'cause parenting is a trip!



















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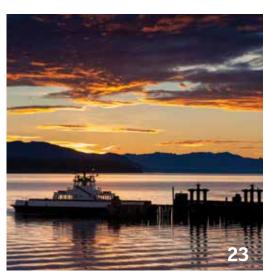
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COVER AND FEATURE PHOTOS BY WILL AUSTIN





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parentmap.com/ lunchbox-recipes







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GRILLED TOMATO PIZZA

There's nothing better than a sweet, fresh, local tomato picked right when it's ripe. PCC Chef Jackie Freeman gets help from her young assistants Jason and Kaleo to slice these exceptional organic tomatoes and use them to top a quick grilled pizza that's fun for a family dinner or a summertime birthday party. Find the video and recipe at pccnaturalmarkets.com/healthykids.



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Changing your mindset

aybe middle school misery was milder for me because I had a best friend at every step, from womb-mate through high school. (I was born blessed with an identical twin sister.) I recall our entering Old Orchard Jr. High where the three local grammar schools merged, excited to move with large packs of our fellow pubescents while being exposed to diverse and interesting concepts — plus, boys.

When I had kids of my own, unlike the omnipresent "buckle your seatbelt" warnings we all hear about middle school, I found their experiences to be a most fascinating time that I have come to cherish. Don't get me wrong — we faced nearly every predictable issue of this age and then some, from bullying (lightweight, thankfully) and awkward puberty to posturing for popularity. But I always found there to be "Magic in the middle" (p. 13) that stemmed from our kids wanting more independence as they contemplated who they wanted to be as adults.

Being Jewish, we also had a built-in ritual to acknowledge this important threshold. At age 13, our kids became accountable for their actions as they began presenting their insights on their weekly portion of the Torah, then merging their thoughts with the great commentators of the past and present. No matter how bumbling or clumsy each kid is when approaching their bar (or "bat," for girls) mitzvah day, they are magically elevated at this life-changing moment as they are lovingly embraced by the community.

Our executive editor and reformed middle-school-fearing feature writer Natalie Singer-Velush captures this magic as she masterfully elicited wit and wisdom from a pack of local kids as they enter sixth grade. Deep gratitude to our dear friend and gifted photographer Will Austin for capturing their spirits so beautifully.

Also new this month: Our column "Full STREAM ahead" (p. 9). The debut piece features, among other science superstars, self-described nerd and MIT graduate Dianna Cowern. At first, we all said "Who?", clueless that her Physics Girl YouTube program has more than 19 million views. She's the Neil deGrasse Tyson of tomorrow and one of many must-know scientists motivating the most

reluctant learners to be enthusiastic about science, technology, robotics, engineering, arts and math.

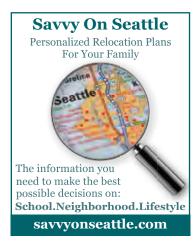
Finally, if you're getting close to back-to-school anxiety, jump to our Out and About feature, "Bellingham" (p. 23). Better yet, pack this issue and hit I-5 N and in 90 minutes you'll find endless opportunities to paddle, bike, hike, explore and play.

Happy final days of summer!

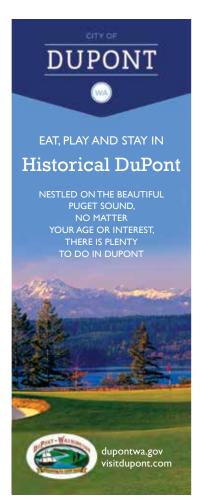


corrections

In the 2016 Golden Teddy edition, ParentMap incorrectly listed Dr. Diane Tung as a dentist at Lynnwood Kids Dentist; she has left that practice and started her own, Shoreline Kids Dentistry. In addition, Camp Sealth, which is owned and operated by Camp Fire Central Puget Sound, can be found at *campfireseattle*. org rather than *campsealth*. org. ParentMap regrets these errors.













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Science superstars

Social media that makes science come alive

By Rebecca A. Hill

hen Dianna Cowern was in her final year of high school, she had to do a senior project. A fan of *Mythbusters*, The Science Channel and podcasts, the clever 17-year-old took a cue from her reality TV-loving friends and combined reality TV dating with science to create the one-time wonder, *The Science Dating Show.* And Cowern? She aced that senior project.

Now 27, Cowern writes and produces the highly successful Physics Girl YouTube program, which has more than 19 million views. With its plugged-in feel and lively social media presence, Physics Girl is just one example of how social media can help, rather than hinder, education.

From Tumblr to YouTube, Facebook to Twitter, kids can find entertaining and diverse science programming from science stars like Emily Graslie, Hank Green, Anna Rothschild, Vi Hart and others. Unlike the sometimes stodgy science textbook lessons kids find in school, these programs share a wide range of science topics: the gross, the fascinating, the animated. They're great tools for kids who are hardcore science fans, reluctant learners or just plain confused.

With a new school year on the horizon, the time is ripe for getting kids back on track after the lull of summer. So be tricky. Be sly. Sneak in some educational videos, blogs or tweets. They're a fun way to get your kids back into the swing of things.

way to get your kids back into the swing of things. "quintessential role mode Physics Girl creator,

Introducing Physics Girl!

As a young girl, Cowern always thought of herself as a closet nerd who loved science. "I would go home from school, and the first thing I would do is my math homework," she says. "My parents would try to watch TV, but I would always yell at them to turn it off because I was doing my math."

That passion continued long past adulthood. An MIT grad in physics and computer science, Cowern did her graduate work in dark matter and low-metallicity stars at the Harvard-Smithsonian Center for Astrophysics. She now works for the Cool Star Lab and University of California, San Diego Department of Physics.

Cowern started Physics Girl shortly after she graduated. "[Physics Girl] gets me curious," she says. "It drives my desire to work."

Covering basic physics principles, the program features graphics, animation and Cowern's quirky energy. One week she'll talk about pool vortexes, the next week color, exploding cans or electromagnets. She also interviews scientists. Her goal: Take a physics problem and make it fun.

In 2014, Physics Girl won the Flame Challenge, an award given by Alan Alda and the Center for Communicating Science, while *U.S. News & World Report* has called Cowern the "quintessential role model for STEM education."

Dianna Cowern

She loves to hear from fans, especially kids and parents and often connects with them via Facebook, Tumblr or Twitter (@ thephysicsgirl).

Grossing out with Gross Science

Gross Science is exactly that: Gross. Created and hosted by Anna Rothschild and produced by Nova,



ScienceTechnologyRoboticsEngineeringArtsMath

Editor's note: Science, technology, robotics, engineering, art and math: In our schools and communities, there is more demand than ever for STREAM. Yet only about a third of eighthgraders score "proficient" in math and science. In this ongoing series, sponsored this month by Kids Science Labs, we'll explore how schools and organizations are approaching STREAM in new, game-changing ways.



the show (and Rothschild) love slimy, spiny, smelly and stomach-churning science.

Five years ago, Rothschild was making web videos for Nova when she decided to pitch a web series on gross stuff in science. Gross Science officially launched in April 2015 and now has more than 64,000 subscribers.

Rothschild's not surprised by the higher viewer turnout despite her show's often disgusting topics (example: bot worms that grow inside humans). She believes everyone has a secret love for gross.

"It's quite normal to be fascinated by this side of life that we are so desperately trying to hide," she says.

Viewers can find Gross Science shows that range from parasites to fungus to, yes, bot worms, all of them done with simple scientific explanations and animation, which Rothschild creates. How does Rothschild know that it is gross enough? "For me, it's a gut feeling. It's intestinal really!"

Find Gross Science on Twitter, (@Gross_Science) and on Facebook. >>



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Science superstars

continued from page 9

Getting the scoop on Brain Scoop

Emily Graslie never imagined herself as chief curiosity correspondent of the Field Museum in Chicago. As a University of Montana student, she'd planned to be a studio artist. Then she interned at the Philip L. Wright Zoological Museum in Missoula and fell in love with zoology. She went on to earn a master's degree in museum studies from Johns Hopkins University's online program.

Through her work at Wright, Graslie met Hank Green, one half of the pioneering video blogger team, VlogBrothers. Graslie's video tour of the museum impressed Green, who offered her a chance to do her own show. And so The Brain Scoop was born.

Graslie now produces The Brain Scoop through her work at the Field Museum, where she's worked since 2013. The YouTube show covers natural science and history; past shows have focused on topics as diverse as the trees of the Amazon to how to skin a wolf. In each, Graslie interviews a research scientist to show viewers what a real scientist looks like and how he or she works.

"Our scientists need outlets for their research," Graslie says. "We've been able to have a mutually beneficial relationship that shows viewers the kind of research that our scientists are doing."

To prepare for videos, Graslie reads research papers and interviews scientists. "Science was never anything that I would have leapt out of bed about before," Graslie says. "It was never taught to me in a way that I felt like I should be excited about."

Now, she says, just knowing that she can inspire wonder of the natural world in others brings her joy.

And she's a female role model for girls who love science. This "unwitting feminist science icon," as the Chicago Reader once called Graslie, makes promoting science for young girls a priority. In her Ask Emily series, for example, she fields questions from young viewers. In one, a young girl and member of an all-girls science club tells Graslie she's often asked why girls "need" their own club. Graslie agreed it's important for girls to have their own positive, encouraging sciencebased outlet because so few women are involved in science at all - a response, she says, viewers called "sexist."

