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TUNE IN



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

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austinfamily[®]

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BRENDA SCHOOLFIELD



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SMART SCREEN
DR. BENJAMIN KRAMER



Scout is eight years old and loves playing with friends and watching movies with his dad. Scout can't wait for Halloween when he'll get

to wear his Ghostbusters costume and eat lots of candy. 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."

Some things you can't predict, like extreme weather. Who would have thought Austin would have nearly 80 days of triple-digit temperatures this summer? But it's nice to know that come October in Austin, we can count on our city's enthusiasm for the Austin City Limits Music Festival.

Austin held its first ACL Festival 21 years ago in the same space it still occupies today – downtown's Zilker Park. And while the energy and fun haven't changed, some things have for the better. Now more than ever, ACL caters to families with events, concerts and activities during both weekends that kids can enjoy. In addition, the festival is safer than ever for kids with separate family entrances and ways to ensure your kids won't get lost in the crowds. Read Catherine Michalk's feature article for our best tips

when it comes to enjoying the ACL Music Festival with your family.

With music on the mind, check out Brenda Schoolfield's Lifelines article about the benefits of playing a musical instrument. If there's one city where parents can find music lessons for their kids, it's Austin!

Around the start of October, parents receive their student's first semester grades, which is why we are paying special attention this month to the needs of students with attention deficit disorder. Our education writer, Alison Bogle has made a robust list of accommodations that teachers can and should be using in their classrooms so that students with ADHD can learn optimally.

The weather is finally cooling down so check out the YMCA's article this month about ways you and your family can get back outside to enjoy nature in our great city.

Here's to the change in seasons!

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Austin IN ACTION

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October Did You Know?

October
most common birth
month for United States
presidents.

Source: www.amerisleep.com

M&M's
the number one Halloween
candy

Source: www.delish.com

October 1, 1975
Declared the first
International Music Day

Source: www.nationaltoday.com

745 lbs.
Largest pumpkin grown
in Texas

Source:

www.backyardgardener.com



Photo credit: The Kindness Campaign at Reilly Elementary.

Back to School Sustainably

The City of Austin's Office of Sustainability offers these suggestions for reducing waste as students settle into their new school year routines.

Litter-less Lunchtimes

Pack lunches and snacks in sustainable containers that are washable and reusable. Take the extra step by packing reusable or compostable eating utensils, napkins and a refillable water bottle.

Sustainable Supplies

Take an inventory of what you have from last year and reuse what you can. Opt for recycled and recyclable supplies like paper, notebooks, folders and binders.

Impart Impact

Teach kids to use only the resources that are needed, such as water, paper and electricity. Explain the environmental impact of choices and actions.

Budget Bytes

If your child needs a new computer or tablet, consider buying a refurbished product. It's a great way to buy electronics without breaking the bank. You will also help to reduce landfill waste.

Rethink Routes

Change your routine to limit driving and reduce emissions. Organize carpools, walk or bike to school when possible.



Being good to the environment with the help of The City of Austin's Office of Sustainability.

The Kindness Campaign Named 2024 Cap10K Race Beneficiary

The 47th annual Statesman Capitol 10,000, presented by Baylor Scott & White Health and scheduled for Sunday, April 7, 2024, is proud to name The Kindness Campaign as the race beneficiary. One dollar from every Cap10K registration will go to the local nonprofit organization, and race participants will also have the option to make an additional donation during registration, which the Statesman will match up to \$10,000. Registration is currently open on Cap10K.com.

Founded in 2015, The Kindness Campaign's mission is to create and

provide accessible emotional health curriculum and programs to both children and adults in homes and classrooms. During the World Kindness Day initiative alone, over 58,000 children and/or families across the country were served. Jeff Simecek, Cap10K Race Director, believes the mission of The Kindness Campaign strongly aligns with the race's core mission: to help improve the health and wellness of the Austin community.

To learn more about the Cap10K and The Kindness Campaign or to register for the event, visit www.Cap10K.com.

All Aboard the Zilker Eagle!

There's an ongoing effort in Austin to bring back the beloved children's mini train in Zilker Park. For over 60 years, Austin families have been bringing their kids to Zilker to ride the rails around the park. Once called the Zilker Zephyr, the mini train was renamed the Zilker Eagle in 2021 and has since been under reconstruction.

Austin Parks Foundation employees have been working hard for the last two years to get the train ready again for passengers. They are currently fixing the track and retrofitting the train coaches with airbrakes to ensure the safety of all passengers. If all goes well, the new and improved Zilker Eagle will enter a testing phase this fall and be open to the public in late winter.



Austin Parks Foundation repairs the Zilker Eagle.
Photo credit: APF

Robotics Grant Now Available

FIRST in Texas, a leading non-profit organization dedicated to inspiring K-12 students in science, technology, engineering and math (STEM) has recently announced the availability of more than \$700,000 in grants for new and existing FIRST® robotics teams in Texas. These grants aim to extend STEM opportunities to underserved and rural communities across the state of Texas by building and coding a robot in a task-based robotics program.

FIRST in Texas is committed to expanding the reach of its proven STEM program, which annually involves more than 30,000 students across the state in fostering 21st-century skills, teamwork and a competitive spirit in a robust University Interscholastic League (UIL) partnered program. They offer both in-person and remote participation.

Applications for the grants are currently being accepted. FIRST in Texas invites schools, educators and community members to apply now. For more information about FIRST in Texas robotics and the grant, visit www.firstintexas.org.



FIRST in Texas robotics teams. Photo credit: FIRST in Texas.



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Our Top 10 Tips for Taking



Photo Credit: Experience by Pooneh Ghani for ACL 2019



Photo Credit: Kiddie Limits by Karina Barber for ACL 2019



Photo Credit: Austin Kiddie Limits by Rog

October is here, and for live music lovers from around the world, October in Austin means the Austin City Limits Music Festival. For two weekends our airport is bustling and Zilker Park is overflowing with happy festivalgoers. Some people assume ACL isn't a place for kids, but over the years the Austin Parks Foundation has worked hard to make the festival an event that your whole family can enjoy. For both weekends one and two, the festival boasts kid-friendly activities, children's performers and an area deemed "Austin Kiddie Limits." Each adult with a ticket (wristband) can bring in two kids, eight and under for free. But what do you need to know before you head to Zilker? In order to stay safe and have fun, here are Austin Family's top 10 tips for taking kids to Austin City Limits Music Festival.

