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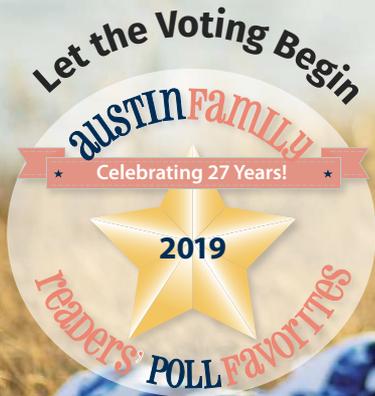
*Mia Garcia Catches Tejano Music's Ear*

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Austin's Mia Garcia is the youngest person to ever win a Tejano Music Award. Photography by Brenda & Jabari.

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We are dedicated to serving the Greater Austin area by providing up-to-date information and ideas that promote smart parenting and healthy homes. We promote our clients' businesses by increasing their customer bases and enhancing their public images.

Austin Family is published monthly by KKKemper Inc.

Mailing Address:  
P.O. Box 7559, Round Rock, Texas 78683-7559

Phone Number: 512-733-0038

On the web at: [www.austinfamily.com](http://www.austinfamily.com)

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## EDITOR'S NOTE

SHERIDA MOCK

*Mock is an award-winning writer and the mother of two daughters.*

Whether your child signs up for a team sport, pursues a solo sport or just shoots hoops in the front drive, sports make our kids healthier, teach our kids values and give our kids lifelong skills. I hope your little ones find a sport or two (or three!) that keeps their bodies moving and their minds engaged.

Have a wonderful March!

**P**rops to the moms and dads who gamely accompany their children through all the various phases and stages of sports activities. I've been there myself, and the journey is full of ups and downs. Who knows what adventure awaits in the search for a pair of perfectly-fitting (and perfectly-affordable) turf shoes for soccer practice? (These are not to be confused with the pair of perfectly-fitting and perfectly-affordable cleats for game day.) And who knows what feat of wizardry it will take to dovetail a new practice schedule into the family calendar?

But there's plenty of pride to be had, for those parents cheering on the sidelines or patiently scrolling through phones at the back of the gym. Nothing beats the beaming smile of a child who's finally pulled off a flip-turn at a swim meet or earned the next belt level in taekwondo.

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# Play it product recalls **SAFE**

## Government Recalls Bed Rails, Power Wheels and Iron Supplements



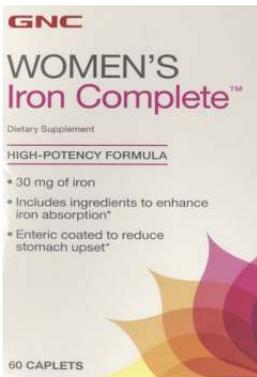
Hot Mom is recalling about 500 **bed rails** because they fail to meet the federal mandatory standard for portable bed rails,

posing entrapment and suffocation hazards to young children. The recall involves bed rails with model number Boom09. Affected units were sold online at Amazon.com between March 2017 and August 2017 for about \$60. Consumers should immediately stop using the recalled bed rails and contact Hot Mom to return them for a full refund. Hot Mom is contacting all known purchasers directly.

Fisher-Price is recalling about 44,000 **Power Wheels** because they can continue to run after the foot pedal is released, posing an injury hazard. The recall involves Power Wheels Barbie Dream Campers with model number FRC29 with a gray foot pedal. Affected units



were sold at Walmart stores nationwide and online at Walmart.com between July 2018 and January 2019 for about \$400. Consumers should immediately take the recalled Power Wheels away from children, stop using them and contact Fisher-Price for a free repair.



GNC is recalling about 756,000 **dietary supplements** because the blister packaging is not child resistant, as required by federal law. If ingested by a child, these supplements could cause serious injury or death. The recall involves Women's Iron Complete Dietary Supplement 60-count caplets. Affected units were sold at GNC retail stores nationwide and online at gnc.com and drugstore.com between September 2000 and August 2018 for about \$10. Consumers should keep these

products out of the reach of children and contact GNC for instructions on how to obtain a refund. Consumers can return the unused product to their local GNC store for a refund.

*The US Consumer Products Safety Commission works to protect the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products.*

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## Pre-K Program

St. Theresa's Catholic School is now accepting applications for the 2019-2020 school year for its full-time pre-kindergarten program, the Little Flower Catholic Academy. The play-based program will accept children who are age 3 or 4 by September 1, 2019 into its curriculum, which promotes the physical, social, spiritual and emotional development of children.

"We have been listening to our community and are responding to a need for a 3-year-old program to add to our well-established early elementary program," says Ann Walters, president/principal of St. Theresa's. The school is located in the Northwest Hills area of Austin. For more information, visit [st-theresa.org](http://st-theresa.org).



Kites of all sizes will fill the skies above Zilker Park on March 31. Photo courtesy of ABC Kite Fest.

## Kite Festival

Celebrating its 90th year, the ABC Kite Fest will return to Zilker Park on March 31. This year's festival will include a new pet area, corporate hospitality section and event app so festival-goers can stay in the know and up-to-date on event happenings.

Returning to the festival are favorites such as the kite contest, MossFest children's concert, fun run and kids' club with bounce houses, rock climbing and more. As in past years, the festival will benefit Communities in Schools of Central Texas and the Moss Pieratt Foundation. Kite Fest officials say both organizations received \$20,000 donations following the 2018 event. For more information, visit [abckitefest.org](http://abckitefest.org).



Founded in 1876, Austin ISD's Pease Elementary is the oldest continuously operating public elementary school in Texas. Photo by Sherida Mock.

## Education Awards

H-E-B has tapped local honorees among the school districts, school boards and early childhood facilities that have been selected as finalists for its 18th annual Excellence in Education Awards program.

Austin ISD has been named a finalist among eight districts in the school district category. Child Inc. of Austin and Bonham Prekindergarten of San Marcos have been named as finalists among five schools in the early childhood facility category. Del Valle ISD's board has been named a finalist among five candidates in the public school board category.

To determine overall statewide winners, a panel of judges will tour campuses and talk with administration, staff, parents and community members. Winners will be announced at the H-E-B Excellence in Education Awards ceremony on May 5 at the Fairmont Hotel in Austin.

## Must-Do This March

10

**Family Day**

at Umlauf Sculpture Garden

16

**Dinosaur Day**

at Zilker Botanical Garden

31

**ABC Kite Fest**

at Zilker Park



The Blanton Museum of Art will open its doors with a block party on March 30. Photo courtesy of The Blanton Museum of Art.

### Free Art Exploration

The Blanton Museum of Art will host a free day-to-night community festival on March 30. The Blanton Block Party will fuse live music with world-class art and provide outdoor family art activities, access to local food trucks and tours throughout the day. Many of the live musical acts are recipients of the Blanton's Black Fret artist grants. Guided tours will be available for the exhibition "Words/Matter: Latin American Art and Language." For details, visit [blantonmuseum.org](http://blantonmuseum.org).



The Little Hummingbird Society lets young people volunteer with Austin Parks Foundation. Photo courtesy of Austin Parks Foundation.

### Young Volunteers

The Little Hummingbird Society (LHS), one of the Austin Parks Foundation's newest programs, kicked off 2019 with a volunteer project at Metz Neighborhood Park in February. Participants spread mulch around trees in the park, and LHS provided snacks, sunscreen, gloves and tools.

LHS projects are open to the public. Little ones and their parents who sign up for LHS membership gain access to merchandise, volunteer events and seasonal activity booklets. Membership is \$10 per month for the first child and \$5 per month for each additional child. For more information, visit [austinparks.org](http://austinparks.org).



### Community Service

Local teen Ian McKenna Goncalo was named one of Texas' top two youth volunteers of 2019 by The Prudential Spirit of Community Awards, a nationwide program honoring young people for outstanding acts of volunteerism. Goncalo will receive \$1,000, a silver medallion and an all-expenses-paid trip to Washington, D.C., in May for four days of national recognition events.

Goncalo, a sophomore at Austin ISD's Liberal Arts and Science Academy, planted vegetable and fruit gardens at schools and in his backyard, yielding more than nine tons of fresh produce for families in need over the past six years. Melissa Khasbagan, a junior at Westlake High School, was named one of 10 distinguished finalists. Khasbagan founded "1,000 Books," a nonprofit that donates books and educational materials to children and created "The Teen Entrepreneur Podcast."



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## Dental Community Training

Child sex trafficking is the fastest growing crime in the world, according to a study by the UT School of Social Work. To make a difference, Austin Oral Surgery has created "Dove Projects," a program to train dental professionals to recognize and report signs of child sex trafficking.

"When you do an oral exam, there can be certain conditions that can indicate a victim, so dental professionals are in a unique position to make a big difference," says Renee Dixon, marketing director at Austin Oral Surgery. "It's important that all dental professionals can recognize those factors quickly and know how to help without making the situation more dangerous for the victim."

Austin Oral Surgery hosts the free Dove Projects throughout the year. To date, Austin Oral Surgery's Dove Projects have brought awareness to over 1,475 dental professionals throughout Central Texas. To schedule a Dove Project, call 512-498-0118 or email [renee.dixon@austinoms.com](mailto:renee.dixon@austinoms.com).

## Child Welfare Advocacy

A coalition of the state's child welfare providers rallied on the steps of the Texas Capitol in February for a day of speeches calling for improvements in early intervention programs, foster care supports and programs combatting child sex trafficking. The Texas Alliance of Child and Family Services organized the event and drew upon members such as The SAFE Alliance of Austin to ask legislators to provide effective, quality services for the growing number of children and families that need them.

Representative James Frank, who is both a foster and adoptive parent and the Chair of the House Human Services Committee, kicked off the event with remarks, followed by Senator José Menendez and Representative Ina Minjarez. In addition to the elected officials, Tashima Dukes, a nationally-recognized author, motivational speaker and foster alumni, spoke about her experience in foster care, which included more than 13 different placements before she aged out of the system.

## by the numbers



**60 minutes**  
Recommended daily exercise for kids  
*Source: Centers for Disease Control and Prevention*



**69%**  
Kids who play a sport at least once per week  
*Source: The Aspen Institute's Project Play*



**2x**  
Rate of sports dropout among girls age 14, compared to boys the same age  
*Source: Womens' Sports Foundation*



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# Introverted Kids Smash the Team Sports Mold



BY KIMBERLY BLAKER

There's no doubt, team sports offer an array of benefits to kids. Team sports provide opportunities for kids to develop friendships, work as a team, problem solve, learn good sportsmanship and much more. But what if your kid just isn't interested in being on a team?

