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

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austinfamily®

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ALISON BOGLE



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BRENDA SCHOOLFIELD



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DR. BETTY RICHARDSON



SMART SCREEN
DR. BENJAMIN KRAMER



Sofia is a cover kid winner who enjoys volleyball, basketball, writing and dancing. She is excited about her budding acting career and gets a

kick out of teasing her twin brother. Photo taken by Jordan Ashley Photography, Cedar Park.

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EDITOR'S NOTE

JESS ARCHER

Archer is a writer, a mom of two kids and a wife. She is the author of the memoir, "Finding Home with the Beatles, Bob Dylan and Billy Graham."

When my kids were babies and toddlers, they seemed more like extensions of myself. But as they've grown older, I see their own personalities, likes and dislikes taking shape. Our feature article this month by Pam Moore speaks directly to this idea of getting to know our kids in new ways, specifically, getting to know their particular "love languages." Read Moore's advice for finding your child's love language.

August signals the start of a new school year and we may notice that our kids begin to feel anxious about returning to school. Check out Dr. Betty Richardson's advice for helping kids with anxiety, as well as our article by the Greater Austin YMCA staff. Both pieces talk about ways to help our kids reduce anxiety as a new school year begins.

With fall sports starting back up, it's also important to be aware of the differences between energy drinks and sports drinks. Check out Brenda Schoolfield's article to help your kids make smart, healthy choices.

There are still hot days ahead, so don't put away your pool towels just yet. Soak up the rest of summer (while also stocking up on pencils and paper). See you in the fall, Austin!



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Austin IN ACTION

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August By The Numbers

14 Pounds

Average Weight of a Backpack
Child's weight x .15 = max
Source: www.healthline.com

123,123

Number of Texas Public School
Math Teachers
Source: TEA

4.7 million

Students attend private schools
in the United States
Source: www.foxnews.com

Summer Camps at Dell Medical School

In June, more than 100 high school students from all over central Texas participated in the annual Health Sciences Summer Camps hosted by Dell Medical School at the University of Texas at Austin.

The week-long camp featured hands-on science experiments, interactive sessions with professionals from health-related fields and much more.

Since 2015, the Health Sciences Summer Camps have helped approximately 1,500 local students explore health careers as part of Dell Medical's focus on developing a health professions pathway.

This year, Dell Medical collaborated with GEARUP, Breakthrough Central Texas, KIPP Brave, IDEA Bluff Springs, Manor, Del Valle, Pflugerville and Austin ISDs to recruit local students. Most campers were selected by their school districts through nominations by school counselors. More than half of the students attended the camp on need-based scholarships, thanks to generous community donors.



Travis County Commissioner Jeffrey Travillion speaks with student counselors at Dell Medical Health Sciences Summer Camp.

Toys on the Move

For 36 years, Austin's beloved toy store, Toy Joy®, has been selling quirky toys and novelties to Austin families and tourists. Now Toy Joy® and its sister business, candy concept Yummi Joy,™ will both relocate to the Brentwood / Allendale neighborhood in a space that is 50% larger than their previous location.

The Burnet Road location will continue to cater to families and students in the north, west and east Austin central neighborhoods. The new store will be unmistakable to passersby in its bright pink and slime green exterior colors with store mascot Otto presiding over all the fun from the store's façade.



Making College Dreams Possible



Big Brothers and Sisters of Austin recently hosted their 37th annual Promising Futures scholarship ceremony. Held at the Austin Community College Highland campus on Saturday, June 10th. More than \$300,000 in scholarship funds were awarded to help students further their college goals. The keynote speaker for the event was Shellie Hayes-McMahon, BBBS' executive board of directors, and Rob Evans, morning news anchor for KVUE Austin, was the event's emcee.

Community partners such as Workforce Solutions, Skillpoint Alliance, Park University, Foundation Communities and PelotonU were also on hand to support the event and provide students with information about their respective programs.

View the magazine online at austinfamily.com



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Do you Know Your Child's Love Language?

PAM MOORE

Moore is an occupational therapist turned freelance writer and mom of two kids.

Feeling loved helps children overcome many obstacles, contributing to a feeling of well-being that will help them excel in school, friendships and all other areas of their lives. "Often, parents assume that their kids just 'know' they are loved, or that saying 'I love you' will be enough," said Gary Chapman and Ross Campbell in their book "The 5 Love Languages of Children." But to feel truly loved, children need the caregiving adults in their lives to put those feelings into action. By learning to speak a child's love language, a parent can ensure the child feels loved.

Many parents are familiar with the love languages: words of affirmation, quality time, physical touch, acts of service and receiving gifts. Like adults, children each have a primary love language that they respond to best. In addition, children's love languages may change over time as they mature.

