

# *'cause parenting is a trip!* Parent Trip

## Secrets to SEATTLE CENTER

- A perfect day at Seattle Center, by age
- The International Fountain's music man
- Sky high? How to do the Needle right
- Hidden Center: 6 pockets to discover with kids
- A day in the life of Seattle Center

Good Growing  
newsletter inside



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*inside:*  
**GOLDEN  
TEDDY  
AWARDS**  
AND FAMILY  
DIRECTORY



# GET YOUR SPORTS PHYSICALS BEFORE THE BUZZER.

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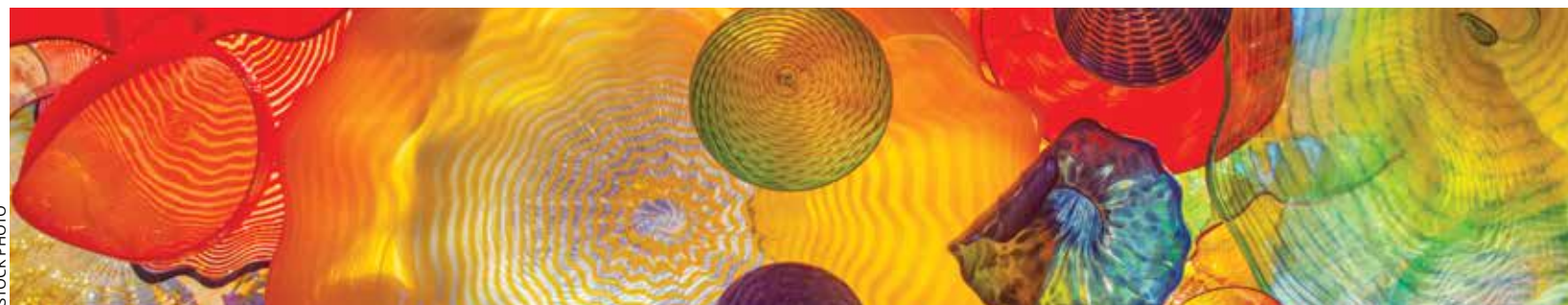
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**GOLDEN TEDDY AWARDS**  
AND FAMILY DIRECTORY





RYAN SMALL



## Berry tasty

Berry picking: Is there a better summer activity for kids? Outdoor adventure meets helpful chore in this beloved family outing. Figure out which spots around the Puget Sound region haven't been plucked (yet) of raspberries: [parentmap.com/berries](http://parentmap.com/berries).



## Banking on baby teeth

Should you be saving your kid's baby teeth for future health help? It's an option. Learn the science behind stem cells in baby teeth and what they could mean for your child's long-term health: [parentmap.com/baby-teeth](http://parentmap.com/baby-teeth).

## Kick it in Kirkland

Head east for a fun day trip or explore your nearby neighborhood with this Kirkland-centric article. Spray parks, pools and indoor getaways make the list: [parentmap.com/kirkland](http://parentmap.com/kirkland).



## Seattle Center photo contest

Get ready for your close-up! All of July, ParentMap is hosting an Instagram photo contest starring your kid and your favorite Seattle Center spot. Learn how to win big at: [parentmap.com/seattlecentercontest](http://parentmap.com/seattlecentercontest).

## November is coming

Inundated by election coverage? Your kid is, too. Figure out how to talk Election 2016 (without losing your temper) by reading these books: [parentmap.com/election-2016](http://parentmap.com/election-2016).



## Take a hike to a lake

Warmer weather means ideal hiking conditions, and the ideal hike is one that includes water. We've picked five nearby routes to scenic lakes that are sure to please your little swimmers. Prepare for waterfalls, critter-spotting and more: [parentmap.com/hiking](http://parentmap.com/hiking).



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## ParentMap

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PUBLISHER/EDITOR Alayne Sulkin

### EDITORIAL

EXECUTIVE EDITOR Natalie Singer-Velush

OUT + ABOUT EDITOR Elisa Murray

ASSISTANT EDITOR Elisabeth Kramer

CALENDAR EDITOR Nancy Chaney

PROOFREADER Sunny Parsons

### CONTRIBUTORS

Will Austin, Gemma Alexander, Deanna Duff, Tiffany Doerr Guerzon

### PARENTMAP.COM

DIGITAL MARKETING MANAGER

Kirsten Wiley

PUBLISHING ASSISTANT

Nicole Persun

### ADVERTISING SALES + PARTNERSHIPS

Ida Wicklund

Dani Carbury

AD OPERATIONS MANAGER Elisa Taylor

SALES + MARKETING SUPPORT MANAGER

Jessica Collet

SALES ASSISTANT Amanda Brown

### MARKETING/EVENTS

EVENT OPERATIONS Tara Buchan

EVENT + MARKETING COORDINATOR

Mallory Dehdod

EVENTS ASSISTANT Zoe Bloom

COMMUNICATIONS ASSISTANT Christina Boyer

### ART + PRODUCTION

DESIGN + PRODUCTION, PRINT MAGAZINE

Emily Johnson

DESIGN + PRODUCTION, MARKETING + DIGITAL

Amy Chinn

### ADMINISTRATION

BUSINESS MANAGER Sonja Hanson

OPERATIONS MANAGER Carolyn Brendel

ADMINISTRATIVE ASSISTANT + DISTRIBUTION

Angela Goodwin

ACCOUNTING ASSISTANT Lorraine Otani

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### ADVERTISING INFORMATION

206-709-9026 or [advertising@parentmap.com](mailto:advertising@parentmap.com)

Fax 206-709-9031

CALENDAR SUBMISSIONS

[calendar@parentmap.com](mailto:calendar@parentmap.com)

EDITORIAL SUBMISSIONS

[editor@parentmap.com](mailto:editor@parentmap.com)

DISTRIBUTION [distribution@parentmap.com](mailto:distribution@parentmap.com)

SUBSCRIPTIONS [subscriptions@parentmap.com](mailto:subscriptions@parentmap.com)

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## The center of it all?

**A**s a 20-year resident of Seattle, I thought I knew Seattle Center well. After all, I've been to umpteen festivals there, as well as the ballet, the opera, Pacific Science Center, EMP and even newer hot spots such as Chihuly Garden and Glass and the Armory. Heck, I even remember the Fun Forest! But my image of Seattle Center, it turns out, was in need of a thorough reboot, and I received it by editing this month's behind-the-scenes, multidimensional feature on Seattle Center, which has reinvented itself in recent years in ways that honor and advance its mission as a community gathering space. Ever wonder who's responsible for the

grounds that host 40-odd festivals a year? Or how that 30-foot climbing tower at the new playground was ever approved? Or, perhaps, simply, how to avoid parking hassles or afford the Space Needle? Find out starting on page 9. And be sure to explore the hidden corners of Seattle Center for yourself for a fun staycation day ("Quiet side of Seattle Center," p. 14), and post your snaps on Instagram for our July photo contest ([parentmap.com/seattlecentercontest](http://parentmap.com/seattlecentercontest)).

If your summer goals are more about escaping the city completely instead of exploring its urban spaces, you'll want to head immediately to "Get your gear on!" (p. 27) for cool tips from experts

on making camping comfy and fun (two words: bunk cots).

Finally, in the department of "potentially life-saving news that's tough to hear," find out about the shocking rise of sexually transmitted diseases among youths ("STDs! OMG!," p. 35) and what you can do now to prevent problems later.

Hope your summer brings you an abundance of family adventures and connection.

— Elisa Murray

Out + About editor



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# ZOOKEEPER ACADEMY

## July 16



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of the '50s, '60s and '70s



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Toys of the '50s, '60s and '70s  
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THE HANAUER FAMILY

The Seattle Times

Seattle Met

seattle



# THE MOVIE

**SPECIAL MOVIE PREMIERE  
MON, August 1**



Odd Squad airs  
**WEEKDAYS | 6:30a**  
**WEEKENDS | 10a**

INQUISITV **OKCTS9**

Spin city: Kids take a whirl on the Artists at Play playground's ADA-accessible carousel



# Secrets to SEATTLE CENTER

An insider's guide to the everyday magic of our ever-evolving, 54-year-old regional treasure

By Gemma Alexander



It's a warm Monday evening in June, and Seattle Center's grounds are buzzing. A dozen or so kids splash and run around the International Fountain, trying to predict when the supershooter jets will douse them, while a 20-something man pedals lazily around it on a unicycle. North of the fountain, a 4-year-old girl coasts on her push bike down August Wilson Way. A short walk east, the Artists at Play playground ripples with music and activity: Toddlers bang out notes on the Trimpin-designed sound fence, grade schoolers climb the tower and scream down the slides, tweens lounge

on the play mounds. Above, a floatplane swings by the Space Needle.

The new Seattle Center snuck up on us. Sure, it's always had appeal for families — arts, museums, fountains, a day of playing tourist. But memories of huge concerts and teeming crowds have led most of us to mentally file the 74-acre public space under "Special Events, Kids Optional."

Not anymore. Leading up to its 50th anniversary in 2012, guided by its Century 21 Master Plan, Seattle Center started a transformation. The Center House was revamped and rebranded

as the Armory; the beloved but decrepit Fun Forest was replaced with a glass museum and stunningly inventive playground; and innovative organizations, from public radio station KEXP to the Gates Foundation Visitor Center, have made their home there.

The result is an ever-evolving public space with more entry points than ever for families, offering play, discovery and learning — much of it available at no cost — on any day of the week. So here, just in time for summer, is our ultimate insider's guide to the old-new regional treasure that has it all. >>



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the streams feed the rivers  
the rivers feed the oceans the oceans  
feed the salmon and the salmon feed the people.  
We are all connected."**

**Trisha Pecor — Stillaguamish Tribal Member**

# A perfect day at Seattle Center, by age

## Our tots-to-teens guide to top attractions

Seattle Center is 74 acres of paths, public art, plantings, playground, fountains, museums, historical displays, street performers, skate park, arts organizations, eateries and food trucks. In other words, it's a one-stop shop for family fun — if you plan right. To help you make the most of your trip, here's our age-by-age guide.

### From babies to preschoolers Stroll, toddle and play

The recipe for an unforgettable day at Seattle Center for the littlest set is simple: Be spontaneous and keep it low-key. Head to the center on a weekday morning or afternoon to wander on the pedestrian-friendly promenades and grounds. Push the stroller along the **Seattle Center Sculpture Walk** ([seattle.gov/arts/seattle-center-sculpture-walk](http://seattle.gov/arts/seattle-center-sculpture-walk)) or use the **STQRY app** ([seattle.gov/arts/experience/maps-and-apps](http://seattle.gov/arts/experience/maps-and-apps)) to plan your own route. Stop and enjoy the buskers, and give little climbers a chance to test themselves on sculptures such as the **Armory "O"** and the **brass whales** on Fountain Lawn.

Got a water-loving tot? Bring towels and dry clothes for a dip at peaceful **Dupen Fountain** behind the International Fountain Pavilion, with gentler jets and a wading-depth pool. Or even crawlers can enjoy the magical feel of the running water on the **Kreielsheimer Promenade** in front of McCaw Hall. Need to change? The **KEXP Gathering Space/La Marzocco** on First Avenue ([lamarzoccousa.com/tag/kexp](http://lamarzoccousa.com/tag/kexp)) has bathrooms where kids can change back into dry clothes (no changing table, though). There you'll also find a gourmet coffee



WILL AUSTIN

Dupen Fountain

shop where you can relax while the kids play with old radios converted into coffee tables and watch the DJ at work.