Ear Protection

Ear protection is important at any age but especially for little ones. Before you go to the festival, invest in a pair of high-quality noise-canceling headphones for your child. Dr. Michelle Carter, an Austin-based audiologist, says there are plenty of cute options for kids of all ages and they do not need to be bulky or uncomfortable to stay on. Options range from small in-ear foam buds to headphones. Says Dr. Carter. "Last resort, if you forget your

hearing protection put a small piece of napkin in your ears. Anything is better than nothing!"

Plan to Hydrate

If you don't want to lug around your kid's water bottle all day or buy disposable ones at the festival, consider investing in a hydration backpack. The festival has hydration stations so you can refill your water bottles or backpacks throughout the day.

Leave the Snacks at Home

Unfortunately, ACL does not allow outside food or drinks other than water. Thankfully, there are plenty of food stalls, including many Austin favorites to enjoy. If you're worried about dietary restrictions the festival does allow outside food for individuals with medical dietary restrictions.

Bring a Blanket

Some families pick one spot at the beginning of the day to set up camping chairs and hang out. However, if you're not planning to leave someone in charge of your chairs all day, a picnic blanket will be your best friend. A lightweight blanket or sheet is easy to carry in a backpack and spread out when you're ready to get off your feet.

Sun and Dust Protection

Even though the calendar says

"October," fall in Austin is still hot and mostly dry with the average high over 80. ° Apply sunscreen to yourself and your kids regularly and sit in the shade as often as possible. The park can get dusty with so many festivalgoers trampling the grass, so consider bringing facemasks or scarves for protection against inhaling too much dust.

Make a Plan

Just like any outing with kids, having a plan is important before you head to ACL. Decide beforehand where your family will eat lunch or whether you will go home for a mid-day break. If you are dead set on seeing one of the evening headliners, consider taking your kids home and hiring a babysitter for the evening. Keep in mind the festival allows ticketholders to leave and re-enter only twice during the day.

Charge Your Devices

Charge your smartphones and watches before you leave the house or grab a portable charger on your way out the door. ACL has portable chargers available to rent, but there are a limited number.

Know What is Prohibited

There is nothing worse than getting turned away at the gates or tossing something you love because that item is prohibited. For example, only non-aerosol containers of sunscreen

Kids to ACL Music Festival



Photo Credit: Kiddie Limits by Taylor Regulski for ACL 2022



Photo Credit: Kiddie Limits by Chad Wadsworth for ACL Fst 2022



Photo Credit: Kiddie Limits by Taylor Regulski for ACL 2022

less than 3.4 ounces are allowed. The festival website has a long list of acceptable and prohibited items. We recommend checking the list before you head to the park.

Discuss Safety

About 75,000 people attend ACL each day. With such a large crowd it is important to talk to your kids about safety and what to do if they get lost. The festival now requires children eight and under to register for a “tag-a-kid” wristband before entry. This free wristband not only serves as your child’s ticket but will help festival staff reunite you and your child if you get separated. Check out the festival website for details about how to register your child prior to the festival.

Check Out Austin Kiddie Limits

The family entrance to the festival is right by Austin Kiddie Limits, so we recommend entering there. At Austin Kiddie Limits you’ll find family-friendly music and other fun programming geared toward kids of all ages. What can you expect from Austin Kiddie Limits in 2023?

Food: This year you’ll find yummy probiotics from Lifeway Kefir and GoodPops frozen treats.

Performers: Your kids can sing and dance along to performers like

Q Brothers, Sonia De Los Santos, Ralph’s World and School of Rock. Check the daily schedule to make sure you catch your kid’s favorite bands.

Arts and Crafts: Kids can tap into their creative side with personalized AKL buttons from Café Monet Art and Clay studio and DIY beaded keychains from Leap of Joy.

Activities: There will be no shortage of fun activities at Austin Kiddie Limits this year. Hip-HopHouseParty.com and the Austin Kiddie Limits Drum Zone are offering music lessons and space to jam. At Rock Star Photo Booth, you can get a printed picture of your family as a festival keepsake. Dancin’ Austin is hosting kid’s dance lessons on Saturday and Sunday.

Family Services: Families can take a break from the noise and heat in the Austin Kiddie Limits Lounge with coloring pages and books. For those with babies and toddlers, AustinBorn will provide a space for breastfeeding, pumping, diaper changing and baby-centric activities.

CATHERINE MICHALK

Michalk is a native Austinite, writer and mom of three. You can follow her family's adventures at www.catherinemichalk.com



Photo Credit: Kiddie Limits by Taylor Regulski for ACL 2022



Photo Credit: Kiddie Limits by Taylor Regulski for ACL 2022



SMART SCREEN TIME

DR. BENJAMIN KRAMER

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



Heroes Come in Many Forms

I absolutely love Halloween night when I get to sit on my front porch, feel a chill in the air (fingers crossed), and see our neighborhood come alive with visitors. There comes a point each Halloween when the crowds grow so big that they take over

the streets, and I feel like I'm in a little kid version of the "Thriller" video.

When it comes to costumes, there is always ample representation from three big media franchises - Disney, Marvel, and DC Comics. As I look at the lines of Spidermen, princesses, and Batmen, it pleases me to see how accepting kids are of their "twins." On Halloween, anyone who wants to be Ariel gets to be Ariel, and even siblings can inhabit the same role. I take special joy in the kids who really become their heroes for the night - the Hulk who growls, "Trick or Treat," the Superman who flexes before holding out his hand, and the princess who glides up to the door.

