigies seem to have some protective genes that are saving them from the deficits associated with autism and only allowing the talent you see in savants to shine through," says Joanne Ruthsatz, the study's co-author. Researchers have yet to discover the exact genes involved, but call their research "a good start."

## Squirm to learn

Telling kids with ADHD to sit still and pay attention may be worse than useless. A new study published in the *Journal of Abnormal Psychology* finds that these kids might actually learn better while fidgeting. It looks like all of that leg swinging, pencil tapping and seat wiggling actually help children with ADHD retain information and work out complex cognitive tasks. The upshot? Finding a way to allow these kids to move around — without causing chaos in the classroom — could be a boon to their learning.

## Think on your feet

In other school news, researchers have found that students who use standing desks are more attentive in class. The study, funded by the National Institutes of Health, found a 12 percent increase in on-task engagement when kids used standing desks: raised desks with stools nearby that allow them to stand or sit as they choose. Previous studies have shown that standing desks may also combat obesity; kids using them burn 15 percent more calories than students at traditional desks. Outstanding!



## Sports nuts

A small but mighty trend is sweeping the world of sports: peanut-free game watching! Some teams are now hosting peanut-safer games, with park-wide bans on the sale and possession of peanuts, Cracker Jacks and other peanuttty snacks. Other teams are designating peanut-controlled fan zones at some games, including the Seattle Mariners. The M's offer four games with special precleaned and peanut-controlled areas at Safeco Field. You can reserve online at [seattle.mariners.mlb.com](http://seattle.mariners.mlb.com) (search "peanut").



## Junk science

Research shows there are two critical windows in which exposure to junk food is most harmful for kids, and one of them is before they are even born. Scientists at the University of Adelaide now say that when expectant moms eat junk food during late pregnancy, they risk preprogramming their babies to be addicted to a high-fat, high-sugar diet by the time they are weaned. (The other window is during adolescence.) The good news is that effects from eating junk food in early pregnancy can be reversed if you clean up your act before your due date. *I'm lovin' it!*

## Very tricky

I'm also loving this pair of studies that illustrate just how easy it is to trick ourselves into doing the right thing. The first: a study published in the *Journal of Consumer Research* that finds that special "low calorie" menus at restaurants might be making us fat! When menus include special low-cal sections, we're actually far less likely to order healthy foods; we tend to rule out such sections right off the bat. We will, however, order the same foods when calories are printed next to them on the regular menu. Go figure.

A second study shows that if you're planning for a big goal, measuring time in days instead of months, or months instead of years, helps. This makes future events seem closer and thus more urgent, according to new research in *Psychological Science*. Parents of rising first-graders: Only 144 more months until you have to pay for college!

## Fun fact

Father's Day was born in Spokane! Sonora Smart Dodd created the holiday in honor of her dad, a Civil War vet and single father of six. The first Father's Day was celebrated in 1910; this year, we raise our glasses (and barbecue tongs) to honor all fathers on June 21! ■

— Kristen Russell



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# How I learned to love Father's Day

By Brian McGuigan

**O**n my first Father's Day after my son was born, I didn't want a celebration. My wife (now ex) wanted to make a big deal, but I didn't see the point. I owned a razor I loved and had all the ties I needed. We ate brunch every Sunday and barbecued all summer. My life already was the stereotypical Father's Day.

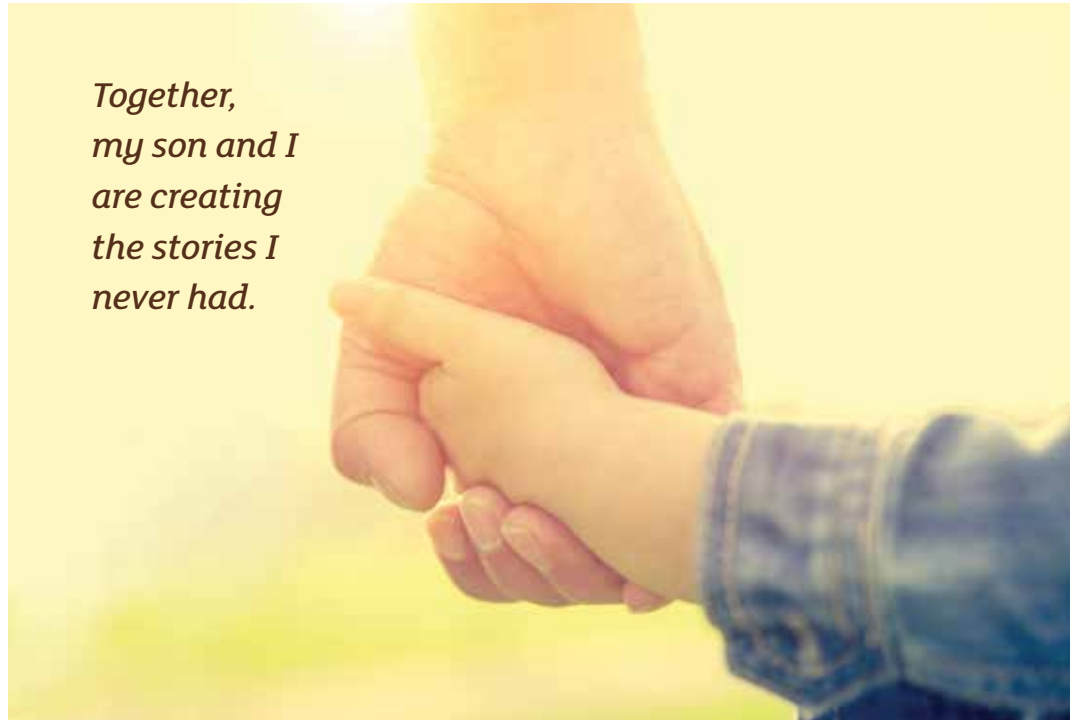
Instead, I spent the morning moping around, distant and lost in my head. Later, my son and I watched a baseball game together. I kept the TV on mute, so I wouldn't hear the announcers reminisce about their own fathers. I didn't want to be reminded of what I didn't have, all the stories I wasn't able to tell. At the time, it hadn't dawned on me that I could create a new story for my son.

For most of my life, I have hated Father's Day. My father left my mother before I was born. He never called or wrote. I've never even seen a picture. What I know about him couldn't fill a Facebook profile.

My father's absence cast a shadow over everything in my life, from dating to the first time I shaved to the day I learned I was going to be a dad. My earliest memory of his absence was in first grade. My teacher called on each of us students to stand up and say our names, our parents' names and what they did for a living. When it was my turn, I stood up but kept my head down. I stared at the checkered floor in a haze, nervously kicking at a crack in the tile. My teacher cleared her throat to catch my attention. Finally, I said I didn't know what my father's name was because I didn't have one. All of my classmates looked at me warily as if there was something wrong with me. I realized maybe there was.

On Father's Day, I felt my father's absence the most. Everywhere I looked, it seemed all I saw were smiling fathers and their doe-eyed kids. I was jealous and angry, but mostly I was ashamed. Why did he leave? And what had I done to make him go? As I got older, I understood it wasn't my fault. My father was a man. He had a choice. He didn't make the right

*Together,  
my son and I  
are creating  
the stories I  
never had.*



one. Still, deep inside, the feeling that there was something wrong with me wouldn't go away.

As a new father, I struggled with my changing identity. I may have had a son, but I had trouble seeing myself as a dad. I was still that fatherless little boy in first grade who couldn't parse the facts from my feelings of loss. When I looked down at my son, the spitting image of me, cradled in my arms while the ball game was on, I couldn't see a future when Father's Day would be different — I only saw the past.

For so long, that day in June was a reminder of what I didn't have, a day where my never-ending grief was broadcasted for the world to see. How could I celebrate a holiday that had been wrought with sadness? Doing so felt like I was betraying myself.

This Father's Day is my fourth as a father. My son is now 3 and a half. Only recently have I become comfortable with my new identity, and in turn, I've learned how deep of an impact the loss of a father can have on a child. I'll never be able to heal the hole in the heart of that little boy I was, but I can forgive him for feeling like he'd

done something wrong. Every day I can tell him it wasn't his fault.

Together, my son and I are creating the stories I never had. We play games. We climb trees. We watch baseball together with the volume turned up. He asks about the game and the players, why they swing bats and run for balls and slide into bases, all questions I had to find answers for on my own when I was his age.

When I look at my son now, I don't see the sad boy I was. I see the happy boy he is. I imagine the man he will become, the father he may be someday, one who doesn't see Father's Day as a time of shame and loss, but a time to celebrate the men who were there for us when we needed them, the men who shaped us into the people we are today. ■

*Brian McGuigan's writing has appeared in Gawker, Salon, The Rumpus, The Weeklings, The Stranger and elsewhere. He's currently working on a memoir about fatherhood, violence and masculinity. Originally from Queens, N.Y., he now lives in Seattle with his son.*



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# BOYS LEFT BEHIND

*In academic and emotional realms,  
boys are not getting the support they need*

BY MALIA JACOBSON

## Research shows that schools are failing our boys:

Males are kicked out twice as often, less likely to graduate and are disproportionately the targets of violence. And it's just not about academics. Researchers and experts say boys need a whole new skill set to succeed.

**“B**oys are hard.” When Charlene Grisim was expecting son Brady, now 7, she heard this over and over. She didn’t quite believe it, though, until she took a job as dean of students (an assistant principal of sorts) at a Bellevue middle school a few years ago. There, the so-called gender gap became clear, but not in the way she’d expected. It wasn’t that most of the students called into her office for discipline problems were boys — the chairs in her office were evenly populated by boys and girls — but that nearly every time, boys were at a complete emotional loss, overwhelmed by tears, while the girls played it cool. Grisim was shocked.

