

ParentMap

'cause parenting is a trip!

'HAVING
IT ALL'

SCREENING • PAGE 7
MEET THE DIRECTOR
AND CAST



**FREE-RANGE
CHALLENGE
AHEAD**

fun frontier

Pioneer adventures for kids 22

Good Growing
newsletter inside

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

**YOUR GUIDE TO
SWIMMING LESSONS**

When, where and what
age to get kids started **26**

**TECHNOLOGY RULES
FOR FAMILIES**

Finding balance between
controls and freedom **29**



**GOLDEN TEDDY
AWARDS**
AND FAMILY DIRECTORY



GET YOUR SPORTS PHYSICALS BEFORE THE BUZZER.

Virginia Mason provides pre-participation physicals often required for school admissions and sports activities. It's an opportunity to discuss general health issues and meets our goal of providing remarkable health care to each patient at every moment, one student at a time. Call one of our convenient locations below to schedule an exam.

Virginia Mason Issaquah Medical Center

100 N.E. Gilman Blvd | (425) 557-8000
[VirginiaMason.org/CloseToHome](https://www.virginiamason.org/CloseToHome)

Virginia Mason U Village Medical Center

2671 NE 46th St | (206) 525-8000
[VirginiaMason.org/CloseToHomeUV](https://www.virginiamason.org/CloseToHomeUV)

Virginia Mason Federal Way Medical Center

33501 First Way S | (253) 838-2400
[VirginiaMason.org/CloseToHomeFW](https://www.virginiamason.org/CloseToHomeFW)



Virginia Mason
Be Remarkable.



FREE-RANGE CHALLENGE

*What happens when three protective parents hoping to build their kids' independence loosen the leash a little? This summer, three families from different neighborhoods with kids of different ages found out. **PAGE 10***

REGULARS

4 DEAR READER

Find your free-range family moments

6 PAGE 6

New grill recipes, DIY water play, guide to cheap summer movies, and more

8 ASK THE EXPERTS

Temper tantrum cooldown; when tweens want skinny

OUT + ABOUT

16+21 AUGUST CALENDAR

22 PLAYING PIONEER

Pan for gold, make cheese, card wool and more frontier fun

AGES + STAGES

26 0-8 TAKE THE PLUNGE

When, where and how to start swim lessons

29 6-12 FREE-RANGE SCREENS

Are you letting your kids go too wild in the tech jungle?

34 15-18 ROAD TO FREEDOM

A parent and teen guide to driver's ed

ADVERTISING SECTIONS

17-20 GOOD GROWING

Seattle Children's Hospital's health newsletter

28-31 SCHOOLS + PRESCHOOLS

32-34 CAMPS + ACTIVITIES

COMING IN AUGUST

- **Our brain issue!** Discover the local, mind-boggling research impacting kids and families
- **Back-to-school fashion:** 5 big trends for every age, plus top lunch gear
- **Brain freeze:** We celebrate all things ice cream, with a cool glossary, new treat spots, and more!



inside:
GOLDEN TEDDY AWARDS
AND FAMILY DIRECTORY

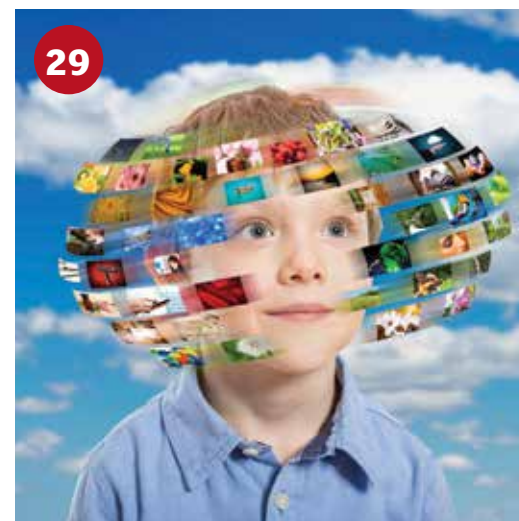


26

PIONEER FARM MUSEUM



22



29

Who Knew Going to the Dentist
Could Be So Much Fun?



2014 ParentMap
Golden Teddy
Awards

Dr. Roger Lucas, DDS

Board Certified Pediatric Dentist

Dr. Diane Tung, DDS

Board Certified Pediatric Dentist

Now Accepting New Patients!
Infants-18 years old

Mention this ad to receive a FREE electric toothbrush at your exam!

425-774-1285

KidsDentist.com

18833 28th Ave, Suite B, Lynnwood By the Alderwood Mall, In the Shane Company Plaza



Life is full of firsts.

**Take your first step in saving
for college today.**

With GET, enjoy tax-free growth that's guaranteed to keep up with tuition. When it's time for school, use it anywhere in the country.

LEARN MORE: get.wa.gov • 800.955.2318



Washington State's
529 Prepaid College
Tuition Program



GET

Guaranteed Education Tuition™
Save today. Secure tomorrow.

dear reader

Find your free-range family moments

No matter how many camps, vacations or days you've planned to avoid those two dreaded words ("I'm bored"), summer always brings a sense of freedom. That's partly why we chose this time of year to tackle the challenge — and invite you, readers, to do the same — of free-range parenting ("Free-range challenge," p. 10). As I attempted for one month to loosen the leash on my two daughters (you can judge for yourself whether I passed or failed), I was reminded again that parenting, while such a universal experience, is also defined by very personal choices.

I received an even more important reminder, though, this past Father's Day. My husband and I had been joking recently that "we never do anything anymore." Before we became parents and then when our kids were small, it seemed like we spent every weekend on a hike, a ferry adventure or an exploration of a new part of the region. As our kids grew, so did commitments and responsibilities. Soccer games, swimming lessons, school and work projects, and tasks at home often get in the way of one of the most important ingredients of family life: unscripted fun.

On Father's Day we pushed ourselves out the door, dog and swimsuits in tow, on a multi-stop excursion that led us, at last, to discover Iverson Spit Preserve on Camano Island. As the sun warmed the shallow shore, we splashed, built driftwood forts and whiled away the afternoon. Forget free-range parenting, I thought to myself. Let's go for free-range familying! My husband and I just marked our 13-year anniversary (according to Jewish tradition you could say we celebrated our relationship's Bar Mitzvah — we've finally become adults!). On our anniversary, our daughters, 8 and 10, played a very special violin concert for us that included "Pachelbel's Canon," the song we walked down the aisle to at our wedding. What a gift. What a lucky wife and mother I am.

My husband and I feel both our relationship and ourselves maturing. Time goes so fast. And yet we need to stop and remind ourselves to make space for that unscripted time, to put down the phones (see "Free-range screens," p. 29) and look away from our crazy schedules and just *be together* as families. I might not be the most chill-out, free-range mom, but I am 120 percent in favor of renewed free-range familying! We'd love to see your happy family adventures, too. This summer, Tweet us your pictures of family

fun around Puget Sound, or post them on our Facebook page, using **#SoundFamilyFun**. However you find freedom, enjoy it.



—Natalie Singer-Velush

HOMEMADE ENERGY BARS

Easily packable and deliciously snackable, this recipe offers plenty of leeway to concoct fun flavor combinations, like dried cranberries and walnuts, or dried mangoes and coconut butter. They're perfect for camping trips or day hikes — just keep them tightly wrapped. **Find the recipe and additional Healthy Kids Cook favorites at pccnaturalmarkets.com/healthykids.**

The bars in our video use this combination, but tailor your version to your family's favorite nuts, fruits and butters.



COOMBS FAMILY ORGANIC
MAPLE SYRUP



BULK
TRAIL MIX



BULK
ROLLED OATS



SUNBUTTER
ORGANIC SUNFLOWER
SEED SPREAD



SCAN THE
QR CODE FOR
THE VIDEO
AND RECIPE.

**healthy
kids
cook**

watch the video
scan the QR code below



navigate great stuff daily!

ParentMap.com



Break out the BBQ!

When you can't stand the heat in the kitchen, grilling is the way to go on hot summer nights. Instead of the traditional hamburgers and hot dogs, sling one of these unexpected recipes. We've got you covered with sauce, meat, veggies, potatoes, patriotic drinks and treats: parentmap.com/BBQ.

Choo-choose wisely

It's so cute how train-crazy kids are, right? We've got your ticket to conducting the best train outings ever. From Seattle to Kitsap and beyond, our curated insider's guide to train trips will keep your little rail rascals happy all summer long (and beyond): parentmap.com/traintrips.



Most fun Fourth ever!

We are your Independence Day central, with a patriotic roundup of ways to trick out your parade bicycles, Fourth of July crafts, and flag-worthy desserts for crowds: parentmap.com/holidays.



Catch more zzz's

If we are lucky, we spend a third of our lives sleeping. But in reality, many adults are suffering from sleep debt (and not just those moms and dads with newborn babies on their hands). We talked to the sleep experts to uncover the top reasons for adult snooze deprivation — and what you can do about it. parentmap.com/moresleep



Best DIY water play

You don't need to buy tickets to an expensive water park to cool your kiddos down this summer. Check out these eight amazing make-at-home ideas, including soda-bottle sprinklers (bonus: they'll be working on their STEM building skills!), sponge balls, water piñatas, ice excavation and more. parentmap.com/DIYwater

Chillin' in the cheap seats

Could this be the summer we actually tire of hot days? A go-to solution is a dark, air-conditioned movie theater showing a family matinee at — wait for it — retro prices. Our guide to cheap movie series, from Regal's \$1 Summer Movie Express to Columbia City's \$3 KidSummer Film Fest, points the way (parentmap.com/cheapmovies). And if your family is all about outdoor films, we've got the goods on the explosion of films al fresco, whether you prefer campy classics, animated musicals or kid-centered sing-alongs. parentmap.com/outdoormovies

ParentMap

July 2015, Vol. 13, No. 7

PUBLISHER/EDITOR Alayne Sulkin

EDITORIAL

MANAGING EDITOR Natalie Singer-Velush

OUT + ABOUT EDITOR Elisa Murray

CALENDAR EDITOR Nancy Chaney

PROOFREADER Sunny Parsons

CONTRIBUTORS

Nancy Schatz Alton, Lauren Braden,
Deanna Duff, Tiffany Doerr Guerzon,
Jo Langford, Jazmin Williams

PARENTMAP.COM

CHIEF TECHNOLOGY OFFICER Julian Haight

SOCIAL MEDIA + DIGITAL PRODUCTS MANAGER
Rory Graves

PUBLISHING ASSISTANT Nicole Persun

ADVERTISING SALES + PARTNERSHIPS

Ida Wicklund

Dani Carbary

AD OPERATIONS MANAGER Elisa Taylor

SALES + MARKETING SUPPORT MANAGER
Jessica Collet

MARKETING/EVENTS

MARKETING DIRECTOR Paige Smith

EVENT OPERATIONS Tara Buchan

EVENTS MANAGER Lisa Payne

EVENT + MARKETING COORDINATOR
Mallory Dehobd

ART + PRODUCTION

DESIGN + PRODUCTION, PRINT

Emily Johnson

DESIGN + PRODUCTION, PRINT + DIGITAL
Amy Chinn

ADMINISTRATION

BUSINESS MANAGER Sonja Hanson

OPERATIONS MANAGER Carolyn Brendel

ADMINISTRATIVE ASSISTANT + DISTRIBUTION
Angela Goodwin

ACCOUNTING ASSISTANT Lorraine Otani

ADMINISTRATIVE SUPPORT Taracina Ullevig

PARENTMAP

EDITORIAL ADVISORY BOARD

Benjamin Danielson, M.D.

ODESSA BROWN CHILDREN'S CLINIC

Joan Duffell COMMITTEE FOR CHILDREN

John Gottman, Ph.D.

THE GOTTMAN INSTITUTE

PROFESSOR EMERITUS, UNIVERSITY
OF WASHINGTON

Michael Gurian THE GURIAN INSTITUTE

Laura Kastner, Ph.D.

PSYCHIATRY + BEHAVIORAL SCIENCES,
UNIVERSITY OF WASHINGTON

Bea Kelleigh

VICE PRESIDENT AT DOVETAILING, LLC

Yaffa Maritz, M.A.

LISTENING MOTHERS +

COMMUNITY OF MINDFUL PARENTS

Ron Rabin THE KIRLIN FOUNDATION

Daniel J. Siegel, M.D.

EXECUTIVE DIRECTOR, MINDSIGHT INSTITUTE

ADVERTISING INFORMATION

206-709-9026 or advertising@parentmap.com
Fax 206-709-9031

CALENDAR SUBMISSIONS
calendar@parentmap.com

EDITORIAL SUBMISSIONS
editor@parentmap.com

DISTRIBUTION distribution@parentmap.com

SUBSCRIPTIONS subscriptions@parentmap.com

ParentMap is published monthly

PMB #399, 4742 42nd Ave S.W.
Seattle, WA 98116

ADMINISTRATION 206-709-9026, parentmap.com

SUBSCRIPTION RATES 1 year: \$24; 2 years: \$40

All rights reserved; reproduction in whole or
part without permission prohibited

©ParentMap 2015 • Printed in Oregon



facebook.com/ParentMap



[@ParentMap](https://twitter.com/ParentMap)



pinterest.com/ParentMap



ParentMap

Meet
the Director
and Cast.

MARYMOOR
PRODUCTIONS PRESENTS

HAVING IT ALL



A DOCUMENTARY FILM
BY VLADA KNOWLTON

Three women embark on
juggling motherhood,
marriage, and careers,
and find themselves
living a life for which they
were not prepared.