"People making these comments just prove exactly why we need [these kinds of clubs]," she says. Unfortunately, Graslie's no stranger to this kind of sexism. She's fielded comments like "weirdest lesbian porn I've ever seen," "I'd still totally do her" and "this is a man's job." In response, Graslie made a show that specifically addresses such comments and advocates for a greater female science presence both online and in the lab. That powerful video, "Where My Ladies At," has more than 927,000 views on YouTube.

Viewers can contact Emily and ask questions through Ask Emily. You can find her on Tumblr, Twitter (*@Ehmee*) and Facebook. Check out The Brain Scoop episode on a black bear skull.

Reading science on ReadScience!

By day, Joanne Manaster is a faculty lecturer in biology for the University of Illinois School of Integrative Biology. By night, she's See **parentmap.com/STREAM/ social** for the science stars' favorite videos on hookworms, making an electric train and more.

Science Goddess. As moderator of YouTube's ReadScience!, Manaster combines her love of science and, you guessed it, reading.

"I have a real affinity for books," says Manaster. "They're a great way to lose yourself or gain the ability to focus and concentrate for long periods of time."

On ReadScience!, Manaster interviews various science authors including Mary Roach, E.O. Wilson, Temple Grandin and Chris Hadfield. She also sometimes features an experiment such as freezing gummy bears with liquid nitrogen.

Manaster believes all her

videos show how valuable it is to see a female scientist in a public forum like YouTube. Doing so, she says, makes it more acceptable.

Manaster blogs for *Scientific American* magazine. Find her on

Twitter (@sciencegoddess.) ■

See our story online (parentmap. com/STREAM/social) for more about Elise Andrew, the VlogBrothers and more social media science heroes.

Rebecca A. Hill writes about education, literacy, libraries, parenting/family and science. She is the mother of two high school boys.













Why middle school is way cooler than you've heard

By Natalie Singer-Velush

began hearing about middle school long before my child was anywhere close to entering it. "Just wait 'til middle school," one experienced mom told me once when I complained of my toddler's fussiness. I have heard middle school, and the age range of 11–14 in general, variously described as the ninth circle of hell, unbearable, a time to pass through white-knuckled. Not a place where you want to linger.

"Buckle your seatbelt," another parent said to me not long ago when I mentioned my oldest child was finally about to cross the Rubicon this September.

As we barreled toward sixth grade, I began to wonder: Why such negativity?

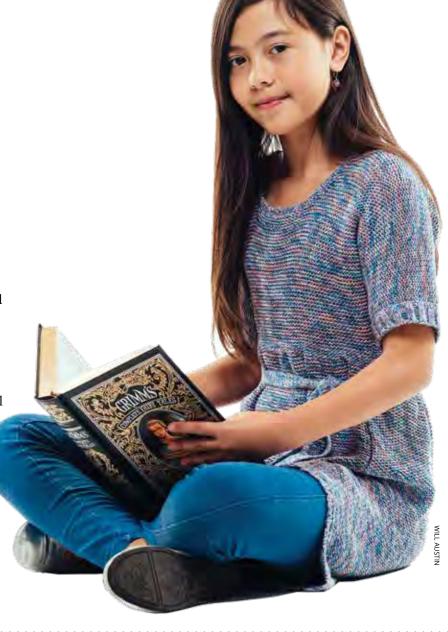
It's no wonder that middle school gets a bad rap. It's the gateway to adolescence, when kids, ruled by hormones, seem to go haywire. Friends veer onto separate paths; homework and social pressures pile up.

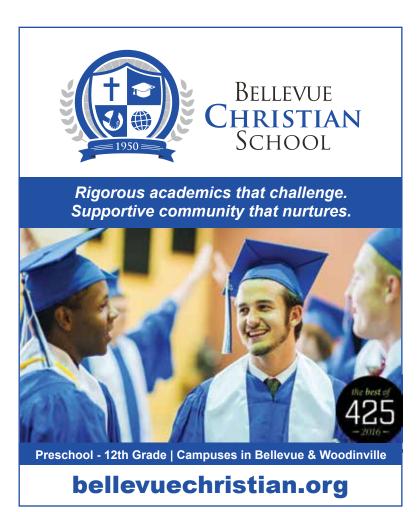
It's not just rough on kids. A study that looked at mothers' well-being from their children's birth until adulthood, published this year, found that moms felt more anxious, doubtful and dissatisfied when their kids were in middle school than in any other stage.

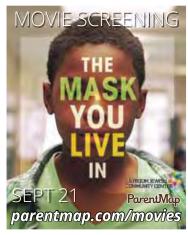
There must be *something* special about middle school, I thought. Where's the magic?

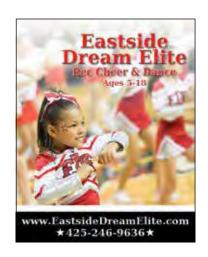
There's lots of magic, it turns out. You just need to look for it.

We did. In this package, we visit with kids as they cross a threshold. We meet some special adults who help them, and get ideas for how to support our own middle schoolers. And we give ourselves, and our kids, permission to celebrate being in the middle. >>

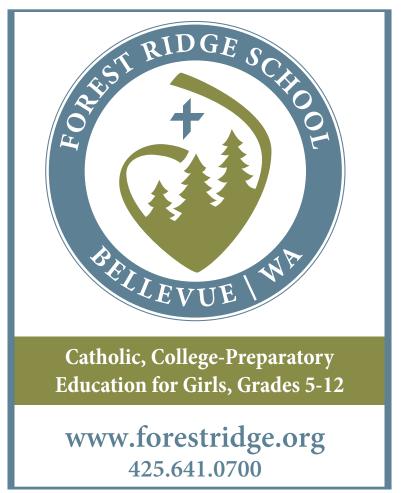


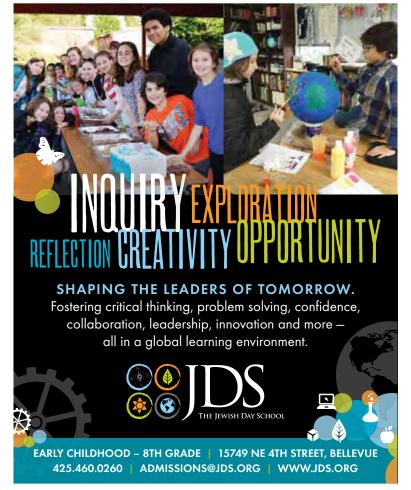












Brain check

Learn the secrets to your middle schooler's brain from an educational psychologist

here are challenges at every stage of parenting, from the long, exhausting nights rocking your newborn to sleep to the long, exhausting nights waiting for your independence-seeking teenager to get home.

No matter what phase your kids are in, if you know what's happening inside their brains, you'll always be better prepared.

Adolescence is an especially cool time, says Jodi Newman,

Ph.D., an educational psychologist with the University of Washington's College of Education and mother of three kids, ages 14, 13 and 6.

The brain's neural network is still developing, hurrying to complete key milestones before puberty sets in: myelination (a process in which the axons of each brain neuron are coated with a fatty layer — myelin — that protects them and helps conduct signals more efficiently) and synaptic pruning (a process that eliminates brain connections that are not getting stronger through use). Experiences that happen during tween and teen years directly impact this building work.

"Your experiences build your brain architecture," Newman says.

Sounds great. So what's the problem?

In human brains, the limbic system (the site of emotions and risk-taking) develops significantly

ahead of the prefrontal cortex (where working memory, impulse control and reasoning reside). Uh-oh.

"The part of the brain that is 'Yay, let's go for it' is stronger than the 'That's not a good idea' part, so

there can be some sticky situations," Newman says.

But don't worry (too much). For one thing, all that excitement, emotion and lack of inhibitory control means your tweens and

young teens are very willing to try new things. This could finally be the time to get them to eat tuna tartare or watch that foreign-language documentary.

"They want to change the world, make it a better place. You do want to help them navigate danger, but you can also harness the excitement," Newman says.

Another big issue for middle schoolers is identity development.

"They are really diving in deep into 'Who am I? How do I relate to the world? Am I good at stuff?' They might wrestle with gender, sexuality, academic abilities, social class. And they are taking in a lot of social messages from parents, peers, teachers, media," Newman says. "They are trying to figure out 'Am I good? Am I valued?"

Don't get frustrated if your tween seems

self-obsessed, Newman urges. If he changes his look like a chameleon, be supportive and nonjudgmental. Don't doubt.

"It's totally developmentally appropriate for them to be focused on themselves," Newman says. "That is the task of adolescence: identity finding."

Even as you strive to be constantly aware and supportive of the massive cognitive work your middle schooler is doing, don't ignore difficulties. It can be a risky time, Newman says.

"Middle school is a low point in self-esteem. Bullying is at its peak, so there's that tension between 'I want to go out and experience things' [and] 'Am I any good at anything?', and this speaks to the need for support."

Help tweens and young teens find a sense of competence in something. Offer choices and help them develop strong relationships with friends and adults, Newman says. And seek help if your child needs it.

— Natalie Singer-Velush



Armed with practical strategies, Newman says we can better connect with our middle schoolers and even maximize their natural excitement and learning potential.

