



SPECIAL
EVENT

**Glee star
Lauren Potter**

NOV. 15 • SEE PAGE 45

ParentMap

'cause parenting is a trip!



***Traditional and innovative programs
help local families in need***

diy holiday gifts

Make it, then give it 27

**FAMILY
ADVENTURE
GUIDE
inside**



NOVEMBER 2014

INDIAN EXPAT CULTURE CLASH

Explaining Thanksgiving
to my grandma **8**

TAKE THAT FINGER OUT OF YOUR NOSE!

The guide to teaching
kids manners **40**

IS IT NATURE, OR IS IT NURTURE?

Are parents creating
picky eaters? **11**

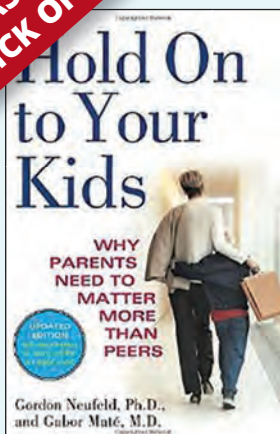


ParentMap *12th annual*

Lecture Series

*National thought-leaders share insights, advice
and inspiration on current parenting topics*

**2015
SEASON
KICK OFF**



Who's the Boss: Making Sense of Power Struggles



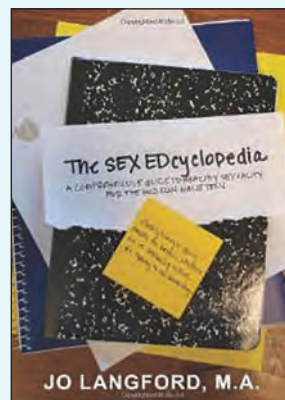
**Gordon
Neufeld,
Ph.D.**

Developmental
Psychologist

and author, Dr. Gordon Neufeld's unfolding of the alpha child dynamic offers some of the most surprising and revealing developmental insights to those raising children in today's world.

JANUARY 22

TOWN HALL, SEATTLE



Adolescents and Sexuality in the Digital Age



**Jo Langford,
M.A.**

Sex educator and therapist, Jo Langford, promotes healthy, positive and safe

sexual behavior. His talk covers the risks and realities of kids' lives today, providing tools to talk to kids and steer them away from the three big bads: porn, sexting and cyber-bullying.

FEBRUARY 25

KIRKLAND PERFORMANCE
CENTER

From Love to Limits: The Early Years



**Laura Kastner,
Ph.D.**

MARCH 31

TOWN HALL,
SEATTLE

Queen Bees and Masterminds



**Rosalind
Wiseman**

APRIL 21

TACOMA

APRIL 22

MERCER ISLAND

Making Love Last and Marriage Work



**John Gottman,
Ph.D.**

MAY 18

TOWN HALL,
SEATTLE

will sell out!

BUY TICKETS TODAY! parentmap.com/lectures

\$25 SINGLE TICKET • 7–9 p.m.

Presenting Sponsors



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION



inside

ParentMap

NOVEMBER 2014



feature
PAGE 19

A network of traditional and innovative programs helps Seattle's growing number of families in need

REGULARS

4 DEAR READER

Safety and security for all

6 PAGE 6

Organization hacks for toy chaos, Thanksgiving escapes and a galaxy of *Stars Wars*-inspired crafts

8 VOICE

Explaining Thanksgiving to my grandma

11 WELLNESS

Nature or nurture: Are parents creating picky eaters?

14 AFTER-SCHOOL SPECIAL

Culturally competent programs form true connections for kids

46 SOMEONE YOU SHOULD KNOW

Shannon Watts of Moms Demand Action

OUT + ABOUT

24+25 NOVEMBER CALENDAR

27 HOMEMADE FOR THE HOLIDAYS

Simple gifts kids can make and give

AGES + STAGES

37 0-3 BABY BLING

Cool, creative jewelry for moms (and dads)

40 4-9 TAKE THAT FINGER OUT OF YOUR NOSE!

What manners should your kids know?

42 10-13 CHOOSE YOUR OWN ADVENTURE

Graphic novels starring kids

44 14-18 SAY WHAT?

Why your teen's hearing might be at risk

ADVERTISING SECTIONS

13-15 SCHOOLS + PRESCHOOLS

18-23 NWAIS SCHOOLS

28-29 GIFT GUIDE

39 ARTS + ACTIVITIES

COMING IN DECEMBER

- **Generation inspiration:** Where does inspiration and awe originate, and how do we help it take root in our kids?
- **Holiday gift guide:** Rad retro gifts
- **Family wellness:** Teens and suicide

COVER IMAGES: ISTOCK; COLLAGE: EMILY JOHNSON





A network of traditional and innovative programs helps Seattle's growing number of families in need

REGULARS

4 DEAR READER

Safety and security for all

6 PAGE 6

Organization hacks for toy chaos, Thanksgiving escapes and a galaxy of *Stars Wars*-inspired crafts

8 VOICE

Explaining Thanksgiving to my grandma

11 WELLNESS

Nature or nurture: Are parents creating picky eaters?

14 AFTER-SCHOOL SPECIAL

Culturally competent programs form true connections for kids

46 SOMEONE YOU SHOULD KNOW

Shannon Watts of Moms Demand Action

OUT + ABOUT

24+25 NOVEMBER CALENDAR

27 HOMEMADE FOR THE HOLIDAYS

Simple gifts kids can make and give

AGES + STAGES

37 0-3 BABY BLING

Cool, creative jewelry for moms (and dads)

40 4-9 TAKE THAT FINGER OUT OF YOUR NOSE!

What manners should your kids know?

42 10-13 CHOOSE YOUR OWN ADVENTURE

Graphic novels starring kids

44 14-18 SAY WHAT?

Why your teen's hearing might be at risk

ADVERTISING SECTIONS

13-15 SCHOOLS + PRESCHOOLS

18-23 NWAIS SCHOOLS

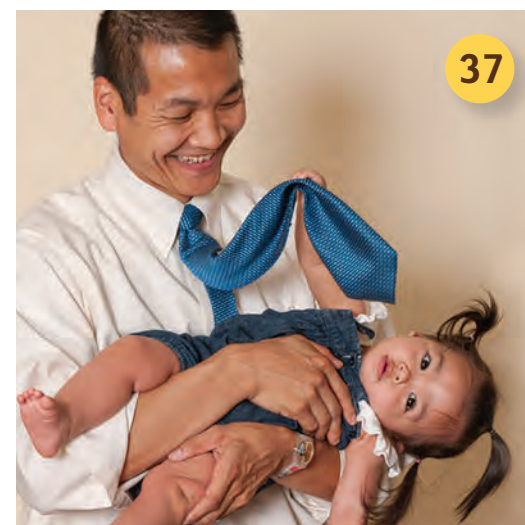
28-29 GIFT GUIDE

39 ARTS + ACTIVITIES

COMING IN DECEMBER

- **Generation inspiration:** Where does inspiration and awe originate, and how do we help it take root in our kids?
- **Holiday gift guide:** Rad retro gifts
- **Family wellness:** Teens and suicide

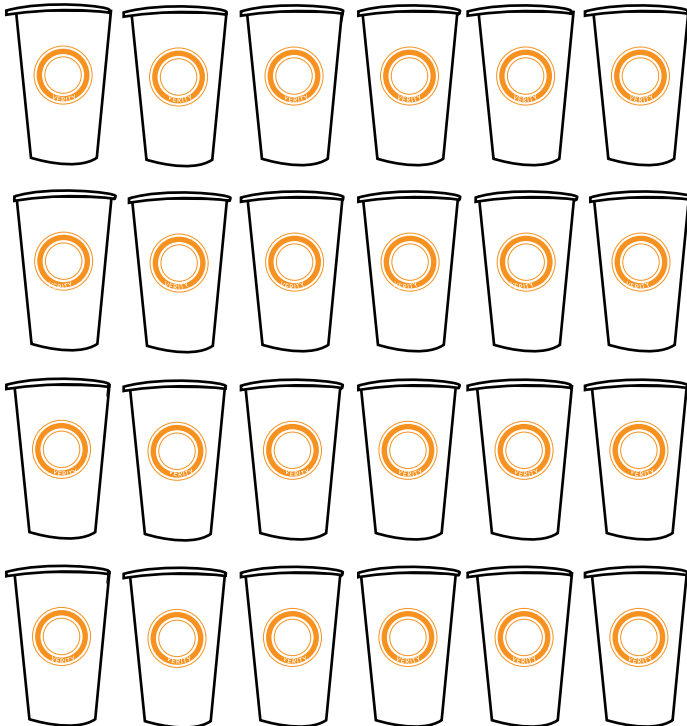
COVER IMAGES: ISTOCK; COLLAGE: EMILY JOHNSON



THE AVERAGE PERSON **SAVES \$800** WHEN
THEY SWITCH THEIR  LOAN TO VERITY*

That's like:

240 lattes



scale: 1 latte = 10 lattes

Plus, no payments for up to 90 days!*

VERITYCU.COM/DRIVEHAPPY
(206) 440-9000

V | **VERITY**
CREDIT UNION

*Based on a \$25,000 loan at a 1% (100 basis points) lower rate over a 72 month term, the average person saves \$800. Offer good only to refinance vehicle, boat or RV loans from another financial institution through 12/31/14. Available for qualified borrowers only. Ninety-day payment deferral dependent on credit worthiness. Verity Credit Union is federally insured by the NCUA.

dear reader

Safety and security for all

One winter, a number of years ago, my young family's carefully calibrated life wobbled. My husband and I had an infant and a toddler, an exorbitant double day-care bill, and two modest-paying jobs. After our second baby came we made the decision to take out a loan to help us pay for child care until our first daughter made it to kindergarten. It caused our debt load to spike, but without the loan we couldn't meet our monthly costs. It paid for groceries, gas, heat.

Then came the recession, almost overnight. One day, not far from Christmas, a letter arrived from our bank regarding the extra loan. *We're sorry to inform you, the letter said, but things have changed here in the banking world and your loan is null and void.*

Suddenly we were not a middle-class, median-income family. We were not college-educated young parents and professionals. We were people who might need help, a very normal family on the brink of food insecurity — just like the families you'll learn about in our feature, "Food for all," p. 19.

In the end, there was a last-minute save: My husband got a new job, which could better support us. But for hundreds of thousands of Washington state families, the only thing preventing them from going hungry is the network of safety-net programs. Statewide, Northwest Harvest estimates, a staggering one in five kids lives in a family suffering with food insecurity or hunger. These could be any of our children. And in many ways, they *are* our children. Learn how to help, and where to find help.

This month we also offer tools to make this season of giving restful and delightful. Are you worried your sweet little nose-picker will *never* be ready for the adult table? Check our etiquette guide to learn what manners to focus on when (p. 40). And whether you're crafty or not, our DIY gift guide will inspire you with seven easy ideas for handmade holiday gifts that are upcycled, recycled and ever-so-clever — and can be made by kids ("Homemade for the holidays," p. 27)! Finally, for inspiration, a call to action and maybe a few tears, read our gripping Q&A with Shannon Watts ("Someone you should know," p. 46), who, after the tragedy at Sandy Hook Elementary, launched a

movement of moms that has changed the conversation around gun safety.

Have a meaningful, bountiful Thanksgiving, surrounded by those you love.

— Natalie Singer-Velush, managing editor



ParentMap Special Event

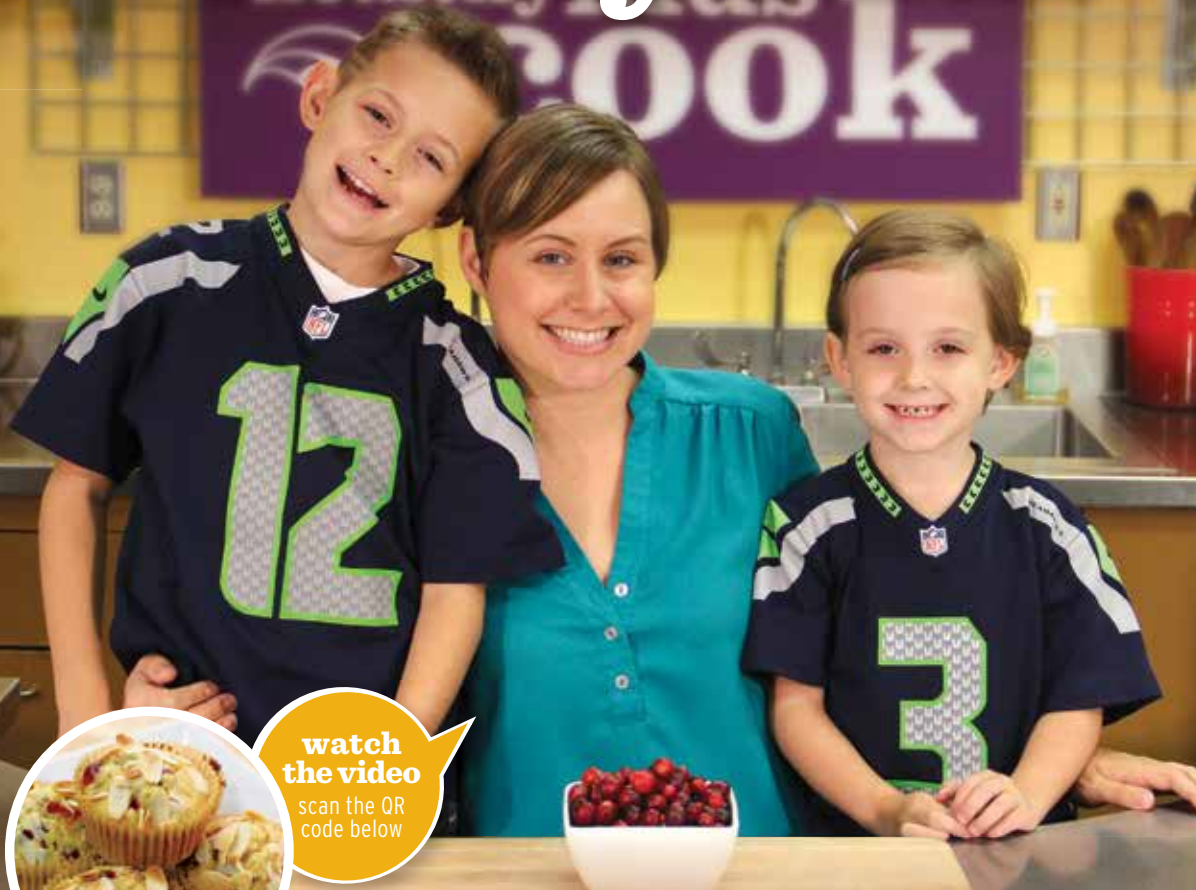
Living a Glee-ful Life

Possibilities and Potential for Every Child

RESOURCE FAIR • LAUREN POTTER SPEAKS AT 4PM

SAT., NOV. 15 • 2–5 PM • BELLEVUE COLLEGE

Healthy Kids Cook



**watch
the video**
scan the QR
code below

Watch PCC Chef Jackie Freeman make Cranberry Lemon Muffins with her helpers Gage and Dani, and find delicious additional recipes featuring peak-season fresh cranberries and sweet potatoes.
pccnaturalmarkets.com/healthykids



Healthy Kids for the holidays

Cooking with kids of all ages has reinforced our belief that kids truly enjoy helping in the kitchen, and that the experience can inspire them to try new, healthy foods they might otherwise resist. PCC Chef Jackie Freeman, host of our Healthy Kids Cook video series, says, “The holidays are a busy time, especially in the kitchen. Encourage your kids to participate with simple, age-appropriate tasks that give them some ownership, like reading recipes, measuring ingredients or mixing.”

Cranberry-Lemon Muffins

MAKES 16 TO 18 MUFFINS

- 1½ cups all-purpose flour**
- ½ cup cornmeal**
- ½ cup white sugar**
- ½ cup brown sugar**
- 2 teaspoons baking powder**
- Pinch of salt**
- 1½ cups chopped cranberries**
- ¾ cup plain yogurt**
- ¾ cup whole milk**
- 2 eggs, lightly beaten**
- 2 tablespoons lemon juice**
- 1 tablespoon freshly grated lemon zest**
- 1 teaspoon vanilla extract**
- ½ cup sliced almonds (optional)**

Preheat oven to 375° F. Line a 12-cup muffin tin with paper liners.

Whisk together flour, cornmeal, sugars, baking powder and salt in a bowl. In a separate bowl, toss cranberries with 2 teaspoons flour mixture to coat; set aside.

Whisk together yogurt, milk, eggs, lemon juice, zest and vanilla in a bowl. Add yogurt mixture to flour mixture, beating until just combined. Fold in cranberries. Divide batter evenly among muffin cups. Sprinkle with almonds.

Bake until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then transfer to wire racks.

RECIPE BY JACKIE FREEMAN, PCC CHEF

EACH MUFFIN: 140cal, 3g fat (0.5g sat), 25mg chol, 110mg sodium, 26g carb, 2g fiber, 3g protein



**TEN NEIGHBORHOOD LOCATIONS: EDMONDS • FREMONT • GREENLAKE AURORA • GREENLAKE VILLAGE • ISSAQUAH • KIRKLAND
REDMOND • SEWARD PARK • VIEW RIDGE • WEST SEATTLE • FIND LOCATIONS & DIRECTIONS PCCNATURALMARKETS.COM**

Table for ...turkey

Want to avoid the dishes this year? We've rounded up 30-plus family-friendly restaurants around the Puget Sound where you can do Thanksgiving dinner, from traditional multi-course menus to the last delectable pie crust crumb: parentmap.com/turkeyout.



GO FISH!

Cheer on salmon as they muscle their way back to their spawning grounds: It's an annual rite of passage in the Northwest and a great excuse to get your family outside. Wander the trails around Pipers Creek (salmon stewards are there on weekends); search for the land-locked kokanee salmon near the East Sammamish Trail; or spot returning chum near Olympia. parentmap.com/salmon

Fly the coop

Skip the turkey stress and use that glorious four-day Thanksgiving weekend (or any fall or winter slot) to jumpstart a mini vacation instead. Try an early-bird ski trip to Whistler (hint: great deals) or a cozy stay at Lake Quinault Lodge to hike the emerald rainforest. Other ideas include yurt camping (skylights and heaters included).

parentmap.com/turkeygetaway



Towers of terror

You're afraid, very afraid . . . of the loose Legos and towering stacks of random toys haunting your house. Rest easy: Our roundup has your toy-organization solutions, including racks, roller bins and under-the-bed brilliance. Go ahead, give chaos a scare! parentmap.com/toystorage



Should I stay or should I go now?

When to enroll a child in kindergarten — push a younger one ahead on schedule or hold back a year — is a decision that perplexes many parents. In November, one mom shares what she learned navigating the school system: parentmap.com/earlyentrance. Join the conversation: Send us your comments on Twitter or Facebook with [#earlyentrance](https://twitter.com/earlyentrance).

