

# ParentMap

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FALL  
LECTURES  
new lineup  
parentmap.com  
/lectures  
PAGE 32

## BACK-TO-SCHOOL COOL



## THE BRAIN ISSUE

### MIND-BOGGLING!

The new brain research  
in our own backyard **12**

### MEETING OF THE MINDS

Discover the one thing every  
family needs **17**



27



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# TACO SALAD

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# Tulle for school?

Yep — check out the hottest new fall fashion trends

37

## REGULARS

### 6 PAGE 6

Delish new summer food spots; kindergarten apps; sports stories for kids; college application tips

### 8 DEAR READER

Brain-building and brain freezes

### 10 BRAIN FUEL

Parent news, snack-sized

### 12 WELLNESS

How to do family meetings

### 14 ASK THE EXPERTS

Teen night owls; parenting other people's kids

### 46 SOMEONE YOU SHOULD KNOW

The Makery's Amber Kai Morgan

## FEATURE

### 17 MIND-BOGGLING!

New discoveries about the brain widen the window into child development and disorders

## OUT + ABOUT

### 24 AUGUST CALENDAR

### 27 BRAIN FREEZE

## AGES + STAGES

### 37 5-16 TULLE FOR SCHOOL?

Yep — check out the hottest new fall fashion trends

### 42 3-10 SNACK ATTACK!

School-year lunch gear for all ages

### 44 4-6 READY OR NOT

Is your child prepared for the kindergarten plunge?

## ADVERTISING SECTIONS

### 15-20 SCHOOLS + PRESCHOOLS

### 31-32 ARTS + ACTIVITIES

### 47 PEDIATRIC DENTISTS

## COMING IN SEPTEMBER

- **Show thing:** Fall arts for families
- **Solving preschool drop-off drama**
- **Education mashup:** Flipped classrooms

FASHION PHOTOS BY WILL AUSTIN

42



27



17





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navigate great stuff daily!



## Appsolutely kindergarten ready!

Is kindergarten around the corner, or do you just have a preschooler who loves to learn? Here are six apps that make screen time worth it, teaching memory skills, literacy, numbers, patterns and logic, and direction-following. [parentmap.com/kinderapps](http://parentmap.com/kinderapps)

## Grub-a-dub-dub

So you're a frustrated foodie. Or maybe you just really want to drag your family or summer visitors to one of those buzzy new Seattle restaurants, but it has to be affordable and kid-friendly. Go to [parentmap.com/summerfood](http://parentmap.com/summerfood) for seven places to try, including a log-cabin food truck with a barbecue theme, an inventive gnocchi spot with cool deals, a super-family-friendly brewery or one of the juiciest new burger spots in greater Seattle.



## Cold snap!

Have you been sweltering as much as the rest of us in this record-sunshine summer? Check out [parentmap.com/staycool](http://parentmap.com/staycool) for the coolest ideas on, well, staying cool, from a how-to on a DIY swamp cooler to a guide to the most kid-friendly coffee shops with AC to the best spray parks, fountains, lakes and beaches around.



## College crush

College application time is coming, sooner or later. One mom has all the tips you need to keep your family sane during this momentous process, from money management to tips for planning your college tours and visits: [parentmap.com/collegetips](http://parentmap.com/collegetips)

## Sports stories

Our exclusive new roundup of athlete and sports memoirs and autobiographies will inspire tweens and teens of all ages. Your reader can learn about how Title IX changed the landscape of American athletics through the eyes of elite crew star and Seattle Storm co-owner Ginny Gilder; experience the height of running excitement across cultures; and follow the journey of a superstar girls' high school basketball team in Massachusetts. [parentmap.com/sportstories](http://parentmap.com/sportstories)



## Slide the City survival guide

Does the thought of a 1,000-foot slip-and-slide down Mercer Street on Aug. 16 make you want to book tickets immediately, or run screaming? Either way, we have tips for you in our new Slide guide, including insider secrets to making the most of the epic event and the best alternatives around. Note: At press time, the Slide the City date was unconfirmed. [parentmap.com/slide](http://parentmap.com/slide)



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dear reader

## Brain-building and brain freezes

"Every mother knows too much screen time or sugar is bad. You can Google it. But now we can show evidence of *what* it does to the brain."

— Jan-Marino Ramirez, Ph.D., professor of neurological surgery and director of the Center for Integrative Brain Research at the Seattle Children's Research Institute.

**W**elcome to our brain issue. Mine hurts a bit and feels markedly stretched reading our managing editor Natalie Singer-Velush's magnificent article "Mind-boggling!" (p.17). This thoughtful deep-dive into the extensive brain-science research happening throughout our region certainly contributes to that shared feeling that greater Seattle is the center of the universe. Magic happens when we apply great scientific discoveries to our kids, our classrooms and even what we do in our family kitchens. Understanding what is happening inside kids' brains allows parents and teachers to skillfully coach stressed, hyperactive and over-stimulated kids on how to best regulate their emotions so they have better chances to succeed.

August means we're all hesitantly progressing away from summer and thinking back-to-school prep. But we're hoping to help your family hold onto this favored sunny season by sharing our scrumptious scoop on where to rack up the brain freezes. We think you'll agree that there is an "ice cream renaissance" happening here. Slurp your way through with the help of our writers, who pair favorite outdoor biking or boating adventures with wacky and wonderful frozen flavors like tahini cardamom or Molly Moon's ("Sweet success," p. 34) mouth-watering orchard blonde.

Our friend Sarina Natkin at Grow Parenting is spot-on as she guides us to create a family-meeting habit and discipline ourselves to conduct these weekly ("Meeting of the minds," p. 12). Start meeting now, in this glorious transitional season, to give your family the best chance to elevate its functionality and cooperation before the school bell officially rings. Natkin's analogy of how we function skillfully in our workplaces, but not necessarily in our families, to solve problems by having a common vision, mission and goals is brilliant! Why is it that a high-functioning manager who solves problems big and small outside the home ends up collapsing trying to translate those good practices to her family? Let's change that!

Savor summer!



*Alana*

### OCTOBER LECTURES

*Save the dates!*

**Exploring Your  
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**Dr. Ned Hallowell**

Wednesday, Oct. 14

**The Spiritual Child**  
**Dr. Lisa Miller**

Monday, Oct. 19  
and Tuesday, Oct. 20

**MORE DETAILS ON PAGE 32**  
**[parentmap.com/lectures](http://parentmap.com/lectures)**





## Ready to Learn

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# BRAIN FUEL

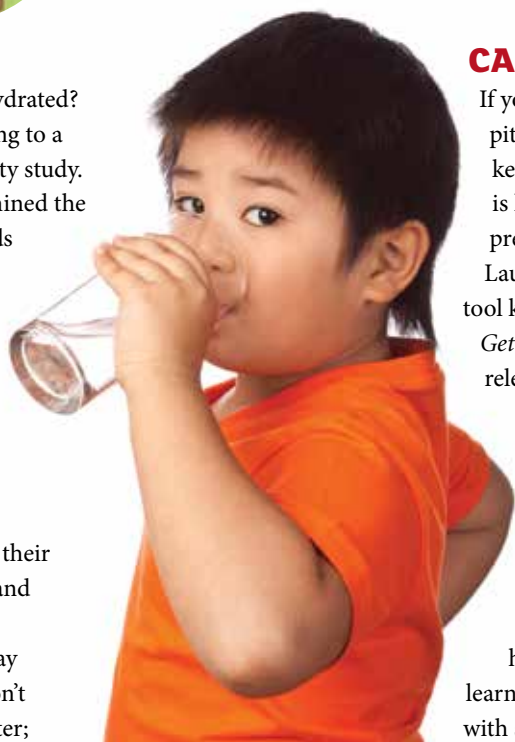
parent news, snack-sized

## H<sub>2</sub> oh no!

Is your child dehydrated? It's likely, according to a Harvard University study. Researchers examined the urine of thousands of American kids and found that more than half of them were dehydrated. This condition can have serious repercussions for their physical, mental and emotional health. The researchers say many kids just don't drink enough water; 25 percent in the study said they never do! Although in most cases, the dehydration wasn't severe enough to be a serious health threat, it could weaken body functions such as circulation, metabolism and temperature regulation. Other side effects include headaches, irritability and reduced cognitive functioning. The good news? There's a simple — and free! — solution: Kids ages 5–8 should drink about five 8-ounce glasses of water per day; tweens and teens should down between eight and 10 glasses per day.

## Pants on fire

It's true: Kids with good working memories make better liars. It makes sense, since getting away with it involves remembering those elaborate cover stories ("Bubble Kitty ate the cookie!"). Researchers at the University of North Florida and the University of Sheffield, England, determined this by giving 6- and 7-year-olds a chance to peek at the cards during a memory game and then lie about it. Parents of fibbers, take heart: That lying means your child is building thinking and memory skills.



## CALM and collected

If your tot often lies — or pitches epic tantrums, or keeps you up all night — help is here! The long-awaited prequel to clinical psychologist Laura Kastner's magnificent tool kit for parents of teens, *Getting to CALM: The Early Years: Cool-Headed Strategies for Raising Happy, Caring, and Independent Three- to Seven-Year-Olds* offers powerful tools for parents who want exceptional results: a calmer home and healthy, happy kids. You'll learn tips and tricks that really help with some of the most common and frustrating problems of the early years, all the while gaining a deeper understanding of your child's weird and wonderful inner world. The book is published by *ParentMap* — and edited by yours truly; read more at [parentmap.com/books](http://parentmap.com/books).

## Fiber won

Expectant moms who eat a high-fiber diet during pregnancy might reduce the chance that their baby will develop asthma. A new study published in *Nature Communications* finds that fiber alters a mother's gut bacteria during pregnancy, producing anti-inflammatory substances that suppress asthma-related genes in their children. If you have a bun in the oven, talk to your doc about beefing up the fiber in your diet.



## Labor leader

There's new evidence that fetuses call the shots on the timing of their own birth. A new study in the *Journal of Clinical Investigation* finds that two proteins in a fetus's lungs actually initiate the labor process by causing an inflammatory response in the mother's uterus. The research is promising, because it could lead to new strategies for preventing preterm birth.

## Honor roll

There's an important new addition to Seattle's long list of bragging rights: Seattle Children's Hospital has just been ranked sixth in the nation overall by *U.S. News & World Report*. The report also ranked nine of the hospital's specialty programs in the top 15 in this year's Best Children's Hospitals rankings. Seattle Children's was also named to the *U.S. News & World Report* Honor Roll, making it the highest-ranking children's hospital on the West Coast. We can't say enough about this precious and critical resource

for families; our grateful thanks and congratulations to the amazing health care providers and staff at Seattle Children's! ■

— Kristen Russell



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# Meeting of the minds

*Discover the one thing every family needs*

By Sarina Behar Natkin, LICSW

**H**ow many of you feel confident in the workplace only to melt into a pile of frustration and fear when it comes to parenting? Why do high-functioning managers who lead successful teams come home and turn into autocrats or doormats with their children?

Imagine for a moment the most effective workgroup you have been a part of. All members of the team knew what they were responsible for and completed their tasks without micromanagement. It wasn't always easy, but the commitment to each other and shared goals allowed the team to work through challenges in calm, respectful ways.

Now imagine that team is your family. Your team goals are to nurture a healthy family life, teach critical life skills and solve problems in a way that is respectful of both adults and kids. How does your team accomplish this? By coming together weekly to connect and tune in to the work of being a family.

Before you groan, know that I am not talking about those dreaded team meetings where the boss drones on, the senior team member quashes every new idea, and everyone else stares at their phones. I am also not talking about an occasional family meeting that is code for "someone's in trouble."

In my work with families, I frequently hear, "We tried family meetings and they don't work!" If family meetings have been about blame and lecture, is it any wonder?

What I am talking about is 15–30 minutes once a week to solve problems that both kids and adults have identified during the week. If you are familiar with agile project management, think of this as a stand-up meeting.

## What's on the agenda?

Family meetings follow a regular structure, so team members know what to expect. The meetings include four sections: compliments, problem solving, schedule planning and family fun.

**Compliments.** At the start of the meeting,

each family member gives a compliment to every other family member and then one to themselves. Learning to give and receive specific, positive feedback is a skill that takes time to develop, so this praise may sound awkward at first. We started family meetings when my oldest was 3, so compliments often were along the lines of "I like playing with you." You can help your child think about specific compliments by asking, "Was there a time we played together this week that was especially fun?"

We start with compliments because they help us tune in to the positive before solving problems together. They also teach children (and grown-ups) to be on the lookout for the good, instead of the negative. Don't be surprised if this positive



*It's critical to stay away from blame and focus on solutions or you risk losing the team.*

perspective continues to pop up during the week.

**Problem solving.** During the week, when problems arise that cannot be solved in the moment, either because emotions are running too high or time is short, they can be put on the family-meeting agenda. This should be a piece of paper that is accessible to everyone. If your child is not yet writing, they can draw a picture.