DO

- Give kids complex tasks and chances to make difficult choices and develop self-restraint.
- Introduce them to new things.
- Provide opportunities to engage in complex thinking; talk about what's happening in the world.
- Read about what they are reading about.
- Suggest journaling; try it alongside them.
- Provide opportunities for them to share and explore their stories.
- Ask them: "Where do you see yourself in five years?"
- If they have a career idea or interest that is different every week, say "Go for it." Then help them explore those interests.

DON'T:

- Put up unfair roadblocks such as gender stereotypes or preconceived notions about who is good at what.
- Be afraid to engage in deep conversations or introduce open-ended prompts, such as "What do you think about this?"
- Forget to encourage them to think critically about social messages.

Middle school counselors make a difference

he knocks on the wooden door of Stephanie Edler's office come every day, all week long. On a recent Wednesday, two girls visited Edler, one after the other, just before lunch, arriving with smiles. One, Max*, with wispy bangs and big, doe eyes, started seeing Edler, a mental health care coordinator embedded full-time in Seattle's Asa Mercer Middle School, last year. Max's visits were prompted by her worsening depression, which caused her to feel isolated and withhold food from herself.

"I used to love reading and writing, but I had stopped those things," says Max, who loves music and theater, too. "Ms.

Stephanie made me really comfortable. Now I do the things I love again, and I'm getting good grades."

"At first I thought

it was weird to come talk to Ms. Stephanie, but I thought I was going crazy, so I did it," says the other morning visitor, Kiara*, who last year struggled with panic attacks and a self-imposed pressure to succeed. "I'm doing much better now," says the sweats-clad girl who loves basketball. She is now using deep breathing and other coping skills to manage her anxiety.

Energetic, with a high, reddish ponytail and long, mint-colored nails, Edler has been at Mercer for five years, one of three mental health care coordinators provided to three area middle schools through Sound Mental Health's Middle School Support Project. She has a bachelor's degree in psychology and a master's in counseling, and she has helped Mercer Middle School students with depression, anxiety, suicidal ideation, self-harm, family tension, abuse, the impacts of having parents who are incarcerated, academic stress, eating disorders and more. The school has a big population of students who are homeless and/or receive free or reduced-cost lunch, which adds another layer of challenge.



What do some of those things have to do with the school day?

"There's a connection between academic performance and one's emotional state," explains Edler, who directly counsels the kids and also coordinates care plans that involve other agencies, supports and programs. She trains school staff in mental health issues and response as well. For students with the most serious problems, she advocates for care, such as longer stays in the hospital after a suicide attempt, medication changes or a different living situation.

Edler's home base is a concrete office off the cafeteria, which means that when the cook makes nachos, Mercer's most popular lunch item, she stashes a plate for Edler. The office — 12 by 8 feet, painted a calming ivory and decorated with handmade cards and a giant Minion poster from the kids — is a perfect symbol of how Edler has come to fit into the school.

Slowly but steadily, she worked to turn a dark storage closet into a positive, safe space.

Success means many things. "A lot of people view success as academic — turning in homework, great grades, polite," Edler says. "But if a kid was coming to school once a week and then makes it three days, that's success. A decrease in self-harm, that's success. Grades change, too, but sometimes that takes time."

One student who got help later bravely wrote a story in the school newspaper about depression. Edler helped another girl who had been running away to connect with the Powerful Voices program, through which she was able to make a public presentation about her culture. After that, her behavior problems stopped.

"It made her feel so important," Edler says. "It gives me goose bumps."

Many area middle schools have access to visiting counselors but don't have a full-time staff member dedicated to helping students in crisis and treating mental health issues. The Middle School Support Project, funded in large part by a grant from the Nesholm Family Foundation, provides a model for how — if districts had the

funding — more schools could provide the kind of support that addresses problems early and positions students for success.

"Having the care coordinators in the schools allows the teachers to focus on teaching and the principals to run the schools. It impacts the school culture as a whole," says Erika Nesholm, executive director of the Nesholm Family Foundation, which funds the program at \$215,000 a year.

It's obvious that Edler's students adore her, trust her and confide in

her. Are there strategies she employs that parents can use with their middle schoolers when the going gets tough?

"I keep my word. I'm real with them. I'm positive," she says. "And I'm playful."

*Names changed for privacy.

"There's a

connection

between

academic

and one's

emotional

state"

performance

— Natalie Singer-Velush

10 middle schoolers to watch

1 What are your favorite things? What are you really into? 2 What are you excited for about middle school? 3 What are you worried about? 4 What are your dreams for your future? 5 Up until this point in your life, what or who has most influenced you?



Jonathan Frazier School this fall: Giaudrone Middle School, Tacoma 1 I like to game. I like playing Terraria. I like to read: Percy Jackson, the Kane Chronicles. Heroes of Olympus. I also love to cook. I make burritos. 2 All the clubs. Better food. Grilled cheese in the cafeteria. 3 I don't really have any fears. 4 I want to get a scholarship for college. I want to be a chef and maybe invent a spaghetti pizza. Well, it's already invented but I'm going to make it famous. 5 My teachers have really influenced me. I don't really care if they are good or not, you know - nice - I just like it when they can teach me things for my life.



Anjali Sreenivas School this fall: The **Evergreen School, Shoreline** 1 I really love to play with my sister and my friends. I like to swim. I'm excited to try out for the swim team, I've been learning Indian music for the past six years and I love that. I just started to play the violin two years ago. 2 I'm really excited for new teachers, more freedom, new friends. 3 I'm scared that I won't be able to open my locker. I'm scared about the time we'll have between classes to get to the next class. The homework. Their system of grading. 4 I want to be a doctor -I've known that for a really long time. I want to be a pediatrician because I like helping kids. Instead of injections I want to come up with something different that doesn't hurt.

5 My parents have influenced me because they are always helping me and taking me to the right place I want to be. And my fourth-grade teacher, Mrs. Isaacson, she helped me grow.



Waverly Araucto

School this fall: Marvista

Elementary School, **Normandy Park** 1 I do enjoy shopping. I've been playing piano for five years. I can play the violin, the recorder. I'm into contemporary dance, musical theater. 2 I'm really excited to make new friends. 3 What I'm afraid of is sort of hard to explain. I might have a really strict teacher. Maybe I won't be the brightest kid in my class. And there will be new kids. 4 I have a lot of dreams. First thing's first: My teacher told me if you want to be famous, you should hold onto your dreams but have a backup plan, too. So I really want to be a broadcast journalist, but my backup plan is to own a bakery. I love baking cupcakes. 5 My teacher, Mr. Brase, was really nice. Thanks to him I'm smarter. He makes learning fun, seriously.



Lijah Langford-Fuchs School this fall: Hamilton Middle School, Seattle 1 I'm really into soccer. I play rec and I'm also going to try out for select. I like to play midfield or defense. 2 I'm excited for middle school because there won't be little kids. It will be really cool to see what it's like to be the little kid again. 3 I'm afraid of homework. And prom. 4 I want to be a professional soccer player when I grow up. Or I always have liked music. Maybe I'll be a drummer. 5 When I was really little my dad would play video games and I wouldn't be able to play. Then he got me a video game with FIFA and I started to get into soccer. Now I'm really good.



Angel Roman School this fall: Baker Middle School, Tacoma 1 I really like soccer. I play defense or forward. My favorite subjects are math and reading. I love fiction, and sometimes nonfiction. 2 In middle school I want to get into sports. I'm excited about the classes, how different they will be from elementary school. 3 I'm worried about not fitting in. If I don't fit in, I guess I'll just stay with my friends. 4 I want to become a soccer player when I grow up, and also an electrical engineer. What I like about engineers is how they make new things. 5 My teachers have always pushed me to go further in my work, and my friends also influence me because they're always cheering me on.



Emma Almo
School this fall: Seattle
Hebrew Academy
1 | love to swim and | love to cook.

I love to make salads. I love to bake

cakes. I started getting into baking because I was always baking bread with my grandma when I was little. I like to write. In my book I write Torah lessons and reflections of my grandmother, and every Friday night I read them to my family and we all talk about it at the Sabbath dinner. 2 I'm so excited for middle school because I'll be with all my friends. And our school is changing it up next year - we're getting laptops! 3 My favorite teacher is moving schools, which makes me sad. 4 Sometime in the future, I really want to go to Paris. 5 My mom and dad have really influenced me. Also, American Girl dolls. I was really shy before I was in the American Girl fashion show. It helped me get past my nervousness. After the first show I was in, I felt like I owned it.



Jona'e Lewandowski School this fall: Not sure yet 1 I like listening to music – Justin Bieber! I like sleeping over at friends' houses. I like reading Percy Jackson. 2 I'm excited for middle school because I'll get to go to different classes. I'm excited to see my friends. I'm excited for music: I'm going to play violin or bass. 3 I'm worried about not knowing where the classes are. 4 When I grow up I either want to be a fashion designer or a teacher. And I want to travel to Alaska. I was born there and I haven't been there in a long time. 5 I've been influenced by my mom and dad. Sometimes, if I get in trouble at school or do badly, they encourage me to do better. My best friend's mom is also important to me - she always tells me to reach for the stars and my goals.