Some parents extend this superhero magic into other facets of kids' lives, say, for example, that Supergirl is super-strong when she eats vegetables, or that Batman needs to go to bed because he needs to be well-rested for when the Bat signal goes up in the sky. I'm all for the "whatever works" approach to these daily challenges, especially when a child identifies strongly with a character. Parents and kids alike can have fun coming up with the reasons

why Princess Shuri absolutely needs to clean behind her ears, or Iron Man requires well-brushed teeth.

The PBS KIDS show, "Xavier Riddle and the Secret Museum" introduces kids to another kind of hero, real individuals who have helped change the course of human history. Based upon the "I Am..." series of kid-friendly biographies by Brad Meltzer, the show informs kids of extraordinary humans and uses their stories to show kids that they too can be extraordinary in the here and now. By extension, kids can also think about the everyday heroes in their lives. Who is super helpful? Who can make super dinners? Who is a super hugger? (Kudos to you if you are all three.)

The next time your child is doing something completely awesome, take out your phone and snap a photo of her in the act. Then, using the drawing feature on your phone, add a mask and cape, and show your child that she has super abilities all the time. Afterward, take a selfie and have your child make you into the superhero that you both know you are.



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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.



Music to Our Ears: Reasons Your Child Should Learn an Instrument

Playing a musical instrument has many advantages beyond making harmonious sounds. From boosting cognitive performance to providing an outlet for emotional expression, playing an instrument can be a powerful tool for enhancing mental and emotional well-being. So, before you say, “No” to your child’s desire to play the drums in a rock band, consider these benefits of playing an instrument.

Boosts Cognitive Performance

Playing a musical instrument activates areas of the brain that enhance cognitive performance. In one study, published by the National Library of Medicine, a group of preschool children took keyboard music lessons for six

months. At the end of the study period, all the children could play simple songs by Mozart and Beethoven. They also tested 30% higher on reasoning tests than other children who were in the study but didn’t have keyboard lessons. In other similar experiments, children who took piano lessons scored significantly higher on math tests than control groups.

Improves Physical Coordination

Playing an instrument improves physical coordination. As students read musical notes and symbols, they convert what they see to hand, finger and body movements. With ongoing practice, the halting and often incorrect notes of

the beginner become flowing melodies as hand-eye coordination improves. Using the fingers to play combinations of keys, strings or valves develops fine motor skills. People who play percussion instruments, such as drums, must learn to use both hands and feet to produce the rhythms.

Facilitates Social Connections and Teamwork

Children who play an instrument with a group or sing with a choir develop social connections with other musicians, not unlike the connections kids make on a sports team. Children in the group are expected to attend practices and rehearsals together. As students get to know each other, they

support and motivate one another. Over time every musician in the group becomes highly aware of how her own musical contribution is integral to the success of each performance. Every musician is important. To avoid letting their peers down, students develop the desire to practice so that they can perform the assigned music without mistakes. When a performance goes well, everyone celebrates as a team.

Encourages Focus

Learning a musical instrument encourages focus. Students soon realize that practice time is wasted if they mindlessly play through the notes with their thoughts somewhere else. That means paying close attention to every note, bar, phrase and section. Some parts of the music will come

easily; other parts will be difficult. Learning a piece of music requires that students isolate the hard parts and practice them until mastered. The better a student can focus, the better a musician she becomes. Students who learn to focus while practicing can easily transfer this skill to studying and mastering academic subjects.

Amplifies Self Esteem

Playing an instrument amplifies self-esteem. Some music teachers require their students to maintain a set number of pieces, sometimes called a repertoire, that they can play from memory. For pianists, the pay-off from all those hours of practice comes when they can sit down at any piano, whether in a hotel lobby or a friend's house and wow onlookers with an impromptu performance.

Provides an Outlet for Emotional Expression

Instruments can be used to express emotions—sadness, anger, joy and disappointment can all be processed by playing an instrument. An Austin mother reports that she can tell when her daughter, Emma has had a bad day. She drops her backpack at the door and goes straight to the piano. If sad or disappointed, she plays a slow movement of a sonata in a minor key with a heavy, plodding bass. When feeling joyful, she'll play a Mozart minuet or a fast, light piece. Spending time playing an instrument in moments of intense emotion helps anyone identify feelings and release them through music. The ability to express and process one's emotions through music is a valuable, life-long skill.

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ELITE MONTESSORI	6wks-6yrs	Lake Travis	512-980-8510	www.elitemusicmontessori.com
ENDEAVOR MONTESSORI	Inf-PreK	Pflugerville	512-572-0400	www.endeavormontessori.com/pflugerville-school
EXTEND-A-CARE YMCA FOR KIDS	3 yrs.- 8	77 area campuses	512-472-9402	www.austinyymca.org/locations/extend-a-care
SNAPDRAGON PRESCHOOL (Must be potty trained)	3-5 yrs.	North Austin	512-593-6226	www.snapdragonpreschool.com
STEPPING STONE SCHOOLS	Infant-12yrs	17 locations throughout Austin area	512-459-0258	www.steppingstoneschool.com