If your child is younger than five years old, Chapman and Campbell recommend treating all five love languages equally. An older child's love language can be discovered in several ways. One way is by paying careful attention to how she expresses her love and affection to you and others. Is your child always drawing pictures for you? Maybe her love language is receiving gifts. A particularly snuggly child's primary love language may be physical touch, while a child who is generous with compliments may have words of affirmation as her primary love language.

Another good way to find out more about your child's love language is to listen to what your child requests and what she complains about. Does she often ask your opinion about how she is doing in her work or play? This might show a preference for words of affirmation. Likewise, complaints about you being too busy can be considered a request for quality

time. Be careful to look for patterns and remember that a preference for quality time at age five may have changed by the time your child is 10 or 15.

One last way to search for your child's love language is to give her choices. Says Dr. Suzanne Barchers, Education Advisor at Lingokids, "If your child is old enough, it's fine to say, 'I noticed you weren't interested in that gift I brought you. If you had a choice, what would it be? Going to dinner together, just you and me? Going with me to work and helping me out for a few hours?' Probe until you get some clues."

Quality Time

Quality time is important to all children, but particularly so if this is your child's primary love language. If you already have activities you know both you and your children enjoy, try to examine how often you're doing them and see if you can increase your time spent together.

Even activities such as cleaning and chores can have the desired effect of making a family feel closer. Quality time should be as free from distractions as possible.

Physical Touch

If your child's love language is physical touch, you are in luck. Parents have ample opportunities to give a hug or cozy up and get snuggly. Helping your child feel loved can be as easy as choosing a spot next to her on the couch for movie night, or extra hugs before school in the morning. Even physical activities such as wrestling together or a tickle fight can help your child feel loved.

Words of Affirmation

For a child whose love language is words of affirmation, prioritize encouraging words, words of affection and specific praise. Say, "I love you" often. Showcasing her artwork can send an affirmative message to a creative child. Try sending an older child an encouraging text message.

Acts of Service

This love language can be a delicate balance. Of course, we want our children to mature and become more independent as they grow. Still, children can feel particularly loved when their parents perform acts of service - doing things for their children that they may not be able to do independently. An act of service might be carrying your child to bed even though you're sure she is only pretending to be asleep, making a special surprise meal for your child, or helping your child do chores if she has had a hard day.

Receiving Gifts

Receiving gifts can be one of the more complicated love languages. Children will sense if a parent is trying to bribe them with a gift or if a parent is just buying gifts to make up for the fact that they don't have time to spend with the child. Says Dr. Barchers, "Gifts

don't have to be big and extravagant. They should, however, be thoughtful. Finding that perfect color of a barrette or a memorable trinket can be just right." Don't make the gift contingent on certain behavior and make sure that the gifts reflect the interests of your child.

To find out more about the love languages of children, read "The 5 Love Languages of Children" by Gary Chapman and Ross Campbell.



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Energy Drinks: Yay or Nay?

LIFELINES

BRENDA SCHOOLFIELD

Schoolfield is a medical writer and editor who lives in Austin. Sugar, her cocker spaniel and sometimes a rescue foster dog or two keep her company while she writes.

Can energy drinks really deliver days filled with vitality, excitement and adventure? An increasing number of exhausted parents and sleep-deprived teens reach for energy drinks to increase stamina, concentration and focus. But before you say “yay” to energy drinks, let’s look at the facts behind the hype.

What Are Energy Drinks?

Just like sports drinks, energy drinks are flavored beverages that contain water, carbohydrates, vitamins and minerals. The difference between energy drinks and sports drinks is the amount of caffeine and other stimulants they contain. The caffeine content of an energy drink can vary from about 80 mg to more than 400 mg. In comparison, a 5-ounce cup of coffee contains about 100 mg and a 12-ounce cola about 50 mg.

The impact of other stimulants found in energy drinks, such as Taurine or Guarana, may not be known.

Energy drinks can be harmful to children. The American Academy of Pediatrics cautions that “caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents.”

What Is Caffeine?

Caffeine occurs naturally in plant sources like coffee beans, tea leaves and cacao beans, which are used to make chocolate. Some foods, beverages and medicines contain synthetic caffeine, added during the manufacturing process. Caffeine is a stimulant that acts on the brain and central nervous system to make you more alert and awake. It does this by blocking a neurotransmitter that promotes sleep and relaxation. That’s

why caffeine can cause problems with your ability to go to sleep or stay asleep.

Why Is Caffeine Bad For Kids?

Caffeine has no nutritional benefit and can cause dangerous reactions in some children. The number of visits to the emergency room related to energy drink consumption is increasing, according to the Center for Behavioral Health Statistics and Quality.

The levels of caffeine in energy drinks can affect the cardiovascular system, causing elevated blood pressure, fast heart rate, cardiac arrhythmias and even cardiac arrest or stroke. In some people, excessive caffeine can cause anxiety and restlessness or make anxiety disorders worse. So why are these products marketed to teenagers and sold without age limits or restrictions?

Why Are Energy Drinks Sold Without Restrictions?