Not everyone loves team sports. Many kids, particularly those who are introverted or shy, lack interest in or struggle with team sports. When kids aren't into team sports, parents often get caught up in an endless battle — with their kids kicking and screaming all the way to every practice and game.

So the question is, should parents push their unenthusiastic kids into team sports if their kids are adamant they want no part of it? Encouraging kids to participate in some form of extracurricular activity is undoubtedly a good idea. Such activities can provide kids with valuable learning opportunities while also keeping them fit. But if your child is introverted, social and group experiences can be particularly stressful and mentally exhausting.

What can you do to help your child get in some fitness and develop motor skills, while still allowing your child to be true to himself or herself? There are plenty of sports and physical activities that aren't as mentally draining for introverts, yet provide participants with plenty of benefits.

**Martial arts.** This sport is divided into the categories of wrestling, striking, grappling and weaponry. Many martial arts styles use a combination of these categories, so it's a good idea to look into several disciplines. Then let your child help decide which style to try. Some of the most popular forms include judo, Tai-Chi, karate, kickboxing, wrestling, Taekwondo, Aikido and Jiu-Jitsu. Through martial arts, in addition to learning self-defense, kids learn self-discipline and fine-tune their motor skills.

**Gymnastics.** Gymnastics improves strength, flexibility, balance, and cognitive functioning, among other benefits. The most popular form of gymnastics is artistic, which includes floor exercise, balance beam, vault, uneven bars, still rings and parallel bars. There's also rhythmic, which combines dance and gymnastics moves to music. Aerobic gymnastics is yet another form and crosses traditional aerobics with gymnastics moves, also set to music.

**Ice Skating.** This sport provides a cardiovascular workout while improving flexibility, balance and endurance. It's also a great way to develop leg muscles. Speed skating is one form of ice skating your child can learn. But there's also figure skating, which includes single skating, pair skating, ice dancing and synchronized skating.

**Skateboarding.** Skateboarding offers many benefits including overall fitness, endurance, precision, and as many a skateboarder will attest, increased pain tolerance. This solo sport has numerous forms including — but not limited to — slalom, freestyle, street, off-road, vert and park.

**Bicycling.** This is an excellent form of exercise that improves strength, coordination and flexibility. There are several forms of bicycling that might appeal to your child, such as distance endurance cycling, mountain biking and stunt riding.

**Archery.** Although archery might appear to be a passive sport, it offers several physical and mental benefits including improved balance, coordination, upper body strength and focus. Also, during competitions archers get plenty of exercise, as they often walk up to five miles.

**Dance.** Many people argue that dance isn't a sport. Nonetheless, it offers many of the same benefits as sports. Dancing builds self-confidence, provides exercise and develops balance, stamina and strength. Forms of dance include tap, ballet, jazz, modern, hip-hop, swing, Latin, contra, Irish step dance and more.

**Swimming and diving.** Swimming builds strength and endurance while improving cardiovascular fitness. Diving improves agility, strengthens the upper body — particularly the arms — and improves mental focus.

**Running.** As straightforward as running may sound, there are several forms from which your child can choose. There's adventure running, cross-country, road, mountain, track and field, races and marathon. Whatever the form, it's an excellent cardiovascular workout. Running also builds endurance, releases stress and is a powerful antidepressant.

**Water skiing.** Water skiing, as well as other water sports such as wakeboarding and windsurfing, increases endurance while strengthening core muscles and improving balance.

**Climbing.** If you have a tree climber on your hands, rock climbing might be the perfect sport. Whether practiced indoors or outdoors, climbing is an excellent cardiovascular workout, toning and strengthening muscles and improving mental focus.

**Inline skating.** Although rollerblading first gained popularity with hockey, it's been enjoyed equally as a leisure or solo sport. Inline skating offers nearly as much cardio and muscle building benefits as running, but without as much impact on the joints.

*Kimberly Blaker is a freelance writer and the author of a kid's STEM book, Horoscopes: Reality or Trickery?*



## THE Learning Curve

ALISON BOGLE

*Bogle is an Austin-based freelance writer and mom of three.*

# Play Breaks Give Students the Winning Edge

**O**ne look at a child, and you know she is meant to be a body in motion. Why then did schools begin reducing recess and physical education time? Many blame it on standardized testing, as the need to demonstrate good scores affected the prioritization of academics at the expense of play and movement.

Thankfully, recent evidence regarding the importance of movement for children and its positive effects on learning has ushered a shift in thinking. School administrators and parents are pushing to bring back movement, both in small breaks built into the school day and in more formal time periods, such as recess and physical education.

### Modern Problems

It could be argued that physical activity at school is even more important health-wise today, as studies show that children are less physically active outside of school than in previous years. In fact, a 2017 study published in the journal *Health Affairs* found

that fewer than one in three children ages 8-11 gets the recommended amount of 25 minutes of intense physical activity three times a week. One theory: screen time has replaced spontaneous and organized play. Another theory suggests that as sports have become more organized and competitive, their participation costs have increased. This higher barrier to entry keeps more children from being able to play.

Academics are positively affected by movement. Several studies have shown that to achieve peak learning in children, there must be a break period after spans of concentrated instruction. It's not enough to shift from one task to another; students need an actual break in learning to reduce the accumulation of stress and distractions that interfere with learning. These little breaks result in greater attentiveness and productivity in the classroom. Interestingly, the researchers' findings held true even when students spent most of their break time socializing.

This makes sense. As adults, if we're doing a difficult task at work or at home, we benefit

from stepping back to "take a breather." Even a short break revives us after concentration fatigue sets in. Although what our children are learning might not seem like hard work to us, it's good to remember that for them, it's all new. They truly experience learning as work.

### Exercise in Action

The act of physically moving increases blood flow and oxygenation in the brain. This in turn boosts neural connectivity and stimulates nerve cell growth in the hippocampus, the center of memory and learning. Conveniently, it doesn't take an excessive amount of time to switch students from a mode of brain-fatigued-and-overloaded to a mode of refreshed-and-ready-to-attend-and-focus. Just a short five- to ten-minute break can work wonders and increase productivity overall.

There's also a very important benefit to physical activity at school, beyond academics. Recess promotes social and emotional learning through children's play

with peers. It's during recess that children can practice and role-play various social skills, such as cooperation, problem-solving, sharing and negotiation. They're also offered opportunities to practice self-control when play doesn't go their way. Students bring their gains in these areas back to the classroom and improve the social climate of the room.

•  
•  
• **Fewer than one in three**  
• **children ages 8-11 gets the**  
• **recommended amount of 25**  
• **minutes of intense physical**  
• **activity three times a week.**  
•  
•  
•

#### Rules for Recess

Not all movement and recess are created equal, however. William Massey, assistant professor of health and human sciences at Oregon State University, says there are certain recess parameters that must be in place to see related improvements in behavior and learning during the school day. First, adults must set up a system that encourages children to be active and to play, rather than sitting or standing around. Second, there must be green space and appropriate equipment for children to utilize. Finally, it's important that positive social behaviors are taught and expected. When this last piece is lacking, schools often see an increase in fighting, bullying and negative language, even in a setting with enough physical activity.

There are also differences in benefits, depending upon the time of day that students have recess. Schools traditionally schedule recess for the afternoon, after lunch-time. However, many school wellness councils are moving to the "Recess Before Lunch" concept. Studies have found that when students have recess before lunch, they spend more time eating and waste less food, probably because they've had a

chance to stoke their appetites. Lunchroom behavior improves, as well. As students spend less time sitting idle at the table, they have less time to become bored and disruptive.

The ideal school day provides time for recess and physical education for all

students, but also works brief movement breaks in between learning sessions. A well-rounded school movement plan leads to academic, behavioral, social and emotional and health gains. Schools are beginning to recognize that it's a no brainer — let's get our children moving!

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# Tejano Music Spots a Rising Star

BY SHERIDA MOCK

Photography by Brenda and Jabari

It's no small thing to be compared to Selena Quintanilla-Pérez, the late and beloved Tejano singer from south Texas who rose to fame in the '80s and '90s with hits like "Bidi Bidi Bom Bom." But Mia Garcia, a bubbly and energetic 11-year-old Austinite, is worthy of the comparison.

As a bright star of the new generation in Tejano music, Garcia is gathering steam. Last year, Austin mayor Steve Adler declared October 5 to be Mia Garcia Day, in part as recognition for her becoming the youngest person ever nominated for a Tejano Music Award. Just a few weeks later, Garcia became the youngest person to ever win the prestigious award. And recently, she was nominated for an Austin Under 40 Award.

Garcia hears comparisons to Selena and answers with a view to the future. "I've always looked up to her," she told Univision in an interview last year. "She's a big

inspiration. She's opened many doors for a new generation, but I want to be my own person." And her audience can be forgiven for jumping to find similarities, especially when none other than Selena's father himself, A. B. Quintanilla, was on hand in San Antonio last November to present Garcia with the prize for Best New Artist. It was a passing of the torch, of sorts.

Just 10-years-old when she released her album "La Reina del Mundo" (The Queen of the World), Garcia began singing at age 5. Soon, she was touring across Texas and Mexico. "When I sing, I feel free," she says. "I love how people can put all of their emotion into a song that other people can relate to. When I sing, I just let go of all my worries and pour my heart out." Her love of the craft makes perfect sense when you consider her family's musical DNA – her dad is a drummer and her mom is a singer.

Lucky for us, the busy fifth-grader found a few minutes to chat with us recently.

A disciplined student, Mia Garcia studies karate once a week.



## AFM: Tell us about your family.

**Garcia:** My family is my dad Chris, my mom Yuliana and my little sister Genesis.

## AFM: Do you remember when you performed your first song?

**Garcia:** No, but I have many memories from when I would sing with my mom in karaoke. I started out when I was 5-years-old, singing karaoke and practicing in the shower.

## AFM: Do you remember when you first recorded a song?

**Garcia:** Yeah. My mom was going to record this song called “¡Corre!” by Jesse & Joy. But my mom decided she didn’t want to do the artist thing anymore, so she said, “Why don’t we do it with Mia?” So, I ended up doing the main vocals for “¡Corre!”

## AFM: Do you write your own songs?

**Garcia:** I wrote one. It was for a project in English and Language Arts class. It was to write about a refugee. This book called “Refugee” is about three different kids from three different time periods and three different countries. So, I had to write about this book: either a poem, a piece of art or a song. That was my first time to write a song.

## AFM: What makes you really like a song?

**Garcia:** It should have a good rhythm and good words. It has to be unique.

## AFM: Tell us about the night of the Tejano Music Awards.

**Garcia:** We went to a party before, and then we went to the place where the awards were going to be. I put some extra lipstick on for the red carpet. [laughs] Then we went in and I had to get dressed, because I was performing. I performed two songs, “Te Quiero” and “Boom Boom Boom.”

