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TUNE IN



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



Luka, 9, fun-loving and always on the move—scoring goals, sketching masterpieces, or wowing everyone with clever ideas. Lian, 6, loves Lego building and dreams of becoming an engineer. Photo taken by Jordan Ashley Photography.



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Editor's Note



CELESTE DIANNE WADE

Wade is a writer, public speaker, and a popular health coach in Austin. The eldest of seven children, she loves travel adventures with family.

Historically, June brings a time of reflection for my family. As we celebrate fathers this month, I love remembering the men who impacted my childhood.

My Grandpa Ken counted the summers he had experienced and invested time planning future vacations. He would say, "You only get a certain number of summers, so consider what you want to do and who you want to spend them with."

Grandpa Wade loved to provide acts of service. My Dad's mantra is "work hard and play hard." My Stepdad Anton's priorities are; God, my Mom, and the blended family of kids.

Both sides of my family celebrate summer sports and activities such as surfing, fishing, camping, tennis, skateboarding, horseback riding, hiking, volleyball, baseball, and waterskiing.

My first father-daughter memory is eating at a donut shop and talking about a preschool hamster named Smokey.

This Father's Day month, plan what you will do with your kids this summer. Be intentional with the men in your life. Have fun this summer and make memories that will endure for generations.

Celeste

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June Things to Do's

June 7th

Hand to Hold NICU Graduate Reunion

Source: www.handtohold.org

June 15th

Father's Day Concert

Source: www.gov.texas.gov

June 19th

Central TX Juneteenth Parade & Festival

Source: www.austintexas.org

CATA Celebrates Junior Tennis at 30th Annual Awards Event

More than 400 junior tennis players, parents, and coaches from across Central Texas gathered May 4 for the Capital Area Tennis Association's 30th Annual Junior Awards Celebration.

The event, held in Austin, honored standout athletes and coaches from the Greater Austin area, recognizing achievements across seven major award categories and a series of area-wide MVP honors. Organizers said the ceremony aimed to spotlight not just athletic performance, but also sportsmanship, dedication, and leadership within the junior tennis community.

As part of its ongoing investment in youth development, CATA awarded \$46,000 in scholarships to support players' academic and athletic goals.

"The Junior Awards Celebration is more than a recognition of performance — it's a celebration of character, effort, and the vibrant community that supports these young athletes," said a CATA spokesperson.



CATA Junior Awards Banquet 2025

The evening marked a milestone for the organization, celebrating three decades of commitment to youth tennis in Central Texas.

Cedar Park to Host Free Father's Day Concert at Lakeline Park

Families are invited to celebrate Father's Day with an evening of live music as the city hosts a free outdoor concert Sunday, June 15, at the Grand Pavilion in Lakeline Park.

The concert, scheduled from 7:30 to 9 p.m., is open to the public and will feature performances by a full concert band under the direction of Dr. Kyle Glaser, with Bill Haehnel serving as assistant director and guest conductor for select pieces.

The family-friendly event encourages attendees to bring lawn chairs, blankets, and picnic baskets. Nearby public restrooms and a playground make it an ideal outing for all ages.

The musical program includes patriotic selections and American classics such as "The Star-Spangled Banner," "American Riversongs" by Pierre LaPlante, and "Armed Forces Salute" arranged by Villanueva. The concert also features works by George Gershwin, John Williams, and John Philip Sousa, including crowd favorites like "The Raiders March" and "The Stars and Stripes Forever."



We're Looking for a Few Good Kids ... To Brag On!

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editor2003@austinfamily.com



Hand to Hold Opens Registration for 2025 NICU Graduate Reunion

Registration is now open for the 2025 Hand to Hold NICU Graduate Reunion, set for Saturday, June 7, at Q2 Stadium in Austin. The event is free and open to all neonatal intensive care unit (NICU) graduates, regardless of hospital, or age.

Hosted by the Austin-based nonprofit Hand to Hold, the annual celebration is recognized as the largest NICU reunion in Texas. The event will feature hourly NICU Grad Walks, family-friendly activities, raffle prizes, and local food vendors.

Austin Family magazine will return as a participating partner in this year's reunion, joining families and supporters to celebrate the resilience of NICU graduates.

Organizers encourage early registration, as spots for the Grad Walks tend to fill quickly.

Hand to Hold provides support to families before, during, and after a NICU stay through resources, peer mentorship, and community events.