If you're not already a member of the affordable **Seattle Children's Museum** (\$9.25 day rate) in the Armory basement ([thechildrensmuseum.org](http://thechildrensmuseum.org)), check it out

during the last hour of the day (4–5 p.m.), when admission is pay what you will. The museum's slow renovation continues with a new kid-size eye clinic and, later this year, the opening of "**The Marbleous Museum**."

**EAT:** Bring a picnic or buy food at the nearby QFC (500

Mercer St.) to eat on the steps of **Theater Commons** (the park-like promenade between Seattle Repertory Theatre and the Cornish Playhouse), but budget for snack-time treats from the Armory.

**PRO TIP:** Most of the bathrooms (men's and women's) around the center have changing tables. For extra privacy, snag a token from the information desk in the back of the Armory food court for the **locked family restroom** on the second floor. >>



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### John Richards

KEXP DJ

**"I tell parents, 'Man, don't give up on**

**music.'** We give up so much of our lives for our children. We can't give up on the creative things and inspiring things, and in fact, this is something that you can take along with

your kids. There's no reason they can't listen to Fly Moon Royalty and grow up on the Rolling Stones and the Beatles and hip-hop."

**"My job represents me doing what I love. I tell kids all the time that if they just focus on what they love to do, they will be successful at it.** Playing music for people is the best part of my job. Now there's an added bonus, to look out on our Gathering Space to see people actually listening to the show live while having coffee at Marzocco."

**"We love it here. We started raising money three years ago and now we've been here five months, and it's been a phenomenal success. For our grand opening, 12,000 people came."**

**"When we used to come down here [Seattle Center], we would take our kids to the Children's Museum or the Science Center and that was it. Now you have so many more things. It's really become even more of a family-friendly place than in the past."**

— Gemma Alexander

#### Did you know?

In 2000, KEXP became the first radio station in the world to broadcast CD-quality music on the internet 24 hours a day, seven days a week.

# Seattle Center, by age

continued from page 11

## Grade schoolers Skate, splash and see

With their boundless energy, your grade schoolers might outlast you. A mandatory stop is the 1-year-old **Artists at Play playground**, with its 30-foot climbing tower and musical play elements, located in the Next 50 Plaza between the Armory and EMP Museum. (Restroom tip: There are bathrooms in EMP's lobby, and the bathrooms just inside the east doors of the Armory basement rarely have lines, even during festivals.)

On Saturday mornings from July 9–Aug. 13, skip the playground and head to the **Seattle Center skate park** across the street from Fisher Pavilion, where **Skate Like a Girl** ([skatelikeagirl.com](http://skatelikeagirl.com)) offers free, drop-in lessons at 10 a.m. for girls and boys ages 12 and younger. On many weekend days, you can also stop by the Armory to see, taste and learn at a free Festál cultural festival.

When the kids are ready, let them cool off at the **International Fountain**. Impress them by predicting the super-jet blasts (in one playlist, they're timed to the swells in Beethoven's Ninth Symphony).

Glass and kids might not seem like a good combo, but the surreal artwork at **Chihuly Garden and Glass Museum**, next door to the Space Needle, is a surprise hit ([chihulygardenandglass.com](http://chihulygardenandglass.com)). Tip: King County residents get \$10 off the adult admission price, paying only \$17 instead of \$27. Regardless of where they live, kids ages 5–12 pay \$16.

On the right day, you might take in a **Seattle Children's Theatre** summer youth show

— the lineup includes *The Lion King Jr.* and *Shrek the Musical* ([sct.org/School/Classes/Summer-Season-2016](http://sct.org/School/Classes/Summer-Season-2016)). Or head to Pacific Science Center's (PSC) **IMAX theater** (maybe watch *Star Trek Beyond* in 3-D before visiting the **Star Trek exhibit at EMP Museum**). While you're at Pacific Science Center, visit the exhibit **The Art of the Brick** ([pacificsciencecenter.org/the-art-of-the-brick](http://pacificsciencecenter.org/the-art-of-the-brick)), an exhibit of the world's biggest collection of Lego art. Since tickets are expensive for nonmembers, it's a good time to consider PSC membership (members pay a flat \$7 for the special exhibit).

If you want to stretch your adventure into the evening, cheer on the **Seattle Reign**, our nationally ranked women's soccer team, at a **Memorial Stadium** home game (four dates in July and August), with tickets starting at only \$18 ([reignfc.com](http://reignfc.com)).

**EAT:** Grab lunch in the Armory food court where you'll find outposts of top local restaurants such as **Skillet Counter** and **Plum Pantry** (the latter is vegan). **Mod Pizza** and **Blue Water Taco Grill** elevate fast food with customized orders, and **Ceres Roasting Company** and **The Confectional** tempt you to eat dessert first. Set kids loose to choose and buy their own lunch.

**PRO TIP:** Check the **International Fountain's** web page before you go to confirm it's open (it occasionally closes for cleaning, [seattlecenter.com/locations/detail.aspx?id=8](http://seattlecenter.com/locations/detail.aspx?id=8)).

Artists at Play  
playground



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CHUCK TUCK

Seattle Center skate park

## A summer day in the life of Seattle Center

### 4:15 a.m.

Janitors arrive and begin cleaning up from previous night's events

### 6:30 a.m.

Gardeners arrive • Laborers arrive and set up for special events in Exhibition Hall and Fisher Pavilion, and begin preparing for major festival in one week

### 7 a.m.

Armory opens • Sound engineer turns on music • Security meeting begins; staff reviews projected attendance and potential issues for events scheduled for the day • Gatehouse opens for delivery trucks bringing food and supplies to Armory restaurants, Chihuly Garden and Glass and Space Needle

7:30 a.m. Seattle monorail begins operations

### 8 a.m.

Operations engineers perform water-quality tests and check filters at all fountains • Students begin to arrive for various summer camps housed at the center (Pacific Science Center, Seattle Children's Theatre and other venues)

### 9 a.m.

Workshop begins at EMP • Engineers receive call from summer-course instructors at Pacific Northwest Ballet — please turn down the A.C. (students warming up are chilly)

### 10 a.m.

Engineers turn on the fountains • Summer camp begins at Academy of Interactive Entertainment (AIE, the video game school on fourth floor of Armory)

### 11 a.m.

Most maintenance work is completed as crowds begin to grow throughout the campus

**Noon** Gatehouse closed; no deliveries permitted until the next day • Events in Exhibition Hall and Fisher Pavilion open to public • Live in-studio band performance at KEXP begins

## Tweens and teens

### Consume, create and learn

Seattle Center has so much to offer tweens and teens that it pays to plan ahead. Before you go, make sure your 13- to 19-year-old is signed up for a **TeenTix** membership ([teentix.org/faqs](http://teentix.org/faqs)), an arts program that lets teens get \$5 day-of-show tickets and museum passes. Or see a concert at one of **KEXP's all-ages in-studio performances**, where touring bands stop by to give free public performances ([kexp.org/events/instudio](http://kexp.org/events/instudio)). Sign up in person on the day of the show up to 90 minutes in advance.

Swing by **The Vera Project** on Republican Street to take a class together or catch another all-ages concert ([theveraproject.org/calendar](http://theveraproject.org/calendar)). See local art at the artists' collective **A/NT Gallery** ([antgallery.org](http://antgallery.org)), newly installed inside the

**International Fountain Pavilion**. For budding film buffs, **SIFF Film Center** offers foreign films, themed festivals and more ([siff.net](http://siff.net)).

**EMP** ([empmuseum.org](http://empmuseum.org)) is always a home run. Bond with your teen by making music together in the **EMP Sound Lab** or geeking out at the *Star Trek: Exploring New Worlds* exhibit (adult \$27, TeenTix members \$5) or exploring the *World of WearableArt* instead (opens July 2). Move from style to substance when you cross Fifth Avenue from EMP to tour the **Gates Foundation Visitor Center** ([gatesfoundation.org/Visitor-Center](http://gatesfoundation.org/Visitor-Center)), where a temporary exhibit focused on the lethal impact of mosquitos, opening this summer, will catch globally minded teens' interest.

In August, finish off your day with a free concert or movie at the **Mural Amphitheatre** ([seattlecenter.com/concertsatthemural](http://seattlecenter.com/concertsatthemural), [seattlecenter.com/moviesatthemural](http://seattlecenter.com/moviesatthemural)).

**EAT:** Start your day at the **La Marzocco café** in the KEXP Gathering Space. Eat lunch at stylish **Pop Kitchen** inside EMP Museum and find dinner in the **Armory**, where teens should also look for the piece of the **Berlin Wall** on display.

**PRO TIP:** Does your kid insist on going home when his or her cell phone battery is drained? No problem. Look for the **bright pink quick-charging station** inside the Armory near the elevator. ■



Gates Foundation  
Visitor Center



EMP Sound Lab

**1 p.m.** Shift change for janitors and laborers

**1:30 p.m.** A leak is reported in the Armory basement; staff plumber and cleanup crew are dispatched

**2 p.m.** Event services representative meets with a nonprofit to evaluate space considerations for a fundraiser in three months • Free tour begins at Gates Foundation Visitor Center

**4 p.m.** Summer camp at AIE ends • Lines begin to form for event at KeyArena

**3 p.m.** Shift change for engineers

**5 p.m.** Pacific Northwest Ballet summer school students are released for the day

**6 p.m.** Cornish box office opens, TeenTix members arrive to purchase \$5 tickets

**7 p.m.** Event in Exhibition Hall closes; janitors start getting the building ready for day two of the event

**7:30 p.m.** Curtain rises on Cornish Playhouse stage

**9 p.m.** Fountains are turned off

**10 p.m.** Armory closes • Sound engineer turns off music • Event in Fisher Pavilion ends

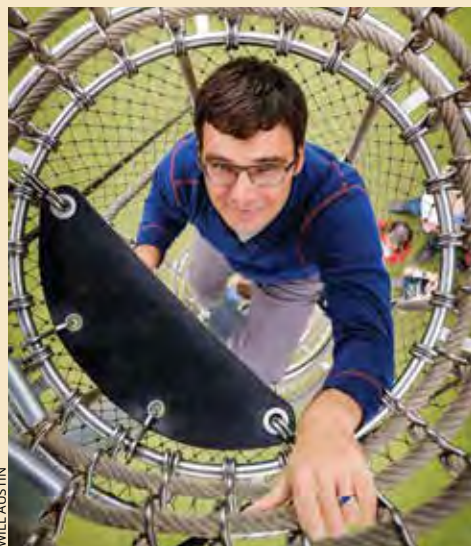
**10:30 p.m.** Cornish production finishes • Mercer garage begins to empty

**Midnight** Grounds close to the public

**11 p.m.** Last monorail departs • Only night-shift security and engineers remain on site



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WILL AUSTIN

## Clayton Beaudoin

Principal at Site Workshop, which led the design of the Artists at Play playground

"Early on [after the playground opened], I crept my way close to these two dads who had just arrived with their 6- or 7-year-old kids, and one of them said [while looking at the climbing tower], 'This can't be legal.' That was a big win because though

**we knew the climbing tower structure was safe, it's the perception of risk that makes it a powerful experience for kids (and their parents)."**

"Our goal for the project was to create a visually stunning play space that engaged all types of kids and their caregivers in unexpected ways. While the tower was an easy hook, the real victory would be dependent on how everything else 'played.' At one point during an early visit, I sat down on the big grass mound and **I looked out over the playground at all the people spread out everywhere, and I could tell it was working.**"

"One of the things that this project does for Seattle Center is it creates a free place to kill an hour. Having an attraction that is explicitly free, **the center has opened its doors a little wider to the rest of the city and become a more equitable place.**"

— Elisa Murray

### Did you know?

To inform its vision, the team of developers and artists that designed Artists at Play talked to more than a hundred kids about what they wanted to see — and hear — in the playground.

