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2ND WINNER: Win a holiday dinner and toys for all ages!
Brio Disney Mickey Mouse Record & Play Station, Squeakee The Balloon Dog, Madame Alexander's New Kindness Club Doll, Ravensberger Game
Winner will be notified December 21

November 2020

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Start Local, Start Little**

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Find our November calendar online at austinfamily.com for the latest in-house and virtual events.

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Catch Austin Family magazine live on "Good Day Austin" every Thursday morning.



FILM REVIEW

By Jack Kyser

The War With Grandpa

Read online at: www.austinfamily.com/films



Noemie is a 2020 Cover Kid winner. She is 12 years old and loves acting and modeling. Photography by Jordan Ashley Photography.

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Giving Thanks, Giving Back

Recently, I got a sneak peek at entries by fourth and fifth graders who described their favorite day during quarantine for our Young Writers Contest. As I read them, one theme clearly emerged ... the importance of family and community.

Overshadowing the details – the mask wearing, the canceled events, the hand washing, the sacrifices – rang a bold sense of resiliency and appreciation for the small things: the joy of a first fish being caught, surprise birthday parties on Zoom, water balloon fights, trips to the lake, spontaneous cooking shows and long road trips to remote locales, together.

One writer noted, "I realized, despite all the limitations, the pandemic gave us a chance to find new ways to connect and live life to the fullest."

Our November issue takes up this spirit of connection and gratitude and directs it towards our neighbors and local communities. How can we give back and connect with our communities while social distancing? How can our kids safely help others?



EDITOR'S NOTE

ANNETTE LUCKSINGER

Lucksinger is a mom of two and author of the guidebook and app Exploring Austin with Kids.

Luckily, Austin families and leaders are a creative bunch. So, we found plenty of ways for families to get involved and be good neighbors, active citizens and part of larger communities that care! Whether it's through at-home volunteering, cooking together, practicing kindness, voting, or contributing to the community in your own unique style, we offer lots of ideas to celebrate the spirit of Thanksgiving and togetherness.

Bon Appetit!

austinfamily®

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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.

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Play it **SAFE** product recalls

Government Recalls Vitamins, Chairs and Gas Grills



The Vitamin Shoppe is recalling **Vthrive Bioactive Women's Once Daily Multi** vitamins. The 60-count capsules were sold in an amber bottle with a gray top. Item number VS-6104 can be found on the back of the bottle and lot number 006218, 006454, 006495 or 006779 on

the bottle's underside. Only the 60-count bottles are included in this recall. The vitamins were sold at Vitamin Shoppe stores nationwide and online at Amazon.com and VitaminShoppe.com from November 2019 through April 2020 for between \$26 and \$35. Consumers should immediately store the product in a safe location out of reach of children. Contact The Vitamin Shoppe for instructions on how to dispose of the product and receive a full refund or merchandise credit. The Vitamin Shoppe is notifying all known purchasers directly.

H-E-B is recalling **Caravan Sports Padded Arm Bagged Chairs**. The chair was sold in blue and measures 24.4" x 23.2" x 36.2." A tag labeled "SNY-XZ" is sewn into the back. The chair's plastic bracket can bend or fail, causing the fabric seat to rip apart from the frame and pose fall and injury hazards to the user. These chairs were sold in H-E-B stores in Texas throughout May 2020 for

about \$20. Consumers should immediately stop using the recalled chairs and contact Caravan Global for instructions on how to receive a full refund at caravan-global.com.



Wayfair is recalling its **Royal Gourmet Patio 2-Burner Deluxe Gas Grill** with model numbers GG2004, GG2005 and GG2006 and with date codes EBA20170525D-1, EBA20170525D-2 and EBA20170525D-3. The model numbers can be found on the rear base of the gas grills. The grill has a porcelain cast

iron firebox that houses two stainless steel burners and two shelves. The recalled gas grills include model number GG2004 in red color, GG2005 in black color and GG2006 in silver color. These models were sold exclusively online at wayfair.com from August 2017 through November 2019 for about \$240. The recall is being issued due to risk of fire hazard. Consumers should stop using the recalled grill immediately and contact Royal Gourmet for a free accessory repair kit.

