

May 2020

FREE

austin family®

smart parenting • healthy homes

Serving Austin's Families Since 1992

HOME SWEET HOME

*5 Budget-Friendly
Backyard Activities*

STAYING SANE

*10 Mental Health Tips for
Challenging Times*

LEARNING TOGETHER

*Cool Home Experiences
for the Whole Family*



READERS' POLL VOTING

INSIDE! KID ZONE • AROUND AUSTIN

Others "do" lessons...
We TEACH Swimming!™



#1

**Lessons Program
Anywhere**



**Texas Age Group Champions
2010, 2011, 2012, 2013, 2014,
2015, 2016, 2017, 2018, 2019**



NITRO
swimming

VISIT US ONLINE AT

WWW.NITROSWIM.COM

Two Locations!
Cedar Park &
Bee Cave/Lakeway/West Austin



Extend-A-Care
for Kids



WHEN THIS IS OVER...

They will be ready for safe, fun and enriching programs like summer day camp and afterschool child care. We will be ready too.

AFTERSCHOOL CHILD CARE

- Registration NOW OPEN for 2020-2021 school year
- Register early! Save on the registration fee and guarantee your child's spot in our program.
- Email eacy@austinyymca.org for more information on Infant/Preschool programs at 12 locations.

SUMMER DAY CAMP Ages 4-14

- Registration is still open. Some locations may change due to facility availability.
- Weekly Sessions - Financial Assistance Available
- **Strict Adherence to Health & Safety Guidelines**

Learn More and Register Online at www.EACYMCA.org

Terra Toys

Classic - fun - beautiful



2438 W. Anderson Lane

CALL FOR CURBSIDE PICKUP & PERSONAL SHOPPING

Mon-Sat 10am - 6pm, Sun 12pm - 6pm 512-445-4489

The Serving Center assists 1,200 households every month



**Round Rock Area
Serving Center**

The Round Rock Area Serving Center, a Texas non-profit corporation, also known as the Serving Center, carries out a community-wide mission of churches, other organizations and individuals serving human needs in the City of Round Rock and surrounding areas.



**Reopening
May 11th**

- Food Pantry
- Clothing & Furniture Vouchers
- Computers for Kids
- Community Gardens
- Computer Skills Training
- Financial Assistance
- The Volunteer Center

**Treasures Charity
Resale Shop & Boutique**
Stores are open to the public, with clothing and furniture available to clients by voucher. All sales revenues support the food pantry and services.

Donations of clothing, books, furniture and small appliances are needed!
For furniture pickup, call (512) 244-2431



HOURS OF OPERATION

Mon - Fri 10am to 4pm • Sat 9am to 1pm • Sat Donations 8am to 4pm
1099 E. Main Street • Round Rock, TX 78664 • (512) 244-2431

COUNTRY HOME LEARNING CENTER

Are You Ready For An Adventure?

EDUCATIONAL PROGRAMS

We offer a nationally accredited, innovative educational program in a beautiful state-of-the-art facility!

- FULL & PART TIME: INFANTS-AGE 13
- DROP-INS ACCEPTED
- EXCITING, THEME-BASED EDUCATIONAL UNITS
- INCLUDES ALL OF OUR "ON-CAMPUS" ENRICHMENT DESTINATIONS
- HOURS: 6:30AM - 6:30PM

ENRICHMENT DESTINATIONS

- COUNTRY HOME WATERPARK
- ADVENTURE JUNGLE INDOOR PLAYGROUND
- 1950'S-STYLE SODA SHOP FOR COOKING & SCIENCE PROJECTS
- COUNTRY HOME MOVIE THEATER
- PUTT-PUTT GOLF COURSE
- ARTS/CRAFTS LAB & COMPUTER LAB
- LARGE INDOOR GYM & BASKETBALL COURT
- STUDENT ABCMOUSE.COM ACCOUNTS
- IPAD STATION & INTERACTIVE WHITEBOARD

SUMMER CAMP

Join us for an incredible Summer Camp experience!

- KINDER - 13 YEARS
- FABULOUS WEEKLY FIELD TRIPS TO EXCITING DESTINATIONS
- IN-HOUSE, SPECIAL EVENTS
- SPLASH DAYS IN OUR WATERPARK
- KIDS' CHOICE SPECIAL INTEREST CLUBS

Call & Enroll Today!

FULL & PART TIME FOR PRESCHOOL & AFTER SCHOOL!

South Austin 512-288-8220
North Austin 512-331-1441

A Fully Accredited Program



CATHOLIC SCHOOLS
DIOCESE OF AUSTIN

FORMING CHILDREN IN

wisdom & holiness

Visit www.CSDATX.org to find a Catholic school near YOU!



8

Five Budget-Friendly Backyard Activities

COLUMNS

10 / The Learning Curve. Learning Together at Home

12 / Lifelines. Staying Sane Through Shelter-in-Place

22 / Family Matters. Expressing Love Through Teaching Useful Skills

24 / Just for Grins. A (Private) Room of One's Own

calendar

Because of potential ongoing citywide cancellations due to COVID-19, we will not be publishing calendar listings this month. Please visit www.austinfamily.com for updated calendar listings.

In every ISSUE

5 / Play It Safe. Recalls on consumer products

6 / Around Austin. News and notes

23 / KidZone. Art at Home

extras

IBC / Readers' Poll

14 / Summer Camp Guide



Tune in:

Catch *Austin Family Magazine* live on "Good Day Austin" every Thursday morning and "Despierta Austin" monthly.



FOLLOW US:



Pandemic Parenting

When we last went to press, the COVID-19 pandemic had just taken hold of our city. Families began to scramble for information and resources to help them cope with changes in daily schedules, school, work, finances, and protecting the health and safety of our kids and ourselves.

We have a new vocabulary now that virtually no one could have anticipated when we were all celebrating the ushering in of a new decade. Now, we use new terms like "social distancing," "PPE," and "alone together." We're also wearing out old terms like "unprecedented," "challenging," "uncertain," and "essential."