# The *quiet side* of Seattle

## 6 pockets of green space, history and art to discover with your kids

Once a site of Native American celebrations, Seattle Center has a long history as a community gathering space, from organized events such as the 1962 World's Fair to spontaneous gatherings such as the vigils following Kurt Cobain's death and 9/11. Its community-connecting role continues, not just through festivals and arts events, but through quiet pockets of public space that honor our common thread of humanity. Can you and your kids discover them all this summer? (Psst: The map at [seattlecenter.com/tours](http://seattlecenter.com/tours) will help.)

**ANNE FRANK'S TREE.** The highly visible southeast gateway to Seattle Center, anchored by the Space Needle, is not a likely spot for hidden treasures. Yet if you look, you'll find one. Nestled between the Space Needle's valet parking circle and the IMAX theater is the Peace Garden. Look for a small horse chestnut tree, which was planted at the southwest entrance to the garden in this year. A gift from the Anne Frank House to the Holocaust Center for Humanity, the tree is a seedling from the very same chestnut tree outside of Anne Frank's hiding place that she wrote so poignantly about in her diary. Now protected inside a metal cage and marked with a small plaque nearby, Seattle's sapling is one of only 11 of the tree's descendants to be planted in the U.S.

**POETRY GARDEN.** Hidden in plain sight, this quiet pocket of vegetation outside the Armory's west exit, next to Fisher Pavilion, feels surprisingly isolated. Polished granite boulders inscribed with poems by artists as different as Shel Silverstein and Basho litter the paths. What do they all have in common? They are short and easy for little kids to read. The garden also hosts a series of art installations ([seattlecenter.com/art](http://seattlecenter.com/art)). This summer, look for Naoko Morisawa's *Morse Code Project* and try to guess her secret message in the pattern made of colorful garden hose tubing. Note: The Poetry Garden is fenced off during major events to keep the vegetation from being trampled.



WILL AUSTIN

Anne Frank's tree



WILL AUSTIN

Ewen Dingwall Courtyard

# Center

August Wilson  
Way Portal



WILL AUSTIN



WILL AUSTIN

**EWEN DINGWALL COURTYARD.** As you exit Seattle Center along Theater Commons (the promenade between Seattle Repertory Theater and the Cornish Playhouse), just before you reach Mercer Street, an opening in the wall on your right leads to Dingwall Courtyard, a tranquil patio centered around a splashing fountain. Rest (or picnic) at the tables and chairs, while kids make wishes at the fountain.

centerpiece of Seattle Center. But its steep slopes and screaming crowds can be too much for smaller children. Head west between the new A/NT Gallery and SIFF Film Center to find the courtyard that hides Dupen Fountain. Formally titled Fountain of Creation, the large, unofficial wading pool hosts happily splashing children among its bronze statues and small fountain jets, while parents relax nearby on the bench wall in the shady breezeway. (Note: Engineers test the water quality of this pool, and all other water features at the center, daily.) ■

**AUGUST WILSON WAY PORTAL.** The main gates to the World's Fair were on the south side of Seattle Center, facing downtown. But in recent years, the center has become more welcoming to the neighborhood to the north. Now, instead of a dead end, Republican Street ends at the August Wilson Way Portal, a 12-foot-tall, steel and glass monument to the Pulitzer Prize-winning playwright. Younger kids will be happily awed by the appearance of a giant open door — unattached to any building — opening onto the grounds. Older kids will appreciate the inscriptions from Wilson's plays and the portrait of an artist who opened so many doors in his own lifetime.

**UPGARDEN.** The roof of Seattle Center's four-story Mercer parking garage is the unlikely home to a charming oasis called the UpGarden, the largest rooftop community garden in America. Like all of Seattle's P-Patches, the UpGarden is open to the public, although the food and flowers belong to the individual gardeners who grow them. Look for quirky touches such as flowers sprouting from a vintage car and an old Airstream serving as a tool shed, and don't hesitate to take a few selfies — Instagram alert! — with the Space Needle in the background.

**DUPEN FOUNTAIN.** The International Fountain, with its super jets, is rightly the



WILL AUSTIN

## Beth Duncan

Assistant facility maintenance supervisor, Seattle Center

"Most of my career here has been as a landscape supervisor. **I'm really a horticulturist, a gardener, in my**



**heart's soul.** I still oversee the gardening and the landscapes, but at a much higher level; I'm not involved in the day-to-day worry about every blade of grass and perennial that gets stepped on."

"Problem solving is the big thing that I do and that people who work under me do. We're always trying to fix things or figure out a way to make something work. **We have all these events and we have to meld everything together.** I enjoy that a lot. It's always interesting."

**"I wish that kids knew that there are other kinds of work in the world that can be very fun and satisfying besides just some kind of high-tech thing.** For me, my reward has been making beautiful spaces for people in Seattle to enjoy."

"My best days are in late spring, when the grounds are just pristine. **The lawns are beautiful, the shrubs are in bloom, we haven't had a major festival yet, and everything is fresh.** If you come before 11 o'clock in the morning you pretty much have the place to yourself."

— Gemma Alexander

### Did you know?

Unit 19 is a group of engineers who work at Seattle Center 24 hours a day, seven days a week, to keep all of the systems running.



WILL AUSTIN

## Eno Yliniemi, Ph.D.

Chief systems engineer,  
Seattle Monorail Services

"The Seattle monorail embodies a futuristic optimism. It's a connection from the past to the present to the future. It showcases great things from the past, it's still serving us today and it's a model for what can be in the future. **I call it the 'little time machine.'**"

"These are the same trains that were built in West Germany in 1961, shipped to New York City and then put on railcars to Seattle. Cranes picked them up and put them on the tracks 54 years ago. The fact that we've been able to reuse these trains, fix and upgrade them and give them new life, is actually very environmentally friendly. **A lot of people think of it as a toy train or just a novelty train, but really what it is [is] a full-scale transit system that has a short run.**"

"One of the unique things about the monorail is that **you can get right up next to the driver in the front.** You can get that front-row seat and look straight out. And our drivers will let the little kids who sit up there honk the horn. Those spots are coveted."

"My favorite part of the job is solving a problem and seeing that it has been helpful and useful, and that people are enjoying it."

— Elisabeth Kramer

### Did you know?

Each monorail train has run for more than 1 million miles.

The monorail can hit speeds of more than 50 miles per hour (though the average is 35 mph because of the short 1-mile run).

# Sky high?

## How to do the Space Needle right

You don't want to be that local who has never experienced their city's most famous tourist attraction, but let's face it, the Space Needle is expensive (tickets are \$14–\$22, with kids 4 and younger free), and little kids may be more interested in looking at stuffies in the gift shop anyway.

So what to do when a bucket-list item costs the proverbial arm and leg? Here's how to get more value from your pricey elevator ride.

**A MUSEUM TWOFOR:** Buy a combined ticket to Chihuly Garden and Glass and the Needle (\$36 adult/\$22 youth), which saves \$8 per adult and \$6 per child. You get access to the Space Needle observation deck at a specific "launch time" and to the Chihuly exhibition hall, garden and glasshouse at any time during the same day.

**DOUBLE STUFF:** For much less than double the price of single admission (\$32 adult/\$24 youth), you can visit the Space Needle twice in 24 hours. Pick a launch time in the day and come back at night for a starry view of the city.

**SKYCITY RESTAURANT:** What's cooler than a rotating restaurant? A meal at SkyCity includes a ticket to the observation deck and offers the same views in a quieter, less crowded environment (and little kids can see out the windows more easily than over the observation deck railing). At about \$15 per plate, the kids' menu (12 and younger) is the same for lunch and dinner, but lunch is much more affordable for adults. Weekend brunch is another option.

**PRO TIPS:** Knowing a few things in advance will make your Space Needle trip easier and less stressful.

- To avoid long waits and limited availability, buy your tickets online in advance at [spaceneedle.com](http://spaceneedle.com). You'll get a timed ticket that's good for the "launch time" and date listed. Arrive up to 30 minutes in advance.
- Leave strollers on the ground, but you can carry an infant in a car seat.
- All ticket prices include a free SpaceSpots ([spaceneedle.com/spacespots](http://spaceneedle.com/spacespots)) photography digital download. ■

Gemma Alexander is a Seattle-based freelance writer with two daughters. Find her on Twitter @gemmadeetweet.



## Views on the cheap

Skip the Needle and try one of these

**KERRY PARK:** Less than a mile from Seattle Center, perched on Queen Anne Hill, **Kerry Park** offers a stunning view of downtown and Puget Sound — and while it's not 360 degrees, it is free.

**SKY VIEW OBSERVATORY:** It doesn't have the historical cachet of the Space Needle, but in downtown Seattle, **Columbia Tower's Sky View Observatory** is the tallest 360-degree public viewing area west of the Mississippi (902 feet to the Needle's 520), and it's cheaper (\$14.75 adult/\$9 youth).

**VIRTUAL NEEDLE:** Download one of two free **Space Needle apps** ([spaceneedle.com/app](http://spaceneedle.com/app)), which offer a variety of virtual experiences, such as flying over the city and around the Needle in a seaplane. ■



## Edward Ingram

Owner, Tride Pedicab

"Seattle is the **first North American city with the documented commercial use**



**of pedicabs,** and it happened because

of Seattle Center. A guy [businessman Stan McDonald] brought them over for the 1962 World's Fair."

"As far as the evolution of Seattle Center itself, [when I'm giving pedicab tours] I like to discuss the juxtaposition of the Cold War

buildings vs. the post-Cold War buildings. When you look at the Space Needle, with its sturdy deep bolts, classic tan color and reach-for-the-sky attitude, you really get a sense of who we were as Americans in 1955-1962. Then you can **walk a couple hundred feet and look at Frank O. Gehry's EMP, with its wild lines and colors.** It says a lot. How much safer we feel here now, for one, but also it shows the importance that has been put on art, sculpture and music in the city since the World's Fair.

"I took up pedicabbing as a part-time job because for the first time since my youth, I was physically able to do it. It keeps me focused and centered. The thing is, and it took me awhile to put this together, but **my mother is 76 years old and she still gives walking tours of my hometown, so we kind of do the same thing.** It's weird, right?"

— Elisabeth Kramer

### Did you know?

The 1963 Elvis Presley film set in Seattle, *It Happened at the World's Fair*, includes a pedicab.

## Trip tips

Many people avoid Seattle Center simply because they don't want to deal with parking. But with recent additions to the public transit mix, getting to the center can easily be part of the adventure.