“Girls held tough; they stood there and calmly talked it through,” she says. Boys were another story. Nine out of 10 times, the boy would cry. Not out of anger, she says; rather, the boy would be engulfed in a tide of feelings he’d worked hard to cover up all day long.

Most boys lacked the coping skills to self-regulate or the emotional vocabulary to express their versions of the story or the reasons behind their actions; the same skills girls engaged in school discipline were

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feature

# BOYS LEFT BEHIND

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quick to employ to their advantage. So in the safety of Grisim's office, out of sight of mocking peers, boys let their tears loose.

"I think it's about holding in emotions," Grisim says. "When someone pin-pokes it, it just spews."

## THE PROBLEM WITH SCHOOL

It's no secret that girls fare better in school. The past decade has been good for girls in academics: As research and initiatives like the National Girls Collaborative Project help advance girls' progress in science and technology, and programming geared to cut out "mean girl" bullying, support healthy body image and develop social-emotional intelligence abounds, girls are surging ahead.

The global "girl power" trend starts in kindergarten, and by the end of high school, more girls graduate than boys and girls make up 70 percent of high school valedictorians. And this pattern continues into higher ed. Globally, there are 93 men per 100 women in universities. In the U.S., women make up 60 percent of university graduates, earning 60 percent of master's degrees and 52 percent of doctorate degrees in the U.S.

Young women are entering wage-earning years with more education than their male peers: 38 percent of women ages 25–32 have at least a four-year degree, compared to 31 percent of men. And today's young women are living in a society that's more supportive of their success than ever before. In a 1993 Gallup poll, 63 percent of those polled felt that society favored men over

*Though boys make up 54 percent of preschool enrollment, they represent 80 percent of preschoolers suspended*

women; by 2013, that number dropped to 45 percent.

A brighter future has emerged for girls. But in the wave of all this success, boys are lagging behind. They score lower in literacy, communication and empathy, skills essential for classroom and workplace success, and they receive harsher and more frequent school discipline than girls. Although boys make up 54 percent of preschool enrollment, they represent 80 percent of preschoolers suspended. High school boys are suspended about twice as often as their female peers, despite data showing that girls and boys misbehave at similar rates.

## BOOK-SMART BOYS

While gender differences in education pop up from pre-K through college and beyond, the problem isn't about book learning. Research suggests that the gender gap in education has little to do with academic deficiencies — academic

test scores tend to favor males in some countries and at some grade levels, and females in others, according the National Center for Education Statistics.

Case in point: Boys and girls score similarly in fourth-grade math; while girls pull ahead in literacy, boys fare better in science, particularly in high school. Girls show more literary prowess, with higher scores in reading comprehension and verbal fluency, while boys outperform girls in spatial reasoning and spatial visualization. And boys and girls perform similarly on IQ and achievement tests.

In other words, academic differences between the sexes aren't clear-cut or easily explained, and neither gender has an across-the-board advantage. But it appears that boys aren't falling behind in school because they can't do the work.

So why are boys trailing? Because, experts say, the school environment seems uniquely designed to penalize boys for being, well, boys.

School success favors a particular skill set that boys aren't born with and aren't being taught, says psychotherapist Michelle P. Maidenberg of Harrison, New York, mom to three boys, 15, 11, and 9, and one girl, 6.

In today's ultra-politically correct climate, it's not popular to talk about innate biological differences between boys and girls. But differences exist, and when it comes to behavior and success in school, they matter, Maidenberg says. Research shows that in utero exposure to higher levels of testosterone is linked to slower maturation of parts of the temporal lobe, along with lower



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# BOYS LEFT BEHIND

continued from page 14

levels of empathy and lower-quality social relationships.

Girls routinely outperform boys when it comes to self-control and delayed gratification, skills that predict academic and career success. And girls' frontal cortices mature more quickly than boys', giving females an early edge in problem solving, planning, communication and relationship building.

"Boys and girls are taught similarly, even though they have different needs. This unfortunately puts boys at a disadvantage," Maidenberg says. "Research shows that girls tend to be more goal-oriented and better in planning, following directions and organizing. Given the disparities, boys need appropriate skills to compensate for these challenges."

## DISCIPLINE DILEMMA

These noncognitive skills are underemphasized in schools, according to a recent report by the Economic Policy Institute, despite their critical importance in school and life. It's precisely these noncognitive skills that may help girls stay out of trouble in school and bounce back more quickly when they are penalized.

Maidenberg's oldest son, 15, points to gender-biased discipline differences at his high school. Girls don't necessarily misbehave less often, but they don't receive the same treatment. "He says girls are always being treated with special privileges, especially when it comes to 'misbehaving' in class." Girls get warnings; boys get sent to the principal.

She recalls a discipline incident

that stands out. Last year, she was called to pick up this same son from school. He was accused of destroying a school bulletin board and suspended for the day. Video evidence later proved his innocence, but the experience was jarring for the boy, she says.

"The principal refused to listen to him. When he tried to explain, she asked him if he thought she was a liar. When I spoke to him about it, the first thing he said was, 'If I were a girl, I wouldn't have been treated like a criminal.'"

There's a misperception that boys always require harsh punishment, and that they won't respond to other types of discipline, Maidenberg says. That's false; a study from Hanover College suggests that both genders would fare better with inductive discipline — "positive discipline" tactics, such as treating kids with empathy, clearly explaining behavior guidelines and allowing natural consequences to take their course — instead of corrective, or punitive, discipline, such as suspension or losing privileges. Unfortunately, the study notes, schools rarely employ inductive discipline. Simply put: It's faster to slap down a suspension than examine and address root causes of misbehavior.

## EMOTIONAL EVOLUTION

In *Masterminds & Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World* (2013), New York Times best-selling author Rosalind Wiseman writes about the rich emotional world of boys — a topic that surprises parents of boys, she says. "Parents get these one-word



responses from boys, 'Yes,' 'No,' 'I'm fine,' and think there's nothing going on, that they're emotionally stunted," Wiseman says.

That couldn't be further from the truth. Boys feel deeply; they get hurt, are humiliated and become caught up in social drama, too. Wiseman should know: As the mom of two boys, 12 and 14, she even found herself falling into the trap of misjudging boys' communication cues. Too many parents and educators buy into the belief that girls are complex creatures with intricate emotional worlds, and that with boys, what you see is what you get.

"I think we take boys at face value too much, and we don't give them credit for the fact that there might be a motivation for what they do, something we take for granted with girls," Wiseman says. "We make these leaps that just aren't true. Just because a boy is loud doesn't mean he doesn't feel things deeply."

"We don't even think about how we are complicit in restricting boys," she says.

Parents downplay the differences between genders that might matter because we're afraid to talk about differences, but we're also making differences where there are none, says Christine Organ of Arlington Heights, Illinois, author of *Open Boxes: the Gifts of Living a Full and Connected Life* and mom to two young boys. In terms of depth of emotion, boys and girls are more alike than they are different, and yet boys are told to toughen up, be a man, rub some dirt in it, she says.

Her second-grader was recently devastated when a friend scoffed at his athletic ability. She resisted the urge to tell him to brush it off. "I needed to

## Have a doll! American Girl birthday ideas

Find a complete round-up at [parentmap.com/americangirlparties](http://parentmap.com/americangirlparties).

- Anders Ruff teamed with Hostess with the Mostess ([blog.hwtm.com](http://blog.hwtm.com)) to make American Girl Doll magic with an ombre pink setting for a **surprise birthday party**. The enchanting décor with inspire you in creating your own.
- **Tea time!** Your child and her friends will love sharing tea with their dolls (especially if they have

the English doll, Emily). Nothing feels fancier than sipping tea and eating petit fours. Check out the American Girl Tea Party at Catch My Party ([catchmyparty.com](http://catchmyparty.com)).

- Kristi Murphy pairs aquamarine blue and pink to set the stage for an **American Girl Party perfect for the summer months**. She includes a step-by-step tutorial at [kristimurphy.com](http://kristimurphy.com) to make it easy to recreate yourself.

- Every girl and her doll will be star for a day with an **"Inner Star"**-themed American Girl party. Follow the simple ideas from Melissa Nesdahl ([melissanesdahl.blogspot.com](http://melissanesdahl.blogspot.com)) to celebrate the star of your life.
- American Girl Ideas ([americangirlideas.com](http://americangirlideas.com)) has **free printable party invitations**.

— Tiffany Doerr Guerzon



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## BOYS LEFT BEHIND

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validate his sadness. His friend hurt his feelings. Sadness is normal in that situation.”

Organ did the right thing, according to licensed family therapist Linnea Shapiro Fuchs of the Exceptional Children’s Foundation in Culver City, California. “We need to help boys develop strategies for dealing with emotional states surrounding disappointments in school, achievement, relationships,” she notes. “They need to develop the ability to move forward after small failures.”

This ability to handle small relationship snafus becomes more vital during the teen years. Modern boys aren’t being taught the social and emotional skills they need to succeed in relationships, says Jo Langford, M.A., a Seattle-based sex educator and therapist.

Langford wrote *Spare Me ‘The Talk’! A Guy’s Guide to Sex, Relationships, and Growing Up* (August 2015). He speaks at schools and runs a private practice, filled mainly with teenage boys struggling with the intersection of sex and technology (think sexting and downloading porn).

Boys don’t know how to connect with someone they like, how to show interest, he says. “They don’t know anything about flirting. They know about sex, from Google and porn. It’s sexual but not really sex. That doesn’t teach them how to ask someone out, how to tell someone you’re interested.”

### COMMUNICATION CRUNCH

The key to ramping up boys’ noncognitive and relationship skills is building strong relationships at home — which means getting him to

talk to you. But parents typically go about this all wrong, Wiseman says. “One of the biggest takeaways [of my work with boys] is that boys want their parents to stop interrogating them at the end of the day.” Trading “How was your day? How was practice? How did the test go?” for a simple “Hi. I’m glad you’re here” works wonders, she says. Connect, but give him space, she says. “Boys open up when they’re ready. Parents are amazed.”