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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- Sarah F. (6yrs old)

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AROUND

Austin

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Girl Scouts Bash Boredom and Build Kindness

Central Texas Girl Scout Troop 1990 started working on their Bronze Award project around the time that schools closed in the spring. With everyone at home, they decided they wanted to do something that would bring happiness to the community and spread kindness.

After much deliberation over Zoom, the troop was torn whether to write a "Boredom Busters" activity book or make a painted rock garden. So, they decided to do both!

In order to earn a Girl Scout Bronze Award, each girl is required to do at least 20 hours of work. Contributing to the book from their own homes, the girls shared Google docs to create a book that would entertain kids who were stuck at home and bored, just like they were. They then used troop earnings from selling cookies to print 250 copies to be donated to various children's organizations, foster care groups and charities.

Each girl also painted three to ten rocks for a kindness rock garden that spreads positive messages. Partnering with the nonprofit Austin Allies and other local Girl Scout troops, they painted over 250 beautiful rocks! The troop recently installed the stones at the Town Lake YMCA garden where they "hope it will continue to bring smiles to people every day!"



Girl Scouts joined forces with Austin Allies to paint rocks for a kindness rock garden. You can see it at the Town Lake YMCA! Photo courtesy of Jennifer Holkan.

Must-Do This

November

1-2

Día de Los Muertos (virtual)
www.dayofthedeadatx.net

2-6

Texas Book Festival (virtual)
www.texasbookfestival.org

3

Vote

at local polling stations

11-Jan. 6

Mozart's Christmas Light Show
Mozart's Coffee Roasters

Reilly Elementary School Named National Blue Ribbon School



Reilly Elementary School will be honored in the virtual 2020 National Blue Ribbon Schools Awards Ceremony on Nov. 12 and 13. Photo courtesy of the U.S. Department of Education.

Reilly Elementary School is one of 367 schools nationwide to be named a 2020 National Blue Ribbon School by the U.S. Secretary of Education. The recognition is especially exceptional as the third-grade students were tested in Spanish as part of the campus dual-language program.

Part of the Austin Independent School District, Reilly offers rigorous academic programs for students in Pre-K through fifth grade. It is the first multilingual elementary school in Central Texas, offering English, Mandarin and Spanish.

"At Reilly we are committed to high academic achievement, an equitable approach to learning, additive and inclusive programming, social emotional learning, dual language and culturally responsive instruction," Reilly Principal Corrine Saenz said. "As a staff and school community, we have created an environment where students and families from all walks of life and backgrounds pursue student achievement while valuing language, celebrating culture and honoring heritage."



Celebrate the season with drive-in style holiday movies at Wolf Ranch.

Moonlight Movies at Wolf Ranch Town Center

Wolf Ranch Town Center and partnering sponsor RDC Paving present Moonlight Movies, a free drive-in movie experience for the holidays. The parking lot of the Georgetown shopping center will be transformed into a social distancing-safe cinema, showcasing classic family favorites. November's featured presentation, "Elf," will be shown on Nov. 20, followed by "How the Grinch Stole Christmas" on Dec. 18.

The goal is to provide the community with a festive, fun, socially-distanced movie experience. See wolfranchtowncenter.com for more information on this and other upcoming events, including a weekly Saturday farmers market and an artisan market on Nov. 7.

.....



This little library, maintained by a children's librarian, is stocked with books for babies, children, teens and adults. Check it out! Photo courtesy of Little Free Library.

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The Little Persimmon Library

The Little Persimmon Library featured on our November cover was built in 2017 by local high school theater teacher Aaron Johnson as a birthday gift to his wife, Kristin. He designed it to look just like the Johnson's house. Kristin is a children's librarian in the community who loves using the Little Free Library to share books, especially children's books, with families. The library is free and always open!

Did you know that you can find the locations and history of little libraries like this one in your own neighborhood? Try the mapping tool at littlefreelibrary.org. The website also provides blueprints, building instructions and tips to make your own!

Austin Girl Power Expands Nationally through Latinitas' Startup Chica Nacional 2020

Latinitas, Austin's only bilingual STEM education nonprofit for nearly 20 years, gathered girls and teens of color for their first national Latinitas Startup Chica Conference. They joined other 9 to 18 year-old girls and teens from 15 states.