### LIGHT RAIL AND MONORAIL:

The monorail never used to be a practical transportation option. But with the addition of the University District and Capitol Hill routes on Seattle's Link light rail line ([soundtransit.org/link](http://soundtransit.org/link)), visitors have new reason to hop the single-line train. Take the light rail downtown to Westlake Station, where you can transfer from light rail to the monorail ([seattlemonorail.com](http://seattlemonorail.com))

for the two-minute ride to the Seattle Center Armory.

**CITY BUS:** If light rail is out of your way, remember that for kids a King County Metro bus ride is an adventure, too. Fifteen bus routes serve Seattle Center ([tripplanner.kingcounty.gov](http://tripplanner.kingcounty.gov)).

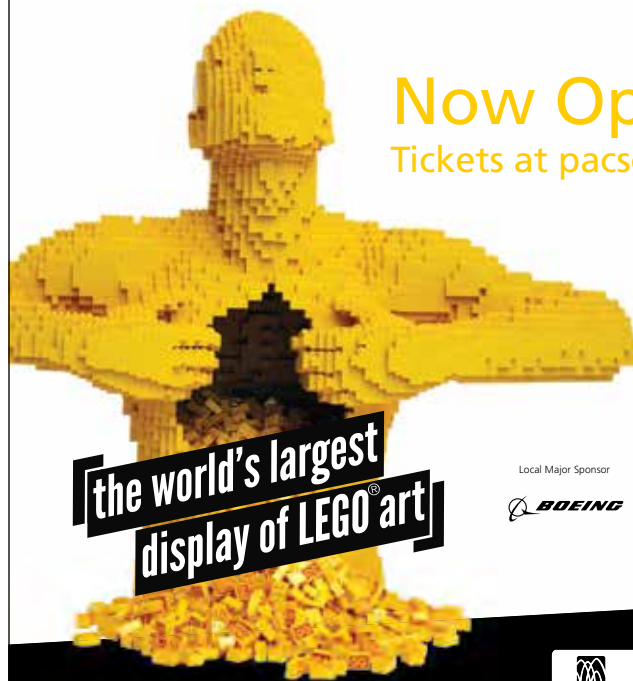
**BIKE:** Seattle's protected bike lane program has made cycling downtown feel a little safer. Especially if you are visiting outside of rush

hour, biking is a free and easy way to work off your tasty treat at the Armory. [seattle.gov/transportation/PBL.htm](http://seattle.gov/transportation/PBL.htm)

**CAR:** Still planning to drive? Four-hour metered street parking (\$6) is available but limited; try the west side of the grounds (early in the day) for a spot. Or park in one of Seattle Center's own parking garages (and one surface lot), which rarely fill up outside of major events. ■

## The Art of the Brick

Nathan Sawaya



Now Open  
Tickets at [pacsci.org](http://pacsci.org)

the world's largest  
display of LEGO art

Local Major Sponsor



Pacific Science Center is committed to providing accessibility for all guests. For detailed information about our facility and services, please visit [pacsci.org](http://pacsci.org).



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



## Cornish Preparatory Dance Program

**NOW ACCEPTING  
2016/17 REGISTRATION**

The Cornish Preparatory Dance Program provides a learning environment for all students interested in receiving classical dance training of the highest caliber. Please contact our office to schedule a placement class this summer.

**206.726.5034**

[preparatorydance@cornish.edu](mailto:preparatorydance@cornish.edu)  
[www.cornish.edu/preparatory\\_dance/](http://www.cornish.edu/preparatory_dance/)

### PREPARATORY DANCE PROGRAM STUDIOS

Kerry Hall, Floor 3  
710 East Roy Street  
Seattle, WA 98102

**CORNISH  
COLLEGE  
OF THE ARTS**



## PICKS



Art Classes • Game Night  
Live Music • Rock Climbing  
Farmers Market • Story Time  
Vintage Kid's Rides • Ice Cream  
Outdoor Movies • and much more!

Chicken Coop and Urban Farm Tour, July 16

SandBlast Festival of the Arts, Duvall, July 16-17



BAM ARTSfair, Bellevue, July 29-31



Dragon Boat Festival at Lake Union, July 30



Jetty Island open, July 5-Sept. 5



Toys of the '50s, '60s and '70s at MOHAI, July 2-Sept. 25

3

**Bicycle Sunday.** Take your family's two-wheelers out for a spin on this car-free Sunday along the lake, one of many. Helmets required. Select Sundays, 10 a.m.-6 p.m. **FREE.** Lake Washington Boulevard, Seattle. [seattle.gov/parks/bicyclesunday](http://seattle.gov/parks/bicyclesunday)  
**Seattle Aquarium Beach Naturalist Program.** Explore tidal life on this super low-tide day. 10 a.m.-1:30 p.m. **FREE.** Multiple locations; check website for details. [seattleaquarium.org](http://seattleaquarium.org) **ONGOING EVENT**

4

**4th of July Festival.** Kids' bike parade (noon), live entertainment, arts and crafts, kids' activities including inflatable rides and more. 11 a.m.-4 p.m. **FREE** entry; \$5 wristband for rides. Les Gove Park, Auburn. [auburnwa.gov](http://auburnwa.gov)  
**Annual Fourth of July Naturalization Ceremony.** Watch as more than 500 candidates from 80-odd countries are sworn in as new citizens, with local dignitaries in attendance and performances by Navy Band Northwest and others. 11 a.m.-1:15 p.m. **FREE.** Fisher Pavilion, Seattle Center. [seattlecenter.com](http://seattlecenter.com)

5

**Jetty Island Opening Day.** Play on the beach and splash in the warm, shallow water. Daily, July 5-Sept. 5 **FREE**; \$1-\$2 suggested donation for ferry; \$3 parking. Everett. [everettwa.gov](http://everettwa.gov) **ONGOING EVENT**  
**Adventure Playground.** Build in the woods with provided tools and materials; closed-toe shoes required. Tuesday-Thursday, Sunday, 1-4 p.m.; July 5-Aug. 31. Admission by donation. Ages 4 and up; under age 12 with caregiver. Deane's Children's Park, Mercer Island. [mercergov.org](http://mercergov.org)

10

**Kent Cornucopia Days.** Dragon-boat races, live entertainment and a parade (Sunday, 2 p.m.) are a few of this fair's attractions. Friday-Sunday, July 8-10. **FREE**; fee for some activities. Various venues, Kent. [kcdays.com](http://kcdays.com)  
**Ballard Seafood Fest.** Lots of neighborhoods have street fairs, but only this one has a lutefisk eating contest, among other attractions. Saturday-Sunday, July 9-10. **FREE.** Along N.W. Market St., Seattle. [seafoodfest.org](http://seafoodfest.org)

11

**MiniMOHAI.** Kids enjoy exploring interactive pop-up exploration stations during this drop-in program. Mondays, July 11-Aug. 29, 10 a.m.-1 p.m. Included with admission. Ages 3-5 with caregiver. Museum of History & Industry, Seattle. [mohai.org](http://mohai.org) **ONGOING EVENT**  
**Hands-on Candy Experiment.** Kids take a new interest in science with candy as its tasty vehicle. 2-3 p.m. **FREE**; preregister. Grades 2-5. Seattle Public Library, University Branch. [spl.org](http://spl.org)

12

**Kent Station Summer Concerts.** Enjoy free live music this summer, from country rock to jazz and swing. Tuesdays, noon-1 p.m. and Wednesdays, 6-8 p.m. **FREE.** Kent Station Plaza. [kentstation.com](http://kentstation.com) **ONGOING EVENT**  
**Eric Ode.** Local, kid-focused singer-songwriter rocks the younger set down at the farm. 10:30-11:30 a.m. **FREE.** Kelsey Creek Park, Bellevue. [bellevuewa.gov](http://bellevuewa.gov)

17

**Tacoma Maritime Fest.** Celebrate the City of Destiny's active waterfront with boat rides and tours, mural-painting, live music and more. Saturday-Sunday, July 16-17. **FREE.** Foss Waterway Seaport, Tacoma. [maritimefest.org](http://maritimefest.org)  
**Sounders FC Rave Green Run.** Run the 9K, 5K or kids' run to show your Sounders pride; stick around for a match-viewing party. 9:30 a.m. \$35-\$50; kids' run \$15. Redmond Town Center. [ravegreenrun.com](http://ravegreenrun.com)

18

**Kids Bowl Free.** Find your local participating bowling center, register your kiddos and they can bowl for free all summer long. Times and rules vary by center. Locations in Seattle, Tacoma, Burien, Everett and more. [kidsbowlfree.com](http://kidsbowlfree.com)  
**Remlinger Farms Family Fun Park.** Kids go nuts for the real steam train, mini roller coaster, hay maze, pony rides and more. Daily, June 13-Sept. 5, 10:30 a.m.-4:30 p.m. \$11.75-\$12.75; under age 1 free. Carnation. [remlingerfarms.com](http://remlingerfarms.com) **ONGOING EVENT**

19

**Summer Movie Express.** Regal theaters show family movies for summer—at a very cool price. Tuesday-Wednesday, 10 a.m. through Aug. 24. \$1. Multiple locations. [regmovies.com](http://regmovies.com) **ONGOING EVENT**  
**Brian Vogan & His Good Buddies.** Kindie band rocks a summer Tuesday in this lunchtime concert series. Noon. (Additional dates at Hamlin and Richmond Beach Parks.) **FREE.** Hamlin Park, Shoreline. [shorelinewa.gov](http://shorelinewa.gov) **ONGOING EVENT**

24

**Food Truck Fest.** Mobile eateries serve up tasty provisions. Noon-5 p.m. Free entry; food for purchase. Wright Park, Tacoma. [metroparkstacoma.org](http://metroparkstacoma.org)

25

**Pool Playland.** It's swim time for parents and tots in the warm pool. Daily, 11 a.m.-noon through summer. \$3.75-\$5.25; under 1 free. Ages 0-5 with caregiver. Pop Mounser Pool, Seattle. [seattle.gov/parks/aquatics](http://seattle.gov/parks/aquatics) **ONGOING EVENT**  
**The Art of the Brick.** Artist Nathan Sawaya amazes with his remarkable Lego sculpture. Daily through Sept. 11. \$20.75-\$28.75; ages 2 and under free. Pacific Science Center, Seattle. [pacificsciencecenter.org](http://pacificsciencecenter.org)

26

**Children's Summer Art Program.** Kids are invited to stretch their creativity muscles working on fantastic art projects. Tuesdays, July 5-Aug. 23, 1-3 p.m. Ages 12 and under with adult. International Children's Park, Seattle. [seattle.gov/parks](http://seattle.gov/parks)  
**Kirkland Summer Kids' Concerts.** Dance, sing and play in the park; today's act is All Around This World. Tuesdays, 10-11 a.m., July 12-Aug. 23. **FREE.** Juanita Beach Park, Kirkland. [kirklandsummerconcerts.weebly.com](http://kirklandsummerconcerts.weebly.com) **ONGOING EVENT**

31

**BAM ARTSfair.** Celebrate art and design with hands-on activities and free museum admission. Friday-Sunday, July 29-31. Bellevue Arts Museum. [bellevuearts.org](http://bellevuearts.org)

# Good Growing

A Seattle Children's Publication | Summer 2016

## Parents Can Help Ease Transitions for Kids

Do you ever feel a flash of emotion when the following happens? You are doing something you really enjoy, when — without warning — someone suddenly interrupts and forces you to stop, and instead do what *they* want you to do. You probably feel annoyed!