Emotional connection is critical. But to truly champion boys’ success, educators and parents also need to rally around boosting boys’ literacy in the same way that science and mathematics are now emphasized for girls. In *Bright Beginnings for Boys: Engaging Young Boys in Active Literacy* (2009), authors Debby Zambo and William G. Brozo make a case for special supports for boys to help close the gender gap in literacy, a deficit that stretches from 5 percent in elementary school to 14 percent in high school.

Bridging this gap is critical to boys’ success, say Zambo and Brozo. They write: “In a world driven by information and knowledge, boys’ skill deficiencies will limit access to the full range of opportunities enjoyed by their more literate peers.”

Is pairing emotional literacy with actual literacy too lofty a goal? This writer hopes not. Fluent in both language and love, our boys will be poised to succeed. ■

*Malia Jacobson is a health and parenting journalist from Tacoma. The youngest of her three children is a toddler boy; she’s currently in research mode.*



# Q&A

ask the experts

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## Dinnertime escape artists

**Q:** How do I get my active, rowdy young kids (including a toddler) to sit at the dinner table throughout dinner? I have had to wipe spaghetti sauce off my couch and chase them into their seats. It's exhausting! And yelling doesn't seem to be working.

**A:** As we are raising our kids, we are anxious and excited for a quiet, civil meal, but sometimes we expect children to act beyond their developmental capabilities. During time-outs, most children can handle sitting still for the same number of minutes as their age. So, a calm 25-minute meal with a 3-year-old probably isn't possible every day!

These limitations don't mean letting your children run off after a minute and plug into their iPad. It's good to have high expectations. Beyond healthy eating, family meals benefit wellness, bonding and connection; studies show that as kids become teens, having family meals positively affects their decision making and safety.

Here are a few things you can do to make the most of mealtime with your kids:

1. Digital free: Carve out mindful time. Say you are putting your cell phone away as you call your kids to the meal. Eliminate reasons for them to get up during the meal by saying, "Wash your hands and use the bathroom. I want to see your beautiful cheeks for the entire meal!"
2. Give your kids a role at the beginning and end of the meal. One child puts out napkins to set the table and the same child tosses the napkins like basketballs into the trash as the meal ends.
3. Involve kids in helping to plan the menu, shopping for groceries, watching you cook or prepping food. Involvement works wonders for meal engagement.
4. You want children to be hungry for good food but not ravenous with hunger. Feed them a small after-school snack. If there are no hunger cues, children get distracted more easily, which leads to the hysterical flinging of spaghetti.

Rituals help shape success. The most successful part of our family meal with my 6- and 8-year-old kids is BPOD: talking about the best part of our day. If my kids leave early, I say, "Come tell me about your BPOD."

Remember, this is a marathon, so embrace the days your meal mimics that three-ring circus. Every tiny success today primes children for lifelong connections and healthier habits as adults.



Wendy Sue Swanson is a general pediatrician and executive director of Digital Health at Seattle Children's Hospital. She also writes the popular blog *Seattle Mama Doc*: [seattlemamadoc.seattlechildrens.org](http://seattlemamadoc.seattlechildrens.org).

## Kids who cling

**Q:** I'd love to know more about clingy behavior. My 8-year-old daughter is an awesome, sweet girl. We spend lots of one-on-one time together and yet, it never seems to be enough. I'd love suggestions for how we can get through this!

**A:** Let's start with normal development. Clingy behavior is typically more common in children younger than age 8. Take time to reflect: Have there been recent changes in her behavior, or is this an ongoing pattern? If it's recent, have life changes triggered the behavior (such as a recent move, a close friend moving, a marital separation, health concerns, birth of a sibling or death of grandparent)?

Here's another possibility: Anxiety can exhibit as clingy behavior. Are there other indicators of anxiety, such as excessive seeking of reassurance, difficulty separating from parents, difficulty sleeping alone, school avoidance, or not being comfortable or avoiding activities common for an 8-year-old, such as participating in a scout troop or on a soccer team?

If this clinginess is caused by anxiety, and your child is experiencing distress and avoidance, consider consulting a doctor and/or a mental health professional. Children who view themselves as frightened and unable, rather than brave and capable, could experience their lives shrinking as they avoid sleepovers, activities and friendships. This is when children are at risk for ongoing anxiety and later depression. By getting her help now, you are saying, "I know this is hard and that you are going to be OK. Here are the skills we need to make the changes!" A checkup by a professional for anxiety doesn't mean you are setting an anxiety diagnosis in concrete; this means you are seeking understanding and solutions.

At Seattle Children's Hospital, we offer child and parent groups to teach evidence-based cognitive behavioral therapy (CBT) anxiety-management skills. Parents and children learn they are not alone, and parents learn to coach their children through challenging situations to develop new patterns. There also are many wonderful websites and books available. I love *Freeing Your Child from Anxiety* by Tamar Chansky and the website [Worrywisekids.org](http://Worrywisekids.org).

And don't forget about self-care. Remind yourself that you can have some lovely, quality, one-on-one time with your child, and then you can leave her with someone she trusts so that you can take care of yourself. This reinforces a sense that she doesn't need constant contact with you and that you always return. Say, "I love spending time with you and I love you. Now I'm going to take time for me. I'll see you at bedtime."



Kathy N. Melman, Ph.D., is a clinical, attending and supervising psychologist in the outpatient Psychiatry and Behavioral Medicine Clinic at Seattle Children's Hospital.

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## June PICKS



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### Find Your Village

ParentMap invites **north-end parents to connect with others and create the village** that supports you in raising your kids, with free play for tots and goody bags. Wednesday, June 10, 10 a.m. or 11 a.m. sessions. **FREE**; preregister. Parents with children ages 0–6. PlayHappy Café, Lynnwood. [parentmap.com/fyv](http://parentmap.com/fyv)



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### Pops Is Tops

Celebrate Dad with an outing he'll love. Check out **Fenders on Front Street** for car guys (Sunday), **Classic Weekend** for boat lovers (Friday–Sunday), **Washington Brewers Festival** for beer dads (there are kids' activities!) (Saturday–Sunday), or for gourmet dads, savor some fresh strawberry shortcake at **Biringer Farm Strawberry Fest** (Saturday–Sunday). [parentmap.com/fathersday](http://parentmap.com/fathersday)

## SUNDAY



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7

### Crafts of the Past – Natural Dyeing.

Learn how 1800s residents of our region made what they needed. Saturday–Sunday, June 6–7 and weekends through Sept. 27. \$4–\$7; ages 4 and under free. Fort Nisqually Living History Museum, Tacoma. [fortnisqually.org](http://fortnisqually.org)  
**Pagdiriwang Philippine Festival.** Youth performances, kids' activities, food and art showcase the heritage and culture of the Philippines. Saturday–Sunday, June 6–7. **FREE.** Seattle Center. [seattlecenter.com/festival](http://seattlecenter.com/festival)

14

**Canoe Mercer Slough.** Ply the waters of the amazing Mercer Slough and spot resident wildlife; 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](http://myparksandrecreation.com)

**Little Red Riding Hood.** Puppeteers manipulate bunraku-style puppets to tell a comic version of the fairy tale. \$10. Saturday–Sunday, June 13–14. Ages 4 and up. Puppet Studio at Magnuson Park, Seattle. [thistletheatre.org](http://thistletheatre.org)

21

**Fenders on Front Street.** Celebrate Father's Day at this fun car fest, where you can admire cool cars, hear music and enjoy family activities. 8 a.m.–3 p.m. **FREE.** Front Street, Issaquah. [fendersonfrontstreet.com](http://fendersonfrontstreet.com)  
**Festival Sundiata presents Black Arts Fest.** Live music and dance, activities, workshops, food and more showcase African-American culture and its roots. Saturday–Sunday, June 20–21. **FREE.** All ages. Seattle Center. [seattlecenter.com/festival](http://seattlecenter.com/festival)

28

**Big Day of Play.** Super-fun recreation activities and healthy food; come by bike — it's Bicycle Sunday, too. Noon–4 p.m. **FREE.** Mt. Baker Rowing and Sailing Center, Seattle. [bigdayofplay.com](http://bigdayofplay.com)  
**Pride Parade and PrideFest.** Celebrate all people and families with a wild parade and festivities. 11 a.m.–8 p.m. **FREE.** Fourth and Union and Seattle Center. [seattlepridefest.org](http://seattlepridefest.org)

## MONDAY

1

**Pool Playland.** Hop into this fantastic, warm, outdoor pool for water fun. Daily, 11 a.m.–noon through Sept. 7. \$3.75–\$5.25; under 1 free. Ages 0–5 with caregiver. Pop Mounger Pool, Seattle. [seattle.gov/parks/aquatics](http://seattle.gov/parks/aquatics) **ONGOING EVENT**  
**Maker Mondays.** Visit Future of Flight's Maker Space to experiment with 3D modeling and try out the 3D printer. Mondays, 3–8 p.m. \$5; preregister. Ages 11–18, under 15 with adult. Mukilteo. [futureofflight.org](http://futureofflight.org) **ONGOING EVENT**

8

**Watercolor Robots.** Stop in to the Children's Museum of Tacoma to learn and practice drawing objects using simple shapes. 10 a.m.–5 p.m. Pay-what-you-can admission. Ages 3–10 with caregiver. Tacoma. [playtacoma.org](http://playtacoma.org)  
**Paws to Read.** Elementary-school kids practice reading skills with specially trained therapy dogs. Select Mondays, 3–5 p.m. **FREE.** Ages 5–11. Everett Public Library, Evergreen Branch. [epls.org](http://epls.org)