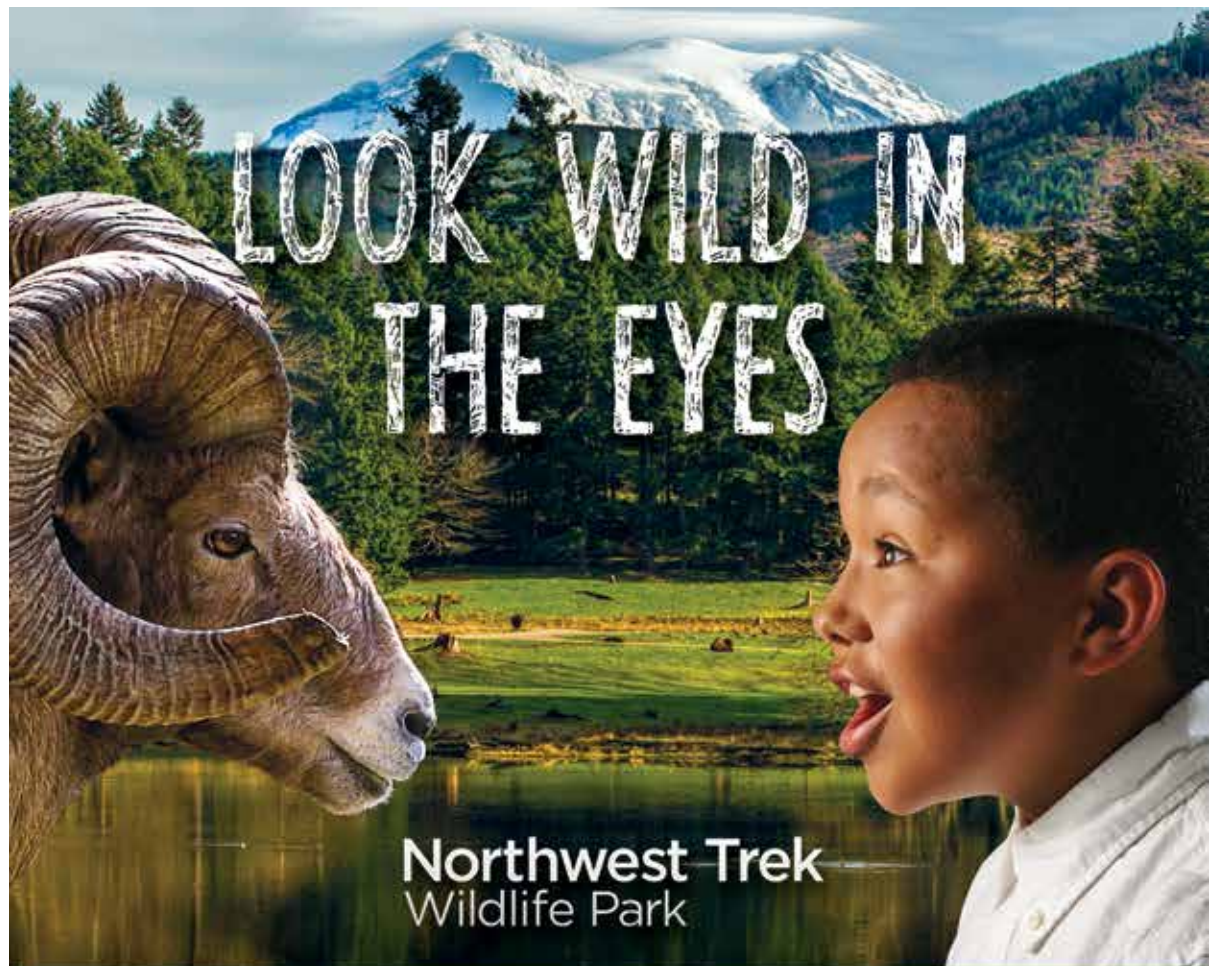
JULY 29

7pm

Majestic Bay Theater
BALLARD

OKTS9

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



Q&A

ask the experts

Sponsored by



Temper tantrum cooldown

Q: How can I deal with my 2-year-old's temper tantrums in a positive way that does not reinforce the tantrum?

A: Two-year-olds are beginning to understand they may be separate from their caregivers. Most are into mimicry: Mommy likes to ride a bike, I'm going to ride a bike. They have a strong will and an undeveloped skill set, and are driven by pure instinctual emotions.

To be 2 is to swing from one pole to the other: The sun is shining: Hooray! I dropped my Popsicle: Nooooo! When a parent says, "You can eat the Oreo after dinner," a toddler doesn't understand the concept of time. It's now or not now.

We as parents hit our heads against walls trying to reason with their irrational minds. Instead, look at it like this: My healthy kid is feeling his emotions. This is a time to reframe, to stop personalizing my child's tantrums. Don't make it worse by constantly talking at a 2-year-old. You have about one short sentence, and then you're the teacher in *Peanuts* ("Wah-wah, wah-wah-wah-wah"). The child literally cannot take in your words.

Another big problem is the time-out. Forcing children to sit in silence is teaching them that feelings are inconvenient. A time-out may work to please you, but by age 3 or 4, there is the epic fight just to get the child to sit on that stair.

When your child is in mid-tantrum, don't rationalize with her, and don't force her to go somewhere else. Instead, account for yourself. This requires your most patient and well-rested self.

If you can be calm, proximity rules relationships. Find something to do nearby during the tantrum. Say, "I'm right here, and I'm not angry." After the tantrum has subsided, say to your child, "That was a good cry. You must feel better."

I try to express complete acceptance. "I can handle your emotions. I always love you." However you express it, your relationship with your child trumps anything else that happens: throwing the sippy cup, the biting, the kicking. These are deep waters for the parent and take emotional maturity.

When the storm has passed, open yourself to your child with total comfort. There is a great deal of freedom when you don't fear these tantrums. They are normal, and you can handle them.



Meghan Leahy is a certified parent coach and a parenting columnist for The Washington Post. She's passionate about helping children grow, learn and change in a positive manner, and about helping parents bring lightness, laughter and love into their homes.

When tweens want skinny

Q: What do you do if your tween wants to be "skinnier"?

A: **Don't be caught off guard.** Eighty-one percent of 10-year-olds are afraid of being fat, and 40 percent of 9- to 10-year-olds have tried to lose weight. Don't say, "You are perfect the way you are." This will completely shut them down, and you've lost your chance to have a fantastic conversation.

Formulate healthy goals together. Ask what they mean by skinnier and why they want to be skinnier. Steer them toward being healthier rather than thinner. Be supportive in their endeavors to change their eating and exercise habits with an emphasis on better energy, athleticism, brain power and overall health. Never let the scale or calories be their guide, which can lead to eating disorders. Instead, help your tween set goals such as walking/running a local 5K, eating more veggies and reducing screen time.

Have another puberty talk. Many tweens will gain weight because their bodies need extra weight for upcoming changes. My daughter was worried after she gained 20 pounds in a few months. After we talked about how the body stores weight for puberty, we met with her pediatrician. She recommended a few blood tests (which had normal results), and we waited to see what happened naturally. Sure enough, my daughter grew 5 inches, and the weight was no longer an issue.

Think about your own body issues. Do you talk about your weight often and try fad diets? Do you comment on other people's physiques? If you want your tween to love his or her body, then be a role model for what that looks like. Compliment yourself in your child's presence and model regular exercise and healthy eating, too. If you are worried, talk to the doctor.

Beware of eating disorders. The Eating Disorders Coalition reports that from 2.5 to 4 percent of teens have eating disorders. Some typical signs are skipping meals, eating in secret, obsessively exercising, going to the bathroom right after meals or severe changes in eating and exercise habits.

Be their support system. Without your guidance, they will turn to the Internet for an answer and find diet pills, fad diets, and pro-anorexia and pro-bulimia websites. Our first instinct is to assure them they are perfect. We have to move past that and embrace the ever-changing needs of our tweens.



Sheri Gazitt founded Teen Wise to support teens, tweens and their parents struggling with daily life issues. Through workshops and coaching, she sheds light on the daily struggles and triumphs in girl world, including conflicts, friends, stress, coping skills and confidence.

Get YOUR questions answered!

Email them to asktheexpert@parentmap.com

Post them on our Facebook page @parentmap with the tag #asktheexpert

Visit parentmap.com/asktheexperts for more Q&As with experts.



COMING JULY 25, 2015

FHC SKYFAIR™

AIRCRAFT LINEUP

F-86, MIG-15, DC-3, P-47,
FW 190, B-25, HURRICANE,
ZERO, AND MORE!

GATES
OPEN AT
10AM



2ND ANNUAL AIR & GROUND SHOW

FLYING DISPLAYS FROM FHC, PLANES OF FAME, & HISTORIC FLIGHT FOUNDATION,
MILITARY VEHICLE DEMONSTRATIONS & DISPLAYS, WWII RE-ENACTORS, KIDS
CORNER & HANDS-ON EDUCATIONAL ACTIVITIES, 40s DANCE BAND, FOOD &
BOOTH VENDORS, PC GAMING, FREE PARKING

TICKETS AVAILABLE AT FHC | \$35 FAMILY SPECIAL

PAINE FIELD 3407 109TH ST SW EVERETT, WA 98204 (877) FHC-3404
VISIT WWW.FLYINGHERITAGE.COM | FIND US ON FACEBOOK



Brighton School®

Private Preschool – 8th Grade



Moving to a new, expanded campus in Mountlake Terrace!

For 33 years, Brighton School has been offering outstanding private education for the whole child. The new school will allow us to deepen our commitment to STEM education, the arts and athletics with the following:

- Art studio
- Two science labs
- Multi-purpose room
- Multiple playgrounds
- Music room
- Engineering/innovation lab
- Media center
- Turf field

OPEN HOUSE

Friday, August 7th 9:30 am – 11:30 am
at our current Lynnwood location with shuttles
to take families to tour our new campus.

6717 212th Street SW, Lynnwood
brightonschool.com • 425-672-4430



Evergreen Academy™

Montessori Preschool & Private Elementary School



Personalized learning in a nurturing community

Evergreen Academy offers outstanding private education, from preschool through sixth grade, with a curriculum that prepares students for success. Our Montessori preschool offers the perfect balance of learning and play. Our elementary school continues to foster a love of learning by providing challenging academics along with specialty classes.

Open Houses

Bothell Preschool: Monday, August 31, 9 – 11 am

Bothell Elementary School: Friday, August 28, 9 – 11 am

Contact us to RSVP or schedule a private tour!

877-959-3742 • evergreenacademy.com

PRESCHOOL & ELEMENTARY SCHOOL IN BOTHELL



Find out
more about
free-range at:
[parentmap.com](http://parentmap.com/happysummer)
[/happysummer](http://parentmap.com/happysummer)

FREE-RANGE CHALLENGE

What happens when three protective parents hoping to build their kids' independence loosen the leash a little? This summer, three families from different neighborhoods with kids of different ages found out.

BY NATALIE SINGER-VELUSH

The challenge didn't seem so complicated, and the timing — the start of a long summer full of wide-open days and endless sun — was perfect. All I had to do was, for one month, let my kids loose. A little. As the editor of a leading parenting magazine, I figured I should be able to set an example for us hovering, paranoid American parents everywhere: Take a chill pill. Ease up on the leash. Re-lax. Engage in the modern-parenting equivalent of smoking a bit of weed: Let my kids go free-range.

ParentMap's team of editors and writers (most of us parents ourselves, of kids ranging in age from diapers to college and beyond) came up with the challenge idea after reading months of increasingly divisive headlines about "free-range parenting." We had seen the stories of parents criticized, even arrested, for allowing their children to play at the park alone or walk to the school bus stop without an adult. Aside from the occasional egregious examples of neglect or poor judgment, and the choice-limiting

difficulties of extreme economic hardship, we wanted to understand: How do we know how much freedom is right, and when? Are we helping our kids, or hindering? What would happen if we loosened up?

The debate over free-range parenting in the U.S. is in stark contrast to tales of laissez-faire European parenting, and to the stories we all carry from our own childhoods (how did we *ever* survive the hours outside until dinnertime, the solo bike rides, the experimental forest bonfires?).

Three of us decided to take on the challenge first, in order to spark what we hope will be a fruitful conversation about the balance between independence and safety, about building community and combating isolation — a conversation about the worries and aspirations at the core of our parenting — and to eventually issue a free-range challenge to other families (see [Facebook.com/parentmap](https://www.facebook.com/parentmap) for details).

Here's what happened.

A WORRIER MOM IS ALWAYS ANXIOUS

FAMILY: Mom, dad, two daughters ages 8 and 10.

NEIGHBORHOOD: A North Seattle suburb on a quiet-ish street with school, parks and busy streets nearby.

GOALS: Let kids walk to school alone, let kids play at park alone, let kids cook meals alone, let kids stay home alone for short stretches, let kids ride bikes around block alone.

All I had to do was give my two daughters, 8 and 10 (and sheltered, according to many standards), more freedom than they were used to; to stop being so paranoid and infuse my children with a new sense of self-determination and initiative.

Easier said than done, this worrier mom discovered.

First, some background. I grew up on the East Coast in a big city. Until age 11, I lived in a quiet suburb, where I started walking to school by myself, a few blocks away, in kindergarten (there were crossing guards). When I was 8, I took off on my bike with my friends, unsupervised — but my mom never let me outside after dinner, even in the summer when all the other kids were out and about. In the sixth grade, I moved closer to downtown, and with my friends, I learned to take the metro and public buses all around the city. At 12, I babysat my 7- and 2-year-old brothers, plus I babysat other people's young kids on the weekend (what were those crazy parents thinking?). Still, I had been sheltered compared to my husband, who grew up on a ranch in rural northern Arizona with his hippie parents and eight siblings. Those kids were so free-range, they were practically laying eggs. By age 5, my husband was walking 2 miles across the open desert to his bus stop; by age 7, he spent entire summer days on his bike exploring, miles from away from home; at 13, he woke up at 4 a.m. to cook oatmeal for the whole family before leaving for a two-hour commute to school.

All of this freedom created fun for my kids' dad, built skills and responsibility — and also led to occasional danger. "I don't know how we didn't get killed out there," he says, not to put too fine a point on it.

You can probably guess we have slightly different parenting philosophies.

I tend to hover. I do let my kids do things for

themselves, but mostly under supervision.

The month of the challenge, I tried to pull back and allow some of the things my husband seems more comfortable with. Progress was slow, but it happened. The girls rode around the block alone on their bikes (full confession: on his watch, not mine). My husband also allowed them to walk the couple of blocks to school mostly by themselves while spotting them from the corner (I couldn't bring myself to do it).

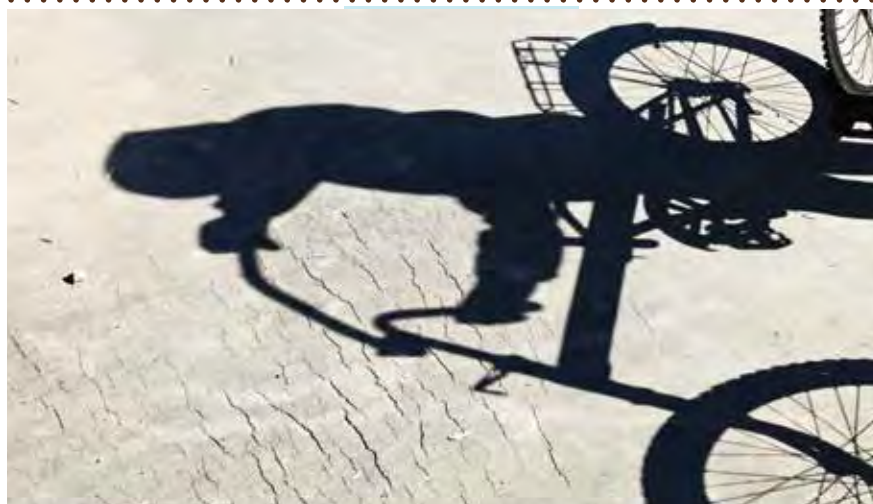
They made several meals using the stove and oven completely on their own — something I now fully trust them with.