Austin Pools and Splash Pads Offer Relief from Summer Heat

As temperatures climb in Central Texas, the Austin Parks and Recreation Department invites residents and visitors to cool off at one of its 44 public aquatic facilities located throughout the city.

Operated by the department's Aquatic Division, the system includes seven regional pools, three community pools, 22 neighborhood pools, one wading pool, the iconic Barton Springs Pool, and 10 splash pads. The facilities offer a range of recreational and instructional programs, including youth and adult swim lessons, swim team participation, and lifeguard and water safety training.

While most pools are free to the public, several require an entry fee from March through October. These include Bartholomew, Barton Springs, Deep Eddy, Springwoods, Northwest, and Garrison pools.

Pool schedules may be affected by inclement weather, mechanical issues, or other unforeseen events. Visitors are encouraged to call ahead if conditions are uncertain.

With several locations and programs, the Aquatic Division aims to provide safe, accessible, and fun opportunities for all ages to enjoy the water and beat the Texas heat.

For current hours, entry fees, and program details, visit austintexas.gov/parks.

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Adventures in Babysitting

Lifelines



TRACIE SEED

Seed has won numerous awards for writing, art, and design. She's the happiest while writing, sewing, painting, or spending time with family.



Between Zoom meetings, grocery shopping, and an overflowing calendar, an idea comes to mind: Maybe my oldest could watch the little one. As trustworthy (also affordable) sitters get harder to find, the thought inches forward.

When older siblings babysit, it's not just convenient; it's a family dynamic that nurtures leadership, empathy, and trust. Like anything involving children, it comes with many considerations.

Readiness

The American Red Cross says 11 or 12-year-olds may babysit; however, maturity matters most.

A responsible sibling-sitter stays calm under pressure, whether there's an accident or a meltdown. They follow your direction without reminders and show patience and compassion.

Every child is different. One 13-year-old can manage snack time and homework while you take a quick trip to the grocery store, while another needs reminding to turn off the oven.

Babysitting isn't just about safety—it's about both siblings feeling secure,

what takes more than knowing emergency numbers.

Consider the Age Gap

A 16-year-old watching a toddler may work beautifully. But if you expect your 12-year-old to care for a newborn, that could be tricky and unsafe.

Experts recommend that the sitter be several years older than the sibling, with enough of a gap to create authority. The younger the sibling, the more critical this becomes. Babies, toddlers, and kids with unique developmental needs require more advanced supervision and an entirely different level of responsibility.

Reading a book to a six-year-old and putting them to bed requires different skills and knowledge than caring for a child under age three. Babies demand feedings and diaper changes, while toddlers need constant supervision. Doing so can be physically demanding and emotionally trying for a tween or young teen who's new to caregiving.

Clear Rules

Let's say your child is mature and capable of watching your younger child; don't assume they know what's expected. Set clear boundaries and go

over them together. What snacks are OK? Do they answer the door? What are the expectations for playtime or bedtime?

Consider creating a simple checklist or reference sheet with phone numbers, medical information, routines, and emergency contacts. This preparation will help the sibling-sitter feel prepared and respected and provide you with peace of mind.

Treating your older child like a professional makes them more likely to act like one. If they know you trust them to oversee their younger sibling, they will want it to go smoothly.

Start Small

When you believe your older child is ready to babysit, begin with short stints—an hour or two while you're still nearby. Stay close to home just in case you need to rush back.

Don't head out for a night on the town; keep it simple. For example, take a quick trip to the store for a few items or go to a neighbor's house for coffee on a Saturday morning. If you're working from home, the sibling sitter can make a snack and be in charge of playtime.

Gradually increase the time and responsibility as confidence grows. For instance, a tween watching a child for no more than an hour; a 13- to 15-year-old sibling can take on two hours; 16- to 17-year-olds are suitable for an evening out up to four hours. Leave any overnights until your oldest is 18.

And don't forget to check in via phone or text. Your support can help build trust.

Prepare

Ensure your older child knows what to do in an emergency. Babysitting or CPR classes are fantastic resources—many are available through local Red Cross chapters.

A young child with too much free time and not enough direction can quickly spiral. Help your older child compile a list of simple activities—like drawing, puzzles, or building forts—to keep little hands and minds engaged. If your youngest can participate in planning activities, it is even better. Engaging them and giving them options will help in the long run.

Discuss with the sibling-sitter how to handle issues. For instance, the younger child may refuse to eat dinner, brush their or even go to bed. What to do if they run away from you, get into potential danger, or simply won't listen to the rules? For the sibling-sitter, this will help prepare them, which in turn will lessen their anxiety.