15

**Explore the Shore at Owen Beach.** Stroll the beach with a naturalist to search for tiny crabs and other sea life at low tide. 10 a.m.–noon. **FREE.** Ages 5 and up. Owen Beach at Point Defiance Park, Tacoma. [pdza.org](http://pdza.org)  
**Remlinger Farms Family Fun Park.** The wildly popular fun park — with steam train, small roller coaster, and more — opens weekdays for its summer season. Daily, June 13–Sept. 7, 10:30 a.m.–4:30 p.m. \$10.75–\$12.75; under age 1 free. Carnation. [remlingerfarms.com](http://remlingerfarms.com) **ONGOING EVENT**

22

**Growing Up WILD.** Workshop gives teachers, parents and recreation leaders a toolkit of nature-based themes and activities for kids ages 3–8. 1–4 p.m. \$75–\$85; preregister. Adults. Washington Park Arboretum, Seattle. [cfr.washington.edu/uwbq/](http://cfr.washington.edu/uwbq/)  
**Rotary Centennial Water Playground.** Any day is a good day for kids to splash in the fountains or toddler area. Daily, 11 a.m.–8 p.m. through Sept. 27. Forest Park, Everett. [everettwa.gov](http://everettwa.gov) **ONGOING EVENT**

29

**Toddler Time.** Open-early play gym lets the little ones burn off energy with bikes, slides and toys. Monday–Friday, 8 a.m.–noon. \$2. Ages 3 and under with caregiver. Issaquah Community Center. [ci.issaquah.wa.us](http://ci.issaquah.wa.us) **ONGOING EVENT**  
**Tacoma Spraygrounds.** Kids won't care if it's a June-uary day; they want to play in the water. Daily, 10 a.m.–8 p.m. through Sept. 7. Nine park locations. **FREE.** [metroparkstacoma.org](http://metroparkstacoma.org)

## TUESDAY

2

**Beach Naturalist Program.** Explore tidal life on low-tide days with help from volunteer beach naturalists. 9:45 a.m.–1 p.m. **FREE.** Locations including Richmond Beach, Carkeek Park, Golden Gardens, Lincoln Park and Seahurst Park. Check website for more dates and locations. [seattleaquarium.org](http://seattleaquarium.org) **ONGOING EVENT**  
**Lakewood Farmers Market.** It's opening day of the season for this colorful Tuesday market. Tuesdays, 10 a.m.–3 p.m. **FREE.** Lakewood City Hall. [cityoflakewood.us](http://cityoflakewood.us) **ONGOING EVENT**

9

**Tot Trek – Water Babies in the Pond.** Little ones and their grown-ups explore the pond to see what new life spring has brought. 10:30–11:45 a.m. \$4; preregister. Ages 2–3 with caregiver. Camp Long, Seattle. [seattle.gov/parks](http://seattle.gov/parks)  
**Super Salmon Sleuths.** Lots of fishy fun for preschoolers with hands-on learning stations, story time and fish feeding on a mini-tour of the hatchery. 10–11:30 a.m. \$12; preregister. Ages 3–6 with caregiver. Issaquah Salmon Hatchery. [issaquahfish.org](http://issaquahfish.org)

16

**The Illusionists – Witness the Impossible.** Seven master magicians, with nicknames like the Escapologist and the Trickster, stun audiences with their breath-taking feats. Tuesday–Sunday, June 16–21. \$24 and up. Ages 4 and up. The 5th Avenue Theatre, Seattle. [5thavenue.org](http://5thavenue.org)  
**Tiptoe through the Tidepools.** Explore life in tidepools during one of the lowest tides of the year. 10 a.m.–1 p.m. **FREE.** All ages. Titlow Beach, Tacoma. [tacomanaturecenter.org](http://tacomanaturecenter.org)

23

**Summer Movie Express.** Regal theaters show family movies for summer — at a very cool price. Tuesday–Wednesday, June 23–Aug. 19, 10 a.m. \$1. Multiple locations. [regmovies.com/Movies/Summer-Movie-Express](http://regmovies.com/Movies/Summer-Movie-Express) **ONGOING EVENT**  
**Lacey Children's Entertainment Series.** Show up Tuesdays in summer for interactive fun; tonight it's the Marvelous Moo Sisters for songs and stories. Tuesdays, 6:30 p.m. through Aug. 4. **FREE.** All ages. Huntamer Park, Lacey. [ci.lacey.wa.us](http://ci.lacey.wa.us)

30

**LEGO Workshop with Dan Parker.** Gather with other LEGO enthusiasts to learn tips and techniques. 10 a.m.–noon. \$35; preregister. Ages 5–12. Nordic Heritage Museum, Seattle. [nordicmuseum.org](http://nordicmuseum.org)  
**Adventure Playground.** First day of this awesome summer program where kids can use real tools to build. Tuesdays, Thursdays and Sundays, 1–4 p.m. through Aug. 27. Admission by donation. Ages 4 and up; under age 12 with caregiver. Deane's Children's Park, Mercer Island. [mercergov.org](http://mercergov.org)



## WEDNESDAY

3

**Toddler Tales & Trails.** Kids and caregivers enjoy story time and then head out to explore nature on short hikes. First Wednesday, 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. [sewardpark.audubon.org](http://sewardpark.audubon.org)  
**Indoor Playground.** Get the wiggles out with foam pits, mats and more; various session times. \$6/child; adults free. Ages 1–5 with caregiver. Seattle Gymnastics Academy gyms in Ballard, Columbia City and Lake City. [seattlegymnastics.com](http://seattlegymnastics.com) **ONGOING EVENT**

10

**Find Your Village.** Connect with other parents in the north end with free play for kids, goody bags for grown-ups and more. 10 and 11 a.m. sessions; preregister. Parents with children ages 0–6. PlayHappy Café, Lynnwood. [parentmap.com/fyv](http://parentmap.com/fyv)  
**Student Wednesday at BAM.** Students view the museum's collections free, including current kiln-glass exhibit. Second Wednesday, 11 a.m.–6 p.m. **FREE** for grades K–12 with online coupon. Bellevue Arts Museum. [bellevuearts.org](http://bellevuearts.org)

17

**Summer Playground Program.** This free summer program in six Tacoma parks includes lunch and activities. Drop in. Monday–Friday, June 15–Aug. 28, noon–4 p.m. **FREE.** [metroparkstacoma.org/playgrounds](http://metroparkstacoma.org/playgrounds) **ONGOING EVENT**  
**The Real Scoop on Being a New Dad.** PEPS presents a panel of local dads sharing their insights — and some laughs — related to the first year of fatherhood. 6–8 p.m. \$15 or pay-what-you-can; preregister. New and expectant dads. Naked City Brewery, Seattle. [peps.org](http://peps.org)

24

**Colman Pool Public Swim.** Take a dip in Seattle's most scenic outdoor pool; corkscrew slide open. Daily through Sept. 7, 1:45–4:45 p.m. \$3.75–\$5.25; \$1 extra for slide; under age 1 free. Colman Pool, West Seattle. [seattle.gov/parks/aquatics](http://seattle.gov/parks/aquatics) **ONGOING EVENT**  
**The Movie Music of John Williams.** The Seattle Symphony plays your favorite movie tunes under the summer sky. 7:30 p.m. \$39.50–\$69.50. All ages. Marymoor Park, Redmond. [marymoorconcerts.com](http://marymoorconcerts.com)

## THURSDAY

4

**Nordic Nights.** Visit Ballard's Nordic Heritage Museum during new first Thursday evening hours featuring tours, music and more; free story time same day at 10 a.m. First Thursday, 4–8 p.m. **FREE.** All ages. Seattle. [nordicmuseum.org](http://nordicmuseum.org)  
**Mommy & Me Movie.** Crying, breast-feeding, it's all just fine at this special bring-along-your-bundle morning show time. Thursdays, 10 a.m. \$8.40. Adults with infants. Lincoln Square Cinemas, Bellevue. [cinemark.com](http://cinemark.com) **ONGOING EVENT**

11

**Judy Blume in Conversation with Nancy Pearl.** Young-adult novel icon Blume and local literary legend Pearl chat about Blume's long career. 7:30 p.m. \$40; includes book. Ages 12 and up. Seattle Arts & Lectures at Town Hall, Seattle. [townhallseattle.org](http://townhallseattle.org)  
**Drop-in Archery Class.** Try out this fun sport; safety orientation first. Thursdays, 6 and 7:30 p.m. sessions. \$5. Ages 8–17 with adult. Skookum Archers, Puyallup. [skookumarchery.com](http://skookumarchery.com)

18

**Marysville Strawberry Festival.** A community talent show (Thursday, 6:30 p.m.) kicks off this weekend berry fest that includes parades (Saturday), carnival and shortcake-eating contest. Various venues, Marysville. [maryfest.org](http://maryfest.org)  
**\$1 Third Thursday and Dental Screenings at KidsQuest.** Play for a bargain price and get the kiddos' teeth checked by UW's Center for Pediatric Dentistry. 5–8 p.m. \$1; dental screenings first-come, first-served. Ages 1–10. KidsQuest Children's Museum, Bellevue. [kidsquestmuseum.org](http://kidsquestmuseum.org)

25

**Community Kite Painting.** Stop by to paint a kite to be included in the park's third annual art-kite installation. Thursdays, June 4–July 30, noon–2 p.m. **FREE.** All ages. Freeway Park, Seattle. [seattle.gov/parks/downtown](http://seattle.gov/parks/downtown) **ONGOING EVENT**  
**The American Soldier – A Photographic Tribute.** Exhibition of photos honoring American servicemen and women. Tuesday–Sunday, opening June 20. Included with admission. Washington State History Museum, Tacoma. [washingtonhistory.org](http://washingtonhistory.org)