The FDA doesn't regulate whether manufacturers market beverages as dietary supplements or conventional foods. Dietary supplements that contain stimulants, such as caffeine, must be labeled with a warning as well as the amount of the stimulant. For example, Vivarin packaging discloses that one tablet contains 200 mg of caffeine. Package warnings include "Do not use in children under 12 years old." "Limit caffeine-containing medications, foods, or beverages because too much caffeine may cause nervousness, irritability, sleeplessness and, occasionally, rapid heartbeat."

Manufacturers of conventional foods aren't required to provide caffeine content on the package labeling, although some do voluntarily. It is up to parents to say "nay" to energy drink consumption for their kids.

What Parents Can Do

Take action to protect your children from the dangers of energy drinks and excessive levels of caffeine:

- Make energy drinks off-limits. Don't allow your children to buy them when you're out shopping. Don't keep them in your house.
- Make sure your children know the difference between energy drinks and sports drinks. Marketing for energy drinks and sports drinks are similar—it's easy for kids to think they are the same. Teens might choose an energy drink instead of a sports drink for rehydrating after physical exercise.
- Talk to your children about what they drink at school. Some schools sell energy drinks in vending machines and snack bars or the cafeteria.

The CDC reports that 75% of school districts have no policies prohibiting the sale of beverages that contain high levels of caffeine. Encourage your children to drink water instead of sports or energy drinks.

- Educate your children. Have conversations about the dangers of energy drinks and excessive caffeine consumption. Teach them the amounts of caffeine in common beverages and foods. Caffeine from different sources can add up.

Be Alert to Caffeine Content					
Energy Drinks		Other Drinks		Foods	
5-Hour Energy	200 mg	Coca-Cola, 12 oz	34 mg	Hershey's Special Dark Chocolate bar	25 mg
Monster, 16 oz	160 mg	Mountain Dew, 12 oz	54 mg	Ben & Jerry's Coffee Ice Cream	47 mg
Red Bull, 16 oz	152 mg	Black tea (brewed), 8 oz	55 mg	Dannon Low-fat Coffee Yogurt	40 mg
Rockstar, 16 oz	160 mg	Coffee (brewed), 8 oz	100 mg		

Source: Center for Science in the Public Interest website. <https://www.cspinet.org/caffeine-chart>



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DR. BENJAMIN KRAMER

Kramer, PhD, is the director of education for Austin PBS.



Easing Back into Bedtime Routines

August is upon us and the end of this long, hot summer is approaching. While the heat is likely to be with us for some time yet, our

kids will soon be exiting our homes and re-entering school buildings. This means it's a good time to bring back (or start) routines that make for a smooth entry into weekday schedules.

In addition to getting back-to-school clothes and preparing supplies, many families begin to adjust bedtime for earlier mornings. Before taking that step, ask yourself whether, along with a later bedtime, you've also permitted longer evenings in front of screens. Without adjusting screen time, you may be asking kids to go to sleep when their brains are still fully stimulated by screen-based activities. Therefore, as you start to move the bedtime hours earlier, also institute a no-screen time before bedtime. Research tells us that ideally, your kids should be off screens a full 90 minutes before bedtime, but if that feels daunting, start with 30 minutes and work up from there.

Ideas for off-screen activity include reading, board games, puzzles, singalongs and time cuddling with a pet or each other. The hardest part in all of this may be the commitment it requires of you, especially at first, when your children will likely want you to participate with them in

this time of screen deprivation. Keep at it and resist the temptation to check your own media.

If your nightly bedtime reading occurs on screens, dim the screen light so that it's not full force. Apple has Night Shift for its phones and tablets and for other models, there are free apps that soften the light in the evening. Your goal is to have as little light as possible coming from the screen, even if that means you need to turn on an overhead light or lamp. In other words, you want to diminish the light that goes directly into your child's eyes.

Finally, taking a cue from the PBS KIDS show "Work It Out Wombats!" Involve your kids in an activity where you identify all the steps required to get ready for bed. Write those steps on a big piece of paper, or turn them into a song and you now have a bedtime routine that they have helped create. It won't always work according to plan (especially on dessert nights), but you'll be giving them ownership of an important part of their day.



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CHALLENGER SCHOOL	PreK-8	Avery Ranch	512-341-8000	www.challengerschool.com
	PreSch-K	Pond Springs	512-258-1299	www.challengerschool.com
	PreSch-K	Round Rock	512-255-8844	www.challengerschool.com
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	Infant-12 yrs	South Austin	512-288-8220	www.countryhomelearningcenter.com
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	GRADES	LOCATION(S)	PHONE	WEBSITE
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FAITHPREP TEXAS	K-12	Online	877-331-9548	www.start.k12.com
LONE STAR ONLINE ACADEMY (LSOA)	K-2	Online	877-842-3794	www.start.k12.com
TEXAS ONLINE PREPARATORY SCHOOL (TOPS)	3-12	Online	855-970-2065	www.start.k12.com
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Tips for Tackling Back to School Stress



Going back to school can be an overwhelming experience, not only for kids but for parents too. New teachers and new classmates can be intimidating. Waking up early, getting ready on time and handling the rigor of a fixed daily schedule presents a range of challenges that add up to stress and anxiety for many.