Aaliyah Holloway-Mobley School this fall: Aspire Middle School for the Performing Arts, Lacey 1 I love art and music. I'm good at drawing - black and white because I like people to imagine the rest of it. I've played clarinet, but now I'm moving to soprano saxophone. I also play piano and write fiction. 2 I'm really excited for the after-school activities at middle school. The clubs. I'm ready for more variety. 3 I'm maybe worried about finding friends, and about finding time to talk to them and hang out when we have only short breaks and lunch to do that. 4 I want to be an engineer, and architect, a home designer. I play this game Home Styler, where you can design and create buildings, and I'm great at it. 5 I've been influenced by five or six of my friends. And by my parents. They let me roam around - they let me have a huge mind, a wandering mind, so that I can



Isabella Werth
School this fall: Truman
Middle School, Tacoma
1 I like singing. I like playing
my violin (but sometimes I
don't practice). I like the fast

music best, bouncing my bow. Right now I'm playing "Gavotte." I'm going to audition for the Tacoma Youth Symphony. 2 I'm so excited to meet the middle school teacher, and I can't wait for lunch time. 3 I'm worried about eighth graders! Some of them are really tall. I'm nervous but excited. Not as nervous as I am excited. 4 I want to travel the world. Be a singer. Play in an orchestra. And be a dentist. I usually volunteer for a lot of things. I was the ASB president. I like to know what's going on. 5 Someone who really influenced me was my fourthgrade teacher. She's amazing. She has been fighting cancer. She's had it four times now. She's still fighting. She comes to school every day. She shows me you can do anything.



Joseph Gamel School this fall: Seattle **Hebrew Academy** 1 I like reading fiction and fantasy, the Percy Jackson series. I like Minecraft. 2 I'm excited to possibly make new friends. Freedom. I'll get to walk to recess without a teacher. Also, we get a doughnut when someone has a bar mitzvah. 3 I don't really think I'm worried about anything. I'm tall for my age so if anyone bothers me I'll just look down and say, 'I can't hear you down there!' 4 I want to be an engineer and go to MIT. It sounds exciting. 5 My friends and family have influenced me. And my brother and sister help me and support me.

- Natalie Singer-Velush

PEDIATRIC DENTISTS



Banking on baby teeth

Did you know your child's baby teeth are potentially way more valuable than the tooth fairy's going rate? That's right.

Baby teeth are more than heartwarming keepsakes. They're rich in stem cells, which, as we all know, are the body's biological wild cards, with the potential to be transformed into a variety of other cells and used in medical therapies to replace damaged or malfunctioning cells.

So why haven't you heard about banking your kid's baby teeth? The science is still new and, in many cases, expensive. Currently, this service is only available privately, which means you have to pay a one-time processing fee that varies from \$500 to \$1,700, plus an annual storage fee of about \$100 to \$200.

But some argue that price tag is worth it for "biological insurance." "Young people today are projected to have life spans of 100-plus years," says Arthur E. Greco, CEO of StemSave, a dental stem cell bank in New York City. "Regenerative therapies will play a central role in



assuring that those longer life spans will be healthy as stem cell treatments are utilized to combat the normal degradation that occurs as we age."

Read the full story at parentmap.com/baby-teeth

— Kali Sakai

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The Before project

A dad, a camera and 50 cool kids



MAGIC

IN THE MIDDLE

s Terence Brown watched his son approach the end of elementary school, he knew he wanted to do more than sit on the sidelines for this milestone.

So the Seattle dad, who also happens to be a filmmaker, did what most of us wouldn't dream of

doing: He set up a camera in front of a school stage, got behind it and asked about 50

local soon-to-be middle schoolers about their lives, hopes, dreams, fears and ideas.

What resulted is the poignant 37-minute film *Before*, which, since being released last year, has screened at a handful of film festivals around the country and won a prize at the Seattle International Children's Film Festival.

The fifth-graders interviewed open up about bullying, physical disabilities, friends, cancer, romance, terrorists and global warming.

"I don't want to grow up," confesses one girl. "Most people don't actually believe anything I'm saying," shares a boy.

"At this age, they are primed for big questions," says Brown, who in the film asks kids whether they would stay a child if they could, if they've had a crush on anyone, what their perfect day would be like and if there is anything going on in the world that really scares them.

Brown was interested in capturing the "limbo state" between childhood and adulthood, a time when kids are aware of how they are changing or that they are about to, but not necessarily fully equipped to process it.

"This is one of the most fleeting

times in life," says Brown, who remembers when he was 11 in Nebraska, listening unself-consciously to

Billy Joel and Loverboy. "I didn't know what was coming," he says.

Brown filmed and edited the project in a way that connects kids — all classmates of his son's — through similarities, rather than emphasizing differences or promoting stereotypes.

"It was really important to me that I presented them as true to who they were as individuals and also capture something bigger than any one kid, to capture the universality and humanity of the age," he says.

The film can be viewed for free on the project's website (*terence-brown -hl8j.squarespace.com*).

Brown, who makes a living creating films for foundations, plans to stream *Before* for free permanently. "If kids feel like they are being seen," he says, "that's all that matters."

— Natalie Singer-Velush

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PICKS











SUNDAY



SalmonFest Seattle. A north Seattle street party with salmon bake, car show, live music and parades (Saturday evening). Friday–Sunday, Aug. 5–7. FREE. Lake City neighborhood, Seattle. salmonfestseattle.com Disney's Beauty and the Beast. The beloved tale of Belle, the Beast, loyalty and true love. Saturday–Sunday, through Aug. 21. \$10–\$20; ages 4 and under free. Snoqualmie Falls Forest Theater, Fall City. foresttheater.org



BubbleFest. It's bubble-mania exploring the science of bubbles with Bubbleman, liquid nitrogen ice cream demo and more. Friday-Sunday, Aug. 12–14. Included with admission. Pacific Science Center, Seattle. *pacificsciencecenter.org*

Cedar River Watershed Family Tour. Explore the beautiful area where our tap water comes from. Saturday–Sunday, 2–3 p.m. through Sept. 4. \$5; babies on laps free. All ages. North Bend. seattle.gov/util



Viking Days. Swedish pancake breakfast, Viking encampment and more Scandinavian fun. Saturday–Sunday, Aug. 20–21. FREE. Nordic Heritage Museum, Seattle. nordicmuseum.org

Celebrate Shoreline Sandcastle Contest. Bring your buckets and tools and make your best sand creation; fun run beforehand (8 a.m.). 11 a.m.–2 p.m. **FREE.** Richmond Beach Saltwater Park, Shoreline. *cityofshoreline.com*



Pay What You Can Weekend. Hands On Children's Museum invites all to play by paying the admission price of their choice. Saturday-Sunday, Aug. 27–28. Olympia. hocm or

Mary Olson Farm. Last day to learn about family farm life in a bygone era. Saturday–Sunday, noon–5 p.m., through Aug. 28. \$2–\$5 suggested donation. Auburn. wrvmuseum.org

MONDAY



Tiptoe Through the Tidepools. Explore life in tide pools during one of the lowest tides of the year. 9 a.m.–noon. **FREE.** All ages. Titlow Beach, Tacoma. *tacomanaturecenter.org*

MiniMOHAI. A drop-in program of interactive stations for preschoolers. Mondays, 10 a.m.–1 p.m., through Aug. 29. Included with admission; ages 14 and under free. Ages 3–5 with caregiver. MOHAI, Seattle. mohai.org ONGOING EVENT



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. 29. FREE; \$1-\$2 donation for ferry. Jetty Island, Everett. everettwa.gov ONGOING EVENT Colman Pool Public Swim. Take a dip in Seattle's most scenic outdoor pool; slide open. Daily, 1:45-4:45 p.m., through Sept. 5. \$3.75-\$5.25 (\$1 extra for slide); under age 1 free. West Seattle. seattle.gov/parks/aquatics ONGOING EVENT



Molbak's Butterfly Garden. Walk among flowers and amazing free-flying butterflies at this new zoo exhibit. Daily, 9:30 a.m.-6 p.m., through Oct. 2. Included with admission. Woodland Park Zoo, Seattle. zoo.org Family-friendly Tennis. Learn tennis skills with your fam. Mondays, 6-7:30 p.m., through Aug. 29. \$25/family; preregister. Ages 5 and up. Solstice Park, Seattle. rectennis.com ONGOING EVENT



Shadow Lake Bog Self-guided Walking Tour. Stroll the boardwalk in this fascinating bog preserve for a great tot-length hike.
Daily during daylight hours. **FREE.** Shadow
Lake Nature Preserve, Renton.