ParentMap
November 2014, Vol. 12, No. 11

PUBLISHER/EDITOR Alayne Sulkin

EDITORIAL

MANAGING EDITOR Natalie Singer-Velush
OUT + ABOUT EDITOR Elisa Murray
CALENDAR EDITOR Nancy Chaney
PROOFREADER Sunny Parsons

CONTRIBUTORS

Gemma Alexander, Nancy Schatz Altton,
Carrie Anton, Hilary Benson, Tiffany Doerr Guerzon,
Malia Jacobson, Kathryn Russell Selk,
Padmaja Ganeshan-Singh

PARENTMAP.COM

CHIEF TECHNOLOGY OFFICER Julian Haight
SOCIAL MEDIA COORDINATOR Rory Graves

ADVERTISING

SENIOR ACCOUNT EXECUTIVE, SEATTLE
Anne Doss Hardy

ACCOUNT MANAGER, EASTSIDE
Ida Wicklund

ACCOUNT MANAGER,
NORTH SEATTLE AND SNOHOMISH COUNTY
Dani Carbury

ACCOUNT MANAGER, PIERCE AND THURSTON COUNTIES
Stephanie Brandt

AD TRAFFIC + DIGITAL PRODUCT MANAGER
Elisa Taylor

SALES SPECIALIST Jessica Collet
SALES COORDINATOR Lisa Salkind

MARKETING/EVENTS

MARKETING DIRECTOR Jo Gubas
MARKETING COMMUNICATIONS MANAGER
Ayva Larson

EVENTS MANAGER Merideth MacRae

ART + PRODUCTION

DESIGN + PRODUCTION Emily Johnson
PRODUCTION DESIGN Amy Chinn

ADMINISTRATION

DIRECTOR OF OPERATIONS Natalie Wells
BUSINESS MANAGER Barbara Cohen
ACCOUNTING ASSISTANT Tara Buchan
ADMINISTRATIVE ASSISTANT/DISTRIBUTION
Angela Goodwin

ADMINISTRATIVE SUPPORT Taracina Ullevig

PARENTMAP

EDITORIAL ADVISORY BOARD

Benjamin Danielson, M.D.
ODESSA BROWN CHILDREN'S CLINIC
Joan Duffell COMMITTEE FOR CHILDREN

John Gottman, Ph.D.

THE GOTTMAN INSTITUTE

PROFESSOR EMERITUS, UNIVERSITY OF WASHINGTON

Michael Gurian THE GURIAN INSTITUTE

Laura Kastner, Ph.D.

PSYCHIATRY + BEHAVIORAL SCIENCES,
UNIVERSITY OF WASHINGTON

Bea Kelleigh VICE PRESIDENT AT DOVETAILING, LLC

Yaffa Maritz, M.A.

LISTENING MOTHERS +
COMMUNITY OF MINDFUL PARENTS

Ron Rabin THE KIRLIN FOUNDATION

Daniel J. Siegel, M.D.

EXECUTIVE DIRECTOR, MINDSIGHT INSTITUTE

ADVERTISING INFORMATION

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

CALENDAR SUBMISSIONS calendar@parentmap.com

EDITORIAL SUBMISSIONS editor@parentmap.com

DISTRIBUTION distribution@parentmap.com

SUBSCRIPTIONS subscriptions@parentmap.com

ParentMap is published monthly.

PMB #399, 4742 42nd Ave S.W.

Seattle, WA 98116

Admin: 206-709-9026, parentmap.com

Subscription rate: 1 year: \$24; 2 years: \$40

All rights reserved; reproduction in whole

or part without permission prohibited

©ParentMap 2014 • Printed in Oregon



facebook.com/ParentMap



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



pinterest.com/ParentMap



ALL SPORTS INVENTORY

DOWNHILL & X-C SKIING • SNOWBOARDING • ICE SKATING • HIKING

Ski Gear Galore
Trade-ins Welcome

2ND BASE



QUALITY USED SPORTING GOODS


Great Winter Gear for Kids, Moms, Dads, and Grandparents
Buy • Sell • Trade

1001 NE Boat Street, Seattle
Next to Recycled Cycles

206.325. BASE
2ndbaseseattle.com

ALL SPORTS INVENTORY

BIKING • SLEDDING • SNOW SHOEING • CLIMBING • WARM CLOTHES



sound & SILENCE
A unique approach to music lessons

A unique approach
to music
lessons for
children 3+ and
beginning adults

Leschi/Mt. Baker area

For more information
please go to website
www.soundand.com

Jay Hamilton
206-328-7694

ZOO LIGHTS

Nov 28–Jan 4



Discounted tickets available at pdza.org and Fred Meyer

Fred Meyer | **K5**

POINT DEFIANCE ZOO & AQUARIUM
Metro Parks Tacoma

Explaining Thanksgiving to my grandma

By Padmaja Ganeshan-Singh

“I’ll see you again for Dussehra holidays?” Paati asked as I prostrated myself at her feet (an Indian tradition of greeting or bidding farewell to elders) before leaving her house. She wasn’t happy that I was leaving for the U.S. so quickly, after a “mere” two months in India.

“That’s in October, right, Paati?” I confirmed with my grandmother. “It’s August now, Paati. I can’t be back so soon!”

“Won’t your daughter be off school?”

When I replied no, Paati was shocked. The festival celebrates the victory of good over evil in two separate mythological stories. In one, goddess Durga, born from the confluence of power from a trinity of gods — Brahma (the creator), Vishnu (the sustainer) and Shiva (the transformer) — destroys a powerful demon king, Mahishasura. In the other story, Lord Rama, an incarnation of Vishnu, overpowers and destroys Ravana, the 10-headed demon king. So you see, obviously it is a double cause for celebration, and my grandmother was not convinced that the schools and offices here in the U.S. did not declare holidays for such a powerful festival. She was appalled at the irreverence.

I had a whole other, financial reason for not being able to go back to India in a month, but that would immediately be shot down with “Is money more important than your grandmother?” So it was safer to stick to the “schools do not have holidays for Dussehra” excuse. She would never ask me to make my daughter take time away from school. Education is very important in my family, just like in most South Indian families.

“So, do they have any festivals at all?”

“November and December are Thanksgiving and Christmas, Paati.”

“Wait, is Christmas the day Jesus was born, or the day he was reborn?”

“The day he was born, Paati. Think of it like Krishna Jayanti,” I said, equating it to another Indian festival, Krishna’s birthday.

“OK, so Christmas is Jesus Jayanti?”

“Ummm . . . yeah.”

“So, what is Thanksgiving?” she asked. “Do they give thanks for something some other god of theirs did? Like Narasimha getting rid of Hiranyakashyap?”

For perspective, Hindus don’t believe in one

god. We believe in 330 million gods, and there’s every possibility that there’s a story for each of them, and a festival to celebrate their greatness.

“No, Paati, it’s got something to do with harvest, pilgrims and Indians,” I said, responding just as vaguely as my American friends had when explaining the holiday to me.

“So, it’s like Pongal?” Paati asked. Did I mention we also have harvest festivals across India? Each state celebrates it around January and each

has a different name for the festival. Tamils call it Pongal.

“And how come the Indians are a part of Thanksgiving?” she continued. She was either very curious or just wanted me to stay a little longer.

“It was a mistake that stuck, Paati. When Christopher Columbus reached America, he thought he had crossed the Indian Ocean and had reached India, and he called the people there Indians, when in fact he had reached America. They are actually Native Americans.”

“Aiyyo!” she exclaimed. (The equivalent translation would be “Oh my gosh!”) “He made such a big mistake and it stuck? So they’re not really Indians?”

“Yes and no. They’re not really from our country.”

“So what do they do on Thanksgiving?”

“All friends and families get together, watch football and eat a lot of food.”

“No puja?” she asked, gasping for breath. No elaborate ceremonies to thank gods with lamps, incense and offerings? That’s sacrilegious to her generation. “But that just sounds like a description of every day here; just that, instead of football, it’s cricket,” Paati noted. “Are there any standard dishes like how we make kozhakattai [steamed coconut-stuffed rice balls] for Ganesh Chaturthi [Ganesh’s birthday], seedai [sweet or savory rice-flour fritters] for Krishna Jayanthi?”

“Yes, Paati, there are. They have stuffed turkey, pumpkin pie, cranberry sauce and so on. Each guest can choose what to bring.”

“Wha . . . ?” Paati could not finish her sentence.

“Water, Paati?”

“You mean the hostess makes the guests get food?”

“The host also makes some dishes, Paati.”

“Is the hostess very poor?”

“No, Paati. That’s a lot of dishes for just one person to make.” I knew it was not the explanation that would work with her. She has the reputation of being the best and fastest cook in the family. Paati always whips up your favorite dishes within minutes, even if you arrive unannounced. She is magical that way.

“They don’t have maids to clean up, so friends offer to chip in.”

“Pfff,” she scoffed. By not cooking all the dishes, the hostess was going against the doctrine of “Atithi devo bhava” — “Guests equal God.” You can’t make God cook!

She was sure the hostess was being disrespectful, so she changed the topic.

“So, will you come then? I’ll make your favorite, idli and chutney.”

“Where? When?” I was disoriented.

“Here. On Thanksgiving?”

“No, Paati, we get only a week off. That’s too short a time to visit you.”

“So, when will you come here then?”

“Next year, same time?” *If I’ve saved enough money.*

“For two months?” Paati asked to confirm.

“Yes, summer vacation,” I answered.

“Also, Ganesh Chaturthi.” She smiled. “I’ll make kozhakattai.” ■





Life is full of **firsts**.

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

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

ENROLL NOW AT: get.wa.gov • 800.955.2318



Washington State's
529 Prepaid College
Tuition Program

GET
Guaranteed Education Tuition™
Save today. Secure tomorrow.

Seize the Season
AT REDMOND TOWN CENTER

SHOP. DINE. PLAY.

❄️ **HOLIDAY FUN**
*Begins November 1**

* Visit the website for holiday event
hours and extended shopping hours.

www.RedmondTownCenter.com

HOLIDAY CAROUSEL
PHOTOS WITH SANTA
OUTDOOR SKATING RINK - **NEW!**
REDMOND LIGHTS EVENT
GIFT CARD GIVEAWAYS
COMMUNITY PERFORMANCES
COZY FIREPLACE LOUNGE AREA
WINTER MARKET WITH
LOCAL ARTS & CRAFTS - **NEW!**

RTCC
REDMOND
TOWN CENTER



The slopes
just got
a lot safer.



Free Helmet Fitting & Giveaway.

**Kohl's Helmet Safety Program
at Seattle Children's**

Free for kids 1 to 18 • Supplies limited
Wearer must be present and fitted

SUNDAY
NOVEMBER 9, 2014
10 a.m. to 12:30 p.m.

Lacey Community Center
6729 Pacific Avenue SE
Lacey, WA 98503

More info at:
www.MakeSureTheHelmetFits.org



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

KOHL'SCares

GLOBAL READING CHALLENGE



Celebrating
20 years of
connecting young
Seattle readers to
diverse books

Learn more at spl.org/globalreadingchallenge

SAMENA

• SWIM & RECREATION CLUB •

**Top quality recreational services
& fitness since 1958**

- Before & After School Care
- Preschool
- Swim Lessons
- Birthday Pool Parties
- Fitness Center



Families make a SPLASH at Samena!

Stop by the club for a tour or visit our website or call

www.samena.com

(425) 746-1160

15231 Lake Hills Blvd. Bellevue 98007

NEW EXHIBIT NOW OPEN!



**EXPLORE THE SCIENCE
OF THE EXTRAORDINARY**

The Science of Ripley's Believe It or Not!® is a production of Science North, Sudbury, Ontario, Canada and Ripley Entertainment Inc.

Pacific Science Center is committed to providing accessibility for all guests. For detailed information about our facility and services, please visit pacificsciencecenter.org.



pacificsciencecenter.org

Genetics, or Jello?

Is it parents who create picky or adventurous eaters?

By Carrie Anton

Hungry? How about pesto farro salad, pita bread paired with eggplant yogurt dip, warm French lentils, zucchini butter toast, chicken tikka masala or deconstructed spiced sweet potato? Think this is the menu of a Seattle culinary hotspot? Think again. What sounds like elevated restaurant fare are just a few weeknight meal options for Minnesotans Sarah Yates-Cohen, Zach Cohen and 2-year-old Lola. Yates-Cohen is the head of the family's kitchen, but she is not a chef and has no culinary training; she's a stay-at-home mom who simply loves food.

Before Lola arrived, the Cohens ate out quite a bit. Now that Yates-Cohen is home and more meals are made there, she says, nutrition is foremost on her mind, especially with a second baby on the way. The family has switched to whole-wheat pasta and signed up for a CSA, which stands for community-shared agriculture. Local, in-season veggies have become a household mainstay. Yet even with these sophisticated and diverse food options, Yates-Cohen still classifies her toddler as an extremely picky eater.

"I used to think that if a kid was exposed to a wide variety of food, they would eat a wide variety of food," Yates-Cohen says. "Lola has proved me wrong."

The origins of pickiness

Is pickiness nurture or nature? That question was the focus of a 2014 study published in *The American Journal of Clinical Nutrition*. The research looked at children and their food preferences to examine which was more dominant:

nurture, by which the foods provided to a child help determine her dietary choices; or nature, by which a child's genetics determine what foods she will and will not eat.

The verdict: Nurture takes the lead. "Parents have a big part to play as they provide both genetic and environmental influences to their children," says Lucy Cooke, Ph.D., M.Sc., a research psychologist at University College London who helped to conduct this study.

The study's findings show that children are more genetically prone to taste preferences when it comes to nutrient-dense foods — fruits, vegetables and proteins. For snacks, dairy and starches — foods largely responsible for weight gain — children's preferences are more affected by their environment, particularly in the home.

While the study helps to show what causes an eater to be picky, the findings suggest repeat exposure and parental modeling can go a long way in changing a child's food choices, innate or not. This is certainly the case for the Cohens. The parents serve salmon because they know it's a healthy protein option, even though they're not fans of it themselves. Had both decided not to eat salmon,



they may have never discovered how much Lola loves it. By setting a good example with food, the Cohens may have started a healthy lifelong eating pattern for their daughter.

Look in the mirror

If you feel you're raising a picky eater, it might be time to examine your own eating habits. Each day, Sarah Moran, RDN, sees the nature-versus-nurture debate firsthand in her business, Sarah Moran Nutrition, LLC (sarahmorannutrition.com). "Children learn how to eat from their family," she says. "If the parent refuses to eat his or her vegetables, the child is likely to do the same."

Moran recommends that parents serve a few healthy options at each meal, and at least one food your child is familiar with. "Allow the child to

Choice. Opportunity. INCLUSION.

What we want for ourselves, we want for *everyone*.



The Arc

King County

For people with intellectual and developmental disabilities



www.arcofkingcounty.org | 206.364.6337



FAMILY STUDY

- * We are seeking families with biological and/or adopted children for a study of stomach bacteria transmission
- * All activities (questionnaire and stool sample collection) completed in your own home, study materials sent and returned by mail
- * Each family will be paid \$50 as a thank you

For more information, please contact:
Dr. Sarah Talarico at (206)667-1546, stalaric@fhcrc.org
www.fhcrc.org/family-bacteria-study





**Don't wait.
We can help now.**

- The most comprehensive diagnostic assessment
- Experts in autism and neurodevelopmental disorders
- Integrated team
- Current openings for therapy
- Innovative use of technology to support your child and family
- **NO WAIT FOR DIAGNOSIS**

www.lakesideautism.com
425-657-0620
 1871 NW Gilman Blvd, Suite 2
 Issaquah, WA 98027

Early Childhood Programs At Temple De Hirsch Sinai



Bellevue

Birth to 12 months • JRM Preschool
 Join us for classes with Postpartum
 Doula Denise Weinstein
 Learn more: laurel@tdhs-nw.org

Seattle

Birth to 5 years • KIDDish Club
 Join us 11/8 @ 5PM for *Havdalah* &
 11/15 @ 10AM for Family *Shabbat*
 Learn more: kspeizer@tdhs-nw.org



tdhs-nw.org
 206-323-8486

wellness

Picky eaters

continued from page 11

choose what and how much to eat," she says. "As long as you are confident that all options will be nourishing to them and you are providing a meal environment that is free of distractions, it doesn't matter if they eat a lot of one item and only a little or none of another."

The long-term goal, Moran says, is for families — parents and children — to enjoy healthy foods, not simply choke them down. "Keep finding new ways to prepare different vegetables, and don't give up," she says. "If you stick with it, your preferences will begin to change as your body and taste buds get used to healthier fare."

If your child is still in the baby stage, be adventurous early and often. "Starting at about six months, introduce a new food every 48 to 72 hours," says child-feeding expert Kristen Yarker, M.Sc., R.D. (kristenyarker.com). "Babies at this age are in a developmental stage where they want to try new foods. Your goal is to introduce your baby to as many foods as possible

before they hit the stage where they become wary of new foods."

According to Yarker, a child can be exposed to a food lots of times before they actually enjoy it. "You never know when the magical day will come when she tries it (and maybe even likes it)," she says.

Despite her daughter's pickiness, Yates-Cohen is staying on the nurture path, making what Lola does eat healthier with the inclusion of extra nutrition. By adding whole-wheat flour and sweet potatoes to her pancakes and waffles; kale, spinach and wheat germ to her fruit smoothies; and zucchini, carrots and sweet potato to reduce sugar in muffins, Lola's mom is giving her foods she loves. And mom and dad can rest assured that their daughter is getting proper nutrition, no matter how finicky she may be about the menu. ■

Carrie Anton is a full-time health and fitness freelance writer living in Madison, Wisconsin.

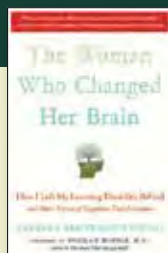
build a broad palate

Diana Sugiuchi, RDN, L.N., founder of Nourish Family Nutrition (nourishfamily.com), recommends the following tips to help avoid picky eating:

- **Don't make special foods for your child.** Let them eat what you eat, even from very young ages.
- **Eat with your child.** Be a good role model, as she learns by watching you.
- **Never cajole or bribe a child to "just try a bite."** Research has shown that this typically backfires, making children actually less likely to eat the foods you want them to try.
- **Allow children to decide which foods** from a meal they are going to eat, even if it is not what you would choose for them. Over time, they are more likely to eat a wider variety.
- **Avoid ordering from the children's menu** in restaurants. Instead, share your entrée with your child or ask for a smaller portion of a regular entrée.
- **Children's tastes tend to change at around age 10.** They may enjoy foods when they are older that they didn't eat when they were younger, and vice versa. But if you don't keep offering those foods, they will never have the chance to know their preferences.