AFTERSCHOOL/ENRICHMENT/RESOURCES

	LOCATION(S)	PHONE	WEBSITE
AUSTIN LEARNING CENTER	Westlake & Online	512-330-9007	www.austinlearningcenter.com
ARMSTRONG COMMUNITY MUSIC SCHOOL	Westlake	512-474-2331	www.acmsaustin.org
AVERY RANCH DANCE AND MUSIC	North Austin	512-658-2996	www.dancediscovery.com
DANCE DISCOVERY	Central Austin	512-419-7611	
DART EM UP	North Austin	512-735-1919	www.dartemup.com
GOLDFISH SWIM SCHOOL NORTH	North Austin	737-232-4996	www.goldfishswimschool.com/northwest-hills
IDEA LAB	North Austin	512-494-6744	www.austin.idealabkids.com
INDIGO PLAY	Northwest Austin	512-269-0097	www.indigoplay.com
JUMP GYMNASTICS	North & South Austin	512-593-6226	www.jump-austin.com
KIDSACTING	18 Area Locations	512-836-5437	www.kidsactingstudio.com
KLRU	Virtual	PBS Kids Learning	www.klr.org/kids
LITTLE KITCHEN ACADEMY	North Austin		www.littlekitchenacademy.com/locations/austin
MAD SCIENCE Locations throughout Austin and San Antonio		512-892-1143	www.austin.madscience.org
MASTER GOHRING TAI CHI AND KUNG FU	Central Austin	512-879-7553	www.mastergohring.com
NITRO SWIM	Cedar Park and Bee Cave	512-259-7999 and 512-861-7946	www.nitroswim.com
PARTNERS IN PARENTING	North, South, Zoom	info@pipaustin.org	www.pipaustin.org
ROCK ABOUT CLIMBING	Various Adventures	512-415-0804	www.rock-about.com
ROUND ROCK SERVING CENTER	Round Rock	512-244-2431	www.rrasc.org
STICKY FINGERS COOKING SCHOOL	In Area Schools		www.stickyfingerscooking.com
SWITCH WILLO STABLES	North Austin	512-920-2276	www.switchwillo.com
TOYBRARY	North Austin	512-507-4552	www.toybraryaustin.com
WAYA	West Austin	512-473-2528	www.waya.org
YMCA AUSTIN 5 Austin locations, Bastrop, Buda, Dripping Springs, Kyle		512-730-9622	www.austinyymca.org
YMCA CENTRAL TEXAS Burnet, Georgetown, Hutto, Leander, Liberty Hill, Round Rock, Waco, Gateway		512-246-9622	www.ymcactx.org

ONLINE

	GRADES	LOCATION(S)	PHONE	WEBSITE
DIGITAL ACADEMY OF TEXAS (DATX)	5-12	Online	877-212-7042	www.start.k12.com
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
TEXAS VIRTUAL ACADEMY (AT RISK KIDS)	3-12	Online	855-970-2065	www.start.k12.com

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1st Runner Up, 4th and 5th Grader Receives:

- Plaque presented at his/her school
- Essay published in December issue of Austin Family magazine

Students in fourth and fifth grades are invited to write 75 to 300 word essays on the topic for a chance to **WIN** some great prizes! In addition, both Winner and Runner-up will have their essay published in the December, 2023 issue of Austin Family Magazine!

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Fall Means Outdoor Family Fun in Austin

As the scorching summer heat gives way to cooler temperatures, it's easier to find healthy outdoor activities that are suitable for families of all ages. Whether you're looking to unplug and enjoy nature or get a vigorous workout, Austin offers a range of fun options.



Enjoy a local farmer's market with your family this fall. Photo courtesy of the Greater Area YMCA.

1. Hiking in the Hill Country:

Within a short drive of downtown, you can find beautiful Hill Country landscapes that are breathtaking in the fall. Local trails offer a variety of difficulty levels, including wheelchair-accessible paths. The Barton Creek Greenbelt and McKinney Falls State Park offer diverse terrain suitable for hikers of all ages and skill levels. For a greater hiking challenge, check out Wild Basin Preserve.

2. Biking on the Veloway:

If you own a bike rack for your vehicle or live in Southwest Austin, head to the Circle C Veloway. You'll find a dedicated 3.1-mile paved track for cyclists and rollerbladers. This safe and scenic route takes you through the lush Texas countryside, making it ideal for family bike rides or strenuous workouts.

3. Paddling on Lady Bird Lake:

Fall is still plenty warm enough for paddling along Lady Bird Lake. Rent a canoe, kayak or stand-up paddleboard and take in the beauty of downtown Austin from the water. You might even spot some local wildlife, including turtles and swans.

4. Outdoor Yoga and Fitness Classes:

Many parks, outdoor spaces and health clubs host free or affordable yoga and fitness classes. It's a great way for parents and kids to stay active while connecting with the local community.

5. Pumpkin Patch and Corn Maze Fun:

Fall wouldn't be complete without a visit to a pumpkin patch and corn maze. Sweet Berry Farm in Marble Falls and Barton Hill Farms in Bastrop are just a short drive and offer a full day of autumn festivities.

6. Explore Local Farmers' Markets:

Visit one of Austin's vibrant farmers' markets to sample seasonal produce and artisanal goods. Finding locally grown fresh fruits and vegetables is a great way to get your kids excited about trying new foods while supporting local businesses at the same time.

7. Try Your Hand at Camping:

Even if you're inexperienced at camping, the team at YMCA Camp Moody will provide all the equipment and guidance you need to make your family campout a memorable experience. Family campouts run from Saturday afternoon to Sunday morning and are suitable for all ages.

With these healthy activities, you can make the most of the cooler weather while creating lasting memories with your loved ones in the heart of Texas.



The Greater Austin YMCA offers activities for families including year-round swimming, exercise classes and campouts. Find details at www.austinyymca.org.

ARMSTRONG COMMUNITY Music School

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Beyond Temper Tantrums: What is ODD?

FAMILY MATTERS

DR. BETTY RICHARDSON

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

Q We have a nine-year-old son who has just been diagnosed with Oppositional Defiant Disorder (ODD). We were told from the time he was three that he was just “strong-willed.” How can a parent or professional tell the difference between a “strong-willed child” and oppositional defiant disorder? Can ODD be diagnosed earlier than nine years old? What can you tell us to help our son with this condition?

A I've worked individually in private practice and in group therapy with kids who have ODD. Diagnosis is difficult. It is based on criteria in the “Diagnostic and Statistical Manual of Mental Disorders” (DSM5-TR), published by the American Psychiatric Association. Obviously, some children younger than nine years old have enough behaviors that match the criteria, and they can be diagnosed early while others have fewer clear symptoms.

The criteria for diagnosis of ODD include: a pattern of angry or irritable moods and argumentative /defiant behavior or vindictiveness which lasts a minimum of six months. These behaviors must be demonstrated toward at least one person who is not a sibling. ODD can be classified as mild, moderate or severe. Somewhere between 1% and 11% of children are estimated to have this disorder (DSM5TR, p.464).