Latinitas empowers all girls to innovate using media and technology. As Latinitas Deputy Executive Director Sylvia Butanda explains, Startup Chica is especially important to the experiences of girls of color as "COVID-19 has shed light on economic, health and technology disparities in Austin and across the nation. ... For seven years, girls and teens from Austin at Startup Chica have used the challenges around them to create and innovate. Now we open that nationwide." This year, girls virtually came from all over to join mixed teams.

With the help of coaches, the young entrepreneurs learned how to start a business from concept to pitch while also receiving lessons in effective brainstorming, marketing strategies, budgeting and presentation. Teams not only had to start a business, but one that addressed a problem from the list of the United Nation's Sustainable Goals, including gender equity, clean water and climate change. First prize went to two teams: Fair Foods, who focused on re-purposing restaurant food for the hungry, and Food for Friends, the minds behind an app for homeless people to get a free meal.



Local girls participated in Latinitas Startup Chica Conference sponsored by eBay Foundation. Latinitas is currently hosting free remote after school programs. For more information, see latinitasonline.org.

by the numbers



92% surveyed say a Little Free Library makes their neighborhood feel friendlier

Source: www.littlefreelibrary.org



1,478 number of calories burned by daily parenting activities

Source: www.redtri.com



1863 the year Abraham Lincoln declared Thanksgiving a national holiday

Source: www.history.com



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Local discounts, wellness protocols and videos for the new waterpark resort opening in Round Rock can be found online at KalahariResorts.com/Texas.

America's Largest Indoor Waterpark Coming to Round Rock

Kalahari Resorts and Conventions will open America's largest indoor waterpark in Round Rock on Nov. 12! The African-themed resorts are home to America's largest indoor waterparks. The Round Rock resort, the fourth Kalahari Resort in the U.S., will feature guest rooms, a full-service spa, a fun-filled family entertainment center, on-site signature restaurants, unique retail shops and a convention center.

"We can't wait to open our doors and welcome the Texas community to the Kalahari experience this fall," said Kalahari owner Todd Nelson. "We have 1.5 million square feet of space to play and room to roam. It's been a challenging year, and what better way to get away from the worry and enjoy time having fun together as a family and community."

The resort has received awards and accolades for its guest and convention services, including being named: Condé Nast Traveler's #1 World's Coolest Indoor Waterparks, Sensory Friendly Certified in 2020 (Ohio), Best Family-Friendly Meeting Hotel and Resort in Smart Meeting's 2020 Smart Stars Awards, Parents' magazine 2019 Kids' Travel Award Winner and TripAdvisor's 2018 and 2017 Travelers' Choice Awards.

Join Generation SERVE To Celebrate Family Volunteer Day

Celebrating Family Volunteer Day, Generation SERVE will hold its fourth annual Austin Families Give Back event, a citywide day of service to introduce children and families to volunteerism! Held annually on the Saturday before Thanksgiving, the event kicks off the holiday season with a day of giving and service. Families are invited to attend.

Generation SERVE hopes to inspire families new to volunteering to learn more about the community and ways they can be involved in service and making change. The projects are kid-friendly and benefit a variety of local Austin nonprofit organizations, such as Caritas of Austin, Austin Pets Alive!, Hope Clinic, Austin Animal Center, Pop Up Birthday and many more.

This year, projects can be done from home! Families will receive supply kits and instructions to complete projects that are then returned to Generation SERVE to be distributed to participating nonprofit partners. All ages are welcome! Register for the event at generationserve.org/familyvolunteerday.



Family Volunteer Day is a nationally recognized day of service that demonstrates and celebrates the power of families who volunteer together. This year, the event will be held on Saturday, Nov. 21.

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BamFam Foundation Connects Police and Youth With the Help of Athletes

Former Texas quarterback Tyrone Swoopes and former running back Fozzy Whittaker met with students at Leander High School while Superbowl Champion Tony Hills joined Buda youth last month through BamFam Foundation's First Down Ride-Along Program. The organization seeks to create positive relationships between youth and law enforcement officers in their community through the help of a professional athlete and a unique sports clinic.