Toys of the '50s, '60s and '70s. E-Z Bake Ovens, Skipper dolls, Gumby: Share your childhood toys with your kids. Daily through Sept. 25. Included with admission. MOHAI, Seattle. *mohai.org*

shadowhabitat.org

Everett. schack.org



Chuck Close: Print, Process and Collaboration. Last week to marvel at the stunning portraiture of Snohomish County-born artist Chuck Close. Daily through Sept. 5. Included with admission. Schack Art Center,

The Art of the Brick. Last days to see artist Nathan Sawaya's amazing Lego sculpture. Daily through Sept. 11. \$20.75–\$28.75; ages 2 and under free. Pacific Science Center, Seattle. *pacificsciencecenter.org*





Nancy Stewart at Kelsey Creek

Farm. Local children's singer-songwriter entertains little ones down on the farm. 10:30–11:30 a.m. \$5/family suggested donation. Bellevue. ci.bellevue.wa.us 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



Concerts in the Park. Bands and other entertainers rock Puyallup; today's act is the Rowdy Refs. Tuesdays, noon; Thursdays, 6:30 p.m., through Aug. 18. FREE. Pioneer Park, Puyallup. cityofpuyallup.org
Adventure Playground. Build in the woods; closed-toe shoes required. Tuesday–Thursday, Sunday, 1–4 p.m., through Aug. 31. Admission by donation. Ages 4 and up; under age 12 with caregiver. Deane's Children's Park, Mercer Island. mercergov.org



Summer Movie Express. Penultimate week to catch Regal's low-priced summer movies at select theaters. Tuesday-Wednesday, 10 a.m., through Aug. 24. \$1. Multiple locations. regmovies.com
ONGOING EVENT

Live at Lunch. Enjoy live music at various spaces around Bellevue; today it's acoustic soul from Fysah. Tuesday–Thursday, noon–1:30 p.m., through Sept. 8. Bellevue Square Fountain Court.

downtownbellevue.com ONGOING EVENT



Happy Babies Educational Support

Group. Support for the transition to parenthood. Tuesdays, 10:30 a.m.-noon. \$10-\$16. Parents with babies to 12 months. Center for Birth, Seattle. happybabiesparenteducation.com

ONGOING EVENT

PAWS Animal Adventurers. Learn how PAWS, the community and you can help animals. 10:30–11:45 a.m. \$12 per child/adult pair; preregister. Ages 3–5 with caregiver. PAWS, Lynnwood. *paws.org*



Out to Lunch Concert Series. Live music provides a pleasant soundtrack to city exploration; today's act is jazz group Limited Edition. Noon–1:30 p.m. FREE. 5th and University, Seattle. downtownseattle.com KidsFirst! Performance. Families enjoy the high-energy music and humor of Eric Herman and the Thunder Puppies. 1–2 p.m. FREE. Klahanie Park, Sammamish. sammamish.us

WEDNESDAY

THURSDAY

FRIDAY SATURDAY



Seattle Aquarium Beach Naturalist Program. Explore tidal life on this super low-tide day. 11 a.m.–1:30 p.m. FREE. Multiple locations; check website. seattleaquarium.org ONGOING EVENT

Summer Story Time at the Cabin. Turn up for pioneer-themed stories and crafts. Wednesdays, 1–2 p.m., through Aug. 31. Suggested donation. Ages 3–8 with families. Job Carr Cabin Museum, Tacoma. *jobcarrmuseum.org* **ONGOING EVENT**



Nordic Stories. Listen to a story about Vikings and do a creative craft project. 10 a.m. FREE. Ages 3–6 with caregiver. Nordic Heritage Museum, Seattle. nordicmuseum.org Summer at SAM. It's bike night so show up on two wheels for live music, bike-themed art-making and food truck fare. Thursdays, 5:45–8 p.m., through Aug. 25. FREE; food for purchase. Seattle. seattleartmuseum.org ONGOING EVENT



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

Summer Sounds & Cinema. Have a family date night with live music from Po'okela Street Band followed by the film *Minions* showing at dusk. 7 p.m. **FREE**; concessions for purchase. Sunset Park, Auburn. *auburnwa.gov*



Seafair Weekend. Feel the need for speed at hydro races, the Blue Angels' air show, wakeboarding competition and more. Friday–Sunday, Aug. 5–7. FREE (or buy tickets for reserved seating). Lake Washington, Seattle. seafair.com

From Hiroshima to Hope. This moving lantern-floating ceremony promotes peace and commemorates victims of war. 6 p.m. **FREE.** Green Lake, Seattle. facebook.com/ fromhiroshimatohope



Sounds of Summer. Frolic to the tunes of The Paperboys on a warm summer night. Wednesdays, 6:30 p.m., through Aug. 24. **FREE.** University Village, Seattle. *uvillage.com* **ONGOING EVENT**

Green Lake Bat Walk. Flying rats? Ha! Soon you'll appreciate these flying, furry friends. 7:30 p.m. **FREE.** Recommended for ages 10 and up. Bathhouse Theater at Green Lake, Seattle. *batsnorthwest.org*



Pierce County Fair. Celebrate Pierce County's agricultural roots with livestock, live entertainment and more; kids ages 6–15 \$1 today. Thursday–Sunday, Aug. 11–14. \$5; ages 5 and under free. Frontier Park, Graham. piercecountyfair.com Movies at Magnuson. Cozy up in the grass for Zootopia, part of this summer series with

Movies at Magnuson. Cozy up in the gras for *Zootopia*, part of this summer series wit entertainment and food trucks. Thursdays, 6:30 p.m. (film shown at dusk), through Aug. 25. \$5. Magnuson Park, Seattle. moviesatmagnuson.com ONGOING EVENT



South Lake Union Block Party. Kids' activity area, best burger competition, live local bands, steamroller art and more. 11 a.m.–11 p.m. FREE. Westlake Ave. N. and Denny Way, Seattle. Slublockparty.com Summer Bash. Outdoor live music and family fun followed by a showing of the movie Inside Out at dusk. 6:30 p.m. FREE. The Center at Norpoint, Tacoma. metroparkstacoma.org



Kirkland Summerfest. Arts fair with live music, kids' activities including participatory life drawing extravaganza and more. Friday–Saturday, Aug. 12–13. **FREE.** Kirkland. *kirklandsummerfest.com*

Seattle Summer Parkways. Party in the street preceded by the Rainier Valley Heritage Parade (11 a.m.). 12:30–4:30 p.m.; also Aug. 27 in Ballard and Sept. 25 in West Seattle. **FREE.** Rainier Valley, Seattle. *seattle.gov*



Summer Children's Concerts. Last show in this series features kindie fave Caspar Babypants. Wednesdays, noon-1 p.m., through Aug. 17. FREE; food bank donations requested. Library Park, Mill Creek. cityofmillcreek.com

Kent Summer Concerts. Popular rockers Recess Monkey close out this lunchtime family concert series. Noon–1 p.m. Town Square Park, Kent. *kentwa.gov*



Explore the Shore at Owen Beach. Last low tide exploration of the season. 10:45 a.m.–12:45 p.m. **FREE**. Ages 5 and up. Owen Beach at Point Defiance Park, Tacoma. *pdza.org*

JamFest. Wander the lively streets of the International District for art, music, "acrobaticalist" performance and food for purchase. 4–9 p.m. \$6–\$8. All ages. Wing Luke Museum, Seattle. wingluke.org/jamfest



Snoqualmie Railroad Days. Check out a 107-year-old steam engine, watch the parade (Saturday, 11 a.m.), take a free wagon ride and more. Friday–Sunday, Aug. 19–21. FREE. Northwest Railway Museum, Snoqualmie. railroaddays.com
Movies in the Park. Stretch out on your blanket with your pals for Aladdin on the jumbo screen. 7 p.m. activities; film shown at dusk. FREE. Sprinker Recreation Center, Tacoma. co.pierce.wa.us



Chomp! Eat and live well in King County with chef demos, bike rodeo, "farmer for a day" activities, live music and more. 10 a.m.–6 p.m. **FREE.** Marymoor Park, Redmond. *chomplocal.org*

Duwamish River Festival. Celebrate the river and surrounding community with live music and dance, kayak and boat tours, local food and more. Noon-6 p.m. **FREE.** Duwamish Waterway Park, Seattle. *duwamishcleanup.org*



Toddler Tales & Trails. Kids and caregivers enjoy story time and a tot-sized nature hike. Wednesdays, Saturdays, 10–11 a.m. \$2. Ages 2–5 with caregiver. Seward Park Audubon Center, Seattle. Sewardpark.audubon.org ONGOING EVENT

Movies at Marymoor. Catch the last outdoor movie of this series: cult classic *The Princess Bride*. 6:30 p.m. (film shown at dusk). \$5. Marymoor Park, Redmond. moviesatmarymoor.com



National Parks and State Parks FREE.

Head out to explore Washington's beautiful state parks (**FREE** Aug. 25) and national parks (**FREE** Aug. 25–28 in honor of the National Park Centennial). Statewide. *discoverpass.wa.gov*, *nps.gov*

Knee High Naturalists. Littlest tots get up close with 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



The Evergreen State Fair. Carnival, competitive livestock exhibits, texting and bubble gum blowing contests and more. Daily Aug. 25–Sept. 5. \$7–\$12; ages 4 and under free; specials available; carnival rides extra. Monroe. *evergreenfair.org* **Fantastic Fly-in.** Festival celebrates para-

Fantastic Fly-in. Festival celebrates paragliding from Poo Poo Point with costumed flyers, kids' activities, food trucks and more. Friday–Saturday, Aug. 26–27. **FREE.** Issaquah. *downtownissaquah.com*



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* **Park in the Dark.** Venture out in the dark to experience the arboretum and its creatures at night. 7:30-9 p.m. \$8; preregister. Ages 5-12 with families. Washington Park Arboretum, Seattle. *depts.washington.edu/uwbg*



Tunes at Tapps. Head to Allan Yorke Park for outdoor market offerings and live music by The Great Pretenders. 5 p.m. market; 6:30 p.m. tunes. **FREE.** Bonney Lake. *ci.bonney-lake.wa.us*

Wild Wednesday. Free admission the last Wednesday of the month with two-item food bank donation. 9 a.m.–8 p.m. **FREE** with donation. Ages 1–10 with caregiver. PlayDate SEA, Seattle. *playdatesea.com*



www.seattlechildrens.org

Columbia Winery Charity Run and Walk Saturday, August 20, 8:30 a.m. to 12 p.m. Columbia Winery, Woodinville

Join the Run for Children's Guild in this popular 10K run, 5K run/walk and kids dash to support uncompensated care. There will be a post-race festival at Columbia Winery. Preregister for \$35, or register on race day for \$45.

www.runforchildrens.org

Low-Cost Life Jacket Sale at Green Lake Saturday, August 20, 10 a.m. to 2 p.m. Small Craft Center, 5900 W Green Lake Wy. N,

Small Craft Center, 5900 W Green Lake Wy. N Seattle, WA 98103

Have fun and be safe around the water. Come to Green Lake in Seattle for custom-fit life jackets for the whole family. **Cost:** \$20 for infant, child and youth, \$30 for adult sizes. **Sizes available:** infant to adult. The person for whom the jacket is being purchased must be present for proper fitting.