So, how is all of this pandemic talk affecting our families? We're all struggling to cope with new realities, and our children are no different. As a mother, a writer, and a science hobbyist, I've reached out to other parents, mental health experts, veteran homeschoolers, and those who have some experience working from home. What's the common denominator in all of their stories and advice? It's vitally important to prioritize



EDITOR'S NOTE

JENNIFER HILL ROBENALT

Robenalt is an editor, content creator, creative writer, and mother.

mental health and connection within the family structure right now. Things are scary and confusing. There's no need to stress about a missed assignment, a grouchy mood, or feeling overwhelmed. Simply, be there for each other. Ask for help. Listen and slow down. Stay calm. Keep moving. Get some sleep. Express gratitude.

We hope we can be a source of information and connection for your family. Keep in touch and let us know how we can serve you better. In the meantime, stay safe and well.

Jennifer

PUBLISHER

Kaye Kemper Lowak

EDITOR

Jennifer Hill Robenalt: editor2003@austinfamily.com

COPY EDITOR

Barb Matijevich

ADVISING EDITORS

Dr. Betty Kehl Richardson, Barb Matijevich

CALENDAR EDITOR

Betty Kemper: calendar2003@austinfamily.com

CONTRIBUTING WRITERS

Cate Berry, Alison Bogle, Jack Kyser, Dr. Betty Richardson, Jennifer Hill Robenalt, Brenda Schoolfield, Dolores Smyth

MEDIA RELATIONS

Alison Bogle

GRAPHIC DESIGN

Layout: Susie Forbes Ads: Kim Crisler
Illustrator: Fritz Robenalt

STAFF PHOTOGRAPHER

Jordan Ashley Photography

ADVERTISING SALES

Kaye Kemper Lowak: kaye2003@austinfamily.com

BUSINESS AND DISTRIBUTION

Greg Lowak: greg@austinfamily.com

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

Advertising rates are available upon request. While we use great care in creating our display ads, mistakes can happen. *Austin Family*, and the publisher, are not liable for any damages arising from any typographical or mechanical errors beyond the cost of the ad. *Austin Family* does not necessarily endorse any of the advertisers, products, or services listed in this publication. We do not assume responsibility for statements made by advertisers or editorial contributors.

Subscriptions are available for \$30 per year.

Copyright 2020. All rights reserved



No portion of *Austin Family* Magazine may be reproduced without written permission from the publisher.



NEED SOMETHING TO DO?

Sign up for the Austin Family Magazine Daily "Shelter In" Eblast!

Includes: Craft ideas, videos, online movies, documentaries, ideas for backyard fun, online learning links, and more!

austinfamily
smart parenting • healthy homes

To sign up, visit www.austinfamily.com and get on the list!

Play it **SAFE**

product recalls

Companies Recall Musical Llamas, Car Seat Adapters, Winter Boots



Manhattan Toy has recalled about 4,000 **Musical Lili Llama Activity Toys**. The screws used to attach the spinning flowers to the sides of the toy can become loose and fall off, posing a choking hazard for young children. Manhattan Toy has received seven reports of loose screws falling

off the toy, including two reports of children putting the screws in their mouths. The toys were sold at toy stores nationwide and online at www.manhattantoy.com, Amazon.com, and other websites from Oct. 2019 through Feb. 2020 for about \$50. Consumers should immediately take the recalled toy away from children and contact Manhattan Toy for a free repair kit. Consumers can contact Manhattan Toy at 800-541-1345 from 8 a.m. to 5 p.m. CT Monday through Thursday and 8:00 a.m. to 12 p.m. on Friday; email mtreps@manhattantoy.com; or visit www.manhattantoy.com and click on "Recall Information" for more information.



Thule Group has recalled about 1,430 **Thule Sleek Car Seat Adapters**. The plastic brackets on the car seat adapter can break, posing a fall hazard to infants. This recall involves the Thule Sleek Car Seat Adapter used to place a Chicco car seat on the Thule Sleek Stroller.

The adapter is metal with two black plastic brackets, and clips onto the stroller. Only the car seat adapter is included in this recall. Product number 11000301 is printed on a sticker located on the adapter's plastic bracket. The UPC code is 091021188099. Consumers should immediately stop using the recalled Sleek Car Seat Adapter and contact Thule Group to arrange for the return of the product for a full refund or to receive a free replacement product. Thule has received three reports of the plastic brackets on the car seat adapters cracking or breaking while in use. No injuries have been reported. The adapters were sold at REI, Buy Buy Baby, and other stores nationwide and online at Thule.com and Amazon.com from Dec. 2018 through Feb. 2020 for about \$60. Consumers can call Thule Group toll-free at 855-652-2688 from 8 a.m. to 5 p.m. ET Monday through Friday; email carseatadapter@thule.com; or visit www.thule.com/carseatadapter and click on "Support/Safety Notice" for more information.



Lilly of New York is recalling about 3,200 **children's winter boots**. The boots' soles contain levels of lead that exceed the federal lead content ban. Lead is toxic if ingested by young children and can cause adverse health issues. The children's winter boots were sold in sizes 5 through 10. The lined boots

have a Velcro closure and rubber soles. The items were sold on Zulily.com from Nov. 2019 through Jan. 2020 for between \$35 and \$40. Consumers should immediately take the recalled winter boots away from children and contact Lilly of New York for a full refund or to receive a free replacement product of similar value. Zulily is contacting all known purchasers directly. No injuries or incidents have been reported. Consumers can call Lilly of New York toll-free at 888-359-1322 from 8 a.m. to 5 p.m. ET Monday through Friday; email at LNY.recall@gmail.com; or visit www.zulily.com and click on "Contact Us" at the bottom of the page and then on "Product Recall" for more information.

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.

Pick us up at HEB, Whole Foods, and Central Market.

"The funnest thing in the history of funnest things!"
- Sarah F. (6yrs old)

Lil' Dragons

Introductory Special **Only 39.95**

- Week of classes
- FREE Lil' Dragons Uniform

Best Value in Austin Since 1996

2015, 2014, 2013, 2012, 2011, 2010, 2008, 2007

6611 Airport Blvd.
Austin TX 78752

Call Now! 512-879-7553
www.MasterGohring.com

QR Scan to see "the funnest thing in the history of funnest things!"



DIVORCE? CUSTODY? CHILD SUPPORT?



I CAN HELP.