The program unites athletes with officers as they drive around patrol areas and open conversations about the needs of that community. Then together, they host a sports clinic and lead a question-and-answer session with local youth. The nonprofit organization aims to foster positive interactions and experiences by engaging youth in dynamic sport-related community events that unite professional athletes, counselors, teachers, law enforcement, military, first responders and other community-based organizations.



Find other Ride-Along events and youth community programs at bamfam.org/projects. Photo courtesy of BamFam Foundation.

Master Gohring Tai Chi and Kung Fu Has Moved!

Master Gohring's Tai Chi and Kung Fu, voted Readers' Poll Favorite year after year since 2007, has relocated just down the road to 5775 Airport Blvd. Limited in-studio classes, as well as a combination of in-studio and virtual classes, are now being offered. With Kick Butt Coffee as their new neighbor, parents can now grab a cup of coffee and relax next door during class.

Master Gohring's started his studio in 1996 and has been helping children develop the strength, confidence and self-mastery skills to deal effectively with challenges and choices in life. The basic martial arts curriculum is focused on children and families, while still providing a highly comprehensive training program for the serious martial artist.



Master Gohring has moved next door to Kick Butt Coffee and is now accepting applications for martial arts classes.



Cynthia Bernard, the ATX Yoga Girl, combines storytelling and music to provide a playful and creative approach to yoga.

Little Hummingbird Society Presents Family Yoga With ATX Yoga Girl

Austin Parks Foundation will be hosting Little Hummingbird Society: Family Yoga w/ ATX Yoga Girl live on Instagram on Tuesday, Nov. 3, at 11 a.m. Created for families of all sizes and abilities, family yoga provides time to connect, laugh, play and have fun! All classes include yoga games, breathwork, meditation and relaxation.

Austin Parks Foundation's Little Hummingbird Society offers parents an opportunity to engage with their community and have fun with their kids while promoting a healthy lifestyle, volunteerism and advocacy for your youngest park-goers.

To keep an eye out for updates and future events, follow Austin Parks Foundation and ATX Yoga Girl on Instagram.

PEOPLE LOVE MAGAZINES.



what % of US adults say they read magazines in the last 6 months?

91%

This includes **95% of those under 35** and **95% of those under 25.**

(MRI-Simmons, Fall 2019)



when advertisers were asked which medium offers the highest ROAS, which was the highest overall?

MAGAZINES.

THE MAGAZINE ROAS OF \$6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF \$3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF \$2.43.

(NCSolutions 2005-Q12019)

HOW MANY ADULTS AGES 18+ READ MAGAZINES?

228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



THE PRINT MAGAZINE INDUSTRY IS GROWING

139 new print magazine brands with a frequency of quarterly or greater were introduced in 2019.

(Samir "Mr. Magazine"™ Husani Monitor 2020)



MAGAZINES REACH PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS*

At a greater rate than newspapers, internet, radio or TV

* Household income \$250K+

(MRI-Simmons, Fall 2019)

compared to top tech sites **MAGAZINES** outperform reaching



WOMEN AGES 18+

(MRI Media Fusion)



PRINT READERS REMEMBER MORE.

- PRINT STIMULATES EMOTIONS AND DESIRES
- PRINT IS PREFERRED BY THE MAJORITY (EVEN MILLENNIALS)
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomias Research)



How Do You Make Big Change?

BY ANNETTE LUCKSINGER

Read All About It!

"I Voted: Making a Choice
Makes a Difference"
by Mark Shulman

"Lillian's Right To Vote"
by Jonah Winter

"The Voice That Won the Vote"
by Elisa Boxer

Check out books for all ages that teach
the role everyday people play in
our democracy.



My first introduction to the world of politics came in first grade when talk on the playground suddenly shifted from debating four-square rules or who could run the fastest to, "Who are your parents voting for - Jimmy Carter or Ronald Reagan?"

What stuck with me was learning that *my parents* had any input in choosing who led our nation. As I said the Pledge of Allegiance every morning, I pictured our leaders in the White House making laws that governed us. Up until then, I didn't know who placed those leaders there. What struck me was that *my parents* wielded that power.