What can parents do to help a child with oppositional defiant disorder? Once diagnosed, a child with ODD needs a combination of parental training, medication and behavioral therapy. In addition, here are some suggestions for parents:

1. Be patient with your child and learn as much as you can about ODD.
2. Read books on parenting a child with ODD. For example: “Parenting Children with Oppositional Defiant Behavior” by Erika Bishop, 2023; or “Oppositional Defiant Disorder Activities” by Laura McLaughlin, 2022. This book contains “100 exercises parents and kids can do together to

improve behavior, build self-esteem and foster connection.”

3. Set limits and give clear instructions. In my practice, I've sometimes written behavioral expectations/instructions on an index card that the child puts in his pocket. When he needs a reminder of the limits or expected behavior, I ask him to get out his card to review.
4. Avoid getting into power struggles. If you find one beginning, call for a break. Set a time to resume the talking.
5. Encourage your child to identify his feelings and to practice self-control. Encourage communication instead of acting out.
6. Reward behavior you want to see from your child. Use verbal praise or small treats.
7. Use consequences that you can control and are appropriate for your child. For example, suspending the privilege of video games, TV or cell phone use.

Hopefully these suggestions that have worked for other parents and therapists will work to help as you guide your child with oppositional defiant disorder.



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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.

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders, affecting approximately 11% of school-aged children. While school can be stressful for a child with ADHD, a teacher can create an environment that is conducive to learning and will help him to feel successful and confident.

The classroom setting, by nature, is a difficult space for a child with ADHD. The following are ways that teachers and parents can address typical areas of struggle for students with ADHD.

Help with Memory, Attention and Focus

- Give fewer directions or steps at a time.
- Provide a written copy of tasks to follow. The chart can be posted in the corner of a student's desk or discreetly inside a folder for an older child.

- Seat the student as close to the teacher as possible. Choose a seat away from distractions like the door, windows, class pet and pencil sharpener.
- Place the student near peers who are reliably on-task. They can serve as visual reminders of what to do.
- Establish a separate work area away from the main classroom area and facing the wall. All students, not just those with ADHD, should be allowed to self-select this quieter workstation when needed.
- Group students for work in partners rather than small groups as group work can be overstimulating.
- Divide work into smaller chunks to help with visual overstimulation.
- Reduce the amount of work or allow extra time for completion.
- Consider allowing speech-to-text software or typing. Engaging with technology often motivates students and helps them to stay on task.

Help with Movement and Hyperactivity

- Provide tools to help discharge energy while remaining seated such as hand-held fidgets, wiggle chairs, wobble cushions or chair bands.
- If the student must regularly leave his seat, place his desk near the back of the room, so he won't distract peers and allow him to get

up without penalty. The teacher should move closer to his desk when teaching to capture his attention.

- Find positive reasons for the student to move. For example, have him return books to the library, take attendance to the office or leave his seat to write an answer on the board.
- Take regular brain breaks. A student with ADHD works hard to pay attention, and as such, can become mentally fatigued more quickly than neurotypical peers.

Help with Organization and Time Management

- Keep the classroom organized with clear and posted rules. Aim to create structure and routine.
- Provide the student with an assignment notebook to keep track of homework.
- Provide designated times for clean-out / organization of backpacks, desks and folders. The whole class can benefit.
- Post a daily schedule in the classroom.
- Post an end-of-day checklist to help the student bring necessary materials home.
- Utilize a visual countdown timer. Timer apps can be projected onto the classroom smart board or

Signs of ADHD by Type

Predominantly Inattentive/ Forgetful

- easily distracted
- difficulty following directions or completing tasks
- submits incorrect or incomplete assignments
- regularly misplaces belongings

- takes longer to complete tasks
- often disorganized
- short attention span
- regularly appears not to listen when spoken to

Predominantly Hyperactive/ Impulsive

- very active
- fidgets, appears restless

- leaves seat regularly, including during inappropriate times
- interrupts frequently, blurts out answers
- talks excessively
- has trouble waiting or taking turns
- show symptoms from both inattentive and hyperactive/impulsive ADHD subtypes

wall to help the student monitor his progress and make smoother transitions.

Help with Self Esteem Preservation

- Engage discreetly. Work with the student to identify nonverbal cues that can be used for things like “check your chart, go select a fidget, get back on task,” etc. Also, create signals that the student can use to indicate that he needs a break or is struggling.
- Empower the student to self-monitor with tools such as the iPad timer function.
- Look for on-task behavior. Create an “on-task chart” and make a positive mark every time you catch the student on-task.
- Assign the student a special role so he is receiving positive attention rather than negative attention for off-task behaviors. For example, he might distribute papers, which has the added benefit of providing a brain and movement break.
- Praise effort not ability.
- Introduce books into the classroom that feature characters with ADHD and teach students about inventors, historical figures and others with ADHD who made important contributions to society.

While school can be stressful for a child with ADHD, a teacher can create an environment that is conducive to learning and will help him to feel successful and confident. The wonderful thing is that parents can also use many of these strategies at home to help daily life run more smoothly and to provide an opportunity for everyone to enjoy a more positive and loving atmosphere.



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October 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.

For Storytimes please go to

www.library.austintexas.gov

www.wblibrary.org

www.westbanklibrary.com

www.laketravislibrary.org

www.leandertx.gov/library

www.cityofkyle.com/library

www.budalibrary.org

www.library.georgetown.org/events-calendar

Sun 1

Texas Pumpkin Fest. 10 a.m. to 7 p.m.

Pumpkin smash, rock climbing, face painting, trampoline, food and more. 8670 FM 2243. \$10 - \$13. www.texaspumpkinfest.com.

Pumpkin Festival. 10 a.m. to 7 p.m. Bring the family and experience six uniquely-themed weekends of unlimited fun with over 50 fall-inspired games, activities and attractions. Dr. Pound Historical Farmstead, 419 Founders Park Rd. \$15. www.drippingspringspumpkinfestival.com.