William B. Mange
MangeFamilyLaw.com
512-401-3281

AROUND

Austin

GO TO WWW.AUSTINFAMILY.COM FOR WEEKLY UPDATES OF AROUND AUSTIN NEWS

Youth Shakespeare

ImprovEd Shakespeare is taking William Shakespeare's *As You Like It* online. Their upcoming, all-teen theatrical production will be broadcast on Zoom. Faced with social distancing measures, ImprovEd Art's Director Andee Kinzy gathered her students virtually for weekly rehearsals. All players will be performing from their homes and controlling their entrances and exits as panelists on the webinar. The family-friendly amateur production will be presented on May 9 and May 10 at 7 p.m. CST. Registration is free but limited to 100 attendees. To get a virtual seat, register at <http://improvedshakespeare.com>. Attendees must have a Zoom account, and are invited to interact with the cast during the Q&A after the performance. Additional attendees can view the livestream on Facebook or they can subscribe to the newsletter to receive a link to the recording, along with a completely different version performed virtually by the Elementary-aged cast.

This version of *As You Like It* is a humorous production that tells the story of two banished lovers. When the young lady disguises herself as a man and meets her beloved in the forest, wild mishap ensues.



The ImprovEd Shakespeare interpretation is a unique example of youth theatre adjusting for the pandemic, doggedly keeping Austin weird, even when the city is shut down. The adaptation is exclusive to ImprovEd Shakespeare, combining a mix of modern narration and original Shakespearean verse.

ImprovEd Arts is a sponsored project of Austin Creative Alliance. This project is supported in part by the Cultural Arts Division of the City of Austin Economic Development Department.



Must-Do This

May

- **Get Some Daily Exercise**
- **Keep a Regular Sleep Schedule**
- **Celebrate Mother's Day on May 10**



Leander ISD COVID-19 Response

We reached out to Leander ISD Superintendent Dr. Bruce Gearing and asked about his district's response to COVID-19.

AF: Tell us about any unique student projects or activities that have been happening in response to campuses closing and students learning remotely.

BG: I'm really proud of how our school communities have persevered in spite of these tremendous challenges. Our students are incredibly resilient and have really embraced the independence and opportunity that comes with this situation. Here's an example: Mirroring much of our local television media, the Cedar Park HS broadcast students are continuing to produce the "Wolfcast" daily newscast. Creating, editing, and anchoring content remotely, these intrepid students continue to exemplify hard work and commitment to their community.

AF: How have you overcome some challenges in the new way of educating students during these last several weeks of instruction?

BG: Distance learning is different for every student and every family. Some students don't have the benefit of technology, connectivity or parents working from home to help them continue to learn.

Our teachers have done a great job reconnecting with students and engaging with them so that they are ready to learn. It all starts there. We are fortunate to have a Board of Trustees that takes decisive action, including adopting the recommendation to alter our academic assessments to pass or incomplete instead of regular grades. This decision was based on what's best for both teachers and students, as we know that no two home environments are the same. Our

staff and administrative teams distill the essential concepts and content. Teachers work with students and families to make sure they are learning according to their schedules, following up to support and encourage.

In the span of a week, LISD staff distributed more than 5,000 Chromebook laptops to elementary school students in need so that distance learning could flourish. This is on top of the more than 18,000 devices on loan to middle and high school students throughout the district.

AF: How can families support their children with remote learning?

BG: It's crucial that families work together to support one another during these challenging times. Allowing freedom to step away from studies from time to time, fostering a supportive environment and taking time to connect with each other is so important to the mental health, and well-being of a young person. We have a great resource for families to help guide them through the distance learning by way of our remote parent learning hub and we encourage anyone who is struggling to reach out to their counselors or teachers. We're all in this together and help is out there for anyone who needs it at any time.

AF: What are your hopes for the 2020-2021 school year?

BG: I expect things will look different in August than any August we've had so far. I think we have a real opportunity here to do things a little differently, and it's an opportunity that we've been thinking about even before this change happened. So, this can serve as a catalyst for pushing us a little further down that line of making sure that students are mastering the standards and getting the skills they need to be successful and happy in life. We will be working hard over the next few months and into the summer to make sure that when we come back that students are presented with the best educational situation possible. We'll continue to make those plans and consult families, students, and faculty in making these decisions.

It may well be a hybrid learning model, with some students learning in our buildings and some parents choosing for them to learn at home. So, we are going to be prepared for either or both eventualities. We have to make sure that we're learning from the experiences we have now and that we're being as rigorous as possible as we go forward.

by the numbers



22.4%
Number of Americans under the age of 18

Source: *Census.gov*



3-11
Ages of kids that prefer pizza over any other food for lunch and dinner

Source: *Pizza.com*



1914
The year President Woodrow Wilson officially adopted Mother's Day.

Source: *Muchneeded.com*



It's time to start enjoying life!

Do you need help with marital or parenting issues?

Do you need to reduce your worry and anxiety?

Betty Kehl Richardson

PhD, RN, CS, LMFT, LPC

Licensed Professional Counselor
Licensed Marriage and Family Counselor
Call 512/346-9264 for appointment
Evening and Weekend Appointments Available

5 Budget-Friendly Backyard Activities

BY DOLORES SMYTH



"Mom, I'm bored!"

Those three words strung together can trigger waves of anxiety in any parent, especially during the summer months when a child's daily schedule is wide open while a parent's is cresting to its fullest.

You may be tempted to surrender the smart device fight and let the kids get glassy-eyed for hours in front of their screen of choice. Instead, resist raising that white flag and look no further than to your own backyard for enjoyable and affordable ways for your kids to have summer fun.

Here are 5 budget-friendly activities to keep your kids busy having a blast in your own yard.

1. Set up an obstacle course. Backyard obstacle courses are loads of fun, can be easy or elaborate depending on your child's age, and can consist entirely of objects you already own. For younger children, an obstacle course can include:

- Hula hoops to hop in and out of
- Buckets to weave around slalom-style

- Yoga mats spread on the grass for forward rolls
- Balls to toss into laundry baskets
- An inflatable pool to jump into at the end of the course

For older kids, a more challenging course can consist of:

- Folding tables to crawl under
- Planters to jump over
- Water balloons to transport intact by spoon
- Balls to toss into boxes of decreasing size
- A hose to knock down items lined up on a table

2. Channel a classic with a game of lawn Twister. To make a grass-version of this classic game, purchase cans of marking paint in red, blue, yellow, and green from your local hardware store. To create the game grid:

- Use a plate to trace a "Twister dot" on a piece of cardboard or poster board. Trace a small circle for the smaller hands and feet of young children or a large circle for older players. Cut the circle out to create a hole in the cardboard or poster board and, voila, you have a Twister dot template.