## FRIDAY

5

**Seussical the Musical.** The Cat in the Hat narrates as Horton the Elephant stars in a challenging yet triumphant turn. Friday–Sunday, May 29–June 21. \$13–\$15. Ages 4 and up. Studio East, Kirkland. [studio-east.org](http://studio-east.org)  
**FREE Friday Night at HOCM.** Wear your running shoes, it's physical-fitness night with active outdoor play. First Friday, 5–9 p.m. **FREE.** Ages 0–10 with families. Hands On Children's Museum, Olympia. [hocm.org](http://hocm.org)

12

**Cinderella.** Positive-attitude Cinderella's dreams come true in this musical adaptation of the beloved fairy tale. Friday–Sunday, June 12–21. \$14. Ages 5 and up. Stone Soup Theatre, Seattle.  
**Family Concert: Recess Monkey.** Rock out with this popular, high-energy kindie band and listen to tunes from its latest album, *Hot Air*. 6–7 p.m. **FREE;** preregister. All ages. Charles Wright Academy, Tacoma. [charleswright.org](http://charleswright.org)

19

**Fremont Fair.** Fremont welcomes all to party at the center of the universe with kids' activities, dog parade (Sunday, 2:30 p.m.), music and the memorable Solstice Parade (Saturday, 3 p.m.) Friday–Sunday, June 19–21. **FREE.** N. 34th and Fremont Ave. N., Seattle. [fremontfair.org](http://fremontfair.org)  
**Kids Day at Les Gove!** Kick off summer with a day filled with kid-size fun — entertainment, bouncing, face-painting, mini golf and more. 11 a.m.–4 p.m. **FREE;** some activities have fee. Les Gove Park, Auburn. [auburnwa.gov](http://auburnwa.gov)

26

**Taste of Tacoma.** Bring your appetite for tasty creations to "the ultimate family picnic" with live entertainment, including a kids' stage. Friday–Sunday, June 26–28. Free entry; items for purchase. Point Defiance Park, Tacoma. [tasteoftacoma.com](http://tasteoftacoma.com)  
**Family Day at Magnuson Children's Garden.** Dig into gardening and learn more about growing food at home; bonus, ice-cream social happening next door (\$1 for scoops)! 6:30–8:30 p.m. **FREE.** Magnuson Children's Garden, Seattle. [magnusonnatureprograms.com](http://magnusonnatureprograms.com)

## SATURDAY

6

**Maritime Gig Festival.** Grand parade, family fun run, music, classic yachts, car show, kids' activities and more seaside fun. Saturday–Sunday, June 6–7. **FREE.** Skansie Brothers Park and environs, Gig Harbor. [gigharborchamber.net](http://gigharborchamber.net)  
**Mary Poppins.** Experience the enchantment of live theater in the woods. Saturday–Sunday, through June 14, 2 p.m. \$10–\$20; ages 5 and under free. Kitsap Forest Theater, Bremerton. [foresttheater.com](http://foresttheater.com)

13

**Art on the Fly.** Don't miss this all-ages street fair with roving dance performances, kids' activities, food trucks and free dance classes, kicking off the Seattle International Dance Festival. 4–10 p.m. **FREE.** All ages. Westlake Ave N and Denny Way, Seattle. [art-on-the-fly.org](http://art-on-the-fly.org)  
**Lake to Lake Bike Ride.** Get moving with a two-wheeled family tour of the Eastside; choose a 9- or 22-mile route. 9 a.m. \$15–\$20. Ages 8 and up; under 8 welcome in trailer or trailer bike. Lake Hills Community Park, Bellevue. [bellevuewa.gov/lake-to-lake-ride.htm](http://bellevuewa.gov/lake-to-lake-ride.htm)

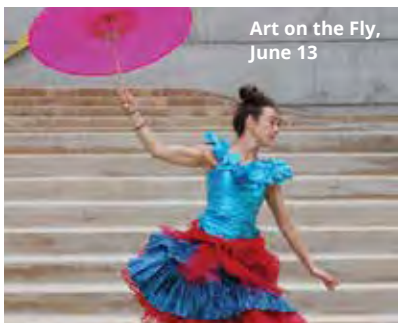
20

**Meeker Days.** Street fair with zipline and inflatables for kids, car show, battle of the bands and more. Friday–Sunday, June 19–21. **FREE;** some activities have fee. Downtown Puyallup. [puyallupmainstreet.com](http://puyallupmainstreet.com)  
**Grossology (The Impolite Science of the Human Body).** Take a "Tour du Nose," play the pinball game "Gas Attack" and discover the good, the bad and ugly about the body via animatronics and imaginative exhibits. June 20–Jan. 3. Included with admission. Pacific Science Center, Seattle. [pacificsciencecenter.org](http://pacificsciencecenter.org)

27

**Bellevue Strawberry Festival.** Scrumptious strawberry shortcake, family-fun area and live entertainment. Saturday–Sunday, June 27–28. **FREE;** select activities have fee. Crossroads Park, Bellevue. [bellevuestrawberryfestival.org](http://bellevuestrawberryfestival.org)  
**Seafair Pirates Landing.** Ahoy, the famous pirates come ashore amid a beachside festival including live music, a pirate look-a-like contest and more family fun. 9 a.m.–3 p.m. (pirates land between 11:30 a.m. and 12:30 p.m.). **FREE.** Alki Beach, Seattle. [seafair.com](http://seafair.com)

Art on the Fly,  
June 13



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

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

**Infant Car Seat Class for Parents**  
**Sat., July 25, 10 a.m. – 12 p.m.**  
 Seattle Children's Hospital  
 4800 Sand Point Way NE, 206-987-5999

This class is for new and expectant parents. Learn how to select and take care of an infant car seat, how to properly install your baby's safety seat in your car and how to safely secure your baby in their safety seat. This class is taught by a certified child passenger safety expert.  
**Fee: \$45 per couple; pre-registration required**  
[www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes)

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

Purchase products marked by bright green Purchase a Miracle shelf tags at your local grocery store to benefit cancer research and clinical trials at Seattle Children's Hospital.

[www.seattlechildrens.org/purchase-a-miracle](http://www.seattlechildrens.org/purchase-a-miracle)

## Wednesday Picnic Performances: Noon - 1pm

**July 8 - Roberto the Magnificent** physical comedy and juggling

**July 15 - Big Bang Boom** alternative, hip-hop, pop, country, and more

**July 22 - Secret Agent 23 Skidoo** funky 'kid-hop' party music

**July 29 - Tickle Tune Typhoon** award-winning music and silly fun

**August 5 - The Not-Its!** power packed "kindie rock"

**August 12 - Recess Monkey** three elementary school teachers who rock • Sponsored by Bright Horizons

# Kent 2015 SUMMER CONCERTS

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**Lacey in TUNE**

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ALL EVENTS FREE

<p><b>TUESDAYS</b> 6:30 pm</p> <p><b>Children's Entertainment Series</b> 6:30 pm June 23-Aug 4</p>	<p><b>WEDNESDAYS</b> 12:00 noon</p> <p><b>Concert Series</b> Noon - 1:00 pm June 24-Aug 5</p>
<p><b>SATURDAYS</b> 7:00 pm</p> <p><b>Music AND Movies</b> Concerts at 7:00 pm Movies at Dusk July 18-Aug 8</p>	<p> Shaping our community together</p> <p><b>HUNTAMER PARK</b> Corner of 7th &amp; Woodland Sq Lp</p>

For more information visit [www.ci.lacey.wa.us/events](http://www.ci.lacey.wa.us/events) or call 360.491.0857

18ft x 18ft Screen • Concessions for Sale • Bring Your Own Seating

**SAVE THE DATE!**

**FRIDAY, JUNE 19, 1-3PM**

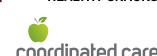
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WHAT BETTER WAY TO KICKOFF YOUR SUMMER THAN AT A SUPERHERO FUN-FILLED EVENT! FOR KIDS AND TEENS!

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Bring your friends and family for an afternoon of fun, entertainment and hands-on learning! Build a robot, play Minecraft and other computer games, meet your favorite Superhero and much more! Get information about Summer Learning programs in KCLS libraries and which will be offering free summer meals.

**FUN!**





# YOUR GREAT ISLAND ESCAPE

Haven't discovered the Gulf Islands yet? This is your year

BY FIONA COHEN

**Island time: The Gulf Islands offer unparalleled natural beauty and a creative culture**

## WHEN YOU DRIVE OFF A BC FERRY

onto one of the Canadian Gulf Islands, you enter a new world, one that is very special.

While I am biased (I grew up in nearby Victoria and, since the age of 5, have never spent a summer without visiting Salt Spring Island), consider the evidence: The temperate summer climate is suitable for long days of outdoor exploration. There are many glorious parks, trails and lakes open to the public; and people are free to roam on all the beaches. And the island communities have enough of a tourist economy to nurture creative folks, but not enough to price them out — which adds up to an easygoing culture in which sedate retirees coexist with third-generation hippies, and both groups vote for the Green Party.

This year is a particularly good one to explore the islands, with

lower gas prices and a strong American dollar making nearby Canadian getaways a relative bargain.

Here's an insider's guide to the three largest and most accessible islands — Salt Spring, Galiano and Pender — all well-endowed with cabins, campgrounds and abundant summer cottages for rent. (Tip: The busiest weekend is Aug. 1–2, as Aug. 3 is a public holiday in British Columbia.)