I intended to try dropping them off at the Green Lake playground and heading into the nearby Starbucks to spend a little time by myself. The plan sounded great ahead of time, but I'll be honest: I chickened out.

But later in the month, while visiting a friend in the neighborhood one afternoon, my daughters walked three blocks with their friend to the corner store, bought their own treats, and walked home. I even felt sort of OK about it afterward. Success!

Ultimately, I realized this: I'm mostly scared about people doing bad things to my kids, rather than mistrusting my kids' abilities to make smart choices.

My fear presented itself one evening when I took the kids on a neighborhood walk after dinner. I had begun to let them ride their bikes ahead, around the corner and up a block or two or three while I dawdled with our dogs. On this night, the kids rode ahead and out of my sight. As I rounded the corner, I saw my 10-year-old stopped far up the block, examining her bike chain, which had come loose. At the same moment I spotted ahead of me, near her, a young man in his 20s with a dog, smiling from across the street at my daughter. He looked like he was about to approach her. I hurried up and asked loudly, "What's wrong?" The man



"I trust my kids, but I don't trust every stranger."

turned, surprised to see me, and said, "I'm happy to help you with that chain."

"That's OK," I answered. "We're close to home."

He could have been a helpful neighbor ready to fix her chain. There's probably a 99 percent chance he was a kind passerby.

But there are three known sex offenders within a half-mile radius of us, and 12 within a mile.

I trust my kids, but I don't trust every stranger. And we're in a city, not a 3-acre homestead.

This incident happened near the end of our "free-range challenge." If anything, it clouded any certainty I might have begun to feel about how much freedom to give my daughters. There are, for our family, no easy answers. I will continue to let my kids ride ahead on their bikes. I will leave them at the park for a few minutes while I cruise the block. But I'm not ready to let them travel the neighborhood alone for any longer distance or leave them to play in public for a longer stretch.

I'm not sure any of us can say whether we "succeeded," but I can say that after a month of testing the free-range waters, I learned something, busted some self-created myths, confirmed some fears and maybe edged a little closer to my husband on the partner-parenting agreement scale. (Or maybe he edged closer to me: The bike story freaked him out, too.)

It also became clear that as parents, we all bring so many different experiences, strengths and vulnerabilities to our child rearing.

"Free-range," it turns out, means different things to each of us.

— Natalie Singer-Velush >>

Discover

THE HISTORY & CULTURE OF THE TULALIP TRIBES

Native Knowledge. Shared Science.

HibulbCulturalCenter.org
 6410 23rd Avenue NE
 Tulalip, WA 98271
 360.716.2600
 info@hibulbulturalcenter.org

Roots of Wisdom
 Native Knowledge. Shared Science.

Duck decoys to surf boards.
 chocolate to popcorn.
 How is it all connected?

From restoring ecosystems to
 reviving cultural practices,
 Roots of Wisdom provides
 examples of how traditional
 knowledge and Western science
 provide complementary solutions
 to contemporary concerns.

NEW EXHIBIT NOW OPEN

LOOK MA, NO HANDS!

At Capital Medical Center, we want to help your family have a safe and carefree summer. That's why our specially trained emergency physicians and trauma-certified nurses stand ready to handle even the most serious medical situations — the moment you need us — right here, close to home.

Team with us for a healthy summer. Go to capitalmedical.com/summersafety for a free Parent's Guide to Summer Safety.

*For summer safety tips, visit
our website at capitalmedical.com.*

3900 Capital Mall Dr. SW, Olympia • 360-754-5858 • 888-677-9757 • capitalmedical.com

Capital Medical Center is partly owned by some of the physicians who serve our patients.

30

★ YEARS ★
OF SOUND
MEDICINE

1985 • 2015

CAPITAL
MEDICAL CENTER
Your Community Hospital

feature

FREE-RANGE CHALLENGE

continued from page 11

SINGLE MOM IN THE CITY FOCUSES ON SAFETY

BY JAZMIN WILLIAMS

FAMILY: Mom and one daughter, age 5.

NEIGHBORHOOD: A diverse, Seattle Central District neighborhood near a community building, a field, and well-used bike path, with schools, parks and high-traffic streets nearby.

GOALS: Build community with neighbors and other single mothers, gain a better understanding of how “hover parenting” is impacting my child’s life, establish practices to help increase opportunities for my daughter’s independence and development.

For one month, I tried to parent outside of my box. I explored what society is calling “free-range” parenting. Not only did I explore it, I ended up evaluating myself as a parent and what has led me to the choices I make for my daughter.

I had to spend the first few years of my daughter’s life in survival mode. Now that my daughter and I have exited that lifestyle, I find that I still hold onto the mind set that I was in during that time. It’s hard to live and parent while being overly aware of the dangers that are out there in the world. My mind goes to the worst-case scenario when it comes to my decision to take the free-range approach to parenting my daughter.

Taking on this challenge, I wondered how much of what I needed to teach her about safety she would actually absorb. With her being just 5, I hoped she would learn basic safety procedures. I taught her our phone number, how to access the emergency call list on my cell phone and the name of our apartment building. I also taught her my full name and how to physically describe me, in case she needs assistance to locate me in a crowd. I thought that it would ease my mind if she knew how to handle herself during a situation. I wanted her to be prepared.

My daughter and I live in a very active neighborhood in the Central District. The field and bike path near our home are very well-used, but within this active neighborhood is a lack of community. My neighborhood is not the same now as it was when I was a child. My parents were friends with our neighbors. The adults in the neighborhood watched out for the other parents’ children. There was not a single thing that they did not inform each other about. Sadly, those types of neighborhood relationships are gone.

I believe some of the changes our community has undergone have left residents feeling underserved and thrust into a state of survival, which leaves us all disconnected. No one has the time to get to know each other when they have to continually worry about their income and employment, discrimination and gentrification. People are not able to feel attached to a community when the neighborhood is trying to force them out of it. And I cannot feel comfortable letting my daughter roam around a community where everyone is a stranger.

Finding it challenging to connect with other people in my community, I tried to connect with other parents at my daughter’s school. Taking advantage of free tickets to the



"I can't fully explain to her why I always feel such anxiety when we are out in crowds."

Woodland Park Zoo seemed like a great way to do this. At least I thought that it was a good idea, until we started to actually walk around the zoo with another parent and two other little girls. If this hadn't been my first time taking my daughter to the zoo, we would have left early.

The girls were so excited that they zoomed from animal to animal. It did not help that they are lanky little things who can easily slip through the crowd. I have never felt such anxiety or yelled my daughter's name as much as I did that day. I had to set an incentive for my daughter to keep in close proximity to me. Cotton candy became her end goal: If she could help me get through the rest of our trip at the zoo without my spinning into full panic mode from her running off in excitement, then I would buy her cotton candy. Of course, the promise of a sugary treat worked.

I know that bribing my daughter is wrong. However, I can't fully explain to her why I always feel such anxiety when we are out in crowds. I know that my anxiety stems from my diagnosis of post-traumatic stress disorder (PTSD), caused by the previous abusive relationship we were in. I continue to live in that frame of mind even though we have safely left from that environment.

This has been my personal struggle: How can I provide my daughter with the ability to thrive independently when I am worried about letting her do so?

Looking back on that time, I realize I was never awarded the opportunity to allow my daughter to be independent. I had to keep her close to me to protect her from an abuser. I keep her close to me now because the news, stories, scenes and lifestyles in our community make me uneasy. I cannot trust someone who is a stranger, even a neighbor, especially around my daughter. While I keep her close because of my fears, my worst fear is that she won't live her life to the fullest because of my anxiety.

The challenge to try free-range parenting let me see how my fears are actually hindering my daughter's development. She cannot develop into an independent and empowered young woman if I do not give her the opportunity. I have to trust that she will be able to solve a problem situation and remember the safety procedures that I taught her if needed. Since taking on this challenge, my daughter and I have decided to work on providing her with such situations.

We are going to start small, though. >>>



Is your child growing, sleeping, eating, learning and playing well?

\$20 WELL-CHILD VISITS

July 1 to August 31, 2015

Offer good for children under 18
Includes free pediatric vitamins

Naturopathic Medicine • Acupuncture • Nutrition • Counseling • Ayurveda

BASTYR CENTER
FOR NATURAL HEALTH

*the teaching clinic
of Bastyr University*

BastyrCenter.org/WellChild • 206.834.4100 • 3670 Stone Way N., Seattle



LOOKING FOR QUALITY CHILD CARE?

Ask your child care provider about
EARLY ACHIEVERS

It helps ensure your child receives quality care and education. It's free for families and providers.

Learn more at: www.del.wa.gov/care/qris



WASHINGTON
EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

FREE-RANGE CHALLENGE

continued from page 13

ANXIOUS MOM IN THE SUBURBS

BY TIFFANY DOERR GUERZON

FAMILY: Mom, dad, two daughters ages 11 and 15, and a son, 8.

NEIGHBORHOOD: A working-class neighborhood within a south King County suburb rated no. 6 in WA to raise a family.

GOALS: Allowing my 11-year-old to walk to the store with a friend. Teaching my daughter to administer her own epinephrine, and to independently choose safe foods for her peanut allergy.



Free-range parenting. As with many parenting theories, the pendulum of public opinion swings from one extreme to the other. I'm all for fostering my kids' independence, but where does freedom end and unnecessary risk begin?

My middle child, Lucy, is currently pushing the boundaries of my parental comfort zone. Her friends often walk to a nearby convenience store to buy candy. Lucy wants to join them, but I worry. It's not the traffic — the intersection is protected by a stoplight and crosswalk. It's the strangers.

I know that stranger/child abductions are rare. According to the Polly Klaas Foundation, the stereotypical stranger/child kidnapping makes up less than 1 percent of reported cases. Many

people feel that here in the U.S., we are living one of the safest existences in history.

So why do visions of masked men throwing my child into a car and speeding away still run through my mind like a bad movie? Because despite the reassuring statistics, hearing every abduction reported on the 24-hour news cycle can strike fear into the hardest of parents.

But Lucy is almost 12. That short trip to the store makes me nervous, yet she's probably old enough. As my first challenge, I decided to let her go. After all, she starts middle school next fall, which leads to a related challenge.

Lucy has a life-threatening peanut allergy. At her elementary school, every staff member, teacher and bus driver is trained to treat her with

an EpiPen should the need arise. But when I called the middle school to discuss Lucy's future health plan, the nurse recommended that she carry her own Epi and know how to use it. Lucy's allergist agreed. We made an appointment, and the nurse trained her in using the lifesaving epinephrine. I even had her inject an orange with an expired EpiPen to get the feel of the spring-loaded needle.

Lucy has been well-educated and prepared. She's responsible about her allergy and reads labels to choose "safe" foods. But could I really let her go out and eat something without an adult present? Even a trace of

"Could I really let her go out and eat something without an adult present?"

peanut could cause anaphylactic shock. The very thought gives me chills.

My first two challenges merged when my daughter had a friend over and they wanted to visit the convenience store. Lucy walked with her friend and carried her Epi in a backpack. She was also

allowed to buy "safe" candy and eat it before she got home. I fretted until she returned, bursting through the door, grinning from ear to ear, lips stained blue from candy. Her pride in doing something on her own almost erased my fears.

My third challenge was completely unexpected. My older

Classes offered in
Renton and
Bellevue!

Mommy & Me,
Creative
Movement,
Ballet & Pointe,
Modern, Jazz,
Theater Dance and
Stretching

**Evergreen City
Ballet**
Kerrie Kabeer, Artistic/Executive Director



**Open House!
Saturday, August 8**

Join us from 10:00 - 2:00 and get to know Evergreen City Ballet and its teachers! Receive brand new ballet shoes or tights when you register!

www.evergreencityballet.org | 425.228.6800

Come in for a **FREE**
trial class! Boys under 8 are
free the first year!



SEATTLE'S PREMIER NANNY AGENCY
"You do it all, leaving the boys and us to do you."

CareWorks

Known for our exceptional personal service, long-term support and unique approach to finding just the right fit for your family.

206-325-7510
CARFWORKSNW.COM



Be a FIUTS Homestay Family

Host an international student for 3-10 days and connect your family to the world!

www.fiuts.org/homestay

daughter, Mia, is a ninth-grader. Recently, I got an email from her school. A “kill list” had been found in a student’s backpack. And when a rumor circulated that “something’s going down on Friday,” the police investigated. They determined there was “no viable threat.” The incident was reported in the newspaper, and social media lit up with parents discussing what they should do: keep their kids home or trust the police and let them go to school?

My first instinct was to keep Mia home — I mean, why take a chance? But my daughter really wanted to go to school. School officials informed us they would have police officers stationed at the school on that day.

My husband, who has more than 20 years of experience in federal law enforcement, read through the email and newspaper accounts. He decided it was safe for her to go. I argued against this with the two of them. Then Mia said, “If there was a plan to shoot people, now they probably won’t do it Friday. But it could happen any day. What are you going to do, homeschool me?”

I had to admit she had a point.

So my federal-agent husband taught her what to do if she’s ever in a situation with a shooter. He even printed out information for her to read.

Mia went to school that Friday. More than half the students stayed home. When she didn’t arrive home at her usual time, I panicked. A few minutes later, she reminded me via text that she had drama club that afternoon. I nearly fainted in relief.

I learned from these three situations that we can’t protect our children from everything. We can only prepare them, and pray. I don’t want to live in fear, and I don’t want my children to, either. ■

It’s the one you (and your family) want!

GREASE

LIVE ON STAGE!

Tickets start
at **\$29**



JULY 9 - AUG 2, 2015

Recommended for children ages 12 and up.