Kids dislike sudden transitions even more than adults do. And when they don't have the coping skills to deal with their emotions, they often react by getting angry, defiant or tearful.

All kids need help with transitions. This is especially true for those who struggle with extra anxiety: between 6% and 20% of children and teens. So how can parents ease transitions?

Develop a strong routine that feels predictable and comfortable. Things will always go smoother when you discuss, prepare, review, remind and alert.



Imagine the plan is to go to the park to play with friends and have a picnic lunch, then return home. The day before, discuss the plan with your child and answer any questions they

have. Then prepare: this might include choosing and packing your picnic foods and toys. The next morning over breakfast, review the plan. As you drive to the park, quickly remind them of the plan for the day. At the park, alert or warn them a few minutes before it's time to break for lunch, then again a few minutes before it's time to go. (Watch for natural stopping points where your child is not intensely involved in activity, so the transitions aren't so abrupt.) If the plan suddenly changes, explain why: "The rainstorm made it too wet for a picnic, so we are going to Anna's house instead."

Be compassionate and respectful. Try to view transitions through your child's eyes. Your patience and consistency will pay off when your child begins to develop their own coping skills. You'll know you've made progress when — rather than having a meltdown — they reply with: "OK! Just three more minutes, please?"

As your child gets older and faces bigger transitions, adapt the routine as needed, with more emphasis on preparing. For example, before starting school the two of you might go to an open house, talk with an older friend who attends the school, and role-play. Good news about school: teachers are usually experts at easing transitions!

### Science Block Party at Seattle Children's Research Institute

Saturday, Sept. 10 from 11 a.m. to 3 p.m.  
Seattle Children's Research Institute  
1920 Terry Avenue, Seattle

Come to a free, 'hands-on' science block party, featuring interactive stations where kids and adults can learn about science and research. Enjoy live music and get the kids (1 to 18 years old) fit for a free bike helmet (while supplies last; wearers must be present).



TO LEARN MORE:  
Visit [www.seattlechildrens.org/scienceblockparty](http://www.seattlechildrens.org/scienceblockparty).

TO LEARN MORE:  
Visit [www.seattlechildrens.org/safety-wellness/growth-development](http://www.seattlechildrens.org/safety-wellness/growth-development).

# Prevent Diaper Rash

Diaper rash is often a simple skin irritation that can be prevented. The super-saggy, wet diapers we see toddlers wearing on TV ads are not OK for real life. Change diapers every two hours or so when baby is awake, and immediately after every poop. Clean the diaper area carefully during each change, and be sure it's completely dry before putting on a fresh diaper. Diaper cream or ointment can help babies with sensitive skin — just be sure it's applied

to skin that's clean and dry. Time 'airing out' with no diaper also helps. Sometimes, a rash is caused by an infection or allergy, and requires extra treatment. Read the source below for more information, and see your baby's doctor for any rash that won't go away.

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## TO LEARN MORE:

Visit [www.seattlechildrens.org/pdf/PE1989.pdf](http://www.seattlechildrens.org/pdf/PE1989.pdf).



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# Booster Seats: Understanding the Why and the When



Why do kids need booster seats, and when should they switch from a car seat to a booster seat? Seat belts are designed for adults of a certain height; they don't safely secure kids who are shorter than 4' 9". Booster seats are for kids over 40 pounds who are too big for a car seat, but not big enough for an adult seat belt. Booster seats raise kids up so that the lap and shoulder belts fit correctly. In fact, booster seats reduce a child's risk of injury by 59% compared to using only a seat belt! After

age 2, keep your child in a forward-facing car seat with a five-point harness until they reach the maximum height or weight for that particular seat. (This information is in the instructions, and probably on a sticker on the seat itself.) Washington state law says kids must ride in a booster seat until age 8 or until they are 4' 9" tall.

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## TO LEARN MORE:

Visit [www.seattlechildrens.org/pdf/CE484.pdf](http://www.seattlechildrens.org/pdf/CE484.pdf).

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# Eat Healthy Foods and Save Money, Too

Can a family on a budget eat healthy, high-quality foods? When you plan ahead, stick to your shopping list, and follow some tried-and-true tips: yes!

Food waste is common — and costly. So keep track of what's in your cupboards, refrigerator and freezer. If you have ingredients that need to be used (especially perishables like meat, fish or produce) plan a meal around them. Keep items like rice, pasta, potatoes, eggs and beans on hand; these inexpensive and filling foods can really stretch your meals. Get creative! Try a website where you can enter the ingredients you have, then view recipes featuring those items.

When you need to shop, make your list at home where you can check to see what you



already have and what you need. At the grocery store, follow your list. Don't shop when you're hungry; you'll be more likely to buy extra 'impulse' items. Fresh produce costs less when it's in season or when the store has overstocked it. When possible, choose store

brands instead of name brands. Coupons are great for items already on your list, but beware of coupons for highly processed, less-nutritional foods that tempt you to buy things you don't need. And don't be fooled by clever pricing, suggesting three for \$6: just buy one for \$2, if that's all you need. You might also consider switching grocery stores to one known for lower prices. Saving even a few cents per item adds up in a hurry.

One more idea: by growing even a few of your own vegetables and herbs, you'll save money and eat healthy — while doing something fun as a family!

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## TO LEARN MORE:

Visit [www.seattlechildrens.org/pdf/CE431.pdf](http://www.seattlechildrens.org/pdf/CE431.pdf).

# Kid Bits



## Sun Safety

Whenever your child is outside — even on cloudy days — be sure they wear sunscreen with a sun protection factor (SPF) of at least 15 or 30. Choose a ‘broad spectrum’ product that protects against UVA and UVB rays. Apply it 30 minutes before going outside, and then reapply every two hours and after being in the water or sweating. Be sure sunglasses offer 100% UV protection. Even when protected, avoid too much sun. Cover up with clothing and hats, and seek the shade, especially between 10 a.m. and 4 p.m. when the sun’s rays are strongest. Keep babies out of the sun as much as you can, dress them in lightweight clothing that covers their arms, legs and head, and use sunscreen on their faces and backs of hands when needed.

### TO LEARN MORE:

Visit [www.seattlechildrens.org](http://www.seattlechildrens.org) and search ‘sunscreen.’



## Sibling Fighting

Siblings fight — sometimes a lot, and sometimes fiercely. It can be exhausting to witness. What action should parents take? Remain calm and don’t take sides. Whenever possible, stay out of it unless there is danger of physical harm or the same child is always the victim. (When parents step away, the fight may end sooner for lack of an audience.) Sibling spats can teach kids some important life skills: how to compromise and solve their own problems, and how to cope when they don’t get their way. Agree on some family rules for disagreements: we keep our hands to ourselves, we don’t call names or curse, we don’t yell. Learning to control ourselves — even when we feel angry — is another valuable life skill!

### TO LEARN MORE:

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



## Preparing Your Child to Be Home Alone

When is a child ready to be home alone? There’s no set age, but in general don’t leave kids younger than 10 home alone. You know your child: if there’s any doubt, it’s best to wait. Prepare your child. Be sure they know important phone numbers, which neighbors can help, and what to do in case of emergency. They should not answer the door, nor tell anyone that they’re home alone. Set ground rules about having friends over, and using media and the oven or stovetop. Start with some practice runs during daylight hours: leave them alone briefly while you get groceries or take a walk nearby (with your phone handy). Each time, talk over how it went, and gradually increase the length of time you’re away.

### TO LEARN MORE:

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

## Quick Tip

After splashing around in the kiddie pool this summer, be sure to empty the water out right away to prevent drowning.

### Regional Clinic Locations

- Bellevue
- Everett
- Federal Way
- Mill Creek
- Olympia
- Tri-Cities
- Wenatchee

### Primary Care Clinic

- Odessa Brown Children’s Clinic

### Main Hospital Numbers

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

### Online Resources

Visit [www.seattlechildrens.org](http://www.seattlechildrens.org) for the following:

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

-  [www.facebook.com/seattlechildrens](http://www.facebook.com/seattlechildrens)
-  [www.instagram.com/seattlechildrens](http://www.instagram.com/seattlechildrens)
-  [www.twitter.com/seattlechildrens](http://www.twitter.com/seattlechildrens)
-  [www.youtube.com/seattlechildrens](http://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](http://www.seattlechildrens.org). For permission to reprint articles for non-commercial purposes or to receive *Good Growing* in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child’s needs are unique. Before you act or rely upon information, please talk with your child’s healthcare provider. © 2016 Seattle Children’s, Seattle, Washington.



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# Classes and Events

To register or view more information, please visit [www.seattlechildrens.org/classes](http://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 28, 7 to 8:30 p.m.

FEE: Free

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

CALL: 206-987-8080

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

### Autism 200 Series

Autism 207: Transition to Adulthood —  
Connecting to Vocational, Educational, Social  
and Wellness Resources

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

Autism 208: Transition to Adulthood —  
Social-Sexuality Education for Young People  
with Autism

WHEN: Thursday, Aug. 18, 7 to 8:30 p.m.

Autism 209: Multicultural Issues and Autism  
Spectrum Disorder

WHEN: Thursday, Sept. 15, 7 to 8:30 p.m.

FEE: Free

WHERE: Seattle Children's main campus,  
4800 Sand Point Way NE, Seattle  
CALL: 206-987-8080

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

### Babysafe

WHEN: Saturday, Aug. 6, 9:30 a.m. to 1:30 p.m.

FEE: \$65 per family

WHERE: Seattle Children's admin. building,  
6901 Sand Point Way NE, Seattle  
CALL: 206-789-2306

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

### Heartsaver First Aid, CPR and AED

WHEN: Sunday, July 17, 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.

### Infant Car Seat Class for Parents

WHEN: Saturday, July 16, 10 a.m. to 12 p.m.

FEE: \$45 per family

WHERE: Odessa Brown Children's Clinic  
2101 East Yesler Way, Seattle  
CALL: 206-987-9879

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

## PRETEEN AND TEEN CLASSES

### Better Babysitters

WHEN: Sunday, July 24, 9 a.m. to 2 p.m.

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

WHEN: Saturday, Aug. 6, 9 a.m. to 2 p.m.

WHERE: Seattle Children's South Clinic,  
34920 Enchanted Pkwy. S., Federal Way

WHEN: Sunday, Aug. 21, 9 a.m. to 2 p.m.

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

WHEN: Saturday, Sept. 10, 9 a.m. to 2 p.m.

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

View more dates online

FEE: \$45 per person

CALL: 206-987-9878 for all locations

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

### CPR and First Aid for Babysitters

WHEN: Saturday, July 16, 9 a.m. to 2 p.m.

FEE: \$60 per person

WHERE: Seattle Children's main campus,  
4800 Sand Point Way NE, Seattle  
CALL: 206-987-9878

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

### For Boys Only: The Joys and Challenges of Growing Up

WHEN: Monday & Wednesday,  
July 18 & 20, 6:30 p.m. to 8:30 p.m.