All three islands are accessible by BC ferry from the Tsawwassen ferry terminal, a drive of two hours and 15 minutes from Seattle (assuming no traffic or border waits); be sure to reserve your spot on the ferry in the summer months. Sailing times range from 55 minutes for Galiano Island to as much as two hours and 10 minutes for Pender Island. You can expect to arrive at the closest island within five or six hours of leaving your Seattle home — pretty good for a weekend summer excursion. >>

# Experience Crossroads



**Try it —**  
you just might *love* it.

When it comes to summer fun, we've got you covered. Join us on Tuesdays for our Farmers Market, take a fine arts class at The Studio, or splash in the Water Spray Play Area at Crossroads Park.

*It's all happening here.*



[crossroadsbellevue.com](http://crossroadsbellevue.com)



**LIVE MUSIC**

SATURDAY  
**Los Lobos**

SUNDAY  
**Thompson Square**

Snohomish County's  
**River Meadows Park**  
Arlington Washington

Gates Open 10am • Free Admission  
Alcohol & Drug Free Event • Pet Friendly

**[FestivaloftheRiver.com](http://FestivaloftheRiver.com)**



# YOUR GREAT ISLAND ESCAPE

continued from page 23

## CREATIVE HAVEN

# SALT SPRING ISLAND

With a year-round population of more than 10,000, Salt Spring Island is the largest and most populous of the Gulf Islands. The one settlement that could be called a town, Ganges, is still too small for a traffic light, but just large enough for locals to passionately debate whether there should be one. These locals are a cultured bunch, which means families have an opportunity to explore the arts in a lovely setting.

## PLAY

**THE WILD SHORE:** When visiting the 1,307-acre **Ruckle Provincial Park**, on the island's southeast corner, most people stick to the sandstone shoreline. And there's good reason for that: The trail rounds a headland with sweeping island views, and the tide pooling is superb. However, if you have time after your stroll along the coast, check out some of the park's other magnificent trails. (Also consider camping; see "Stay" at right.) *env.gov.bc.ca/bcparks/explore/parkpgs/ruckle/ruckle.pdf*

**VIEW FROM THE TOP:** It's a bumpy, dusty drive to the top of 1,930-foot **Mount Maxwell**, located in the central-west part of the island, but the view is worth it: The viewpoint is at the top of an immense cliff overlooking the Burgoyne Valley, with panoramic vistas of forests, Garry oak meadows and salmon-bearing creeks. If you're feeling adventurous, foray along nearby trails for

even more landscape drama. *env.gov.bc.ca/bcparks/explore/parkpgs/mt\_maxwell*

**GO JUMP IN A LAKE:** Among Salt Spring's hills and valleys are a scattering of warm, serene lakes that are perfect for a dip at the end of a hot day. One potential culture shock: The locals are rather casual about nudity in the context of a neighborhood swimming hole. (You're most likely to encounter a dockload of people sunning their private parts at **Blackburn Lake**.) *saltspringhomefinder.com/Salt-Spring-Lakes.html*

**FOOD AND ARTS:** Visit goats and sheep, then watch cheese being made at **Salt Spring Island Cheese Company** through big glass windows, samples included (*saltspringcheese.com*). Stop by the farm stand at **Farias Family Farm**, in the Burgoyne Valley, which sells magnificent strawberries all summer (*fariasfamilyfarm.com*). See Salt Spring's multivariied artist community in action by going on a **self-guided studio tour** of painters, potters, woodworkers and more (*saltspringstudiotour.com*).

## EAT

In Ganges, **Barb's Bakery and Bistro**, a local gathering place, serves wholesome lunch fare; and the **Tree House Cafe** (*treehousecafe.ca*) offers live music every night during the summer. In Vesuvius, a small village at the north end of the island,



PHOTO COURTESY B.C. PARKS

Find magnificent trails and tide pooling at Ruckle Park

**Seaside Restaurant** (*seasiderestaurantsaltspring.com*) fries up fish and chips, oysters and other unpretentious local maritime treats.

For a Saturday nosh and fine browsing of artisan crafts and food, don't miss the lively **Salt Spring Saturday Market** (*saltspringmarket.com/salt-spring-island-markets/saturday-market*) in Ganges.

## STAY

**Ruckle Park** offers world-class, first-come first-served walk-in sites (less than five minutes from the parking lot) in a meadow by the sea (CA\$20 per party per night; *env.gov.bc.ca/bcparks/explore/parkpgs/ruckle*).

**Cusheon Lake Resort** has cabins by a lake (CA\$248 for two-bedroom cabins during the summer; *cusheonlake.com*). >>

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## 2015 SPECTRUM SUMMER PROGRAMS

**Musical Theater Camp: Cinderella** • June 22-26 • Ages 7-14

**Dance Samples Camp** • June 29-July 3 • Ages 7-12

**Broadway Dance Workshop** • August 3-7 • Ages 12+

**Drama/Dance Camp: Story Theater** • August 10-14 • Ages 7-14

For a full schedule of summer classes, including intensives and on-going adult and youth classes, please visit [spectrumdance.org](http://spectrumdance.org)



## SAM Camp



**July 13–31, 2015**

**Monday–Friday, 9:30 am–3 pm**

Now offering supervised after-camp care till 5:30 pm for an additional fee.

Three weeks of fun-filled imagination, creativity, outdoor activities, and fresh air! Designed for children in grades 1–5, each week is a different experience. Attend one week or all three.

**Week One: July 13–17**

**Jet Setters and the World**  
and Beyond  
Asian Art Museum

**Week Two: July 20–24**

**Explorers: Past, Present, and Future Art**  
Asian Art Museum

**Week Three: July 27–31**

**Superheroes: Saving Planet Earth**  
Olympic Sculpture Park

Visit [seattleartmuseum.org/kids](http://seattleartmuseum.org/kids)  
for more details.

Each week includes a visit to the Seattle Art Museum. Registration required. To register or get more information, call 206.626.3144 or email [samcamp@seattleartmuseum.org](mailto:samcamp@seattleartmuseum.org).

SAMkids  
Media Sponsor **ParentMap**

Photo: Catherine Anstett

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

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ART  
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[etonschool.org/enrichment/summerschool](http://etonschool.org/enrichment/summerschool)



# YOUR GREAT ISLAND ESCAPE

continued from page 25

## ORCAS, TREES AND TIDES GALIANO

A wooded, rocky strip of an island that is only a 55-minute ferry ride from Tsawwassen, Galiano is 17 miles long, and, over most of that length, less than two miles wide. It walls off the sheltered channels of the Gulf Island archipelago from the open water of the Strait of Georgia, and the passages at each end of the island feature ferocious tides and varied wildlife. Active Pass, on the southern tip, is a common route for orca pods. For the 1,200 or so island residents and the many visitors, nature is a vivid presence.

## PLAY

**SANDSTONE AND WHITE SHELLS:** Head to **Montague Harbour Marine Provincial Park**, located on the sheltered southwestern side of Galiano, for a spectacular sunset over the surrounding islands. Other wonders of Montague include weathered and intricate sandstone formations on the shoreline and big beaches of white shells, the remnants of thousands of years of First Nation peoples camping and cooking in the area. [env.gov.bc.ca/bcparks/explore/parkpgs/montague](http://env.gov.bc.ca/bcparks/explore/parkpgs/montague)

**WALK THE RIDGE:** Families with older kids will enjoy the climb at **Bodega Ridge Provincial**

**Park.** Hike for 30 minutes or so and you're on the top of Galiano, walking along a rocky ridge more than 1,000 feet above the sea. You can continue for more than two miles. Look for eagles and peregrine falcons! [env.gov.bc.ca/bcparks/explore/parkpgs/bodega\\_ridge](http://env.gov.bc.ca/bcparks/explore/parkpgs/bodega_ridge)

**BETWEEN SEA AND SEA:** A short stroll from the ferry terminal in Sturdies Bay, **Bellhouse Provincial Park** is a thumb of land jutting out into the entrance of Active Pass. After strolling through some gnarled Garry oaks, picnic while watching the wildlife, ships and swirling tides. [env.gov.bc.ca/bcparks/explore/parkpgs/bellhouse](http://env.gov.bc.ca/bcparks/explore/parkpgs/bellhouse)

## EAT

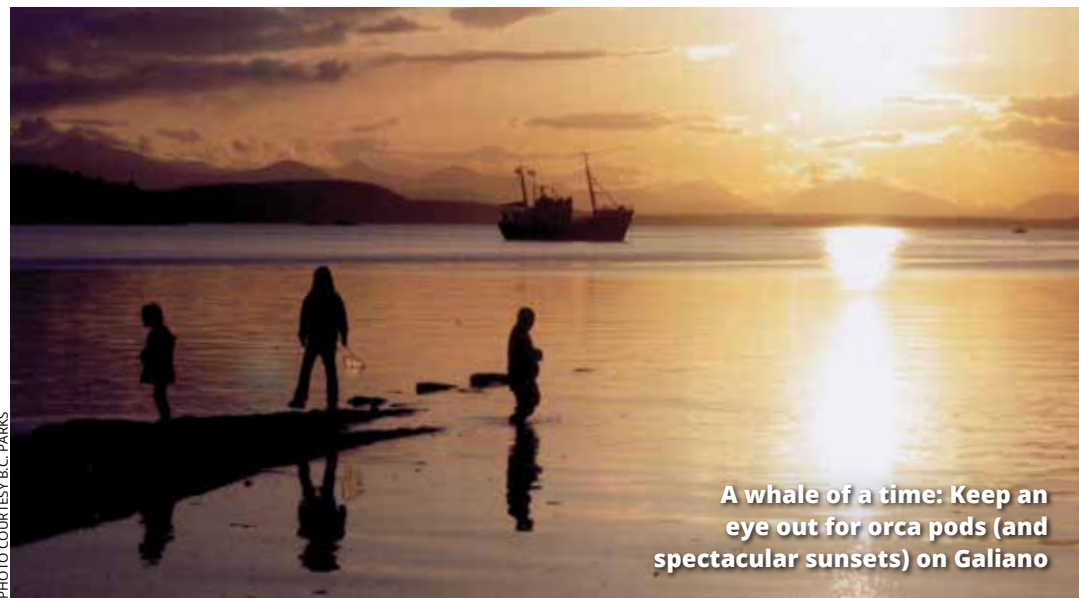
**Max and Moritz Spicy Island Food House**, a food truck by the ferry dock, serves an eclectic mix of German and Indonesian food that would play well at any urban food-truck rodeo. Bring cash.