(206) 625-1900 **WWW.5THAVENUE.ORG**

GROUPS OF 10 OR MORE CALL 1-888-625-1418 | ON 5TH AVENUE IN DOWNTOWN SEATTLE



2014/15 SEASON SPONSORS

ARTSFUND



usbank

The Seattle Times

OFFICIAL AIRLINE

DELTA

RESTAURANT SPONSOR

Hard Rock
CAFE

Photos by Mark Kizacka

July PICKS



COURTESY CENTER FOR WOODEN BOATS



May the Fourth Be With You

In addition to parades and fireworks, our calendar is packed with Fourth happys such as **slug racing** in Issaquah; **pie-eating** in Kent; **dog-jogging** in Bellevue; a **bike parade** in Leavenworth and **BMX stunts** in Tacoma. parentmap.com/fourth

JOAN MARCUS



'Wicked' plays the Paramount

The deliciously inventive prequel to *The Wizard of Oz* follows two girls growing up in Oz and how their friendship and individual qualities shape the witches they become. **July 8–Aug. 2.** \$50 and up. Ages 8 and up. The Paramount Theatre, Seattle. stgprepresents.org



'Having It All' at the Majestic Bay

At this **ParentMap screening of the acclaimed local documentary**, you'll laugh, cry and recognize yourself in the stories of three families embarking on starting a family. Q&A with filmmaker Vlada Knowlton and film subjects to follow. **Wednesday, July 29, 7 p.m.** Majestic Bay Theatre, Seattle. parentmap.com/havingital

SUNDAY



Obliteride Kids' Ride, July 11

COURTESY OBLITERIDE

5

Jetty Island Opens! This two-mile-long, man-made island by Everett is a kid's summer paradise of sand and water; you'll also find programs from puppet shows to nature walks. Take the **FREE** foot ferry over (suggested donation \$1–\$2) daily through Sept. 7. Marine Park, Everett. ci.everett.wa.us
Oxbow Family Farm Day. Hike the trails and poke around the kids' farm, children's garden and Living Playground. 10 a.m.–2 p.m. **FREE.** All ages. Oxbow Organic Farm and Education Center, Carnation. oxbow.org

12

Dragon Fest. Pan-Asian street fair with lion dances, taiko drumming, martial arts and \$2 food walk. Saturday–Sunday, July 11–12. **FREE.** Chinatown/International District, Seattle. cidbia.org
Seattle Outdoor Theater Festival. Greenstage, Theater Schmeater and other companies present 14 **FREE** shows in one weekend. Saturday–Sunday, July 11–12. Volunteer Park, Seattle. greenstage.org/sotf

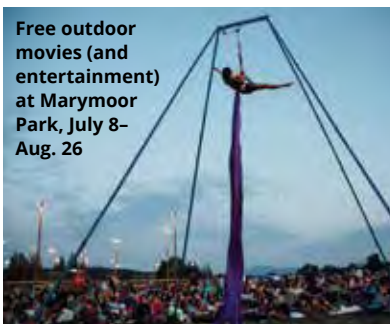
19

Bite of Seattle. Try tastes from dozens of Seattle-area restaurants and food-product companies; enjoy live entertainment on five stages; and don't forget to splash in the fountain and check out the new playground. Friday–Sunday, July 17–19. Seattle Center. Free admission; pay for what you eat. biteofseattle.com
Kla Ha Ya Days. Carnival, bed races, ice cream, pie- and watermelon-eating contests, skydiving demos and lots more. Wednesday–Sunday, July 15–19. **FREE;** some activities have fee. Various venues, Snohomish. klahayadays.com

26

Renton River Days. Cheer for the duckies in the Rubber Ducky Derby (Sunday), watch the parade (Saturday, 10 a.m.), get wild in inflatables and more. Friday–Sunday, July 24–26. **FREE;** fee for some activities. Liberty Park and other venues, Renton. rentonriverdays.org
Ethnic Fest. Celebrate the cultures that make up the Pierce County community. Saturday–Sunday, July 25–26. **FREE.** Wright Park, Tacoma. metroparkstacoma.org/ethnicfest

MONDAY



Free outdoor movies (and entertainment) at Marymoor Park, July 8–Aug. 26

COURTESY EPIC EVENTS

6

Funny Folktales from Around the World. Storyteller Chris Fascione spins comic and adventurous tales of unlikely heroes. 10:30 a.m. Black Diamond Branch, 4 p.m. Bellevue Branch. **FREE.** Ages 5 and up. King County Library System. kcls.org
Cornerstone Café Open Play. Drop-in play and other family programs. Monday–Wednesday, 9:30 a.m.–1:30 p.m.; Thursday–Friday 1–5 p.m. **FREE;** donations appreciated. Ages 5 and under with caregiver. Cornerstone Café, Seattle. facebook.com/FOCCornerstoneCafe

13

Music Under the Stars. Expose kids to classical music where they don't need to sit still; live student performance followed by a concert broadcast from Benaroya Hall. Mondays, July 6–27, 7:15 p.m. **FREE.** Columbia Park, Seattle.
Grossology: The (Impolite) Science of the Human Body. A whole museum exhibit devoted to bodily functions? It's a kid's dream. Daily through Jan. 3. Included with admission. All ages. Pacific Science Center, Seattle. pacificsciencecenter.org **ONGOING EVENT**

20

Kids Bowl Free. Find your local participating bowling center, register your kiddos and they bowl for free all summer long. Times and rules vary by center. Locations in Seattle, Tacoma, Burien, Everett and more. kidsbowlfree.com
Disguise: Masks and Global African Art. Exhibit explores the nature and history of disguise, whether a costume or facial expression, in contemporary art. Daily except Tuesday through Sept. 7. Included with admission. Seattle Art Museum. seattleartmuseum.org

27

MiniMondays. Kids get their hands on stuff with interactive pop-up exhibits around the museum. Mondays, 10 a.m.–1 p.m. through Aug. 31. Included with admission. Ages 3–5 with caregiver. Museum of History & Industry, Seattle. mohai.org **ONGOING EVENT**
Zip Wild Adventure Courses. Climb, jump, swing, balance and zip on exciting challenge courses. Daily through Sept. 7; reservations required. \$20–\$60 plus park admission. Ages 5 and up. Northwest Trek Wildlife Park, Eatonville. nwtrek.org

TUESDAY



Eric Herman plays Mill Creek, July 22. parentmap.com/shows

COURTESY ERIC HERMAN

7

Adventure Playground. Get busy building with tools in the woods; closed-toe shoes required. Tuesday, Thursday, Sunday, 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 **ONGOING EVENT**
Kirkland Summer Kids' Concerts. Take the tots to sing and dance with Cowboy Buck & Elizabeth. Tuesdays, 10–11 a.m. through Aug. 18. **FREE.** Juanita Beach Park, Kirkland. kirklandsummerconcerts.weebly.com **ONGOING EVENT**

14

Grease. Share the fun of a senior year at Rydell High with the next generation of fans as summer lovin' cruises through town. July 9–Aug. 2. \$29 and up. Ages 4 and up. The 5th Avenue Theatre, Seattle. 5thavenue.org
Lunchtime Entertainment Series. Groove to the music of Arturo Rodriguez and the Rhythm Ambassadors and do a hands-on activity. Tuesdays, July 7–Aug. 11, noon–1 p.m. **FREE.** Hamlin Park or Richmond Beach Saltwater Park, Shoreline. shorelinewa.gov **ONGOING EVENT**

21

Toddler Art Drop-in. Dress for mess and dig into paints, crafts, gluing, sculpting and more. Tuesdays, 10–11 a.m. \$10. Ages 2–4 with caregiver. Kirkland Arts Center. kirklandartscenter.org **ONGOING EVENT**
Raiders of the Lost Ark. Share this 1981 classic with the next generation, part of the Movies @ Marymoor series. Wednesdays, July 8–Aug. 26, 7 p.m. entertainment, films shown at dusk. **FREE;** \$5 for 7 p.m. early seating. Marymoor Park, Redmond. moviesatmarymoor.com **ONGOING EVENT**

28

Concerts in the Park. Live entertainment Tuesdays at noon and Thursday evenings; Tweenland plays today. Tuesdays, July 14–Aug. 18, noon–1 p.m. and Thursdays, July 9–Aug. 20, 6:30–8 p.m. **FREE.** Pioneer Park, Puyallup. cityofpuyallup.org
Mindreading, Hypnotism and Illusion! Teens practice special powers, then make a video of their new skills. 2–4 p.m. **FREE;** pre-register. Ages 13–18. Seattle Public Library, Northgate Branch. spl.org

Good Growing

A Seattle Children's Publication | **Summer 2015**

Water Rescues: Stay Safe While Preventing a Drowning

Drowning is a leading cause of death among children and teens in Washington State. Adding to these tragedies is when well-meaning witnesses try to save a victim and instead drown themselves. Untrained people — even strong swimmers — should never swim out into open water or wade into a swift river to try to save someone. These rescues should be attempted only by certified lifeguards or emergency workers with special training and equipment.

So how can you take action to prevent a drowning without risking your own life? First, yell loudly for help and have someone call 9-1-1. Then you can *reach*, *throw* and *row*. If the victim is close by, *reach* out to them while you hold on to something or someone stable. Extend your reach with an oar or



paddle, a water ski, a fishing pole, a branch, or even a long beach towel. If you can't reach the person, *throw* them something that floats

such as a life jacket, life ring, inner tube or inflatable toy. Empty, closed containers can also work for flotation: a cooler with a tight lid, a capped water jug or even a fishing tackle box. If a boat or any type of small craft is nearby, *row* or paddle to the victim — and bring along potential rescue items. If motor boats or jet skis are available, cut the engine as you approach, being careful not to swamp the victim with your wake or hit them with the propeller.

When children drown, they are often within 10 feet of safety: this may be the beach's shore or a dock, or a pool's shallow end or its edge. In these cases alert adults can make a quick rescue without putting themselves in any danger. Always keep sharp eyes on kids in and near the water. Swim where a lifeguard is on duty, but remain vigilant yourself; a lifeguard can't always keep track of every child in the swim area.

Drowning prevention starts at home. Adults themselves should know how to swim, and how to do CPR. Enroll your child in swim lessons at an early age. Model safe water habits: whenever you're in a boat, be sure everyone wears a properly fitting life jacket, and have kids also wear them when in or near water. And of course, supervise your child closely at all times.

TO LEARN MORE:

Visit www.seattlechildrens.org/dp for water safety tips.

Seattle Children's South Clinic in Federal Way Opens Summer 2015

Seattle Children's South Clinic will serve families in south King and Pierce counties.



Seattle Children's South will offer urgent care and more than 15 pediatric specialty services. Services will be provided by the same doctors and nurses who take care of children at our hospital in Seattle. Our current Federal Way clinic will close August 12. Seattle Children's South will open August 18 in Federal Way.

TO LEARN MORE:

Visit www.seattlechildrens.org/southclinic.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



Tummy Time Is Important for Infants

Infants should always be put on their backs to sleep, both at night and for naps. But when they are awake, it's important they spend some supervised time on their tummies. Tummy time helps develop neck strength and overall strength, and it helps babies prepare to crawl. It also prevents positional plagiocephaly or 'flat head syndrome,' which is when a flat spot develops

on one side or the back of the head. Tummy time can start from birth, when you put your baby on your chest. Soon you can get down on the floor with them and encourage them to lift their head and upper body, and reach for toys.

TO LEARN MORE:

Visit www.seattlechildrens.org/pdf/ce1704.pdf.

Window Falls Can Be Prevented

Every year, children are injured and even killed when they fall out of windows. Children under 7 are at greatest risk. These tragedies can be prevented with safety devices and careful habits. Keep in mind that window screens are not safety devices. They are designed only to keep bugs out, not to keep kids in. When screened windows are open, kids may lean or push against the screen — popping it out of the window frame and tumbling out after it. On windows that pose a fall risk, install child safety window stops that prevent windows from opening more than 4 inches. If you must

open a window more than 4 inches, install a window guard that can be easily removed by an adult in an emergency. Make it a house rule to play at least two feet from windows, and keep furniture and other things that can be used for climbing away from windows. If you visit a place where windows or balcony doors are not child-proofed, close and lock them during your visit, and watch your child carefully.

TO LEARN MORE:

Visit www.stopat4.com.



Your Teen's Transition to Managing Their Own Healthcare

Our job as parents is to help our kids become capable, confident and independent — so they can someday make their own way in the world. One big step toward adulthood comes in their teens, when they begin to take more responsibility for their own healthcare. At age 18, teens gain legal control over these decisions, so it's important that everyone begins preparing for this transition ahead of time.

Your child's doctor can be a great help. Many have formal plans to help their patients learn to manage their healthcare. For



example, starting when your child is 12 or so, you may be asked to step out of the room during the exam and medical interview, and then step back in for the end of the appointment. This builds your child's confidence and sense of responsibility. Parents can help by ensuring their teen carries a health insurance card, knows the names and doses of the medicines they take, and understands their own health history — including immunizations, allergies and chronic conditions.

Once teens start driving and have their own busy schedules, they can make their own medical appointments. How can parents stay informed of important medical information while respecting their teen's privacy? It can be tricky. Again, your child's doctor will have some ideas. If your teen has any chronic health conditions or disabilities, the transition will require more planning and teamwork; at 18 they may wish to sign an agreement giving you legal authority over their medical decisions.

Eventually, your child's doctor will help your teen transfer to adult care, typically around the end of high school.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.

Kid Bits



Traveling? Don't Forget the . . .

Traveling this summer? Be sure to take the gear and supplies you'll need to keep everyone safe. Plan ahead, and start a list well before your travel date. If you'll be flying and renting a car or driving with others, bring your child's car seat. Mentally walk through the activities you may do and the gear they'll require, like life jackets and bike helmets. Bring a sunhat, sunglasses and sunscreen for everyone. In addition to a first-aid kit, pack the medicines you might need — both prescription and over-the-counter. If you're visiting grandparents, you might want to bring along doorknob covers and safety latches. Planning ahead saves time and money, and helps keep your family happy and safe.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Lactose Intolerance

We hear so much about lactose intolerance. What is it? Some kids and adults have problems digesting lactose, a natural sugar in milk and milk products. Eating or drinking these products can cause stomach cramps, gas and diarrhea — usually within 30 minutes to 2 hours. Sometimes the symptoms are so severe a person can't tolerate any lactose at all. For others, symptoms are mild enough that they can limit the amount of dairy they consume. For most people it's a lifelong problem that can be managed with diet changes. But sometimes it's a temporary problem, caused by antibiotics or infections. If you suspect your child may be lactose intolerant, see your doctor.

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.