Acknowledging your children's efforts helps them feel valued. That doesn't have to mean money—think movie nights, a special game, or extra privileges. That goes for both children. If the younger sibling is cognizant of cause-and-effect consequences, they too can earn a privilege for following the rules.

What About the Law?

In Texas, although there isn't a specific law, the Department of Family and Protective Services recommends that children under 12 not be left home alone. That decision is one that should be made with care.

It's not just about the older child's skills. It's about both children's needs, their relationships, and the circumstances around them. Some kids thrive under that kind of responsibility. Others may feel overwhelmed or resentful. Pay attention

to the cues. If either child exhibits signs of anxiety or worries about the idea of being left alone, they might not be ready.

Family Bonding

Older siblings have long taken on caregiving roles. When handled with respect and preparation, it can be a beautiful part of growing up. Siblings learn empathy, patience, and how to be dependable. For the younger ones, being cared for by someone they know and

adore can be a source of comfort and memory-making at its finest.

When big siblings babysit, it's not just a household fix, it's a chance to build something lasting: confidence, connection, and maybe even a little creative problem-solving and thinking in the middle of the chaos.

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When Does a Tween Become a Teen?

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.



I picked my son and a few of his friends up from middle school to drive them to an activity. These were friends that he - and I - have known since kindergarten, and this was nowhere near the first time this crew had been in my car, although it had been a while. Gone was the silly chattering of the early days, replaced by the silence of kids engrossed in their phones. Suddenly, I was startled by a grown man's laugh coming from the back seat. More startling was the realization that the sound came from one of the 13-year-olds whose voice had dropped several octaves since the last time I drove him anywhere!

Somewhere in the past couple of years, toys have been phased out in my house, my boy has experimented with shaving the peach fuzz on his upper lip, and wearing deodorant has become mandatory for my small people, only one of whom is still smaller than me - and not by much! Like most parenting milestones, the transition from tween to teen isn't marked by any one moment, it

sneaks up on you. One minute you're stepping on Lego blocks and getting glitter out of the couch. Next, you find yourself waist deep in important conversations and being impressed by your child's Spotify playlist. So, when exactly does a tween become a teen?

"Tween" and "Teen" Defined

The transition from tween to teen often happens without parents noticing because the shift can be subtle. Technically, though, the label "tween" refers to kids between the ages of nine and 12 while the designation of "teen" refers to kids between 13 and 19.

Physical changes

Puberty tends to offer the most obvious signs that your child is maturing, although it cannot be used as the only marker. Puberty onset typically occurs between the ages of eight and 13 for females and nine and 14 for males. While these are general ranges, it is important to remember that individual timelines can vary.

During puberty, your child will experience growth spurts, a change in voice, body odor, development of secondary sex characteristics, and acne will likely appear, along with other signs of maturation.

Emotional changes

Your child will go through emotional changes during this time of transformation. As your tween moves closer to becoming a teen, you may notice him doing very developmentally normal things such as testing your boundaries, asserting his independence, and forming opinions that are different from yours, possibly for that very reason. Your child may also turn inward, becoming more private about his friendships, activities, and daily life. He may also spend more time alone in his room engaged in solo pursuits, or make plans to go off with friends, rather than spend time with family. These changes are developmentally normal, but they can leave a parent wondering where their family-movie, hug-loving child has gone and who

this moodier, smellier person is who has taken their place.

Fits and starts

One of the tricky things about parenting a tween-turning-teen is that the maturation process does not follow a straight line. Your child may grow five inches in a year, but seem to lag-behind his peers emotionally. Your daughter may seem wise beyond her years, but still look like a young child. And, to make it even more disorienting, your child who seems to have become emotionally mature, may just a day, week, or even minute later seem quite the opposite.

As they develop, kids at this age toggle back and forth between stages. For quite a while, you will notice that they seem to have one foot in childhood, even as they are dipping their toe into the adult world.

To truly identify the shift from a young child to a teen, you want to take a step back from the day-to-day experience of your child. Take a big picture look at his interests and how they have evolved and are evolving. Does he still gravitate towards mainly childish pursuits, or is he regularly choosing more mature activities and pastimes? Evaluate his emotional awareness and social experiences. Does he seem to be craving more independence within the family as he works to establish his identity? Is he often sharing more of his private life with friends rather than parents?