**Galiano Grand Central Emporium** serves diner fare for breakfast lunch and dinner ([grandcentral.ca](http://grandcentral.ca)). The **Hummingbird Pub** ([hummingbirdpub.com](http://hummingbirdpub.com)) serves basic pub food.

## STAY

You can reserve campsites at **Montague Harbour Marine Provincial Park** (CA\$23; [env.gov.bc.ca/bcparks/explore/parkpgs/montague](http://env.gov.bc.ca/bcparks/explore/parkpgs/montague)).

**Driftwood Village Resort**, near Active Pass, has a variety of cabins and suites (CA\$175 for two-bedroom cabin; [driftwoodvillage.com](http://driftwoodvillage.com)). >>



A whale of a time: Keep an eye out for orca pods (and spectacular sunsets) on Galiano

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# YOUR GREAT ISLAND ESCAPE

continued from page 27

## A DIFFERENT PACE

# PENDER ISLAND

Much smaller than Galiano in land area, but with twice the population, Pender Island (or to some, the Pender Islands) has a distinct community. For example, at roadsides all over Pender, you'll find official "car stops" — many furnished with hand-split cedar benches worthy of Middle Earth — where people can wait until a passing motorist decides to pick them up. It says something about the island's community spirit that the voluntary program works well and is so popular that other areas, including Salt Spring, are copying it.

## PLAY

**UP OR DOWN?** For less than an hour of steep hiking, **Mount Norman**, a South Pender outpost of **Gulf Islands National Park Reserve** (a national park scattered around the whole archipelago), offers a big payoff: huge panoramic views, and plenty of bragging rights. For a more gradual, yet also adventurous walk, take a trail downhill to **Beaumont Marine Park** and explore its rocky headlands and sandy cove. [pc.gc.ca/eng/pn-np/bc/gulf/activ/activ6/sentiers-trails.aspx](http://pc.gc.ca/eng/pn-np/bc/gulf/activ/activ6/sentiers-trails.aspx)

**MUSEUM AND SWIMMING.** At **Roesland Park** on North Pender, another outpost of Gulf Islands National Park Reserve, explore the **Pender Island Museum**; then put on your swimming togs and walk the trail to beautiful **Roe Lake** for a dip. [pc.gc.ca/eng/pn-np/bc/gulf/carte-map-nfl.aspx](http://pc.gc.ca/eng/pn-np/bc/gulf/carte-map-nfl.aspx)



Cabin fever: Pender is known for its community spirit

PHOTO COURTESY PARKS CANADA / CHRISTIAN J. STEWART

**MARKET MORNINGS.** The **Pender Islands Farmers Market** takes place Saturdays, 9:30 a.m.–1 p.m., from April until October at the Community Hall on North Pender Island.

## EAT

The **Café at Hope Bay**, on the north side of North Pender, offers chef-prepared but inexpensive food in a stunning waterfront spot ([thecafeathopebay.com](http://thecafeathopebay.com)). Stop by **Pender Island Bakery Café**, in North Pender's commercial hub, to caffeinate and grab a light meal ([penderislandbakery.com](http://penderislandbakery.com)).

## STAY

Gulf Islands National Park Reserve's **Prior Centennial Campground**, on North Pender,

has drive-in sites (CA\$13.70 per night, reserve; [reservation.pc.gc.ca](http://reservation.pc.gc.ca)).

Find lovely walk-in sites at **Shingle Bay**, or hike-in sites at **Beaumont Marine Park** (CA\$4.90 per person; [pc.gc.ca/pn-np/bc/gulf/visit/tarifs\\_fees\\_e.asp?park=181](http://pc.gc.ca/pn-np/bc/gulf/visit/tarifs_fees_e.asp?park=181)).

Outside **Poets Cove Resort and Spa**, it's scenic island beauty; inside, it's slick luxury of a kind more often seen in Whistler than on the Gulf Islands (twin rooms are CA\$350 during summer; [poetscove.com](http://poetscove.com)). ■

*Fiona Cohen lives, writes and grows tomatoes in Seattle. She has a passion for the natural history of the Pacific Coast. She has two children, ages 13 and 10, who still talk to her, and not just when they require transportation somewhere.*

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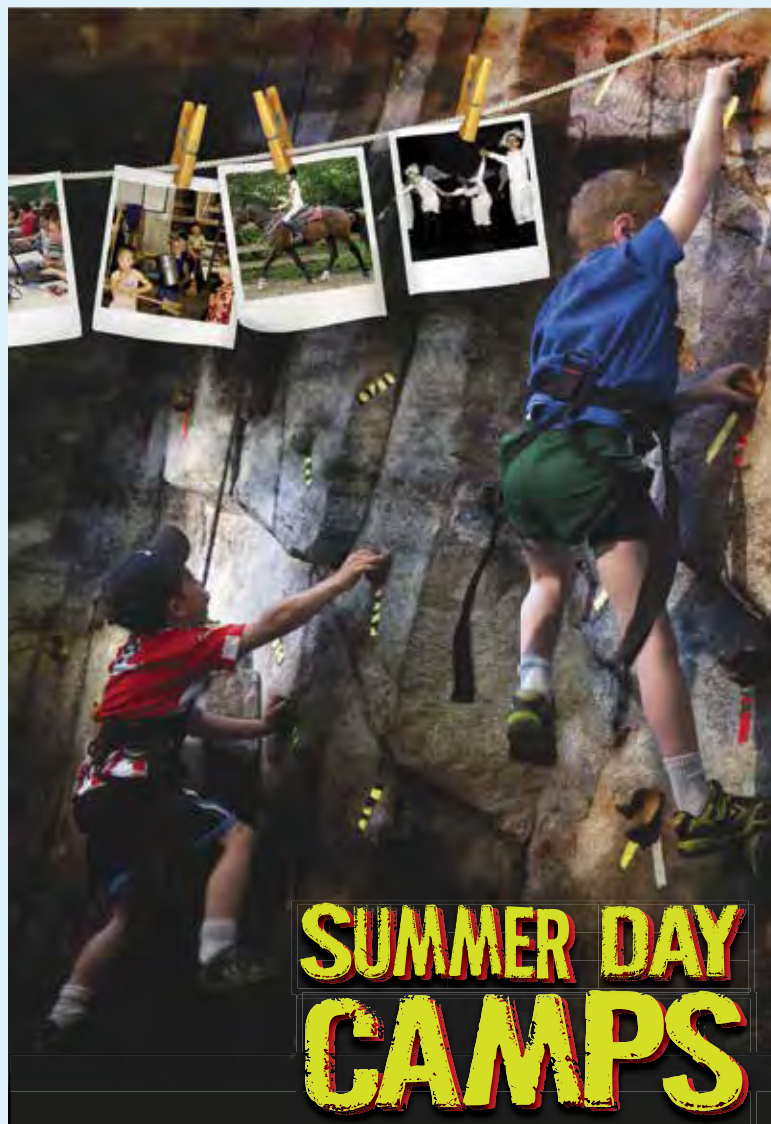
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4–11

## Summer routines

*Stay on track and supercharge family bonding*

By Natalie Singer-Velush

**P**arents of summer, I've got two quotes for you (play along for a second, I promise we're going somewhere with this):

"Willpower isn't just a skill. It's a muscle, like the muscles in your arms or legs, and it gets tired as it works harder, so there's less power left over for other things."

This is from Charles Duhigg, author of the best-selling *The Power of Habit: Why We Do What We Do in Life and Business*, which *The New York Times* calls "a serious look at the science of habit formation and change."

And: "Today was good. Today was fun. Tomorrow is another one." These words were written, not surprisingly, by the beloved Dr. Seuss.

So, which summer parent are you going to be? The one who keeps bedtime sacrosanct, who holds steady on screen-time limits and keeps — with iron willpower — the chore chart fresh, the house tidy, and the kids' academics from rotting away with every clang of that darned ice cream truck?

Or is it to heck with the routines — let the free, wild reign of summer (anything goes!) begin?

Guess what? You can have your cupcake and eat it, too. Summer can be a dangerous time for routines (they'll peel away faster than a scab on a knee if you let them). But with a little planning and a good dose of fun, you can keep a sense of order in your family — even initiate helpful new routines and habits — while savoring summer down to the last drop.

Here are four ideas to keep your kids on track, build family rituals and try new ways of reaching goals.

### Summer nights: Read!

Sure, many of us read to our kids. But the craziness of the school year sometimes gets in the way, and often we stop reading to them when they start devouring books themselves, or when they approach the tween years. Summer is the perfect time to get back to reading regularly to your children: Only 34 percent of kids ages 6–8 are read to, and only 17 percent of kids ages 9–11, according to Scholastic's 2014 Kids & Family Reading Report. But, 83 percent of all kids report liking or loving

being read to at home, primarily because of the closeness to parents it offers them.

Here are some ideas to get back to reading to your kids:

- Choose a list of books based on current interests or locations where you'll be traveling or would like to visit.
- Let every family member contribute some titles to a "book bucket list" and select them together.
- Tie in a family meal that matches the theme of the week's book.
- Try Shakespeare, adventure novels, science fiction, poetry or nonfiction. (Think vocabulary building!) Or pick a theme for the summer: sports stories, biographies, animal tales, fantasy or "growing pains."
- Share the reading! Designate a time of night when your kids will read to you. This keeps their literacy moving ahead and builds oration skills.