Peter Levine, director of the Center for Information and Research on Civic Learning and Engagement (CIRCLE) at Tufts University, points out that "habits of participation (or nonparticipation) form in youth and are then difficult to change."

So, as parents, when we drop our votes in the ballot box, we do more than share our voices. We teach our kids that their voices matter and their actions can have an impact. While being involved benefits our communities, research shows that it benefits our kids as well. They develop strong relationships, learn empathy and grow up happier.

Want to engage your child in civic action on their level? Try some of these ideas during this season of giving to safely serve the community and raise young citizens who care.

BRING THEM TO THE BOOTH

Visit votetexas.gov to print out a ballot. Talk with your kids about the candidates and propositions you plan to vote for. Who and what does your candidate stand for in comparison to others? In safer times, take your child with you to vote for an up-close view of the process. After you mark your selections, push the button to cast your

vote and deposit your ballot in the box, you can both wear your "I voted" or "Yo voté" stickers with pride!

Hold Your Own Election

Decorate a ballot box. Craft ballots. Recruit voters. Make your own stickers and signs. Then count ballots and announce the winner with fanfare!

Depending on the ages and interests of your children, you can cast your votes for the next president of the United States, or younger children may enjoy voting for a weekend activity or a favorite film on movie night.

Discuss, Debate, Explore

Show democracy in action. Take a topic - whether heady ones from the headlines or simple ones such as ... peas or carrots? Make a game of debate. Choose a side and present its merits. Then, take the other side to see things from a different point of view. You'll be developing empathy in your child. Look for common ground and opportunities to cooperate. Talk about how you handle disagreements and come to consensus in your home.



Take a driving tour,
or a virtual tour,
of places where
important
debates and
decisions
happen.

TOUR THE TOWN FOR PLACES OF POWER

Once we elect these leaders, where do they go? Hop in the car and find out. Head to the administration building of your child's school to see where the school board settles

View the magazine online at austinfamily.com.

Start Local, Start Little

matters that affect your child's daily life – from calendars and cafeteria choices to budgets and bell schedules.

Drive by City Hall where council members tackle issues such as how to house the homeless, where new parks and playgrounds should go, and how to get people safely around their city – by scooter, bike, sidewalk, car, bus, rail and train.

End with a trip to the Governor's Mansion and to the Texas State Capitol where statewide laws are passed. From home, you can take a private tour of the Governor's Mansion at txfgm.org/visit, or find online educational activities, videos and games through the Texas Capitol Visitors Center at tspb.texas.gov/atxmd.



Kids can contribute heaps to their community!

MAKE A DIFFERENCE

Kids can use their super-sleuth skills to hunt for problems in their neighborhood, then seek solutions. Are leaves piling up in an elderly neighbor's backyard? Could the nearby creek use a cleanup? Gather the rakes and trash bags! Is there a Little Free Library that could use restocking? You can locate them on the map at littlefreelibrary.org. Or, build your own! Clean out your bookshelves or organize a book drive to share the gift of good books.

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Kids of all ages can create campaigns, read-a-thons, bake sales and drives to collect food, toys, clothing, funds or needed supplies to help others. Local organizations like Generation Serve, Austin Allies, the Round Rock Area Serving Center and Community First! Village offer family-friendly ways to volunteer, both in-person and from home. You can find opportunities as well at austintexas.gov/department/covid-19-how-help-austin.

Join the Club

What better way to engage kids in community than with people who hold similar interests? Have a passion for the parks? Lend a hand (or a shovel) on It's My Park Days with the Austin Parks Foundation. Want to learn leadership and life skills? 4H may be a good fit. Need some Dad time?

Join the Austin Dads Group. Are you a teen with talent? Join Extra Credit, the teen volunteer program at the Mexican American Cultural Center.

If you don't find a group that quite covers it, form your own! Eileen McGinnis wanted to continue her work to create "a habitable planet for the next generation" with the next generation. On an impulse, she created a new Meetup group to seek out like-minded caregivers, and The Parents' Climate Community was born.