Model Safe Habits When Walking

More than ever before, kids who are walking while using their smart phones and other devices are being injured by vehicles. Starting when your child is very young, talk about walking safety. Model safe habits yourself, especially when crossing the street or walking through a parking lot. Let your child see you remove your music ear buds, put your phone away and look both ways before stepping into the crosswalk. Calls, texts and emails can wait for later. Tell older children this is how you expect them to cross safely. And of course, don't handle your phone when driving. Our kids watch us closely, and they do as we do!

TO LEARN MORE:

Visit www.seattlechildrens.org/goodgrowing.

Quick Tip

Never leave a child alone in a vehicle, even for a minute! It can take only moments for a child's body temperature to become much too high.

Regional Clinics

Find us near you at one of our clinics:

- Bellevue
- Everett
- Federal Way
- Mill Creek
- Olympia
- Tri-Cities
- Wenatchee
- Odessa Brown Children's Clinic

Main Hospital Numbers

206-987-2000
866-987-2000 (Toll-free)

Online Resources

Visit www.seattlechildrens.org for the following:

- Child Health Advice
- my Good Growing email newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101 and Autism blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children's
- Research Institute

 www.facebook.com/seattlechildrens

 www.instagram.com/seattlechildrens

 www.twitter.com/seattlechildrens

 www.youtube.com/seattlechildrens

Heather Cooper is the Editor of Good Growing which is produced four times a year by the Marketing Communications Department of Seattle Children's. You can find *Good Growing* in the January, April, July and October issues of *ParentMap* and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's healthcare provider. © 2015 Seattle Children's, Seattle, Washington.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Classes and Events

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

PARENTING CLASSES

Autism 101

WHEN: Thursday, July 23, 7 to 8:30 p.m.

FEE: Free

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

CALL: 206-987-8080

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

Autism 200 Series

FEE: Free

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

CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children's video and teleconferencing outreach program in various locations throughout Washington, Alaska, Oregon and Montana.

Autism 207: Transition to Adulthood — Financial Planning

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

Autism 208: Transition to Adulthood — Lifelong Learning: Enhancing Quality of Life Through Community Engagement

WHEN: Thursday, Aug. 20, 7 to 8:30 p.m.

Autism 209: Toilet Training for Individuals with Autism and Developmental Disabilities

WHEN: Thursday, Sept. 17, 7 to 8:30 p.m.

Babysafe

WHEN: Saturday, July 18, 9:30 a.m. to 1:30 p.m.

FEE: \$52 per family

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

CALL: 206-789-2306

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

Heartsaver First Aid, CPR and AED

WHEN: Sunday, July 26, 8 a.m. to 2:30 p.m.

FEE: \$60

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

CALL: 206-987-9879

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

PRETEEN AND TEEN CLASSES

Better Babysitters

3 locations

WHEN: Sunday, Aug. 2, 9 a.m. to 2 p.m.

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

WHEN: Saturday, Aug. 8, 9 a.m. to 2 p.m.

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

WHEN: Saturday, Sept. 5, 9 a.m. to 2 p.m.

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

View more dates online

FEE: \$40 per person

CALL: 206-987-9878 for all locations

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

CPR and First Aid for Babysitters

WHEN: Sunday, July 19, 9 a.m. to 2:30 p.m.

FEE: \$60 per person

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

CALL: 206-987-9878

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

For Boys Only: The Joys and Challenges of Growing Up

2 locations

WHEN: Wednesdays, July 22 & 29,

6:30 to 8:30 p.m.

Overlake Medical Center

1035 116th Ave. NE, Bellevue

WHEN: Tuesdays, Aug. 18 & 25, 6:30 to 8:30 p.m.

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

View more dates online

FEE: \$70 per parent/son pair; \$50 per extra son

CALL: 206-789-2306

Two-part series for parents, guardians and sons ages 10 to 12. Focuses on what each can expect as boys begin adolescence. Class covers body changes during puberty, popular myths about growing up, behavior and attitude changes, girls, and how to communicate about the experience of adolescence.

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

2 locations

WHEN: Thursdays, Aug. 6 & 13,
6:30 to 8:30 p.m.

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

WHEN: Monday & Tuesday,

Aug. 10 & 11, 6:30 to 8:30 p.m.

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

View more dates online

FEE: \$70 per parent/daughter pair;

\$50 per extra daughter

CALL: 206-789-2306

Two-part series for parents, guardians and daughters ages 10 to 12. Focuses on the physical changes of puberty and menstruation, what girls need to know about boys, social issues and sexuality. The sessions use lectures, videos, group activities and humor to emphasize family values and communication.

EVENTS

Bike Helmet Fitting and Giveaway

WHEN: Saturday, Aug. 15, 10 a.m. to 1 p.m.

(view more dates online)

WHERE: Covington Kohl's
17002 SE 270th Pl., Covington

CALL: 206-987-1569

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

Free Car Seat Check

WHEN: Saturday, Aug. 22, 10 a.m. to 1 p.m.

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

CALL: 206-987-5999

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

Seattle Children's South Clinic Community Open House

WHEN: Saturday, Sept. 12, 10 a.m. to 2 p.m.

WHERE: Seattle Children's South Clinic,
34920 Enchanted Parkway South, Federal Way
CALL: 206-987-1569

This free, "hands-on" event for families with children features lots of fun activities, live music and a tour of the new clinic. Bring a doll or a teddy bear for a "check-up," learn about water safety and healthy eating, try an obstacle course and get the kids fitted for a free bike helmet (while supplies last and wearers must be present.)



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

WEDNESDAY

1

Summer Movie Express. Regal theaters show family movies for summer — at a very cool price. Tuesday–Wednesday, 10 a.m. through Aug. 19. \$1. Multiple locations. regmovies.com **ONGOING EVENT**

Toddler Tales & Trails. Kids and caregivers enjoy story time and then head out to explore nature on short hikes that are perfect for tots. 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. sewardpark.audubon.org

8

Summer Story Time at the Cabin. Meet up at this historic site for pioneer-themed stories and crafts. Wednesdays, July 1–Aug. 26, 1–2 p.m. By donation. Ages 3–8 with families. Job Carr Cabin Museum, Tacoma. jobcarrmuseum.org

Wicked. This Broadway smash prequel to *The Wizard of Oz* tells the musical story of two girls who grow up to become very different witches. July 8–Aug. 2. \$50 and up. Ages 8 and up. The Paramount Theatre, Seattle. stgresents.com

15

Pierce College Science Dome Show. Duck out of the sun to examine the night sky inside the South Sound's planetarium. Wednesdays, 1 and 2:15 p.m. through Aug. 12. \$3–\$6. All ages. Pierce College, Lakewood. wp.pierce.ctc.edu

Celebrate Woodinville Concert Series. Enjoy a family picnic accompanied by live music. Wednesdays, July 15–Aug. 5, 6:30–8 p.m. **FREE.** Wilmet Gateway Park, Woodinville. celebratewoodinville.com **ONGOING EVENT**

22

Children's Concert Series. Eric Herman and Puppy Dog Dave have kids laughing and dancing during this entertainment series. Wednesdays, July 22–Aug. 19, noon–1 p.m. **FREE;** food bank donations requested. Library Park, Mill Creek. cityofmillcreek.com

Greenwood Seafair Parade. Folks from near and far turn up for this evening Seafair parade. 6–8:30 p.m. **FREE.** Along N. 85th St., Seattle. phinneycenter.org/parade

29

Hooked on History. Discover the roaring 20s and the Jazz Age with games and activities, then head to Les Gove Park for summer concerts. Wednesdays, July 1–29, 10:30–11:30 a.m. **FREE.** Ages 3–12 with families. White River Valley Museum, Auburn. wrvmuseum.org

Sounds of Summer Concert Series. No sitting still with the high-energy tunes of Hit Explosion on tap, plus free kids' activities. Wednesdays, July 8–Aug. 19, 6:30–8:30 p.m. **FREE.** University Village, Seattle. uvillage.com **ONGOING EVENT**

THURSDAY

2

Explore the Shore at Owen Beach. Stroll the beach with a naturalist to search for limpets, hermit crabs and other sea life at low tide. 11 a.m.–1 p.m. **FREE.** Ages 5 and up. Owen Beach at Point Defiance Park, Tacoma. pdza.org

Community Kite Painting. Stop by to paint a kite to be included in the park's third annual art-kite installation. Thursdays, noon–2 p.m. through July 30. **FREE.** All ages. Freeway Park, Seattle. seattle.gov/parks/downtown **ONGOING EVENT**

9

Summer at SAM. First Thursday evening of the summer at Olympic Sculpture Park, featuring live entertainment, all-ages art-making and tasty food-truck fare. Thursdays, 6–8 p.m. through Aug. 15. **FREE;** food for purchase. Seattle. seattleartmuseum.org **ONGOING EVENT**

The Magical Adventures of Super Reader. Magician Jeff Evans' show highlights some exciting super powers enhanced by reading. 11 a.m. Fern Hill Branch, 3 p.m. Swasey Branch. **FREE.** All ages. Tacoma Public Library. tacomalibrary.org

16

JamFest. Wander the streets of Chinatown-International District for art, music, cabaret and snacks. July 16, Aug. 20, 5:30–9:30 p.m. \$6–\$8; ages 11 and under free. All ages. Wing Luke Museum, Seattle. wingluke.org/jamfest

King County Fair. Partake in summer fair fun like pig races, mutton-busting, petting zoo, zip lines and carnival rides (additional fee). Thursday–Sunday, July 16–19. \$5–\$7; ages 4 and under free; kids free Thursday with paid adult entry and Sunday with KCLS library card. Enumclaw Expo Center. cityofenumclaw.net

23

Firefighter Story Time. Learn about fire safety and rub shoulders with some real firefighters; check website for additional times and locations. 10:30–11 a.m. **FREE.** Ages 2–5 with caregiver. Central Library, Seattle. spl.org

Shakespeare's Comedy or Tragedy? Theater students present scenes from Shakespeare with opportunities for audience participation. 4:30–5 p.m. \$3 suggested donation. All ages. Seymour Botanical Conservatory, Tacoma. metroparkstacoma.org

30

Everett Children's Concerts. Save your Thursdays for this rockin' family music series with faves such as today's act, Play Date. Thursdays, July 9–Aug. 20, 10–11 a.m. **FREE.** Thornton Sullivan Park, Everett. everettwa.gov **ONGOING EVENT**

Gage Teen Art Studio at BAM. All teens welcome to explore creative expression and artistic techniques. Thursdays, 4–7 p.m. through Aug. 27. **FREE;** preregistration recommended. Ages 13–18. Bellevue Arts Museum. bellevuearts.org **ONGOING EVENT**

FRIDAY

3

Lake Union Wooden Boat Festival. Free boat rides, music, pond boat sailing and toy boat building, all in celebration of Seattle's maritime history. Friday–Sunday, July 3–5. **FREE;** fee for select activities. Center for Wooden Boats, Seattle. cwb.org

Beach Naturalist Program. Explore tidal life on low-tide days with help from volunteer beach naturalists. 10:45 a.m.–2:15 p.m. **FREE.** Dash Point State Park, Federal Way and other locations. Check website for more dates and locations. seattleaquarium.org **ONGOING EVENT**

10

Kruckeberg Garden Tots. Stop by this lovely hidden garden for exploration and a craft project. Fridays, 10 a.m.–1 p.m. through Sept. 2. \$7/family. Ages 2–6 with caregiver. Kruckeberg Botanic Garden, Shoreline. kruckeberg.org **ONGOING EVENT**

Derby Days. Carnival, fun run, pancake breakfast, live entertainment, bike race and parades make for nonstop fun. Friday–Saturday, July 10–11. **FREE;** some activities have fee. Redmond City Hall. redmondderbydays.com

17

Day Out with Thomas. If your little train fan wants to meet the “real” Thomas, this is your chance; get tickets early. Friday–Sunday, July 10–19. \$23–\$25; ages 1 and under free. Northwest Railway Museum, Snoqualmie. trainmuseum.org

You're a Good Man, Charlie Brown. Theater camp actors present the antics of the Peanuts gang singing ‘Suppertime’ and other favorite songs. Friday–Sunday, July 17–19. \$8. All ages. Auburn Avenue Theater, Auburn. auburnwa.gov

24

Hello Kitty Supercute Friendship Festival. Kitty fans gather for live stage show, dancing, interactive activities, photo ops and more. Friday–Sunday, July 24–26. \$20–\$30. All ages. ShoWare Center, Kent. showarecenter.com

Marymoor Grand Prix. Billed as the fastest show on two wheels, this is the most exciting kind of bike race to watch; plus kiddie kilo. 7 p.m. Friday and Saturday, July 24–25. \$5; ages 15 and under free. Marymoor Velodrome, Redmond. velodrome.org

31

Seafair Weekend. The pinnacle of Seafair events featuring hydro races, the Blue Angels, wakeboarding competition and more. Friday–Sunday, July 31–Aug. 2. **FREE** (or buy tickets for reserved seating). Lake Washington, Seattle. seafair.com

Sunset Cinema. Music, games, food vendors and sitting under the stars for a movie; tonight's feature is *Dolphin Tale 2*. Check website for additional sites and dates. Film show at dusk. **FREE.** Kandle Park, Tacoma. metroparkstacoma.org **ONGOING EVENT**

SATURDAY

4

Seahurst Saturday. Family nature walk. 10 a.m. \$2–\$4; ages 4 and under free; preregister. Seahurst Park, Burien. envsciencecenter.org

Tacoma Freedom Fair. Kiddie fun plus air show, car show, bike show, and fireworks. **FREE.** 10 a.m.–10:30 p.m. Ruston Way Waterfront, Tacoma. freedomfair.com

Seattle Civic Band. Mark our country's birthday with patriotic tunes. Saturday–Sunday, 2 p.m. through Aug. 30. **FREE.** Hiram M. Chittenden Locks, Seattle. nws.usace.army.mil **ONGOING EVENT**

11

Lakewood SummerFEST. One-day party with triathlon, safety fair, live performances, KidZone fun, car show, outdoor movie and more. 10 a.m.–11:30 p.m. **FREE;** some activities have fee. Fort Steilacoom Park, Lakewood. cityoflakewood.us

Obliteride Kids' Ride. Kids pedal a pint-sized course for cancer research and for fun; afterward party at the Mercer Island Summer Celebration. 9 a.m. \$25. Ages 3–13. Mercerdale Park, Mercer Island. obliteride.org

18

Capital Lake Fair. Battle of the bands, carnival, parade (Saturday 5 p.m.) and fireworks finale (Sunday 10 p.m.). Wednesday–Sunday, July 15–19. **FREE;** some activities have fee. Various venues, Olympia. lakefair.org

Sandblast Festival. Watch sand sculpture artist Kali Bradford create a temporary masterpiece amid the usual arts-and-crafts and live-music fair fun. Saturday–Sunday, July 18–19. **FREE.** McCormick Park, Duvall. duvallarts.org

25

Seafair Torchlight Run and Parade. The big daddy of Seafair parades with Mariner Grand Marshals Felix Hernandez and Robinson Cano, preceded by a run (6:30 p.m.). 7:30 p.m. **FREE;** fee for run. Along 4th Ave., Seattle. seafair.com

Seattle Dragon Boat Festival. Sounds from the World Beat Stage accompany the exciting races; kids' activities, too. 9 a.m.–5 p.m. **FREE.** Lake Union Park, Seattle. seattledragonboatfestival.net

Gage Academy free Teen Art Studio, at BAM, on Thursday evenings



COURTESY GAGE ACADEMY

Find
more pioneer
outings and kids'
frontier reads
at: [parentmap
.com/pioneer](http://parentmap.com/pioneer)



FILICKR CREATIVE COMMONS / BAKER COUNTY TOURISM

PLAYING PIONEER

AROUND PUGET SOUND

Pan for gold, make cheese, milk cows, and more frontier fun

BY LAUREN BRADEN

For kids, stories of life on the Western frontier conjure daydreams of wild, free adventures — covered wagons rolling through a herd of buffalo, finding dinner by bow and arrow, and churning real butter beside a campfire. The pioneers sold most of what they owned, said good-bye to family members forever and walked for months through the great unknown. Kids grew up quickly. In the frontier territories, even the youngest were given chores and real responsibility that aided the family's survival. You might say pioneer kids were the original free-range children.