And while I was backstage, they told me that someone had canceled and they needed me to present an award, so they asked me would I stay backstage. But it turns out that was something they just told me to get me to stay there. They couldn’t tell me that I’d won an award.

Then I saw A. B. Quintanilla, Selena’s dad, go up to present an award. I thought that it would be for Jimmy Gonzalez, who died last year and was being honored with a Lifetime Achievement award. But then I heard that he was presenting the Best New Artist award. And then, they called my name. To win that award was humungous. I was bawling my eyes out.

## AFM: What has it been like since you won the award?

**Garcia:** I’ve done a lot of interviews, especially right after I won the award. It’s starting to slow down a little now. But I’m enjoying this. It’s been exciting, and I’m hoping for good things to happen.

## AFM: What will you be doing next?

**Garcia:** We’re working on a new album already, making new songs and working with our producers.

Mia Garcia is the youngest person to ever win a Tejano Music Award.

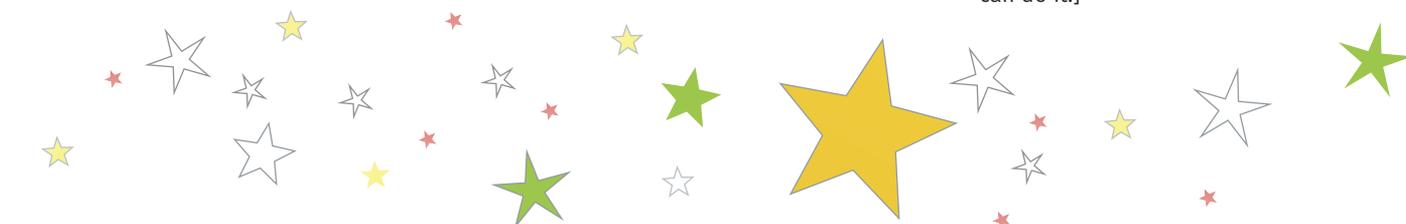


## AFM: What do you do besides music?

**Garcia:** I do gymnastics, karate, classical guitar and school. In the summers, I do horseback riding. What I like about gymnastics is that you can gain confidence, and you have to learn how to be a team player. You have to learn how to take advice. With karate, you can learn discipline while still having fun, and you can fight without getting in trouble!

## AFM: Any last thoughts?

**Mia:** I always say this to other kids: Stay in school. Listen to your parents. Listen to your teachers. Be good. Follow your dreams. ¡Si yo puedo, te puedes! [If I can do it, you can do it!]





## LIFELINES

BRENDA SCHOOLFIELD

*Schoolfield is a freelance medical writer who splits her time between Austin and Seattle.*

# Are Supplements the Right Choice for Your Child?

**M**any websites and social media posts encourage the use of supplements for children — sometimes with claims for treating specific medical conditions. How can you know which supplements your child needs, if any? Dr. Reshma Shah, a pediatrician interested in nutrition for children (especially plant-based nutrition), gives us sound guidance with straight talk about supplements.

### How Do You Know if Your Child Needs Supplements?

“The best way to ensure that your child is meeting her nutritional needs is to focus on a balanced diet. Whenever possible, it is best to get nutrients from food,” says Dr. Shah. “For parents who struggle with getting their kids to eat a varied and balanced diet, a multivitamin can be useful. However, you should continue to encourage and support meeting nutritional needs through diet as much as possible.”

Although most children don’t need supplements, there are certain situations where a supplement may be indicated. A good time to talk to your child’s pediatrician about nutritional challenges is during the routine well-child exam. The pediatrician

will assess your child’s growth, general health and need for nutritional deficiency screening. Some nutritional deficiencies in children noted by Dr. Shah are the following:

- **Iron deficiency anemia** is the most common nutrient deficiency worldwide. It may be treated with a supplement, but parents should also include iron-rich foods in their child’s diet.
- **Vitamin D deficiency** can be caused by a variety of factors. Some of these are skin pigment, obesity, use of sun protection and geographical latitude. Vitamin D deficiency can result in serious health problems in children, including rickets and poor bone health. In addition to sun exposure, most of the vitamin D we get is through supplementation, such as fortified milks, juices or pills. Because too much vitamin D can be toxic, always consult with your child’s pediatrician to decide if supplements are needed and, if so, the right dose.
- **Vitamin B12 deficiency** can result from conditions that interfere with vitamin B12 absorption, such as certain medications or a plant-based/vegan diet.

### Can Supplements Make Up for a Poor Diet?

One Austin mom worries that her son isn’t getting enough nutrients because all he will eat is fast food, sugary drinks, candy and cookies. She’s looking for a good multi-vitamin that can fill in the gap.

Dr. Shah responds, “The interplay of nutrients we consume in food is complex and rich. Although we have isolated many vitamins and minerals that are essential to health, the truth is that we do not have a full understanding of how these nutrients interact with one another, let alone come close to identifying them all. Fruits, vegetables, beans, whole grains, nuts and seeds have a variety of nutrients that cannot simply be replaced with a pill.”

### Can Supplements Treat Health Problems?

Dr. Shah counsels, “When deciding whether or not to start giving your child a supplement, it’s important to weigh the risks vs. the benefits and to examine the reason you believe the supplement is needed.”

Many parents ask about the use of melatonin for sleep problems. Dr. Shah recommends a thorough review of sleep hygiene and routines before giving a pill. “Often,

excessive screen time, lack of routine, caffeine intake, excessive homework, underlying mental health issues or a misunderstanding of sleep cycles and requirements are the culprit for inadequate sleep. Addressing the underlying problem will often resolve the issue without requiring any supplementation. It's important to note that some of these problems (anxiety and excessive screen time) can be quite challenging to manage and may require quite a bit of patience and even outside support.”

Dr. Shah also cautions that supplements, including melatonin, are not uniformly regulated. “The quality, potency and even ingredient list can vary from one supplement to the next,” she notes. “Melatonin's efficacy can vary from person to person, and the effects of long-term use in children is largely unknown. Consumerlab.com is a good resource for information about the safety and quality of health and nutrition products.”

Before starting your child on a supplement, Dr. Shah suggests you think about the following questions:

- Is it evidence-based?
- Will this be a temporary (if so, how long) or an ongoing supplement (which may be necessary in the case of vitamins B12 and D)?
- What are the targeted endpoints?
- Can my child get this nutrient from food?

**What is a Balanced Diet for Your Child?**

“Focus on providing your child a variety of whole foods that include a good balance of macronutrients (carbohydrates, protein and fat) as well as an abundant supply of micronutrients (vitamins and minerals),” recommends Dr. Shah. “A general rule of thumb is half the plate with fruits and vegetables, a quarter with protein, and a quarter with starch/grain. Plant sources of protein provide more than adequate protein, with the added benefit of generally being high in fiber.” To learn more, visit Dr. Shah's website at ReshmaShahMD.com.

**Blueprint for Building a Healthy Meal**

Find information and inspiration at these websites:

**Kid's Healthy Eating Plate**

[www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate](http://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate)

**Nutrition for Kids**

[p.widencdn.net/9h7o6h/Nutrition-for-Kids](http://p.widencdn.net/9h7o6h/Nutrition-for-Kids)

**Canada's Food Guide**

[food-guide.canada.ca/en](http://food-guide.canada.ca/en)

**The Vegan Plate**

[becomingvegan.ca/food-guide](http://becomingvegan.ca/food-guide)

[theveganrd.com/wp-content/uploads/2010/07/Messina-Plant-Plate.jpg](http://theveganrd.com/wp-content/uploads/2010/07/Messina-Plant-Plate.jpg)

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# BICYCLE BASICS

## FREE-WHEELING

### SAFELY AT

#### EVERY AGE

BY MALIA JACOBSON

**W**ant to encourage a lifetime of fitness, fun and freedom? Bicycling offers all three, and today's young riders are safer than ever. Per government statistics, kids' fatalities from bike accidents have dropped 62 percent since 1999. But that doesn't mean you should turn your kid loose on two wheels without proper preparation. Bike-related accidents still send over 240,000 kids to the emergency room each year; 26,000 of those with traumatic brain injuries. Here's how to get tots, teens and in-betweens rolling this summer, safely.



#### Early Years 0-5: Balancing Act

Training wheels and trikes aren't the only options for toddlers who want to ride. These days, more children are hopping on balance bikes — two-wheeled bikes without pedals — to get up to speed before graduating to a pedal bicycle. Balance bikes can help kids as young as 18 months build strength and confidence, and may get them riding a traditional bike sooner.

"Balance bikes are really easy to use and there's no learning curve," says Richard Giorgi, founder of The ReCYCLery NC, a nonprofit organization in North Carolina that teaches bicycle repair and maintenance and helps community members earn bicycles. "Balance bikes are stable. They don't rock side-to-side or tip over, and the child always has their feet on the ground."

Pick a balance bike based on your child's height (visit [twowheelingtots.com](http://twowheelingtots.com) for sizing guidance); proper fit allows kids to straddle the bike easily and keep both feet solidly on the ground. Giorgi recommends wooden balance bikes with solid wheels. "It's not about speed, it's about learning and stability. Heavier and more solid is okay. They're not made to roll fast."



#### Elementary Years 6-12: Ready, Set, Roll

While some kids are happily riding a two-wheeled bike by first grade, others need more practice and support to feel confident on a bike. If your child is a reluctant rider,

don't give up, says Giorgi. Keep practice sessions fun and brief—a few minutes of enthusiastic practice is more effective than a long, forced lesson — and let your child choose a helmet and bike she loves.

Since safety slip-ups can cause major setbacks for already hesitant kids, take a few minutes to make sure your child's bike sessions are drama-free. Northwestern Medicine's ThinkFirst Injury Prevention Program recommends tying up shoelaces that could get caught in spokes, insisting on covered-toe shoes (no riding barefoot or in sandals) and teaching kids to ride single-file, never side-by-side.

Hesitant children will feel more confident on a bike that fits well, and your child may outgrow his bike sooner than you think. By age 7 or so, many children are ready to move into a 20-inch bicycle and hand the "kid-sized" 16-inch bike to a younger sibling or neighbor. A quick visit to a local bike shop will help match your child with the right size.



#### Teen Years 13-18: Noggin Nation

Bigger bikers take bigger risks: While kids ages 10-14 have more bike-related ER visits than older teens, riders ages 15-19 account for more than half of bike-related deaths. The vast majority (88 percent) of teen bike fatalities are boys.