After exchanging compliments, review solutions to the problems you solved the week before to check in and see if those solutions are working for everyone. Then agree as a family about which problem you will solve next and state the problem in a non-blaming way. For example, if someone wrote, "Sam always takes my stuff," you might frame it as "respecting other people's property."

It's critical to stay away from blame and focus on solutions or you risk losing the team.

**Next, brainstorm a list of possible solutions to the problem.** Avoid debating ideas as they come up, no matter how ridiculous they seem. The idea is for everyone to have a voice without feeling judged. When the flow of ideas has ended, choose one suggestion by consensus that is respectful of everyone and commit to trying it for one week. Agreeing to try a solution for a defined period of time is often easier than when we perceive the solution as set in stone. Be sure to get specific about the logistics of your plan.

**Schedule planning.** This is your built-in time to help the family get on the same page.

Who needs rides where? Are there doctors' appointments scheduled? Who is on dinner each night? Going over logistics decreases anxiety about how things will happen. In addition, it's helping kids build their own time-management and planning skills.

**Family fun.** Wrap up your family meeting by having some fun together (or planning something fun soon). Whether it's a board game, a dance party or a trip to the park, coming together to share a fun experience sends us off to face the week with a positive perspective.

## Everyone needs a role

If you have experience in leading teams, you might know that when people have a role, they are more likely to contribute. Family meetings are no different. Each member should have a job at the meeting, and jobs should rotate weekly.

The **chairperson** calls the meeting to order, asks for compliments to start and helps keep the family on task. The **recorder** writes down the brainstormed ideas and notes the solution that is chosen. If the **notetaker** is not yet able to write, that person can draw pictures. The **timekeeper** pays attention to the meeting's length to make sure it is not going on too long. **Other jobs** may include setup, snack prep or just about anything. One of the responsibilities in our family meeting



is to call for a deep breath if tension starts building.

### Tips for success

**Share control.** Family meetings are an opportunity for our children to learn respectful use of power. When we let go of micromanaging, they develop the self-discipline we want for them.

**Start slow.** When you introduce family meetings, remember that you are teaching a new skill. For the first few weeks, just do compliments and family fun. In the third or fourth week, introduce the concept of finding solutions. Pick something easy, such as what to do on an upcoming family day.

**Timing is everything.** Think about your children and what time of day would work best. We have learned that weekend mornings work best for us and that Sunday nights are the worst.

**Let go of perfection.** Meltdowns happen, kids get sick. Sometimes we need to cut our losses and move on. We have had family meetings for seven years now and still, about one out of five goes haywire. It's OK to let it go for the week and try again another day.

When we give our children the opportunity to step up to the plate without fear of blame or failure, they rise to the occasion. Family meetings give children the chance to flex their own problem-solving skills. So, share the power and help develop future leaders, instead of demanding obedience. Your family is worth it. ■

*Sarina Behar Natkin, LICSW, is a Seattle parent educator and consultant, and cofounder of Grow Parenting (growparenting.com), which provides parents with the tools and support to raise healthy children and find more joy in parenting.*



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# Q&A

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## How do I get my teenage night owl to sleep?

**Q:** What's the best strategy for getting teens to go to sleep at a reasonable hour? They are usually up past when we go to sleep, so it's hard to monitor!

**A:** First, make sure lack of sleep really is causing issues around your kid's daily functioning. Biologically, it's natural for teens to feel alert late in the evening.

If there are issues, call a family meeting to discuss improving everyone's sleep habits. This approach means no one gets singled out, which lessens the likelihood of your teen becoming defensive.

**Introduce the topic.** "I wanted to call everyone together today to discuss our sleep schedules. I know I've been feeling more tired than usual lately, and I wanted to brainstorm ideas to help us all get more rest."

**Emphasize the importance of healthy sleep habits.** Not getting a minimum of eight hours of sleep per night can lead to irritability, mood swings, lack of focus, trouble staying awake in class or at work, drowsy driving and other issues. Chronic lack of sleep can contribute to depression, obesity and other health problems. And "catching up" on sleep is a myth; a longer night of slumber actually messes up your sleep cycle.

**Suggest ideas to help everyone feel more rested:**

- Remove all electronics from the bedroom, including smartphones, gaming devices and computers. Have everyone turn in devices to a central location at 10 p.m., then making them accessible again in the morning.
- Institute "cooldown time" at least 30 minutes prior to bedtime. Cooldown activities could include reading, drinking decaffeinated tea, listening to relaxing music and meditating.
- Make an evening schedule that ends at a predetermined time, such as 10 p.m. It can be the same time from day to day, or vary. The important thing is to set limits about what you can accomplish before bedtime.
- No caffeine for at least seven hours prior to bedtime.
- Clean up bedroom clutter weekly. A messy room can contribute to sleeplessness.

**Ask your family for feedback.** What suggestions do they like or not like? Do they have additional ideas? Together, select at least three things you'll do as a family and flesh out those ideas. Once everyone is happy with them, write them down in a place that's visible to everyone. Ask everyone to report back in two weeks. Do they feel more rested? What suggestions worked best?



*Patti Skelton-McGougan is the executive director of Youth Eastside Services, a nonprofit organization and a leading provider of youth counseling and substance-abuse treatment services in the region.*

## Do I step in to parent others on the playground?

**Q:** I was hoping for a little advice on how to handle playground situations with children you don't know or barely know. Twice today my 3-year-old daughter had rocks thrown at her head by two different children. How do I address these incidents when they arise and help my child navigate playground dynamics?

**A:** I'm really sorry that happened. What a scare for both of you! When your child gets hurt, your first instinct is to offer comfort. That's perfect, because her greatest need is for the safe arms of an adult she loves. Tending to her wounds — physical and emotional — and welcoming her tears helps her to heal. This will nurture her resilience and cultivate her trust in you.

Also speak up to address any immediate safety concerns, protecting your child or others from further harm. Keep it brief, informational and neutral, whether you're speaking to parent or child. You might say, "No rocks" to a child, or ask a parent if she would help her child get to the slide without pushing past other kids.

You don't need to help your daughter assert herself with other kids. Handling social situations like this takes a great deal of maturity, and this can be tough even for adults. It's not a skill to learn, but a capability to grow into. Advocating for oneself in a way that also respects the feelings of others is the end point on a long path of development that a 3-year-old is just starting out on. Her part of the path is about experiencing her own feelings, her own hurts and upsets. When you're aiming for mature social relating, it may seem counterproductive to embrace this self-absorption. But her ability to feel and express her own emotions lays the groundwork for your daughter to develop compassion for the feelings of others. Ultimately, it will help her to be both true to herself and diplomatic with others.

As she's growing into this ability, let her depend on you to help her through these kinds of social situations. As much as we want our children to be independent, independence comes as children feel secure enough in our care to step out on their own, not by being made to do more for themselves. It will come when she's ready.

For now, comforting your child and looking after her safety is enough; this counts as successfully navigating playground dynamics. So hug her, wipe her tears, protect her safety and trust in the timing of nature to advance her growth. It isn't all up to you.



*Jenni Pertuset is a parent consultant and educator. Through her practice, Fulfilling Parenthood, she supports parents with the knowledge of what kids need and helps to instill parents' confidence in themselves to provide it.*

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## Back-to-school tips

The new school year is not that far away. By prepping slowly but surely, you'll pave the way for a smooth transition.

### CLEAR THE CLUTTER

Before school starts, spend a day or a few organizing your child's storage. Help your kids let go of old toys and outdated interests. Give away old clothes and shoes that don't fit. Do it "with" your kids and not "for" them. Then, make a list together of new things needed; the reward for cleaning out is getting some new items.

### SET STUDY TIMES

Establish a designated time and area for doing homework. Bookmark your child's online school site to track what homework will be assigned. Talk to them about study time rules and make a family plan: When will homework be done? Also make a plan for media rules when the school year begins: When is screen time allowed, and how much?

### EMBRACE FAMILY TIME

Figure out which activities mean the most to your kids and to your family — and decide which ones you can give up to include unstructured family time — and down time for the kids. The last thing you want is a child who's already stressed out at the start of the school year. Discuss extracurricular activities and schedule only those that the entire family can manage.



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# Mind-boggling!

*New discoveries about the brain widen the window into child development and disorders*

BY NATALIE SINGER-VELUSH

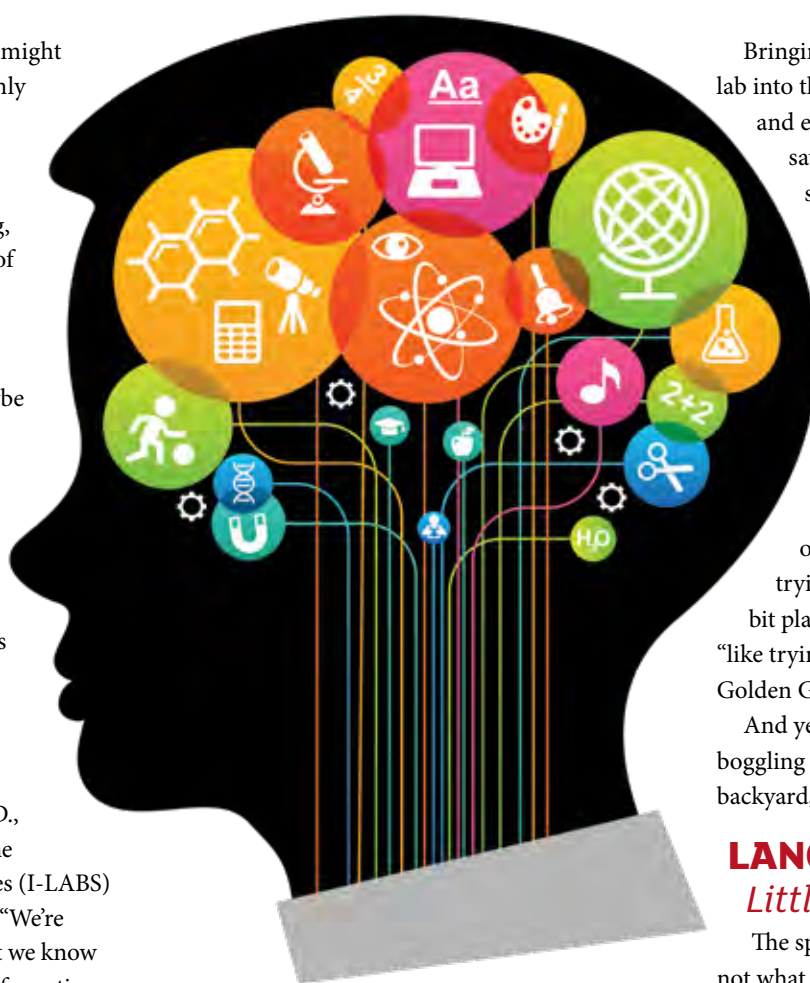
If you've seen the movie *Lucy*, you might have been left believing that we only use 10 percent of our brains. It's a captivating idea: So much unused noggin power means we might be able to compute or accomplish . . . anything, really. If we could just engage the rest of that gray matter.

But the 10 percent thing is actually a myth. Although the brain holds 80-something billion neurons and maybe as many mysteries, scientists do know that we use virtually every part of it. And every day, we are learning more and more about how our brains develop and function, knowledge that informs how we parent, educate, influence and support our kids as they grow.

"A running joke of our researchers here is 'Got to have another kid; with what we know now, we can finally do it right!'" says Sarah Roseberry Lytle, Ph.D., director of outreach and education at the Institute for Learning and Brain Sciences (I-LABS) at the University of Washington (UW). "We're still in the infancy of brain research, but we know more than ever before. And the world of practice — parents and educators — wants answers."

Researchers are sometimes hesitant to speak too early about implications of their findings — possible implementation, for instance, of lab discoveries in the nursery or classroom. But some of the investigations into how brains develop give us priceless intel, information we are starving for, says Jan-Marino Ramirez, Ph.D., professor of neurological surgery and director of the Center for Integrative Brain Research at the Seattle Children's Research Institute.

Ramirez oversees a downtown Seattle space



where specialist researchers in lab coats hover over a \$1 million laser microscope, check minus-80-degree fridges filled with brain tissues ("brain banks," as the researchers call them) and create the customized mice models used in investigations (they can, for example, breed mice to exhibit the exact problems of autistic children). Scientists hone in on questions and clues around obstructive sleep apnea, neural networks, media overstimulation and hyperactivity, temporal processing, epilepsy, the effects of fructose on the brain and more.

Bringing the newest brain findings from the lab into the hands and minds of doctors, families and educators is the ultimate goal, Ramirez says. "Every mother knows too much screen time or sugar is bad. You can Google it," he says. "But now we can show evidence of *what* it does to the brain."