The Woman Who Changed Her Brain

A Journey into Shaping the Brain



Eaton Arrowsmith Academy and Eaton Cognitive Improvement Centre are pleased to present:

AN EVENING WITH

Barbara Arrowsmith Young

**Tuesday, November 4, 2014
7-9pm**

Register for this free event at
www.thewomanwhochangedherbrain.eventbrite.ca

Redmond Marriott Town Centre
 7401 164th Ave NE, Redmond, WA 98052

Book signing and purchase of
The Woman Who Changed Her Brain
 will be available.



SCHOOLS + PRESCHOOLS



Hope Lutheran School
Weekly Thursday Tours
at 9:30 a.m.

**Serving Preschool through
8th grade Students**

OPEN HOUSE DATES

- November 4 Kindergarten
- November 18 All School
- January 13 Preschool



HOPE LUTHERAN SCHOOL

www.HopeSeattle.org • 206-935-8500

NORTH SEATTLE FRENCH SCHOOL

Nurturing Global Citizens of Tomorrow



- Bilingual elementary education
- Rigorous academic program fostering social and emotional skills and critical thinking
- Physical and emotional awareness through arts, music, dance and extensive outdoor play
- Small class sizes

NO FRENCH REQUIRED

NorthSeattleFrenchSchool.com



LEARNING FOR YOU & YOUR CHILD

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



www.shoreline.edu/parentchildcenter

Shoreline
COMMUNITY COLLEGE



Preschool ~ Pre-Kindergarten

Nurturing Knowledge
SCHOOL

206.755.0366

Your child's potential...our passion!

OPEN HOUSE

November 20, 2014
January 8, 2015
January 22, 2015

To make an open house reservation, please visit nurturingknowledge.com/openhouses.htm



CAMPUS LOCATIONS

- WOODLAND PARK
- PHINNEY
- BRYANT
- GREENWOOD
- MAPLE LEAF

*Reggio Emilia
Inspired Program*

nurturingknowledge.com

Now Enrolling
Ages 2-5

Open to non-club members

LEARN

Discovery Bay

Learning Academy
Preschool & Pre-K Programs

1 2 3

FEATURING

- Small Class Sizes & Low Ratios
- Qualified Instructors
- TeachSmart Whiteboard Learning
- CATCH Child Health Curriculum

PRO
Sports Club

(425) 861-6247

4455 148th Ave NE | Bellevue WA
proclub.com



SWIM lessons

Teaching more kids to swim
than anywhere in the Northwest.

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

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

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

PRO
Sports Club



Bluebird Early Learning

A Little Preschool
Where the Kids Dream Big

Half day preschool with an environmentally minded curriculum and a nurturing family feel
Flexible scheduling for kids 2.5 to 5 years old



Tacoma, WA • 425-351-0547



LEAFLING PRESCHOOL & CHILDCARE CENTER

- low student-teacher ratios
- emergent curriculum
- conveniently located in downtown Kirkland
- play-based learning philosophy

425-803-6000

www.leaflingpreschool.com

info@leaflingpreschool.com

www.facebook.com/leaflingpreschool

Call Today!



The Sammamish Montessori School

In Redmond

Call 425-883-3271 for a tour.

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

www.sammamishmontessori.com • 425-883-3271



BELLEVUE CHRISTIAN SCHOOL

Preschool through 12th Grade

discoverBCS.org • admissions@bcsmail.org • 425.454.4402 x215

Schedule a tour today!



OPEN HOUSE

KINDERGARTEN
JAN 28, 9-10:30 am

GRADES 1-6
DEC 3, 9-10:30 am
JAN 14, 9-10:30 am

GRADES 7-12
NOV 13, 7-9 pm
DEC 2, 7-9 pm

Beyond school and home

Kids need mentors to thrive

By Hillary Benson

In a classroom of boys, groups of three gather around their bike stands. Some students experiment with wrenches to figure out which kind will loosen frozen bolts on wheels. Others cooperate to remove rusty chains, an important step to get these not so gently used bikes back into working condition.

Instructor Ricardo Rodriguez, aka “Ricky,” walks around the room, slipping easily between Spanish and English as he offers tips. “Who’s ever heard of ‘lefty

loosey, righty tighty’?” Today’s class is “All Boys Earn a Bike”; yesterday’s class was for girls only, and there are also coed options. The boys range from 9 years old to high school age; 70 percent are youths of color.

This after-school program at **Bike Works**, in Seattle’s Columbia City neighborhood, teaches real-life skills, from rebuilding bicycles to building friendships, from the ground up. “We say the bicycle is a tool of freedom,” explains program director Tina Bechler, “but it leads to conversations about opportunities, how the world is changing, bigger issues.” The kids will get to keep a refurbished bike at the end of the eight-week program. And with actively involved alumni — who, until they reach the age of 18, are invited to weekly class drop-ins — relationships are formed. It is a bond that, for many kids, is stronger than those they have at school and maybe even at home.

When parents are looking for ways for their kids to be supervised and occupied in the hours after school until dinnertime, they might not be thinking first and foremost

about relationships. But experts say that relationships in after-school programs are critically important. “Relationships with staff, if you had to focus on one thing, I would say that is the most important,” says Deborah Lowe Vandell, dean of the School of Education at the University of California–Irvine and a leader



AFTER-SCHOOL SPECIAL:
Kids & Quality Programs

in research on the academic and developmental impacts of after-school programs.

Promoting relationship building in an after-school program can feel, for program organizers and for kids, like walking on a treadmill; even strong programs can see frequent staff turnover. Besides defining quality standards, **School’s Out Washington** offers support and training for participating programs several times throughout the year as part of the Youth Program Quality Initiative (YPQI), an improvement road map of voluntary quality standards launched in 2009.

At a presentation for Washington state lawmakers and state Superintendent of Public Instruction Randy Dorn in September, Vandell called these “exciting times” for those studying the developmental and academic impacts of after-school programs. The beneficial short-term effects of quality after-school programs are well documented. Vandell says there is also growing evidence of meaningful longer-term outcomes, including gains in

SCHOOLS + PRESCHOOLS

SNO SPRINGS SCHOOL PRE-K thru 2nd Grade



- Accelerated Academic Program
- Experienced, Compassionate Teachers
- Individualized Instruction
- After School Enrichment Program
- Science, Technology, Spanish, Fitness
- Celebrating 17 Years of Excellence!
- Top 3 Finalist Small Business Award

OPEN HOUSE

- Friday, Jan 23, 4-6 pm
- Saturday, Jan 24, 1-3 pm

Foundtion Education
Issaquah / Sammamish Plateau
425-392-1196
www.snosprings.com
Snoqualmie Springs School

Does your child
love school?



University Co-op kids do!

OPEN HOUSE

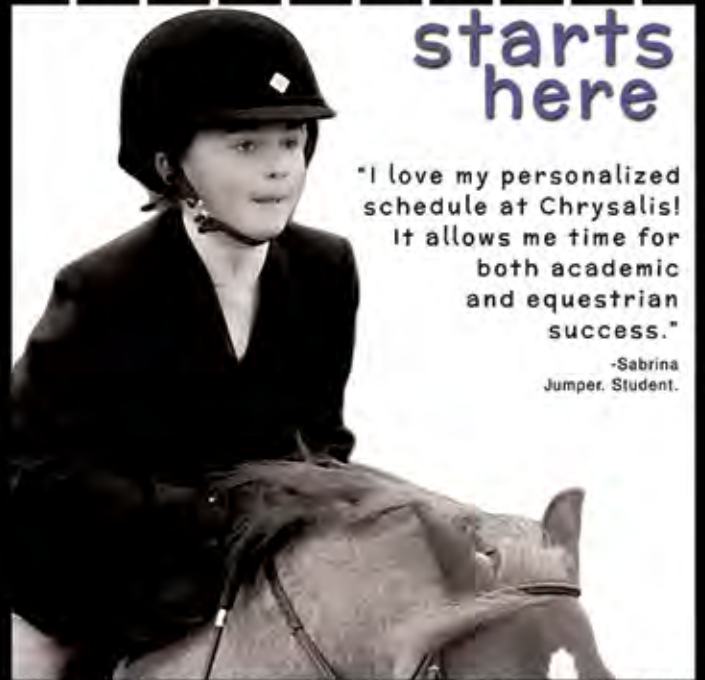
November 15, 1-3 PM
January 10, 1-3 PM



kindergarten—5th grade
www.ucoopschool.org
206.524.0653

EXCELLENCE

starts
here



"I love my personalized
schedule at Chrysalis!
It allows me time for
both academic
and equestrian
success."

-Sabrina
Jumper, Student.

NOW ENROLLING K-12

Discover us. Schedule a tour today.
chrysalis-school.com 425.481.2228

chrysalis
school



WEM The Whole Earth Montessori School

Est. 1986

Accredited by the
American Montessori Society



Preschool - Sixth Grade

WEM: *An exceptional academic program...
an authentic Montessori experience...*

Please contact to schedule an individualized tour

OPEN HOUSE DATE: November 8

Please RSVP for details at info@wemschool.org

www.wemschool.org



While journeying
towards academic
excellence, we are
committed to
developing ethical,
creative and
compassionate
children.

KIRKLAND
BELLEVUE
REDMOND



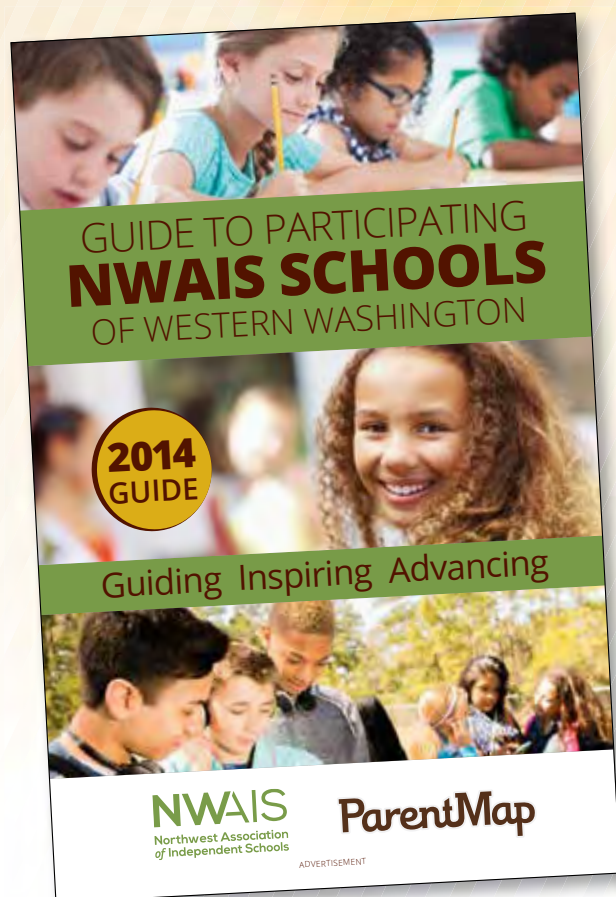
- Individualized Curriculum, tailored to meet the needs of each child
- World Languages
- Art, Drama, Music, Physical Education
- Science and Technology
- Values Through Character Education
- School Houses and Clubs
- Global Community Awareness

Preschool - Fourth Grade

Please contact
admissions@cedarcrestacademy.org
to schedule a tour.

www.cedarcrestacademy.org

ParentMap.com Education expo



GO TO
ParentMap's education expo online
and check out preschools to
high schools, latest news and videos on
twens + teens, camps + classes,
and the **NWAIS Schools Guide!**

parentmap.com/education

after-school special

Mentors

continued from page 14

math achievement as measured by Woodcock-Johnson standardized assessments.

For some groups, YPQI meant a whole new approach; for instance, challenging students to build leadership in a way they might not have been encouraged to do before. For others, like Bike Works, which implemented YPQI's quality standards in 2011, the changes were more subtle but still important. Bechler says their new facility was built with the YPQI model in mind. Benches and workspaces can be moved and manipulated as kids see fit. "Adults hold the health and safety container, but youth are running things, rather than the almighty adult figure," she says.

Research suggests these differences are most critical for children from lower-income households. In their book *Whither Opportunity?* (2011), UC-Irvine researcher Greg Duncan and Harvard University's Richard Murnane shine light on the corrosive effects of unequal family resources. "As the incomes of affluent and poor families have diverged over the past three decades," they write, "so, too, has the educational performance of their children."

One factor for this widening gap is the vast difference in spending on enrichment activities. The reality is, even if parents in the bottom quintile, or lowest 20 percent of income earners, want their children involved in music lessons, family travel and camps, the costs of such programs put them out of reach. Between 1972 and 2008, American families in the upper quintile of incomes more than doubled spending on enrichment per child, increasing dollars spent from \$3,536 to \$8,872 (measured in 2008 dollars), according to Vandell. In comparison, families in the lowest quintile of earners spent \$835 per child in 1972 and \$1,315 in 2008.

Time and exposure are factors, too. Sometimes, young people do not get the opportunity to forge their own mentoring relationships because they are caring for their own relatives. "Parents can't afford to have younger kids in child care ... the older siblings do want to help, but really, they end up suffering, and their school[work] suffers, too," says Deidre McCormick Martin, executive director of **Summer Search Seattle**, a nonprofit that helps high-potential but underresourced youths through high school and college.

Many after-school programs offer financial assistance: Seventy percent of the youths enrolled in Bike Works programs receive scholarships to cover their program fees. Offering young people the opportunities for relationship building over a period of years — with peers as well as staff — manifests as a child's strengthened sense of pride, Bechler says. "I might hear a 9-year-old say, 'I work at Bike Works!' And I'll think, 'Yes, yes, he does.'" ■

Hilary Benson is a veteran award-winning journalist and mother of three active children. She and her family live in the Seattle area.

Editor's note: In this series, we explore how new voluntary standards developed in Washington state are impacting the quality of after-school programs that serve about 134,000 youths. We explain what parents should seek in a program, look at research on the impact of quality care on kids' development and academics, and visit with programs and kids. After-School Special's independently reported content is funded by a journalism grant in partnership with the Raikes Foundation and School's Out Washington.



WILDLIGHTS

presented by KeyBank

SEE THE ZOO BRIGHTER THAN EVER

MORE LIGHTS, MORE ANIMALS, MORE FUN!

NOVEMBER 28 – JANUARY 4

5:30 – 8:30 P.M. NIGHTLY

(closed December 24 & 25)

Wild animals and wild places
recreated in thousands of
sparkling LED lights!

Avoid lines – buy tickets online!

www.zoo.org/wildlights

Event spaces available for private holiday
gatherings. For more information contact
groupsales@zoo.org or 206.548.2590.

KeyBank 



Photos by: Jeremy Dwyer-Lindgren, WPZ (left, center); Ryan Hawk, WPZ (right)



Hamlin Robinson School

Established 1983

Hamlin Robinson School ignites the academic and creative potential of students with dyslexia and other language-based learning differences.



1700 E Union St, Seattle 98122 | 206.763.1167 | hamlinrobinson.org

The Power of Childhood

We encourage each child's innate passion for learning through intellectual exploration, imaginative thinking and the practice of kindness.

Pre-K through 5th Grade
Open House: December 11th at 6:30 pm
School Tours: October - January
www.thevalleyschool.org

the
Valley
SCHOOL

309 31st Ave E., Seattle WA 98112 | 206.328.4475

SEATTLE COUNTRY DAY SCHOOL



206.691.2625
seattlecountryday.org

Celebrating 50 years of inspiration through inquiry!



DOWNTOWN
914 Virginia St.
Seattle, WA
98101
206.621.9211



**Elementary
Education
Ages 5-11**

*A diverse academic environment where
creativity and imagination thrive.*

2013-2014 OPEN HOUSES

December 7, 2013 • 10 am

January 11, 2014 • 10 am

www.sprucestreetschool.org

Teaching the way your child learns...

Intellectually...
challenging academic
program for every learner.

Emotionally...
nurturing confidence,
independence and empathy.

Socially...
teaching communication
and collaboration.

Open House

Grades 1-8: Nov. 18, 2014

Jan. 13, 2015

Pre 3-K: Jan. 24, 2015

Schedule a Visit

425.881.4230



Pre-elementary (Age 3) through Grade 8



ETON SCHOOL

Based on Montessori Philosophy and Educational Research

**2701 Bellevue-Redmond Road
Bellevue, WA 98008**

www.eton-school.org

Excellence Today, the World Tomorrow

French American School of Puget Sound

**BILINGUAL EDUCATION
FROM YOUNG PRE-K (AGE 3)
TO GRADE 8**

Open House:
January 10, 10am
Weekly Tours:
Check website
(206) 275-3533 ext 275
patriciab@fasps.org

- ☆ No French language experience required through Kindergarten
- ☆ International community
- ☆ Small class size
- ☆ Tuition aid available
- ☆ Daily bus and hot lunch service
- ☆ Accredited by: NWAIS & French Ministry of Education



206-275-3533
3795 East Mercer Way
Mercer Island, WA 98040
www.fasps.org



A network of traditional and innovative programs helps Seattle's growing number of families in need

BY KATHRYN RUSSELL SELK

Karen Velasco is like many mothers you know. Every day, she walks the parental tightrope, trying to balance the demands of multiple responsibilities with being an active, involved mom. But this mother's day starts earlier than most. Velasco, who lives in Mountlake Terrace with her kids, works more than 40 hours a week in customer care at a liposuction center in Bellevue. Her shift starts at 3:30 a.m.

She jokes about commuting in the dark, but Velasco really doesn't mind. Starting work early means she gets to leave in time to be home when her kids jostle through the front door after school. It also means she gets to be with them most afternoons, nudging them about homework, watching her 14- and 9-year-olds act silly or maybe teasing her 12-year-old, who is very "serious and mature."

Velasco also does a little extra work on the side, and is hoping to start getting commissions soon from a company she describes as newly launched. "Whatever I have to do or how hard I have to work," Velasco says, "to do it for my kids? I have no problem."

It took Velasco five months after her soon-to-be ex-husband moved out before she admitted she did have problems, that despite her determination

and strong work ethic, she needed help. A few days before we first spoke, she had finally signed up for food stamps, for the first time in her life. "I had to," she says. "I needed to feed my kids."

Real faces of need

Ask most people to picture a person on food stamps and chances are a working mom like Velasco isn't who springs to mind first. "People tend to think that those who need help with food are all homeless and don't have a job," says Kevin Mullins, cofounder and executive director of the "food rescue" group Community Plates. In fact, a whopping 93 percent of those who sought assistance from charity-run food programs nationwide in 2013 lived in stable housing situations.