Since your teen probably rides with minimal adult supervision, it's vital to instill sound helmet habits to keep teens safe, even out of

parents' sight. Start with fit: Per ThinkFirst, bike helmets should sit flat on the head (like a baseball cap with the brim pointed straight out), not tilted back, and fit snugly. Side straps should form a V, with the bottom point directly beneath the earlobe. You should be able to fit one finger inside a buckled strap, but no more.

Riding after dark or on slick, wet streets increases the risk of crash and injury, so ask teens to call for a ride if they're out after dark or caught in the rain. Teens are old enough to take some responsibility for maintaining their bikes; make regular wheel, frame, drivetrain and brake checks part of your teen's regular bike-care routine for years of safe, two-wheeled fun.

*Malia Jacobson is a nationally-published health and parenting journalist.*

## → Safety Tips ←

*Courtesy of Dell Children's Medical Center*

- Wear a helmet on every ride. Helmets can reduce the risk of head injuries by at least 45 percent. Parents can set a good example by always wearing helmets while biking, too. Take the Helmet Fit Test at [SafeKids.org](http://SafeKids.org) to ensure the helmet fits correctly.
- Younger children, generally under age 10, should ride on sidewalks, parks or bike paths instead of the street, because they are often not developmentally ready to ride with traffic. Older children who choose to ride on the street should ride on the right side of the road with traffic and obey traffic laws.
- Check that your child's bike fits appropriately. Your child's feet should be able to touch the ground when he or she is sitting on the bike.
- Ensure your child's bike is in good condition before going on a ride. Make sure wheels are tightly secured and tires are properly inflated, brakes work properly and gears shift easily.
- Remember to use reflectors and/or a rear flasher and a front headlight if riding in early morning, at dusk or nighttime.



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# Summer Camp

## Guide

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## DAY CAMPS

### AMERICAN ROBOTICS

Learn to design, build and test remote-controlled miniature robots. American Robotics uses simple, motorized machines – all made from LEGO bricks – to demonstrate mechanical movements and other effects. Locations Austin metro area 512-844-2724 [www.roboticsacademy.com](http://www.roboticsacademy.com) Ages 6 – 17

### ARMSTRONG COMMUNITY MUSIC SCHOOL

Voted an Austin Family Readers' Poll Favorite Place to Learn Music: A wonderful place to learn all instruments, ukulele to piano, as well as singing. 404 Camp Craft Rd., Austin 512-474-2331 [www.acmsaustin.org](http://www.acmsaustin.org) Ages 0 - Adult

### AUSTIN CHILDREN'S ACADEMY

Austin Children's Academy Spanish dual-language immersion program provides a wonderful opportunity for your children to learn a second language in a natural environment before the "developmental window of opportunity" for language acquisition closes. 12310 Ranch Road 620, Austin 512-960-1514 <https://austinchildrensacademy.org/> Ages 3 mos to K

### AUSTIN ECO BILINGUAL SCHOOL

Through spring break and summer camps, children learn to appreciate cultures from around the world, become internationally-minded, develop a sense of responsibility and cultivate leadership skills. 8707 Mountain Crest Dr., Austin 2700 W. Anderson Ln., Austin 107 Ranch Rd. 620 S., Lakeway

512-299-5731, 512-299-5732, 512-466-2409 [www.austinbilingualschool.com](http://www.austinbilingualschool.com) Ages 2 – 11

### AUSTIN FILM FESTIVAL

Austin Film Festival's Summer Film Camp returns for its 17th year of affordable and fun filmmaking and animation classes. Classes are offered weekly from June 3 to July 26. 901 Trinity St., Austin 512-478-4795 [www.austinfilmfestival.com/yfp/summercamp](http://www.austinfilmfestival.com/yfp/summercamp) Ages 9 – 18

### AUSTIN GIRLS CHOIR

One-week camps for both choristers and non-choristers include instruction on vocal skills, note reading, basic harmony and fun songs, with simple choreography. Austin 512-453-0884 [www.girlschoir.com](http://www.girlschoir.com) Ages 8 – 16

### AUSTIN ZOO

This summer program's philosophy is designed to get your child excited about nature and science, using the Austin Zoo as an outdoor living classroom. 10808 Rawhide Tr., Austin 512-288-1490 [www.austinzoo.org](http://www.austinzoo.org) Ages 5 – 13

### BADGERDOG CREATIVE WRITING CAMP

At Badgerdog, campers will grow their confidence as writers and enjoy the freedom to explore the ideas that matter to them most, no matter how wild and unusual. Several locations in Austin 512-542-0076 [www.austinlibrary.org](http://www.austinlibrary.org) Grades 3 – 12

### BEAR CREEK STABLES

This family-owned stable has been teaching kids to ride for over 20 years. Riders of all

ages and levels learn better skills and communication with horses. 13017 Bob Johnson Ln., Manchaca 512-282-0250 [www.bearcreekstables.com](http://www.bearcreekstables.com) Ages 7 – 16

### BOB BULLOCK SPRING BREAK CAMP

Spend your Spring Break at the Bullock! Enjoy a variety of hands-on activities perfect for kids and their adult companions. 1800 Congress Ave., Austin 512-936-4629 [www.thestoryoftexas.com](http://www.thestoryoftexas.com) All Ages

### BOYS AND GIRLS CLUB OF THE AUSTIN AREA

Great Futures Summer Camps are FUN for the kids and FLEXIBLE for families. We offer AFFORDABLE weekly pricing because cost should not prohibit families from finding quality summer care. FUN & Engaging summer programs are designed to encourage exploration, team building and enrichment. Locations throughout Austin 512-444-7199 [www.bgcaustin.org/what-we-do/great-futures-camps/](http://www.bgcaustin.org/what-we-do/great-futures-camps/) Ages 5 - 12

### BRANDY PERRYMAN SHOOTING CAMP

BPSC is a four-day shooting-intense basketball camp mirrored after all the camps that Perryman attended and enjoyed as a kid. Locations throughout Austin-metro area 512-799-8891 [www.perrymanshootingcamp.com](http://www.perrymanshootingcamp.com) Ages 7 - 16

### CAMP DOUBLECREEK

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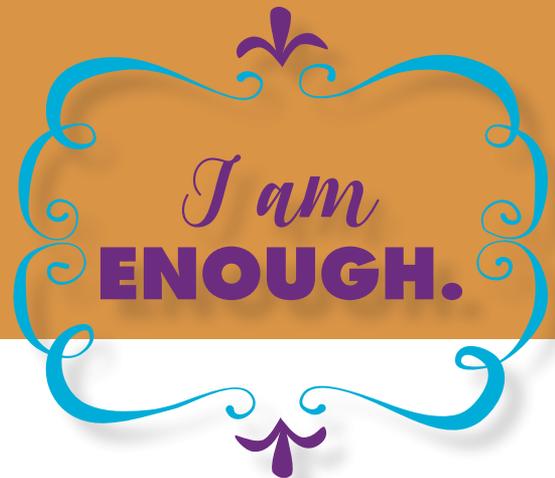
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# 2019 Recreation & Camp Guide

## for Students and Adults with Special Needs

Central Texas and the Surrounding Areas Complete Guide with Details Can Be Downloaded at [www.austinfamily.com](http://www.austinfamily.com)

Austin Independent School District assumes no responsibility for the use made of any information published in this manual. The volunteers and staff who have compiled this resource guide have made every effort to ensure that this list is accurate and recognize that some of this information may change. For more information, contact [Kathy.Palomo@austinisd.org](mailto:Kathy.Palomo@austinisd.org)

### DAY PROGRAMS & ACTIVITIES

#### ADVENTURERS ACADEMY OF LIFELONG LEARNING

737-203-5494 or Cell: 512-784-2479  
[www.austinadventurers.org](http://www.austinadventurers.org)

#### ARMSTRONG COMMUNITY MUSIC SCHOOL

512-474-2331  
[www.acmsaustin.org](http://www.acmsaustin.org)

#### ASPIRE

512-962-5543  
[www.aspireaustin.com](http://www.aspireaustin.com)

#### AUSTIN ISD SPECIAL OLYMPICS

512-841-8336  
[www.austinisd.org/athletics/special-olympics](http://www.austinisd.org/athletics/special-olympics)

#### AUSTIN JEWISH COMMUNITY CENTER

512-735-8050  
[shalomaustin.org/jcamps](http://shalomaustin.org/jcamps)

#### AUSTIN NATURE & SCIENCE CENTER

512-974-3888  
[austintexas.gov/department/austin-nature-and-science-center](http://austintexas.gov/department/austin-nature-and-science-center)

#### AUSTIN PARKS AND RECREATION DEPARTMENT

512-974-6700 or 512-974-3914  
[austintexas.gov/department/summer-camps-0](http://austintexas.gov/department/summer-camps-0)

#### AUSTIN/TRAVIS COUNTY WORK-BASED LEARNING

512-854-4590  
[www.traviscountytx.gov/health-human-services/children-and-youth/employment-program](http://www.traviscountytx.gov/health-human-services/children-and-youth/employment-program)

#### AUTISM SOCIETY OF TEXAS

512-479-4199 Ext 1  
[www.texasautismsociety.org](http://www.texasautismsociety.org)

#### BIG SKY PEDIATRIC THERAPY

512-306-8007  
[www.bigskyfriends.com](http://www.bigskyfriends.com)

#### BILINGUISTICS

512-480-9573  
[bilinguistics.com](http://bilinguistics.com)

#### CAMP AILHPOMEH

[info@camp-ailhpomeh.org](mailto:info@camp-ailhpomeh.org)  
[www.camp-ailhpomeh.org](http://www.camp-ailhpomeh.org)

#### CAMP CELL-A-BRATION

512-458-9767  
[www.sicklecelltx.org/camp](http://www.sicklecelltx.org/camp)

#### CAMP GRACE AT AUSTIN OAKS CHURCH (RESPIRE DAY CAMP PROGRAM)

512-891-1609  
[www.austinoakschurch.org/special-needs](http://www.austinoakschurch.org/special-needs)

#### CAMP IN MOTION ADAPTIVE SPORTS CAMP

512-324-0000 X86399  
[www.dellchildrens.net/camp-in-motion](http://www.dellchildrens.net/camp-in-motion)

#### CAMP SUCCESS

254-710-4745  
[www.baylor.edu/csd/index.php?id=50610](http://www.baylor.edu/csd/index.php?id=50610)

#### CAPITOL SCHOOL OF AUSTIN

512-467-7006 (Heidi)  
[www.capitolschool.com](http://www.capitolschool.com)