For more information, call Seattle Parks' David Belanger at 206-684-4961



Back to School Bash!

Saturday, August 13

10am-1pm

FREE Event

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Visit www.PacMed.org/BackToSchool for more information.

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HIBULB CULTURAL CENTER EVENTS

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In this interactive exhibit visitors will: experience how color impacts our daily lives, view colorful object displays and learn about the significance and usage of color by our contemporary artists.



- Interactive exhibit
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- **Explore & learn** about color

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- Gallery scavenger hunt
- · Sand and design your own cedar paddle necklace

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- Weaving scavenger hunt
- · Weave your own cedar mat pendant

VIBRANT BEAUTY

- · Color scavenger hunt
- Canvas painting

ARCHAEOLOGY

- Archaeology scavenger hunt
- · Hands on experience with artifacts, using archaeology tools and activities

For more details and registration please contact Mary Jane Topash, Group Tours Specialist at 360-716-2657, mjtopash@hibulbculturalcenter.org

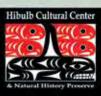
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Bellingham

Your last-minute summer escape

BY JENNIFER JOHNSON

s summer nears its end, my family is itching for more adventures
— but not for a long road trip. A nearby solution is Bellingham,
which has a fabulous collection of parks, museums and other
attractions for adventurous families. The natural areas feel
refreshingly wild, while the city — both downtown and the historic Fairhaven
neighborhood — offers a dynamic small-town vibe with lots to see and do.
The short 90-minute drive from Seattle means it's far enough away to feel like
an escape, but close enough to use less than a tank of gas. Here are our top
Bellingham adventures (find an expanded list at parentmap.com/bellingham). >>>





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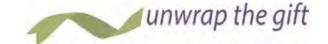
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Bellingham

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Just south of the city along scenic Chuckanut Drive, find all kinds of geologic and active adventures at Larrabee State Park. Explore the short waterfront trails at the beach, which feature interesting sandstone rock formations. Hike the 5.5mile round-trip Fragrance Lake Trail, or drive up the bumpy gravel Cleator Road to hike the newer Rock Trail, completed in 2014. This fascinating trail is only 1 mile round trip and includes unique geological features called tafoni, which are honeycomb holes worn into the sandstone. Cliffs with exposed rock layers and conglomerates, as well as giant, mossy boulders, are more highlights of this trail.

Tips: You can read about the tafoni and other geologic phenomenon on Dave Tucker's excellent website, Northwest Geology Field Trips (*nwgeology.wordpress. com*). A Discover Pass is needed to park.



Mountain bike on

Bellingham's Interurban Trail

This old railroad-grade trail runs 12 miles from Fairhaven (Bellingham's historic district) to **Larrabee State Park**. You can hop on the trail at Fairhaven Park and make the easy ride over to Arroyo Park, which makes a good turnaround spot. More ambitious riders can continue on to Larrabee State Park, but would need to detour around a missing rail trestle by finding their way through the dirt trails in Arroyo Park, or by riding a short section along Chuckanut Drive to California Street, where they can pick up the Interurban Trail again. Much of the ride is in the shade, but there are some dramatic peekaboo views over the water in spots. We walked our bikes in some difficult sections; mercifully, those were short. Find details on the trail at traillink.com/ trail/interurban-trail-(bellingham).aspx.

Tips: Children will enjoy the playground and large grassy fields at Fairhaven Park, as well as the labyrinth. Restrooms and running water are available there.



Explore trees, a tower and rocks in Fairhaven

For a gentle nature walk in the city, visit **Sehome Hill Arboretum** in Fairhaven. Play in the rock tunnel and climb the tower, which you can climb to get a view of the treetops and the city. Next, head to Western Washington University's Environmental Studies Building, where a free hallway museum displays a collection of rocks and fossil specimens local to Whatcom County and Washington. My kids were especially intrigued by the *Diatryma* fossil footprints.

Tip: You can walk directly to the museum from the arboretum, or drive around and park on campus (be sure to bring a few dollars for a parking permit). If classes are in session when you visit, keep a respectful silence.



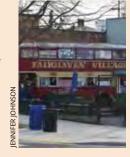
Bellingham

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Nosh

In Fairhaven, pick up fish and chips or clam chowder at the old red bus that is the home of **Fairhaven Fish & Chips**.

At Fairhaven's venerable Village Books, hit the



Book Fare Café

for espresso and yummy treats.

Downtown, try an imaginative coffee concoction, such as The Black Widow, at

The Black Drop Coffeehouse.

Also downtown, **Brandywine Kitchen** serves up fresh and inventive food, much of it naturally gluten-free.

No visit to Bellingham is complete without a cone at **Mallard Ice Cream**, the city's premier ice cream shop.





Spark your imagination

Downtown

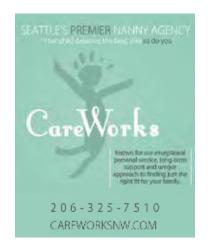
In downtown Bellingham, several one-of-a-kind museums draw families in. At the **Spark Museum of Electrical Invention**, you can see all kinds of electrical gadgets, play a theremin, explore how static electricity works — don't get shocked! — and watch a spectacular show with a giant Tesla coil and steampunkthemed lightning cage. (These special shows are on weekends only; check *sparkmuseum.org* for details.) For a quieter experience, go just around the corner to **Mindport**, a museum



that explores art, science and music; my kids especially loved the marble contraptions and unique musical instruments. Finally, experience a blast of color at the **Whatcom Museum**'s temporary summer exhibit *Colorfast*, which displays four vivid, site-specific installations in the Lightcatcher Gallery. Kids will also enjoy making art at the museum's Family Interactive Gallery and visiting the new exhibit on women's art (*Just Women*).

Tip: Across the street from the Spark Museum, refuel at Rocket Donuts, where gluten-free and vegan items are available.









Play and stroll along Bellingham Bay

At **Boulevard Park**, a long, narrow shoreline park on Bellingham Bay near Fairhaven with stunning views of the San Juan Islands, kids can walk out on the boardwalk over the water, play at the nautical-themed playground or fly kites. Parents will appreciate the fabulous **Woods Coffee** shop (arguably the best coffee in the city), with its natural wood décor and second-floor loft for enjoying views over the water. Trails at Boulevard Park connect to the 2-mile-long **South Bay Trail**; if you're feeling energetic, hike it (or bike it) from Fairhaven to downtown Bellingham.

Tip: Parking at Boulevard Park is free, but can be busy on sunny days.



Paddle, bike or hike at Lake Padden

Bring your hiking shoes, biking gear and canoe, and play for a day at **Lake Padden**, a beautiful forested lake about 5 miles to the southeast of downtown. A kid-friendly 2.6-mile loop trail circles the lake, with other trails branching off. You'll feel like you are in the mountains rather than just five minutes off the freeway. In the summer, families can fish or swim; and Yeager's Sporting Goods rents kayaks and stand-up paddleboards (rentals Friday–Sunday, noon–6 p.m., find it inside the west entrance of the park near the swim beach).

Tip: The southeast corner of the park has an off-leash dog area, with a few miles of trails for your furry friend to run free. >>

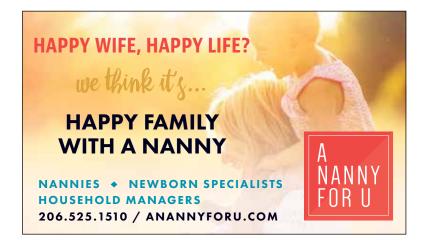
Sleep



Pitch a tent at **Larrabee State Park** on Chuckanut Drive (reservations recommended, and note that you'll hear train noise). Farther north, **Birch Bay State Park** is a large campground on Puget Sound, with wonderful beaches that are perfect for exploring at low tide.

If a hotel is more your family's style, try **Marriott's SpringHill Suites** in downtown Bellingham, with large rooms that feel more like apartments and include microwaves and mini fridges (\$113–\$195 per night).







New baby? PEPS Groups that bring together new moms and dads in their neighborhoods start regularly. Sign up at www.peps.org.