Technology is facilitating research more complex than ever before, says Rob Piercy, spokesperson for the Allen Institute for Brain Science (see sidebar). Even so, searching for the cause of a physical or developmental issue or disease, or trying to track the cellular location of the bit players in our human dramas is, he says, "like trying to find a particular grain of sand at Golden Gardens beach."

And yet, across disciplines, and in mind-boggling ways right in our own Puget Sound backyard, scientists are sifting, sifting.

## LANGUAGE *Little learners*

The space used by Rechele Brooks, Ph.D., is not what you might imagine a brain science lab looks like: A hospital-blue sheet covers one wall, an assortment of big plastic peg beads and sorting rings waits on the sidelines. And cameras: There are spy cameras.

But what happens here in one of the spaces at I-LABS, where Brooks, a psychologist, conducts research, is teaching us about what it takes for humans to learn language. And the more we know about how the baby brain builds language, the more we can apply what we've learned to our child-rearing choices: How should we engage with our babies, for instance?

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## Mind-boggling!

*continued from page 17*

What do we choose to expose them to? What's worth our financial investment, when every app, toy and parenting class costs cold, hard cash these days?

"Sure, our brains are wired to learn, but what are their abilities and how do they help babies pull out parts of language?" asks Brooks.

Experts already know that interacting with a real person matters a lot when the phonetic building blocks of language are being formed. (So, parents: Popping the kiddo in front of an "educational" or foreign-language cartoon is not really going to teach language the way face-to-face human interaction does.) Experts also already know that the baby brain is primed to easily learn a broad spectrum of sounds from multiple languages — Japanese babies can recognize, for instance, differences between the sounds *ra* and *la*, which Japanese adults who have not learned English cannot.

Scientists at I-LABS wanted to understand how a key facet of social interaction called gaze shifting — when babies look from an object to the face of an adult and back to the object — impacts second-language learning.

To understand this, Brooks and her colleagues assembled English-learning 9-and-a-half- to 10-and-a-half-month-old babies who had never been exposed to Spanish in the blue-sheet room with a Spanish tutor. Over the course of 12 meetings, the tutor engaged the infants in Spanish while reading books and introducing new toys. Researchers predicted that the kids who shifted their gaze more would exhibit the most second-language learning later.

After the tutoring sessions were finished, researchers analyzed video of the babies' gaze shifts and tested the babies' gained language skills via an EEG cap. As they thought, the babies who shifted their gaze to their tutor more often learned the most Spanish. The outcomes were just published in the online journal *Developmental Neuropsychology*.

"It's not often that we can take real-life situations and match it with what is happening in the brain," Brooks says of the study.

So, parents, if you are deciding between a

bilingual day care or that set of second-language iPad apps, take note.

"The research says TV is not enough," Brooks says. "Babies learn the best from people."

## AUTISM *Measuring risk*

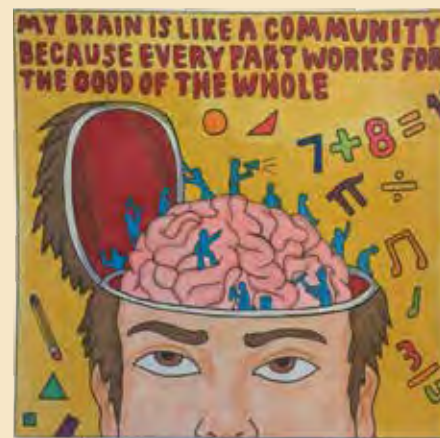
About one in 68 8-year-olds has been identified with autism spectrum disorder (ASD), according to estimates from Centers for Disease Control and Prevention. Across disciplines and in many labs and clinical offices around the Puget Sound region, doctors are working every day to learn more about every aspect of autism: its genetic emergence, characteristics, patterns and progression, and promising interventional opportunities.

Recently, Annette Estes, Ph.D., director of the UW Autism Center, has been working with a group of fellow researchers to delineate the early progression of ASD symptoms by measuring the development of both infants at high familial risk for ASD (high-risk infants have older siblings with ASD) and infants at low risk. In a recent study, babies were measured for cognitive development, adaptive skills and early behavioral features of ASD at 6 months, 12 months and 24 months of age.

As Estes puts it, the researchers had an opportunity to watch how autism unfolds as babies grow.

Their findings showed that in the most severely affected group of infants, 24-month-old children with ASD had atypical sensorimotor development at 6 months old. Sensorimotor differences came *before* the unfolding of cognitive and adaptive deficits and behavior features of autism.

It appears, according to a new paper reporting the study, that for most high-risk infants, the hallmark features of ASD — social-communication deficits and repetitive behavior — aren't evident until 12 months of age or later. Other developmental differences such as reduced motor control (characterized by persistent head lag at 6 months) and less eye contact in the first year may be characteristic of infants later diagnosed with autism.



## *Kid brainiacs*

**Eric Chudler, Ph.D.**, is nuts about the brain. Luckily for parents and educators, he's also wild about the minds of kids. Right near his shelves of neuroscience and research books, inside the University District office funded by a National Science Foundation grant, the UW psychologist and director of the **Center for Sensorimotor Neural Engineering** has stacks of kids' drawings and poems from all around the world. Chudler hosts an annual contest challenging students to create cranium-themed art, and he gets thousands of submissions.

It's one of the many ways Chudler engages young minds around learning about the mind through his **Neuroscience for Kids** program ([faculty.washington.edu/chudler/neurok.html](http://faculty.washington.edu/chudler/neurok.html)). Teaching students (as well as teachers, who then transmit knowledge back to kids) about brains, spinal cords, neurons and senses ensures that kids will obtain essential and emerging knowledge. It also preps the next generation of scientists and researchers.

Chudler's program offers a neuroscience newsletter for kids; trains K-12 teachers; advocates for increased brain education in schools; and hosts lab and neuroscience camps for students where, for example, kids can measure and track cockroach data.

"We all know someone with a brain injury or neurological problem: Alzheimer's, Parkinson's, multiple sclerosis," Chudler says. "These impact our families. It's critical for our kids to be scientifically literate."

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## Mind-boggling!

*continued from page 19*

As many as 19 percent of siblings of children with ASD will also have autism, Estes says. Studying higher-risk children provides “a unique, real-time window into development” of ASD, and tracking the timing and pattern of symptoms can lead to earlier identification of autism.

“Parents have so many worries about their babies, especially if the older child has autism,” Estes says.

According to her team’s research, learning about the timing and progression of early developmental differences in infants who go on to

develop autism could ultimately help doctors alter the early course of ASD, develop intervention opportunities, and ameliorate later symptoms.

Estes says researchers originally thought that if they started their study of high-risk children at 6 months of age, they would be able to see much of ASD unfold. Instead, early signs were already there. So, she says, they plan to go backward next, studying babies as young as 3 months. Many families and practitioners will be waiting for their insights.

EMOTIONAL REGULATION,  
STRESS AND TRAUMA*Negative thinking*

We already know kids get stressed, flustered, depressed, even wild sometimes. We’ve seen them lacking in control, whether it’s our 2-year-old throwing an epic grocery-store tantrum, a tween sneaking screen time when they know it’s not allowed, or a moody teenager sent to the principal’s office after losing their cool at school.

We can talk discipline all we want, but the more we understand what happens inside kids’ brains — and how brain development reacts to environmental impacts — the more we will know about how to help children regulate their emotions and succeed.

The recent research conducted by Kate McLaughlin, Ph.D., to be published in the *Journal of the American Academy of Child and Adolescent Psychiatry*, began with two simple questions: How do environmental experiences in childhood shape cognitive and

emotional development, and how might adverse experiences put kids at risk for later mental health problems?

To find out, McLaughlin, a child clinical psychologist, psychiatric epidemiologist and director of the Stress and Development Laboratory at the UW, assembled a group of kids ages 13–19. Half the kids had been exposed to physical or sexual abuse. McLaughlin and her team then showed the teens negative and positive emotional stimuli, and measured their brain activity in response using MRI.

It turns out, the youths who had been exposed to maltreatment showed heightened response to negative emotional stimuli in the parts of the brain connected to emotional regulation and executive function. As McLaughlin explains it, in these kids, “a wider range of environmental characteristics might get classified as a threat and trigger fear symptoms. They have much stronger emotional reactions — from seeing two kids get into a



fight, or even if someone has a sad expression. Also, they have a harder time modulating their emotional response to negative stimuli; it takes more cognitive resources for them to come back down to baseline.”

This can tell us something important about how to help kids who have been exposed to trauma. Before even getting into cognitive behavior therapies, McLaughlin says, helping kids learn to modulate their emotions by using breathing and relaxation techniques is key.

There are implications for the school environment, too. “Kids who have experienced trauma are going to look more emotionally reactive. Changes in the classroom, even slight, will impact them,” McLaughlin says.

Educators are hungry for this research, she says, and the potential benefits could impact entire school communities and cultures, not only kids having trouble. “When you understand that these kids are having a very hard-wired response [to stress], you can create classrooms that

are more responsive to their needs.”

Next, McLaughlin plans to measure the impacts of poverty and emotional deprivation.

### *Regulate that*

As parents, we know kids will be exposed to stress, from traumatic environments to academic stress to social pressures. But what helps kids react in a better way to that stress? Why do some kids cruise along, juggling tough stuff, while others break down?

We already know that executive function — the group of brain functions that manage cognitive processes such as planning, organization, memory, time management and flexible thinking — can buffer the effects of adversity: Kids exposed to stress are less negatively affected by that stress if they have better executive function, says Liliana Lengua, Ph.D., a UW psychologist and the director of the Center for Child and Family Well-being. The problem is, kids in certain groups, for instance kids in

### *Mind-mapping!*

#### **The Allen Institute for Brain Science's BrainSpan atlas**

is an ambitious big-science initiative to create a map of the transcriptome — the sum total of all the messenger RNA molecules expressed from the genes of an organism — across the entire course of human development. Researchers last year published a detailed map of where different genes are turned on and off during mid-pregnancy. The map displays the data at unprecedented anatomical resolution, providing insight into diseases that are linked to early

brain development, such as autism, and to the origins of human uniqueness. It allows researchers to take genes that they have associated with any developmental disorder and pinpoint exactly when and where that gene is being used. And, as with all of the Allen Institute's brain atlas resources, the data is publicly available to anyone around the world. See a video about the project and learn more about other Allen Institute brain-mapping initiatives at [parentmap.com/brainscience](http://parentmap.com/brainscience).

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## feature

### Mind-boggling!

*continued from page 21*

low-income families, are exposed to more stress that disrupts the development of executive function and are less likely to be exposed to the type of parenting that builds executive function. “More negativity and harsher parenting means there’s less scaffolding or support” for children, she explains. It’s a problematic loop.

Lengua wanted to measure what happens when parents of preschool-age children are given tools to parent in a way that helps their kids build executive function. It turns out, when a family maintains effective parenting (warm relationships,

consistent and appropriate setting of limits, and coaching), the kids develop executive functions skills that then buffer them against adversity, even if the family’s stress, say of a lost job or divorce, is still there.

Lengua looks at older kids, too, to measure how executive function is built, and the demands placed on those skills as kids enter preadolescence and adolescence. She wants to learn more about how open the window for building executive function is, and how to better help kids use planning and organizational coaching, self-regulation skills and mindfulness.

With a big om, we’ll wait patiently for what intelligence comes next.

### Full speed ahead

For every scientific inquiry we’ve explored here, there are dozens more happening right now in labs and computers around our region. With every passing year, we as parents have more remarkable data at our fingertips about how our children’s brains develop. We can use this intelligence to understand them, to treat them, and, ultimately, to help them succeed.

Yet even as we wait eagerly for the next insight or discovery, we should remember that the brain and the mind are not always considered to be the same things. The brain is an animal’s organ, a miraculous one to be sure. But the mind manifests our uniquely human thoughts, emotions,

and hopes — it is where we manufacture the dreams we hold for our children.

In our minds, we often know already what our children are communicating to us, what they need. Our parenting consciousness, perhaps the most powerful tool of all, already sits within us. Scientists acknowledge that often their research confirms, or proves, what we believe in our minds — what feels right to our common sense and our parenting gut.

The new science of the brain and the ancient mind of the parent together will launch us into a new frontier. ■

*Natalie Singer-Velush is ParentMap’s managing editor and mom to two daughters.*

### Power of touch

Parents know by instinct that touch is an essential way we communicate with our babies, and they with us. Find out what I-LABS researchers recently discovered about how a baby’s brain responds to touch at [parentmap.com/touchstudy](http://parentmap.com/touchstudy).