#### CHILDREN'S DIABETES CAMP OF CENTRAL TEXAS

[camp.bluebonnet@gmail.com](mailto:camp.bluebonnet@gmail.com)  
<https://bluebonnet.camp/app/home>

#### CREATIVE ACTION SUMMER CAMPS

512-442-8773 x107  
<https://creativeaction.org/>

#### CRENSHAW'S ATHLETIC CLUB

512-453-5551  
[www.crenshaws.com](http://www.crenshaws.com)

#### CTX (CENTRAL TEXAS) ABILITY SPORTS

[www.huttochallenger.webs.com](http://www.huttochallenger.webs.com)

#### DOUGHERTY ARTS CENTER

512-974-4040  
[www.austintexas.gov/dougherty](http://www.austintexas.gov/dougherty)

#### DOWN HOME RANCH – RANCH CAMP

512-856-0128  
[www.downhomeranch.org](http://www.downhomeranch.org)

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[www.exceptionalgeorgetown.org](http://www.exceptionalgeorgetown.org)

**EXTEND-A-CARE FOR KIDS**

512-472-9402  
[www.eackids.org](http://www.eackids.org)

**FANTASTIC MAGIC CAMP**

512-850-4677  
<https://magiccamp.com/>

**HEALING WITH HORSES RANCH**

512-964-0360  
[www.healingwithhorsesranch.org](http://www.healingwithhorsesranch.org)

**HEARTS THERAPEUTIC RIDING PROGRAM**

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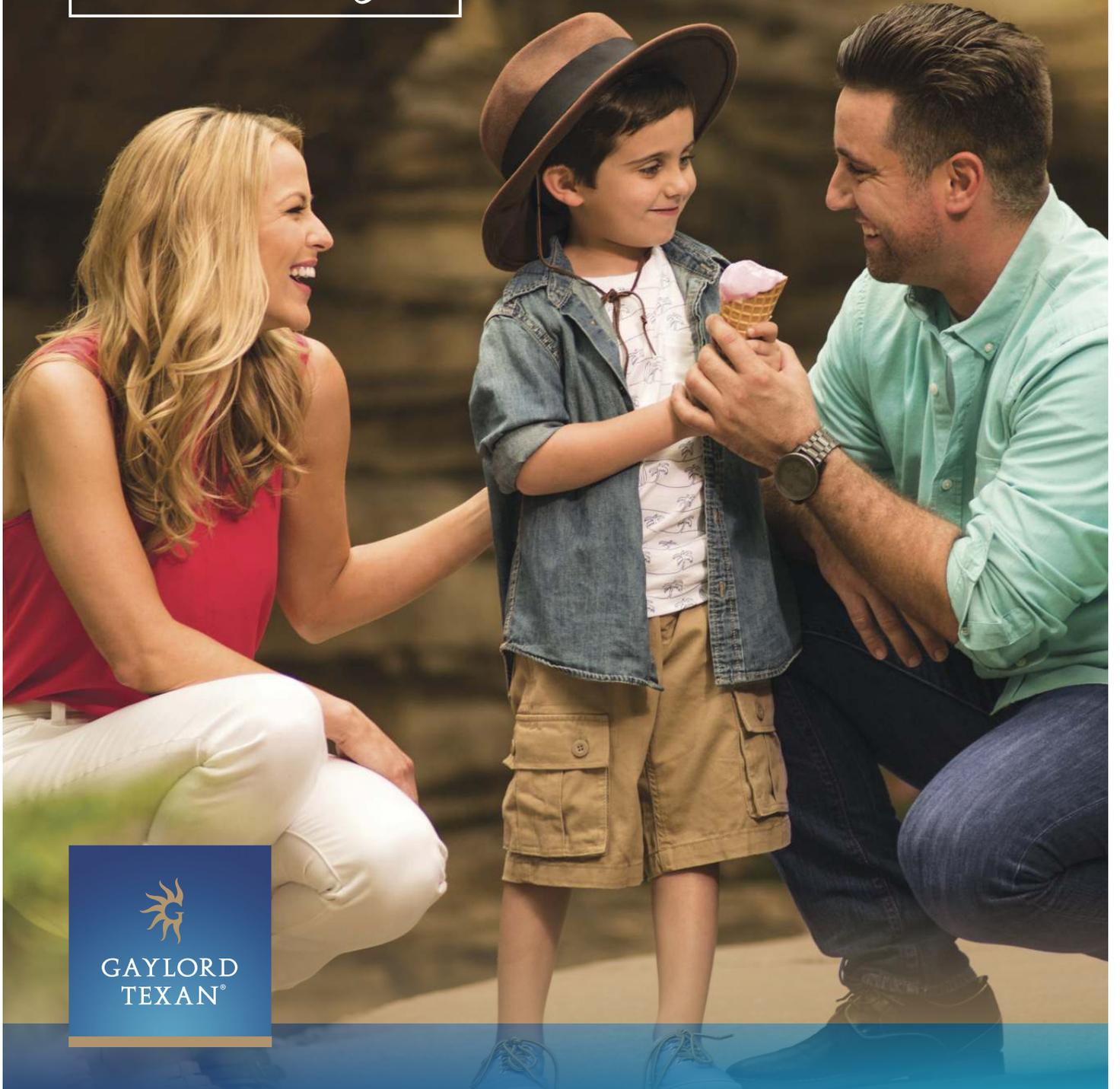


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## FAMILY MATTERS

BETTY RICHARDSON

*Richardson, PhD, RNC, LPC, LMFT, is an Austin-based psychotherapist.*

# Parenting in Harmony Takes Work

**Q** My daughter and I got into a heated argument the other day. My husband was there, and he took my daughter's side. It's been bothering me ever since, and my relationships with both my husband and daughter have been affected. How can I make things right?

**A.** I think many parents can relate to this situation. First and foremost, don't think that simply apologizing and talking about how wrong/bad you feel will fix things in your family. Other changes need to occur, and soon. You and your husband need to get on the same parenting page. It's never too late to become a better parent and co-parent in harmony with your spouse.

It might help to find a time when your husband is in a receptive mood or create such a time. If you don't know how to do this, read the book *The 5 Love Languages* by Gary Chapman. It will help you identify yours and your husband's best ways to build connection. For example, men often like to hear about something they did well (words of affirmation). Women often like having someone do something for them

(acts of service) or give them a present (receiving gifts).

Next, talk with your husband about how you can change your behavior to better parent together. Here are some suggestions.

1. Get on the same page. Put off parenting decisions until the two of you can discuss them together. When your daughter asks for an answer, you can say, "I have to talk this over with your father" or "I have to think about it and give you an answer later."
2. Drop any competitiveness. Be mindful of the desire you might have to be the best or favorite parent, thus casting your co-parent as the "bad" person in your child's mind. Support and respect your husband as a parent, and insist on support and respect in return.
3. Set rules together. As a family, discuss and establish some household rules. Post these rules and expect everyone to abide by them or pay a reasonable consequence. When your kid breaks a rule or engages in bad behavior, it's OK to say "no" and stick to it, even if the kid is throwing a fit. The other side of that coin is that it's OK to say "yes" to bending a rule – changing a curfew, for example – when both you and your co-parent are in agreement.

4. Offer kind reminders. At times, if it feels like your husband isn't supporting your parenting, just remind him with something like, "Remember, we're on the same team." You could even develop a hand signal – like the ones some couples use when they want to leave a party – to use when one of you is parenting without consulting the other. Signals can often be better than words.

5. Nurture your relationship with your husband. It's reassuring to kids to see their parents show love and respect for each other. Feeling safe helps a kid feel confident and facilitates doing better in school. Try to never say anything in anger that you'll be sorry for later. One of the best mothers I know points out, "Once the bell is rung, it can't be unring."

In addition to these suggestions, I recommend the book *How to Talk So Kids Will Listen & Listen So Kids Will Talk*.

For readers out there who are co-parenting in situations of divorce or separation, some of the suggestions above still apply. You may be extremely angry with your ex-partner, but you need to set those feelings aside when it comes to co-parenting together.

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## FAMILY CONNECTIONS

RICHARD SINGLETON

*Singleton, MACE, MAMFC, LPC, is the president of STARRY in Round Rock.*

# Internet Challenges Quickly Captivate Young Brains

In the summer of 2011, I did a dumb thing. Fueled by bravado, ego and vacation mischief, I gobbled down a “Man vs. Food” hamburger challenge, piled high with ghost chiles.

Ghosts are associated with death for a reason.

I writhed in pain, twirling in bed for 24 hours straight, like a scene right out of *The Exorcist*. My family vacationed while I strained to stay conscious, contemplating dialing 911 with every new, convulsing spasm. I’m not joking. It was the worst agony I’ve ever felt.

Neuroscience tells us the frontal lobes of male brains are fully-formed in their late 20s. Ostensibly, mine had been fully formed for a decade that summer. And yet, I

swallowed the challenge — hook, line and molten sinker.

Social media was a shadow of its current self back then, but I’d be lying if I didn’t in some way want something fun to post, something to brag about, something to use to gain points. I love winning. Well, I didn’t win. I lost. Big time. Oh, I completed the challenge. Hooray for me. But, it nearly killed me ... or so it felt.

“Never again!” That’s what my wife said. But my newly informed adult brain had beat her to the lesson.

Spring Break is upon us, and any time youthful brains have idle moments and opportunity on their side, there’s likely to be an internet challenge singing its siren song, beckoning them into the great oblivious oblivion. You’ve heard them all: the mannequin challenge, the ice bucket challenge, the cinnamon challenge, the Tide Pod challenge, the Momo challenge, the fire

challenge, the In My Feelings challenge and one of the latest, the Bird Box challenge. Some of these are rather innocuous, depending on how one chooses to stage their mannequinesque pose, for instance. But many of these challenges are downright dangerous. Hospitalizations and death have been frequent companions of these viral vices.

*Newsweek* published an article in 2016 about these challenges. And as I hinted at in my own adult experience, author Jessica Firger noted that our kids are especially prone to being pulled in by the magnetic attraction of some key chemistry quotients of the adolescent brain. Namely, dopamine. It feels good to be recognized by others. Laurence Steinberg, a professor of psychology at Temple University, teaches that if it feels good as an adult, the feeling in the teen brain is otherworldly.

And there’s far less capacity for the executive functioning frontal lobe to slow

down the decision fast enough to be sensible. Teen brains are far from being fully-prepped for adult decision-making. The science says so, reminds Dr. Jay Giedd, chair of child and adolescent psychiatry at the University of California, San Diego. Enter viral videos of the shenanigans that create likes, clicks, shares and many an ER billing department dream.