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Bellingham

continued from page 27



Wander the trails at

Whatcom Falls Park

Miles of wide gravel paths and wilder dirt trails entice families to explore this beautiful park, located a few miles east of downtown Bellingham. One main waterfall tumbles underneath a historic stone bridge. Smaller waterfalls and rapids entice hikers to explore downstream. Kids will be interested in the fish hatchery on site, and can

learn about salmon through the interpretive signs. The main paths are suitable for strollers and bikes. Seasonal fishing is allowed for children at Derby Pond.

Tip: Swimming is not advised in Whatcom Creek because of dangerous undertows.

Jennifer Johnson is a homeschooling, nature-loving mom of two kids, and blogs at thehikermama.com.

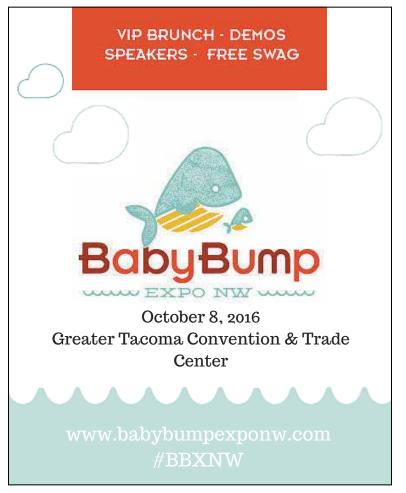
3 more escapes at ParentMap.com

Tides and spa at Semiahmoo: Just north of Bellingham on a spit of land that stretches towards Canada, this 212-room lodge is a great escape for families or couples. Soak at the spa, dig at the beach, rent kayaks, bike miles of trails, take the vintage ferry to Blaine and dine at the top-notch Pierside restaurant. *parent-map.com/semiahmoo*.

Rambling at Mount Rainier: Celebrate the National Park Service's 100th birthday with a camping trip to explore the crystalline lakes, rivers and ridgelines of Rainier; a second-generation Rainier-o-phile shares where to go at *parentmap.com/rainier*.

Starry-night getaway in Klickitat County: Where can you find a world-class observatory, a Rodin-rich art museum and a Stonehenge replica kids love to explore? Find out why big dreamers have made this rural county a great family destination at *parentmap.com/goldendale*.





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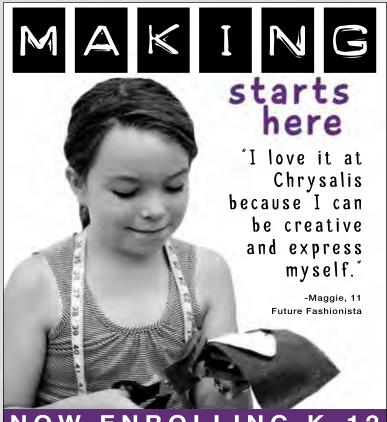
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"Can we Yeti?" If you hear your student saying this, it may be time to download **Mind Yeti** (*mindyeti.com*). This web-based app from global nonprofit Committee for Children (CFC) is helping kids (and the adults in their lives) take a moment to clear their minds.

"[In developing Mind Yeti], we looked at the emerging research that suggests mindfulness helps ease anxiety, can help kids with ADHD and foster empathy and overall well-being," says Mia Doces of CFC. "My team took what we learned from an 8-week pilot mindfulness project in five classrooms in Los Angeles and five in Seattle and created Mind Yeti."

The result? Adults and kids, typically ages 5 to 12, meditating together and finding a little calm, focus and connection — all beneficial in a place as potentially chaotic as a classroom.

"One fifth grade teacher said this is the first time he has been able to get his kids engaged [with a mindfulness technology]," says Doces. He also uses Mind Yeti with his 90-year-old mother, she notes. "It's truly a transgenerational program."

Read the full story at *parentmap.com/mind-yeti*

— Nancy Schatz Alton







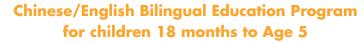
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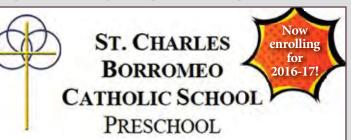
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Office hours

How to maximize your visit to the pediatrician

By Deanna Duff

arah Lien's daughter is a model patient. Two-and-half-year-old Audrey has a toy doctor's kit she brings to medical visits and follows along with her mini-stethoscope. The reward of a sticker afterward is a bonus.

"Audrey loves visiting the doctor. She wants to go when she just has a paper cut!" says Lien, a Lake Stevens resident.

Parents with fussy, fearful youngsters would welcome such enthusiasm. Add in the fact that some office visits are for as little as 15 or 30 minutes, and it can be a stressful situation. Here's how to make the most of doctor visits every time.

Scheduling 101

When making an appointment, clearly identify the purpose. It helps determine expectations and time required.

Appointments generally fall within three categories. First, **meet-and greets**. Many clinics offer these as either in-person or phone appointments to help families become acquainted with a new provider. It lays the groundwork for good communication.

"It's really important for the parent to trust and feel comfortable with their child's doctor," Lien says. "If you're not, your child may pick up on that."

Second, **well-child checkups**. These routine physical exams vary in frequency depending on a child's age. Babies often have these exams at two weeks and four months, while exams for older children are scheduled annually.

"We typically review growth and are thinking about the overall health of a child," says Dr. Traci McDermott of Virginia Mason University Village Medical Center. "There are maybe a few specific concerns expressed by parents, but those are usually limited because there is a lot to cover and time is limited."

Third, **urgent appointments** are for more immediate and specific concerns, such as severe flu, infections or injury.

The more detailed you are when making the



appointment, the better the office can address your needs. It might even be possible to coordinate with a nurse rather than scheduling an in-person visit.

"One of the best tools available is talking to a nurse," McDermott says. "Certain things are easily and commonly discussed, such as diaper rash or what to do when a child is vomiting or has diarrhea. Nurses can help determine whether to bring the child in right away, wait a day or talk you through it over the phone."

If you do go to the office, most appointments average 20 minutes. If you are running late, call ahead to determine if you should reschedule. Missing even 10 minutes may not allow enough time to cover what's needed.

"I like to schedule for success," Lien says. "Time of day matters so much. It's so much easier to plan an appointment before nap time or when you know they won't be hungry. I call it the golden period, when you know your child will be happiest anyway."





Prepare the paperwork

Formulate questions beforehand and write them down, if necessary. It's easy to forget something while attending to your child and listening to the doctor.

"Try to prioritize questions and let the doctor know up front the things that you most want to talk about," says McDermott. "Since there is limited time, it can really

help the doctor maximize the visit. We might spend less time on something we know the parents aren't as worried about and focus on the questions they really want addressed."

Also, prepare a list that outlines all of your child's medications with dosage information.

"Pediatricians need to know everything a child is taking," says Dr. Yolanda Evans, assistant professor of pediatrics at Seattle Children's Hospital. "In addition to prescription medication, it's also very important to include any herbs, supplements, naturopathic treatments and vitamins."

Outline in advance any other information you can provide. According to Evans, this includes family medical history, recent travel, exposure to illnesses and any major life changes.

"We also look at food intake, allergies and general home life. What are [a child's] sleep patterns? Playtime is often overlooked, but not enough [play] can become an issue if they're too

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Office hours

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stressed," says Dr. James Kriseman, associate medical director at the Overlake Medical Clinic in Redmond.

Lastly, make the effort to arrive the requested 15 minutes early to fill out forms. This ensures that time with the doctor isn't devoted to paperwork.

"When you're

seeing a new doctor, they're bring a hard copy of medical records when you can," Kriseman advises. "Most clinics are transitioning to electronic health records, but it hasn't always caught up at the pediatric level."

Make your child comfortable

Keep in mind that doctor visits are a new experience for young children. Preparing them ahead of time mitigates fear of the unknown.

"I absolutely talk to my daughter about it in advance," Lien says. "She knows if she's getting a shot and where it will be, so she's mentally prepared. I don't want her to be surprised, which can make it feel scary."

Evans agrees, both as a doctor and mother to her own 3-year-old. She and her daughter role-play a few days in advance, the night before and then discuss it again during the car ride to the appointment.

"I walk her through what to expect," says Evans. "A doctor will check her blood pressure, which means something squeezing her arm like a hug. They'll check her temperature. Most importantly, [I reassure her that] all of that is OK

Most
pediatricians
try to have
kids even
as young as
kindergarten
put into their
own words how
they're feeling

need to see a doctor."
Encourage your child to
ask questions and contribute
information during the appointment.

"Most pediatricians try to have kids even as young as kindergarten or first grade put into their own words how they're feeling. Sometimes that can be really valuable information," McDermott says.

Most importantly, think about environment. Lien dresses her children in clothes that are easy to take on and off. She also brings a blanket in case the exam room is chilly. A favorite toy or quick snack, if appropriate, goes a long way toward soothing anxiety.

If your child has an outburst despite your best-laid plans, don't sweat it too much. It's all in a day's work for an understanding provider.

"Most pediatricians are open, receptive and have their own little tricks to help weather those situations and get through challenging parts of the exams," McDermott says.

Deanna Duff is a Seattle-based freelance writer and member of the Society of Professional Journalists.

because Mom and Dad are there."

Communicate clearly and always frame visits as something good for your child's health.