If your child is shifting to becoming a full-fledged teen, you will likely also notice that he will be better able to understand the nuances of life, such as in movie characters, global news, and his community. Instead of viewing things as black and white, kids of this stage begin to find and understand the "gray," and seek out the reasons behind people's actions.

Embrace the transition

The tween and teen years can be unpredictable and, at times, difficult times for parents.

The emotional pull-away can be difficult; it can feel like rejection. But remember that your child is doing what he is meant to do; it's not personal – it's a developmental necessity. He's working to figure out who he is, and exploration can require space.

Pat yourself on the back for doing a good job rolling with the punches of

this stage and look for the glimpses of the emerging adult. It's exciting to see his unfolding identity. He needs your admiration, support, patience, and a whole heaping dose of grace. Even though it's not always obvious, you're still his compass, even if you're no longer holding the map.



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Father's Day is almost here, and what better way to celebrate dads than with a heartfelt gift? However, dads are notoriously hard to buy for, either because they say they do not want anything or already have everything. For this reason, we created this Father's Day gift guide. There is bound to be at least one idea you can use for Dad this Father's Day!

Before You Start

The first task to tackle is talking with your kids about the activities Dad likes to do and what would make a good gift. Does he go to live music shows? Is he a fantastic cook or grill master? Does he play basketball or soccer? Next, check out the suggestions below to find the perfect gift based on what Dad enjoys and what gift idea appeals to your family.

Gift Idea #1: Experiences for Dad

Skip the traditional necktie or set of grill tools and get Dad an experience this year. Experiences create memories that Dad will never forget. You do not have to limit the experience to things happening on Father's Day either. There are so many fun things to do in Austin that you are sure to find something Dad will love. Plus, when you give Dad a fun experiential gift, you can still spend Father's Day together as a family, but he has something to look forward to doing.

Here are some options Dad might like:

- Sign him up for a cooking class.
- Register him for a lecture series or Master Class.
- Buy tickets to see his favorite sports team.
- Send him to a wine or whiskey tasting class.
- Buy him concert or music festival tickets.

Gift Idea #2: Experiences for the Family

If you want your Father's Day gift to foster family togetherness, get Dad an experience the whole family can enjoy. Family activities can be challenging if your kids are young. For this reason, we recommend starting by talking with your kids about what Dad likes to do. Does he love movies? Is he a homebody? Does he love the outdoors? Let these questions be a starting point that will lead you to something your whole family will enjoy.

Here are a few family-friendly experiences you can give to Dad:

- Take the family to a drive-in theater (there are several in and around Austin.)
- Go boating on one of the lakes around town.

- Rent kayaks or stand-up paddle boards on Lady Bird Lake.
- Buy a new board game for the family to enjoy together.
- Take a day trip to a small Texas town nearby for food and fun.

Remember, these family experiences are the best when you and your kids are fully present. Ask your kids to stow away their phones and tablets for the day so they can be attentive and enjoy their time with Dad.

Gift Idea #3: Niche and Hobby Gifts

As parents, we rarely have time or funds to dedicate to our hobbies. If Dad has a hobby that he loves, Father's Day is a great time to let him pour into that. Think about his hobbies and what could make them more fun. When he opens his gift, remember to give him some time to try it out, even if that means leaving him alone for the afternoon.

Here are some ideas to get you started:

- New sports equipment (golf clubs, basketball, tennis racket, etc.).
- Headphone stand for gaming or wireless gaming controllers.
- Homebrew kit.
- Gym membership.
- Fishing rod or new tackle kit.

Gift Idea #4: Sentimental or Personalized Items

We all want our dads to cherish the gifts we give them, which is why sentimental and personalized items can be a good choice for Father's Day. The key to finding these gifts is having time to devote to them before Father's Day. Remind your kids to keep the gift a secret while you are working on buying or making it.

Here are a few suggestions:

- Personalized keychain decorated with kids' ages, names, or birthdates.
- Custom photo book.
- Artwork inspired by a family picture.
- Monogrammed wallet, messenger bag, or suitcase.

Crack the Father's Day Gift Code



- Create a “What I Love About Dad” book. Make your own or order one online.

Gift Idea #5: Start a Father’s Day Tradition

It is never too late to start a new Father’s Day tradition. Even if your kids are teenagers, you can start a tradition. Traditions create strong family bonds and lasting memories for Dad and your kids.