- Place the template on the grass and spray paint through the hole in the template to create rows of dots. Be sure to place the dots close enough so that children can easily reach over from dot to dot. Be sure the game grid area is large enough to accommodate the number of children playing.
- Once the dots are painted onto the grass, grab your indoor Twister spinner and start playing! If you don't have a Twister spinner, write down each of the four directions (left hand, right hand, left foot, or right foot) for each dot color on separate index cards. For example, one card will read, "Right hand. Green."
- Call out each direction and watch players stretch and balance as they strive to be the last kid standing on your lawn Twister board!

3. Throw a fiesta with water balloon piñatas. Your kids can wear their bathing suits for this wet and wild game of water balloon piñatas.

- For this activity, you'll need water balloons, string, a strong piece of rope, and a plastic bat.
- Tie the rope between two trees or two other sturdy structures
 - Fill the water balloons with water, tie each with a knot, and then tie a string around each knot
 - Tie several water balloons to the rope using the attached strings so that the balloons hang overhead like a row of piñatas
 - Have each child take a turn swinging the plastic bat to see how many balloons they can burst in 30 seconds.

4. Get creative with colorful water art. Bring out your child's inner artist with this game of water squirter art.

Fill water squirters with water mixed with food dye, using a different color for each water squirter. Set down sheets of paper on the grass or tape sheets of paper onto trees and watch your kids paint colorful masterpieces, one spray at a time.

5. Beat the "summer slide" with an outdoor reading haven.

If a more low-key activity suits the bill, create an outdoor reading oasis for your child to enjoy and beat the dreaded "summer slide"—the decrease in a child's reading and other academic proficiency during the summer months. To curb this summer learning loss, turn a shady spot of your yard into a reading retreat with items you already own, such as:

- Beach or patio chairs to kick back in for a relaxing read
- A milk crate or bench to use as a makeshift table to hold books, word game or math problem paperbacks, and educational magazines
- A divided serving tray filled with healthy snacks such as turkey and lettuce pinwheels, carrot sticks, grapes, and cheese

If your child needs a nudge to get reading this summer, look online for summer reading incentive programs offered by various businesses. To further keep expenses down, visit your local library's online selection so your child can sign out summer reading books of his or her choosing.

Get your kids to release their Judo-grip on their tablets or phones this summer by turning your backyard into an activity-filled playland, all without breaking the bank!

Dolores Smyth is a parenting writer and mother of three kids ranging in age from preschool to junior high. Her work has appeared in numerous publications. You can follow more of her work on Twitter @LolaWordSmyth.





THE Learning Curve

ALISON BOGLE

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

Learning Together at Home

For many Austin families, summer came before we expected it. Not the summer of pool parties, sprinkler playdates, and sparklers with neighbors after dark, but the summer of lots and lots of unexpected family togetherness. When you add in anxiety about the state of the world, an open-ended call to socially isolate, and the pressure of juggling homeschool and work, many parents are left wondering just how they will make it through these next weeks, possibly months.

If you are one of the lucky ones, your child's school has provided you with resources for learning at home. However, even after schoolwork has been taken care of for the day, it is likely that you still have time on your hands. Thankfully, a number of organizations have created fun, engaging activities for families to enjoy together at home during these unusual times. Gather your loved ones and check them out!

PODCASTS

Podcasts can be a lifesaver when you need a minute to make a phone call without being interrupted, or you'd just like to enjoy lunch together without the usual fifty questions.

They are also a great way to unwind and connect at the end of the day. Not only does sharing a podcast and encouraging discussion afterwards help parents and children bond, it is also a sneaky way to strengthen your child's comprehension and vocabulary.

- **Circle Round** – Created by parents of young children, Circle Round adapts folktales from around the world for kids aged 4 to 10. Each episode ends with an activity intended to encourage deeper conversation between parents and kids.
- **Peace Out Podcast** – A short story podcast for kids, which helps them calm down and relax by through visualization and breathing exercises. Great for learning mindfulness and self-regulation!
- **Story Time** – Original bedtime stories are released every two weeks, but these engaging stories can be listened to at any time of the day. Prior episodes are also available.
- **Short and Curly** – A fun-filled ethics podcasts for kids and parents with “curly” questions that spark thoughtful discussion. Kids aged 7 – 12 will

especially enjoy this podcast.

- **Wow in The World** – Each episode highlights exciting new research about space, dinosaurs, animals, technology, or human origins, and is communicated in an entertaining way.
- **Sesame Street Podcast** – Lovable monsters teach lessons of friendship, reading, patience, and caring.

ONLINE RESOURCES

Your family may be stuck at home, but these online resources provide you with the ability to virtually escape. There is something for everyone – you can tour an art museum, spy on animals at the zoo or take drawing lessons from an award-winning author and illustrator. Let your child choose what interests him and follow his lead. Showing you care about what your child is interested in sends a positive, loving message that he matters. We can all use a boost of security in these uncertain times!

Ranger Rick – The National Wildlife Federation has made all of its Ranger Rick digital magazines and content free to families through June, as well as its curricula,

activities, and projects for the Eco-Schools program. www.rangerrick.org

PBS Kids – Sign up to receive a daily email full of activities and tips for playing and learning at home. In addition, the PBS Kids Games app offers nearly 200 educational games, which can be downloaded for offline play. www.pbskids.org

Fun Brain – Kids can sharpen their math and reading skills with fun games from this educational website. www.funbrain.com

Seussville – The parents section of this Dr. Seuss-themed website is loaded with activities, crafts, printables, recipes, guides, and themes to keep little ones busy for hours. www.seussville.com

San Diego Zoo – The San Diego Zoo Kids website offers animal stories, videos, crafts, and activities, conservation projects, games and more. www.kids.sandiegozoo.org

Yellowstone National Park – Take a virtual fieldtrip to this national park to see a mud volcano, Mammoth Hot Springs, Old Faithful, and so much more! www.nps.gov/yell

Tour a museum – Travel + Leisure has curated a collection of some of the world's best known museums. Now you can explore famous artwork with your children, without leaving the safety of your living room. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Lunch Doodles with Mo Willems – Grab some paper and pencils or crayons and join Mo Willems, author and illustrator of the popular Elephant & Piggie and The Pigeon series, to explore ways of writing and drawing. Episodes are posted each weekday at 12 p.m., and then remain online for streaming afterwards. <https://www.kennedy-center.org/education/mo-willems/>

Audible – The audiobook service is offering free streaming of a select number

of children's stories, across six languages. The service will be available "for as long as schools are closed." www.stories.audible.com

These are uncharted waters for most of us. The best we can do during these unusual times is to try our best, and to remember what, at the end of the day, is most important; to provide a sense of loving

connection for our children during a stressful time. Let's all lower our perfection bars just a little bit, do what we can, then snuggle up to connect with one of these cool podcasts or online adventures. This too shall pass!