Follow the Leader

Most importantly, our children look to us as role models. They follow our lead. They watch our actions. If they see us lending a hand or sharing our voice with others in need, chances are ... they will too.



Read All About It!

"Last Stop on Market Street"
by Matt de la Pena

"Lend a Hand:
Poems About Giving"
by John Frank

"Little Leaders and Little
Dreamers"
series by Vashti Harrison

"What Can a Citizen Do?"
by Dave Eggers





THE Learning curve

ALISON BOGLE

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

The Secret Ingredient to Thanksgiving Dinner ... Math!

Ah, Thanksgiving. The word summons visions of perfectly roasted turkey, fluffy mashed potatoes with melted butter, pumpkin pie topped with pillows of whipped cream, and ... math. Math?!? Yes, that's right! Thanksgiving is the perfect holiday to help your child strengthen math skills, all in the guise of delicious fun! What better incentive to practice skills like budgeting, counting and fractions than to eat your math problem when you're done?

Before the big day

This year, try including your child in the meal planning. There are many math skills that can be taught while planning, and your child will have the satisfaction of knowing that he contributed to the meal in an important way.

Counting – Younger children can find lots of things to count at Thanksgiving, for example, the number of guests, or how many forks, knives and spoons will be needed. An older child can be shown how multiplication can be used to quickly determine the total number of plates or glasses.

Geometry – As you determine which serving platters and bowls will be used, talk with your child about the shapes of the various dishes. A typical table usually contains many – oval platters, bowls with circular bottoms, cylindrical water glasses and square napkins. See how many your child can name.

For older children, ask them to fold napkins into interesting designs to decorate the table. Online instructions will have them working with a number of geometric concepts, such as symmetry and spatial reasoning.

Patterns – You can teach or reinforce the concept of patterns by having your child identify patterns that may exist in your tablecloth or placemats. Or, you can have your child create two or three types of name cards and place them in a pattern around the table.

Money – Planning the Thanksgiving meal is a perfect way to practice budgeting and other money concepts. After discussing what will be served and how many guests will attend, give older children a specific dollar amount

“
Thanksgiving
is the perfect
holiday to
help your child
strengthen
math skills.”

and provide them with several grocery store advertisements. Ask them to plan how the money should be spent.

If budgeting the entire meal is too overwhelming, ask your child to help decide how much turkey will be needed. A general guideline is 1.5 pounds of turkey per person. Children can practice adding decimals to arrive at the total number of pounds needed, or older kids can practice their multiplication skills. Take it a step further and have them calculate the total cost of the turkey based on the price per pound at your local store.

Measurement – As you prepare some of your dishes ahead of time, involve your child in the cooking process. You can discuss concepts such as how two half-cups make a whole, or how to use teaspoons and tablespoons, ounces and pints.

Fractions – The cooking and baking process is full of fractions! Have your child roll up her sleeves and help you in the kitchen. As you work, she can experience fractions firsthand, such as measuring a $\frac{1}{4}$ cup and $\frac{1}{2}$ pound.

On the big day

Time – Thanksgiving is great for working with time! You can talk with little ones about simple concepts such as morning, when the preparation begins, and afternoon, when the guests arrive. If age appropriate, share specific times that certain things will occur, and ask your child to keep you on track by alerting you when the clock reaches those points.

Older kids can be involved in helping plan the cooking schedule. How much time will the turkey need to cook if it takes 20 minutes per pound for an unstuffed turkey or 25 minutes per pound for a stuffed turkey? Take it a step further and have your child determine what time the turkey should go into the oven to be ready on time. Now you've introduced elapsed time! Pies and side dishes are another place to practice elapsed time. If a pie needs to bake for one hour, what time should it go into the oven?

Fractions – There is nothing worse than not having enough pie for everyone at the table! Ask your child to work out how many pieces of pie will be needed and how the pie should be cut so everyone ends the meal with a sweet treat. Point out how each piece is a fraction of the whole pie, and show your child how to label the fraction.

Temperature – Identifying temperature is especially important for food safety.

Demonstrate how a thermometer works, then have your child read it when you place it into hot food.

With a little bit of patience, you can make this Thanksgiving not only delicious, but fun and educational, too.

Happy Thanksgiving!