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

WHEN: Mondays, Aug. 1 & 8, 6:30 p.m. to 8:30 p.m.

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

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

WHEN: Monday & Thursday, Aug. 1 & 4,  
6:30 p.m. to 8:30 p.m.

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

WHEN: Sunday, Aug. 14, 1 to 5:30 p.m.

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

View more dates and locations online

FEE: \$80 per parent/child pair;

\$60 per extra son or daughter

CALL: 206-789-2306

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

## EVENTS

### Low-cost Life Jacket Sales

WHEN: Saturday, July 16, 10 a.m. to 2 p.m.

WHERE: Green Lake Pool,  
7201 E. Green Lake Dr. N., Seattle

WHEN: Saturday, Aug. 20, 10 a.m. to 2 p.m.

WHERE: Green Lake Summer Splash Event,  
Small Craft Center,  
5900 W. Green Lake Way N., Seattle

FEE: \$20 for infant, child and youth,

\$30 for adult sizes

CALL: 206-684-4961

Come get custom-fit life jackets for the whole family. The person for whom the jacket is being purchased must be present for proper fitting. Children must be at least 6 months old and 18 pounds to be fit.

### Bike Helmet Fittings and Giveaways

WHEN: Saturday, Aug. 13, 10 a.m. to 2 p.m.

FEE: Free

WHERE: Kohl's Covington,  
17002 SE 270th Pl., Covington  
CALL: 206-987-1569

WHEN: Saturday, Sept. 10, 11 a.m. to 3 p.m.

FEE: Free

WHERE: Seattle Children's Research Institute,  
1920 Terry Ave., Seattle  
CALL: 206-987-1569

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



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## WEDNESDAY

### Movies at Marymoor, July 6–Aug. 24



ERIN HALE

6

#### 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 summer. \$6. All ages. Pierce College, Lakewood. [wp.pierce.ctc.edu](http://wp.pierce.ctc.edu)

**Movies at Marymoor.** Outdoor series features classic and current family films; tonight it's *Back to the Future*. Wednesdays, July 6–Aug. 24, 6:30 p.m. (films shown at dusk). \$5. Marymoor Park, Redmond. [moviesatmarymoor.com](http://moviesatmarymoor.com) **ONGOING EVENT**

13

**PAWS Animal Adventurers.** Kids explore the animal world through games, songs and play, led by a PAWS adventure guide. Select Wednesdays, 10:30–11:45 a.m. \$12 per child/adult pair; preregister. Ages 3–5 with caregiver. PAWS, Lynnwood.

**Kla Ha Ya Days.** Frog jumping contest, soccer tourney, kids' parade, ice cream- and pie-eating contests, skydiving demos and lots more. Wednesday–Sunday, July 13–17. **FREE**; some activities have fee. Various venues, Snohomish. [klahayadays.com](http://klahayadays.com)

20

**Summer Story Time at the Cabin.** Meet up at this historic site for pioneer-themed stories and crafts. Wednesdays, 1–2 p.m. through Aug. 31. Suggested donation. Ages 3–8 with families. Job Carr Cabin Museum, Tacoma. [jobcarmuseum.org](http://jobcarmuseum.org) **ONGOING EVENT**

**Celebrate Woodinville Summer Concert in the Park.** Relax on the grass and enjoy a family picnic with the sounds of live music. Wednesdays, July 20–Aug. 10, 6:30–8 p.m. **FREE**. Wilmot Gateway Park, Woodinville. [celebratewoodinville.com](http://celebratewoodinville.com) **ONGOING EVENT**

27

**Children's Concert Series.** Local kids' performers play music and make kids laugh; bring a picnic lunch. Wednesdays, July 20–Aug. 17, noon–1 p.m. **FREE**; food bank donations requested. Library Park, Mill Creek. [cityofmillcreek.com](http://cityofmillcreek.com)

**Greenwood Seafair Parade.** Folks from near and far turn up for this evening parade, reportedly the longest-running neighborhood Seafair parade. 6–8:30 p.m. **FREE**. Along N. 85th St., Seattle. [phinneycenter.org/parade](http://phinneycenter.org/parade)

## THURSDAY

### Find July 4 activities at [parentmap.com/fourth](http://parentmap.com/fourth)



7

#### Preschool Playtime.

Drop your little one for play while you take a breather. 9–11 a.m. or noon–2 p.m. \$10; call to reserve spot. Ages 3–6. Lynnwood Recreation Center. [ci.lynnwood.wa.us](http://ci.lynnwood.wa.us) **ONGOING EVENT**

**Summer at SAM.** Kick off summer at Olympic Sculpture Park with live music, all-ages art-making and tasty food truck fare. Thursdays, 6–8 p.m. through Aug. 25. **FREE**; food for purchase. Seattle. [seattleartmuseum.org](http://seattleartmuseum.org) **ONGOING EVENT**

14

**Community Kite Painting.** Stop by to help paint a kite for the park's art-kite installation. Thursdays, noon–2 p.m. through July 28. **FREE**. All ages. Freeway Park, Seattle. [seattle.gov/parks/downtown](http://seattle.gov/parks/downtown) **ONGOING EVENT**

**King County Fair.** Partake in summer fair fun like pig races, mutton-busting and carnival rides (additional fee). Thursday–Sunday, July 14–17. \$5–\$7; ages 4 and under free; kids \$1 Thursday with paid adult entry and free Sunday with KCLS library card. Enumclaw Expo Center. [cityofenumclaw.net](http://cityofenumclaw.net)

21

**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. 11:45 a.m.–1:45 p.m. **FREE**. Ages 5 and up. Owen Beach at Point Defiance Park, Tacoma. [pdza.org](http://pdza.org)

**JamFest.** Wander the streets of the International District for art, music, Wing Luke exhibit-viewing and food for purchase. 5:30–9:30 p.m. \$6–\$8; ages 11 and under free. All ages. Wing Luke Museum, Seattle. [wingluke.org/jamfest](http://wingluke.org/jamfest)

28

**Story Time for Kids.** Settle in for new and classic kids' books, plus activities and refreshments. Thursdays, 11 a.m. **FREE**. Ages 3–7 with caregiver. University Bookstore, Bellevue. [bookstore.washington.edu](http://bookstore.washington.edu) **ONGOING EVENT**

**Movies at Magnuson.** Cozy up in the grass for *The Incredibles*, part of this summer series with entertainment and food trucks. Thursdays, July 7–Aug. 25, 6:30 p.m.; films shown at dusk \$5. Magnuson Park, Seattle. [moviesatmagnuson.com](http://moviesatmagnuson.com) **ONGOING EVENT**

## FRIDAY

1

**Kruckeberg Garden Tots.** Visit this lovely hidden garden for exploration and a craft project. Fridays, 10 a.m.–1 p.m. through Sept. 16. \$7/family. Ages 2–6 with caregiver. Kruckeberg Botanic Garden, Shoreline. [kruckeberg.org](http://kruckeberg.org) **ONGOING EVENT**

**Ice Cream Social and Concert.** The Magnuson Children's Garden hosts The Weevils playing bluegrass tunes and offers \$1 scoops. Bring your own picnic. 6 p.m. **FREE**. Magnuson Park, Seattle. [magnusonnatureprograms.com](http://magnusonnatureprograms.com)

8

**Pianos in the Parks.** Check the website to find a piano to play in a park near you, or stop by KEXP's Seattle studio to play during the span of the program. July 8–17. **FREE**. Various locations. [pianosintheparks.com](http://pianosintheparks.com)

**Campout in the Parks.** Sleep under the stars just a short drive away and wake up to a provided hot breakfast. July 8–9 and 29–30. \$50–\$100/tent space. Owen Beach at Point Defiance Park, Tacoma. [metroparkstacoma.org](http://metroparkstacoma.org)

15

**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 15–24. \$25; ages 1 and under free. Northwest Railway Museum, Snoqualmie. [trainmuseum.org](http://trainmuseum.org)

**Shrek The Musical, Jr.** Our favorite green ogre and his hilarious donkey pal go on an adventure. Friday–Sunday, July 15–17. \$8. All ages. Auburn Avenue Theater, Auburn. [auburnwa.gov](http://auburnwa.gov)

22

**PowellsWood Storytelling Festival.** Hear three short tales from festival tellers and finish with a garden tour during this kid-oriented day. 9:30 a.m.–3:30 p.m.; preregister for 1-hour time slot. **FREE**. PowellsWood Garden, Federal Way. [powellswoodfestival.com](http://powellswoodfestival.com)

**Sail In Cinema.** Settle in for an outdoor family movie, watch from land or from your boat; tonight's feature is *The Sandlot* (PG). Fridays, July 15–Aug. 19, times vary. **FREE**. Boxcar Park, Everett. [waterfront-place.com](http://waterfront-place.com)

29

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

**Buzzing Blueberries.** Learn how blueberries grow with the help of pollinators, and stick around to pick. 10–11 a.m. Preregister; \$2 suggested donation at the door. Lake Hills Greenbelt Ranger Station, Bellevue. [bellevuewa.gov](http://bellevuewa.gov)

## SATURDAY

2

**Toys of the '50s, '60s and '70s.** E-Z Bake Ovens, Skipper dolls, Gumby...this exhibit will have parents swooning with memories and kids marveling at the hands-on activities and whacky old-fashioned toys. Daily, July 2–Sept. 25. Included with admission. MOHAI, Seattle. [mohai.org](http://mohai.org)

**Lake Union Wooden Boat Festival.** Free boat rides, music, pond boat sailing and toy boat building. Friday–Sunday, July 2–4. **FREE**; fee for select activities. Center for Wooden Boats, Seattle. [cwb.org](http://cwb.org)

9

**Derby Days.** Carnival, fun run, pancake breakfast, live entertainment, bike race and parades make for nonstop fun. Friday–Saturday, July 9–10. **FREE**; some activities have fee. Redmond City Hall. [redmondderbydays.com](http://redmondderbydays.com)

**Kitsap Live Steamers Train Rides.** Friendly railroad enthusiasts give rides on their scale mini trains. Second and fourth Saturdays through October, 10 a.m.–4 p.m. **FREE**; donations appreciated. All ages. South Kitsap Regional Park, Port Orchard. [kitsaplivesteamers.org](http://kitsaplivesteamers.org)

16

**Chicken Coop and Urban Farm Tour.** Get inspiration and ideas from your neighbors for keeping chickens (and goats, bees or rabbits!) on this self-guided tour. 10 a.m.–4 p.m. \$8–\$15 or \$35/family. Seattle. [seattletilth.org](http://seattletilth.org)

**SandBlast Festival of the Arts.** Enjoy professional and community sand sculpture, rockin' live music and family fun. Saturday–Sunday, July 16–17, noon–7 p.m. **FREE**. McCormick Park, Duvall. [duvallarts.org](http://duvallarts.org)

23

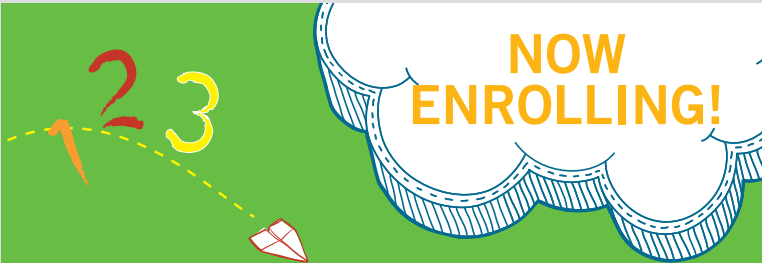
**Renton River Days.** Cheer for the duckies in the Rubber Ducky Derby (Sunday), watch the parade (Saturday), get wild in the Kid-Zone inflatables and more. Friday–Sunday, July 22–24. **FREE**; fee for some activities. Liberty Park, Renton. [rentonriverdays.org](http://rentonriverdays.org)

**Disney's Beauty and the Beast.** The beloved tale of Belle, the Beast, misleading appearances, loyalty and true love. Saturday–Sunday, July 23–Aug. 21. \$10–\$20; ages 4 and under free. Snoqualmie Falls Forest Theater, Fall City. [foresttheater.org](http://foresttheater.org)

30

**Seattle Dragon Boat Festival.** Kids' activities, live music and exciting competition. 9 a.m.–5 p.m. **FREE**. Lake Union Park, Seattle. [seattledragonboatfestival.net](http://seattledragonboatfestival.net)

**Seafair Torchlight Run and Parade.** The big daddy of Seafair parades marches through downtown Seattle, preceded by a run (6:30 p.m.). 7:30 p.m. **FREE**; fee for run. Along Fourth Ave., Seattle. [seafair.com](http://seafair.com)



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## Unflinchingly honest

(and often funny).