HEB Free Sunday. 10 a.m. to 5 p.m.

Commemorate Hispanic Heritage Month this year by celebrating Puerto Rico. The Bob Bullock State History Museum, 1800 N. Congress Ave. FREE. www.thestoryoftexas.com.

Indian Springs Ranch Pumpkin Patch.

10 a.m. to 6 p.m. Presale ticket purchase only, none at the door. Enjoy pumpkins, exotic animals, face painting, food vendors and more. Indian Springs Ranch, 403 Elm View Way. \$8 - \$16. www.indianspringsranchatx.com.

Paquito y Abuelito. 11 a.m. Two shows a day, 11 a.m. and 1 p.m. On the Day of the Dead, families gather to remember and celebrate the lives of loved ones who have passed on. Austin Scottish Rite Theater, 207 W 18th St. \$11 - \$22. www.scottishritetheater.org.

First Ever Austin Muslim Culture Fest. 11 a.m. to 8 p.m. This festival will celebrate the rich diversity of the Austin Muslim community through delicious international food and stunning artwork. Mexican American Cultural Center, 600 River St. FREE. www.cairtx.org.

Octoberfest 2023. 11 a.m. Kid events start at 11 with Creative Action for kids and more. Meanwhile Brewing Co., 3901 Promontory Point Dr. FREE. www.meanwhilebeer.com.

Halloween at the Hive. 1 to 5 p.m. Come join us at the Bee Cave Arts Foundation for Halloween family fun with Halloween arts & crafts activities for children & families. The Hive, 12700 Hill Country Blvd. www.hillcountrygalleria.com.

Fiesta Georgetown. 1 to 5 p.m. The celebration will feature non-stop entertainment with a DJ, performances by the Round Rock Ballet Folkloric dancers and Mariachi Guadalajara. The Boys and Girls Club of Georgetown, 1100 Thousand Oaks Blvd. FREE. www.visit.georgetown.org.

Harvest Fest at Heritage House. 1 to 4 p.m. The Heritage House Partners present: Harvest Fest. Join us for music, family photo-ops, games, face-painting, food and tours of the museum. Scott B. Mentzer Pool, 901 Old Austin Hutto Road. www.library.pflugervilletx.gov.

"You're A Good Man, Charlie Brown."

2 p.m. Charles Schulz's beloved comic comes to life in Clark Gesner's classic musical. Inspired Minds Art Center, 121 Main Street, Buda. www.inspiredminds.art

Mon 2

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 3

Morning Glories - Fall 2023. 10 to 11 a.m. What better place to grow a lifelong love of learning, community and the outdoors than our FREE weekly early childhood education series in Waterloo Meredith Heritage Tree Deck, 1301 Trinity St. www.waterloogreenway.org.

National Night Out. 4 to 8 p.m. Lakeway Police Department, 1941 Lohman's Crossing. www.lakeway-tx.gov.

Round Rock National Night Out. 6 to 9 p.m. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. www.roundrocktexas.gov.

Teen Animanga Club. 6 to 7:30 p.m. Watch and read anime and manga with other fans, learn about Japanese culture and enjoy Japanese snacks. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Wed 4

Perler Play. Hispanic Latino Heritage Edition. 3:30 to 5 p.m. Create pixel art and small toys from plastic beads that fuse together when melted by an iron. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

Hispanic and Latinx Heritage Month. 4 to 6 p.m. We will celebrate Hispanic and Latinx Heritage with colorful panels of Foil Art work.

University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

Design Your Halloween Costume. 4:30 to 5:30 p.m. Design your Halloween costume. We'll trace your body on a giant sheet of craft paper to make a life-sized outline of you. Laura Bush Community Library, 9411 Bee Cave Rd. www.westbanklibrary.com.

Mini Horse Petting Zoo (18+). 6:30 to 7:30 p.m. Visit with mini horses and learn about these sweet therapy animals. Anyone age 18 and up is welcome to attend. No registration necessary. Pflugerville Public Library, 1008 W. Pflugerville Street. www.library.pflugervilletx.gov.

Music on Main. 7 to 9 p.m. We're excited to share more music memories with you this year at our Music on Main series. Prete Main Street Plaza, 221 East Main St. www.roundrocktexas.gov.

Thu 5

Family Event: Austin Reptiles. 2 to 2:45 p.m. Get ready for creepy crawly fun with snakes, lizards and turtles from around the world. Pflugerville Public Library, 1008 W. Pflugerville Street. www.library.pflugervilletx.gov.

Zine Night: Cartoneras. 6 to 7:30 p.m. Come make your very own cartonera book using recycled materials. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1.

Fri 6

Round Rock Chalk Walk Arts Festival. 8:30 a.m. to 9 p.m. The Round Rock Chalk Walk Arts Festival is one of Round Rock area's largest and most prestigious, free festivals. Round Rock Chalk Walk Arts Festival Dell Diamond, 3400 E Palm Valley Blvd. www.roundrocktexas.gov.



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18th Annual Blue Grass Festival. 6 p.m. Enjoy food vendors and a fun zone while listening to live music. Friendly, leashed pets are also welcome. Admission to the festival is free. 1101 Bagdad. FREE. www.leandertx.gov.

Austin City Limits. 12 to 10 p.m. City Stage Check website for performances and events. Zilker Metropolitan Park – Great Lawn. www.austintexas.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; You're A Good Man, Charlie Brown, see Sun 1.

Sat 7

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

Sirena's Creekside Carnaval 2023. 9:30 a.m. to 6 p.m. Legacy Salado Inc., Pace Park Road. FREE. www.sirenfest.org.

Halloween Bazaar. 12 to 3 p.m. Get ready for Halloween with crafts, games, and snacks for all ages. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

Elgin Pumpkin Decorating Event. 5 to 7 p.m. Free lawn games, free pumpkins for painting, \$5 carving pumpkins, Halloween music, concessions. Elgin Recreation Center, 361 N Hwy 35. FREE. www.elgintexas.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 1; You're A Good Man, Charlie Brown, see Sun 1; Round Rock Chalk Walk Arts Festival, see Fri 6; 18th Annual Blue Grass Festival, see Fri 6; Austin City Limits, see Fri 6.