"Use really positive language that can dampen nervousness," McDermott says. "Don't use doctor visits as if they're a consequence for bad behavior. That can carry over to a child not expressing something when they need to see a doctor"

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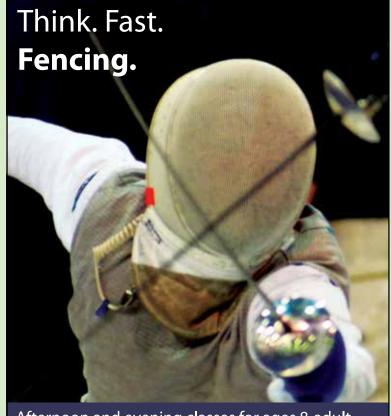






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Fashion conscious

5–12 Shopping for kids with sustainability in mind By Bryony Angell

More back-to-school content: parentmap.com /education

have always paid attention to clothes. I follow fashion as an admiring fan, and attire myself accordingly on a diet of mostly well-made, distinct and durable items purchased at consignment stores. And, for better or worse, I've raised a child who also is a clotheshorse. That means finding kid-friendly threads that are both fashionable and affordable.

What I've not always considered as closely is where our new clothes come from. So many of us are intentional about where we shop for food, specifically choosing organic and locally sourced ingredients when grocery shopping. What if we gave the same consideration to how we clothe our families?

"Whether cotton, wool, alpaca or leather, the same sustainability issues that we think about in our kitchen are relevant in our closet," says Nadine Farag, a New York City-based writer and sustainability consultant. "In 2010, the fashion industry produced over 150 billion pieces of clothing. That's a shocking figure when you consider the natural resources, including water and land, required to produce these clothes."

And clothing requires a lot, often polluting the environment along the way. Tanning, product manufacturing and dyeing are three of the top 10 most polluting industries globally, according to international antipollution organization Pure Earth. "Because of the combination of environmental pollution from both farms and factories, fashion is today one of the most polluting industries in the world," adds Farag.

Not only that, fashion can have terrible consequences for the mothers and children who so often make what we wear. Retail labor often exposes them to sexual harassment, unequal pay and unsafe working conditions. One national report of the United States' low-wage industry, much of which involves retail, found that women were significantly more likely than men to experience minimum-wage violations. That adds



up, sometimes to as much as 15 percent in lost annual income.

"This," says Farag, "is an industry that mainly employs mothers and dramatically affects children and their well-being."

I'll be the first to admit how easy it is to ignore fashion's footprint. We're bombarded with advertisements of the charmed life of well-dressed models, distracted by the lure of sales at chain stores and ever conscious of our precious time and thus the importance of convenience.

But if you take a step back and assess what kind of consumer you want to be and what you want to teach your kids, conscientious and affordable clothes shopping

Don't do this!

If you can't resell your old clothes, don't throw them out! Rather, find a spot to donate damaged clothing, rags and various textiles. Visit King County Threadcycle (your.kingcounty. gov/solidwaste/ ecoconsumer/ threadcycle. asp) for more information.

can be done. Here's how to get started when dressing your kid cheaply, chicly and sustainably.

Before you shop, take stock

"So much of what is unsustainable about fashion these days is that we're buying too much," says Farag. "If you look through your kid's closet and find clothes they've never worn or worn only a handful of times, this might be a sign that you're buying too much."

Think about long-term wear, reuse and upcycling. "Certain things are going to happen to kids' clothes. They're going to get stained with chocolate milk. They're going to get ripped in the knees," says Natalie Holbrook, former lifestyle blogger and author of parenting and fashion memoir Hey Natalie Jean. "When I shop for my son, I shop for basics that will look equally as good when trashed as they do when new. I spend extra on good denim pants that will wear well and look good as high-waters."

Also include your kid in any decision before purchasing something new. "My kids have seriously strong preferences," says Shana Draugelis, founder of popular blog The Mom Edit (themomedit.com) and mother to two school-age boys. "Selfexpression through style is totally OK in my book, and I nurture theirs as best I can."

Draugelis browses online to create wardrobe collections for her sons. She takes screenshots of 5-10 items and then lets her kids choose before she makes any purchases. Not only does that save time and money, it means fewer clothes bought that'll never be worn.

Use secondhand for as long as you can

"I love buying really high-end used clothing for my kids," says Draugelis. "[Those pieces] tend to stand the test of time." >>

5-12 Fashion conscious

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Retail consignment websites such as ThredUp (*thredup.com*) and Schoola (*schoola.com*) are selective about what they resell, so the clothing and shoes on their sites are often very wearable, "like new" and, in some cases, still have tags attached.

"You see the most selection for babies and young kids, who grow like weeds," says Turi Fesler Steffen, Schoola's director of social media and blog. "Infants change size every few months, so it really doesn't make sense to buy new."

Consignment shopping can be more challenging for older kids, especially boys. "High-quality used pants for boys? They don't exist," says Draugelis. "Boys seem to trash every single pair of pants they touch."

But don't give up. Rather, shop retailers who have done the curating for you, whether online or in person. Sometimes you can even play stylist yourself. "On Schoola, you can create a custom collection for each of your kids, so when you're ready to shop, you are only browsing in your kid's size," says Fesler Steffen. "If you're worried about sizing, shop brands you're familiar with or Google the brands to look at their sizing charts."

If you prefer to shop in person, Seattleand Bellevue-area children's consignment shops such as Kookaburra Kids, Childish Things, Sela's Small Couture, Hopscotch, and Sugarlump offer high-quality, stylish clothes. Their selections can be small, but the finds are worth the time and effort.

Plus, there's one huge advantage of

shopping consignment: *selling* consignment. It's an easy way to earn credit toward your child's wardrobe. The same websites and local stores mentioned above also accept consigned clothing from customers (check their respective websites for details). A good rule of thumb from Fesler Steffen: "If you paid more than \$15 retail for it, try to consign it."

When you buy new, consider this

Despite its merits, secondhand is neither a solution to make fashion sustainable nor a remedy for all of your child's clothing needs.

"In order to bring about change in the fashion industry, we need to support the companies that are making fashion responsibly," says Farag. "It's great to balance secondhand with buying from brands who work really hard to manufacture their clothing consciously."

To find retailers who produce high-quality clothing and are transparent about production and material sourcing, read the label.

"You're looking for two things: what material the clothing is made from and where it's made," says Farag. Look for clothing made from plant fibers, ideally organic. These are more sustainable than polyester, which is made from crude oil.

The item's country of origin also indicates the environmental and labor standards that went into production. "Buying clothes made in a developed country helps," says Farag. "Labor, workplace health and safety standards are typically higher and more enforceable than in developing countries."

Get creative in shopping from local or U.S. producers and vendors: Find good sources for basics. Draugelis recommends mother-owned business Nonchalant Mom (nonchalantmom.com)

for organic cotton, American-made items for kids and moms.

"Your best bet for sustainably produced clothing is to support independent labels, like those on Etsy," says Farag.

Ultimately, make sure your kid likes whatever you buy so he'll wear it. "I find myself asking [my son], 'Are you *sure* you want this bright orange T-shirt?" says Holbrook. "He's usually pretty sure. A kid likes what he likes!"

Bryony Angell writes at bryonyangell. com and you can follow her on Twitter (@bryonyangell).

more tips for shopping success

Become familiar with your favorite brands. Reliability prevents buyer's remorse.

Read reviews. Google the brand and item you're considering. Chances are someone out there has reviewed it.

Sign up for email alerts specific to your kid's gender and size.

Think against type. Shop the girl's department for boys and vice versa.

Shop "adult size small" for your older children. You'll find great pieces!

ARTS + ACTIVITIES





ARTS + ACTIVITIES

Make summer a blast with these DIY crafts

It's a bird!
It's a plane!
It's your kid's
latest science
experiment!
Stimulate
your child's
engineering side



this summer by building a family flier. Here are three out-of-thisworld ideas to get you started.

1 Quick bottle rocket. Baking soda and vinegar: Are any two kitchen standards as beloved by children? Turn a plastic bottle into a star explorer in nearly no time at all with handy step-bystep instructions on blog Teach Beside Me. Don't worry — it's not rocket science.

2 Pool noodle pom-poms shooter. Those foam noodles aren't just for poolside fun!
Transform one into a pom-pom blaster that'll keep your kids free from the mess of a marshmallow shooter without losing any of the dodge 'em fun. Details from the blog Frogs, Snails and Puppy Dog Tails.

3 Rocket-powered jetpack. Seriously, who doesn't want one of these? Shoot for the moon with this stellar idea from at DoodleCraft. You'll use recycled soda bottles and cardboard along with straps and felt to create your kid's favorite new accessory. Moon boots not included.

Details and more ideas at **parentmap.com/blast-off**

— Kelly Knox









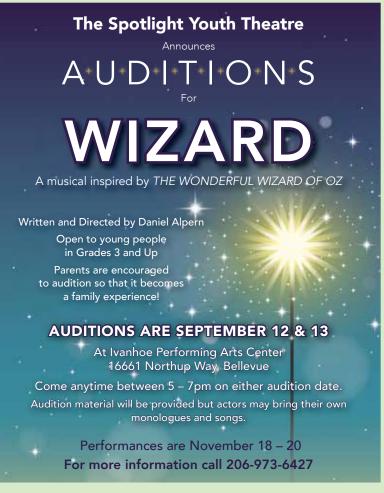


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