So, how do we parents help our teens navigate this wasteland of wanton danger? Well, that requires us to take a trip to the past, through their awkward wonder years and into their infancy. Babies get their regulatory assurance from parents.

Attachment theorists all the way back to last century's John Bowlby have long shown that the dance between parent and child, with child expressing needs and parent meeting needs, creates bonding, security and regulatory capacity. Children don't regulate on their own needs at first. They

interact in a collaborative way for regulation, with parents being the safe home base of secure attachment.

“

**It's much easier for that growing system of neural connections, chemicals and processes to go awry.**

Something like this dance is key for our short-on-executive-functioning teens as well. Parents have to be the external regulator of the yet-to-be-fully-functional teen brain. I don't mean this in any condescending way at all. And this isn't to say that teens are bereft of decision-making skill, maturity or trustworthiness. Rather, it means that it's much easier for

that growing system of neural connections, chemicals and processes to go awry in young brains that love to be stimulated by new experiences, acceptance and recognition. The key is parental balance — not to hover too closely in a smothering stifling of growth and not to linger too aloofly in the distance, allowing dangerous decisions to teach their own harsh cold lessons.

Spring Break is here. By the end of it, there might well be a sensational new challenge that our teens are drawn toward like moths to flame. If not, the old ones still linger. You won't always be successful helping your child avoid stupid behavior, but maybe, just maybe, you can share some of your hard-earned gray matter wisdom with them, teaching them the “why” behind their “what” and hoping beyond hope that it's stickier than the duct tape holding one of their challenge-minded friends to a wall of Ides of March infamy.



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# March



Museum Events Page 40 • Family Events Page 40 • Parenting Events Page 44 • Story Times Page 44

## Museum Exhibits

**Saddle Up.** Through April. Explore the history of ranching in Texas. Capitol Visitors Center, 112 E. 11th St. [tspb.state.tx.us](http://tspb.state.tx.us) or 512-453-5312.

**Texas from Above.** Through June 16. The diversity of the 3,822 miles of Texas border lands and water from an aerial perspective. Bullock Museum, 1800 Congress Ave. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**The Rise of Everyday Design.** Through July 14. View the books, drawings, furniture, decorative arts objects and other materials of the Arts and Crafts movement in the U.S. and Britain. Harry Ransom Center, 300 W. 21st St. [hrc.utexas.edu](http://hrc.utexas.edu) or 512-471-8944.

## Family Events

### Fri 1

**Music and Movement.** 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8860.

**First Friday Film.** 4 p.m. Hutto Library, 205 West St., Hutto. FREE. [huttotx.org](http://huttotx.org) or 512-759-4008.

### Sat 2

**Texas Independence Day Parade.** 9 to 11 a.m. Congress Ave. FREE.

**What's the Story, Steve?** Improvised, interactive comedy theater for families. 10 a.m. ColdTowne Theater, 4803 Airport Blvd. \$3 to \$5 donation suggested. [coldtownetheater.com](http://coldtownetheater.com).

**Celebrate Texas Independence.** 10 a.m. to 3 p.m. The Williamson Museum on the Chisholm Trail, 8 Chisholm Tr., Round Rock. FREE. [williamsonmuseum.org](http://williamsonmuseum.org) or 512-943-1670.

**Explore UT.** Experience research, hands-on demonstrations, experiments and more. 11 a.m. to 5 p.m. UT Austin Campus. FREE. [exploreat.utexas.edu](http://exploreat.utexas.edu).

**Rap Unzel.** A story for all ages about self-care and hair, featuring original music by SaulPaul. Performances at 11 a.m. and 1 p.m. Scottish Rite Theater, 207 W. 18th St. \$10 child; \$15 adults. [scottishritetheater.org](http://scottishritetheater.org) or 512-472-5436.

**Sweetwater Holi.** A festival of colors. 11 a.m. to 2 p.m. Sweetwater Fields, 5348 Pedernales Summit Pkwy. \$5. [sweetwaterholi.ticketleap.com](http://sweetwaterholi.ticketleap.com).

**Strawberry Queen's Books for Berries.** A reading incentive program for elementary-school-age children and their parents. 12 to 2 p.m. Carver Branch Library, 1161 Angelina St. FREE. [eventbrite.com](http://eventbrite.com).

**Discovery.** 1 to 3 p.m. Westbank Library, 1309 Westbank Dr. FREE. [westbanklibrary.com](http://westbanklibrary.com).

**Saturday Family Movie: Ant-man and the Wasp (PG-13).** 2 p.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9840.

**Festival of Colors 2019.** 4 to 7 p.m. Elizabeth Milburn Park, 1901 Sun Chase Blvd., Cedar Park. \$6 early bird; \$10 at door; FREE under 12. [cedarparkfun.com](http://cedarparkfun.com).

### Sun 3

**Rap Unzel.** Performances at 11 a.m. and 1 p.m. See Sat 2 for details.

**Improv Kids: Wonderland.** Step into a world inspired by audience suggestions. 11 a.m. Hideout Theatre, 617 Congress Ave. \$5. [hideouttheatre.com](http://hideouttheatre.com) or 512-HIDEOUT.

**Free First Sunday.** Explore the meaning of Texas symbols through interactive demos and hands-on activities for kids of all ages. 12 to 5 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Time Travel Concert.** Cinematic Symphony plays the music from your favorite time travel movies. 3 to 4 p.m. Anderson High School Theater, 8403 Mesa Dr. FREE. [cinematicsymphony.com](http://cinematicsymphony.com).

### Mon 4

**Lego Lab.** Lego free play and robotics for ages 5 and up. 4 to 5 p.m. Wells Branch Library, 15001 Wells Port Dr. FREE. [wblibrary.org](http://wblibrary.org).

**Rockin' Kids Club.** Lego free-build for kids grades K-5. 4:30 to 5:30 p.m. Round Rock Library, 216 E. Main St. FREE. [roundrocktexas.gov](http://roundrocktexas.gov).

### Tue 5

**Wake Up, Brother Bear.** Theater for the very young uses music, art and hands-on sensory experiences to connect children to literature. 10 a.m. to 1 p.m. ZACH North, 12129 N RR 620. \$12. [zachttheatre.org](http://zachttheatre.org) or 512-476-0541.

**Lego Club.** Free-build with Lego and Duplo bricks. 4:30 to 5:15 p.m. Pflugerville Library, 1008 W. Pfluger St. FREE. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Family Board Game Night.** 5:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

### Wed 6

**Community Night.** 4 to 8 p.m. The Thinkery, 1830 Simond Ave. By donation, \$1 recommended. [thinkeryaustin.org](http://thinkeryaustin.org) or 512-469-6200.

**Kawaii Club.** For kids who love manga and anime. 4:30 to 5:15 p.m. Pflugerville Library, 1008 W. Pfluger St. FREE. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

### Thu 7

**Living History Days.** Interact with living history characters as they stroll through the museum. 10 a.m. to 1:30 p.m. Bullock Museum, 1800 N. Congress Ave. FREE. [thestoryoftexas.com](http://thestoryoftexas.com) or 512-936-8746.

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Play Group for All Abilities.** Open to the public for kiddos ages 0-3 of all abilities. 10 to 11:30 a.m. Easter Seals of Central Texas, 8505 Cross Park Dr. FREE. [easterseals.com/centraltx](http://easterseals.com/centraltx) or 512-478-2581.

**Play Time.** For children up to age 5 with an adult. 10:30 to 11:30 a.m. Pflugerville Library, 1008 W. Pfluger St. FREE. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## SUBMIT YOUR EVENT

Visit [austinfamily.com](http://austinfamily.com) and click "Submit your event." The deadline is the 5th of the month preceding the month of the event. If your event charges more than \$15, send details to [kaye2003@austinfamily.com](mailto:kaye2003@austinfamily.com) for approval.

**Tween Maker Club.** Build your own board game for ages 8-12. Preregistration required. 4:30 to 5:30 p.m. Round Rock Library, 216 E. Main St., Round Rock. FREE. roundrocktexas.gov.

**Starry Night.** Activities and presentations featuring the Mayan skies. 5:30 to 7 p.m. Girlstart, 1400 W. Anderson Ln. FREE with reservation. girlstart.org.

**Family Craft Night.** 7 p.m. St. John Branch Library, 7500 Blessing Ave. FREE. library.austintexas.gov or 512-974-7570.

## Fri 8

**Cowboy Breakfast.** A super-sized Texas breakfast to kick off Rodeo Austin. 6 to 8 a.m. The Long Center, 701 W. Riverside Dr. FREE. rodeoaustin.com.

## Sat 9

**What's the Story, Steve? 10 a.m.** See Sat 2 for details.

**Art Free-for-All.** Explore all The Contemporary has to offer during this free, family-friendly open house. 11 a.m. to 3 p.m. Laguna Gloria, 3809 W. 35th St. FREE. thecontemporariaustin.org or 512-458-8191.

**Strawberry Queen's Books for Berries.** A reading incentive program for elementary-school-age children and their parents. 11 a.m. to 1 p.m. Carver Branch Library, 1161 Angelina St. FREE. eventbrite.com.

**Discovery.** 1 to 3 p.m. See Sat 2 for details.

**Literature Live Presents Tiger Woman.** A Bunraku-style puppet show based on a traditional Chinese story for ages 5 and up. 2 p.m. Little Walnut Creek Branch Library, 835 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-8800.

## Sun 10

**Daylight Savings Begins**

**Family Movie Matinee: Ralph Breaks the Internet (PG).** 10 a.m. to 12 p.m. Pflugerville Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

**Improv Kids: Wonderland.** 11 a.m. See Sat 2 for details.

**Family Day.** 12 to 4 p.m. Umlauf Sculpture Garden and Museum, 605 Azie Morton Rd. FREE. umlaufsculpture.org.

## Mon 11

**Music and Movement.** 11 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. FREE. library.austintexas.gov or 512-974-3940.

**LEGO Lab.** Lego free play and robotics for ages 5 and up. 4 to 5 p.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Rockin' Kids Club.** Origami art for kids grades K-5. 4:30 to 5:30 p.m. Round Rock Library, 216 E. Main St. FREE. roundrocktexas.gov.

## Tue 12

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

## Wed 13

**Literature Live Presents Tiger Woman.** See Sat 9 for description. 11 a.m. University Hills Branch Library, 4721 Loyola Ln. FREE. library.austintexas.gov or 512-974-9940.

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

**Tween Book Club.** Kids ages 8-12 will discuss their favorite reads. 4:30 to 5:15 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

## Thu 14

**Little Texans.** An interactive experience for young Texans ages 2-5. 10 a.m. Bullock Museum, 1800 Congress Avenue. FREE with admission. thestoryoftexas.com or 512-936-8746.