Parents can teach their kids a variety of techniques to manage their emotions. Often referred to as social/emotional learning, these tools can bring about a calm, confident state of mind and prepare them to learn and grow.

Morning Gratitude Practice

Start the morning by having your child make a list of 10 things she is grateful for. Do this every day for one week (or longer) without repeating responses and do it together if your child needs a little help getting started. You'll be amazed at how quickly your perspective can change. Psychologists say that what you focus on grows in your mind. With so many good things, the fears and doubts will be crowded out. Once you get comfortable, perhaps even try making a list of 10 things your child likes about school.

Morning Affirmations Practice

Parents can also share a set of affirmations with their children every morning, either while getting ready, eating breakfast or on the car ride to school. Examples might include statements such as "I am brave. I am kind. I am creative. My teacher is always there to help me. My parents love and support me." This is also a great opportunity to incorporate prayer, meditation or other rituals of your family faith tradition.

Banish School Worries with Worry Stones

You can create worry stones with a simple salt dough recipe.

Ingredients: flour, salt, warm water, gel food coloring, glitter

Directions: Mix two parts flour and salt in a bowl. Add one part warm water and stir it to create a doughy paste. If it is too dry, add a little more water until a dough is formed. Add color to the dough with the food coloring and then mix in the glitter. Turn the dough into a worry-away tool by having your child form the dough into small cubes and indent the sides a little bit with her thumbs.

How to Use the Worry Stone:

- Model for your child how to gently rub the sides of the stone with her thumb and forefinger to calm herself down when

she is feeling worried. Encourage your child to keep her stone in her pocket and use it when she is in a situation that brings her worry (such as starting a new school year).

- Talk with your child about her worries and help her to name them.



Extend-A-Care YMCA Afterschool Child Care programs provide safe, enriching and educational programs for elementary students at more than 60 area schools. Y Afterschool programs incorporate SEL practices into daily routines to help kids develop healthy emotional responses to everyday situations. For more information about Extend-A-Care YMCA programs visit www.eacymca.org.

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FAMILY MATTERS

DR. BETTY RICHARDSON

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

Q We have an eight-year-old son who is worried about going to a new school this year. He thinks the other kids won't like him and will bully him. He worries that he won't get good grades. How can my husband and I help him decrease his anxiety?

A Worry and anxiety have become common experiences for school-age children. Dr. Koplewicz, from the Yale Child Study Center, says that anxiety affects more than one in 10 adolescents and children. As a therapist, I'm seeing more children who do not want to attend school because of serious anxiety.

In many cases, a child with anxiety and worry can be greatly helped with therapy alone or sometimes with therapy and medication. The last child I worked with was able to reduce worry and anxiety to a level that helped her succeed in school, build friendships and develop confidence. Therapists use many techniques such as positive reinforcements, tapping, exploring past traumas and many more.

Here are some suggestions for you:

1. Children mimic their parents in terms

of anxiety and worry, so as parents, be conscious of how you manifest your stress in front of kids.

2. Take your child to a psychiatrist who specializes in children. Anti-anxiety medication, along with psychotherapy, is sometimes the best course of action, depending on the severity of symptoms.
3. Help your child get busy doing something physically active when worry cycles set in. Encourage your child to ride a bike, jump on a trampoline or find a neighbor friend who can play for a few hours outside.
4. Validate your child's feelings. "I understand that you are worried." Avoid what is referred to as toxic positivity. For example, "It could be worse," "Just cheer up," or "You'll get over it."
5. Have your child draw his feelings.
6. Help your child relax at bedtime with a warm bath and reading some happy stories.

You have been presented with a parental challenge. I feel certain you can help your child. Dr. Koplewicz has said, "As parents, caregivers and educators we can be part of the problem, but we are also the biggest part of the solution."

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Parenting the Switch from Middle School to High School

THE LEARNING CURVE

ALISON BOGLE

Bogle is a writer living in Austin with her husband and three children. A former fourth grade teacher, she now enjoys writing about children and education. You can also catch her talking about articles from Austin Family magazine each Thursday morning on FOX 7 Austin.

Parents are experts at worrying about their kids. It comes as no surprise, then, that parents of rising 9th graders tend to be focused more on their soon-to-be-high schoolers than themselves. Will he transition well? Will he make new friends? Will he remember to bring home his smelly gym clothes for washing? But while parents may worry about their rising high schoolers, there are also a few things to keep in mind for themselves.