Unmatched Academic Results

Visit ChallengerSchool.com to learn more.



An independent private school offering preschool through eighth grade

Avery Ranch (PS–8) (512) 341-8000

15101 Avery Ranch Boulevard, Austin

Round Rock (PS–K) (512) 255-8844

1521 Joyce Lane, Round Rock

Spicewood Springs (PS–K) (512) 258-1299

13015 Pond Springs Road, Austin



© 2020, Challenger Schools
Challenger School admits students of any race, color, and national or ethnic origin.





LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer based in Austin, TX.

10 Tips for Staying Sane While Sheltering in Place

Whether you are sheltering in place alone or with your family, the new normal of social distancing and isolation can be disconcerting and stressful. Below are a few tips that might help. Include your family as you implement these strategies. Everyone in your household can benefit either directly or as a result of your modeling positive coping behaviors.

1. Develop a routine, write it down, and post where your family can see it.

Because many of us are working at home or no longer working, the tendency is to abandon routine. But lack of a routine creates stress on top of the stress we are already experiencing. Routines provide predictability and can be comforting, especially for kids. Through scheduling, we can ensure adequate time for sleep, exercise, meal preparation, and homeschooling projects.

2. Don't underestimate the importance of consistent bedtimes and wake-up times.

Irregular bedtimes disrupt the body's circadian rhythms—the internal clock that regulates the sleep/wake cycle. Poor sleep is associated with many health problems and mental health issues. Circadian rhythm disruption in children has been shown to cause behavior problems.

3. Do some type of exercise every day.

Exercise helps relieve tension and stress. Aerobic exercise, like walking, jogging, cycling, and gardening, has been proven to reduce anxiety and depression. Go outdoors to exercise if possible. Just remember to stay 6 feet away from other walkers and joggers. If you can't go outside, try a free online workout video. To get started, type "free online workout videos" in your internet browser search

bar. Children who are between six and 17 years old need at least 60 minutes of physical activity each day.

4. Limit news consumption.

Tuning into news programs throughout the day and checking social media compulsively for the latest on COVID-19 will raise your stress level. Of course, we need to stay up to date on the latest information. But we don't want to consume so much news that it makes us anxious and stressed. Be intentional about your news consumption. Which news programs do you want to watch and for how many hours? How many times a day do you want to check social media? Take a 4-hour vacation from the news and check in with yourself. Now check in with yourself after several hours of nonstop news. Compare your stress and anxiety levels. Then set limits that will benefit your mental health.

5. Keep a gratitude list every day.

It's easy to focus on the many sad and frightening events happening in our world right now. Shift your focus by keeping a daily list of happy and good things in your life right now—a beautiful bed of daisies you saw on your morning walk, the purring of your cat as she sleeps in your lap, or the smell of brewing coffee first thing in the morning. Try for 10 things on your list every day. To involve your kids, keep a gratitude journal. Ask them to contribute to the list and add artwork or drawings.

6. Plan something to look forward to every day.

Each night, plan something in the next day that you can look forward to. Some ideas are trying a new recipe, going online to the library's website to find a new e-book, or connecting with a special person. Plan a special treat for your kids each day as well. For example, you might teach them a game you learned as a child or bake cookies together.

7. Rediscover your creativity.

When we were children, we loved to make things. Spend some time rediscovering your creativity. Try drawing, playing an instrument, decorating a cake, sewing a tote bag, or building a bird feeder. Create a list of projects that you enjoyed in the past for more ideas. Involve your kids in your creative activity or help them come up with their own projects.

8. Learn something new.

Add a spark to your day by learning something new. There are many online learning platforms available. Here are some ideas to get you started. The Duolingo app is a quick, fun way to learn words and phrases in the foreign language of your

choice. CreativeLive.com streams free classes all day in photography, crafts, and other topics. Coursera and Udemy offer thousands of online courses and many are free. If you're into art, needlework, sewing, or crafts, take a look at creativebug.com.

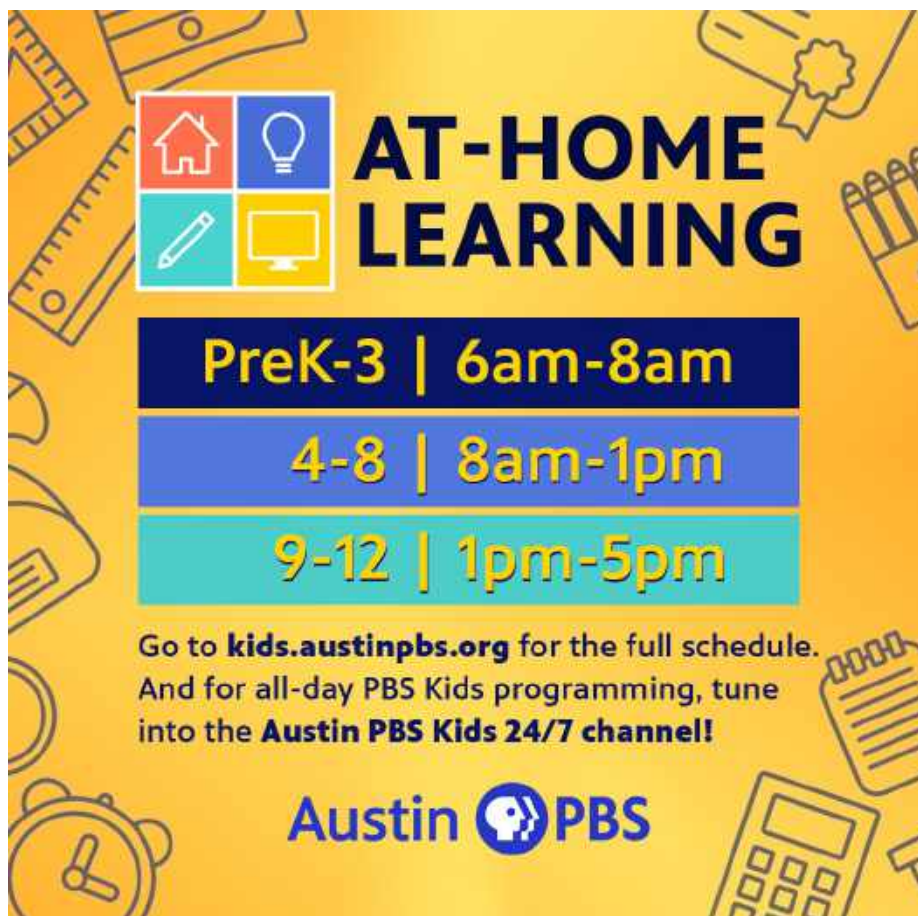
9. Connect with family and friends.