My own father grew up in a rustic farmhouse in rural Ohio. As soon as he could walk, he was gathering

chicken eggs, planting seeds and shucking corn. His bathroom was an outhouse, and heat came only from the potbelly stove. It was the 1950s, but his stories sound more like he grew up a century earlier. I watch my 6-year old son listen intently to his grandpa's homesteading tales and am inspired to bring such adventures to life for him, if only for a weekend.

These pioneer-era-inspired day trips around Puget Sound are fun, educational and offer curious kids the chance get hands-on lessons in living simply off the land the way natives and homesteaders once did. And with renewed interest in urban homesteading these days, you may even find a chance to put some of these skills to use on your own settled plot in the city.

PLAYING PROSPECTOR

Cascadia was a land of plenty in the late 1800s, and drew settlers in search of fertile land to farm, furry animals to track, seas to sail, mineral deposits to mine and old-growth trees, as far as the eye could see, to harvest. Here are some fun ways to revisit those days.

KLONDIKE GOLD RUSH NATIONAL HISTORICAL PARK:

When news of gold in the Yukon spread across the continent in 1897, some 100,000 prospectors streamed into the region with hopes of striking it rich, and Seattle was the gateway for that migration. This free, interactive museum in Seattle's Pioneer Square neighborhood tells that story through historical artifacts and two floors of interactive exhibits. Enjoy gold-panning demos daily in summer, 10 a.m. and 3 p.m. *No entrance fee. Open daily in summer, 9 a.m.–5 p.m. 206-220-4240, nps.gov/klse*



Families can pan for gold in streams around Index

FLICKR CREATIVE COMMONS / LYNDI & JASON

DIY GOLD PANNING IN SNOHOMISH COUNTY:

The roots of mining and panning for glittering gold go all the way back to the 1870s, when settlers began mining along a creek north of Index. Gold in the sand and gravel of streambeds can still be recovered by panning. Simple gold-panning kits are inexpensive to purchase at sporting-goods stores and on Amazon. To protect fish habitat, follow guidelines and only

pan for gold in permitted months (this varies by stream, but is usually in July–August). The Washington Department of Fish and Wildlife publishes the free booklet *Gold and Fish* to provide tips, recommended streams and guidelines for recreational gold panners. You must carry it with you. Download it at wdfw.wa.gov/licensing/mining. (Note: Gold panning is primarily for fun and is unlikely to fill your kids' piggy banks!) >>

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

JULY 8 - AUGUST 12
TOWN SQUARE PLAZA



FREE, OUTDOOR ENTERTAINMENT FOR KIDS!

For more info visit: KentArts.com or call 253-856-5051

LACEY PARKS & RECREATION presents the 2015

Lacey in TUNE

MUSIC MOVIES ENTERTAINMENT

Huntamer Park • Summer 2015

ALL EVENTS FREE

TUESDAYS 6:30 pm

Children's Entertainment Series

6:30 pm

June 23-Aug 4

WEDNESDAYS 12:00 noon

Concert Series

Noon - 1:00 pm

June 24-Aug 5

SATURDAYS 7:00 pm

Music AND Movies

Concerts at 7:00 pm

Movies at Dusk

July 18-Aug 8

HUNTAMER PARK

Corner of 7th & Woodland Sq Lp

For more information visit www.ci.lacey.wa.us/events or call 360.491.0857

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

Bellevue Parks & Community Services
Bellevue Youth Theatre
presents

Aladdin

| | | |
|----------|-----------------------|---------------------|
| Thursday | Aug 6 & 13 | 7 pm |
| Friday | Aug 7 & 14 | 7 pm |
| Saturday | Aug 8 & 15 | 2 & 7 pm |
| Sunday | Aug 9 & 16 | 2 & 7 pm |

Performances at the Bellevue Youth Theatre-Crossroads
16051 NE 10th Street, Bellevue

\$5 reserved seats

For show information or tickets,
call **Sheila Framke** at the Bellevue Youth Theatre Box Office, **425-452-7155**.



Bellevue Parks &
Community Services



BAM KIDSfair

at Bellevue Arts Museum



JULY
2015
24, 25 & 26



CREATIVE, MESSY, & SMART

Free exhibitions, art activities,
exciting performances, & over
300 artists across the street
at BAM ARTSfair!

9:30AM – 6PM

ART | CRAFT | DESIGN
BELLEVUE ARTS MUSEUM

bellevuearts.org

Sponsored by



ParentMap

out + about

continued from page 21

PIONEER ARTS AND CRAFTS

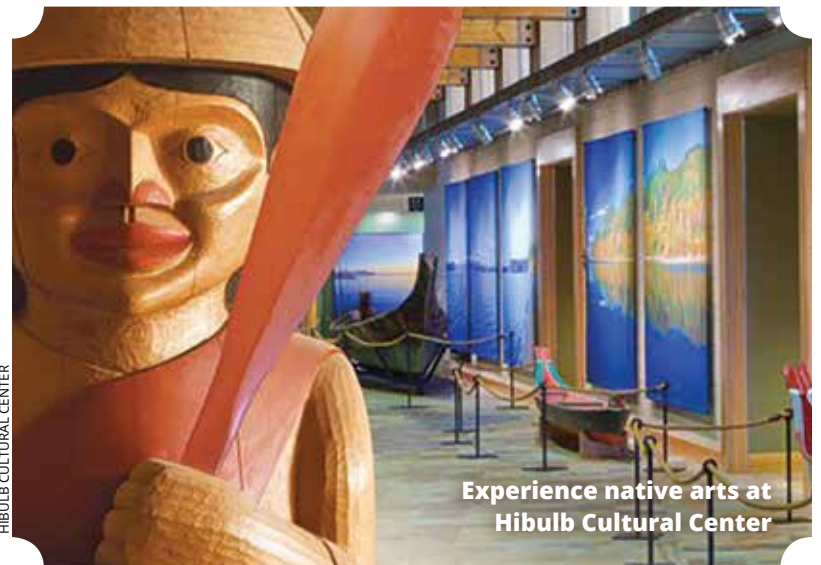
Before machines made quilts, baskets and candles, such everyday items were handcrafted at home and often considered works of art, if not labors of love. Traditional crafts are making a comeback, and today's kids will cherish the knowledge of how to create useful, beautiful items with their hands, just like yesterday's kids did on the frontier. Here are some places to get "back to basics" with crafts.

PIONEER FARM MUSEUM AND OHOP INDIAN VILLAGE:

Near Mount Rainier (and Northwest Trek), this unique spot allows families to see real homestead cabins from the 1880s and experience daily chores of settler families. Try churning cream into butter, grinding grains and carding wool. Climb into a covered wagon, and then visit the blacksmith shop to heat a horseshoe. A tour of the Indian village offers immersion in the everyday life of the Coast Salish peoples. Kids can try loom weaving, braiding leather, and archery with a bow and arrow. They can even help chip out a canoe. Tours of the museum and the village (separate tours) are \$8–\$9 per person and last 90 minutes, with a discount if you do both in the same day. *Open daily in summer, 11 a.m.–4 p.m. 360-832-6300, pioneerfarmmuseum.org*

HIBULB CULTURAL CENTER AND NATURAL HISTORY

PRESERVE: The 4-year-old Native American museum in Tulalip offers a multisensory experience. Before you see a single exhibit, you'll notice the beautiful craftsmanship of this museum and cedar longhouse. Wander interactive exhibits that tell the history of the Tulalip people through art such as story poles and intricate wood carvings. Learn how certain fishing, cooking and weaving techniques are unique to Tulalip culture. Come here on a Saturday afternoon at 2 p.m. for the youth crafting workshop and make a traditional dream catcher, small basket or beaded jewelry item. *Open Tuesday–Friday, 10 a.m.–5 p.m.; Saturday–Sunday, noon–5 p.m. Admission for adults is \$10; kids 5 and older \$6; kids younger than 5 free. 360-716-2635, hibulbculturalcenter.org*



Experience native arts at
Hibulb Cultural Center



Chore thing: Kelsey Creek Farm kids learn homesteading skills

HOMESTEADING ON THE RANGE

In the pioneer era, a family's daily needs came directly from their land claim: logs or sod to build their home; veggies, berries and wheat from their fields; and meat, eggs and milk from their animals for food; plus, wool for their sweaters. Your kids can get a taste of farm life at these spots.

FARM CHORES AT KELSEY CREEK FARM:

This picturesque working farm in the middle of bustling Bellevue boasts a unique opportunity for children ages 2 and older to experience farm life in the most hands-on way possible — by doing. In summer months, take the “Kids on the Farm” tour and learn all about the care and feeding of the goats, sheep, ponies and rabbits, then move inside for a lesson on wool carding (children create fuzzy sheep to take home). Call to schedule your tour, which is \$85 and covers as many as 15 participants.

Four more tailored kids' classes meet in fall, winter and spring months, and feature opportunities for kids to participate in barn chores, animal feeding, baking and gardening. 425-452-7688, farmerjayne.com

JOB CARR CABIN HOUSE:

Step into this log replica of Tacoma's first nonnative residence and step back in time. Even the docents are in pioneer character! Your kids can join them by donning a calico dress and

bonnet from the selection of kids' pioneer garb. Hands-on activities include packing a small covered wagon with miniature gear and “cooking” a campfire meal with play pots and pans. Each month there is a “Craft Saturday” with a featured activity, such as Popsicle-stick cabins or small patchwork quilts (upcoming dates are July 25, Aug. 22, and Sept.

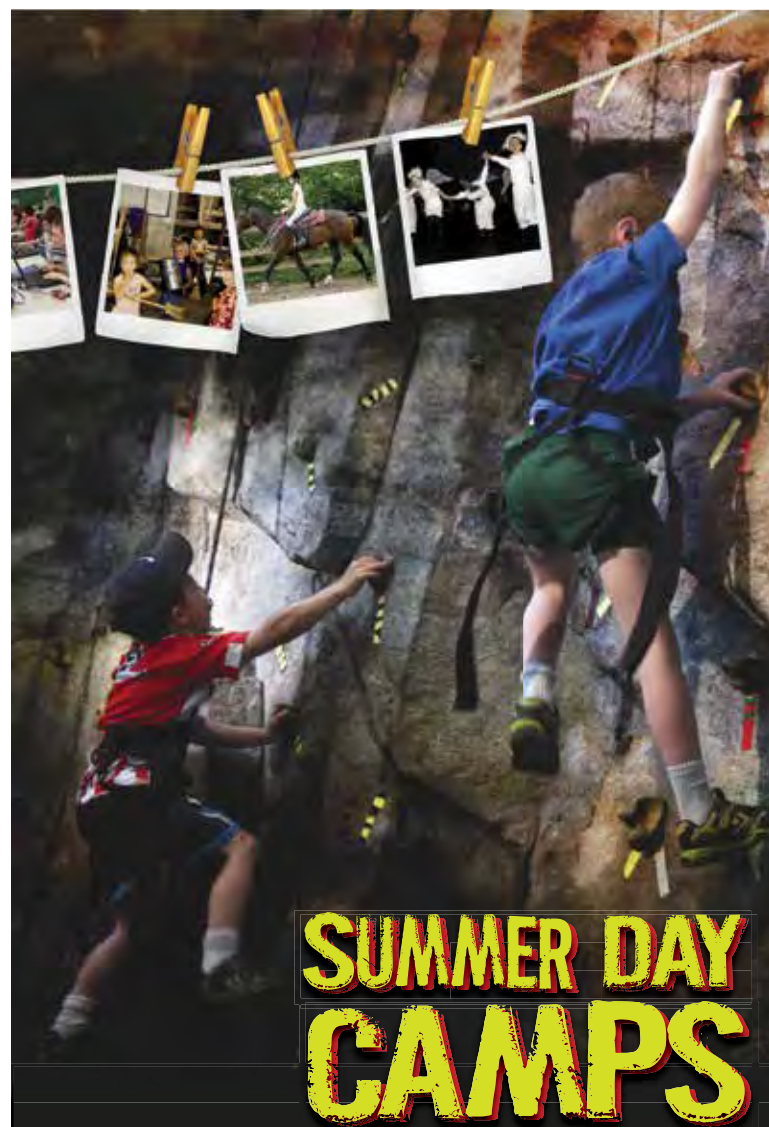
19). *Open Wednesday–Saturday, noon–4 p.m. Admission is free. 253-627-5405, jobcarrmuseum.org*

CHEESE-MAKING TOUR AT MYSTERY BAY FARM:

These award-winning artisan cheese makers on Marrowstone

Island, near Port Townsend, offer hands-on cheese-making and milking tours for all ages at their small-scale, sustainable operation. You'll see how sustainable cheese is crafted, start to finish, from rotational grazing and humane animal husbandry to the actual artisan cheese making (and tasting!). *The tours start at \$10 per person with kids 10 and younger free. 360-385-3309, mysterybayfarm.com* ■

Find a covered-wagon load of pioneer crafts at pinterest.com/parentmap



SUMMER DAY CAMPS

Registration for Bellevue Parks & Community Services' Summer Day Camps is now underway!