- 1. Begin to let go.** As your child progresses through high school, your teenager will be more open to your guidance if he feels that you trust him with small details of his life – what clothes to wear, how his hair is styled, and what music he listens to. Let your teen have autonomy over the smaller decisions whenever possible.
- 2. Identify and communicate limits now.** Start conversations early about things like drugs, alcohol, consent, peer pressure and suicidal ideation. Let your high schooler know your expectations and the potential consequences of different choices. Discuss your requirements for things like involvement in extracurriculars, what grades you expect, curfew and social media use. Clear and early communication makes things easier for your teenager.
- 3. Require your child to join a club or activity.** Your child is about to become a little fish in a big pond where it can be easy to feel disconnected – especially if your child is on the more reserved side. Encourage your teenager to join a school sport, fine arts group or club. It will give him a way to make friends, connect with adult leaders, stay active and develop an identity outside of the classroom and home.
- 4. Don't stress about the first report card.** The start of school is a time for ninth graders to adjust to high school, figure out their new routines and learn how their teachers will grade. The second report card will typically bring an improvement. One caveat: if grades are extremely low, that warrants teacher meetings to determine the cause.

5. Stay involved. Go to orientation, meet your child's teachers to understand their expectations, volunteer to help clubs, and get to know the school personnel. It can also be a good idea to check any online homework portals weekly. By being involved, you will be more likely to be able to sort out small issues before they become big problems.

6. Teach time management and how to establish routines. Don't assume that your child's middle school routine will work for high school or that your teenager will figure it all out himself. At this developmental stage, your child needs help determining the system that will work best for him. Will he do best with one planner or multiple? Paper or digital? You may need to help him establish habits like where and when to study, how electronics will be used or where his phone will be kept during homework time.

7. Keep communication lines open. Big kids can make bigger decisions, which can carry bigger consequences. Don't assume that your teenager has it all handled - check in regularly and create moments for communication. When you do talk, make a point to stay open and listen to his words and his body language. Take a light touch in your conversations and keep in mind that the end goal is connection and a relationship built on trust.

8. Don't do too much. It's important to begin to hand over the reins and make sure your child has the skills necessary to go off on his own. Encourage him to advocate for himself with teachers and others, to ask questions in class and to attend before or after school tutoring sessions.

High school can be a confusing time for both parents and kids. Teenagers can seem so grown up and then, just minutes later, so young and immature. High Schoolers still need their parents, even when they

adamantly say they don't. As your teenager enters high school, help him adjust by staying informed and available as a caring, loving parent.



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August 2023 calendar

Go to www.austinfamily.com for expanded listings.

Check our calendar online which is updated daily. Any family-friendly events can be posted at www.austinfamily.com and will be made live once approved. Certain restrictions apply.

Tue 1

Family Film Festival. 10 a.m. Enjoy classic films for just \$1 per ticket with the option to upgrade your experience for only \$3.50 and add on a small popcorn and soda. City Lights Theater, 420 Wolf Ranch Pkwy. \$1 - \$3. www.visit.georgetown.org.

Fun in the Sun: Solar Science. 2 p.m. Come out to have fun with the sun! We will do a variety of art and STEM projects that celebrate Earth's favorite star. Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

DIY Terrariums. 2 p.m. Create and take home your very own terrarium! This program is limited to tweens ages 9-12, space is limited. First come, first serve. Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Kitty Cafe. 4:30 to 5:30 p.m. Come socialize with adoptable felines from Pflugerville Animal Welfare Services (PAWS) and enjoy a cup of cocoa or coffee. Pflugerville Public Library, 1008 W. Pfluger St. www.library.pflugervilletx.gov.

Family Games. 6 to 7:30 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Board with Books. 6 to 8 p.m. Bored with books? Come to our board game night! A wide range of modern and traditional board games will be available to play. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Bastrop Homecoming and Rodeo. 7:30 p.m. Please join us for the 76th Anniversary Bastrop Homecoming & Rodeo. Mayfest Hill Park, 25 American Legion Dr. \$20. www.bastrophomecomingrodeo.org.

Wed 2

Cinemark Summer Movie Classics. 9:30 a.m. Bring the kids and enjoy exciting big-screen entertainment for just \$1.50* per ticket for each movie. Cinemark Austin, Cedar Park, Bee Cave, Pflugerville and Round Rock, Various locations. www.cinemark.com.

Teens Create: Wild Card. 12 to 1 p.m. Teens 13-18 are invited for a different maker activity each week. Join us as we discover, learn and create with different mediums! Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Family Game Night at Frontyard Brewing! 4 to 9 p.m. Enjoy quality time with the family every Wednesday. 4514 Bob Wire Road. www.frontyardbrewing.com.

Wild Wednesdays: Astronomy. 7 to 10 p.m. The stars at night are big and bright... deep in the heart of Texas! Meredith Heritage Tree Deck, 1301 Trinity St. www.waterloogreenway.org.

High Noon Talk: Bats in the Bridge. Get Batty with Austin Bat Refuge! Meet live bats and discover why these enchanting creatures are so important to our community. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

CONTINUED: Bastrop Homecoming and Rodeo, see Tue 1.