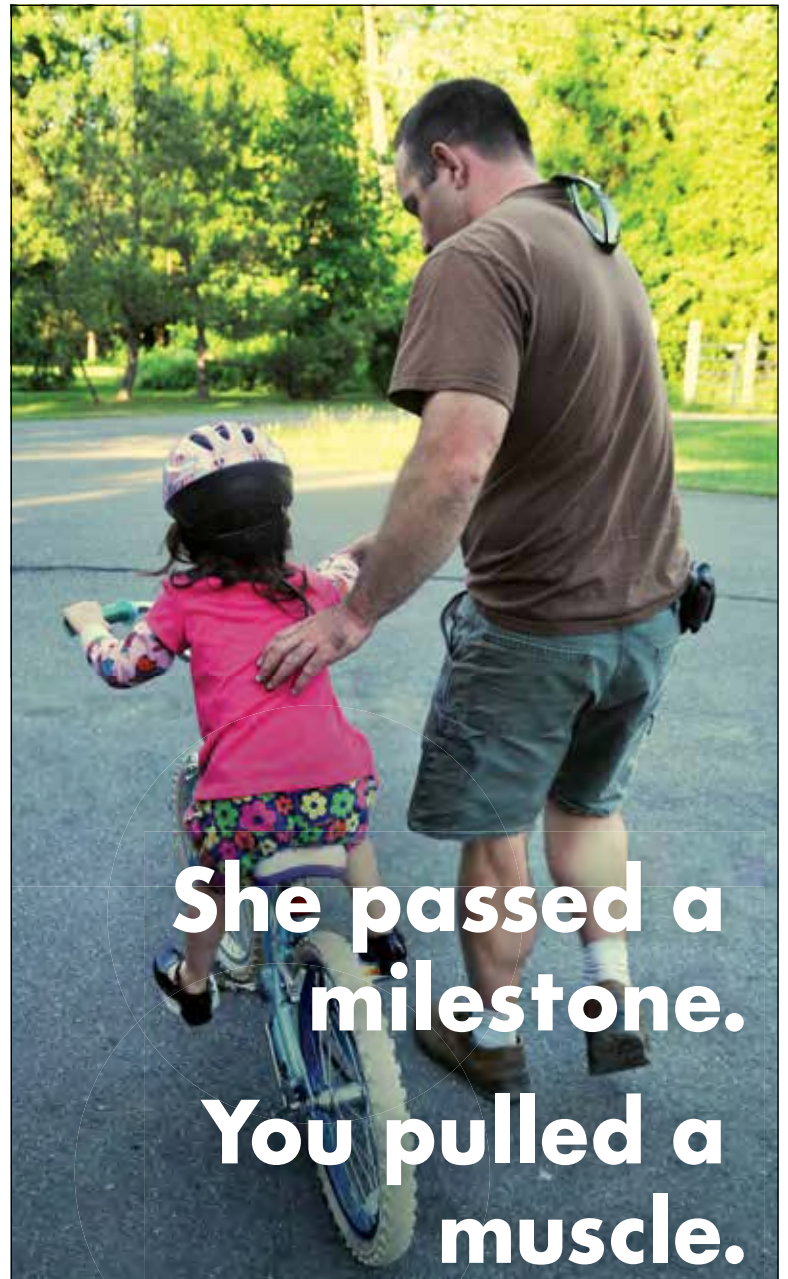




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Learn more at: [www.del.wa.gov/care/qris](http://www.del.wa.gov/care/qris)



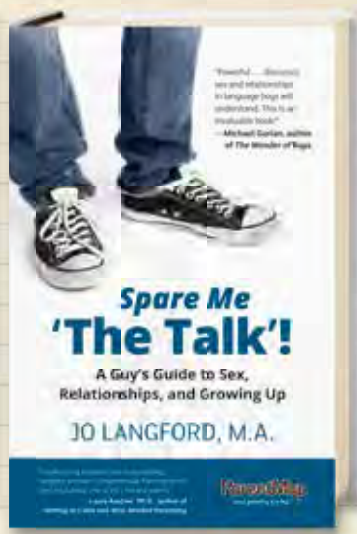
**She passed a  
milestone.  
You pulled a  
muscle.**

**Urgent care. 7 days. Extended hours.** Raising kids is so rewarding, but it's not always easy. Fortunately, The Everett Clinic is here for you with nine urgent care Walk-In Clinics across Snohomish County. Most are open seven days a week with extended hours, and you never need an appointment. Wait times are available online, so you can see which Clinic works best for you. Learn more at [everettclinic.com/urgent](http://everettclinic.com/urgent).

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## PICKS

SUNDAY

MONDAY

TUESDAY

From Hiroshima to Hope, Aug. 6



MARTHA BRICE

BubbleFest,  
Aug. 14-16



JANE ESTES

Rainier Valley  
Heritage Parade and  
Festival, Aug. 15



CAROLINE WALKER EVANS PHOTOGRAPHY

The Evergreen State Fair,  
Aug. 27-Sept. 7



Matilda The Musical,  
The 5th Avenue  
Theatre,  
Aug. 18-  
Sept. 6



JOAN MARCUS



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

www.seattlechildrens.org

**Columbia Winery Charity Run & Walk**  
Saturday, Aug. 15, 8:30 a.m.  
Columbia Winery, Woodinville

Join the Run for Children's Guild in this 10K run or 5K run/walk and Kids' Dash. After the race, runners, friends and families are invited to a festival at Columbia Winery. Cost is \$30 (through 7/31), \$35 (8/1 - 8/12), or \$40 day of race. Kids 12 and under are free! [www.runforchildrens.org](http://www.runforchildrens.org)

**Low-Cost Life Jacket Sale**  
Saturday, Aug. 15, 10 a.m. to 2 p.m.  
Outside Green Lake Pool  
7201 E. Green Lake Dr. N, Seattle  
206-684-4961

Have fun and be safe around the water. Purchase custom-fit life jackets for the whole family. Must be present to purchase. This program is in partnership with Seattle Children's, Seattle Parks and Rec, Coast Guard Auxiliary and Mustang Survival. **Fee: \$20 for infant, child and youth sizes, \$30 for adult sizes.**

2

**Seafair Weekend.** Speed and tricks rule during hydro races, the Blue Angels' air show, wakeboarding competition and more. Friday-Sunday, July 31-Aug. 2. **FREE** (or buy tickets for reserved seating). Lake Washington, Seattle. [seafair.com](http://seafair.com)  
**Waterfront Whimsea Family Fun Day.** Join the waterfront fun with live music from Brian Vogan and his Good Buddies, giant slide, fireboat demo and more. 11 a.m.-3 p.m. **FREE.** Waterfront Park, Seattle. [downtownseattle.com](http://downtownseattle.com)

3

**KidsQuest Activities.** Stop by Westlake Park for free STEM activities with KidsQuest Children's Museum; today's topic: connecting with circuits. Mondays, 10 a.m.-noon through Aug. 31. **FREE.** Seattle. [downtownseattle.com](http://downtownseattle.com)  
**ONGOING EVENT**  
**Public Swim at Peter Kirk Pool.** Take a dip in the Eastside's fabulous outdoor pool. Afternoon sessions daily through Sept. 7. \$4. Peter Kirk Pool, Kirkland. [kirklandwa.gov/aquatics](http://kirklandwa.gov/aquatics) **ONGOING EVENT**

4

**Live at Lunch.** Enjoy live music at various outdoor spaces around Bellevue; today it's percussive guitar with Australian Blake Noble. Tuesday, Wednesday, Thursday, noon-1:30 p.m. through Sept. 10. Bellevue Square Fountain Plaza. [downtownbellevue.com](http://downtownbellevue.com)  
**ONGOING EVENT**  
**National Night Out.** Neighbors get together to meet one another, create Block Watches and keep their communities safe. 6 p.m. **FREE.** Seattle, Bellevue, Tacoma and other municipalities. [natw.org](http://natw.org)

9

**SalmonFest Seattle.** A north Seattle street party with salmon bake, car show, parade (Saturday, 7 p.m.) and The Rowdy Referees. Friday-Sunday, Aug. 7-9. **FREE.** Lake City, Seattle. [salmonfestseattle.com](http://salmonfestseattle.com)  
**Shrek The Musical.** The perfect ogre tale to experience outdoors amid the green. Saturday-Sunday, 2 p.m. through Aug. 16. \$10-\$20; ages 5 and under free. Kitsap Forest Theater, Bremerton. [foresttheater.com](http://foresttheater.com)

10

**Jetty Island Puppet Show.** Take a break from your beach-day digging and splashing to meet puppet pals like Charlie Seagull. Mondays, 2:15 p.m. through Aug. 31. **FREE;** \$1-\$2 donation for ferry. Jetty Island, Everett. [everettwa.gov](http://everettwa.gov) **ONGOING EVENT**  
**80 Days of Summer.** This week's boredom buster at the Burke: T. rex activities! Daily, 10 a.m.-5 p.m. through Sept. 7. Included with admission. All ages. The Burke Museum, Seattle. [burkemuseum.org](http://burkemuseum.org)

11

**Adventure Playground.** Get busy building tools and materials out in the woods; closed-toe shoes required. Tuesday, Thursday, Sunday, 1-4 p.m. through Aug. 27. Admission by donation. Ages 4 and up; under age 12 with caregiver. Deane's Children's Park, Mercer Island. [mercergov.org](http://mercergov.org)  
**Concerts in the Park.** Today's act in Puyallup: Trevor & Lorena. Tuesdays, noon-1 p.m., Thursdays 6:30-8 p.m. through Aug. 20. **FREE.** Pioneer Park, Puyallup. [cityofpuyallup.org](http://cityofpuyallup.org)

16

**Auburn Days.** Model boats, spaghetti feed, fun run, poetry, grand parade (Saturday, noon), music and more. Friday-Sunday, Aug. 14-16. **FREE.** Auburn. [auburndays.com](http://auburndays.com)  
**Sandcastle Contest.** Bring your buckets and tools. 11 a.m.-2:30 p.m. **FREE** to participate or watch. Richmond Beach Saltwater Park, Shoreline. [richmondbeachwa.org](http://richmondbeachwa.org)

17

**What's Up, Doc? The Animation Art of Chuck Jones.** Explore the artist and artwork behind Wile E. Coyote and more, plus watch animated films. Daily, 10 a.m.-7 p.m. Included with admission. EMP Museum, Seattle. [empmuseum.org](http://empmuseum.org)  
**Remlinger Farms Family Fun Park.** Our Northwest amusement park with a real steam train, a small roller coaster, hay maze, pony rides and more. Daily, 10:30 a.m.-4:30 p.m. through Sept. 7. \$10.75-\$12.75; under age 1 free. Carnation. [remlingerfarms.com](http://remlingerfarms.com)

18

**Washington State International Kite Festival.** Head to the coast for one of the world's largest annual kite festivals, featuring lots of wind and high-flying action. Daily, Aug. 17-23. Long Beach. [kitefestival.com](http://kitefestival.com)  
**Pippin the Musical.** The Tony Award-winning revival of the 70s show features acrobatics and catchy songs. Aug. 16-23. \$34 and up. Ages 10 and up. The Paramount Theatre, Seattle. [stgresents.com](http://stgresents.com)

23

**Viking Days.** Swedish pancake breakfast, Run Like a Viking 5K, Viking encampment and more Scandinavian fun. Saturday-Sunday, Aug. 22-23. **FREE.** Nordic Heritage Museum, Seattle. [nordicmuseum.org](http://nordicmuseum.org)

24

**Green Lake Bat Walk.** Flying rats? Ha! Soon you'll appreciate these furry friends. 7 p.m. **FREE.** Bathhouse Theater at Green Lake, Seattle. [batsnorthwest.org](http://batsnorthwest.org)

25

**National and State Parks Free Day.** Play hooky from city life and head out to explore our state's beautiful state and national parks. **FREE.** Statewide. [discoverpass.wa.gov](http://discoverpass.wa.gov)  
**Matilda the Musical.** Roald Dahl's story of imaginative and spirited Matilda Wormwood and her awful family set to song. Aug. 18-Sept. 6. \$40 and up. Ages 8 and up. The 5th Avenue Theatre, Seattle. [5thavenue.org](http://5thavenue.org)

30

**Cedar River Watershed Family Tour.** Explore where our tap water comes. Saturday-Sunday, 2-3 p.m. through Sept. 6. \$5; babies on laps free. North Bend. [seattle.gov/util](http://seattle.gov/util)

31

**Colman Pool Public Swim.** Last week this season to enjoy this outdoor pool. Daily, 1:45-4:45 p.m. through Sept. 7. \$3.75-\$5.25; under age 1 free. Lincoln Park, West Seattle. [seattle.gov/parks/aquatics](http://seattle.gov/parks/aquatics)



## WEDNESDAY



Pianos in the Parks, through Aug. 16

BEN VANHOUTEN

5

**Pianos in the Parks.** Head to one of 22 parks in King County to tickle the ivories of an artist-designed piano — with themes ranging from monsters to Georgia O'Keefe. **FREE.** Daily through Aug. 16. [pianosintheparks.com](http://pianosintheparks.com)