Not only that, more than half of all households helped last year had at least one adult who worked, according to national nonprofit group Feeding America. Add a kid and the number of households soars. In more than 70 percent of all households with kids nationwide that received help from charity-run food programs last year, there was at least one adult who worked. And nearly half of those adults worked full time. >>



GIDDENS SCHOOL
ALL-SCHOOL OPEN HOUSES
Thursday, Nov. 13, 2014
6:30 p.m. - 8:00 p.m.
Saturday, Jan. 10, 2014
10:00 a.m. - 12:00 p.m.
620 20th Ave. South, Seattle
giddensschool.org

EARLY CHILDHOOD TO GRADE 8

**WALDORF =
EDUCATION²**

425.401.9874
threecedarswaldorf.org



**THREE CEDARS
WALDORF
SCHOOL**

**OPEN
HOUSE NOV 18 • JAN 15**



Open House • Jan 31st • 2-4pm

By the Zoo!



www.kapkaschool.org
510 N 49th St, Seattle, WA 98103
(206) 522-0350

Progressive Elementary Education

Small Classes

Caring Community

**COME SEE
WHAT LEARNING
LOOKS LIKE**



**Jr. K & Kindergarten
Info Night // Nov. 5**

**All School Fall
Preview Day // Nov. 11**

**SCHEDULE A
TOUR TODAY**
(253) 620-8373



**CHARLES WRIGHT
ACADEMY**
CHARLESWRIGHT.ORG

Girls & Boys // Jr. K - Grade 12 // Bus Service



continued from page 19

Western Washington mirrors these trends. Last year, 94 percent of those helped by Food Lifeline food banks in our area were in “non-temporary” housing. In 71 percent of the households with kids, at least one adult had a job during the year.

Other sobering facts? Nearly 40 percent of all those helped by Food Lifeline programs locally were younger than 18. Statewide, Northwest Harvest estimates, a staggering one in five kids lives in a family suffering with food insecurity or hunger.

Brian Anderson has seen firsthand the faces of those in need. Anderson manages the Pike Market Food Bank in Seattle. So far in 2014, the food bank has seen a 23 percent increase in the total number of people visiting, compared to the same period in 2013.

Because of senior housing located nearby, more than half of Pike Market’s clients are older than 55. But young mothers, veterans, retired schoolteachers and service industry workers “shop” the food bank, too. “They have one thing in common,” Anderson says. “They need our help.”

‘Food security’

Talk to anyone studying these issues and sooner or later, you’ll hear the term “food security.” In 2006, a panel of experts argued that the term “hunger” referred more to a physical feeling than the complex series of problems surrounding food in our country today. The U.S. Department of Agriculture (USDA) agreed. Now it tracks “food security,” defined as “access by all people at all times to enough food for an active, healthy life.”

Every year, the USDA’s Economic Research Service issues a report tracking people who suffer “low” or “very low” food security. Basically, a family with kids suffers “low food security” when several times

throughout the year, they don’t have enough resources to provide an adequate amount of healthy food for all family members. A family with kids has “very low food security” when one or more family members

**Statewide, one in five
kids lives in a family
with food insecurity**

go hungry during the year because the family cannot afford sufficient quantities of food.

For years before the recent recession, “low food security” rates hovered at right around 11 percent of the U.S. population. “Very low food security” made up less than 4 percent. But after December 2007, low food security percentages rose to nearly 14 percent of the population.

More disturbing, the number of those suffering very low food security nationwide increased to nearly 6 percent after the start of the recession. Even after the recession’s declared end, in 2013, the national numbers remained almost as high, bringing them more in line with the slightly higher rates in Washington state from 2009 to 2011. But it also reflected a new reality of need. “A whole new group of people have become food insecure since the recession,” says Mullins. “But like always, kids are also suffering.”

Seeing the need

It isn’t hard to get produce donated in the fall, says Ted Richardson, manager of the Hopelink Kirkland/Northshore Food Bank. And sometimes there is a bounty of it. During a recent week, that was certainly the case. “One thousand pounds of eggplant,” Richardson says, laughing.

to get help or give help

GETTING STARTED

The nonprofit that helped Karen Velasco, **WithinReach Washington**, runs a statewide Family Health Hotline (800-322-2588) and website (ParentHelp123.org) where you can find a local food bank or meal program and figure out whether you qualify for any government food aid. Other nonprofits offer similar options for their clients, such as **Hopelink** (in parts of King County; hope-link.org/get_help). Washington state's **telephone hotline** for help with receiving services is 2-1-1. The state also runs a **searchable website of food banks and other resources** at win211.org. You can find a link for the food bank database on the right hand side under Food Pantry/ Food Bank. **Bonus:** Most of these services can also help with other needs such as finding child care, free or low-cost car seats, and free or reduced-cost health and dental care for your kids. Free breakfast and lunch: Your child automatically qualifies for free or reduced-cost meals at school if you are on certain food-aid programs, such as **Supplemental Nutrition Assistance Program (SNAP)**. Ask for the form at the office of your child's school. A recent study showed that most Washington parents of eligible kids don't know their child also may be able to get a free or reduced-cost breakfast at school, so be sure to check. **Bonus:** When school is out, kids younger than 18 can still get free meals at one of the hundreds of Summer Meals locations throughout the state. Starting in May of each year, **ParentHelp123** operates a searchable database of the available programs at resources.parenthelp123.org/services/summer-meals. You can also call its **Family Health Hotline** at 800-322-2588.

BABY/TODDLER SUPPLIES

Thanks to local nonprofits like **Seattle's Solid Ground**, many food banks and social service agencies often have baby food, toddler snacks and those all-important diapers for families in need. To find out which sites receive Solid Ground supplies, go to solid-ground.org/Programs/Nutrition/Children/Pages/default.aspx#BabyBoost, or you can call the organization toll-free at 866-297-4300. Local food banks sometimes offer similar programs, such as the Snoqualmie Valley Food Bank's monthly **Eastside Baby Corner**, where parents get baby food and other much-needed supplies (appointment needed); 425-888-7832 or go online to snoqualmievalleyfoodbank.org/#!copy-of-programs/c20j5. **Bonus:** If your child is younger than 12 and your family is served by Thurston County Food Bank, the folks there offer qualifying parents a birthday bag — complete with cake mix, frosting and even small party favors — when the child's birthday is near.

LEARNING ABOUT FOOD

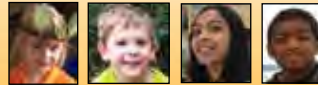
King County nonprofit Solid Ground partners with Share Our Strength and the No Kid Hungry campaign to run occasional, free six-week-long **Cooking Matters** classes, which teach meal planning, budgeting, healthy cooking and more (solidgroundblog.wordpress.com/2014/03/11/cooking-matters-a-recipe-for-changing-lives). You can also find shorter classes through other providers, such as the Thurston County Food Bank, which offers frequent **"food demos"** (thurstoncountyfoodbank.org/80-2).

Giving Children an Education for Life!



Shoreline WA • Preschool ~ Grade 8

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



Open Houses ~ Nov. 13 & Jan. 8
or call to visit 425-772-9862
www.LivingWisdomSchoolSeattle.org
NWAIS SUBSCRIBER MEMBER



Open House: Nov. 9th, 2pm
Parent Tours by Appointment

- Exceptional academics
- Dual language curriculum
- Individual learning plans
- Social & emotional growth
- Connection to community
- Small class sizes



Learn more:
www.sjcs.net
info@sjcs.net

UCDS
Visible Thinking,
Meaningful Learning

Call today
for a school
tour.

pre-K to 5th grade
206-547-8237
ucds.org

Lake Washington Girls MIDDLE SCHOOL

STRONG in **MIND**, **BODY**, and **VOICE**.



Open House: November 18, 7p

810 18th Avenue, Seattle, WA | lwgms.org | facebook.com/lwgms



**Ask about Elementary
& Secondary Programs**

Toddler-11th Grade

2014-2015 Open Houses

Nov. 15, 9:30-11:30 am

Jan. 10, 9:30-11:30 am

North Creek campus

Admissions: 425-420-9722 | www.woodinvillemontessori.org



**openwindow
SCHOOL**

A Kindergarten through 8th
grade independent school for
gifted kids who love to learn!

Parent Tours available now

www.openwindowsschool.org
6125 ~ 165th Place SE, Bellevue, WA 98006 | 425.752.9111




**The
Little School** est. 1959
WHERE BIG FUTURES BEGIN



**CELEBRATING
55
YEARS**

Call to schedule a tour today

Ages 3-11 • 12-acre Bellevue campus
Building confidence and competence
academically and socially

425.827.8708 • thelittleschool.org



continued from page 21

"They were beautiful. Lots of people got to try something new."

In the food bank's produce section, waxy green peppers and tightly wrapped onions almost spill from their bins. They contrast with the space on the shelves nearby: Those hold only a single kind of soup. Richardson wishes for more variety, absently straightening some cans. "Milk, eggs, protein, diapers," Richardson ticks them off on his hand. These are what people need the most — and what donors seem to give the least.

Anderson of the Pike Market Food Bank has a similar list. "Protein is the biggest challenge for us," he says. Anderson wishes he had more milk, meat and eggs on his shelves. "We feed 500-600 households per week," he notes. His small budget just can't buy enough.

Fighting hunger and being 'green'

Imagine buying a cart full of food and then stopping at a trash can near the grocery store exit to throw out nearly a third of it. That is about how much food an average American family tosses out every year, according to a recent report by the research arm of the USDA. The habit is wasteful and bad for the environment — so bad, in fact, that the carbon footprint of all the wasted food worldwide is bigger than that of every country in the world except the U.S. and China, according to the Food and Agriculture Organization of the United Nations.

Maybe they can't be in your shopping cart helping you buy less food, but Community Plates' Mullins and Tim Jenkins of Seattle Food Rescue have found ways to redirect food that would otherwise be wasted. At Community Plates, Mullins and others use an app to coordinate

volunteer drivers who pick up and drop off donated food in their own cars. Mullins, a father of three, proudly notes that from October 2013 to October 2014, Community Plates rescued 3.3 million pounds of food at four locations in Connecticut and New Mexico. A new Community Plates location just opened in New Orleans, and Mullins expects more growth in the years ahead. He'd love to see a Community Plates in Seattle someday.

Jenkins started Seattle Food Rescue just a few months ago. In July, the group celebrated having rescued 10,000 pounds of food. More impressive, all that food was moved by bike. "Bikes can go a lot of places downtown that would take forever in a car," Jenkins points out. "And parking isn't usually a problem." What about those big Seattle hills? "Well, the volunteers are also getting a good workout," Jenkins jokes.

Mullins and Jenkins are part of a larger food-rescue trend being embraced nationwide. Even big grocery-store chains such as Kroger Foods are involved, after seeing it work on a smaller scale. Groups like City Fruit, founded in Seattle in 2008, glean fruit and other growing food from local trees and yards (with permission), and then take the harvest to a local food bank. Share-the-harvest programs, such as the national Plant a Row for the Hungry, encourage people to donate some of what they grow or to grow an extra row of fruits or vegetables specifically for giving away.

At the Roosevelt P-Patch in Seattle, Renee Davis points to new raised beds. The soil is bad, and Davis will have to amend it in spring before planting, but she is making progress. The beds are part of the P-Patch giving garden, planted and grown by Davis and her family solely to donate. "Stuff that is easy to grow isn't always

what people want to eat," she says, pointing to spires of a tough-looking plant with a name I can't pronounce. Whatever it is, she will take it to the University Food Bank with the rest of her harvest this week. "Someone might want it," she says, "and there is so much need."

Signs of hope?

Earlier this year, funding for Supplemental Nutrition Assistance Program (SNAP) benefits was cut by Congress (\$8 billion over 10 years). As a result, in Washington state, benefits for families will be cut by an average of \$90 per month in November, according to Sharon Beaudoin, chief operating officer of WithinReach, a Seattle-based nonprofit that serves about 250,000 people a year. The good news? The reduction is expected to last for only two months because Gov. Jay Inslee plans to implement a fix.

Beaudoin thinks more people are starting to ask for help because there is less stigma attached to being in need than ever before. Yet social service organizations still have to fight some myths. "A common misperception we hear a lot is that people think if they enroll in food assistance programs that they are taking food away from someone who needs it more," she says.

Ultimately, though, Beaudoin believes a deeper conversation is required. "Emergency food assistance and charity are not the way to feed our nation," she says. She hopes to see the state build on or expand successful programs and make broader changes to improve food security overall. For his part, Mullins sees an end to the fight. "Hunger is a problem with a shelf life," he says, "especially in such a rich country." In fact, Mullins predicts that what he calls American hunger will end in the next 15 years.

Mom Karen Velasco isn't looking that far ahead. She only needs a little help, she says, until she is back on her feet. For now, though, she'll use food stamps and do whatever else she has to do to take care of her kids — just like most parents you know. ■

Kathryn Russell Selk is a Seattle-based freelance writer and an appellate public defender.

getting involved

The following are only a handful of the great programs in our area:

Seattle Food Rescue: Join Tim Jenkins in rescuing food downtown using bikes. seattlefoodrescue.appspot.com

Pike Market Senior Center: Sign up to help rescue food for the Pike Market Food Bank. pikemarketseiniorcenter.org

The Garden Writers Association (gardenwriters.org) has information on how you can start a "plant a row for the hungry" program, if there isn't one in your area. In Seattle, **Solid Ground's Lettuce Link** office coordinates plant-a-row programs and also runs an organic farm with a giving garden (solid-ground.org; look under Programs, Food & Nutrition). Everett has a similar garden (www.voaww.org/Featured-Highlights/Red-Barn-Community-Farm.html).

The Lettuce Link blog (lettucelink.blogspot.com/p/western-washington-gleaning-groups.html) has a list of contacts for gleaning groups, such as City Fruit, in western Washington. Look here for a list of Seattle food banks that accept fresh food donations (solid-ground.org/Programs/Nutrition/P-Patch).



INQUIRY EXPLORATION CREATIVITY REFLECTION

THE JEWISH DAY SCHOOL
WHERE STUDY LEADS TO ACTION

To learn more about JDS, visit the campus during one of our weekly tours.

THE JEWISH DAY SCHOOL | EARLY CHILDHOOD - 8TH GRADE
15749 NE 4TH STREET, BELLEVUE | 425.460.0260
ADMISSIONS@JDS.ORG | WWW.JDS.ORG



LEAD • INNOVATE • COLLABORATE

Preschool - 8th Grade

OPEN HOUSE - Nov. 6th and Jan. 10th
RSVP at www.stthomasschool.org
Midweek tours also available
call 425-454-5880



ST. THOMAS SCHOOL

November PICKS



Maker Fun at King County Libraries Robotics, moviemaking, kitemaking, knitting, cosplay: King County Library is getting in on the maker movement by offering a range of **FREE workshops at many branch libraries this fall** for kids and adults, as well as hosting a **Maker Weekend** from **Nov. 1-2**, primarily at Newport Way Library. Preregister for workshops. kcls.org/make



Living a Glee-ful Life ParentMap is teaming up with a bevy of experts to support and inspire families with children with special needs at this **unique resource fair at Bellevue College**. The keynote speaker is **Glee actress Lauren Potter**, who will share her story of overcoming adversity. \$10/person; \$20/family. **Saturday, Nov. 15, 2-5 p.m.** parentmap.com/glee



It's Holiday Showtime! Add sparkle to November with a holiday show. Picks include a family-friendly mystery, **Sister's Christmas Catechism**, at Pantages Theater in Tacoma (Nov. 29, followed by the Christmas tree lighting); the reliably hilarious **'Twas the Night** at Kirkland's Studio East (Nov. 28-Dec. 21); a carol-filled **Appalachian Christmas Homecoming** at Taproot Theatre (Nov. 21-Dec. 27); and the last season of PNB's Maurice Sendak **Nutcracker** (Nov 28-Dec. 28). Details at parentmap.com/calendar.

SUNDAY



37th Annual Festival of Trees
Sunday, Nov. 23, 2:00 - 5:00 p.m.
Fairmont Olympic Hotel
411 University Street, Seattle

The Festival of Trees is a wonderful chance for families to kick-off the holiday season. Come see the collection of designer decorated trees, visit the Teddy Bear Suite and enjoy free entertainment and refreshments. Presented by the Dr. Forrest L. Flashman Guild and the Seattle Children's Autism Guild. For more information please visit www.seattlefestivaloftrees.com.

MONDAY

CPR and First Aid for Babysitters
Sunday, Nov. 16, 9:00 a.m. - 2:30 p.m.
Seattle Children's Hospital
4800 Sand Point Way NE, Seattle
www.seattlechildrens.org/classes

For youths, ages 11 to 15. Topics include pediatric CPR, treatment for choking and first-aid skills. Students receive an American Heart Association certification card, valid for two years. **Fee: \$60 per person.** Preregistration is required.