## Avoid turning your kid into a mini-adult



When compiling your kid's summer reading list this year remember that as easy as it is to want to plow ahead, skipping reading levels and offering up increasingly advanced books, your little reader may not be ready for *War and Peace* . . . yet. Just because children are precocious academically doesn't mean they're older than their age. Consider these tips:

- 1. Success is a moving target.** Celebrate each accomplishment, even the little ones. When your child presents that recently completed chapter book, don't immediately ask what's next or hand over a harder volume. You want to inspire excitement around reading, not anxiety.
- 2. Encourage breadth.** It's tempting to want to boost kids to the next rung of the ladder. But ladders are narrow — and tippy. Breadth, meanwhile, means strength and stability. Avoid rushing your child into books that are too advanced. You'll only risk ruining what otherwise might have been a worthwhile read.
- 3. A child's job is to play.** Playing: It's the most important work a kid can do. It helps develop important social skills, empathy, problem solving — the list goes on. So as much as we'd all love our kids to be bookworms, safely tucked up inside with a good story, when the sun beckons, let them loose.

Read more at [parentmap.com/mini-adult](http://parentmap.com/mini-adult).

— Becca Hall



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Presented by Bellevue Parks & Community Services Bellevue Youth Theatre





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For show information or tickets call **425-452-7155**.







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## Get your gear on!

Local experts recommend the best camping and adventure gear for all families

By Tiffany Doerr Guerzon

**S**pending time outdoors as a family is fun and makes wonderful memories. But camping with kids can be stressful for parents. Keeping baby out of the sun and rain, making sure a toddler doesn't wander off into the woods while adults are setting up camp, and entertaining all ages without electronics are just some of the challenges to scale. We asked local adventure experts — from backpacking whizzes to go-to glampers — for their top gear picks. With these items, get ready, set, and go to your best summer yet!



### Family fit

Andrew Magnussen of Second Ascent in Seattle

Recommends: *Papa Hubba NX 4-person Backpacking Tent*

"A family of four could use two two-person tents, but there's something special about bringing the whole family together under one roof. Mountain Safety Research is a local Seattle company. The Papa Hubba NX tent allows you to comfortably bring the whole family together without sacrificing weight, space and durability. Coming in at just under 6 pounds, the Papa Hubba gives you the option of taking the kids backpacking or car camping."

**Bio:** Raised in Chattanooga, Tenn., Andrew Magnussen moved to Seattle in

2011 to be closer to the Cascades, and he is the marketing and events coordinator for Second Ascent. [secondascent.com](http://secondascent.com)



### Chill time

Lauren Braden, writer for Northwest Trip Finder

Recommends: *a hammock*

"A piece of family-friendly gear I love is the ENO hammock (DoubleNest for the whole family, or SingleNest for a few small kids). It's easy to set up in a campsite and although some people sleep in it, we just like to have ours for lounging, reading or napping. For family camping when space is at a premium and it feels like you're always on top of each other, it's great to have a few safe places for kids (or parents!) to steal away some alone time." [amazon.com](http://amazon.com), search "Eagles Nest Outfitters."

**Bio:** Lauren Braden is a Pacific Northwest writer who focuses on recreation and local travel. She blogs at [nwtripfinder.com](http://nwtripfinder.com).



### Bunk it!

Jacob Stone, salesperson at the outdoor store Cabela's in Lacey

Recommends: *bunk cots*

"One thing we sell lots of, year after year, are Cam-O-Cot bunk beds. These are two twin cots that can be used separately or as bunk beds. They are a great space saver in the tent or cabin, where floor space is at a premium, since kids like to bring all of their stuff on camping trips. They are easy to set up and take down, and each one supports up to 400 pounds, so they can be used for years. Cots are more comfortable than sleeping on the ground, and what kid doesn't love bunk beds?" [cabelas.com](http://cabelas.com), search "bunk cots."

**Bio:** Jacob Stone has been with Cabela's for almost three years. He was hired for his camping and outdoor expertise. He grew up backpacking and hiking with the Boy Scouts,

going out almost every weekend to hike or camp. Stone has hiked and camped throughout the Cascades, Idaho and Montana. >>



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## 3-12 Get your gear on!

continued from page 27



### Pop and play

Azur Koteen, owner of the vintage camper rentals Gogocamper  
 Recommends: *pop-up canopies*

"I worry when camping with kids about exposure to the elements. Rain, sun or wind can ruin a trip. A pop-up canopy offers protection and extends your living space, and if it starts raining, you can move stuff underneath, instead of having to throw everything into the tent or camper. If you are going to use one most weekends, I recommend investing in a sturdier one with a good bag and wheels." *amazon.com*, search "pop-up canopies."

**Bio:** Azur Koteen is a native of the Pacific Northwest and grew up playing outside.



Gogocamper (*gogocamper.com*) is a reflection of his love of the outdoors. He has "an awesome wife" and an incredible 3-year-old boy.



### Peace, man

Harley Sitner, owner of Peace Van Rentals  
 Recommends: *campers*

"Kids don't care about sleeping on hard ground, but parents like the comfort of campers. It's warmer, too, because the heat doesn't escape from a hard-walled structure like it does from a nylon tent. Packing up to go is more expedient, because if you own a camper, you can just keep it stocked and packed [and most rentals are stocked for you]. If you have bad weather, you have a place to retreat. The camper itself is like a built-in Pack 'n Play; kids can explore, hang out and hold secret meetings inside."



**Bio:** Harley Sitner is a dad to a 6-year-old and owns and operates a VW camper van repair, restoration and rental shop in Seattle called Peace Vans (*peacevansrentals.com*).



### Neat nets

Dylan Tomine, author  
 Recommends: *butterfly nets*

"The best piece of kids' camping equipment we own? I was going to suggest any number of amazing new gear options, but as I thought about it, something else came to mind: a cheap, drugstore butterfly net. These have been the source of more camping fun for my kids than anything else. Hours of traipsing through the woods and water on the hunt for bugs, minnows, tadpoles, crabs and shrimp, all of which become temporary residents of small plastic containers before being carefully released. So the next time you're headed out, try the butterfly nets. Your kids will love 'em."

*amazon.com*



**Bio:** Dylan Tomine is the author of *Closer to the Ground: An Outdoor Family's Year on the Water, in the Woods and at the Table*. >>

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## 3–12 Get your gear on!

continued from page 29



### Slacking off

Langdon Cook, author

Recommends: *a slackline*

“For entertainment, bring a slackline, a friendlier version of a tightrope that you can find at most outdoor stores. String it up between two trees and the kids will play on it for hours. Parents will be tempted, too. Walk or bounce. See who can get the farthest. It’s a great way to occupy the kids, especially when you need some adult time or during cocktail hour!” *amazon.com*

**Bio:** Langdon Cook is a dad, writer, instructor and lecturer on wild foods and the outdoors.

His books include *The Mushroom Hunters:*

*On the Trail of an Underground America*, winner of the 2014 Pacific Northwest Book Award, and *Fat of the Land: Adventures of a 21st Century Forager*.



### Baby boom

Shanti Hodges, founder of Hike It Baby, couldn’t stop at one favorite item, so she gave us three

Recommends: *Summer Pop ‘n Play Portable Playard*

“I love the Summer Pop ‘n Play Portable Playard. We used it as a playpen, and — with a camping mat inside — as a Pack ‘n Play. I just pop it open, throw in a few toys and then let the kids play inside. We called it our baby jail! It’s great for when you need a safe place for toddlers, especially when you are setting up camp.” *amazon.com*

### Portable highchair

“One of the biggest struggles camping when you have an infant or toddler is where to put them for mealtime when hanging in the dirt. You don’t want them to crawl away (blanket) or fall over (kid camping chair), so the solution is a portable high chair that folds up small enough to take to the beach, on a camp trip, to a festival.” *amazon.com*



### Onya Baby carrier

“I also love the Onya Baby carrier. It’s a soft-structure carrier, but the lumbar support is more like a frame carrier, so you won’t have a sore back after setting up camp while wearing baby.

“I can even crawl in and out of the tent while wearing it. The nylon material on the outside is treated, so that water, throw-up, mud, whatever brushes right off, and the damp doesn’t seep in.”

*amazon.com*

**Bio:** Shanti Hodges is the founder of Hike It Baby (*hikeitbaby.com*), a nonprofit organization that started with a few mamas getting out to hike and is now one of the largest new parent hiking groups in North America. ■



Tiffany Doerr Guerzon is a freelance writer and the mother of three children, including a teen. Read more of her writing at *TDGuerzon.com*.

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**COYOTE CENTRAL** Based in Seattle, Coyote Central's ([coyotecentral.org](http://coyotecentral.org)) tagline is "creativity in action" and they mean it. Classes include cooking, woodworking, glassblowing and a lot of other design-and-build and technology-based classes that'll get your teen's hands dirty and mind working.

**GAGE ACADEMY** Gage Academy's ([gageacademy.org](http://gageacademy.org)) Teen Art Studios provides a free evening drop-in art program for kids 13 to 18. It's open all year but what better time than summer vacation to make the most of such a creative opportunity? Visit Fridays on Capitol Hill from 6:30 to 9:30 p.m. or at Bellevue Arts Museum from 4 to 7 p.m.

**THE VERA PROJECT** There's so much to love at Seattle Center including The Vera Project ([theveraproject.org](http://theveraproject.org)). Long known as a pioneer in teen leadership and arts programming, this all-ages, volunteer-fueled music and arts venue offers an eclectic mix of summer programs including screen printing and comic drawing. One of them is bound to get your teen excited!

— Gemma Alexander

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13–18

**STD! OMG!***Sexually transmitted diseases are on the rise among youths*

By Deanna Duff

**Summer  
reading:  
'Spare Me  
the Talk'**  
[parentmap.com  
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**O**ne day parents look across the dinner table and no longer see their baby looking back. It seems so sudden. There sits a teenager who drives, has a part-time job and will soon leave the nest. A good kid.