**Kids' Day at Steel Lake Park.** An afternoon packed with fun stuff for kids; Lego, bouncy houses, Reptile Isle, crafts, more. 1–5 p.m. **FREE.** Ages 2–12. Federal Way. [itallhappenshere.org](http://itallhappenshere.org)

12

**Firefighter Story Time.** Learn about fire safety and rub shoulders with some real firefighters; check website for additional times and locations. 11:15–11:45 a.m. **FREE.** Ages 2–5 with caregiver. Seattle Public Library, South Park Branch. [spl.org](http://spl.org)

**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. 9:30–11:30 a.m. **FREE.** Ages 5 and up. Owen Beach at Point Defiance Park, Tacoma. [pdza.org](http://pdza.org)

19

**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. 26. By donation. Ages 3–8 with families. Job Carr Cabin Museum, Tacoma. [jobcarrmuseum.org](http://jobcarrmuseum.org)

**Sounds of Summer Family Night.** Popular kindie acts Caspar Babypants and Recess Monkey close out U Village's outdoor concert series. Wednesdays, 6:30 p.m. through Aug. 19. **FREE.** University Village, Seattle. [uvillage.com](http://uvillage.com)

26

**KidSummer Film Festival.** Watch kid-friendly movies Wednesdays mornings for a sweet price. Wednesdays, 10:30 a.m. through Aug. 26. Ark Lodge Cinemas, Seattle. [arklodgecinemas.com](http://arklodgecinemas.com)

**Summer Nights at Lakewold.** Beautiful, peaceful 10-acre garden stays open late for picnicking. Wednesdays, Aug. 5–26, 10 a.m.–8 p.m. \$6–\$9; ages 11 and under and military free. Lakewold Gardens, Lakewood. [lakewoldgardens.org](http://lakewoldgardens.org)

## THURSDAY

Sand in the City, Hands On Children's Museum, Aug. 22–23



SHANNA PATTON

6

**Pierce County Fair.** Celebrate Pierce County's agricultural roots with livestock, live entertainment and more; kids 6–15 \$1 today. Thursday–Sunday, Aug. 6–9. \$5; ages 5 and under free. Frontier Park, Graham. [piercecountyfair.com](http://piercecountyfair.com)

**From Hiroshima to Hope.** This moving lantern-floating ceremony promotes peace and commemorates victims of war. 6 p.m. **FREE.** Green Lake, Seattle. [fromhiroshimatohope.org](http://fromhiroshimatohope.org)

13

**Mast Center Discovery Days.** Visit Highline College's marine science center to touch sea creatures in the touch tanks and marvel at the gray whale skeleton. Thursdays, 4–7 p.m., Saturdays 10 a.m.–2 p.m. Mast Center, Des Moines. [mast.highline.edu](http://mast.highline.edu)

**ONGOING EVENT**  
**Music in the Park.** Tonight, Scott Lindemuth plays guitar classics. Thursdays, 7 p.m. through Aug. 13. **FREE.** Cottage Lake Park, Woodinville. [upperbearcreek.com](http://upperbearcreek.com)

20

**Alexander's Terrible Horrible No Good Very Bad Day.** Gather your friends at Crossroads Park for free family activities followed by a movie under the stars. Thursdays, Aug. 6–27, 7:30 p.m. **FREE.** Bellevue. [crossroadsbellevue.com](http://crossroadsbellevue.com)

**JamFest.** Wander the streets of Chinatown/International District for art, music, cabaret performances 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)

27

**Knee-High Naturalists.** Toddlers inspect shapes and colors found in nature. 9:30–10:30 a.m. \$5; accompanying adult free; preregister. Ages 18–36 months with caregiver. Cedar River Watershed Education Center, North Bend. [seattle.gov/util](http://seattle.gov/util)  
**Caspar Babypants.** Kindie sensation entertains families in one of his few summer concerts this year. Part of the Admiral Neighborhood Summer Concert series. Thursdays, 6:30 p.m. through Aug. 27. **FREE.** Hiawatha Park, Seattle. [admiralneighborhood.org](http://admiralneighborhood.org)

## FRIDAY



Salmon Derby, Aug. 1 and 8

COURTESY, METRO PARKS TACOMA

7

**South Lake Union Block Party.** Kids' activity area, best burger competition, giant slide, Blue Thunder and more. 11 a.m.–11 p.m. **FREE.** Westlake Ave. N. and Denny Way, Seattle. [slublockparty.com](http://slublockparty.com)  
**Kirkland Summerfest.** Arts fair with live music, cardboard boat regatta, kids' artwork exhibition and more. Friday–Saturday, Aug. 7–8. **FREE.** Kirkland. [kirklandsummerfest.com](http://kirklandsummerfest.com)

14

**BubbleFest.** It's bubble-mania this weekend, exploring the science of bubbles with bubble gum, giant bubbles, frozen bubbles and much more. Friday–Sunday, Aug. 14–16. Included with admission. All ages. Pacific Science Center, Seattle. [pacificsciencecenter.org](http://pacificsciencecenter.org)

**The Jungle Book Kids.** Village Theatre's KidStage presents the wild, musical adventures of Mowgli and his panther and bear pals. Noon. **FREE.** All ages. Wetmore Theatre Plaza, Everett. [villagetheatre.org](http://villagetheatre.org)

21

**Big Truck Day.** Kids climb on trucks, tractors and other big rigs, plus take a wagon ride. Noon–1:30 p.m. or 1:30–3 p.m. \$15–\$18; pre-register. Ages 1–9 with caregiver. Farrel-McWhirter Park, Redmond. [redmondrecreationguide.com](http://redmondrecreationguide.com)

**Summer Bash.** Outdoor live music and family fun followed by a showing of the movie *Penguins of Madagascar* at dusk. 6:30 p.m. **FREE.** Center at Norpoint, Tacoma. [metroparkstacoma.org](http://metroparkstacoma.org)

28

**The Evergreen State Fair.** Carnival, competitive livestock exhibits, find a quarter in the haystack contest and more. Daily Aug. 27–Sept. 7. \$6–\$12; ages 5 and under free; specials available; carnival rides extra. Evergreen State Fairgrounds, Monroe. [evergreenfair.org](http://evergreenfair.org)  
**Family Discovery Movie: Turtles and Tortoises.** Explore the design of the turtle shell and its function in the modern world, popcorn provided. 5–6 p.m. **FREE.** All ages. Mercer Slough Environmental Education Center, Bellevue. [bellevuewa.gov](http://bellevuewa.gov)

## SATURDAY

1

**The Great Gatsby.** Pull up a blanket for a screening of this 2013 film (rated PG-13), preceded by 20s-era swing music and more. 6 p.m. **FREE.** Lake Union Park, Seattle. [mohai.org](http://mohai.org)  
**Salmon Derby.** Get out on the water early and see if you can reel in the biggest catch. Saturdays, Aug. 1, 8, 5 a.m. \$35; ages 14 and under free; preregister. Point Defiance Marina, Tacoma. [metroparkstacoma.org](http://metroparkstacoma.org)

8

**PhinneyWood Summer Streets.** Move over, cars, it's time to play in the street with music, dance, street soccer tourney, skate demos and lots more. Noon–5 p.m. **FREE.** Along Greenwood Ave. N., Seattle. [phinneycenter.org](http://phinneycenter.org)  
**Kids' Obstacle Challenge.** Kids clamor to brave this one-mile course with 10 military-designed obstacles, including mud crawl and cargo net climb. 9:30 a.m. \$30; accompanying adults free. Ages 5–16. Marymoor Park, Redmond. [kidsobstaclechallenge.com](http://kidsobstaclechallenge.com)

15

**Rainier Valley Heritage Parade and Festival.** Celebrate the neighborhood communities of southeast Seattle with a parade followed by a street fair. Noon–4:30 p.m. **FREE.** Rainier Ave. S. and S. Ferdinand, Seattle. [rainierchamber.com](http://rainierchamber.com)  
**Snoqualmie Railroad Days.** Check out a 100+-year-old steam engine, visit the Kids' Paint Junction, watch the parade (Saturday, 11 a.m.). Friday–Sunday, Aug. 15–17. **FREE.** Northwest Railway Museum, Snoqualmie. [railroaddays.com](http://railroaddays.com)

22

**Sand in the City.** A parking lot transforms into a huge sandy beach, with sand-sculpting exhibition, entertainment and crafts. Saturday–Sunday, Aug. 22–23. **FREE;** museum admission discounted. Hands On Children's Museum, Olympia. [hocm.org](http://hocm.org)  
**Sammamish Days.** Music, acrobats, bouncy toys, face painting, magic, food trucks and more. 10 a.m.–2 p.m. **FREE;** food for purchase. Sammamish Commons. [sammamish.us](http://sammamish.us)

29

**Summer at SAM Finale Festival.** Celebrate with art-making, all-ages yoga, music and learn the Native American tradition of welcoming returning salmon. 10 a.m.–3 p.m. **FREE.** Olympic Sculpture Park, Seattle. [seattleartmuseum.org](http://seattleartmuseum.org)  
**LeMay Car Show.** This granddaddy of car shows features over 1000 vintage vehicles and other memorabilia. 9 a.m.–5 p.m. \$5–\$15; ages 5 and under free. Marymount Event Center, Tacoma. [lemaymarymount.org](http://lemaymarymount.org)



# YOUNGERSHOOT KIDS ZONE

LABOR DAY WEEKEND • SEPT 5, 6, 7, 2015 • SEATTLE

## WHERE FESTIVAL MEMORIES BEGIN

The Youngershoot Kids Zone features  
interactive programming, special performances,  
and a range of arts-based activities for  
children 10 and under accompanied by a guardian.

Curated by Seattle Children's Museum

Open 2pm-6:30pm each day of Bumbershoot.

Design: [horsepowerdesign.net](http://horsepowerdesign.net)  
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ONE REEL





# BRAIN FREEZE

EDITED BY ELISA MURRAY

Ice cream has always been **awesome**, but to say that we are in a **frozen-treat renaissance** might be the understatement of 2015. From artisan, locally sourced, limited-edition flavors of ice cream, **gelato** and **custard** to fresh takes on sammies, **ice pops**, **parfaits** and more, a family could spend a summer ice-cream tasting without even getting to old-school standbys we still love: **Slurpees**, soft-serve and \$1.30 cones at **Dick's Drive-In**.

In celebration of Seattle's **big freeze** — and the fact that we were, at press time, on the way to our hottest summer on record — we've put together this special package. Read on for stories, interviews and buzz that document our **ice cream scene** in its **wacky flavors**, wheels and innovation. Because in the end, it's all pretty simple, right? Summer day plus **dripping cone** equals smiling kid, even if the cone is tomato-jam ice cream sourced from **Vashon Island cows**. >>



**Ice cream adventures**

28



**Cooliest wheels in town**

30



**Sweet products for DIY scoops**

33



**Molly Moon's sweet success**

34



**Hot summer scoops**

35

# 5 SWEET ICE CREAM ADVENTURES

We recognize this truth as self-evident: summer adventures such as hikes, beaches and road trips go better when there is the promise of a scoop at the end. We asked ParentMap writers for their fresh-churned ideas for ice cream day trips. (Find more at [parentmap.com/ice-cream](http://parentmap.com/ice-cream).)

1

## BELLINGHAM

### Rock Trail + Mallard Ice Cream

**THE ADVENTURE** Head to Larrabee State Park to hike the new **Rock Trail**, a 2.4-mile roundtrip adventure that starts at the highest point of the park and descends via a 130-step staircase into a ravine flanked by three rock cliffs more than 100 feet high. Admire the rock cliffs' unique geology: small caverns called tafoni.

**THE SCOOP** Top off with a cone at the jewel of Bellingham, **Mallard Ice Cream**, a renowned maker of artisan, locally sourced ice cream. Torn between specialty flavors (ghost pepper mint, rhubarb) and classics such as cookies and cream? Choose the "indecision scoop," one scoop with two flavors.

— Joanna Nesbit

2

## PORT TOWNSEND

### Old-timey jail + Elevated Ice Cream Co.

**THE ADVENTURE** Among all there is to do around Port Townsend, a best-kept secret is the **Jefferson Museum of Art & History**, and especially the basement, where kids can explore the old city jail. Be sure to read how Jack London spent the night there.

**THE SCOOP** Two blocks away, find **Elevated Ice Cream Co.**, which started in 1977 in a kiosk made out of a Victorian elevator cage (hence, the name). Now located across the street from the original spot, it scoops rich, freshly made ice cream in flavors from amaretto hazelnut and cookies and cream to dairy-free Italian ices with seasonal local fruit.