TUESDAY

2

Día de los Muertos Community Festival. Experience performances, music, art-making, community altars and a *tapete* sand painting by Fulgencio Lazo. 10 a.m.-4 p.m. **FREE.** All ages. Tacoma Art Museum. tacomaartmuseum.org
Hansel & Gretel. StoryBook Theater puts its silly musical spin on the story of two kids who get mixed up with a shady character. 11 a.m. and 1 p.m. (Additional shows in Kirkland, Shoreline and Seattle.) \$11. Ages 3 and up. Everett PUD Auditorium, Everett. storybooktheater.org

3

Creating Cosplay Costumes. Teens explore cosplay costume techniques, including sourcing materials, helpful tools and making props. 3:30-5 p.m. **FREE.** Ages 13 and up. King County Library System, Enumclaw Branch. kcls.org
United Kingdom Ukelele Orchestra. Uke players demonstrate the range and power of their instrument, performing Robert Johnson, The Sex Pistols and more. 7:30 p.m. \$20. All ages. Kirkland Performance Center, Kirkland. kpcenter.org

4

Fiddleheads Parent & Child Nature Class. Preschoolers and their parents explore nature topics in the wilds of the Arboretum. Tuesday-Saturday, 10 a.m.-noon. \$18/adult-child pair; preregister. Ages 2-5 with caregiver. Seattle. depts.washington.edu/uwbg **ONGOING EVENT**
Get Geeky! Do projects based on the "Geek Dad" and "Geek Mom" books. 3-4:30 p.m. **FREE.** Ages 6 and up with adult. Pierce County Library, University Place Branch. piercescountylibrary.org

9

¡Fiesta, Familia, Folklore! Northwest artists Sebastian de la Cruz, Bailadores de Bronce and Mariachi Huenachi celebrate the traditions of Mexico. 3 p.m. \$12-\$32; ages 6 and under free. All ages. Pantages Theater, Tacoma. broadwaycenter.org
Ski Helmet Fitting and Giveaway. Kohl's and Seattle Children's team up to protect kids' noggins in the snow; one helmet per child. 10 a.m.-12:30 p.m. **FREE.** Ages 4-18 (wearer must be present). Lacey Community Center, Lacey. makesurethehelmetfits.org

10

PEPS Lecture: Six Steps to Create Your Will. Attorney Megan Gebhardt shares tips for parents to get their estates and wishes in order. 7 p.m. \$15 or pay-what-you-can. Adults. Verity Credit Union, Seattle. peps.org
Veterans' Appreciation Days. Point Defiance Zoo & Aquarium and Northwest Trek offer free admission to active-duty military and veterans and half-price for their immediate families. Monday-Tuesday, Nov. 10-11. Tacoma, Eatonville. pdza.org, nwtrek.org

11

FREE Entrance to National Parks. Venture out to one of Washington's three spectacular national parks - Mount Rainier, North Cascades or Olympic National Park - free today in honor of Veterans' Day. **Washington 125 Celebration.** All Washingtonians are invited to a festival commemorating 125 years of statehood, with performances, Capitol Tours, kids' activities and more. 1-4 p.m. **FREE.** All ages. State Capitol, Olympia. WA125.org

16

Salmon Return to Issaquah Creek. Spot the spawning salmon, plus take a docent-led tour of the hatchery. Tours at 11 a.m. and 1 p.m. **FREE.** Issaquah Salmon Hatchery, Issaquah. issaquahfish.org
Little Women. Louisa May Alcott's beloved story of the March sisters growing up and finding their paths to adulthood. Friday-Sunday, Nov. 7-30. \$19-\$25. Ages 8 and up. Lakewood Playhouse, Lakewood. lakewoodplayhouse.org

17

Detective Cookie's Urban Chess Club. Drop in to learn and practice chess skills; new members always welcome. Mondays, 3:30-5 p.m. **FREE.** Ages 7 and up. Seattle Public Library, Rainier Beach Branch. spl.org **ONGOING EVENT**
SkyMania Toddler Time. Burn off preschoolers' morning energy in hopes of a quiet afternoon (ha). Tuesdays, Wednesdays, Thursdays 10-11:30 a.m. \$5. Ages 5 and under. SkyMania Trampolines, Kirkland. skymaniatrampolines.com **ONGOING EVENT**

18

Hoppy Hour. Bounce time for energetic kids to get the rainy day (or any day) wiggles out. Monday-Friday 10 a.m.-12:30 p.m. \$5-\$8. All ages. Elevated Sportz Trampoline Park, Bothell. elevatedsportz.com **ONGOING EVENT**
Yo Gabba Gabba Live! Characters from the popular kids' show share their tunes and antics in "Music is Awesome!" 3 p.m. and 6 p.m. \$19.25-\$39.25. All ages. Paramount Theatre, Seattle. stgpresents.org

23

Evan's Family Variety Show. Awesome magic and acrobatics. 3 p.m. **FREE;** pre-register. Phinney Neighborhood Center, Seattle. evan.org

24

Toddler Time. Explore marine science for little bodies and minds during this drop-in program. Select Mondays and Tuesdays 9:30 a.m.-noon. Included with admission. Ages 5 and under with caregiver. Seattle Aquarium, Seattle. seattleaquarium.org **ONGOING EVENT**
CoderDojo Coding Workshop. Kids tinker with coding and learn from mentors. Second and fourth Mondays through Dec., 4:30-6:30 p.m. **FREE.** Ages 8-18. Pierce County Library System, Lakewood Branch. piercescountylibrary.org **ONGOING EVENT**

25

22nd Annual Gingerbread Village. "Jingle All the Way" is the theme for this year's amazing architectural creation displayed in lobby of the Sheraton Seattle. **FREE.** Nov. 25-Jan. 5. gingerbreadvillage.myevent.com
Swanson's Reindeer Festival. Meet real-live reindeer, little Dasher and Blitzen, and their big camel buddy named Curley. Daily through Dec. 24. **FREE.** Swanson's Nursery, Seattle. swansonnursery.com

30

Santa Train. Ride a vintage train to visit Santa. Weekends, Nov. 29-Dec. 20. \$20. Northwest Railway Museum, North Bend. trainmuseum.org

WEDNESDAY



Zoolights glitters in Tacoma starting Nov. 28. parentmap.com/holiday-lights

5

OmTots Play Gym. A unique indoor play spot where preschoolers bounce around, swing from the ceiling and act like monkeys. Monday–Friday, 9:30–noon. \$8 (discounts available); adults free. Ages 1–4 with caregiver. OmCulture, Seattle. omculture.com
ONGOING EVENT
Juice and Jammies Story Time. Wear your PJs, bring your stuffies and share bedtime stories with friends. Wednesdays 7 p.m. **FREE.** All ages. Barnes & Noble, Olympia. barnesandnoble.com **ONGOING EVENT**

12

Comics Workshop. Comic Book artist David Lasky guides youth in creating their “Mostly True, 100% Awesome Story” as a mini-comic. 5:30–7 p.m. **FREE.** Ages 12–19. Seattle Public Library, Lake City Branch. spl.org
The Science of Ripley’s Believe It or Not. This traveling exhibit leads you deep into the science behind the bizarre array of facts, artifacts and optical illusions Robert Ripley loved to collect and share. Through Jan. 4. Included with admission. Pacific Science Center, Seattle. pacificsciencecenter.org

19

Story Time at Mockingbird Books. Stop by this almost-everyday story session to hear old favorites and new picks. Monday–Saturday 11–11:30 a.m. **FREE.** Ages 6 and under. Mockingbird Books, Seattle. mockingbirdbooksgl.com **ONGOING EVENT**
Read to a Dog. Sweet, trained therapy dogs listen attentively while kids practice reading aloud. Wednesdays 4–5 p.m. (except Nov. 26). **FREE.** Ages 5–15. Pierce County Library, Summit Branch. piercecountylibrary.org **ONGOING EVENT**

26

Dick Whittington and His Cat. A boy pursues a better life with the help of a remarkable cat in this original musical adaptation of an English folk tale – Seattle Children’s Theatre’s holiday production. Nov. 13–Dec. 21. \$29–\$36. All ages. Seattle Children’s Theatre, Seattle. sct.org
Family Movie Matinee. Start the holiday weekend with a family-friendly feature film, with snacks. 2 p.m. **FREE.** All ages. Pierce County Library, Eatonville Branch. piercecountylibrary.org

THURSDAY



See salmon run at creeks around the Sound; info at parentmap.com/salmon

FRIENDS OF THE ISSAQUAH HATCHERY

6

Meet Brobee from Yo Gabba Gabba! The green-striped guy from this popular kids’ show greets fans during four 30-minute sessions. 11 a.m., noon, 1 p.m. and 2 p.m. **FREE.** Southcenter Mall, Tukwila. westfield.com/southcenter
Late Play Date. Finish up your homework and head to the museum for fun crafts and activities. 6–8 p.m. **FREE.** Ages 3–12 with families. White River Valley Museum, Auburn. wrvmuseum.org

13

Mary Poppins. The iconic English nanny brings her “Spoonful of Sugar” and other tricks to delight Northwest families. Nov. 13–Jan. 4 (Issaquah); Jan. 9–Feb. 9 (Everett). \$35–\$72. All ages. Village Theatre. villagetheatre.org
Tinkertopia Masks and Costumes Workshop. Use recycled and repurposed materials to create incredible and wearable art. 3:30 p.m. **FREE;** preregister. Ages 6–12. Pierce County Library, Bonney Lake Branch. piercecountylibrary.org

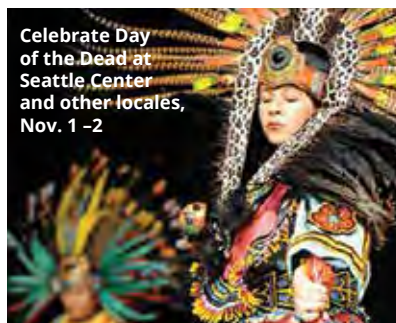
20

Baby Sing-Along. Caregivers and wee ones gather for songs and creative movement. 11:30 a.m.–12:30 p.m. \$17. Ages 2–12 months with caregiver. Seattle Holistic Center, Seattle. seattleholisticcenter.com
\$1 Third Thursday Night. Play with the water tables, drive the big rig and more, for just a buck on the third Thursday evening of each month. 5–8 p.m. \$1. Ages 1–9. KidsQuest Children’s Museum, Bellevue. kidsquestmuseum.org

27

Norpoint Turkey Trot. Move your body before stuffing your belly; try the 5K run, 2-mile run/walk or kids’ trot. 9 a.m. \$10–\$30. Center at Norpoint, Tacoma. metroparkstacoma.org
Seattle Turkey Trot. Join your community for a casual 5K loop around a northwest Seattle neighborhood, benefiting the Ballard Food Bank. 9 a.m. \$10–\$35. Golden Gardens, Seattle. seattleturkeytrot.org

FRIDAY



Celebrate Day of the Dead at Seattle Center and other locales, Nov. 1–2

7

Preschool Pets. Kids meet a loveable shelter pet, plus take part in animal-themed crafts, games and songs. 10–11 a.m. \$10; preregister. Ages 4–5 with caregiver. Crossroads Bellevue Community Room, Bellevue. seattlehumane.org
Small Frye: Storytelling in the Galleries. Stories spring to life with Seattle Children’s Theatre at this first Friday event, now with an art-making session after. 10:30–11:45 a.m. **FREE;** preregister for art. Ages 3–5 with caregiver. Frye Art Museum, Seattle. fryemuseum.org

14

Tots Welcoming Shabbat. All are welcome to share singing, prayer, challah and juice in a joyful environment. Fridays 11:15 a.m.–noon. **FREE.** Ages 0–5 with caregiver. Temple B’Nai Torah, Bellevue. templebnaitorah.org **ONGOING EVENT**
Fiddler on the Roof. Tradition rules for a Jewish family with five daughters living in Tsarist Russia, or does it? Friday–Sunday through Nov. 23. \$20–\$30. Ages 8 and up. Seattle Musical Theatre. seattlemusicaltheatre.org

21

Baby Jam. A multi-lingual, drop-in musical exploration for babies to preschoolers. Mondays, Wednesdays, Fridays 11:15–11:45 a.m. \$10–\$12. Ages 0–5 with caregiver. Balance Studio, Seattle. babyjam.org **ONGOING EVENT**
West Africa Live! Experience the music, dancing, rhythms and food of Gambia, in support of GambiaHELP’s health and education projects. 6:30 p.m. \$40. All ages. Town Hall, Seattle. townhallseattle.org

28

Piper’s Creek Salmon Celebration. Encourage spawning chum salmon up the creek with kids’ activities, music and hot drinks. 11 a.m.–1 p.m. **FREE.** Carkeek Park, Seattle. kingcounty.gov/salmon
Zoolights. See a family of polar bears and other nature and holiday shapes, built from more than half a million lights. Daily Nov. 28–Jan. 4, 5–9 p.m. (closed Dec. 24). \$7.50–\$9; ages 2 and under free. Point Defiance Zoo & Aquarium, Tacoma. pdza.org/zoolights

SATURDAY

1

Día de Muertos. Celebrate the art, spirituality and traditions of Mexican culture while remembering the lives of departed loved ones. Saturday–Sunday, Nov. 1–2. **FREE.** All ages. Seattle Center. seattlecenter.com/festival
Alexander and the Terrible, Horrible, No Good, Very Bad Day. The trials of cavities, lima beans, plain tennis shoes and being the youngest brother, all set to music. Saturday–Sunday, Nov. 1–23. \$10; \$5 for kids 1–3 on all-ages Sunday shows. Ages 5 and up. Second Story Repertory, Redmond. secondstoryrep.org

8

B-Sides: Saturday Morning Cartoons. Kids and their playwright parents have written new plays inspired by cartoons; come see the results. Nov. 8, 15 and 22, 10:30 a.m. \$5–\$14. All ages. The Pocket Theater, Seattle. the1448projects.org/SMC
Career Day at PDZA. Get behind the scenes at the zoo and learn about careers in animal science. 9:30 a.m.–3 p.m. Free for students; ages 15 and under require a paying adult chaperone. Grades 6–12. Point Defiance Zoo & Aquarium, Tacoma. pdza.org

15

Project 5:1 Event. Powerful program that connects one young person to five mentors invites parents, teachers, coaches and mentors for a day of learning, support and inspiration. 9:30 a.m. **FREE;** preregister. Adults (free child care available). Curtis High School, University Place. projectfiveone.com
Play Date. This husband-and-wife kindie band from Idaho plays upbeat, participatory songs. 11 a.m. \$5; ages 12 and under free. Town Hall, Seattle. townhallseattle.org

22

Yulefest. Partake in Scandinavian Christmas traditions with music, tasty treats and a craft marketplace. \$1–\$3 donation; ages 5 and under free. Saturday–Sunday, Nov. 22–23. Nordic Heritage Museum, Seattle. nordicmuseum.org
Get Crafty Saturdays! Build a Tool Box. Create a sturdy wooden toolbox and decorate it. 1–3 p.m. (also Nov. 29). \$2. Ages 4–12. Bellevue Arts Museum, Bellevue. bellevuearts.org

29

‘Twas the Night... Laughs are guaranteed at this comical holiday tradition at Studio East, with new surprises thrown in each year. Friday–Sunday, Nov. 28–Dec. 21. \$15. Ages 4 and up. Studio East Mainstage Theater, Kirkland. studio-east.org
WildLights. See the Woodland Park Zoo in a whole new light, including meeting reindeer and having a “snowball” fight in the Zoomazium. Daily Nov. 28–Jan. 4, 5:30–8:30 p.m. (closed Dec. 24–25). \$6.50–\$9.75; ages 2 and under free. Woodland Park Zoo, Seattle. zoo.org

Photo by Heidi at Vroom



ADVENTURE, SUPERB CUISINE
& RELAXATION SERVED DAILY




Plan your family getaway to
Leavenworth, Washington!
SleepingLady.com
800.574.2123



SLEEPING LADY
A MOUNTAIN RESORT

Certified
(B)
Corporation



Dr. Seuss'
How The
GRINCH
STOLE
CHRISTMAS!
THE MUSICAL

DECEMBER 2-7, 2014
THE PARAMOUNT THEATRE
STG Presents.org • 877-784-4849

Priority Seating & Discounts for Groups 10+ call: 888.214.6856
Tickets Available Through Tickets.com and Select Ticketmaster Locations

Due to the nature of live entertainment; dates, times, performers, and prices are subject to change. All patrons, regardless of age, must have a ticket. No exchanges or refunds. Tickets are subject to additional fees.



STG Presents KeyBank  BROADWAY  THE PARAMOUNT BROTHERTON Cadillac Alaska The Paramount

Photo: © 2014 Dr. Seuss Enterprises, L.P.



Teach Your Children Well.
They'll stop you in your tracks.

5th GRADE SKI & RIDE FREE PROGRAM

Stevens Pass and Carter Subaru want to inspire more youth to get out on the slopes to promote family bonding, healthy recreational activities and an appreciation of our stunning landscape.

Any 5th Grader in Washington State is eligible for a **FREE SEASON PASS**, any time he or she visits Stevens Pass during the 2014-15 winter season.

StevensPass.com/5thgrade




ON THE ROAD TO
CARTER CARBON NEUTRAL



For program details and restrictions, please visit StevensPass.com/5thgrade.



Find
more easy
DIY gifts at:
[parentmap.com](http://parentmap.com/diy-gifts)
/diy-gifts



HOMEMADE FOR THE HOLIDAYS

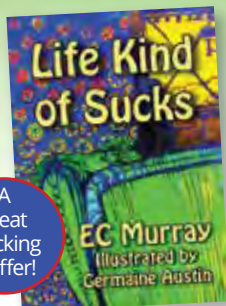
Simple gifts kids can make for the holiday season

By **Tiffany Doerr Guerzon**

Handmade gifts: We all aspire to them, but who has the time? Turns out you and your kids do, if you can keep it simple, use items you already have on hand (including your kids' art!) and make fun your goal. In this article, we've rounded up seven easy gifts to make that are perfect for grandparents, neighbors, teachers, friends and others in your circle. Keep it basic, or add complexity and creative touches, depending on your kids' skills and interest. >>

Help your child build resilience and get through the roller coaster of life.

www.ecmurray.com



A great stocking stuffer!

Available at Mostly Books and Amazon

Parent Coaching & Family Therapy

Creative solutions to family conflicts & parental challenges

in-home · evenings · weekends

Jenn Bernert
LMHC

David Lim
LCSW

206.707.1247 • jennanddavid.org



360-529-9332 • shannapaxton.com
Mention ParentMap for 15% off



gift guide

A great holiday gift!
www.evergreencityballet.org



Classes for all ages & abilities,
including Angelina Ballerina Dance
Academy for 3 - 6 year olds.

Come visit our retro
toystore, with classic
toys, gifts and books.
Featuring Playmobil,
Lego and Corolle.
4859 Rainier Ave. S.
Seattle, 98118
www.retroactivekids.com

Paint the Town
CERAMICS PAINTING STUDIO
University Village
206-527-8554
www.ceramics-painting.com

Holiday Gifts Made from the Heart



GREENWOOD AND DOWNTOWN LOCATIONS



Largest Selection of Toys in Seattle

In
Business
26 Yrs

Keeping
Healthy
Play
Alive



Check out
upcoming
events!



Golden Teddy Awards

Kids of all ages welcome

(206) 782-0098 | toptentoys.com

Greenwood: 120 N. 85th St. | Downtown: Pacific Place

out + about

DIY GIFTS

continued from page 15

Sharpie tie-dyed coasters

from The SITS Girls blog

These painted coasters are an ideal project for toddlers and preschoolers — ridiculously easy to make but the finished products look (almost) like you bought them in a gift shop.

Skills needed/used: If your kid can hold a Sharpie, she can do it!

Steps:

- 1 Buy shiny ceramic tiles at a home improvement store and let the kids color the tiles with Sharpie pens, covering the entire surface. Use no more than two or three different colors.
- 2 For adults (or older kids): Drip rubbing alcohol onto the colored tiles, two or three drops at a time, then wait and allow colors to run.
- 3 Once you have the tie-dyed look you want, allow coasters to dry and then apply a clear sealer (such as those made by Mod Podge or Krylon).

Change it up: Older kids can write favorite quotations in Sharpie or draw more intricate patterns and designs, either on top of the tie-dye or in place of it.

Give with: Peppermint hot cocoa mix, decorated mugs



SOURCE + MORE
thesitsgirls.com/diy/
making-coasters

diy gift-making out of the house

Check out these workshops and studios around the Sound where kids can get holiday-crafty.