Thu 3

Baby Disco Dance Party. 12:30 to 1 p.m. Put on your dancing shoes and twirliest outfit to join us for a neon baby disco complete with lights, bubbles. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Fun in the Sun: Solar Science. 1 p.m. Come out to have fun with the sun! We will do a variety of art and STEM projects that celebrate Earth's favorite star. Howson Branch, 2500 Exposition Blvd. FREE. www.library.austintexas.gov.

DIY Terrariums. 1 p.m. Create and take home your very own terrarium! This program is limited to tweens ages 9-12, space is limited. First come, first serve. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

BK Bones Presents: Dinosaurs or Not! 2 p.m. Learn what makes a dinosaur a dinosaur through movement and fossil replicas, presented by BK Bones! University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

The Drop-In Outdoor Concert Series. 7 p.m. Even better - this year we've added more music, which means even more opportunities for a good time. The Long Center, 701 W. Riverside Dr. www.thelongcenter.org.

Zilker Theatre Productions presents: Matilda the Musical. 8 to 10:30 p.m. The story of an extraordinary girl who dares to take a stand and change her own destiny. 2206 William Barton Dr. FREE. www.zilker.org.

CONTINUED: Bastrop Homecoming and Rodeo, see Tue 1.

Fri 4

Big Kid Art. (age 8+) 2 to 3 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wbllibrary.org.

Rainbow Rave Glow Party. 2 to 3 p.m. Welcome to a kid-centric rainbow-themed blacklight dance party! Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Sisters Act Presents High School Musical Jr. 5 to 6:30 p.m. There are 2 FREE performances to enjoy! This is a family friendly event. Northpoint Church, 1320 Arrowpoint Dr, Unit 201. www.npaustin.com/events

Movies Under The Stars at Metz Park. 8:30 to 10:30 p.m. Join us for another season of FREE outdoor movies at Metz Park! Metz Recreation Center, 2407 Canterbury St. www.austintexas.gov/blog/summer-2023-movies-under-stars-metz-park

CONTINUED: Bastrop Homecoming and Rodeo, see Tue 1; Zilker Theatre Productions presents: Matilda the Musical, see Thu 3.

Sat 5

Round Rock Market Days. 9 a.m. to 4 p.m. Arts and Craft vendors, live music, food and fun! Parking free in garage. Downtown Round Rock, 221 E. Main St. FREE. www.mainstreet.productionsrr.com.

Back to School Bash. 11 a.m. to 2 p.m. Free event for school-age kids; free backpacks, snacks, bounce house, video game truck, snow cones. www.austinisd.org/bash

EME Magic Show. 11 a.m. to 12 p.m. Enjoy this performance of magic, music, illusion and audience participation! Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

Crowe's Nest Farms Presents: Birds of Prey. 1 p.m. Learn about raptors, also known as "Birds of Prey", in this informative and educational program featuring live birds. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. www.library.austintexas.gov.

Mermaid Party! 1 p.m. Let mermaids be part of your world! Celebrate all things mermaid and mer-people while learning about how to care for their ocean homes. Cepeda Branch, 651 N Pleasant Valley Rd. FREE. www.library.austintexas.gov.

All Ages Board Game Play. 1 to 4 p.m. Try one from our board game collection or bring your own! Old Quarry Branch, 7051 Village Center Dr. FREE. www.library.austintexas.gov.

Arcade Night! 6 to 9 p.m. After the library closes, we will re-open at 6 PM for video games, snacks, crafts and many other activities! University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

CONTINUED: Bastrop Homecoming and Rodeo, see Tue 1; Zilker Theatre Productions presents: Matilda the Musical, see Thu 3.



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Sun 6

Masterpiece Concert Series. 4 to 5 p.m. Meet and greet the musicians after their performance. Activity Center, 105 Cross Creek. www.lakeway-tx.gov.

Hartman Foundation Concerts In The Park. 7:30 to 9:30 p.m. Austinites know summer has begun once the ASO concerts have begun. Hartman Concert Lawn, 701 W Riverside Dr. FREE. www.my.austinsymphony.org.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Thu 3.

Mon 7

Mermaid Party! 2 p.m. Let mermaids be part of your world! Celebrate all things mermaid and mer-people while learning about how to care for their ocean homes. Pleasant Hill Branch, 211 E. William Cannon Dr. FREE. www.library.austintexas.gov.

Adventure Club. 4 to 5 p.m. Join us for after-school activities and exploration with ATLAS Club! Each week you can learn a new skill or explore STEAM activities. Ages 8-12. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

Tue 8

CONTINUED: Family Games, see Tue 1; Family Film Festival, see Tue 1.