### Family meeting

If you don't hold a regular family meeting, summer is an excellent time to start — or to get back on track. Get your whole family's input from the get-go: What day and location is best for everyone? How will the meeting be run? Family meetings should be routine, not called when someone is in trouble, reminds Sarina Natkin, cofounder of Grow Parenting. Meetings are places to demonstrate problem-solving skills and mutual respect.

Try pairing the meeting with a special ritual, such as tea and cookies. A guide to family meetings

*Don't forget to schedule some do-nothing time: A weekly window when everyone just relaxes.*



in *Psychology Today* suggests starting with questions such as: What happened this week? What's coming up next week? What's something wonderful someone did for you? What are your concerns?

### Dinner, with a twist

There's something about summer nights — when, even during busy weeks, the sun glows late into the day and everything feels more relaxed. Take advantage and launch a fun ritual of kids cooking for adults. This routine encourages family meals during which everyone is engaged and present (put the phone away), and it teaches kids everything from kitchen skills to budgeting (anti-brain-drain alert: math practice!).

Designate a night each week, and empower kids by giving them a budget and letting them plan the menu, find the ingredients at the store and prepare the meal while you kick back and chill out. (Don't forget to have them mix you a mocktail!) Also, don't forget to ask who is in charge of cleanup, says Natkin. And start slow if you need to — younger children can begin by helping with simple steps, such as retrieving ingredients.

### Get your calendar ready!

Summer has a way of melting away like an ice cream cone in the sun. Time flies! Everyone in your family has special things they'd like to do over the summer. Sometimes, the only way to make sure something happens is to schedule it.

Sit down with your family at the start of the season and make a summer bucket list. Everyone



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## 4–11 Summer routines

continued from page 33

contributes places they want to go and activities they'd like to do. Then, make sure you have a family calendar — not a digital one, but a physical wall calendar placed strategically for all to see.

Plot out your bucket items and then stick to them! Think about assigning a theme to different days: Saturday is beach day, Sunday is hike day, and Wednesday is ice cream day. This is also a way to ensure chores get done: If Wednesday is ice cream day, then maybe Monday is room-cleaning and laundry day, and Friday is allowance day. Favorites for my family include movie night (Saturdays) and family game night (Friday). On game night, my two daughters give a short performance

— either they play their violins or give a speech on something they are interested in, which helps build speaking skills, and then we play board games. Don't forget to schedule some do-nothing time: A weekly window when everyone just relaxes (think: hammock, sidewalk chalk, water or dirt play, naps) is a key part of sucking the juice out of summer. Use stickers to make your calendar pop, and if you need a summer craft project, check out our homemade calendar and chart board: [parentmap.com/routines](http://parentmap.com/routines). ■

*Natalie Singer-Velush is ParentMap's managing editor. She is mom to two girls and tries to appear more organized than she really is.*



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# The essential babysitter handbook

*Everything your kid needs to take charge*

By Nancy Schatz Alton

**C**ongratulations! You've moved on from hiring sitters to parenting a child who is close to being ready to babysit for you, the neighbors and people you have yet to meet.

Gulp.

Actually, don't worry; read on to learn about everything from local babysitting classes, first aid training and pay rates to how to inspire confidence in the hiring parents. In no time, your tween or teen will be in business, the favorite sitter of their little charges *and* the hiring parents.

## First steps

The idea of your tween earning her own spending money is divine, but ponder what American Red Cross instructor Suzanne Byron, Ph.D., says is the number-one readiness question: Do they like kids?

"Sitting is not for everyone. Are they expressing an interest in babysitting? Next, do you believe your tween is mature enough [that] if they were unsure of anything or needed help, they would be willing to call the parent, you or 911?" Byron says.

Luckily, your eager future sitter can take one or more classes to help them become babysitting ready. Seattle Children's Hospital offers a five-hour Better Babysitters class, which covers child development, infant and child care, safety and injury prevention, handling emergencies, age-appropriate toys, business tips and parental (the hiring parents') expectations. Follow up with Seattle Children's CPR and First Aid for Babysitters, and your tween will have a marketable skill set.

The American Red Cross offers two Babysitting Training courses designed for 11- to 16-year-olds, with a seven-hour, a one-day or a two-day version that includes certification in first aid and pediatric CPR (check out its online-only classes, too). A third option includes classes offered by the national organization Safe Sitter, which has a class finder based on ZIP codes on its website.

## Growing into responsibility

Start slowly, whether that means having your tween be a parent helper for you or a neighbor. "It's OK to sit with a buddy, or train up with someone older



than you when you are watching triplet 6-month-olds, if it's OK with the family. These are the kind of scenarios you can create," says Taryn Oestreich, MPH, MCHES, health education consultant at Seattle Children's Hospital who developed the Better Babysitter curriculum and handbook.

Before you send your tween on any jobs, know that the classes he took were just the initial step. The rest of the conversation continues with you. For example, there's an entire home activities section at the back of the Better Babysitter handbook for the parents to complete with their child. Tasks include parents creating ground rules for things such as when the tween babysits (school nights?), walking through emergency scenarios and listing foods your tween is comfortable preparing on his own.

Don't miss the stand-alone piece of paper from this guidebook: a family info form that can be copied for every single job and which the sitter fills in with the hiring family.

*"Every family has its own unique world, and I tell my students that when you become a family's sitter, you become an expert on that world."*

Also, when your child is just starting out, it's fine to go with her to a meet-and-greet and assist her in asking the parents questions about how this family does things, such as their bedtime routine.

"Every family has its own unique world, and I tell my students that when you become a family's sitter, you become an expert on that world," Byron says.

## Talking with adults

Of course, becoming an expert on another family means your tween will be learning about communicating with adults. This comes more naturally to some people, and every babysitter class mentioned goes over this skill. For hesitant tweens, it's OK for you to help jump-start this process, but as they grow older, step aside and ask them to talk with their bosses.

"I always tell my students that part of becoming an adult is dealing with adults, and soon that will mean a college professor or a boss. You don't have to be perfect, you'll learn a lot and you only learn by doing; there is no way around talking to adults," says Carly Walsh, a Better Babysitter instructor.

Mom Jennifer Enich eased her daughter, now 14, into babysitting with parent-helper jobs and by training her to watch her younger brothers. "As my daughter's gotten older, she has taken on more responsibility of arranging her babysitting gigs — she communicates directly with the parents about scheduling and pay, and makes sure it fits in our day," Enich says.

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and fit of an after-school  
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printable infographic: [parentmap.com/programtree](http://parentmap.com/programtree)).

#### ENVIRONMENT

- Do staff welcome children by name upon arrival?
- Do staff provide you with verbal or written updates?

#### SAFETY

- What is the staff-to-child ratio?
- What training does staff receive?
- What is the emergency plan?

#### YOUTH ENGAGEMENT

- When do kids get choice in their activities?
- Do students get to reflect on what they have learned? When?

#### ACTIVITIES

- What skills will my child learn from your program?
- What is your approach with kids who struggle with an activity?

#### SOCIAL AND EMOTIONAL WELL-BEING

- How does the staff handle conflicts?

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## 11-15 The babysitter handbook

continued from page 37

Discussing salary with any employer means knowing the going rate for a skill set. The American Red Cross polls sitters in each region about what they are being paid, and instructors tell their class participants what that range is (while also advising that they discuss the topic with their own family). In the Greater Seattle area, parent helpers are usually paid between \$2 and \$5 an hour, while sitters are paid between \$5-\$10 an hour or more, depending on age and experience.

While Walsh doesn't give her class participants a pay range, she recommends thinking about pay rates that are equal to a child's grade, which means they give themselves a pay raise every year.

### Awing their charges

At Better Babysitter classes, the instructors ask students to remember when they were 8 or 9. Then, students list the traits of their own favorite babysitters along with the traits of sitters they didn't care for very much.

"They say things like, they were fun and very nice or they were mean or boring or they didn't pay attention to us," Oestreich says.

Babysitter classes will give tweens information on developmentally appropriate activities and toys. Still, it's important to discuss with your child before each new job how he plans to engage with his charges. Tweens may learn good techniques for healthy discipline at a class (including no spanking and no mean words), but your child will need to talk through topics like these with you, too, Walsh says.

The metamorphosis into babysitter is yet another opportunity to interact with your tween and help her grow toward adulthood. "That is one of the great things about being a sitter: talking about developing skills and confidence. You are interacting and responsible for people that are younger than you, and you are also interacting with adults," says Byron. "As we say in the class, 'You are responsible for everything as soon as the parents leave.' That's a lot, and it's a big confidence builder, too." ■

*When not navigating parenthood, Nancy Schatz Alton writes articles for websites and magazines and teaches writing classes. Find her blog at [withinthewords.com](http://withinthewords.com).*

## resources

**Seattle Children's Hospital's Better Babysitters class**, in Northeast Seattle and Bellevue: [seattlechildrens.org/classes-community/classes-events/better-babysitters](http://seattlechildrens.org/classes-community/classes-events/better-babysitters)

**Seattle Children's Hospital's CPR and First Aid for Babysitters**, in Northeast Seattle: [seattlechildrens.org/classes-community/classes-events/cpr-and-first-aid-for-babysitters](http://seattlechildrens.org/classes-community/classes-events/cpr-and-first-aid-for-babysitters)

**The American Red Cross** offers a one-day babysitting course and a two-day course that includes first aid and pediatric CPR, as well as online courses and Advanced Childcare Training for teens 16 years and older. Use the zip code finder to locate classes: [redcross.org/ux/take-a-class](http://redcross.org/ux/take-a-class)

**Safe Sitter** offers babysitter training classes for young teens; use the zip code finder to locate classes: [safesitter.org](http://safesitter.org)

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