Arts Aloft, Seattle: Gifts and ornament-making workshops.
artsaloftforkids.com

Bellevue Arts Museum: Classes include drop-in "Get Crafty" workshops.
bellevuearts.org

Emerald City Fired Arts, South Seattle: Classes in clay, pottery and fired arts.
emeraldcityfiredarts.com

Kids Knitwork, Mercer Island: Fiber arts from fingerknitting to weaving.
kidsknitwork.com

Made Sewing, Northwest Seattle: Sewing classes and simple projects.
madesewing.com

Find more
crafts and
gift-making
classes at
parentmap.com/
diy-classes



Recycled art magnets

from the [Handmade Kids Art](#) blog

Swimming in kids' artwork? Here's an ingenious way to give it a second life.

Skills needed/used: Kids can help punch out artwork and paint on Mod Podge (and make the artwork, of course).

Steps:

- 1 Purchase clear, flat-bottomed glass marbles (the kind used as vase fillers for flower arrangements, available at dollar and craft stores) and circular magnets. The magnets should be smaller than the marbles.
- 2 Using a circle punch (a tool for punching out shapes), punch circles from your kids' artwork, sizing them to fit the glass-bottomed marbles. Brightly colored pictures work best.
- 3 Adhere the artwork circle to the flat side of the marble — picture side to the marble — by brushing over the back of the picture with Mod Podge. When that has dried, glue the magnet to the flat side with a strong glue, such as E6000 (the adult does this part).

SOURCE + MORE
handmadekidsart.com/recycled-art-magnets/#_a5y_p=1721126

Change it up: Older kids can print out or write single words on colored paper such as "joy" or "hope" — to use in place of punched artwork. Or they can punch circles from decorative scrapbook paper or small clip-art images.

Give with: A piece or two of your children's art, of course. >>

Museo Art Academy, Issaquah and Redmond: One-day pottery workshop and multi-week classes. museoart.com

Open Arts Studio, Tacoma: Beading, pottery and more crafts. openartsstudio.com

Paint Away!, Redmond: Ceramics painting and glass fusing. paintawaynow.com

Paint the Town, Northeast Seattle: Ceramics painting studio. ceramics-painting.com

Roaring Mouse Creative Arts Studio, Northeast Seattle: Holiday gift-making classes every December. roaringmouse.org

Sew Maris, Bellevue: Private and semi-private sewing classes. sewmaris.com

Space to Create, Northwest Seattle: Drop-in studio time and gift-making workshops. spacetocreate.net

Tinkertopia, Tacoma: Bulk recycled items for crafting, plus drop-in studio time. tinkertopia.com

Top Ten Toys, Seattle: Regular Playday workshops where kids can create. toptentoys.com

Children's museums: Local children's museums, including Hands On Children's Museum, Imagine Children's Museum, KidsQuest Children's Museum, Kids Discovery Museum and Seattle Children's Museum, offer drop-in craft opportunities in their art spaces.

gift guide

springfree™
TRAMPOLINE

The World's Safest Trampoline™

Engineered to eliminate 90% of product related injuries.

BLACK FRIDAY

FREE Delivery, Installation, FlexrHoop™ and FlexrStep™ with any trampoline purchase. (Value of \$577)

Christmas installs booking fast!

Place a \$99 deposit to secure your install date.



Issaquah Springfree Store

1875 NW Poplar Way, Suite 1, Issaquah, WA 98027

(425) 654-1306

facebook.com/springfree

springfree.com

©2014 Springfree™ Trampoline. Offer valid only at the Issaquah Springfree Store Nov. 1 until Dec. 1, 2014. Must install before Dec. 31, 2014. Some restrictions may apply. See store for details.



treehouse™
giving foster kids a childhood and a future

FOSTER THE SPIRIT OF GIVING

Make a gift and give kids in foster care a happy holiday and a bright future.

TREEHOUSEFORKIDS.ORG
206.767.7000



ROLL AND TWIST YOUR VERY OWN AUNTIE ANNE'S PRETZEL!

Come and enjoy the Auntie Anne's experience through a Pretzel Field Trip!

Great for schools, Scouting groups, day care centers, homeschool groups, senior centers, birthday parties, and other groups of all ages interested in learning the art of hand rolling pretzels!



- Learn about the History of the Pretzel and Auntie Anne's
- Take a tour of the store
- Learn how to roll your own pretzel with real pretzel dough
- Receive a goody bag
- Girl Scout Troops receive a souvenir badge

Bellevue Square - and other participating locations
425-637-8990

KidsQuest Children's Museum's Family Gingerbread House Workshops



November 28th & 29th
Hyatt Regency Bellevue



www.kidsquestmuseum.org/gingerbreadlane



REDMOND *Lights*

SATURDAY, DECEMBER 6
.....
4 - 8 PM

Fun for
the whole
family!



WWW.REDMONDLIGHTS.COM

Presented by



Redmond Reporter

DIY GIFTS

continued from page 29

Peppermint hot chocolate mix

from the Daily Leisure blog

Another winning gift that kids can easily make for teachers and friends, this mix lends itself to assembly-style creation.

Skills needed/used: Measuring and pouring

Steps:

- 1 Layer ingredients from your favorite hot chocolate recipe in a clean, dry, quart-size Mason jar — ingredients such as crushed candy canes are a fun addition. Press down firmly on each layer after adding.
- 2 Decorate the jar and/or lid. One easy idea is to take a cupcake wrapper in a holiday color and place upside down on top of the inside piece of the lid. Add the screw top and you have a cute topper.
- 3 Add a decorative tag with instructions. (You can print out multiple copies and string with ribbon.)

Change it up: Instead of using a jar, divvy up single servings of mix into plastic bags and place inside a mug. Or layer the mix in upcycled plastic ware and decorate by adding stickers or wrapping in construction paper or holiday wrap.

Give with: A decorated mug or homemade cookies

Ring or coin bowl

from the NellieBellie blog

This flexible gift can serve as a fun coin bowl for a dad (he can empty his pockets into it every evening), and can also be designed as a key bowl or a jewelry bowl.

Skills needed/used: Spray painting, gluing

Steps:

- 1 Purchase a small, decorative plastic bowl and a small figurine — it could anything from a plastic animal to a Lego minifigure. Ideally, the figurine should be taller than the rim of the bowl.
- 2 Glue the figurine to the inside center of the bowl with a strong glue, such as E6000. (Adults will want to do this part for younger kids.)
- 3 Spray paint the whole thing.

Change it up: Use a pretty ceramic plate instead of a plastic bowl and omit the painting step.

Give with: A piece of jewelry. Or fill with candy or shiny new coins >>



SOURCE + MORE
[dailyleisure.com/
gifts-jar-peppermint-
hot-chocolate-mix](http://dailyleisure.com/gifts-jar-peppermint-hot-chocolate-mix)



SOURCE + MORE
[nelliebellie.com
/diy-ring-dish-
tutorial](http://nelliebellie.com/diy-ring-dish-tutorial)

24th
annual

Cultural
Crossroads
Festival
NOV 7-9

Photos by Jai Schraf © EHC

produced by the
Ethnic Heritage Council

Where the celebration of
culture takes center stage.

Join us for the 24th annual multi-cultural celebration featuring performances from 35 ethnic music and dance groups, plus an international bazaar filled with fabulous handmade crafts.

156TH AVE NE
NE 8TH


Crossroads

crossroadsbellevue.com

Village Theatre's Production of
Disney and Cameron Mackintosh's

MARY POPPINS

A Musical based on the
stories of P.L. Travers
and the Walt Disney Film



Village Theatre
On Stage November 13, 2014 - January 4, 2015
Box Office: (425) 392-2202 • VillageTheatre.org

**saturday
family
concerts**



TOWN HALL SEATTLE

(11/15) playdate
positive pop tunes for the whole family

SCIENCE TOWN HALL ARTS & CULTURE COMMUNITY CIVICS

FREE for kids. \$5 for their adults.

WWW.TOWNHALLSEATTLE.ORG

series support provided by: **usbank** ParentMap Fales Foundation Trust

out + about

DIY GIFTS

continued from page 31

Pocket hand warmers or bed warmers

from the [Inhabitat blog](#)

This simple sewing project is fun to pull off and keeps the recipient toasty throughout winter — it's especially appreciated by grandparents.

Skills needed/used: Simple sewing on a machine or by hand, fabric cutting

Steps:

- 1 Cut fabric into squares of 3 x 5 inches (for little hands) or 4 x 5 inches (for adult hands), two per warmer. You can also cut the fabric into shapes, such as hearts.
- 2 With the right sides of the fabric together, sew around the edges, leaving a half-inch gap open.
- 3 Turn right side out and fill with dry rice, then sew the remaining gap closed. The recipient heats it in a microwave for a few minutes.

Change it up: Make these in a larger size to serve as bed warmers for toasty tootsies. Embellish by sewing around the edges with embroidery thread in a contrasting color, or by embroidering a monogram or small icon. Younger kids can draw on finished warmers with fabric markers.

Give with: A tag with instructions on heating, plus a scarf, hat or mittens



L. CATHERINE WINTER-HERBERT

SOURCE + MORE
inhabitat.com/diy-pocket-hand-warmers-for-chilly-days/#ix-zz2f9V6lpUn&i



SOURCE + MORE
[snailpace transformations.com/button-headbands](http://snailpacetransformations.com/button-headbands)

Button headbands

from the [Snail Pace Transformations blog](#)

These headbands make unique gifts for girlfriends — personalize by choosing the recipients' favorite colors or shapes.

Skills needed/used: Hand sewing (sewing on buttons)

Steps:

- 1 Purchase a package of "stay put" headbands (stretchy headbands made of fabric) in a basic color.
- 2 Buy decorative buttons (at craft or thrift stores), the more colorful the better.
- 3 Sew buttons onto the headbands, going through each button multiple times for a secure attachment.

Change it up: Use vintage buttons for a classic look or sew on a pretty artificial flower. Use holiday-themed buttons for a seasonal accessory. Buy plastic headbands and have kids paint designs onto the headbands with paint pens.

Give with: Other fun hair accoutrements such as scrunchies (fabric-covered elastic hair ties), barrettes, hair chalk or glittery hairspray >>

TEATRO ZINZANNI

PRESENTS BIG TOP ROCK!

CURIOUS CIRCUS

ALL NEW SHOW FOR FAMILIES FEATURING
RECESS MONKEY
MAGIC • DANCE • AERIAL

SELECT WEEKENDS • OCTOBER 18-DECEMBER 28
TICKETS START AT \$19 • DOORS OPEN 10 AM • SHOWTIME 11 AM

206.802.0015 | WWW.ZINZANNI.COM

City of Auburn AveKids series presents:

Saturday, November 1

Hansel & Gretel

Auburn Ave Theater | 2 pm

Saturday, December 6

Doktor Kaboom:

**The Science
of Santa**

Auburn Ave Theater | 1 pm

Saturday, December 20

**The Elves &
the Toymaker**

Auburn Ave Theater | 4 pm

Tickets: \$8 | www.auburnwa.gov/arts | 253-931-3043

Charles Dickens' timeless tale

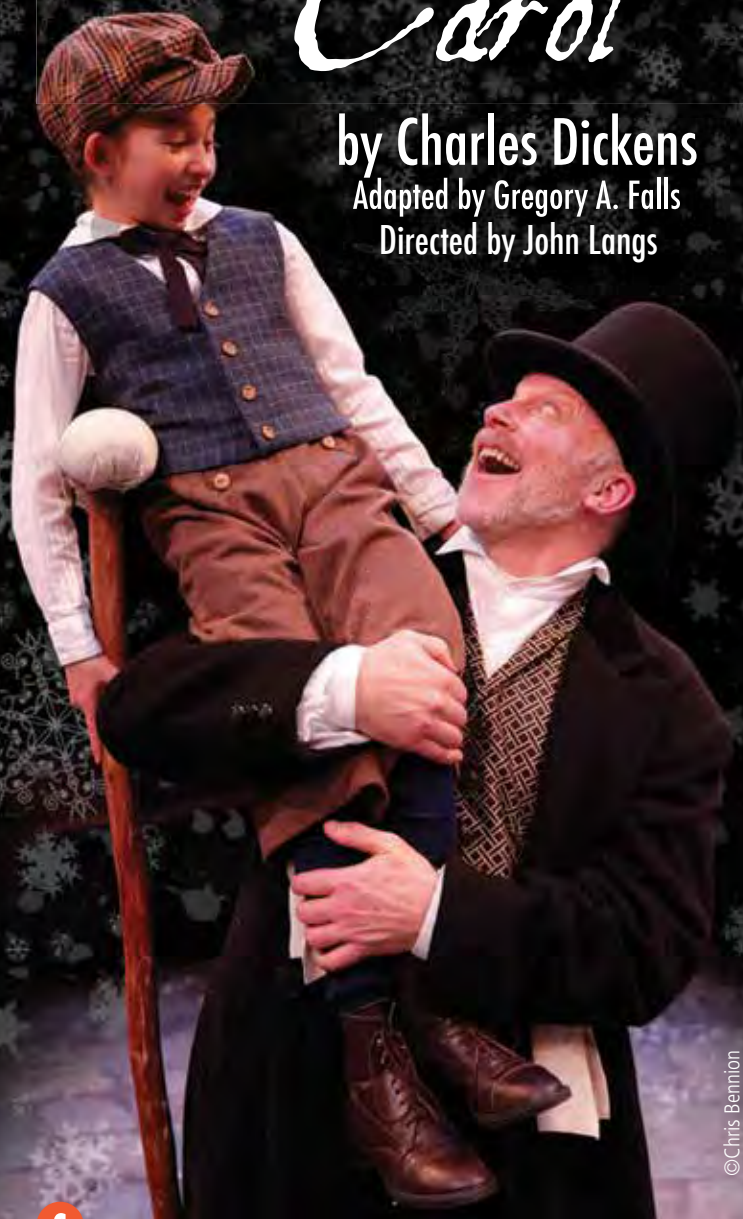
comes to life
this holiday season.

Christmas Carol

by Charles Dickens

Adapted by Gregory A. Falls

Directed by John Langs



©Chris Bemmion

Nov 28-Dec 28

Tickets on sale now!

(206) 292-7676 • acttheatre.org

ACT
A Contemporary Theatre



ROCKING AROUND

The Christmas Tree

YOUR HOLIDAY
DESTINATION FOR
DECOR, GIFTS & MORE

Garfield
BOOK COMPANY
AT PLU

208 Garfield St. | Suite 101 | Tacoma, WA | 98444
www.GarfieldBookCompany.com



dream, imagine, hope...believe

santa's arrival

November 15, 1pm, Macy's Court

Help welcome Santa back to South Hill Mall.
Please visit us online at SouthHillMall.com for
details and all our holiday events.



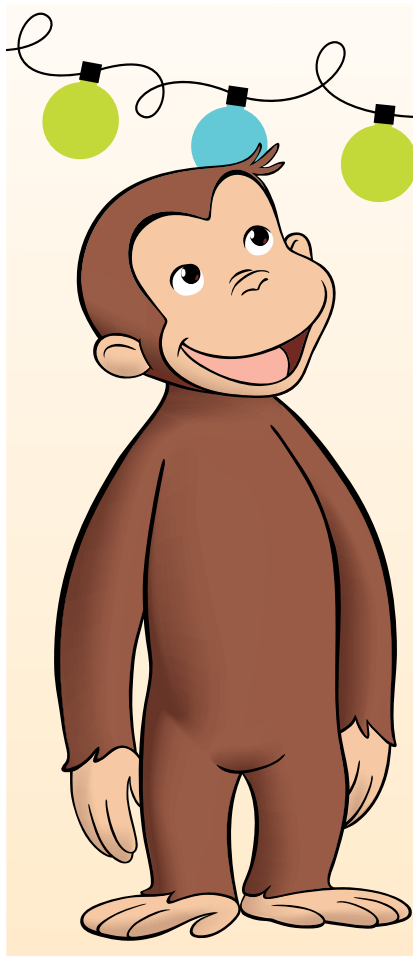



SouthHillMall.com • MallGiftCards.net

South Hill
MALL

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
Located at Hwy. 512 & South Meridian on Puyallup's South Hill
Puyallup, WA • 253.840.2828 • For Leasing: 253.840.4349

All events are subject to change or cancellation without notice. See the Customer Service Center or call 253-840-2828 for complete details.



A Very Monkey Christmas


WED Nov 26 | 8a

George and The Man with The Yellow Hat
are having a very merry time counting
down the days until Christmas.

Curious George

CATCH THE MONKEY!
weekdays 8am + 8:30am
weekends 7am + 7:30am

more kids' fun at KCTS9.org/kids



INQUISITV KCTS9

DIY GIFTS

continued from page 32

Washi notebooks and pencils

from the Lia Griffith
Handcraft Your Life blog



SOURCE + MORE
[liagriffith.com/
washi-tape-your-
pencils-and-
notebooks](http://liagriffith.com/washi-tape-your-pencils-and-notebooks)

These small notebooks are another super student/teacher gift, handy for slipping into a pocket or purse.

Skills needed/used: Cutting, taping, painting

Steps:

- 1 Buy small notebooks and wooden pencils along with washi tape in coordinating colors.
- 2 Cover the metal part and the eraser of each pencil with painter's tape, and paint the body of the pencil in white paint.
- 3 Adhere white paper to the notebook covers, then decorate both pencils and notebooks with the washi tape.

Change it up: Create a monogrammed notebook by using washi tape in a single design for the cover, then using a coordinating color to create the first initial of the recipient's name. Add washi tape to paperclips and clip onto the notebook. You can also use decorative duct tape, available in motifs from camouflage to sports teams.

Give with: Decorated pens, a cute pencil case, stationery ■

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

host a gift-making party

Keep it simple — both in the project and the numbers. Invite only as many people as you have table space for.

Gather the supplies in advance. Either purchase all the necessary materials yourself or divvy up the list and have each person bring something.

Think about what tools will be in high demand and borrow extra for the party. Examples: scissors, mixing spoons, funnels, markers

Print out the project directions. It's easy to get lost amid chatter, so a printed sheet of directions is helpful.

For some projects, creating an "assembly line" is more efficient, especially for gifts in jars in which ingredients are added in layers.

Organize your supplies and put them within easy reach.

Serve non-messy snacks. You don't want potato chip oil on your fabric!

Put on some holiday music and have fun.



Mount Baker
Community Club
presents

kindiependent KID ROCK Series

Saturdays 10:30-11:30am
at the Mount Baker Community Clubhouse

December 13 * The Not-Its!

December 27 * Recess Monkey

January 10 * Johnny Bregar

January 24 * Caspar Babypants

February 7 * Brian Vogan & His Good Buddies

February 21 * The Not-Its!

March 7 * The Harmonica Pocket

March 21 * Recess Monkey

April 11 * Johnny Bregar

April 25 * Caspar Babypants



tickets and passes go on sale November 15th
at brownpapertickets.com

ParentMap



NEW BABY?

Share, connect, and grow
with other new parents in a PEPS Newborn Group.