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www.jlaustin.org/a-christmas-affair-2020

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Ages 5-13

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Nov. 23, 24, 25, 27

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Dec. 21, 22, 23, 28, 29, 30, 31, Jan. 4

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Dec. 23, 26, 27

Dec. 30, Jan. 2-3

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LIFELINES
BRENDA SCHOOLFIELD

Schoolfield is a freelance medical writer based in Austin.

How To Help Your Child Overcome Needle Phobia

This year, getting a flu shot is more important than ever. Yet many people avoid the flu shot. One of the reasons is fear of needles – needle phobia. Most children and up to half of teens are afraid of needles, according to a recent analysis.

Steps Parents Can Take

Parents may not know what to do when a child's fear of needles causes anxiety and distress. Here is some guidance:

- Acknowledge your child's fear of needles, but don't dwell on it. Help her move on to other thoughts. After you listen to your child's concerns, restate them in a neutral way: "I understand how you feel about getting your flu shot. It's not pleasant for anyone." Then help your child move forward. "Vaccinations are really important. They protect you and the people around you from serious diseases. I think I just saw a redbird at the feeder. Let's go take a look."

- Don't threaten punishment or offer bribes.
- Don't make promises you can't keep. If you promise "no shots" to get your child in the door of the clinic, you jeopardize your child's trust in what you say.
- Teach your child relaxation techniques to help him cope during times of anxiety. One technique is to focus on the breath. See page 21 for directions.

Distraction Techniques

Distraction techniques help reduce fear and anxiety related to procedures that involve needles. The purpose is to shift the patient's attention away from thoughts of the needle and towards something else. Here are some distractions to consider:

Silly Distractions

Silly distractions work well for some children. For example, as the nurse enters the room to give the flu shot, start talking to occupy your child's thoughts and direct

her attention to you: "I'm thinking that it will be fun to go to the ice cream shop after we leave here. Last time, you chose rocky road. Does that have nuts in it? Do you think the nuts were pecans or walnuts? What else did you taste? Chocolate chips? Marshmallows? Raisins? Worms? Ha! There aren't any worms in there. Maybe a cricket or two. Funny! If you could put bugs in there, what kind of bug would you add? Instead of rocky road, what about mint chocolate chip?" Some other silly distractions are knock-knock jokes, riddles or funny memes.

Distractions That Involve Both Eyes and Ears

Distractions that involve both seeing and listening can be effective. Tailor the following ideas to the age of your child and procedure safety requirements.

Songs with hand and body motions.

Several days before the procedure involving needles, learn a few songs



FAMILY MATTERS

BETTY RICHARDSON

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

Raising Kinder Kids

Q My husband and I have two sons and a daughter, ages 6, 10 and 15. None of our kids are particularly kind to others. They think mostly of themselves and what they can get from people without being nice or respectful. What can we do to raise kinder kids, especially in this time when our world needs more kindness?

A Respect, kindness and empathy for others go hand in hand. Here are some tips for modeling and teaching all three.

1. Model kind behavior. Don't make fun of acquaintances, strangers or your family. This can lead your kids to make fun of their peers. Set a good example and say kind things to your kids and others.
2. Teach children about the spirit of giving just to give, rather than to get something in return like rewards or recognition.
3. Don't let your children talk to you or others in a rude way. You want them to learn to be respectful. If your child demands something, don't put them down or give them what they rudely ask

for. Instead, wait until they find a way to ask with respect. You might prompt them with, "A kinder way to ask might be, 'I would like X, please.'" When they are rude to your spouse or others, offer examples of better ways to interact.

4. Consider any teasing of your children on your part. Could your teasing be degrading or hurtful in any way? Ask each of your kids in private how they feel about being teased at home. If you change your ways for their benefit, they will see how behaviors can change when taking others' feelings into account.
5. Teach empathy. One way to do this is to play the empathy game from a safe distance at a park or another place with a variety of people. Ask your child to guess the emotions various people are experiencing. Then ask your child to make up a story about what might have brought on this emotion.
6. Discuss with your children how their behavior affects others.
7. Praise kids for any acts of kindness that they engage in. Point out acts of kindness by characters on television and in books.