Social isolation doesn't mean we must be lonely. Reach out to your family and friends by email, text, or phone call. Schedule a weekly happy hour with a group of friends over video chat. Older relatives especially enjoy video chats with kids. Make a list of old friends that you haven't talked to in a while. Make one call a day from your list.

10. Put boundaries around your worries.

We all worry about what is going to happen as a result of this pandemic. Do as much as you can to support a good

outcome: wash your hands, stay 6 feet away from others, and limit interactions with people. But once you've done all you can do, don't allow your mind to engage in nonstop worrying. Worrying can escalate to anxiety and even panic. Set aside a specific time each day for worrying. If a worry pops into your mind during the day, write it down on a slip of paper and put it in your worry jar. Then when the designated time comes, sit down with your worry jar. Dump out the slips of paper. Pick one up and regard it for a minute. Repeat until you've acknowledged all the slips of paper. Now put them back in the jar. Know that they will all be there tomorrow. Your mind can relax now, free from struggling with these worries.



The graphic features a yellow background with various school-related icons like a ruler, pencil, lightbulb, and calculator. At the top left, there is a 2x2 grid of icons: a house, a lightbulb, a pencil, and a computer monitor. The main title 'AT-HOME LEARNING' is in large, bold, dark blue letters. Below it, three colored boxes indicate the schedule: a dark blue box for 'PreK-3 | 6am-8am', a blue box for '4-8 | 8am-1pm', and a teal box for '9-12 | 1pm-5pm'. At the bottom, text reads 'Go to kids.austinpbs.org for the full schedule. And for all-day PBS Kids programming, tune into the **Austin PBS Kids 24/7 channel!**' The Austin PBS logo is at the bottom center.

JUMP! GYMNASTICS

Imagine a world where superheroes are real, pirates are friendly, and every little girl is a princess. Grab your passport and join Jeremiah Frog as he embarks on an adventure through space and time.
2117 West Anderson Ln., Austin
6800 West Gate Blvd. Unit 111, Austin
512-593-6226
www.jumpgymnastics.com
Ages 3-10

KIDSACTING SUMMER CAMPS

A safe environment for kids to be creative, expressive, and confident while having fun. Regularly voted Austin's best. Each camp ends with a fabulous show for family and friends. 16 locations throughout Austin metro
512-836-5437
www.kidsactingstudio.com
Ages 4-18

MAD SCIENCE & IMAGINE ARTS ACADEMY OF AUSTIN

Mad Science's mission is to spark the imagination and curiosity of children by providing them with fun, hands-on, and educational activities. Central Texas youth have been "edutained" with our week-long science-themed camps since 1997. Locations: Central, Northwest, Southwest, West, Round Rock, Leander. Watch for more.
512-892-1143
www.austin.madscience.org
Ages 4-12

SUMMER REGISTRATION OPEN NOW



CAMPDOUBLECREEK.COM | 512-255-3661



Ages 4 - 12 • 7 am - 6:30 pm

Awesome Field Trips • Arts-n-Crafts
Organized Sports • Excellent Staff

Cedar Park, Round Rock,
& Austin Locations!

219-0700

www.zsclubhouse.com



ELITE UNIVERSITY



Elite University Summer Camps • Ages 4 - 12

- Music Lessons • Water Skiing • Cooking • Mixed Media Art • Veterinary Science • Musical Theatre • Horseback Riding • Fishing • Archery • Camping • Swimming • Gymnastics • Kayaking •

St. Lukes on The Lake, 5600 Ranch Rd 620 N, Austin
www.elitesummercamps.com • (855) 931 - 2586
contact@elitemusicfinearts.com

CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE CAMP GUIDE

Shine Bright



This Summer At kidsActing

WHERE EVERY KID IS A STAR!

AGES 4-18

FULL-SCALE PRODUCTIONS

3-WEEK FULL-SCALE PLAY - FRANKENSTEIN

4-WEEK FULL-SCALE MUSICAL - LEGALLY BLONDE

SUMMER CAMPS YOU CAN'T MISS!

TRIPLE THREAT

ADVENTURES IN ACTING

HAMILTUNES: A SHOW CHOIR

CREATIVE KIDS



FOR MORE INFO VISIT:

WWW.KIDSACTINGSTUDIO.COM

MASTER GOHRING TAI CHI AND FUNG FU

Our program runs all year round, which provides an opportunity for your child to begin at any time. Younger ones develop listening and motor skills to enter society with confidence and enthusiasm. Kids develop the strength, confidence, and self-mastery skills to deal effectively with the challenges, choices, and complexities of life. They will have fun.

6611 Airport Blvd, Austin

512-879-7553

www.mastergohring.com

Ages 4 and up

MCKINNEY ROUGHS NATURE PARK SUMMER CAMPS

Experience forest ecosystems, plants and animals, wilderness skills, rafting, swimming, and a challenge course at a day camp close to nature and close to home. Weekly natural science themes. Austin shuttle available.