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Play Time.** 10:30 a.m. See Thu 7 for details.

**Austin Regional Spelling Bee.** 6 p.m. Church at Canyon Creek, 9001 N. FM 620. \$12. westaustinchamber.org.

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512-467-7463 kidoshoe.com

**Family Craft Night.** 7 p.m. See Thu 7 for details.

## Fri 15

**TGIF Movie with Popcorn.** 1 to 3:30 p.m. Elgin Library, 404 N. Main St., Elgin. FREE. [elgintx.com](http://elgintx.com) or 512-281-5678.

**Literature Live Presents Tiger Woman.** See Sat 9 for description. 3:30 p.m. Yarborough Branch Library, 2200 Hancock Dr. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8820.

## Sat 16

**Rodeo Rumble.** Kids' 1K fun run. 9 a.m. Travis County Expo Center, 9100 Decker Lake Rd. FREE. [rodeoaustin.com](http://rodeoaustin.com).

**Dinosaur Day.** Parade, scavenger hunt and other dino-themed activities. 10 a.m. to 2 p.m. Zilker Botanical Garden, 2300 Stratford Dr. \$3 adult; \$1 child. [austintexas.gov](http://austintexas.gov).

**What's the Story, Steve?** 10 a.m. See Sat 2 for details.

**Discovery.** 1 to 3 p.m. See Sat 2 for details.

**Legos at the Library.** Free play for all ages. 2 to 3:30 p.m. Dripping Springs Library, 501 Sportsplex Dr. [dscl.org](http://dscl.org) or 512-858-7825.

## Sun 17

**St. Patrick's Day**

**Improv Kids: Wonderland.** 11 a.m. See Sat 2 for details.

**St. Patrick's Day Austin.** 12 to 6 p.m. Pioneer Farms, 10621 Pioneer Farms Dr. \$12 adults; \$5 children. [pioneerfarms.org](http://pioneerfarms.org).

**Sunday Matinee: Penguins of Madagascar (PG).** 2 p.m. Little Walnut Creek Branch Library, 853 W. Rundberg Ln. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9860.

**LEGO Fun Day.** 2 to 4 p.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

## Mon 18

**LEGO Fun Day.** 10 a.m. to 12 p.m. and 1 to 3 p.m. Round Rock Library, 216 E. Main St. FREE. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-3275.

**LEGO Lab.** Lego free play and robotics for ages 5 and up. 4 to 5 p.m. Wells Branch Library, 15001 Wells Port Dr. [wblibrary.org](http://wblibrary.org).

**Spring Family Craft Night.** For families with children ages 5 and up. 6 to 6:45 p.m. Pflugerville Library, 1008 W. Pfluger St. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

## Tue 19

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Lego Club.** Free-build with Lego and Duplo bricks. 4:30 to 5:15 p.m. Pflugerville Library, 1008 W. Pfluger St. FREE. [library.pflugervilletx.gov](http://library.pflugervilletx.gov).

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

**Music on Main Spring Break Bash.** 6 p.m. Prete Plaza, 221 E. Main St., Round Rock. FREE. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-671-2705.

## Wed 20

**Literature Live Presents Tiger Woman.** See Sat 9 for description. 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. FREE. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7500.

**Family Movie: Incredibles 2 (PG).** 1 to 3 p.m. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

## Thu 21

**Everything is Round.** A play for ages 2-4. Performances at 9:30 and 11 a.m. Carver Cultural Center, 1165 Angelina St. \$7.25. [pollytheatre.org](http://pollytheatre.org) or 512-743-7966.

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Play Group for All Abilities.** See Thu 7 for details.

**Play Time.** 10:30 a.m. See Thu 7 for details.



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## Fri 22

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

**Family Movie Matinee: Ralph Breaks the Internet (PG).** 10 a.m. Pflugerville Library, 1008 W. Pfluger St. FREE. library.pflugervilletx.gov.

## Sat 23

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

**What's the Story, Steve?** 10 a.m. See Sat 2 for details.

**Discovery.** 1 to 3 p.m. See Sat 9 for details.

**Art Hour.** Studio experience in a range of media for budding artists age 8-12. 2 to 3:30 p.m. Kyle Library, 550 Scott St. cityofkyle.com or 512-268-7411.

**Holi Festival of Colors and Love.** 2 to 8 p.m. Radha Madhav Dham Temple, 400 Barsana Rd. FREE. radhamadhavdham.org or 512-288-7180.

**Literature Live Presents Tiger Woman.** See Sat 9 for description. 2 p.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. FREE. library.austintexas.gov or 512-974-9860.

## Mon 25

**LEGO Lab.** Lego free play and robotics for ages 5 and up. 4 to 5 p.m. Wells Branch Library, 15001 Wells Port Dr. wblibrary.org.

**Rockin' Kids Club.** Gaming week for ages 5 and up. 4:30 to 5:30 p.m. Round Rock Library, 216 E. Main St. roundrocktexas.gov.

## Tue 26

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Family Board Game Night.** 5:30 p.m. See Tue 5 for details.

## Wed 27

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

**Community Night.** 4 to 8 p.m. See Wed 6 for details.

**Techie Tweens.** For kids ages 8-12. 4:30 to 5:15 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

## Thu 28

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

**Wake Up, Brother Bear.** 10 a.m. to 1 p.m. See Tue 5 for details.

**Literature Live Presents Tiger Woman.** See Sat 9 for description. 10:30 a.m. Windsor Park Branch Library, 5833 Westminster Dr. FREE. library.austintexas.gov or 512-974-9840.

**Play Time.** 10:30 a.m. See Thu 7 for details.

## Fri 29

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

Sat 30

**Everything is Round.** Performances at 9:30 and 11 a.m. See Thu 21 for details.

**What's the Story, Steve?** 10 a.m. See Sat 2 for details.

**Devine Lake Family Day.** 11 a.m. to 7 p.m. Devine Lake Park, 1807 Waterfall Ave., Leander. FREE. leandertx.gov.

**Spring Pfling.** Music, demonstrations, a petting zoo and more. 12 to 3 p.m. Heritage Park, 901 Old Austin Hutto Rd., Pflugerville. FREE. pflugervilletx.gov.

**Discovery.** 1 to 3 p.m. See Sat 9 for details.

**Youth Job and Volunteer Fair.** Summer employment and volunteer opportunities for ages 13-20. 2 to 3:30 p.m. Round Rock Library, 216 E. Main St. roundrocktexas.gov or 512-218-7001.

**Star Wars Reads Day.** Story time and saber training. 2 to 4 p.m. Pflugerville Library, 1008 W. Pfluger St. library.pflugervilletx.gov.

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## Sun 31

**ABC Kite Festival.** 10 a.m. to 5 p.m. Zilker Park, 2100 Barton Springs Rd. FREE. abckitefest.org.

**Moss Fest 2019.** 10 a.m. to 1 p.m. Zilker Park, 2100 Barton Springs Rd. FREE. mosspierattfoundation.org.

**The Music of Talking Heads for Kids.** A family concert by the Rock and Roll Playhouse. 11 a.m. Mohawk, 912 Red River St. therockandrollplayhouse.com.

## Parenting Events

**Any Baby Can** offers free parenting classes in English and Spanish. Postpartum support group meets on Thursdays. 6207 Sheridan Ave. FREE. anybabyacan.org or 512-454-3743.

**Bridges to Growth** offers early childhood parenting classes throughout the month. 805 W. University Ave., Georgetown. georgetownproject.org or 512-864-3008.

**The City of Austin** offers free car seat checks and Safe Baby Academy classes throughout the year at a variety of locations in the Central Texas area. Appointments and reservations are required. For dates and locations, email [empubed@austintexas.gov](mailto:empubed@austintexas.gov) or call 512-972-SAFE (7233).

**La Leche League** of Central Texas hosts nine regular meetings in addition to play dates and gatherings in Austin, Round Rock, Killeen/Temple, Bryan-College Station and Waco. All breastfeeding mothers, babies and mothers-to-be are welcome to attend. [texasll.org](http://texasll.org).

**YMCA** offers a free Childhood Obesity Intervention Program at various locations throughout the month. [austinyymca.org](http://austinyymca.org) or 512-236-9622.

## Tue 5

**Prospective Parent Tour.** 9 a.m. Valor South Austin, 220 Foremost Dr. FREE. [valorpublicschools.org](http://valorpublicschools.org) or 512-646-4170.

## Mon 11

**Award Winning Expert Essays for College.** 6:30 to 7:30 p.m. Carver Branch Library, 1161 Angelina St. [eventbrite.com](http://eventbrite.com).

## Tue 12

**Prospective Parent Tour.** 9 a.m. Valor South Austin, 220 Foremost Dr. FREE. [valorpublicschools.org](http://valorpublicschools.org) or 512-646-4170.

## Wed 13

**Welcome Wednesday.** 8:30 to 10 a.m. Hill Country Christian School, 12124 RR 620 North. FREE. [hillcountrychristianschool.org](http://hillcountrychristianschool.org) or 512-331-7036.

## Wed 20

**Respite Care.** For parents of children with special needs. 9:30 a.m. to 12:30 p.m. Easter Seals Central Texas, 8505 Cross Park Dr. [easterseals.com/centraltx](http://easterseals.com/centraltx).

## Wed 27

**Money Matters.** Free financial literacy workshop by the United Way of Williamson County. 5:30 to 7:30 p.m. Round Rock Library, 216 E. Main St. FREE with registration. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-255-6799.

## Sun 31

**Round Rock Dyslexia Group.** For parents and students. 1:30 to 2:30 p.m. Round Rock Library, 216 E. Main St. [roundrocktexas.gov](http://roundrocktexas.gov).

## Story Times

Public library story time events listed here are free unless otherwise noted. Programs subject to change. Please contact before attending.

Austin Public Library story times are too numerous for our calendar, but include story times for infants, toddlers, preschoolers and all ages. In addition, there are dual language and Spanish language story times. Visit the Austin Public Library website for dates, locations, age groups and times. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## MONDAYS

**All Ages Musical Storytime.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. [leandertx.org](http://leandertx.org) or 512-259-5259.

**Evening Storytime.** 6:30 p.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7012.

**Pajama Storytime.** 6:30 p.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Preschool Storytime.** 6:30 p.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7012.

## TUESDAYS

**All Ages Storytime.** 10:15 a.m. Carver Branch Library, 1161 Angelina St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-1010.

**Toddler Storytime.** 10:15 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3800.

**Bilingual Storytime.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-3275.

**Spanish - English Storytime.** 10:30 a.m. Terrazas Branch Library, 1105 E. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3625.