8. Read books on kindness. There are many that focus on this topic, for toddlers up to teens.
9. Offer to help neighbors and family members. If you take your neighbor's dog for a walk, include your child in the walk. Have your children help you make food to take to someone in need. Help your child learn to look for ways to help those around them. They might sit down with a person who is alone, listen to a person talk, thank a parent, load the dishwasher, clear the table, open a door for someone or smile at everyone.

There are many opportunities to teach kindness, respect and empathy on a daily basis. According to Harvard University's Making Caring Common Project, "We should work to cultivate children's concern for others because it's fundamentally the right thing to do, and also because when children can empathize with and take responsibility for others, they're likely to be happier and more successful." So, teaching children kindness benefits everyone.

KIDZONE



Mini Thanksgiving Brownies

Ingredients:

- ¼ cup butter, softened
- ½ cup white sugar
- 1 egg
- ½ teaspoon vanilla extract
- ¼ cup all-purpose flour
- 3 tablespoons unsweetened cocoa powder
- ¼ teaspoon baking powder
- ¼ teaspoon salt

Frosting:

- 3 tablespoons butter, softened
- 3 tablespoons unsweetened cocoa powder
- 1½ tablespoons milk
- 1 cup powdered sugar

Decoration:

- 12 red candy-coated chocolate pieces (such as M&M's®)
- 60 candy corns, or as needed
- 24 candy eyeballs

Preheat the oven to 350 degrees F (175 degrees C). Spray a 12-cup mini muffin tin with cooking spray.

Directions:

Cream 1/4 cup butter and sugar together in a bowl with an electric mixer. Add egg and vanilla extract; mix well. Stir flour, cocoa powder, baking powder and salt together in a separate bowl. Add flour mixture to butter mixture and mix until batter is smooth. Divide batter evenly among the prepared muffin cups.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 14 minutes. Cool in the tin for 5 minutes. Transfer to a wire rack and let cool, about 20 minutes.

Meanwhile, combine butter, cocoa powder and milk in a bowl and mix with an electric mixer until smooth. Gradually add powdered sugar and mix until frosting is smooth and fluffy.

Spoon frosting in a piping bag fitted, or you can use a plastic bag with small hole in corner. Pipe a circle of frosting near the bottom half of each mini brownie to create the turkey's head. Add two candy eyes. Add 1 red chocolate piece to form the beak. Pipe five lines of frosting in the shape of a semi-circle formation coming up from the head. Place a piece of candy corn on each of the five lines to form the turkey's feathers.

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JUST FOR GRINS

CATE BERRY

Berry is an Austin-based children's book author and mother of two. She also teaches writing workshops for young people at cateberry.com.



To Pie or Not To Pie

Yes, yes. First— it was the pandemic. Then the long summer with nowhere to go. Certainly, the kids never departing the house for school added to the extra cinnamon roll or seven.

So, I radicalized myself. I stopped eating anything with flour or sugar. You got it. The White Stuff. This hurt my family more than it hurt me, mind you. I had gotten particularly good at Sourdough Sundays. The baking and the “research.”

At first, it was white-knuckle city. Driving by Shipley's DoNuts involved the focus of a bride at a buffet. But I persevered. I toughened up. I even, gasp, invoked food planning.

After a brisk 28 days (but who's counting), I can honestly say, I'm more bright-eyed and centered than I was during this summer's pudding immersion therapy. I sleep better. I've shed some husky chub around the mid-region. But now, we are on the sleigh ride to New Year's, and that means facing the Thanksgiving Pie.

And let's be honest. It's plural. Thanksgiving pies. Show me a home with just one Thanksgiving pie and I'll show you a mature toddler.

Anyhoo, back to pies. They are coming. And I find myself on daily walks, after my delicious flax and oats breakfast, musing the perennial question, “Will I eat them or not? And, if so, can I rein it in?” And if not, what then? In other words ... to pie, or not to pie.

In the end, I decided fresh fruit will suffice. We should all bolster our immune systems in these times of crisis. Pump up on Vitamin C. Feast as nature intended! Plus apples, peaches, blueberries, rhubarbs and lemons are perfection.

Especially in a pie.

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