1884 Hwy. 71 West, Cedar Creek

512-303-5073

www.lcra.org/camps

Ages 5-15

ORPHEUS ACADEMY OF MUSIC SUMMER CAMPS

Join us for musical summer fun at Orpheus Academy of Music! Our camps provide an enriching musical experience for children of all ages and abilities in Austin and Cedar Park. Each half-day camp is led by experienced, degreed teachers, and includes a variety of activities to keep students moving and learning! Camps include an end-of-week performance so that students can impress their parents with everything they've learned.

3109 Kenai Dr. Unit 10, Cedar Park, 512-456-7543

3918 Far West Blvd. Ste. C, Austin, 512-231-8999

www.orpheusacademy.com/summercamps.html

Ages 4-18



Camp JUMP!

Austin's Most Fun Summer Camp!

Camps are weekly

June 1 - August 21

Ages 3-10

FULL DAY (9-3) \$295

*HALF DAY (9-1) \$245

ADD-ONS

Extended Care (3-5:30) \$100

Early Drop-Off (8-9) \$50

\$100 deposit per week/per child
10% sibling discount

JUNE 1-5 Superheroes

JUNE 8-12 Rock Star

*JUNE 15-19 Space Odyssey

*JUNE 22-26 Mystery Madness

*JUNE 29-JULY 3 Olympic Stars

*JULY 6-10 Robots

JULY 13-17 Enchanted

JULY 20-24 80 Days Around the World

JULY 27-31 Rainforest Funfari

AUGUST 3-7 Pirates!

AUGUST 10-14 Under the Sea

AUGUST 17-21 Hawaiian Luau

Register now! www.JumpGymnastics.com

South@jump-austin.com | North@jump-austin.com

Phone: 512-595-6226

DANCE DISCOVERY

DANCE & MUSICAL THEATER

Dance for ALL Ages!

Sign Up Today for a No-Risk Trial Class!

Voted Best Place to Learn Dance!

Two Locations: Allandale & Avery Ranch

www.DanceDiscovery.com

512.419.7611 (Allandale)

512.658.2996 (Avery Ranch)



FAMILY MATTERS

BETTY RICHARDSON

Richardson, PhD, RN, CS, LPC, LMFT, is an Austin-based psychotherapist.

Express Love Through Teaching Useful Skills

Q My husband and I have six children. Since we've all been spending so much time together at home, I'm finding that I'm so tired and grouchy, I want to nap all day. However, I can't because I have household chores like cooking, cleaning, laundry, and more. I'm letting the children be entertained by television and their devices. When they don't do what I ask, I scream at them and on occasion threaten punishment. How can I get out of this depressed funk and do right by the kids?

A Assuming you have already been medically checked out for possible physical or mental health issues, realize that almost all mothers tend to be tired and have to work at bringing positive energy to their children. One way you can bring your children energy and love, and free yourself from depressing chores, is to teach your children some useful life skills. Children remember and appreciate what parents teach them throughout their lives. Suggestions of skills you can teach your kids include:

1. Cooking: Kids love learning to cook. Teach one or two at a time while assigning others to set the table. Encourage them to be creative in setting

a nice table using place cards and flowers. You can also involve math in your teaching. For example, if a recipe calls for one and a half cups of flour, how much flour would you need if you doubled the recipe? Have some low sodium tomatoes or broth and some that are not low sodium? Ask this: how much less sodium is in the low sodium can?

- 2. Washing dishes:** Teach the kids to clear the table, load and unload the dishwasher, or to wash dishes in the sink. One of the best moms I know assigns her two boys to take turns loading and unloading the dishwasher. They do a good job.
- 3. Washing clothes:** Assign the kids in pairs to wash their own clothes. Assign an older child to work with a younger child fold the clothes and put them away.
- 4. Cleaning chores:** Teach the kids how to clean various surfaces and provide a reward for when the chores are done. Spend some time thinking about what rewards you can offer that would really incentivize your kids.
- 5. Planning a fun hour:** Kids can plan something for the whole family one or two nights a week. Kids are great at

writing plays, coming up with games, and showing off their talents. A little guidance and appreciation on your part goes a long way to make the kids feel loved.

- 6. Money management:** List ways the kids can make money. Talk about saving money and the advantages of saving for something special instead of buying impulsively. Help your kids set up savings accounts when they have accumulated some money. If one child has a savings account, then others may want one also. Learning to budget and save is a valuable life skill.
- 7. Great outdoors.** If you or your husband love the outdoors, teach the kids some skills. My children's father was a great outdoors man. He taught the kids to hunt, throw tomahawks, and other survival skills. I taught them how to swim, how to garden, how to cook, and how to raise chickens.

If you express your love through teaching, your energy will increase and the relationships with your children will improve. Also, stop screaming at your kids. This can be abusive and traumatic. If you do yell, simply put yourself in a grown-up timeout and apologize for your behavior.

KIDZONE



Art at Home

Are you suddenly standing in as an art teacher while kids are at home? Here is our short list of tips that will help you navigate the waters.

Don't sweat the supplies

Turn old newsprint, junk mail, snack boxes, or note pads into canvases for little budding artists. Beyond standard utensils like crayons, pencils, markers, and chalk, other materials like stickers, tape, and even clay, can be incorporated into drawing activities. Recycled materials like milk jug caps, cardboard cutouts, and foil are great for stencils.

Let children lead

Observe and comment on the process rather than the outcome. Resist the urge to interrupt or correct as doing so could stifle the learning process and possibly a child's self-confidence. Use phrases like "Look at all of the lines you drew! Some are long and some are short." Be sure to comment on what you like about a drawing and why you like it.

Listen to the story

Rather than asking questions like "What is it?" ask open-ended questions like "Can you tell me about your drawing?" which will provide more opportunity for children to open up about the story behind their work.

Tap into emotion

Children gain a valuable tool when they're able to express emotions through drawing. Keep drawing supplies readily available and offer them to your little ones when you see them entering rough emotional waters.

Host an art show at home

Find a spot in the home to hang up completed drawings or create a rotating gallery. Save select pieces in a portfolio, so that over time you can share the excitement of observing progress in the child's drawing skills. Congratulate your little one on their commitment to practicing drawing rather than the quality of the final outcome.



The YMCA of Austin is a dynamic association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. The YMCA afterschool program is the ideal out-of-school time opportunity for your child to grow academically, emotionally, and physically. Learn about Y Afterschool and register for the 2019-20 school season



Join Us for our
Summer Camp Weeks
(For Girls Only) or
Mothers & Daughters!