— Tiffany Pitts

3

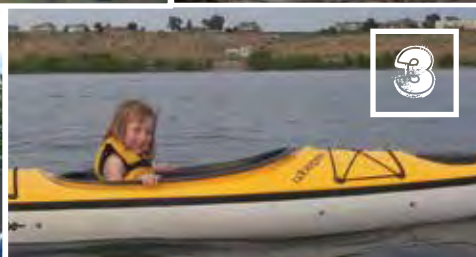
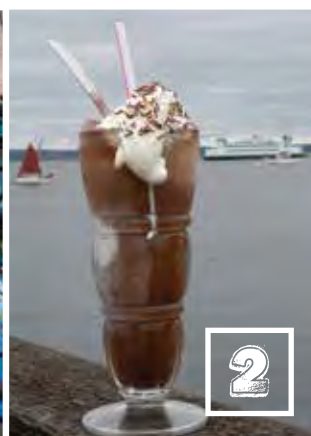
## RICHLAND

### Kayaking + Rosy's Ice Cream & Diner

**THE ADVENTURE** Drive east to downtown Richland for a half-day kayaking adventure with **Columbia Kayak Adventures**. Your guides will shuttle you to Ringold Springs; as you paddle back, keep an eye out for blue herons, pelicans, egrets and even coyotes.

**THE SCOOP** It's a short walk to awesomely retro **Rosy's Ice Cream & Diner** for an old-fashioned ice cream soda or new-school espresso shake.

— Kathleen F. Miller



1) MALLARD ICE CREAM 2) ELEVATED ICE CREAM 3) COLUMBIA KAYAK ADVENTURES 4) RICHLAND ICE CREAM 5) OAKS PARK





## NORTH CASCADES Thunder Creek Trail + Cascadian Farm Ice Cream

**THE ADVENTURE** The high, jagged peaks found in North Cascades National Park leave little room for flat, kid-friendly hikes, but the **Thunder Creek Trail** is a stellar exception. Leaving from Colonial Creek Campground, the trail hugs an arm of turquoise-blue Diablo Lake before skimming alongside the cold, frothy waters of glacier-fed Thunder Creek. Hike in as far as you like, and then turn around.

**THE SCOOP** Cool off at **Cascadian Farm's charming roadside stand** (on S.R. 20 between Rockport and Marblemount) with a cone of tasty homemade ice cream in flavors made from Cascadian's organic berries, or a creamy chocolate that is heaven on a sugar cone.

— Lauren Braden



## PORTLAND Biking + amusement park + Salt and Straw

**THE ADVENTURE** A fun 3-mile ride in ultra-bikable Portland is to pedal south on the **Springwater Corridor trail** from the **Oregon Museum of Science and Industry (OMSI)** to **Oaks Park amusement park** for a screaming-fun time with coasters, mini golf, roller skating and carnival games.

**THE SCOOP** Once you're back at **OMSI**, it's a 10-minute drive to **Salt and Straw**, one of Portland's favorite artisan ice cream shops, known for wacky flavors such as sea urchin merengue and tahini-cardamom, as well as kid faves such as chocolate gooey brownie and doublefold vanilla.

— Jessie Kwak

## Sweet reader picks

"Explore the **Skagit Wildlife Area** in Mount Vernon with a stop for 'immodest' cones at **Snow Goose produce stand**."

"**Sprayground at Wright Park** in Tacoma followed by a salted-caramel milkshake at **Shake Shake Shake**."

"Highbrow: Sunday trip to **Ballard Farmers Market**, **Parfait** for ice cream, and **Golden Gardens**. Lowbrow: Stop at **Dick's Drive-In** in Edmonds for milkshakes and then to the **Edmonds waterfront** to watch the ferries and trains."

"**Costco gelato** from the store in Issaquah is tasty, and at \$1.50 for three scoops, affordable. It tastes great after a hike to **Franklin Falls**."

"From Seattle, take the **King County Water Taxi** to **Marination Ma Kai** for Hawaiian shave ice."

"Bike ride on the **Burke-Gilman Trail** to **Swirl Yogurt** in Lake Forest Park Town Centre."

"**Western Heritage Center** in Monroe with a stop at **Snoqualmie Ice Cream** in Maltby on the way home."

"**Elements Frozen Yogurt** in downtown Puyallup is right across the street from **Pioneer Park**, which has a new play structure and splash park!"

"We rent a quad bike at **Alki beach**, then head to **Pepperdock's** for some yummy ice cream."

# Check Out Our Summer Events

## Crossroads Farmers Market

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

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

[www.crossroadsbellevue.com/SpecialEvents/FarmersMarket](http://www.crossroadsbellevue.com/SpecialEvents/FarmersMarket)

## Kids Kamp at Creatively Yours Ceramic Painting Studio

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

425-747-2280

[www.paintedbykathy.com](http://www.paintedbykathy.com)

## Summer Art Camp at The Studio Fine Art Classes

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

425-643-2058

[www.bellevuestudio.com](http://www.bellevuestudio.com)

## Stone Gardens Climbing Camps

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

425-644-2445

[www.stonegardens.com](http://www.stonegardens.com)

## WiggleWorkshops at WiggleWorks Kids

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

425-641-2186

[www.wiggleworkskids.com](http://www.wiggleworkskids.com)

# Crossroads

BELLEVUE

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





DEANNA DUFF



DEANNA DUFF



DEANNA DUFF

# COOLEST WHEELS IN TOWN

The ice cream truck jingle has long been the soundtrack to summer, but things have changed since the day of Otter Pops and Klondike Bars. Put all of these grown-up-friendly freeze-mobiles and carts on your summer list. (Tip: Check social media to confirm times and locations.)

**The Cookie Counter** Husband-and-wife team Chris Olson and Chelsea Keene serve vegan, from-scratch ice-cream sandwiches — gluten-free options exist, too — out of a vintage 1974 Volkswagen bus. Combos to try include old-school chocolate-chip vanilla and lemon-ginger cookie with matcha tea ice cream. Find it at Capitol Hill, Roosevelt, Westlake Park. [seattlecookiecounter.com](http://seattlecookiecounter.com), @seattlecookie

**Parfait** The brown-and-orange, flower-and butterfly-adorned truck, a longtime Seattle staple, spawned a Ballard brick-and-mortar

shop in 2014 — just one sign of its success. It's rightfully proud that it makes its own ice cream base from scratch, and from certified organic ingredients; fans scream for by flavors such as Meyer lemon and Ballard Bee honey. Find it at the Queen Anne farmers market. [parfait-icecream.com](http://parfait-icecream.com)

**Sweet Wheels** The hot-pink truck rolls with a classic-car theme, selling ice-cream sandwiches such as the T-Bird (espresso chocolate shortbread with white coffee ice cream). Call 206-972-4618 or check Facebook for locations. [sweetwheels.net](http://sweetwheels.net), [facebook.com/sweet-wheels-handmade-ice-cream-sandwiches](http://facebook.com/sweet-wheels-handmade-ice-cream-sandwiches)

**Pop Up** Part of a mobile-food fleet operated by Mobile Mavens, the Crayola-orange bike cart — which opened in June — serves up fave local frozen treats such as Whidbey Island Ice Creamery's ice cream bars, Vovito

gelato pops and Cupcake Royale sammies. [mobilemavensseattle.com/pop-up](http://mobilemavensseattle.com/pop-up)

**Cosmic Creamery** A staple of the Issaquah and Duvall farmers markets, Cosmic operates a cart serving up why-didn't-we-think-of-that flavors such as the BLT (tomato ice cream with chunks of bacon served on lettuce) and carrot cheesecake. Owner Kelly Berger — educator by day job — sometimes has her fourth-graders name flavors. [cosmiccreamery.com](http://cosmiccreamery.com), @cosmiccreamery

**Six Strawberries Artisan Ice-Pops** This 3-year-old wood-paneled bike cart will convert even the most diehard ice cream fan to ice pops. Flavors range from mixed melon and peach lemonade to a surprisingly light chocolate-dipped peanut butter. [sixstrawberries.com](http://sixstrawberries.com), @sixstrawberries

— Deanna Duff



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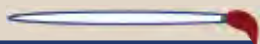
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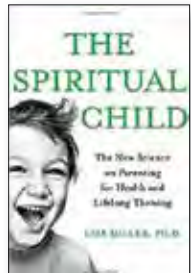
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## Crafty summer ideas



Summer is the ideal time to do arts and crafts — because you can take the mess, and the fun, outside. Here are six creative ideas. Find more at [parentmap.com/summercrafts](http://parentmap.com/summercrafts).

### OUTDOOR DIY DRESS-UP DOLLS

Trace your child's body in chalk outline and then bring out the old clothes to dress it up.

### JUGGLING BALLS

Make DIY juggling balls — and teach your kids to sew — using small socks, colorful remnant fabric (or old T-shirts); rice; and a needle and thread.

### STORY STONES

The uses for this imagination-sparking project can continue throughout the year. Find a handful of flat rocks and have your little ones draw people, places, things or animals with a fine-point marker. You could even draw a sidewalk city or scenery with chalk for your kids' new characters to inhabit.

### TAPE BOARD GAME

Grab some masking tape and turn your deck into a giant board game, with squares including fun activities such as "spin around," "make a silly face," and "jump up and down."

### SOAP BOATS

Got a piece of rain gutter and soap? If so, a soap boat racetrack can soon be yours. Make a dollar-store-crafted sailboat that zooms down the rain gutter with the help of the hose.

### CARDBOARD PLAYGROUND

Save your big cardboard boxes and turn them into a tunnel maze for plenty of crawling, hiding and exploring. Once your cardboard formation is complete, pull out a variety of colorful paints and let your kids run wild with decorating their new play structure.





## SWEET PRODUCTS FOR DIY SCOOPS

Want to turn your house into an ice creamery? Gadgets abound; here's the cream of the crop. Find more at [parentmap.com/diyscoops](http://parentmap.com/diyscoops).



**Bug-pop molds** (above) For the junior (or teething) entomologist in training, **Tovolo bug-pop molds** create the perfect snack for a backyard adventure. \$15 for 6; [tovolo.com](http://tovolo.com)



**Fruit chute** Make healthy soft-serve at home using 100 percent frozen fruits with the **Yonanas Elite**. Frozen fruit goes into the chute, and whipped goodness swirls out — in bulk. \$99; [yonanas.com](http://yonanas.com)



**Play ball** A great activity for your next picnic or camping trip, the **YayLabs! ice cream ball** mixes up a quick pint after only 20 minutes of kicks, shakes and rolls. Ice and rock salt go in one end, ingredients go in the other. \$35; [rei.com](http://rei.com)



**Single serving** For those who don't like to share, **Zoku personal ice cream makers** make soft-serve sorbets, gelato, frozen yogurt and ice cream. The machine is easy to clean and only takes 10 minutes per batch. \$26 each; [williams-sonoma.com](http://williams-sonoma.com)

**Top-notch storage** Upgrade from flimsy, mismatched sets to **Tovolo ice cream tubs**. The simple design allows you to leverage the perfect scoop, and the tub size is just right for storing and stacking in cramped freezers. \$15 each; [crateandbarrel.com](http://crateandbarrel.com)

— Shar Gehrs

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# SWEET SUCCESS

## 7 questions for Molly Moon Neitzel

You might resent her success, but you have to admire her timing. When then 20-something Molly Moon Neitzel launched the first Molly Moon's Homemade Ice Cream scoop shop in Wallingford in 2008, hers was arguably the only artisan ice creamery in town. By 2012, more than 25 new ice creameries had sprung up. Now, the landscape is so fluid it's hard to keep track, but you'll still find lines out the door at Molly Moon's six locations. She has a chocolate-loving 2-year-old daughter named February, and was kind enough to share sweet insights for August.

**What was your vision for Molly Moon's?**  
I went to college in Missoula and worked at the



Big Dipper [an ice cream parlor] for four years. What I learned is that ice cream can be where a multigenerational community gathering happens. We would serve families with little kids, college students, young professionals on dates, lots of empty nesters, lots of grandparents. I really tried to re-create that in Molly Moon's.

**Favorite family flavors?** My daughter is her mother's daughter and she loves chocolate ice cream. Our melted chocolate is definitely my favorite. I also really like our seasonals.

**Seven years in, what are you most proud of?** One of our goals as a company is to be the raddest employer in our industry. And I think we have the most amazing benefits that you could get in the food industry in Seattle, and that feels really great. What we do in ingredient purchasing from a sustainability standpoint [also] feels really good.

**What do you like to do on a hot day?** We are a huge fan of splash parks. Volunteer Park is our favorite one. We just bought a canoe as a family; that's been really fun.

**What's next?** We are opening a shop in Redmond next spring. That will be our first Eastside shop, and I think Eastsiders are pretty excited about that.

**Special August flavors?** Orchard blondie [vanilla ice cream with a swirl of nectarine/peach jam made with local, organic fruit and blondie bars]; ginger; and watermelon sorbet.