We might not be able to imagine our child in a sexual relationship. And yet our kids do have sexual lives, and those lives are putting them at risk for diseases that are currently on the rise — diseases that we can help prevent.

"In Washington state, there has been a real uptick in STDs [sexually transmitted diseases] such as chlamydia and gonorrhea," says Cynthia Morrison, manager of Washington State Department of Health's Adolescent Health Program.

According to Morrison, approximately 80 percent of teens are sexually active by the age of 19. Of those, one in four has at least one STD. Nationally, of the nearly 20 million cases of new STDs reported annually, the Centers for Disease Control and Prevention (CDC) estimates that nearly half are among young people 15–24 years old.

Chlamydia is rampant and on the rise. In 2015, 28,596 cases were reported among Washington state females (compared with 26,500 in 2014). Of those, about 85 percent were women younger than 25. Gonorrhea and syphilis are also growing concerns. After years of steady decrease, gonorrhea rates sharply climbed from 2011–2014, according to the state Department of Health. The disease is also becoming increasingly resistant to antibiotics. Syphilis rates have also risen.

To support your teen's health, it is crucial to educate them about how STDs are transmitted, how to protect themselves and how to seek medical treatment when needed.

**How do STDs spread?**

Evidence-based sex education successfully reduced teen pregnancy. So then, why are STDs — also known as STIs (sexually transmitted infections) — increasing?

"We've done a great job getting the message out regarding pregnancy. Teens are taking (birth control) pills or have an IUD (intrauterine device).



The message they're not hearing is that those are not going to protect against STDs," Morrison says.

Chlamydia, gonorrhea, HIV and trichomoniasis are transmitted through fluids. According to the CDC, latex condoms are highly effective in preventing fluid-based STDs when used correctly and consistently.

STDs such as syphilis and genital herpes are transmitted via skin-to-skin contact. Condoms only provide protection if the infected area is covered.

HPV (human papillomavirus) can be contracted through fluids or skin-to-skin contact. There are hundreds of strains. Some cause warts. Other asymptomatic strains are linked to causing cancer.

"STDs are still alive and well in our adolescent populations, but many are easily preventable with the use of condoms. The more we educate kids, the better it will be," says Dr. Cora Breuner, a specialist in adolescent medicine at Seattle Children's Hospital.

**Let's talk about sex**

When talking to your teen about sex and STD prevention, be explicit about defining sex itself. Don't assume your definition is the same as your child's.

"A lot of teens are having oral or anal sex because they don't want to get pregnant. They don't always define it as having sex," Breuner says. "What they don't understand is you can still contract an STD. So, talk to them in a concrete manner: 'Are you orally sexually active?' If so, the next conversation is still about using condoms."

Also, reinforce that STDs and protection applies to them personally. They may hear the information, but still relate the risks to others more than to themselves.

"Adolescents are at a complicated and interesting stage of brain development. They're developing abstract thinking, but still have a sort of bulletproof mentality. They still think if they wish for something not to happen, it won't," Morrison says.

*When talking  
to your teen  
about sex  
and STD  
prevention,  
be explicit  
about defining  
sex itself*

**Testing and treatment**

Sexually active teens should be tested annually for STDs. Many never experience any symptoms, or symptoms can be so mild that they go unnoticed.

"A lot of kids think testing means something invasive like a pelvic exam or urethral swab. That's not true. It's generally a urine test. If it's positive, there is no need for us to do anything else. We treat it . . . and generally test again in three months," Breuner says.

Regular testing is particularly important for sexually active young women. Women are more susceptible to STDs because of their biology. According to Morrison, the rate of chlamydia for young women is twice that of young men.

"Until a woman reaches her mid-20s, she has a type of cervix cell that's more vulnerable to infection. With age, those cells convert and become more protective. Before then women's

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## ages + stages

### 13–18 STD! OMG!

*continued from page 35*

bodies and immune systems are still developing,” Morrison says.

Teens 14 and older in Washington can get STD testing without parental consent. King County offers four public health teen clinics, which offer a variety of free services. The clinics devote certain afternoons exclusively to walk-in patients.

“It’s important for teens to understand that the services are confidential. We don’t provide information to their parents, guardians, friends, partners or anyone unless they give permission. We want them to feel comfortable taking care of their health,” says Heather Maisen, family programming manager for King County.

According to Breuner, a straightforward antibiotic treatment usually resolves chlamydia and gonorrhea. Washington state pioneered the expedited partner therapy (EPT) program. As part of this program, teens who test positive for chlamydia or gonorrhea are also given a free prescription for their partners.

Also, there are numerous highly effective HPV vaccines. Breuner recommends vaccinating children well before they are likely to be sexually active. Discuss it with your provider when your child is 11 or 12 years old.

#### Talking STDs: What to say and when

Don’t wait until your teen’s first date or prom night to discuss STDs. Children often begin asking sex-related questions at about 3 or 4 years old. Experts advise answering in age-appropriate ways.

“Parents need to be equipped to discuss it when a child asks why Daddy and Mommy have different

parts or where babies come from,” Morrison says. “Answer the simple questions without freaking out. It builds trust over time for when they do ask about oral sex.”

Maisen stresses the need for being a trusted, well-informed source in your child’s life. Otherwise, kids may obtain harmful impressions from the internet or television.

“Pop culture shapes attitudes. Especially watching TV and movies, what [children] see is not always credible or healthy behavior. You don’t often see conversations being modeled about talking to a partner beforehand about having sex, active consent or using protection,” Maisen says.

When talking to your teen, Maisen advises, focus on key messages rather than overwhelming them with facts, figures and symptoms. Stress that STDs are preventable, how they spread and to use protection.

Parents are often surprised to learn that evidenced-based sexual education tends to delay a teen’s sexual debut by as long as 18 months.

“That’s the difference between being 15 and 17 years old. At 17, a teen is more likely to make more intelligent decisions about protecting themselves from STDs and pregnancy,” Morrison says. “Parents need to educate and inform themselves. They have to find a way to get comfortable discussing these topics. Your child’s life is at stake.” ■

*Deanna Duff is a Seattle-based freelance writer who contributes to a variety of regional and national publications. She is a member of the Society of Professional Journalists and the Washington Press Association, which has awarded her writing.*



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## James Whetzel

By Elisabeth Kramer

Photograph by Will Austin

It's hard to choose what's more impressive about Seattle Center's International Fountain: the water shooting 120 feet into the air or the playlist that seems perfectly timed to those aquatic acrobatics.

If you've ever wondered who's behind the grooves that Seattle kids love to scream and splash to, address your thank-you cards to James Whetzel. The Capitol Hill native, former University of Washington ethnomusicology student and current Columbia City resident first started mixing the fountain's custom weekly sets 15 years ago. Doing the math, that's roughly 400 playlists. Each has 35–50 tracks, running the gamut from classical to modern. That means Whetzel has diligently curated more than 20,000 songs for an audience he'll never meet.

But he knows you're out there and he wants your trip to the fountain and Armory (where his playlists also stream) to be memorable.

**Tip: If you want to tune in from afar to what's playing at the fountain, you can stream Whetzel's mixes on Mixcloud ([mixcloud.com/InternationalFountain](http://mixcloud.com/InternationalFountain)).**



### What led you to your role at the International Fountain?

Through playing music and producing music events around town, I met the person who was programming the fountain before me. He thought I had the right skills to do the job well, and so here we are!

### How do you go about creating the fountain playlists?

In terms of making a mix, there are three stages. The first stage is the gathering of music. This is an ongoing, continual process. I work a couple other jobs. I listen to music whenever I'm able, noting tracks that I think might be good for the fountain. Also, I'm a musician and I have many musician and music-obsessed friends who know I am always looking for new music [and send me recommendations].

The second stage is assembling the mix. As I am gathering tracks, I put them in folders based on what time of year I think they'll be good for and on the general mood of the track. I like to make mixes as close to the date that they'll play as possible because I want to be in the feeling of the moment in Seattle to get music that fits the mood and goes well with our often mercurial weather.

The final stage is mastering the completed mix. It takes me about six hours to master a two-hour mix for the fountain.

### The fountain is such a hot spot for kids. Do you keep them in mind when making your mixes?

I most definitely have kids in mind when I make mixes for the fountain! At the start of the year, I play more mellow music, but as things get warmer and sunnier, I know more kids will be coming to play and splash around, so I intentionally pick more upbeat and danceable

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music. I make sure to keep a playful vibe in all my mixes, but especially after the start of May, you'll notice the energy level increases. The mixes generally stay pretty high energy from May through the start of September.

**What's one thing no one ever asks you about your job but you wish they would?**

I'd love for people to know is that there are actually two types of music that play at the fountain. There are my mixes, which change every two weeks, and then there are what I call the "big show" mixes. The big show mixes [which are created by various committees tied to specific events] are seven in number, play on a separate system and are what the fountain shoots off the giant blasts of water to. I got to make one in 2006, when I was commissioned to make an international big-show mix to honor the Festál series of festivals.

My big-show mix is the one that begins with music by Rachid Taha, and includes remixes I made of DJ Krush, MC Solaar, Soulstance, Manu Chao, Sukshinder Shinda, Fatale, Vela Luka Croatian Dance Ensemble and Hue Traditional Art Troupe, and then finishes with a hip-hop remix that I made of Tito Puente. The big-show programs repeat throughout the year, and play either on the hour or half-hour and generally run for six minutes. Which big-show mixes play at what time is decided by the fountain engineers.

And one last thing: During the course of a year of mixes, I do my best to never ever repeat a track.

**Any misconceptions about Seattle Center that you'd love to correct?**

Seattle Center deserves more credit for all the cool Seattle things it has incubated. Bumbershoot started as a Seattle Center event (the Mayor's Art Festival) that became so big, it had to be spun off into a separate entity.

Likewise today's Concerts at the Mural, which for the past few years have been produced by Seattle Center in partnership with KEXP, got their start back at the end of the 1980s as the Sounds of Seattle series. Sounds of Seattle became the original Pain In the Grass series, which was booked by Jeff Gilbert, who was then a DJ for the metal show Brain Pain at KCMU. All of those famous grunge-era concerts of the 1990s at the Mural Amphitheatre were part of Pain In the Grass and were produced by Seattle Center with KXRX and KISW as the radio sponsors. ■



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**CREATIVE, MESSY, & SMART**

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

ART | CRAFT | DESIGN  
BELLEVUE ARTS MUSEUM

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

9:30AM – 6PM

Sponsored by



# DISCOVER YOUR PARKS

## THROUGH MUSIC & ART



*Piano designed and painted by Lorraine Chung*

**Gather the kids and join us for the return of Pianos in the Parks** featuring 10 pianos in 10 parks over 10 days beginning July 8. Each day a new artist-designed piano will appear at a different park throughout Bellevue, Mercer Island, Seattle and across King County – giving your family yet another reason to explore our amazing parks.

*Get out and play July 8-17*



# PIANOS *in the* PARKS

*Presented by:*

 **lairdnorton**  
WEALTH MANAGEMENT

*In Collaboration with our Community Partners*



CLASSICAL  
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SEATTLE  
KEXP.ORG

Visit [www.pianosintheparks.com](http://www.pianosintheparks.com) for piano dates and locations

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