Wed 9

Puzzlepalooza. 10 a.m. to 12 p.m. Calling all jigsaw puzzle lovers! Tired of completing the same puzzle over and over? Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Discovery! Mad Science - Fire & Ice @ Westbank. 4:30 to 5:30 p.m. Fire & Ice, this spectacular show thrills audiences with impressive science experiments. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

CONTINUED: Cinemark Summer Movie Classics, see Wed 2; Family Game Night at Frontyard Brewing, see Wed 2.

Thu 10

LiteratureLive! Presents Jack and the Beanstalk. 10 to 10:30 a.m. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Anime Art. 2 p.m. Are you an anime fan looking for more room décor? Join us and paint your favorite anime character(s)! Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

Get Crafty: Back-to-School Perler Beads. 2 to 4 p.m. Create back-to-school themed perler bead keychains and locker magnets! Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

Board Game Night (All Ages). 5:30 to 8 p.m. Come join us for a fun night of playing board games! Pflugerville Recreation Center, 400 Immanuel Rd. www.parks.pflugervilletx.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Thu 3. The Drop-In Outdoor Concert Series, see Thu 3.

Fri 11

Ash Pavilion Back to School Skate Night. 7 to 9 p.m. Join the Kyle Parks and Recreation Department for skating fun. www.cityofkyle.com.

Movies in the Park. 8 to 10:30 p.m. Grab the gang, your blankets, chairs, or a picnic dinner and head out to enjoy a free, family-friendly movie. 419 Founders Park Rd. Dripping Springs. www.cityofdrippingsprings.com.

August Movie in the Park. 8 p.m. The community is invited to join the City of Kyle Parks and Recreation Department for the 21st year of Movies in the Park. Gregg-Clarke Park, 1231-1301 W. Center St. www.cityofkyle.com.

Pfloating Movie Night. 8 to 11 p.m. Goonies (PG). Tickets are \$5 per person with a bag of popcorn. Mentzer Pool, 901 Old Austin Hutto Rd. www.parks.pflugervilletx.gov.

Sunset Movies in the Park. 8:30 to 10 p.m. Lightyear (PG) Bring a blanket or chairs, some snacks and enjoy the family movies we have scheduled this summer. Come out early for free popcorn and activities! San Gabriel Park, Lower Park Rd. FREE. www.visit.georgetown.org.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Thu 3; Big Kid Art, see Fri 4.

Sat 12

Rebels for Humanity Annual Back to School Drive. 10 a.m. to 2 p.m. Serving 300 (150 Elementary, 150 Middle School) central Texas students with the basic school supplies, in hopes of starting them on a successful school year. Pflugerville Community Church, 1214 Pfenning Ln. FREE. www.pc-church.org.

Sábados en Familia. 10 to 12 p.m. Free cultural art activities created by the Mexican American Cultural Center. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

CONTINUED: Zilker Theatre Productions presents: Matilda the Musical, see Thu 3.

Sun 13

CONTINUED: Hartman Foundation Concerts In The Park, see Sun 6.

Mon 14

Hands-On Crafting. (age 10+) 5 to 7 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org

Movie Night: Alice in Wonderland. (2010) 6 to 8 p.m. We're celebrating National Book Day all month long- come celebrate with a screening of Tim Burton's 2010 adaptation of Lewis Carroll's Alice in Wonderland. Cepeda Branch,



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CONTINUED: Family Games, see Tue 1;
Adventure Club, see Mon 7.

Wed 16

LiteratureLive! Presents Jack and the Beanstalk. 11 to 11:30 a.m. Cepeda Branch, 651 N. Pleasant Valley Rd. FREE. www.library.austintexas.gov.

Teen Animanga Club. 4 to 6 p.m. Teen anime fans ages 13-18 welcome! Watch and read anime and manga with other fans, learn about Japanese culture and enjoy Japanese snacks! University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

CONTINUED: Family Game Night at Frontyard Brewing, see Wed 2.

Thu 17

Third Thursdays. 5 to 8 p.m. Enjoy after-hours programs and exhibition access. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

Fri 18

Friday Flicks: DC League of Super-Pets. 6 to 10 p.m. Enjoy a FREE outdoor screening of DC League of Super-Pets, audience contests, live music and family-friendly activities! Moody Amphitheater, 1401 Trinity Dr. www.waterloogreenway.org.

Science Alive After Dark: Frog Party. 6 to 7:30 p.m. Dress to impress in your best frog-themed attire! Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

CONTINUED: Big Kid Art, see Fri 4.

Sat 19

Garden Storytime. 9:30 to 10:30 a.m. Enjoy stories, songs and crafts in the garden for this outdoor storytime! North Austin Community Garden, FREE. www.library.austintexas.gov.

LiteratureLive! Presents Jack and the Beanstalk. 10:30 to 11 a.m. Terrazas Branch, 1105 E. César Chávez St. FREE. www.library.austintexas.gov.

August Inks Lake Star Party! 8 to 10:30 p.m. Join the Austin Astronomical Society and use their equipment for some amazing stargazing! Inks Lake, 3630 Park Road 4 West, Burnet www.tpwd.texas.gov.