Sun 8

Paquito y Abuelito. 11 a.m. Two shows a day, 11 am and 1 pm. On the Day of the Dead, families gather to remember and celebrate the lives of loved ones who have passed on. Austin Scottish Rite Theater, 207 W 18th St. \$11 – \$22. www.scottishritetheater.org.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Halloween at the Hive, see Sun 1; You're A Good Man, Charlie Brown, see Sun 1; Austin City Limits, see Fri 6.

Mon 9

Perler Beads Break. 1 to 3 p.m. School's Out for Perlers! We noticed that you have the day off from school, so why not have a mini-maker day? University Hills Branch, 4721 Loyola Ln. FREE. www.library.austintexas.gov.

Cardboard Kingdom. 1 to 2 p.m. The portal to the Cardboard Kingdom has reopened. Come for a day of loose parts...play - cardboard and other recycled materials. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Craft Social Hour. 6 to 7:30 p.m. BYOC (craft) and socialize with other makers. Manchaca Road Branch, 5500 Manchaca Rd. FREE. www.library.austintexas.gov.

CONTINUED: Adventure Club, see Mon 2.

Tue 10

Get Crafty: Clay Alebrijes. 3 to 5 p.m. Join us as we paint clay alebrijes, mythical creatures that are traditionally made of wood. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

CONTINUED: Community Hours see Sun 1; Morning Glories, see Tue 3.

Wed 11

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

Thu 12

Adventures in 3D. 5:30 to 7:30 p.m. Take your imagination to the next dimension... the third dimension! Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

Teen Cartoons & Cereal Party. 6 to 7:30 p.m. Hang out and take a break with some nostalgic cartoons and cereal

snacks. PJs optional. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Nature Nights: Spooky Critters. 6 to 9 p.m. Join us after hours for a FREE event the whole family can enjoy. This is our final Nature Night of the year. Wildflower Center, 4801 La Crosse Ave. www.wildflower.org.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1.

Fri 13

Halloween Movie in the Park. 6:30 p.m. The City of Kyle Parks and Recreation Department invites the community to join us for a Halloween movie in the park at the basketball courts. www.cityofkyle.com.

Nosferatu A Symphony of Horror. 7 to 9 p.m. Discover what a real thriller movie was like for your great grandparents (or great-great grandparents) with this classic film. Activity Center, 105 Cross Creek. \$5. www.lakeway-tx.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Austin City Limits, see Fri 6

Sat 14

2023 Kyle Founders' Parade. 9 a.m. to 2 p.m. Parade begins at 12:00p.m. The City of Kyle invites the community to share in the town's birthday celebration. www.cityofkyle.com.

Eclipse Party. 10:30 a.m. to 1 p.m. Explore the skies and view the annual solar eclipse before enjoying space-themed crafts and activities for all ages. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

Austin German Oktoberfest. 11 a.m. to 7:30 p.m. The most original Oktoberfest celebration in Austin. It is a fundraiser for the German International School of Texas at Austin Pre-K & Kindergarten. German Texans Heritage Society, 507 E. 10th St. \$15. www.germantexas.org.

Star Weaving with One Million Stars Texas. 11 a.m. to 12:30 p.m. In this workshop we will share information about the One Million Stars Texas project and participants will learn how to weave stars. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

Let's Celebrate Hispanic & Latino Heritage! ¡Celebremos la herencia Hispana y Latina! 11 a.m. to 2 p.m. Join us for crafts, food, culture, music, community partners and fun. Little Walnut Creek Branch, 835 W. Rundberg Ln. FREE. www.library.austintexas.gov.

Fall Fest Halloween Fun Concert. 7:30 p.m. Enjoy a free concert and enjoy the fun. Prete Main Street Plaza, 221 E. Main St. FREE. www.roundrocktexas.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 1; Austin City Limits, see Fri 6



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Sun 15

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 1; Community Hours see Sun 1; Austin City Limits, see Fri 6.

Mon 16

CONTINUED: Adventure Club, see Mon 2.

Tue 17

Teen Animanga Club. 6 to 7:30 p.m. Watch and read anime and manga with other fans, learn about Japanese culture and enjoy Japanese snacks. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

CONTINUED: Morning Glories, see Tue 3.

Wed 18

Zine Night. 5:30 to 7 p.m. Learn how to make and craft a zine with the Austin Public Library. Central Library, 710 W. César Chávez St. Gallery. FREE. www.library.austintexas.gov.

Thu 19

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1.

Fri 20

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1.

Sat 21

Earth-Kind® Gardening Field Day. 9 a.m. to 1 p.m. "Gardening in Extreme Conditions" is the theme for the Texas A&M AgriLife Extension Service and Travis County Master Gardeners Fall 2023 Earth-Kind® Travis County AgriLife Extension office, 1600 Smith Rd. FREE. www.travis-tx.tamu.edu.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 2.

Sun 22

Family Fun Day. 11 a.m. to 2 p.m. Come join us for a day filled with laughter, games and excitement. Live Oak Unitarian Universalist Church, 3315 El Salido Pkwy. FREE. www.liveoakuu.org.

ASO Halloween Children's Concert.

3 p.m. Be captivated by a magical journey through family-friendly classics, inspired by witches, sorcerers and enchanted creatures. The Long Center, 701 W. Riverside Dr. \$15 - \$54. www.my.austinsymphony.org.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 1.

Mon 23

Science Monday. 3:30 to 4:30 p.m. Come for an hour of themed STEAM stations and

science design challenges the whole family will enjoy. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE.

www.library.austintexas.gov.

CONTINUED: Adventure Club, see Mon 2.

Tue 24

Get Crafty: Trick or Treat Bags. 3 to 5 p.m. Join us as we decorate trick or treat bags for Halloween! Supplies, including bags, will be provided. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Wed 25

YMCA Springs. 9 to 11 a.m. Celebrate spooky season with Springs Family YMCA. Join us for Halloween goodies, treats, a costume contest and more. Springs YMCA, 27216 Ranch Road 12. FREE. www.austinyymca.org.