**How's this super-sunny summer treating your business?** We're definitely having a hard time making enough ice cream to keep up. But we're doing it.

— Elisa Murray

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# Hot summer SCOOPS



How many words does it take to describe one artisan, locally sourced, limited-edition ice cream flavor? Here's just a sampling of what's on summer flavor boards around town. (Note: No promises! Flavors change daily.)

**Kurt Farm Shop** Flavors such as tomato jam, rose geranium and Flora's cheese are as farm-themed as you'd expect from this tiny shop in Capitol Hill's new Chophouse Row food complex, which sells Kurtwood Farms' ice cream made from its cows on Vashon Island.

**Nutty Squirrel Gelato** Maple Valley's popular gelato shop is opening a Phinney Ridge outpost on Aug. 1; rotating flavors may include chocolate fondente, sorbetto made with local peach, raspberry and forest berries, and others. (Fun fact: Co-owner Alev Seymen is the daughter of the couple who owns Fainting Goat Gelato.)

**Cupcake Royale** A scoop of strawberry frappé and fries, anyone? Created by chef Josh Henderson of Huxley Wallace, the flavor is just one of Cupcake Royale's summer series of limited-edition, chef's ice creams. (Tip: \$2 cones on Tuesdays!)

**Lick Pure Cream** Lick's inventive flavors seem made just for kids: Expect flavors such as doughnuts (with whole doughnuts in them), pink lemonade, butter toffee and bananas Foster. Find the scoop shop at Zaw pizza in South Lake Union.

**Full Tilt** Full Tilt's super-creative flavors change daily and are inspired by everything from local musicians to Star Wars to annual festivals like PrideFest; recent favorites have been vegan cherry with marshmallows and rainbow sprinkles, and salted caramel and peanuts for the Fourth of July.

— Elisa Murray

## Field guide to freeze

- Ice cream** Contains at least 10 percent milkfat and no more than 1.4 percent egg yolk
- Custard** Contains a minimum of 10 percent milkfat and 1.4 percent egg yolk
- Gelato** Made with more milk than ice cream and with less air
- Frozen yogurt** Made with yogurt, milk, sweeteners and flavorings, typically lower in fat
- Shave ice** Ice that's finely (and freshly) shaved, with flavored syrup
- Snow cone** Crushed ice (bigger pieces), with flavored syrup
- Sorbet** Dairy free, typically with fruit juice, water, sweeteners and other flavorings
- Paletas** Mexican-style ice pops, usually with fresh fruit
- Soft-serve** Continuously churned ice cream with air whipped into it
- Parfait** Layers of ice cream, fruit, cake and other treats

— Kira Weiner

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5-16

# Tulle for school?

*Yep — check out the hottest new fall fashion trends*

STORY AND STYLING BY ALLISON ELLIS • PHOTOS BY WILL AUSTIN

**M**iss the Paris and New York fashion shows? It's OK — we're not here to tell you what

Dolce & Gabbana or Little Marc Jacobs has in store. Rather, it's already back-to-school shopping time, and a quick scan of your kids' closets reveals jeans with blown-out knees, juice-stained tees and unintentional peep-toe sneakers. How can you get out of the mall alive with a few cute outfits or items in the bag? Never fear, fair-weather fashionistas. We've rounded up the hottest fall trends by age group (so you don't have to). >>



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## ELEMENTARY TRENDS

Even though the days of matchy-matchy onesie/bootie combos are long past, you still have a big influence over what your kids wear at this stage, so remember that as they challenge you on color choices and seasonally appropriate wear. (“No, you can’t wear shorts in December, dear.”)

**HIT PRINT** Got a kid with an eclectic sense of style? Geometric patterns and a mishmash of prints, color and textures are big this season, so it’s fun to throw it all together and see what works. To keep it from looking too cluttered, layer in threes: three complementary colors, three patterns, three pieces. A chunky sweater paired with striped tights, a polka-dot skirt and a screen-print tee; or a color-block tee or sweater paired with a plaid jacket and preppy embroidered pants. Vibrant shoes and accessories finish the look. *Shop: Mini Boden, Hanna Andersson, Gap Kids, Splendid.*

**CUDDLE UP** Think nostalgic, chunky knits, camping motifs and fleece so fabulous that that your kids will look as adorable as a bunch of stuffed animals. For girls, fluffy faux fur vests are all the rage: Be on the lookout for fun colors (pink, blue, yellow) as well as animal prints. Woodsy themes (frogs, bears, foxes) and whimsical camping prints are trending for boys. *Shop: Nordstrom, Bloomingdale’s, Crewcuts, Mini Boden.*

**SPORTY** Taking a cue from varsity sports, this tried-and-true look never really goes out of style, but instead gets a fresh seasonal update: letterman-style jackets and tees, retro-style racing stripes, color-block baseball tees and stylish but still comfy track pants. And don’t forget the statement sneakers, trending with bolder-than-ever designs. *Shop: Macy’s, JCPenney, Big 5, Ivivva, Nike, Gap Kids.*

**BALLERINA** Tulle for school? You bet. Not to be confused with the toddler dresses you might find at the costume store, this version of “fairy wear” is more a case of high fashion meets everyday chic. For school, the key is to balance the femininity with an edge. Layer a frilly ballerina skirt with a sporty sweatshirt, delicate tee, biker jacket and tall boots. Leave the tiara at home. *Shop: Crewcuts, Nordstrom, The Children’s Place.*



## TWEEN TRENDS

Much has been written about the double standards of tween fashion and how hard it is to find wholesome, appropriate clothing for kids this age, especially girls. Speaking as someone who has both worked in the fashion industry and raised a tween daughter, all I will say is that this can be a trying time, and fashion battles may or may not be won. Just remember that they're growing fast now, so they won't be wearing these trends for long.

**CRAZY LEGGINGS** For every mom who's rolled her eyes at the kids-in-yoga-pants craze (while wearing her own yoga pants), in comes a trend you simply cannot ignore. Galaxy swirls, kitties, candy wrappers, Aztec patterns, florals — there's no limit to the conversation potential of these statement pants. What started out as an ironic trend among millennials is now trickling down to tweens, so to keep your wits about you, here's a rule: If the pants are crazy, keep the rest of the outfit neutral and toned down. *Shop: Amazon, Forever 21, Rue21, Target.*

**DISTRESSED** Instead of the ripped-up jeans and see-through tees of fashion trends past, steer your tween toward this season's Western-meets-grunge trend. Distressed jean jackets, faded and embellished jeans, and rock 'n' roll T-shirts offer just the right amount of edge, and fringe-trimmed jackets and slouchy flannel tops pair beautifully with this season's tall boots and chunky footwear. Turquoise accessories, knit scarves and floppy hats finish the look. For boys, chukka boots, Army-style jackets and knit caps are both fashion-forward and utilitarian. *Shop: American Eagle, Free People, Old Navy.*

**METALLICS** What was once limited to shoes and accessories is now trending in tops, dresses, pants (see crazy leggings, above) and tees. How to pull off the look without going overboard with the glitter? Look for iridescent fabrics in simple silhouettes (dresses, jackets) and subtle detailing in tees and sweaters. *Shop: Nordstrom, Bloomingdale's, Saks. >>*





## TEEN TRENDS

With the 1970s “summer of love” trend nearly behind us, fall brings new teen fashion themes inspired by the culture of other decades past, including the music of the 1980s and 1990s.

**’80S PUNK** Vintage band tees, gothic accessories, distressed denim, studded silver accessories, chunky boots, and black, black and more black — this isn’t exactly the ’80s punk of your youth, but with comfy leggings and oversize sweaters as the foundation of this trend, you may want to consider sharing a few staples with your daughter. For guys: Black jeans and a simple rocker tee say it all. *Shop: Urban Outfitters, Abercrombie, Craft & Culture, Hollister Co., Band-Tees.com.*

**BAND CAMP** Military-style jackets are making a comeback, this time with a marching-band-inspired vibe (think 1980s Michael Jackson). Look for double-breasted detailing, contrasting colors, and gold and iridescent embroidery. The band jacket is a unisex statement piece that pairs well with denim. *Shop: ThisNext.com, vintage stores, specialty boutiques, Nordstrom.*

**WOODSY GRUNGE** Not that far off from last year’s trend of leggings plus infinity scarf plus booties, now the look gets slouchier and cozier, with tall, sturdy boots, chunky sweaters, plaids and woodsy motifs, such as owls, trees, deer, and tribal and Native American-inspired prints. For guys, Timberline boots, cozy knit caps and distressed denim will get them trekking through high school and beyond. *Shop: American Eagle, Anthropologie, Free People, Eddie Bauer, REI.* ■



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3-10

# Snack attack!

School-year lunch gear for all ages

By Tiffany Doerr Guerzon

**Y**ou want toxin-free and eco-friendly lunch boxes; your kids just want fun patterns, themes and colors. With a slew of new green lunch box options out there, it's easy to make everyone happy. We've rounded up nine of the best pieces of food gear, including retro hipster lunch boxes, stainless steel bento boxes, reusable snack and sandwich bags, new thermoses and even silicone straws. Get it and pack it: fun — and done! (See more products: [parentmap.com/snackgear](http://parentmap.com/snackgear).)

## 1 Fresh food for foxes

Made of EVA-coated linen with a palette of retro-inspired designs to suit every taste, SoYoung lunch boxes are cool enough for the smallest hipster. Wear it backpack- or messenger-style for hands-free carrying. Comes with a leak-proof, insulated insert for easy cleaning, and an extra back pocket for cutlery and love notes! Free of PVC, phthalates, lead, BPA.

## 2 PackIt Ziggy freezable lunch box

Keep it cool by using lunch boxes with a patented freezable gel built right into the liner of the box itself. Just fold the lunch box flat, freeze overnight and pack the next day. We love this bright chevron print, but there are many other fun patterns to choose from. Ziggy also offers other shapes, such as a square box — perfect for salads or fresh veggies. PVA-, phthalate-, lead-free.

## 3 LunchBots snack holders

Pack snacks and lunches without using plastic with these stainless steel containers, which have a BPA-free polypropylene lid with silicone seal. The lids twist off, making them easy for kids to open, and they're completely leakproof. Bots rounds come in a rainbow of colors, in both 4- and 8-ounce sizes. Best of all? They can go into the dishwasher!



## 4 Ecolunchbox three in one

This best-selling bento set includes three containers that nest together, allowing you to pack a lunch that keeps foods separated without squishing! The lower container is big enough for a small sandwich, and the top one can hold veggies plus a snack pod for dip or other items. The Ecolunchbox is made entirely of stainless steel with no plastic, so these are not leakproof. The clips can be adjusted to be looser for easy opening by little hands.

## 5 PlanetBox lunch trays

PlanetBox offers these cool TV-dinner-like stainless steel lunch trays in three different sizes. The largest holds 6 and a half cups of food, and the smallest holds 3 cups. The complete set comes with a removable glass Satellite Dish container for reheating foods, a Tall Dipper (a stainless steel round container with leakproof silicone seal for dips and yogurt), magnets to personalize the tray and a sleeve to carry it all. You can purchase various accessories, such as a freezer pack, reusable utensils and extra magnets for decorating. Out of this world!

## 6 Gear-Up Mint Confetti retro lunch bag

This cool retro lunch bag from Pottery Barn Teen not only looks great at the lunch table, but the lining is made of PEVA, an environmentally safe, food-safe vinyl made without plasticizers, phthalates or chlorine. The roomy interior features a mesh pocket for a water bottle or food container. The polyester outer shell features exclusive prints. We love this one, but if you (or the tween) don't, there are plenty of other designs to choose from.





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### 7 EasyLunchboxes three-compartment bento container

For an economical choice in a reusable lunch box, these bento boxes are the number-one seller in lunch boxes on Amazon. The three containers nest together when not in use (helps keep those cupboards less chaotic!), and each box has three compartments. The lids fit snugly but not too tightly, making them easy to open. However, the easy-open feature means they're not leakproof, so runny foods or liquids are not recommended. They're made without phthalates, BPA or PVA, and are microwave-, dishwasher- and freezer-safe. Pair with an EasyLunchboxes cooler bag, available in seven colors.

### 8 PBS Kids reusable snack bags

Lunchskins are toxin-free, dishwasher-safe, durable and reusable snack bags created by three green-minded moms who wanted to make a difference. Now 3GreenMoms have teamed up with PBS Kids to create a line of reusable food keepers. Bags will be sold at Whole Foods Market and online at [shop.PBSKids.org](http://shop.PBSKids.org). Not only will these bags reduce the amount of plastic in the landfills and please your hungry monkeys, but Whole Foods will donate 1 percent of the sales, up to \$25,000, to the Whole Kids Foundation, an organization dedicated to improving kids' nutrition.