Don't miss out on a summer packed with fun, adventure, variety, and value.

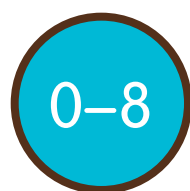
Visit <http://goo.gl/jyzSyy> to find your fun this summer.

**More Value
More Variety
More Fun**



Bellevue Parks & Community Services

425-452-6885



Take the plunge

When, where and how to start swim lessons

By Deanna Duff

Issaquah resident Tiffany Nance grew up in San Diego, where the ocean was always nearby. She wanted her daughter, Jillian, to love and respect the water, which is why she enrolled in a parent-child swim class when Jillian was 6 months old.

"I was one of those kids in the 1980s who was thrown in the water to fend for herself," Nance says. "I didn't want to use that technique for my daughter. I like the idea of being in the water with her, learning together and teaching her to enjoy it."

Research indicates there are advantages to beginning formal swimming lessons at an early age. In 2010, the American Academy of Pediatrics (AAP) updated its previous recommendations to advise that children as young as 1 can benefit from swimming lessons, depending on individual maturity and ability. It was a significant change in AAP's longtime recommendation that children commence lessons at age 4.

More research is needed to further define the benefits, but a 2009 study by the Eunice Kennedy Shriver National Institute of Child Health and Human Development indicated that formal swim instruction reduced the risk of drowning by 88 percent in 1- to 4-year-olds.

"It's a multilayered benefit," says Jan Bretana, director of the aquatics program at the YMCA of Greater Seattle. "First, it's a time for children to acclimate and enjoy the water. We later build on that with swimming skills. It's also a chance to build relationships and bond with their parents or caregivers. And, of course, at every age, it's an opportunity to teach safety."

Baby bonding, family fun

Many institutions offer parent-infant water classes before swimming skills can even be learned. The YMCA's medical advisory board recommends 6 months old as the youngest age for these programs. According to Bretana, this is based on when infants typically have enough head control to avoid accidentally inhaling water, and their ears are developed enough to lessen the risk of infections.

YMCA infant classes include songs and games, blowing bubbles, leg movements and water familiarization. Parent participation is required.

Consult with a pediatrician for further advice.

"Water is a great place to bond with your child and learn to read their cues and communication skills," says Vera Garibaldi, founder of the Puget Sound area's Waterbabies Aquatic Program.

A 2012 study by Australia's Griffith Institute for Educational Research studied 7,000 U.S., Australian and New Zealand children who were swimmers at an early age. Results indicated that they reached oral and visual-motor skill milestones faster.

Redmond resident Dinky Aartsen enrolled her children, now 4 and 2 and a half, in water lessons as infants. It was eye-opening to get to know them in a different context.

"Especially having two children, it's an opportunity to have one-on-one time," Aartsen says. "My daughter is like a mermaid, and it's a very freeing experience for her. My son is more cautious."

Focusing on fun is exactly what experts advise.

"The big thing with the little ones is not to expect too much," Bretana says. Meet the child where they are. You want them to enjoy the water and create a lifelong opportunity to be fit and active."

Safety skills

Especially in the Northwest, where water is everywhere, it's never too early to learn safety skills.

"It is important for everyone to know how to swim. No matter what age you are, you are never too old to learn!" Garibaldi says.

At Waterbabies, safe entry is a focus from the start: waiting to have parental permission to enter the water, and how to return to the wall and hang on. Programs should also include safety techniques while on land such as checking for lifeguards and knowing the dangers of cold water.

Nance testifies to the benefits from firsthand experience. When daughter Jillian was 2 years old, she lost her balance and fell off a dock. Thanks to her lessons, the toddler immediately knew to grab the wall.

Water and swim instruction remains equally important even when children start at older ages.

"For school-aged children, it is important to learn safety skills in and around the water. This is a time when kids are attending pool parties



Children as young as 1 can benefit from swimming lessons

and hanging around lakes," Garibaldi says.

Waterbabies also offers beginner to advanced classes for children up to 10. The YMCA of Greater Seattle offers "Polliwogs" classes for 6-year-old beginners, and Seattle Parks and Recreation also offers a variety of youth lessons.

Questions to consider

There are many types of programs, from one-on-one instruction to group lessons. Regardless of a child's age or skill level, what should parents consider when selecting a location, instructor or type of class?

"It's so important to click with your teacher," Aartsen says, who was previously a Waterbabies instructor. "It's OK to shop around to find a location and person who accommodates your needs. Don't be afraid to ask questions."

Bretana advises parents to attend classes and observe. For children, how much class time is spent actually receiving instruction versus hanging out? Are families offered the opportunity to provide feedback? Ask if it's possible to talk with prior participants.

"Also, make sure the pool has a lifeguard on duty. If the instructor is teaching swimming, they can't wear two hats at once. A lifeguard provides overall safety surveillance," she says.

Of course, parents should inquire about teachers' certifications and continuing education. The U.S. Swim School Association offers teaching courses, and many organizations require extensive, in-house training. Make sure instructors have basic first-aid and CPR training.

Consider a pool's water temperature. Especially for younger children, a pool that's too cold hinders their learning.

"If it's too cold, you start seeing kids getting wiggly and unable to stay still, even becoming upset. It's a sign they're uncomfortable," Bretana says. "In my opinion, the ideal temperature for small children is 86–88 degrees. The very bottom would be 84 degrees."

Debate continues regarding whether flotation devices are helpful. Like many professionals, Bretana viewed them as a crutch and, for a long time, advised against it.

"I've totally thrown that out the window and embraced flotation, but it needs to be the right kind, such as float belts," she says. "We've learned

through years of research that it helps build muscle strength so they can better practice and embrace the skills. However, we don't want to see kids wearing flotation for the entire lesson. That's bad."

Most important, make swim lessons fun. Not every child will develop into an Olympic swimmer, but parents should encourage basic skills. Maybe swimming will develop into loving other activities, such as snorkeling or boating. ■

Deanna Duff is a Seattle-based freelance writer who contributes to a variety of regional and national publications.



Waterbabies
AQUATIC PROGRAM

www.waterbabiesusa.com
(425) 643-3533

- Ages 3 months to 10 years
- Year-round classes
- Warm, Indoor pools
- Online enrollment

Sign-up in August for our Fall Session classes!

Waterbabies is a swim program committed to quality, family-centered aquatic education focused on bonding, touch-communication, water safety and the latest in Learn-to-Swim techniques!




SWIMMING... A LIFE SKILL

ENROLL BY JUNE 30TH & RECEIVE
10% OFF
YOUR FIRST MONTH OF TUITION



NOW OPEN IN BELLEVUE, RENTON FAIRWOOD, RENTON LANDING, AND TUKWILA SOUTHCENTER

COMING SOON TO KIRKLAND, MILL CREEK, LYNNWOOD & EVERETT



206-456-9997
WWW.SAFESPLASH.COM

CODE: PMAP10

Check Out Our Summer Events

Crossroads Farmers Market

Produce, flowers, ready-to-eat food, live music, kids activities, and more.

TUESDAYS, NOON – 6:30PM IN THE EAST PARKING LOT

www.crossroadsbellevue.com/SpecialEvents/FarmersMarket

Kids Kamp at Creatively Yours Ceramic Painting Studio

Learn clay building & ceramic painting skills in the process of creating your own square box, dominoes set, cat or dog face clock, sport plate, and embossed candy dish.

425-747-2280

www.paintedbykathy.com

Summer Art Camp at The Studio Fine Art Classes

Learn traditional drawing and painting techniques, with projects centered around fun weekly themes such as Edible Art, Pirate Adventure, Pajama Party, and Sci-Fi.

425-643-2058

www.bellevuestudio.com

Stone Gardens Climbing Camps

Summer campers learn essential climbing skills every day in a fun, challenging, and supportive environment.

425-644-2445

www.stonegardens.com

WiggleWorkshops at WiggleWorks Kids

2-hour introductory workshops focused on providing enrichment to toddler and preschool-aged children. Workshops include "If I were a Vet," "Mini Chef School," "Superhero Training Camp," and more.

425-641-2186

www.wiggleworkskids.com

Crossroads

BELLEVUE

crossroadsbellevue.com

S C H O O L S

Inspired. Prepared. Empowered.



Pre-elementary (Age 3) through Grade 8

Based on Montessori Philosophy and Educational Research



ETON SCHOOL

Schedule a Tour to Learn More!

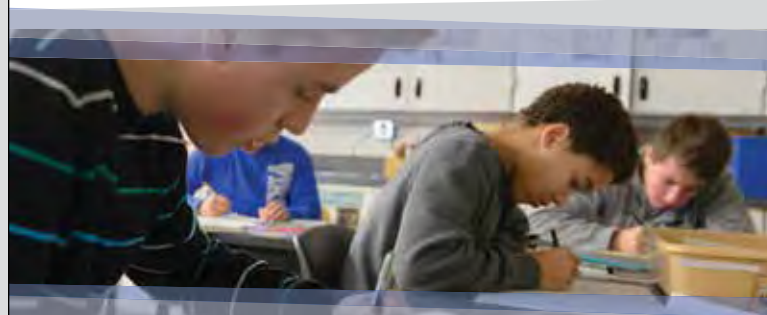
(425) 881-4230

2701 Bellevue-Redmond Road
Bellevue, WA 98008

www.eton-school.org



BELLEVUE
CHRISTIAN
SCHOOL



INTEGRITY. EXCELLENCE.

Find out why **98%** of our 2014 graduates went to a **four-year university or specialty school** last fall.

Learn more about the **rigorous academic program** in which Bellevue Christian School students **excel**.

Schedule a tour today.

www.bellevuechristian.org

admissions@bellevuechristian.org | 425-454-4402 x215



Free-range screens

Are you letting your kids go too wild in the tech jungle?

By Jo Langford

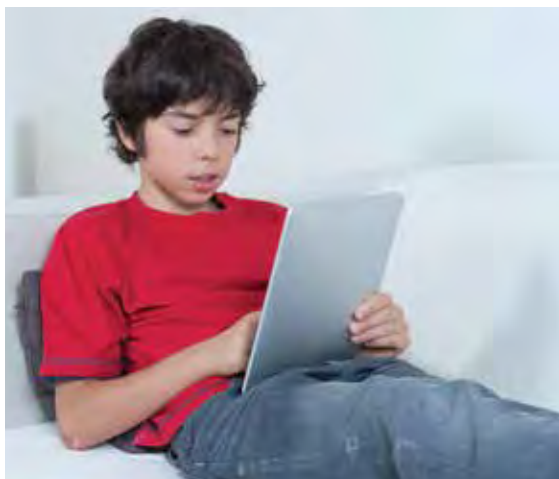
There is a lot of talk these days about free-range parenting: When should I let my kid do X, Y and Z? Can they go to the park, walk to school, or go to the store on their own? But what about digital free range? How much freedom should you allow your kids when they are online, on social media and on one of their many accessible screens?

There is free-range parenting, and then there is the abyss. Some folks I encounter seem to equate the concept of free-range parenting with a total lack of boundaries, rules or control. Most of us are working toward raising a good grown-up (as opposed to raising a good kid), but leaving kids to their own devices, learning experiences and explorations in all situations is baby-and-the-bathwater stuff.

I put technology, specifically, in the same category as automobiles, weapons, power tools, cooking, medication and money. When it comes to these categories, if you screw around too much or don't know what you are doing, really bad things can happen. These situations (and their consequences) are potentially different than, say, walking home from school.

Even the most hardcore, free-range parent is not going to give a kid a set of car keys, a chainsaw or even a cookbook and oven, and say, "Go, have fun." I do not think that we should be doing that with the Internet, either.

Our kids' experience of the Internet is different than ours in a few notable ways, one of which is that for them, the Internet has always



been there. To them, the Internet is a grown-up; the Internet knows what it is doing, and the Internet can be trusted. The reality, of course, is that the Internet is not that much older or more sophisticated than a lot of the kids we are talking about here.

Another difference is that most of the adults reading this article had the good fortune of learning manners and social skills before mass digitization set in. We were able to overlay those skills onto our online lives when the Internet hit. Our kids don't necessarily have that pre-screen foundation; many of them have been, literally, raised with technology by their sides and in their faces.

Our children's first experiences with screens and tech almost always involve entertainment: movies, books, video games, silly selfies and YouTube videos.

But there comes a point when kids need to be clearly walked through a transition process so that they can begin looking at the Web as a tool, not solely as a toy. This is more obvious when we are talking about the difference between Matchbox cars or "Grand Theft Auto" and a real

automobile. But that line between silly, inconsequential fun time and eventually interacting socially and sexually with other real-life humans can be very thin, very fuzzy and, sometimes, invisible to kids today.

Here are some quick, age-by-age tech safety guidelines for even the freest-ranging of kids.

Before age 5, kids should be coached on the basic care and handling of devices, such as learning to use two hands, what cases are for, that screen protectors are your friends, and that devices don't go into the bathtub with you.

By 6 or 7 years old, kids can start having more big-picture conversations with their parents about important tech-related topics, such as daily limits on screen time. I encourage families to even have a couple of tech-free nights each week.

By age 8, children should know a version of this online reality (you can even try saying it this way): "There are people out there on the Internet who do weird, silly and crazy things. Some of them even take pictures or videos of themselves doing things with no clothes on. If you see

Many [of our kids] have been, literally, raised with technology by their sides and in their faces.

SCHOOLS

M-Th AM
preschool
and PM
pre-K



Friday
toddler
group

Little Explorer Preschool

We offer a fun and educational play-based setting with weekly themes, with an emphasis on literacy.

- Low child to teacher ratio
- Wholesome, nut-free snacks with GF/DF options
- Potty training not required for school year program

Woodinville, WA • 425.486.5499

www.littleexplorerpreschool.com

Selected Openings for Fall!

Preschool - Grade 8 - in Shoreline



Giving Children an Education for Life!



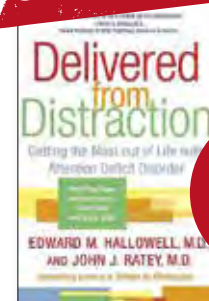
- Wholistic & Individualized Learning
- Small Class Size
- Strong Academics, Yoga & Meditation, French, Music, Drama, Nature Awareness

Call to visit 425-772-9862

www.LivingWisdomSchoolSeattle.org
NWAIS SUBSCRIBER MEMBER

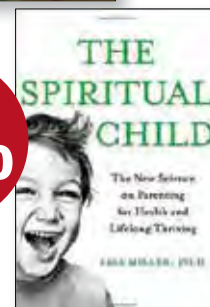
ParentMap FALL LECTURES

SAVE THE DATES



OCT
14

OCT
19, 20



parentmap.com/lectures

NOW
ENROLLING!