Thu 26

36th Annual Hogeye Festival. 5 p.m. Hogeye stroll on Thursday, street dance Friday, all day activities to include kids' activities, crafts, cookoff and more on Saturday Elgin Downtown, Main St. www.elgintexas.gov.

Movies in the Park: "Hocus Pocus." 7 p.m. A 1993 American fantasy comedy film that follows a villainous comedic trio of witches (Bette Midler, Sarah Jessica Parker, and Kathy Najimy). Mueller Lake Park, 4550 Mueller Blvd. FREE. www.austinparks.org.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1.

Fri 27

Halloween Boo-gie for People with Disabilities. 5:30 p.m. The City of Kyle Parks and Recreation Department invites the community to join us for our 2nd annual Halloween Boo-gie dance for individuals with disabilities. www.cityofkyle.com.

AARC 10th Anniversary Night Bazaar.

6:30 to 9:30 p.m. Join us in celebration as we commemorate the 10-year anniversary of the City of Austin's Asian American Resource Center (AARC). Asian American Resource Center, 8401 Cameron Rd. FREE. www.eventbrite.com.

Spooktacular. Join the Bullock Museum in partnership with Girlstart for the annual FREE family-friendly Halloween celebration. Bullock Texas State History Museum, 1800 Congress Ave. www.thestoryoftexas.com.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; 36th Annual Hogeye Festival, see Thu 26.

Sat 28

40th Annual Viva la Vida Festival and Parade. 12 to 6 p.m. Austin's largest and longest-running Día de los Muertos (Day of the Dead) event. The festivities begin with a Grand Procession at noon. Mexic-Arte Museum, 419 Congress Ave. FREE. www.mexic-artemuseum.org.

Get Crafty: Sugar Skulls. 12 to 2 p.m. Join us as we decorate sugar skulls to celebrate Día de los Muertos. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

Kyle Center Street Trick-or-Treat. 12 to 3 p.m. The City of Kyle Parks and Recreation Department invites you to Center Street Trick-or-Treat. 101 S. Burseson Rd. www.cityofkyle.com.

8th Annual Round Rock Diwali Festival.

3 to 10 p.m. Bring your friends to enjoy beautiful streetlights, savory food, music, cultural dance, beautiful Rangoli (sand art) and a fashion show. Centennial Plaza, 301 W. Bagdad. FREE. www.rrdiwalifest.com.

Trunk or Treat. 10 p.m. We invite you to participate in our 4th Annual Trunk or Treat. Mama Mary's Farm, 5701 Williamson Rd. www.mamamarysfarm.com.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1; Halloween at the Hive, see Sun 1; 36th Annual Hogeye Festival, see Thu 26.

Sun 29

Annual Boo Bash on the Square. 11 a.m. to 4 p.m. Children & adults are invited to come to the Georgetown Square in costume to enjoy trunk or treating and lots of fun activities. Downtown Georgetown Historic Square, FREE. www.visit.georgetown.org.

Kiddie Trail and Trunk or Treat. 4 to 6 p.m. Trick or treat and enjoy the fun. Target, Hwy 620. FREE. www.beecavetexas.gov.

CONTINUED: Texas Pumpkin Fest, see Sun 1; Pumpkin Festival, see Sun 1; Indian Springs Ranch Pumpkin Patch, see Sun 1; Paquito y Abuelito, see Sun 1.

Mon 30

CONTINUED: Adventure Club, see Mon 2.

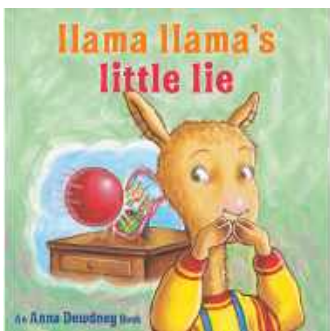
Tue 31

Halloween Carnival. 3 to 4:30 p.m. Celebrate all things spooky and scary at our Halloween Carnival for kids. Games, crafts, activities and fun for all ages. Costumes encouraged. Twin Oaks Branch, 1800 S. Fifth St. FREE. www.library.austintexas.gov.

Get Crafty: Perler Beads. 3:30 to 5:30 p.m. Create fun perler bead charms, magnets and keychains using available patterns or completely from your imagination. St. John Branch, 7500 Blessing Ave. FREE. www.library.austintexas.gov.

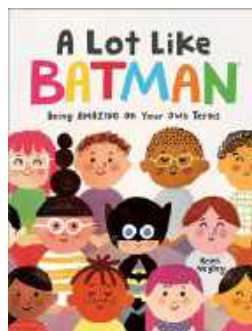
Navigating Big Feelings

It's an exciting time to be back in the school routine. Now that we're a little past the initial shine of new classrooms, new backpacks and new friends, your family may be having intricate conversations about modifying behavior and navigating big feelings. If your kids are testing the boundaries and figuring out where they fit into their social groups, these two books are perfect to weave into your family's reading routine.



In "Llama Llama's Little Lie," our favorite llama is playing with a friend inside, reveling in the small freedom afforded by Momma who is working outside. With Anna Dewdney's typical bright colors and rhyming language, Llama and his friend's rowdiness ends in a broken picture frame,

prompting Llama to fabricate some humorous fibs. Kids will resonate with his conundrum and then benefit from his eventual honesty. As Momma Llama says, honesty is hard. And watching someone else do it will give little readers the language to do the same.



Likewise, there's the delightful "A Lot Like Batman" by Keith Negley, which reveals a child's budding inner person. With clever use of text placement, a semi-hidden main character, and an obsession with DC's Batman, Negley's story and illustrations detail the power of being truly yourself within a group of friends. The language is addressed directly to the reader and a soft (but vibrant) color palette invites children

into an exploration of their own emotional needs. Even if your kids simply get the book to see the art, it is worthwhile.

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