**Preschool Storytime.** 11 a.m. Spicewood Springs Branch Library, 8637 Spicewood Springs Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-3800.

**Preschool Storytime.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7500.

**Spanish Storytime.** 11 a.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

**Spanish Storytime.** 11 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9960.

**Infant Storytime.** 2 p.m. Austin Central Library, 710 W. Cesar Chavez St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-7400.

## WEDNESDAYS

**Toddler Storytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. [roundrocktexas.gov](http://roundrocktexas.gov) or 512-218-7011.

**All Ages Storytime.** 10:15 a.m. Howson Branch Library, 2500 Exposition Blvd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8800.

**All Ages Storytime.** 10:15 a.m. University Hills Branch Library, 4721 Loyola Ln. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9940.

**Spanish Storytime.** 10:15 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8700.

**Spanish Storytime.** 10:15 a.m. Southeast Branch Library, 5803 Nuckols Crossing Rd. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8840.

**Toddler Storytime.** 10:15 a.m. Old Quarry Branch Library, 7051 Village Center Dr. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8860.

**Toddler Storytime.** 10:15 a.m. Twin Oaks Branch Library, 1800 S. 5th St. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9980.

**Toddler Storytime.** 10:15 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9960.

**Preschool Storytime.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. [library.austintexas.gov](http://library.austintexas.gov) or 512-218-7012.

**All Ages Storytime.** 11 a.m. Willie Mae Kirk Branch Library, 3101 Oak Springs Dr. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9920.

**Preschool Storytime.** 11 a.m. North Village Branch Library, 2505 Steck Ave. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-9960.

**Preschool Storytime.** 11 a.m. Old Quarry Branch Library, 7051 Village Center Dr. [library.austintexas.gov](http://library.austintexas.gov) or 512-974-8860.

**Preschool Storytime.** 11 a.m. Twin Oaks Branch Library, 1800 S. 5th St. library.austintexas.gov or 512-974-9980.

**Tween Storytime.** 3:30 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. pflugervilletx.gov or 512-990-6375.

**Pajama Storytime.** 5:30 p.m. St. John Branch Library, 7500 Blessing Ave. library.austintexas.gov or 512-974-7570.

## THURSDAYS

**Evening Storytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7012.

**Move-N-Groove.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org or 512-259-5259.

**Preschool Storytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7012.

**All Ages Storytime.** 10:15 a.m. Windsor Park Branch Library, 5833 Westminster Dr. library.austintexas.gov or 512-974-9840.

**Spanish Storytime.** 10:15 a.m. Pleasant Hill Branch Library, 211 E. William Cannon Dr. library.austintexas.gov or 512-974-3940.

**Toddler Storytime.** 10:15 a.m. Manchaca Road Branch Library, 5500 Manchaca Rd. library.austintexas.gov or 512-974-8700.

**Toddler Storytime.** 10:15 a.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov or 512-974-9880.

**Toddler Storytime.** 10:15 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov or 512-974-8820.

**All Ages Storytime.** 10:30 a.m. Little Walnut Creek Branch, 853 W. Rundberg Ln. library.austintexas.gov or 512-974-9860.

**Pajama Storytime.** 11 a.m. Ruiz Branch Library, 1600 Grove Blvd. library.austintexas.gov or 512-974-7500.

**Preschool Storytime.** 11 a.m. Milwood Branch Library, 12500 Amherst Dr. library.austintexas.gov or 512-974-9880.

**Preschool Storytime.** 11 a.m. Yarborough Branch Library, 2200 Hancock Dr. library.austintexas.gov or 512-974-8820.

## FRIDAYS

**Baby and Me.** 9:30 a.m. Leander Library, 1011 S. Bagdad Rd., Leander. leandertx.org or 512-259-5259.

**Babytime.** 9:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-3279.

**Sensory Storytime.** 10:15 a.m. Howson Branch Library, 2500 Exposition Blvd. library.austintexas.gov or 512-974-8800.

**All Ages Storytime.** 10:30 a.m. Austin Central Library, 710 W. Cesar Chavez St. library.austintexas.gov or 512-974-7400.

**Toddler Storytime.** 10:30 a.m. Windsor Park Branch Library, 5833 Westminster Dr. library.austintexas.gov or 512-974-9840.

**Toddler time.** 10:30 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-7011.

## SATURDAYS

**Family Storytime.** 11 a.m. Round Rock Library, 216 E. Main St., Round Rock. roundrocktexas.gov or 512-218-3275.

**Saturday Storytime.** 1 p.m. Pflugerville Library, 1008 W. Pfluger St., Pflugerville. pflugervilletx.gov or 512-990-6375.



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**PIENSA POSITIVO**



by Leslie Montoya, life coach and host of Despierta Austin

**PALABRAS ENTRE PAREJA**

Una manera de saber si una relación de pareja va a perdurar es observando la manera y el tono de voz en cómo ambos se comunican frecuentemente. Es en la manera de comunicarse en donde se puede reflejar que tan bien están los dos pilares que sostienen a una relación que son el respeto y la confianza. Por ejemplo, si ya es una costumbre que el primer comentario del día, digamos en la mañana, que cualquiera de los dos haga, no produce armonía sino todo lo contrario es un indicador de que el respeto está fallando. Si ya se ha hecho una costumbre no comunicar u omitir detalles de situaciones porque sabes que a tu pareja no le va a parecer y decides evitar su reacción es otra señal de que la confianza se está perdiendo. Observa la manera en como tu y tu pareja se comunican, ya que es en las palabras y tono de voz en donde se refleja la felicidad que exista en la relación. ¡Piensa Positivo!

**COMMUNICATION IN COUPLES**

One way to know if a couple's relationship is going to last is to observe how well they speak to one another. The way we communicate is a reflection of how strong we uphold the two main pillars of relationships: trust and respect. For example, if the first comment of the day doesn't create harmony, and it becomes a habit, it's a sign the pillar of respect is not strong. If you omit details of specific situations because you want to avoid certain reactions from your partner, it's a sign the pillar of trust is not going well. Observe the way you and your partner communicate, because it's in the words and tone of voice where your relationship happiness is reflected. Think Positive!

# KIDZONE

## Make an Air Cannon



Gather your supplies and get ready, because we're about to create an air cannon that can combat air resistance to send a pom-pom ball soaring into the air. That pom-pom won't know what hit it.

### What You Need

- 16-oz. paper cup
- Duct tape
- Pencil
- Plastic newspaper bag or plastic produce bag
- Pom-poms (small & medium-sized)
- Scissors

### What You Do

1. Using the pencil, poke a hole in the center of the bottom of the paper cup. Smooth out the edges of the hole by twisting the pencil in the hole.
2. Open the plastic bag and place it around the mouth of the paper cup.
3. Secure the bag around the cup with duct tape. The bag should be airtight to the cup.
4. Check for air leaks by blowing into the hole in the bottom of the cup. If you feel air escape, seal the leaks with duct tape.
5. Blow into the hole in the bottom of the cup to inflate the plastic bag. Trap as much air as possible inside the air cannon.
6. Turn the cup bottom-up and load the pom-pom into the hole in the bottom of the cup. The pom-pom acts as a plug that holds the air in the cannon.
7. To launch the pom-pom, firmly press on the bag. Air will rush out of the cannon and send the pom-pom flying!

Explore different techniques by changing how hard or fast you press or squeeze the bag, using different pom-pom sizes, or testing other objects as ammo.



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## JUST FOR GRINS

CARRIE TAYLOR

Taylor is a freelance writer, editor and mother of two boys.

# An Apology to My Younger Children

I know the importance of modeling behavior for my children. I try to emphasize values like environmentalism and minimalism by taking once-a-week showers and wearing the same pants for extended periods of time. In an effort to underscore the importance of self-reflection and apologies, here is a letter to my younger children.

Kids, I'm sorry. I'm sorry your older brother took all the good parent juice out of me. Middle Son, when you escaped from the house last week and ended up past our cul-de-sac on our neighborhood's main drive, I'm sorry for staring blankly at the neighbor who frantically drove up to let me know. The fact is I couldn't muster the energy to do more than shrug and smile weakly as I collected you from the kind strangers shepherding you home. That energy was spent before you were born.

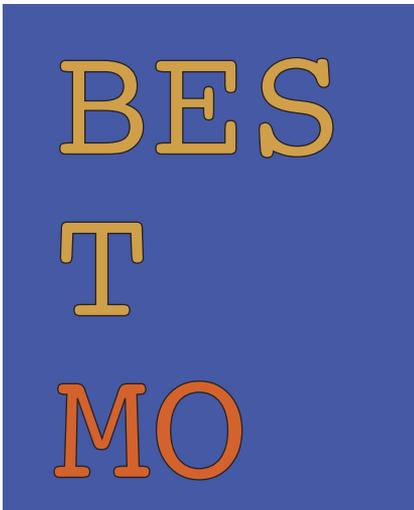
Third anonymous Baby Girl still cooking in the womb, I'm sorry we don't have a name for you. My brain cells are working overtime

every day attempting to translate the mumbles of your 2-year-old brother and help your 4-year-old brother understand that the Mickey Mouse Band-Aids are the same as the Thomas the Train Band-Aids. And no, they won't make his leg fall off if we put one on.

I'm sorry you will likely not get homemade organic baby food. After all my hours spent peeling, steaming and mashing, your brothers have grown to prefer old Cheetos off the ground over my cooking. Yours is a future of store-brand goodness in a jar.

I'm sorry there's a 100 percent chance there will be no picture of you in our home until your first birthday.

Just know that you are loved. And that you have two older brothers who can't wait to meet you, and will be infinitely jealous of how much candy you'll get to eat and how much TV you'll get to watch.



# IF YOU VOTE, YOU COULD WIN!



## It's time to cast your vote for Austin Family Magazine's Readers' Poll Favorites!

**PLUS,** everyone who votes is automatically entered into a drawing\* to **WIN** a 2 night stay at **Gaylord Texan** or 4 tickets to **Schlitterbahn Water Park!**

### Vote for your favorites in over 50 different categories, including:

- Private school
- Place to learn music
- Sitting service
- Summer Camp
- Tutor
- MORE!

Vote at [www.austinfamily.com](http://www.austinfamily.com) between **March 1 and May 15** (One ballot per family)

\*AFM will hold 2 drawings. April 1 for a stay at Gaylord Texan and the second drawing on May 15 for four Schlitterbahn tickets

 @amplifyatx

# Do good for Austin.

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 **24 hours of giving starts at 6pm on February 28.**



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