### 9 GreenPaxx Slim Snacks

Jazz up the lunch box with Slim Snacks by GreenPaxx. These cone-shaped silicone ice pop molds aren't just for Popsicles. They feature a reinforced, attached cap (so the kids don't lose it!) that is perfect for everything from applesauce to smoothies. These make great holders for dry snacks as well, and the slim shape makes it easy to fit into lunch boxes and diaper bags.



## backpack it!

Every week is shark week with this hipster-worthy big-kid pack from **SoYoung**. These bags feature a laminated linen exterior, are toxin-free and designed in Toronto. If sharks aren't your thing, try an orange fox, brown horse, blue robot or pink Russian nesting dolls. Even teens will dig 'em. [us.soyoung.ca](http://us.soyoung.ca)

**Bixbee's** company mission is for every backpack purchased to donate a schoolbag with supplies to a child in need. So you'll be doing good and styling your kid in a roaring dino, wise owl or flyer fairy pack. [bixbee.com](http://bixbee.com)

Your kid adores **Legó**, so these bright bags are a match made in heaven, from classic bricks to Ninjago. [legobags.com](http://legobags.com)

Originally made for Swedish schoolchildren in 1978, the **Kånken by Fjällräven** is going to look right at home on Pacific Northwest playgrounds this year with its bright colors and moisture-repelling Vynlon F fabric. Cool for tweens; also comes in a mini size perfect for teeny tots. [fjallraven.us](http://fjallraven.us)

Why not let them show up to school with a wild animal on their back? You can, with the teacher's pet backpacks from **Land of Nod** (elephants, lions and whales, oh my). [landofnod.com](http://landofnod.com)



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## Ready or not

*Is your child prepared for the kindergarten plunge?*

By Anoo Padte

**D**oes she know her numbers and letters?

Can he sit still and listen to the teacher?

Should we wait until next year?

Evaluating a child's readiness for kindergarten used to be simple. If she was 5 (or close to 5), it was time. Now, educators, experts and parents agree that turning 5 years old does not automatically indicate that a child is ready for kindergarten, and they consider other factors besides chronological age.

But it's not just about a child's readiness to learn and participate and thrive. It's also about the school's readiness for incoming kindergartners.

### Academics vs. social skills

Teachers, schools and parents differ in their views on readiness. Large-scale studies indicate that a majority of teachers consider a child ready for kindergarten if the child is a) physically healthy, rested and well nourished; b) able to communicate his or her thoughts and needs in words; and c) curious and enthusiastic in his or her approach to new activities. Teachers place less emphasis on academic skills, such as using a pencil, knowing the names of colors and shapes and recognizing letters.

Parents look at similar factors, such as whether a child has a positive mind-set about going to school and can adjust socially. But contrary to teachers, parents tend to weigh academic skills more heavily.

As U.S. kindergarten education is increasingly driven by national and state learning standards, perhaps it's no surprise that parents agonize over academic skills as an indicator of kindergarten readiness — which might be one reason why many parents “hold back” younger children from entering kindergarten at age 5. What parents might not know is that the evidence for any academic edge achieved by delaying entry is disputed and seems nonexistent by the time a child enters higher elementary and middle-school grades (unless the child is dealing with identified learning issues).



*Contrary to teachers, parents tend to weigh academic skills more heavily*

### Ready, set, go!

So, what are the indicators that a child is ready for kindergarten?

**1. Self-control and confidence.** Consider these questions regarding a child's regulation and self-confidence:

- Is the child excited and ready to take on the next stage of learning? Does he talk about going to kindergarten?
- Is he curious and ready to learn a variety of new things?
- Does he know how to engage in a group-learning situation? When to speak up, when to listen and let others share?
- When faced with a challenge, can he persist on his own before asking for help? Can he share his needs and thoughts?
- Can he follow instructions and work independently for a short duration of time (5–10 minutes)?
- Can he learn group routines and rules easily? Can he advocate for himself in the face of a structure that does not work for him without being disruptive?
- Is he flexible and can he adapt to changes in plans?

**2. Social and emotional skills.** The greatest emotional challenge for a new kindergartner is getting to know and trust a whole new group of people. Children naturally need to seek connection with the teacher, and a strong and trusting relationship with a teacher can be the springboard for connections with peers. Consider these questions about social and emotional factors for readiness:

- Is the child able and ready to separate from primary caregivers?
- Is the child able to listen to others?
- Can she solve problems with peers without getting physical or disruptive?
- Is she open to new caregiving adults and able to listen to them, share her needs and eventually able to trust them?
- Can she engage in a social conversation and cooperate with peers?
- Can she interpret others' behavior and emotions?
- Does she feel good about herself and others?
- Does she know her name and those of her parents/primary caregivers?

**3. Physical development.** Developed physical abilities can ease a child's transition into kindergarten. Parents can ask themselves:



- Does the child demonstrate consistent hand-eye coordination?
- Does he run, jump, skip, balance on a beam and climb?
- Can she catch and bounce a ball?
- Can he use writing and drawing tools and child-size scissors?
- Can she manage her own clothes and use the bathroom independently?

While a rich and fluid intellectual backdrop is essential to a strong early childhood experience, specific skill acquisition is not essential to a positive kindergarten or early-elementary education.

But still, parents might wonder, what about reading? Research shows that children are most naturally open to learning to read between the ages of 6 and 7 years. By the time a child enters kindergarten she only needs to fall in love with language, play with it, enjoy stories, spin her own tales and have a basic understanding that words are represented in print.

### Is your school ready?

What does it mean for a school to be “ready”? Here are some questions parents can ask:

- Can the school adjust its instructional approaches to be more responsive to individual children’s needs?
- Does it have a highly qualified professional staff that has positive expectations about children’s abilities to learn and succeed, no matter what their socioeconomic or linguistic backgrounds?
- Does the school support the professional development of all those who interact with children, not just classroom teachers?

- Does it monitor and document adopted educational approaches and adjust the approaches according to student needs?
- Does it invite parental involvement?
- Does the school recognize that children can benefit from support outside the school, such as health care and social services?
- Does it partner with community organizations, such as museums, libraries and local colleges, to facilitate children’s learning in the broadest manner possible?

In the end, readiness is not the responsibility of a child and family alone. Schools can take concrete steps to meet children as they embark on a whole new stage of learning in kindergarten. Together, parents and schools come together to create an environment that is relationally rich and acutely sensitive to the tender hearts and curious minds capable of taking on courageous learning.

Parents need to trust what teachers know already — that self-control, confidence and social and emotional readiness are the greatest indicators of a smooth transition into kindergarten and elementary school. While our nation continues to run after standards, we parents can effect a deeper change by raising confident, patient, kind, curious little people ready to take on any kind of learning. ■

*Anoo Padte is a teacher, education consultant, mother and founder of The Art of Education (artofeducation.net), where she coaches parents on choosing the right school for their children.*

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NEW EXHIBIT NOW OPEN



## Amber Kai Morgan

By Shin Yu Pai • Photograph by Will Austin

Cofounder of Hollow Earth Radio, Amber Kai Morgan is a teaching artist currently involved in reinventing **THE MAKERY**, an all-ages mobile art lab. A former Montessori creative arts teacher, she has designed learning programs for FamilyWorks Resource Center and community-based radio-play and field-recording workshops for youth through Hollow Earth Radio. In 2014, Morgan was nominated for one of *The Stranger's* Genius Awards. She was also named in *City Arts* magazine's 2011 Future List. Morgan is an actively exhibiting sound and installation artist and lives in Seward Park with her husband, Garrett Kelly, and their son, Ukiah.

### **You've recently transitioned from teaching full-time to codirecting The Makery. What does a mobile art lab do?**

Since January 2015, Connie Jones Ostrowski, Kathy Quenzer and I have codirected The Makery. The Makery was a community project started four and a half years ago by Lily Hotchkiss, who hosted free monthly events and attended festivals and events to provide free-form, all-ages art experiences in South Seattle. We inherited an art truck from Lily that serves as storage for donated and reclaimed art materials. We're expanding on Lily's ideas and developing some new ones. Currently, we offer a free Make & Take art event at SEEDArts Studio in Hillman City on the first Sunday of each month. The Makery Art Birthday Party is a program we cocreate with families to provide art-making activities customized to the child's age, interest and party theme, if there is one. We bring our art lab and truck of ideas, recycled materials and inspiring art projects to the party. We can do these parties for adults, too! We have two art camps in August at the Lakewood Community Center in Seward Park and are developing weekly classes for various ages that we plan to start this summer in South Seattle. We're incubating some top-secret ideas that involve crafting. Ultimately, we'd love to have a permanent location in South Seattle that would serve as an art studio for classes, camps, art clubs and parties.

### **Even before you became a mom, much of your work was rooted in creating educational opportunities for young people. How did you come to focus your efforts on youth?**

I grew up in south Georgia on a plot of 60 acres that roughly six families shared. Trails led to each family's houses and gardens. There was a pyramid for growing alfalfa sprouts and a Japanese kiln, creeks and alligators, snakes and dogs, cats and horses, and a shared tractor among us all. There were about eight children living there. I went home recently and talked with a neighbor about my childhood. She recalled me

being "the teacher" of all the kids. I had them do projects and drawings, even though I wasn't the oldest. I always gravitated toward working with kids. I knew that would be my focus when I got a social work degree. Even when I stepped into the world of creating Hollow Earth Radio, I had the goal of sharing radio with kids.

### **Tell me about your attraction to repurposing materials.**

There was an artist, Paul, who lived on the land where I grew up, in a temporary structure that he built next to my neighbor's garden. He would gather all the kids to do art projects and teach us how to make collages and gather found objects from nature and incorporate them into decorations for the garden. I consider him pretty influential.

I like digesting a thing — a material or a sound, even an idea. I think about all the ways it could be layered or added to something else. It's comforting to go through a thing's full potential to think about all the possibilities.

I'm always telling Garrett to save plastic caps, seltzer six-pack rings or cereal boxes so they can be used to make robots or whatever. I spotted some prime boxes at my acupuncturist's office a few years ago. I swayed her into saving them for me on an ongoing basis so I could make Year of the Snake sculptures with kids. I get everyone in on it.

Art should be accessible. Recycled materials fit with this value. The Makery recently worked with [Seattle Department of Transportation] to host a Play Street event with art

activities that could be done at a very low cost. Art made with reclaimed stuff is just as relevant, beautiful and fun.

**You and your husband, Garrett, have collaborated on several projects.**



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### What's it been like working together?

Garrett was intrigued by collecting answering machine tapes and tape letters and recorded meetings on tapes from thrift stores, and I joined him in that hobby. We put out an album of found sound and used the found sounds to layer in sound collages as we DJ-ed at art museums and galleries around town.

It was exciting to create Hollow Earth Radio together, and also challenging to work together and be in a relationship. The radio was in our house for four years! I put a moratorium on radio talk while eating dinner. I also started recording Garrett answering his phone on our dates to offer technical support to DJs. There are a lot of recordings of him saying things like "Is it plugged in?" and "Is the volume turned down on the computer?"

We got married in 2012, after running the radio together for six years. One of our dear friends who had been a board member gave the toast. He started off by saying to the entire wedding audience, "Have you seen these guys argue? It's intense. They totally disagree on a lot of things. Then, all of a sudden, it's over, and they're laughing and have moved on to the next thing, and I am sitting in awe that they moved through it all with a resolution so quickly." That's how it is for us to work together. ■

*Shin Yu Pai is a poet and freelance writer for International Examiner, Northwest Asian Weekly and Ballard News-Tribune. For more information, visit [shinyupai.com](http://shinyupai.com).*

# PEDIATRIC DENTISTS

## Teeth grinding

*Something to worry about?*



Have you heard a creepy grinding sound coming from your child's bedroom at night? It's probably teeth grinding (or "bruxism"), which may sound scary but usually isn't harmful. Grinding is common in children under age 7 and typically stops when their six-year permanent molars come through.

### Pain from an earache or teething, an abnormal bite

(the top and bottom teeth don't meet) or a change in routine — such as a new sibling or school — can cause children to grind their teeth while sleeping. Middle- and high-school-age students may suffer stress-related grinding when they're facing a major test.

**In some cases, a child is angry or unable to verbally express frustration about something.** Children who are hyperactive or have certain medical conditions, such as cerebral palsy, may also grind.

**Tell your pediatric dentist about any grinding or jaw clenching.** Also mention if your child complains of a sore jaw or face in the morning or pain when chewing.

### Grinding can wear down tooth enamel, chip teeth or increase sensitivity.

If the child has baby teeth, the dentist may say nothing needs to be done.

**Older children might need a plan that protects their permanent teeth, but doesn't affect normal growth.** The dentist may prescribe a special night guard.

**Most children outgrow bruxism**, but until they do, parental observation and dental visits are needed to keep the situation in check.

*Courtesy of University of Washington Center for Pediatric Dentistry ([thecenterforpediatricdentistry.com](http://thecenterforpediatricdentistry.com))*



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