SIGN UP TODAY www.peps.org



LOOKING FOR QUALITY CHILD CARE? Ask your child care provider about **EARLY ACHIEVERS**

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

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



WASHINGTON
EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

Challenging and innovative Montessori
experience in multiple languages

CHINESE • ENGLISH • JAPANESE • SPANISH



Toddler/Pre-K/K
(Age 1-6 years)

Montessori
Parenting Class

Science Focused
Curriculum

Language Immersion

Individualized
Instruction

IntlMontessoriAcademy.com

Bellevue • Redmond • 425-223-5798



Welcoming New Patients!

.....

Nolan Gerlach, DDS

.....

Infants to Teens
First Visit at Age 1
State of the Art Technology
No Shot, Laser Dentistry
Hablamos Español





Bellevue Pediatric Dentistry

KidsDentistofBellevue.com | 425-614-3777 



Baby bling

Cool, creative jewelry for moms (and dads)

By Tiffany Doerr Guerzon

Hey sassy mama: Having a babe in arms doesn't mean you have to stop wearing jewelry. Whether you want to show the world that you are a proud parent or look stylish with baby-safe accessories, we have the bling for you. Read on for eight unique, personal gifts for the parent-to-be in your life (or to give to yourself). (More online at parentmap.com/bling.)



1 PROUD MAMA

Give a gift that is truly unique by ordering a custom jewelry piece from **ClaireTopalDesigns** on Etsy. This Seattle artist will take a photograph of your child or a picture of the child's work of art and seal the masterpiece into a metal pendant with clear resin. Show off two kid creations with a pair of earrings, or choose a pendant or cuff links. etsy.com/listing/189269159/earrings-your-childs-artphoto



2 PRACTICAL MAMA

Babies love to grab and chew on anything they can reach — including jewelry. **Smart Mom Jewelry** has the solution to grabby little hands and drooly gums with its **Teething Bling** line. These pendants and beads are made of safe silicone with no BPA, phthalates, PVCs, lead or latex. The necklaces are strung on a cord with a breakaway clasp as an added safety feature, so mom can look stylish while keeping baby happy. smartmomjewelry.com/shop



3 BABE MAGNET

Once a guy becomes a dad, he's a different kind of babe magnet. Let Dad rock the family runway with a **Babe Magnet tie** from **Smart Mom Jewelry**! These "ties that surprise" look like regular business wear, but tucked inside is a squeezer and a rattle. Rock on, dads! smartmomjewelry.com/product-category/babe-magnet-ties

>>



GARDEN GROW
ORGANIC DELIVERY

Farm Fresh & Local
Baby Food and
Healing Meals for the
Whole Family.

GARDENGROWORGANICS.COM
10% OFF your first order
with code: PARENTMAP

Children's Psychotherapy NW, LLC
Counseling for children & parents

When would a child
benefit from therapy?



Jennifer Stoakes, MA, LMHC
Call for no-fee initial
phone consultation

8245 20th Ave. NE #5, Seattle, 98115
206-409-7220 • info@psychotherapynw.net
www.psychotherapynw.net



**SweetiePie
Parenting**

*Teaching
parenting
skills that
work!*

Love and Logic® Facilitator

www.sweetiepieparenting.com
lorri@sweetiepieparenting.com
(206) 200-8488

0-3 Baby bling

continued from page 37



5 HIP MAMA

For parents, life is often divided into before and after — kids, that is! The copperplate on this boho wrap bracelet by the Etsy shop **SailorStudio** honors this important transition with the inscription “Mama est. [insert the year you became a parent].” It’s a perfect gift for the hip mom or grandmom in your life. The copperplate is hand-shaped, stamped and then strung onto hand-dyed silk ribbons and accented with beads. etsy.com/listing/130509563/mom-bracelet-boho-silk-wrap-bracelet

7 ON-TIME MAMA

LaLabel Creations, on Etsy, makes these beautiful bracelet watches for moms and grandmas. The watch face is linked to four silver discs that are hand-stamped with your children’s names. You can choose from a variety of symbols and quotes as well (and at least you’ll be out the door on time, even if your kiddos are still moving like sweet little snails). etsy.com/listing/78977693/mothers-personalized-bracelet-watch-hand?ref=shop_home_active_2 ■

4 BABY-TOTING MAMA

Check out the Etsy store **FamilyTreeGlass**’ birth art and mama jewelry line. The perfect gift for a baby-wearing mama, doula or midwife, this hand-blown glass pendant symbolizes the art of carrying and wearing a baby. Pendants can be made in a variety of colors, and this shop also offers other jewelry for mamas, such as sculpted pendants to symbolize family, baby feet, water birth and birth belly to name a few. etsy.com/listing/167535938/rainbow-babywearing-mama-pendant?ref=related-3

6 ECO-FRIENDLY MAMA

These colorful, chunky teething bracelets from the Etsy shop **KattyMarket** are just plain fun! Crafted from natural wood balls covered in cool crochet, these will delight any baby. This accessory isn’t only for teething; little ones will want to explore the texture of the crochet, and the colors will catch everyone’s eye. Since these are created from renewable resources of wood and cotton, they are both safe and eco-friendly. etsy.com/listing/187613400/bright-multicolored-wood-bracelet-rattle



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

Accepting New Patients!
Infant—18 yrs.

Dr. Roger Lucas, DDS
Pediatric Dentist

Dr. Diane Tung, DDS
Pediatric Dentist

425-774-1285 **KidsDentist.com**

18833-B 28th Avenue, Lynnwood By the Alderwood Mall, In the Shane Company Plaza

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

DISCOVER THE DIFFERENCE

- Exceptional Personal Service
- Thorough Screening
- Unique Approach
- Long-term Guarantee

Dedicated to Finding The Perfect Care to Fit Your Individual Needs
Because Your Child Deserves the Best

CAREWORKS
INNOVATIVE NANNY SOLUTIONS

206-325-7510
425-641-9522

www.careworkseattle.com

Seattle Nanny
NETWORK

“SNN made a tremendous effort to match our interests in education, music and culture with those nannies we interviewed. We are so grateful.”
—Matt and Angela

Placement • Support • Training • On-Call Sitters
Serving the Greater Puget Sound Area

206-467-1999
425-803-9511
www.seattlenanny.com

5 Thanksgiving crafts

Here's a light bulb of an idea: Keep the kids busy during Thanksgiving prep time by having them make holiday table decorations. Heck, for that matter, keep them busy for weeks before Turkey Day. Here are five ideas we love. Find pictures and more details about these at parentmap.com/thanksgivingcrafts.

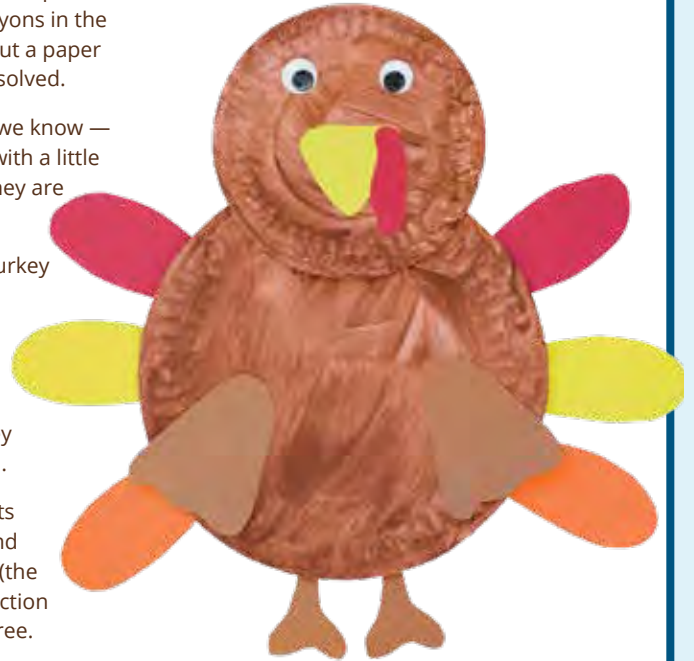
THANKSGIVING KIDS' TABLE TOPPER: How about a craft that serves triple duty? With pine cones, some foam and construction paper, kids can make pine-cone turkeys. Stick crayons in the pine cones, and you've got adorable take-home table toppers for the kids' table. Cut out a paper placemat (perhaps a coloring printout) for each place setting — fun mealtime activity solved.

THANK-YOU TURKEYS. Another use for the most flexible, affordable craft material we know — toilet paper roll tubes — is gratitude gobblers. Kids can make a turkey from the tube with a little construction paper craft foam and googly eyes. Have them write (or you can) things they are thankful for on construction-paper feathers before gluing them on as the final touch.

THANKSGIVING KEEPSAKE BAGS. Another inspired use for the classic handprint turkey is to make a burlap and cardboard bag where kids can keep treasures. The elements couldn't be more simple: burlap, cardboard, dried pasta (for stringing a handle) and pipe cleaners.

LEAF PLACE MARKERS. Talk about simple! Have kids gather a range of colorful fall leaves and press them dry. Then, with a decorative pen (silver or gold are perfect), they can write the names of guests for Thanksgiving and decorate place settings with them.

THANKSGIVING TREE. Want a lovely table decoration that reminds family and guests of the message of Thanksgiving and which you could use for years to come? Simply find a broken tree branch in your neighborhood and secure it in a vase or container. Next (the activity to repeat every year), sit down with your kids cut out leaf shapes from construction paper, then write down what you're most grateful for that year. Secure leaves to the tree.



Enrolling Now!

my GYM
CHILDREN'S FITNESS CENTERS

AWESOME BIRTHDAYS!

REGISTER NOW FOR SUMMER CAMP

GYMNASTICS, DANCE
MARTIAL ARTS AND MORE.

FREE TRIAL CLASS
Safe, Clean, and FUN!

My Gym Bellevue
(425) 451-1393
www.mygymbellevue.com

Think. Fast.
Fencing.

raincityfencing.com

Enroll Now for Fall Classes

Ongoing preschool, children's, teen and adult classes. Winter classes and winter break art camp.

Call for a
FREE Introductory Class
Birthday Parties
Gift Certificates Available

Downtown Bellevue 425-736-3060
www.bellevuestudio.com

Crossroads Studio 425-643-2058
www.crossroads@bellevuestudio.com

Exciting family classes—a rich musical environment that encourages your child to explore the joy of music. Find out what beautiful music you and your family can make together.

MUSIC TOGETHER
BRINGING HARMONY HOME.

make BEAUTIFUL music TOGETHER.

CHICKADEE MUSIC TOGETHER
PHINNEY RIDGE + www.chickadeemusic.com + NE SEATTLE

Drawn2Art
Fine Art Instruction 4 yrs-Adult

SEASONAL WORKSHOPS OFFERED!

Clare, Age 8 Allison, age 12 Makenzy, Age 10

FREE INTRODUCTORY ART CLASS!

REDMOND STUDIO (425)498-2425
17210 Redmond Way, Redmond, WA 98052
email: drawn2artredmond@gmail.com
www.Drawn2ArtClasses.com

"Fine art is knowledge made visible"
-Gustave Courbet

SAVE A SPOT, ENROLL NOW!

4-9

Take that finger out of your nose!

From thank-you notes to gifted conversation, which manners kids should know

By Nancy Schatz Alton

Before I was a parent, I wondered why my 6-year-old nephew rarely said hello or good-bye to me. Now I know that teaching children manners takes prompting, guidance, modeling, repetition and the acceptance that most 6-year-olds will bear no resemblance to well-mannered dinner guests, even if you stick them in a *Downton Abbey* boot camp. Heading into the holiday season, it's natural to wonder whether Junior should really be saying thank you unprompted, and whether your tween should give up her bed to houseguests with ease. We spoke with etiquette experts about rules for common situations and how to raise children into gracious adults.

The age range of early elementary to almost-tween is a period when children are entering more social situations without their parents next to them, says Sheryl Eberly, co-author of *365 Manners Kids Should Know*.

"Knowing good manners gives the child a level of confidence about what to expect, and what is expected of them, in social situations. No one wants to be clueless about these things. A parent wouldn't think of sending a child off to school without a backpack and supplies. Nor should a child head off to a party with a friend without some introduction to basic skills for being a good guest," Eberly says.

RECEIVING GIFTS: Talk with children before they open presents. Children say what they think, so they need to learn how to be honest while still being kind to others, says Deborah King, president of Final Touch Finishing School, founded in Seattle in 1989. "Tell them it's not polite to show we don't like something verbally or nonverbally with a roll of the eyes or a sigh. It isn't even necessarily the gift itself, it's the fact that someone thought of you. You may not like the green sweater Grandma knit, but thank [her] for the thought behind the green sweater. They won't feel like they are lying if they say, 'Thank you so much for thinking of me. Green is my favorite color,'" King says.

THANK-YOU NOTES: "How to live with a spirit of gratitude is one of the best things you can teach

your child early on — and it's especially relevant during the holiday season. Encourage your child to write thank-you notes early and often — even for reasons that might seem small. Maybe a friend's family baked your child cookies, or invited him or her to join some kind of holiday family gathering. There are also occasions when a written thank-you note is a must: When your child receives a gift, is hosted overnight, or is shown some special favor or gesture of kindness. In general, send notes within a week," says Caroline Eberly, who cowrote *365 Manners Kids Should Know* with her mother, Sheryl Eberly.

King recommends creating a thank-you note box containing supplies such as craft materials and personalized stationery.

HOSTING HOUSEGUESTS: "Talk beforehand about how it's an honor and a privilege to have

Grandma and Grandpa with us for a week. Have [the children] help plan outings. Then, as the parent, think through what your child needs for a successful visit, such as regular playtime on their own," and then help ensure those needs are met, King says.

Sheryl Eberly reminds parents to set a few house rules with kids around potential trouble areas before guests arrive, such as how much screen time is allowed and which rooms are open for horseplay.

PARTY HOSTING: With your kids, role-play how to greet guests. Have them practice opening the front door, saying hello to parents' friends and adult relatives, shaking hands or trading hugs, and offering to hang up jackets, says Sheryl Eberly.

"Remind children to look guests in the eye when they say hello. And give your child a party task they like doing, whether that means taking responsibility for offering each guest a drink or introducing guests to the family pet," King says.

Before the party, decide how involved your children will be throughout the evening, but make sure to include them in saying good-bye to guests, thanking them for coming with words, eye contact and a smile.

ATTENDING A PARTY: This is a great age to teach children how to introduce themselves. Even if they are too shy to follow through, role-playing this skill means they will have an awareness of the expectation and know how to do it, King says.

For the notoriously picky eater, introduce the idea of the thank-you bite. "The food is a gift someone prepared for you. I always say, 'Take a thank-you bite. Find something on the plate or from the buffet line that you can take one bite of,'" King says.

Talk to your child beforehand about these rules, too: Don't give away food you don't want; don't ask for juice instead of water or ask outright for a food you prefer to the ones offered; keep your mouth closed while chewing, stay seated and ask to be excused; say thank you for the meal and the event; and leave the party promptly when it's time.



**Lazy
crafternoon:
Check out our
roundup of fun
fall crafts:
[parentmap.com
/fallcrafts](http://parentmap.com/fallcrafts)**

RESPECTING HOLIDAY CUSTOMS: “Ease any difference in traditions ahead of time by asking parents of your kids’ friends what your child can expect when he or she is at their home. Have a conversation with your child about whatever differences might be present, and encourage your child to try new things. Let your child know it’s always polite to engage and ask questions about another family’s customs — there’s no need to feel silly or stupid. In fact, your hosts will likely be honored by you asking. Say, ‘Forgive me for not knowing, but what’s the meaning behind . . . ?’ or, ‘Tell me a bit about why you do things that way.’ In the same manner, when you’re welcoming guests into your own home, ask ahead of time how they like to celebrate the holidays and reflect that in your preparations,” Caroline Eberly says.

CONVERSATION SKILLS: To help kids understand the importance of learning conversation skills, ask your child who are some of the friends they like talking to best and why, says Arden Clise, president of Clise Etiquette in Seattle. At her company’s etiquette classes for children, participants play a game called Talking Takeout. Place slips of paper with open-ended, interesting questions (“If you could have any talent, what would you choose?”) inside a takeout food container and have each person answer one at the dinner table to practice the art of conversation. ■

When not navigating parenthood, Nancy Schatz Alton uses her brainpower to write, edit and fact-check articles for websites and magazines. Find her blog at WithinTheWords.com.

etiquette classes for kids

Final Touch Finishing School offers a wide range of classes for children, including Young Ladies & Gentlemen, Parts I & II (ages 6–11); and Royal Tea (ages 4–6). Classes are available in Mill Creek, Kirkland, Bellevue, Edmonds, Lacey and Auburn. finaltouchschool.com, 206-510-5357.

Clise Etiquette offers children’s etiquette and social skills classes in Seattle, including Modern Manners for Modern Children, Part I: Table Manners and More (ages 7–12); and Modern Manners for Modern Children, Part II: Parties, Playdates and More (ages 7–12). cliseetiquette.com, 206-708-1670.



Medical science and skill saved Eli. A generous community saved his family.

Born with Down syndrome, Eli Harrington spent the first days of his life in intensive care. Three months later, he had major surgery to repair a defective heart. Then came treatment for severe seizures. Most recently, he underwent major skull surgery to correct a serious cranial condition. Highly skilled specialists at Seattle Children’s have saved Eli’s life more than once. Even with health insurance, the Harringtons’ medical bills were overwhelming. Once again, Seattle Children’s was there to help—with financial relief through uncompensated care. Thousands of families benefit from the fund, which is supported by the generosity of everyday people like you. To learn more or donate, visit seattlechildrens.org/ways-to-help. Eli thanks you.



Seattle Children’s®
HOSPITAL • RESEARCH • FOUNDATION

Hope. Care. Cure.™



Choose your own adventure

Graphic novels starring kids

By Gemma Alexander

With *Big Hero 6* being released early this month, Disney is adding to the collection of blockbuster films based on graphic novels and helping bring the genre ever more into the mainstream. What makes this film different is its target audience: kids. The original *Big Hero 6* comics were aimed at a slightly older audience in 1998, but today's graphic novels have a lot to offer the middle-grade set, and there is growing consensus that graphic novels improve reading skills as much as text-only books. But the best reason to read the books on this list, or buy them for a young reader you love, is that they are really good.



Amulet by Kazu Kibuishi, Scholastic/graphix. This beautifully illustrated, full-color series is another imaginative use of the standard plot requiring heroic action from average children. *Amulet* follows the magical adventures of a sister-and-brother duo

who must navigate a world filled with demons, robots and talking animals in order to save their mother's life.