DiscoveryBay

Learning Academy

Preschool (2 years)
Pre-Kindergarten (3-4 years)
Kindergarten Prep (4-5 years)

**ENROLLING FOR THE 2015-2016
SCHOOL YEAR** (Open to non-club members)

- Low Ratios and Small Classes
- Qualified Instructors
- Enrichment Classes
- Swimming, Soccer and Active Play
- Whiteboard Learning

Learn more at proclub.com
or (425) 861-6247

4455 148th Ave NE | Bellevue WA

PRO
Sports Club



SWIM lessons

Teaching more kids to swim
than anywhere in the Northwest.

- World Class Aquatic Center
- Expert Instructors
- Techniques for confidence, comfort and fun

Lessons now available for
non-prime time hours.
All ages & abilities.

(425) 861-6274 or
aquaticsinfo@proclub.com

PRO
Sports Club



ages + stages

6–12 Free range screens

continued from page 29

something like that, let me know so we can talk about it.”

At 9 or 10, they may want to communicate with others via texting, IM-ing (instant messaging) within an online game or even email. Regardless of how closely a parent chooses to monitor these interactions, they should be limited to school friends and family members.

When kids are around age 11, it is due diligence for parents to begin modeling asking for consent before posting pictures of our kids on our social media. These discussions might sound like: “That face you just made was hilarious ... are you OK if I put that picture on my Facebook page?”

When kids become tweens, they will want to start splashing around in social media and/or getting their first smartphone. This is where things become more nuanced and complicated.

Five things not to do:

- 1) Ignore the lure of technology.**
- 2) Refuse to participate.** It’s OK to interact online with your children. “Free-range” does not need to equal avoidance.
- 3) Allow your kids to figure out the intricacies and social norms of texting and social networking on their own.** We don’t do that in restaurants, do we?
- 4) Fail to stay up to date and aware of what is happening online.**
- 5) Only worry about others being inappropriate or rude to your children but ignore how your kids are behaving toward others.** Even the best of kids can be mean to others by what they say (or don’t say). Passive behavior can be just as distressing to some people as aggressive behavior.

Five things you can do:

- 1) Give kids guidelines about how and with whom they interact online.** As parents, we need to remember that our kids must develop manners in their online lives just as they do in their “real” lives.
- 2) Encourage them to create rules around who they friend and follow online;** for example, only those whom they have met in real life, or only those for whom they would buy a birthday gift.
- 3) Friend/follow them.** If your kids are on Instagram, you be on Instagram. If they do the Twitter thing, you do the Twitter thing.
- 4) Be mindful of the “like” culture,** and make sure your kids have ways to boost their self-esteem other than how many followers or online friends they have. Talk about this with them, IRL.
- 5) Discuss how they handle bullying and witnessing issues** — do they have lines they will not cross? When they do stand up for someone online? When do they block or report such incidents, and how do they plan to do so?

Free-range parenting is a legitimate choice aimed at building independence and life skills, but remember that the talk about looking both ways before crossing the street happens *before* we let them go running off to the park or a friend’s house. There are online equivalents to that conversation, and we can do our children a big disservice if we forget that. ■

Jo Langford’s new book, Spare Me ‘The Talk!’ A Guy’s Guide to Sex, Relationships, and Growing Up, is available for pre-order at parentmap.com/books.



**LEARNING FOR YOU
& YOUR CHILD**

- ▣ Degrees & Certificates
- ▣ Co-op Preschools
- ▣ Parent-Child Center



www.shoreline.edu/parentchildcenter

Shoreline
COMMUNITY COLLEGE

Call Today!



The Sammamish Montessori School
In Redmond

Call 425-883-3271 for a tour.

- Child-centered, joyful atmosphere with strong academic focus
- Experienced, Montessori-certified teachers
- Preschool, kindergarten and elementary
- Located at the end of SR 520 in Redmond
- Family owned and operated (established 1977)
- Summer, before & after school programs

www.sammamishmontessori.com • 425-883-3271



Sunny World
Child Care and Early Learning

We provide a high-quality Early Learning Education in a full time day care program to children age 2.5 to 6 years old, to create a secure and loving environment supporting each child's growth, development, and feelings of self-worth. Our goal is to facilitate children as they begin their exploration of knowledge and society.

(425)-531-7586
Call to schedule your tour today!
More information at: www.sunnyworldschool.com





16007 NE 8th St Suite 200 Bellevue WA 98008

Spectrum Colors Academy



Whole-Brain Well-balanced Approach
Based on an Innovative Blend of Creative, Montessori and Modern Child Development Principles

For children ages 3 - 6 years
Preschool & Kindergarten

Now enrolling, please call 425-885-2345
for a tour of our Bellevue/Overlake and Redmond locations.

www.spectrumacademy.us

Excellence in Montessori Education Since 1966



Bellevue Montessori School
bellmontessori.com • 425-454-7439

Enrolling Now K-5

- Montessori Curriculum that Inspires Life-Long Learning
- Community Building Emphasizing Respect, Collaboration and Leadership
- Individualized Instruction
- 1 to 9 Teacher/Student Ratio
- Spanish, Drama, Music and Science Specialists





SUMMER CAMPS FOR ALL AGES!

DOWNLOAD YOUR COPY TODAY!



MetroParksTacoma.org/GOCamps

REGISTER NOW!

There's a camp for every camper,
from art to zoo!



Day Camp



Jr Camp



Jr High

Summer
2015

BLACK LAKE BIBLE CAMP
WWW.BLBCOLYMPIA.COM



Family Camp



Sr High

REGISTER ONLINE!

Rock Climbing // The Blob // Water Tubing //
BB Guns // Archery // Paintball // Gutterball //
AND MORE!

WWW.BLBCOLYMPIA.COM // 360-357-8425



THE EVERGREEN SCHOOL
Summer program
June 15 – Aug 21
3 – 14 years old

Learning & Enrichment • Outdoor Education • Performing Arts
Fine Arts • Sports • Day Camps

Find registration information online: www.evergreenschool.org





Reserve for Summer Art Camp!

On-going preschool, children's, teen and adult classes. CALL for a Free Introductory Class Birthday Parties

Gift Certificates Available
The Studio, Belgate Plaza
1075 Bellevue Way NE
2 blocks North of Bellevue Square
425-736-3060
www.BellevueStudio.com

Reserve Full Day Art Camp – Get a Free Camp Shirt!




CAMPS AT THE ZOO!

At summer camp, campers ages 3-14 explore the zoo for a week at a time, blending learning and fun with friends and animals!

For more information and to register, visit zoo.org/summercamps

\$10 BACK
on all new Zooper Half-Day and Kinder Camp registrations!
Enter the code **FLAMINGO-PM** during registration!




JOIN PRO FOR SUMMER FUN!
CAMPS & CLASSES FOR EVERYONE
AGES 3-14

SUMMER CAMPS

ALL SPORT • BASKETBALL • DANCE
JUNIOR LIFEGUARD • LEADERSHIP
JUNIOR SPORT & INFLATABLE
SAFE SITTERS • SOCCER • TENNIS
IMAGINATION VACATION • SQUASH
FLAG FOOTBALL • SCIENCE CLUB

PRO Sports Club
Call (425) 885-5566
or visit proclub.com
4455 148th Ave NE
Bellevue WA



SWIM lessons

Teaching more kids to swim than anywhere in the Northwest.

- World Class Aquatic Center
- Expert Instructors
- Techniques for confidence, comfort and fun

Lessons now available for non-prime time hours.
All ages & abilities.

(425) 861-6274 or aquaticsinfo@proclub.com

PRO Sports Club



Rowing Summer Camps

Camps for ages 12-18 begin July 6.
Mon-Thurs 9am-2pm
Only \$149

REGISTER NOW!



Everett Parks and Recreation
(425) 257-8300 x2
everettrowing.com

15-18

Road to freedom

A parent and teen guide to driver's ed

By Nancy Schatz Alton

When many of us parents were 15 going on 16, passing our driving test topped the list of important life milestones. We can remember arriving at that government office the first hour of the first day we became eligible, itching to get licensed and for the freedom that license brought. As our own teens are 15 going on 16, the path to a driver's license looks different, and not just because of changes in the law. It turns out not every teen today is aching to take the steering wheel.

Rules and schools

The road to obtaining your license as a teenager in Washington state is pretty straightforward, according to Robert Hensley, owner and instructor at 911 Driving School, which has five locations in the greater Seattle area. Rules listed at the Department of Licensing website (dol.wa.gov/driverslicense/drivertraining.html) include:

- At age 15, teens can enroll in Traffic Safety Education (TSE) classes, which include 30 hours of classroom instruction, a minimum of six hours of driving practice, and a minimum of one hour of behind-the-wheel observation.
- Students need an instruction permit to practice driving. If they are younger than age 15 and a half, they must be enrolled in a driver's training school and have their parents' signed permission. From age 15 and a half to age 17, they need to have passed the driver's knowledge test and have their parents' signed permission.

"Parents have to have a lot of buy-in for teens to get their license. If your child enrolls in driver's education, you are going to be busy as a parent, essentially teaching your child to drive because they need 50 hours of supervised

driving practice with you before they can get a license," says Hensley.

Parents and teens usually pick driving schools based on schedules, word-of-mouth reviews, convenience and proximity to home. Some school districts partner with driving schools by offering training on campus after school.

Washington state has a graduated license system: For the first six months after getting their license, new drivers are not allowed to have any passengers outside of their immediate family; for the next six months, passengers must be limited to three friends. For the first licensed year, they are not allowed to drive between 1 and 5 a.m.

"It's the unusual driving situations that catch teens off guard, such as rain and night driving," says Hensley, a former police officer. The leading cause of death for teenagers are motor vehicle accidents, with seven teens between the ages of 16 and 19 dying daily in the U.S. Another issue to ponder: Young drivers with ADHD are from two to four times as likely as those without ADHD to have an accident, according to a 2007 study.

Opting out

These scary stats may mean parents breathe a sigh of relief when their children decide to delay the license process, which, according to recent data from the AAA Foundation, is a growing trend. In 2013, only 44 percent of teens got a license within one year of turning legal age, compared to 66 percent in 1993. But why are teens opting out? Results from the 2014 Washington State Healthy Youth Survey hint at one possible explanation, says Sheri Gazitt, teen and parent educator, and founder of Teen Wise. In King County, 65 percent of surveyed 10th-graders said they felt nervous or anxious, and 50 percent were unable to stop or control worrying.

"Many teens are already anxious, so adding something big is one thing too much. My oldest daughter didn't want the responsibility of driving," Gazitt says.

Teens are busy, too, so finding all the hours needed for driver's education is often impossible. Some parents say their interest outweighs their teen's interest. "If our son really wanted to go anywhere, he has no qualms about getting on the bus. I think what finally led him to enroll in class is the need to have street cred amid the older boys with licenses on his basketball team," says Mike Spear, a Seattle dad.

While we might recall desperately needing that license to see our friends, teens today are much less isolated, thanks to social networking. "They are walking their friends through the house on FaceTime, using Instagram and Snap Chat, and playing 'Minecraft' virtually. There's so many new ways to connect that don't involve driving," Gazitt says.

Brave new roads

Besides the usual pressures, including alcohol, peer pressure and parental rules to follow, Washington state teens have one more issue to keep in mind now: legalized marijuana. Hensley says that despite recent legalization, drivers high on marijuana are not a new phenomenon, and what's vital is educating our youth on the repercussions of their decisions, along with teaching defensive driving so they can spot and avoid dangerous drivers.

"When you get a license, you agree to provide a breath sample [alcohol test] and a blood sample [marijuana test], and the legal consequences for both underage drinking or smoking pot and driving under these influences are huge," Hensley says.

Seattle parent Lili Lengua believes our children might find themselves in

More
big-kid
content:
[parentmap.
com/teens](http://parentmap.com/teens)

situations we never found ourselves in. “An attorney spoke at my daughter’s school about the legal issues kids are facing. While we worried about friends [carrying] open containers in backpacks [as a passenger], our kids will have to wonder about friends having pot in their backpacks. They have to be really careful at a time when they are worried about not appearing uncool,” Lengua says.

Driving under the influence these days can also mean driving while distracted, as in driving while texting. “The biggest contributors to accidents are no. 1, speeding, but the no. 2 is distracted driving. If you want to act like a drunk driver, text while driving,” Hensley says.

Parents can invest in safe driver apps that take away the distraction of texting (TextArrest and Key2Safe Driving); and some apps give parents a score on how well their children are driving, along with a GPS location (Safe Driver).

Of course, watching your own teen driver navigate their road to freedom isn’t all doom and gloom. “It’s pretty cool watching my daughter behind the wheel,” Lengua says. “She’s growing up, and that’s pretty amazing.” ■

Writer, editor and writing teacher Nancy Schatz Alton is coauthor of The Healthy Back Book and The Healthy Knees Book. Find her at withinthewords.com.

**Defensive
DRIVING SCHOOL**
Since 1945



FREE SKID TRAINING*



Free Skid Training (\$60 upgrade)

*Offer not valid for online enrollment or credit card payment. Cannot be combined with any other offer. Teens must enroll in our Basic package to receive the Standard package/FREE skid training upgrade. Call to receive an application. Please attach coupon and payment with your application and mail it to:

13219 NE 20th street Suite 206, Bellevue, WA 98005

**Call (425) 643-0116 or visit
www.driving-school.com**



**WOODLAND
PARK ZOO**

**KCTS 9 KIDS
DAY AT THE ZOO**

West Plaza | Woodland Park Zoo, Seattle

Thursday, July 2 | 9:30AM – 3:30PM

Howdy, neighbors! Help us celebrate the new tiger exhibit at the zoo. Join us for crafts, giveaways and pictures with PBS KIDS favorite Daniel Tiger! It’s going to be tigertastic!

KCTS 9 viewers save \$2 with the promo code **DANIELTIGER**.

INQUISITV **KCTS9**

Logging Shows • River Walks
Story Tellers • Food Court • Fun Zone



Stillaguamish
Festival of the River
& Pow Wow



August 8 & 9

LIVE MUSIC

SATURDAY

Los Lobos

SUNDAY

Thompson Square

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

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

FestivaloftheRiver.com