Sun 20

CONTINUED: Hartman Foundation Concerts In The Park, see Sun 6.

Mon 21

CONTINUED: Adventure Club, see Mon 7.

Tue 22

CONTINUED: Family Games, see Tue 1.

Wed 23

CONTINUED: Family Game Night at Frontyard Brewing, see Wed 2.

Thu 24

Learn to Build an Origami Concept Habitat. 6 to 8 p.m. Learn how to create an origami concept habitat using origami and 3D modeling! Central Library, 710 W. César Chávez St. Children's Area. FREE. www.library.austintexas.gov.

Fri 25

Trivia Night. 7 to 8:30 p.m. Compete for prizes, have some fun and show off your smarts! Teams can have up to 6 players. Snacks and non-alcoholic drinks will be provided. Spicewood Springs Branch, FREE. www.library.austintexas.gov.

Music in the Park. 7:30 to 9:30 p.m. Spend your Friday nights every summer with us! Pflugger Park, 515 City Park Rd. www.parks.pflugervilletx.gov.

CONTINUED: Big Kid Art, see Fri 4.

Sat 26

Mini Maker Market. 10 a.m. Children between the ages of 5 and 17 can come and sell DIY crafts, food and a variety of products. The Hive, 10542 Menchaca Rd. FREE. www.hiveaustin.com.

Community Connections. 11:30 a.m. to 4 p.m. Austin Energy's Annual Community Connections Resource Fair is a free, family-friendly event that combines fun with learning to assist our customers Dell Valley High School, 5201 Ross Rd. FREE. www.austinenergy.com.

Board Game Fun. 1 to 4 p.m. Try one from our board game collection or bring your own! Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Bat Fest. 3 to 12 p.m. Bring the family to enjoy everything bats and learn more about them. Congress Ave. Bridge in Downtown Austin. www.austintexas.gov/event/bat-fest.

Sun 27

Round Rock Express Kids Day. 6:05 p.m. Dell Diamond, 3400 E Palm Valley Blvd. www.milb.com.

Mon 28

Hands-On Crafting (age 10+). 5 to 7 p.m. Wells Branch Community Library, 15001 Wells Port Dr. www.wblibrary.org.

CONTINUED: Adventure Club, see Mon 7

Tue 29

CONTINUED: Family Games, see Tue 1.

Wed 30

Thu 31

Teen Music Lab Presents: Final Vinyl. 6 to 7 p.m. Bring your favorite vinyl record to Teen Central and play it on our record player! Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

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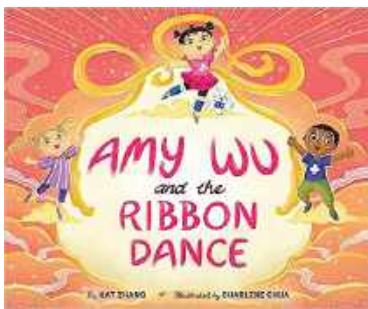


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Teaching Compromise in Two New Children's Books

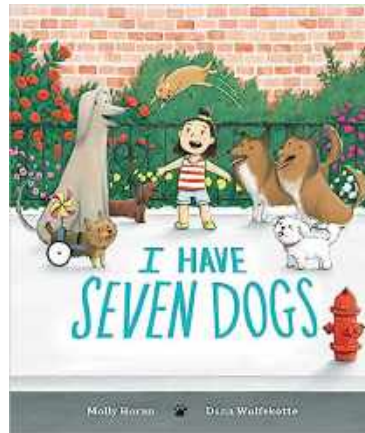
It's my first summer with a toddler, so I find myself navigating the delicate negotiations between a toddler's desires and a parent's parameters. In a stroke of sheer luck, though, here are two new children's book releases that tenderly examine this very theme.

In Kat Zhang's "Amy Wu and the Ribbon Dance," Amy Wu is a girl with a vision. She is constantly on the move, charmingly creative and wants to have a ribbon dance party. Unfortunately, there's a gap between her vision and reality. She doesn't have the same tools that the dancers have on television - not their outfits or their ribbons. Charlene Chua's eye-catching illustrations



invite the reader into a traditional Chinese dance as Amy learns how to delight in a new experience, even if it doesn't turn out the way she had first envisioned.

Similarly, in Molly Horan's "I Have Seven Dogs," Zoe has big dreams. She, like so many others, wants a dog. But her parents say, "Where on earth would a dog fit in our apartment?" With a little creative thinking and proactive character development, she comes to realize that she can enjoy shared dog ownership. Against a colorful city backdrop, award-winning Dana Wulfekotte's illustrated dogs perfectly capture the warmth of puppy love.



If your kids are also having grand visions in these long summer months, these two books are great examples of encouraging proactivity while keeping up with reality. The best part? That they still promote creativity. Tell us what your kids think of these two new books. Drop us a line @atx_family on Instagram.

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