Meanwhile by Jason Shiga, Amulet Books. A genuine choose-your-own adventure, *Meanwhile* challenges assumptions about linear narrative. Beginning with the simple choice of chocolate or vanilla ice cream, a

little boy's day fragments into 3,856 possibilities. Following thin tubes from one panel to the next, often skipping ahead dozens of pages or moving backward, the reader makes her own story choices. Outcomes range from walking home with an ice cream to disaster.



The Girl Who Owned a City, based on O.T. Nelson's 1975 novel, adapted by Dan Jolley, illustrated by Joëlle Jones, colored by Jenn Manley Lee, Graphic Universe. After a virus kills all the world's adults, children are left to fend for

themselves. Lisa leads her friends to build a city in the high school, complete with infirmary and kitchen, and fortify it against raiding gangs. This book sends the powerful message that children are smarter and stronger than they know; the flip side of that strength is violence. Parts of this book may be disturbing.

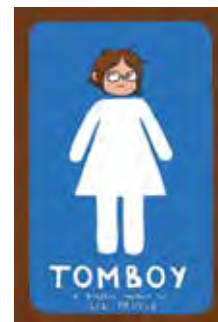


the box into a figurine that magically comes to life. Marcus, their troubled neighbor, steals their magic cardboard to build an army. The battle against his cardboard monsters evolves into an existential crisis for Marcus, who must face his emotional demons as well as the magical ones.



Drama by Raina Telgemeier, Scholastic/graphix. Who needs magic when real life is so full of drama? This realistic graphic novel follows theater-club set builder Callie through seventh grade. Giving equal attention to Callie's passion for theater and her series of unsuccessful crushes, *Drama* represents the roller coaster of adolescent life without shortchanging either emotional growth or practical skill building. It gets bonus points for creating an engaging school culture that

almost completely ignores the mean girls/popular kids paradigm in favor of a diverse cast of three-dimensional characters with realistic problems.



Tomboy by Liz Prince, Zest Books. The author of this graphic memoir describes her tomboy childhood in simple, clear language and drawings. Sharing real-life episodes of bullying and support, she challenges widely held assumptions about

gender, sexuality and identity. Because it's a true story, rude language and misbehavior are shown (Liz smokes and sneaks out at night), and the book might be best for the older end of the age range. But this book is ultimately about making your own best choices: The narrator also regularly stands up to her friends and, together with her boyfriend, decides to postpone sex. *Tomboy* is valuable reading for young readers, no matter what their gender.



Rapunzel's Revenge by Shannon and Dean Hale, illustrated by Nathan Hale, Bloomsbury. This twisted fairy tale reimagines Rapunzel in a magical Old West. After a privileged childhood, 12-year-old Rapunzel learns the truth

about her parentage and finds herself locked in a magical tower, where she spends the next four years practicing gymnastics with her rapidly growing hair. When she escapes, she heads for Gothel's Villa, itching for revenge and hoping to free her mother from slavery in Gothel's mines. There is a sequel called *Calamity Jack*.

Billy Batson and the Magic of Shazam! By Mike Kunkel and Art Baltazar, DC Comics. DC's latest all-ages reinvention of the classic *Captain Marvel* character focuses on the adventures of young Billy Batson and his little sister, Mary, who

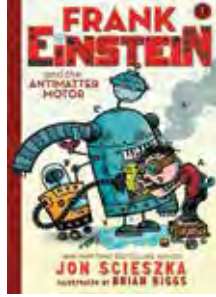
Find more
stories about
books, movies
and tech:
[parentmap.com](http://parentmap.com/kidsandmedia)
[/kidsandmedia](http://parentmap.com/kidsandmedia)



turn into superheroes with the magic word “Shazam!” It’s a classic superhero storyline with lots of repetition to reinforce reading comprehension. More mature versions abound if young readers want to keep reading as they grow. The 2008 miniseries has been compiled into two books.

Frank Einstein and the Antimatter Motor

by Jon Scieszka, illustrated by Brian Biggs, Harry N. Abrams. A boy-scientist story in the vein of Dexter’s Laboratory — with one critical difference. Like a Jules Verne novel, there is as



much science as story on every page. Your kid will learn the speed and shape of sound waves before the evil rival scientist even thinks of stealing Frank’s robots. Not a true graphic novel, the book may be more aptly described as heavily illustrated.

Plants vs. Zombies — Lawnmageddon by Paul Tobin, illustrated by Ron Chan, colored by Matthew J. Rainwater, lettering by Steve Dutro, Dark Horse/PopCap. Unique on this list, this comic is not a good book. Based on a video



game, the premise is weak, the plot flimsy, and the humor . . . well, your 10-year-old will love it. I couldn’t figure out what was so funny, but my daughter found it hilarious. Even if your child resists reading at all costs, *Plants vs. Zombies* may be a gateway drug to reading. ■

Gemma Alexander encourages reading in any form, from serious nonfiction to bubblegum wrappers. She blogs about books and other things at gemmadealexander.wordpress.com. She has not yet reviewed any gum wrappers.

OPEN HOUSE
Continuing Education
Certificate Programs
& Classes

- Aromatherapy
 - Energy Psychology
 - Hypnotherapy
 - Indigenous Wisdom & Healing
 - Medical Qigong
 - Craniosacral Therapy
- Plus many other mind-body-spirit seminars

Tues, Jan 6, 6-9 p.m.
www.Bastyr.edu/Continuing-Education
425.602.3152

BASTYR
UNIVERSITY

embark
on a new
career path

enhance
your holistic
health practice

expand
personal wellness



GIVE THE GIFT
OF ACM MEMBERSHIP
THIS HOLIDAY SEASON.

Give family-fun all year long.
Purchase online, visit the Museum, or call 253.779.8490

State Farm™ Presents



AMERICA'S CAR MUSEUM®
lemaymuseum.org



INTRODUCING
QUOC PHAN, MD

Specializing in Family Medicine

Dr. Quoc Phan has joined the Olympia Family & Internal Medicine team. He cares for both children and adults, providing wellness exams, management of chronic conditions and urgent care.

Dr. Phan is board certified in family medicine and has been in practice for six years. He completed his residency at Southern Regional Area Health Education Center, affiliated with Duke University Medical Center, and earned his doctorate at Meharry Medical College.

New patient & same day appointments available

360-596-4899

Accepting most insurances, including Medicaid & Medicare



**Olympia Family
& Internal Medicine**

At Capital Medical Center

3920 Capital Mall Drive SW, Suite 200, Olympia • Monday-Friday 8:30 a.m. to 6 p.m.



Say what?

Why your teen's hearing might be at risk

By Malia Jacobson

Teens aren't generally known for their superb listening skills. But if yours constantly responds with "What?" when spoken to, insists on blistering music volume and seems frustrated or withdrawn at school or home, something larger could be at play. Rates of hearing loss in adolescents have spiked dramatically in recent years. Your teen could be one of millions with noise-induced hearing damage, a condition that could have an impact on everything from safe driving to school success.

Sounding off

The chorus of "What?" is getting louder; hearing loss in adolescents has increased 31 percent since 1988, according to a 2010 study, with one in five teens now affected. For many, the hearing loss is noise-induced, and it's permanent. *The Journal of Pediatrics* reports that 12.5 percent of kids ages 6–19 have suffered permanent damage to their hearing from excessive exposure to loud music, video games and environments.

That's a growing problem, because according to a new Pennsylvania State University report, school hearing screenings don't detect noise-exposure hearing loss, leaving teens at risk for undetected hearing loss, which can put a strain on academic progress, college prep, relationships and home life. Even mild hearing impairment can undermine speech and language development, and require school accommodations such as speech therapy and auditory training.

But teens and parents who don't know there is a problem can't seek help. Noise-induced hearing loss in children and adolescents is underreported, according to the National Institute on Deafness and Other Communication Disorders (NIDCD). Teens often don't realize their hearing is subpar until they've already fallen behind in school, says Rebecca M. Fischer, Ph.D., a professor of audiology and director of the Communication Disorders program at Middle Tennessee State University.

"Teens don't usually notice a gradual change or

loss in their hearing," she says. "Usually, the ones to notice a teen's hearing damage are relatives and friends. And sometimes, hearing damage sustained during the teen years doesn't show up as hearing loss until the 20s or 30s."

A dull roar

What is hurting teens' hearing? Most likely, it's their behavior, Fischer says, specifically, the near-constant use of iPods and other personal listening devices. *The Journal of Pediatrics* study



points to excessively loud earbuds for the spike in children's hearing problems; the 115-decibel maximum volume on an iPod Shuffle is as noisy as a sandblaster or a loud rock concert, and loud enough to permanently damage hearing with regular use.

"Look around any high school or college campus, including ours, and you see teens and young adults with earbuds in, all the time," Fischer says, noting that these devices aren't regulated to protect young listeners. By contrast, the Occupational Safety and Health Administration

(OSHA) strictly regulates noisy work environments to protect hearing.

Employers whose work environments are above 85 decibels (construction sites or airports, for example) have to provide a hearing conservation program for employees, including workshops, noise-protection devices like earplugs, and hearing tests, Fischer says. But a teen with an iPod or video game system can take in well above the level that OSHA deems safe, every day, for years.

Because personal listening devices are just that — personal — tracking and regulating teens' use is difficult, says Stacey D. Watson, M.S., an audiologist with Seattle's Swedish Medical Group. The sound is under the user's control, and because teens are often away from a parent's watchful gaze, parents probably won't know if a teen is spending hours drenched in (literally) deafening sound.

Hearing 101

Hearing mechanics are complex, but essentially, sound enters the cochlea, the spiral-shaped structure in the inner ear, and causes cilia (tiny hairs) to vibrate. Thanks to the cochlea's extra-sensitive nerve endings, the brain reads these movements as sound. But over time, exposure to high levels of sound can damage the cilia and impair hearing permanently.

Though hearing can be temporarily muffled after a single episode of loud noise — a raucous concert or a jet taking off — the inner ear usually bounces back from these relatively isolated incidents. But daily, extended, long-term earbud use is different, because the ear rarely gets a chance to heal when the listening device is always in use.

"Sound is really pressure," Fischer says. "Think of the pressure of water on a grassy beach. Over time, the water comes ashore, and if the water has enough power, the grasses are washed away." That's how loud noise permanently compromises hearing — eventually, the pressure destroys the inner structure of the ear — and why constant exposure to high levels of it is so damaging, she says.

Sound off:
Send us your
child health
questions and
quandries: editor@parentmap.com

At first, this type of hearing damage affects the ability to hear higher frequencies of sound, including the softer sounds of speech, such as the “s” or “th” sounds, says deaf author and speaker Karen Putz, M.A., who penned *The Parenting Journey: Raising Deaf and Hard of Hearing Children* (2012) and writes the Deaf Mom blog.

“This can make it difficult for a teen to hear well in the classroom, in noisy situations and in crowds,” Putz says. “Women and children have voices in the higher frequencies, making it more challenging for a teen with noise-induced hearing loss to understand them.”

Sound safeguards

As attached as teens are to their earbuds, parents can exercise some influence, Fischer says. If a teen listens to a device or plays a video game at a “10” (maximum) volume, ask them to back it off to 8 or 9 for a week and stay there. “Over time, they’ll realize that they can actually enjoy sound without it being so loud.”

For daily iPod use, aim for the “two-thirds/one hour” rule: The volume dial should be turned up no more than two-thirds of the way, and teens should limit use to one hour at a time.

“If a teen can’t hear someone talk to them while listening to a personal music player, the volume is too loud,” Watson says.

For iPhone, iPad and iPod touch, parents can set a volume limit and prevent changes to that setting in the devices by entering “Settings” and viewing General/Restrictions

(find more information about these restrictions at support.apple.com). And hearing protection for concerts is a must; DownBeats earplugs are an affordable option that won’t offend style-conscious teens.

Teens don’t just need hearing protection for listening to music — they need it if they’re making music, too. Band members (whether the band is at school or in the family garage) and college music majors can be exposed to damaging levels of sound daily, Fischer says. Young musicians can protect their hearing with specially designed, high-fidelity earplugs that reduce sound without changing it, allowing musicians to hear bandmates. (Check out Musicians Earplugs.)

Complaints of ringing or other sounds in the ears (known as tinnitus), pain the ears or a feeling that the ears are “plugged up” are signs to ease off on personal music players for a few days. If hearing loss is suspected, an online hearing test can provide some insight, with follow-up by an audiologist if needed, Putz says.

Relatively minor lifestyle tweaks can make a major impact on hearing quality, and quality of life, for teens, Fischer says. “Our hearing mechanism is pretty wonderful” — and too valuable not to protect. ■

Malia Jacobson is an award-winning health and parenting journalist and mom of three. Her latest book is Sleep Tight, Every Night: Helping Toddlers and Preschoolers Sleep Well Without Tears, Tricks, or Tirades.

ParentMap Special Event

Living a *Glee*-ful Life: Possibilities and Potential for ALL!



**Lauren
speaks at
4 p.m.**

The whole family will be inspired by actress, anti-bullying activist + Special Olympics ambassador

Lauren Potter,
AKA “Becky Jackson”
from ***Glee***

ALSO: Expert speakers • Special needs resource fair

SAT, NOV. 15, 2–5 p.m.



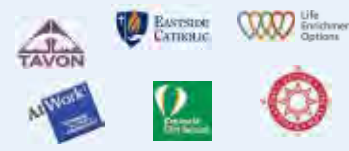
\$10

parentmap.com/glee

GOLD



SILVER



Someone you should know

By Rory Graves • Photograph by Amelia Eskenazi

SHANNON WATTS is a political powerhouse. In the wake of the Dec. 14, 2012 shooting at Sandy Hook Elementary School in Newtown, Conn., in which 20 schoolchildren and six staff members were killed, Watts, a suburban Illinois mother of five, founded what is known today as Moms Demand Action for Gun Sense in America (momsdemandaction.org). Headlines have described her as a “badass mom” who isn’t afraid to take on the gun lobby. Across the nation, volunteers from her organization boldly face the opposition — which is often armed with guns — to advocate for gun violence prevention legislation and encourage businesses to adopt gun-free policies.

You founded Moms Demand Action by launching a Facebook page. Why did you start this?

After Sandy Hook, I wanted to do something, so I got online and searched. There was nothing out there. I started a Facebook group called “One Million Moms for Gun Control” the morning after the Sandy Hook shootings. We changed our name to Moms Demand Action for Gun Sense in America in February 2013.

I was outraged about the fact that this man could use an AR-15, which seemed like a military-grade weapon, and go into an elementary school and wipe out 26 human beings in less than five minutes. Something had to be done.

I had no idea we would become what we are today. We have a Moms Demand Action chapter in all 50 states and together with Everytown for Gun Safety, we have over 2 million supporters.

Why do you think mom-based organizations are so powerful?

Because moms want their families and children to be safe when they go to the grocery store, out to eat or to school. I don’t see it as an emotional pull, but rather an innate instinct to do what we must to keep our kids safe. We want our kids learning math and science in school, not “duck and cover.”

What gives you hope that progress can be made on such a polarizing issue?

We focus our work in three places: Congress, state legislatures and corporate America. Earlier this month, Panera’s CEO announced that guns would no longer be welcome in their 1,800 cafes around the country. Our organization is leading the charge on corporate gun policy and, in just the last year, Starbucks, Target, Chipotle, Jack in the Box, Chili’s and Sonic have all taken similar steps. We are currently asking Kroger Family of Foods, the nation’s largest supermarket chain, to prohibit open carry.

In the last 14 months, there have been many good state and local gun laws passed. Since Newtown, four states passed comprehensive background check legislation: Colorado, Connecticut, Delaware and New York. And after pressure from moms, state legislatures across the political spectrum — Vermont, Louisiana and Wisconsin, to name a few — enacted stronger laws to keep guns out of the hands of domestic abusers.



Why have you taken on businesses around the open-carry issue?

In a majority of states, it is completely legal to openly carry a loaded gun in public without any training, permit or background check. In some states, there isn’t even an age requirement to open-carry a loaded firearm. The danger created by this lack of regulation is dramatically increased by the fact that an estimated 6.6 million gun transfers occurred in 2012 without the buyers undergoing a criminal background check — despite polling that shows 92 percent of all Americans and 74 percent of NRA members support background checks on all gun sales.

Because of the lax gun laws in place in many states, there’s no way to tell if a shopper with an assault rifle strapped to his back is a good guy with a gun or a bad guy — and the consequences of confusing the two could be fatal. It should never be incumbent upon customers and employees to make that decision.

What do you see as key opportunities or friction points in 2015?

Moms will work to engage more Americans in this fight by going beyond background checks to address domestic violence, child access to guns, guns on campus, suicide and many of the ways that gun violence affects everyday Americans.

What keeps you inspired and continuing to do this work?

The volunteers and survivors on the ground in our chapters all over the country. It’s incredible inspiring and powerful.

I also find strength in the survivors we meet and work with so closely. They have experienced something we are all fighting to ensure we do not. Richard Martinez [who lost his son in a mass shooting in California this year] voiced all of our concerns so well when he shouted, “Not one more.”

What is your best advice to busy parents who want to help?

Getting involved is as simple as making a call to your member of Congress while your kids are taking a nap, or sending some emails. Our website and online tools make it incredibly easy to get involved. Also, please commit to vote with gun sense, and ask your family and friends to do the same. ■

We've got your back. Not your billfold.



Elise F. Buie

- Family Law
- Guardian ad Litem
- Collaborative Divorce



Chandra Lewnau

- Wills & Trusts
- Probate
- Small Business & Nonprofit Law

Contact us for a FREE 30 minute consultation.

Call 206.971.4800

info@mainstreetlawgroup.com | mainstreetlawgroup.com/parentmap

ParentMap 2015



PRESCHOOL previews



FREE
EVENT!

Find the best preschool program
for your child!

eastside

JAN 10

9:30 am – 12:30 pm
Highlands Community
Center

north seattle

JAN 11

2 – 4 pm
Shoreline Community
College

south sound

JAN 17

10 am – 12 pm
STAR Center
Tacoma

seattle/central

JAN 18

10 am – 12 pm
Mt. Baker
Community Club

parentmap.com/preschool-previews

Rocket to the top of the Space Needle



Visit Seattle's
Coolest Santa

Nov: 28-30

Dec: 6-7, 13-14, 20, 21*, 22-23

Santa hours from 11am - 5pm

*Special Santa hours of 11am - 3pm

Free Space Santa digital
photo download*

*with paid admission

spaceneedle.com/holidays • 800.937.9582

 space needle.

Love it again,
for the last time...

PACIFIC NORTHWEST BALLET

ONLY AT
McCAW
HALL

Nov 28–
Dec 28

Stowell Sendak
Nutcracker



Maria Chapman.
© Angela Sterling.

PNB.org 206.441.2424



Put an escape **TO SUNNY SPAIN**
UNDER THE TREE.

Don Quixote

JANUARY 30–FEBRUARY 8, 2015