Sugar and Spice Ranch is a camp for girls only!
We specialize in creating a positive bonding experience
through a variety of horseback riding activities!



Offering:

- Girls only summer camps
- Mother & daughter summer camps
- Mother & Daughter weekends
- Women-only weekends,
- Family weekends
- Summer camps



Sugar and Spice Ranch
"Bonding Mothers & Daughters Through Horses"

830.460.8487
www.TexasHorseCamps.com

GO TO
www.austinfamily.com
for more
FUN THINGS to do

EXPRESS
C A M P S

RREXPRESS.COM

PLAYLAND SKATE CENTER

Unlimited Hours of Fun!

- Lights, fog, great sound system
- Great family fun for all ages
- Fantastic parties!
- Fields trips, skate lessons and corporate events available

STEM Fieldtrips now available!

512-452-1901
8822 McCann Dr 78757 • Located US 183 & Burnet Road • www.playlandskatecenter.com



JUST FOR GRINS

CATE BERRY

Cate Berry is a children's book author and mother of two based in Austin, TX.



A (Private) Room of One's Own

If you're like me, sequestered inside your home, chances are high that privacy is at a premium.

Our bathroom was always a popular hideout, even before the pandemic, boasting its reputation as the "only locking door on site." But with growing suspicions around national toilet paper hoarding, no one wants to be suspect, even for a flashy half hour.

Outside is a good bet. We are lucky to have a porch—two in fact. We have a front porch and a screened-in back porch. Our cats, who typically enjoy an indoor-outdoor lifestyle, have taken over the screened-in porch now that they must live with the dog under one roof. The cats dominate the vicinity with a kitty litter stench so foul even the racoons balk.

Our own bedrooms would be ideal. Except during the quarantine, our bungalow's foundation has shifted, rendering our door frames useless. In other words, no one can shut their doors. Bedrooms have returned

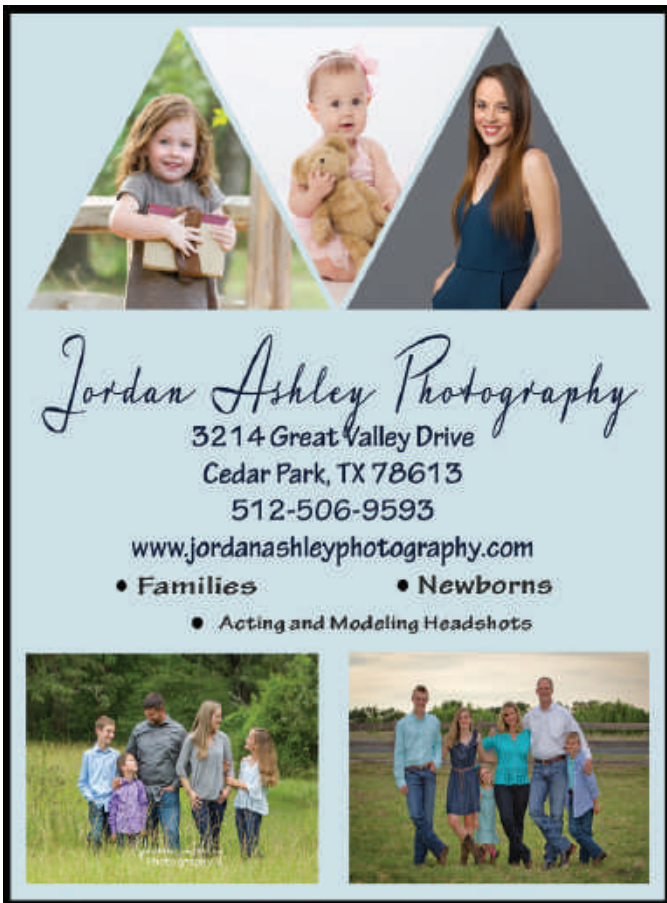
to their rightful "Sleeping Only" status until further notice.

That leaves the front porch. It's breezy and neighborly. Except everyone else has the same idea. My neighbor on the right observes everything—especially when I escape outside for a heavy sigh. And the sweet family on my left has installed (as of yesterday) a massive climbing contraption draped between two trees, replacing my view of the birdfeeders with a giant red cobweb from Costco— and a screaming child.

I am sneaky, though. Two years ago, we bought a minivan. It's possibly the best purchase of my adult life. While everyone thinks I'm "taking a drive," I'm merely parked around the corner enjoying some Me Time. I've got everything I need, actually. Twelve drink holders, leather seats, sunroof, Wi-Fi, a built-in cooler for Topo Chico and leg room for days. All of this is hermetically sealed from the outside world with automatic locks.

Be well. Stay safe. Find your happy spot.

In private.



Jordan Ashley Photography
 3214 Great Valley Drive
 Cedar Park, TX 78613
 512-506-9593
 www.jordanashleyphotography.com

- Families
- Newborns
- Acting and Modeling Headshots



What's all the buzz about BASIS Austin Primary?

Attend an upcoming virtual event to learn more about the newest campus in the **BASIS Charter Schools** network of internationally competitive, tuition-free schools. **New campus opening fall 2020 in Austin's Crestview neighborhood.**

Apply today!

Learn more at BASISAustinprimary.org

Austin Primary
Grades K-4



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

If you have a favorite or are a business and want your customers to vote, share your information. A win is a great marketing tool.

Plus, everyone who votes is automatically entered into a drawing to WIN a 2 night stay at Gaylord Texan
Vote for your favorites in over 50 different categories, including:

- Summer Camp
- Private school
- Tutor
- Place to learn music
- Doctor
- More!

austinfamily[®]
smart parenting • healthy homes

**Vote at: www.austinfamily.com
until May 15th one ballot per family**





Our Difference is Brilliant!

- Nationally Recognized Advanced Pre-K Readiness Program • 20 State-of-the-Art Campuses
- Early Brain Development/Empathy based Curriculum

YOUR FUTURE WORLD



SUMMER BREAK CAMP

- Robotics • Space Exploration • Futuristic Everyday Life • Future Tech
- Underwater Exploration • Conservation • Exciting Field Journeys Each Week!

Call today and join us for a Summer Break your child will never forget!

512-459-0258 • SteppingStoneSchool.com