Try one of these fun and meaningful gifts you can replicate year after year:

- Everyone picks out a silly tie or coffee mug.
- Buy a new board game every year and play it together on Father’s Day.
- Get Dad a fun new kitchen item, like a countertop pizza oven, including the ingredients needed to make a meal.
- Bring Dad breakfast in bed.
- Buy Dad a new swimsuit and head to your favorite swimming hole.

Gift Idea #6: Last Minute Gift Ideas

If you are reading this article on June 14th realizing Father’s Day is tomorrow, do not panic. We have last-minute Father’s Day gift ideas for you. These gifts do not require a trip to the store or waiting for a package to arrive.

Gather your kids and put them to work on one of these ideas:

- Write notes to Dad telling him what you love about him. Place the notes in a jar so he can take one out and read it when he needs encouragement.
- Make handprint or fingerprint art. Check out ideas online and let your kids get creative!

- Buy Dad a fitness app or online video game subscription.
- Combine spices from your pantry in a jar to create a customized grilling spice mix.
- Make Dad a homemade Best Dad Trophy using items you have around the house, such as Lego blocks, cardboard, or clay.

Gifting Tips

When searching for the perfect Father’s Day gift, make sure it is a kid-led effort. Mom may be initiating a trip to the store or paying for the gift, but what makes any Father’s Day gift special is that it comes from his kids. Dedicate time to discussing what you love about Dad and how you can give him a gift that reflects what the kids appreciate most.

Try not to rush through picking out a gift so kids can choose something meaningful.

Do not fret if you lack the funds to spend on an extravagant gift; have each kid write a special note telling Dad how much he means to them and attach his favorite candy bar or drink.

The goal is not about getting Dad a big present; it is to offer a token of appreciation for how much he has done for your family and meant to you over the past year. This year, take the opportunity to make Father’s Day extra-special with meaningful gifts and fun traditions!



CATHERINE MICHALK

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

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SUMMER CAMP GUIDE

CAMP	AGES	WEBSITE	PHONE	LOCATION
SUMMER CAMPS				
ARMSTRONG COMMUNITY MUSIC SCHOOL	3-10 yrs	www.acmsaustin.org	512-474-2331	W
ART CAMPS OF CORDOVAN ART SCHOOL	5-16 yrs	www.cordovanartschool.com	512-275-4040	NW/SW/CP/GT/RR-2
AUSTIN BAT CAVE SUMMER CAMP	8-17 yrs	www.austinbatcave.org/youth-camps		E
BADGERDOG CREATIVE WRITING CAMPS	9-18 yrs	www.austinlibrary.org/creative-writing-camps	512-542-0076	C
BRANDY PERRYMAN SHOOTING CAMP	8-17 yrs	www.bperrymanshootingcamp.com	830-625-9105	N/C/S/W-2/SW/CP/GT/RR-2
CAMP CHAMPIONS	6-17 yrs	www.campchampions.com	830-598-2571	Marble Falls, TX
CAMP DOUBLECREEK	4-14 yrs	www.campdoublecreek.com	512-255-3661	PF
CAMP HEART O' THE HILLS FOR GIRLS	6-16 yrs	www.hohcamp.com	830-238-4650	Hunt, TX
CAMP STEWART FOR BOYS	6-16 yrs	www.campstewart.com	830-238-4670	Hunt, TX
CAMP SWITCH WILLO	6-13 yrs	www.switchwillo.com	512-920-0554	N
CARPE DIEM SUMMER CAMP	5-12 yrs	www.carpediempreschool.com	512-229-0373	CP
CLUB SCIKIDZ	4-15 yrs	www.austin.clubscikidz.com	512-401-9369	C/S
CODING WITH KIDS	5-18 yrs	www.codingwithkids.com		N/SW/OL/RR-4
CONCORDIA TEXAS MUSIC CAMP	14-17 yrs	https://tinyurl.com/pxmzt8hs	512-313-4289	NW
CONCORDIA TEXAS ARDUINO CODING CAMP	14-18 yrs	https://tinyurl.com/pxmzt8hs	512-313-4289	NW
COUNTRY HOME LEARNING CENTER	5-13 yrs	www.countryhomelearningcenter.com	512-288-8220	N/S
DANCE DISCOVERY	3-18 yrs	www.dancediscovery.com	512-419-7611	C/RR
ENDEAVOR SUMMER CAMP	5-10 yrs	www.endeavormontessori.com	512-572-0400	PF
FANTASTIC MAGIC CAMP	5-12 yrs	www.magiccamp.com	512-988-3045	C
IDEA LAB	5-13 yrs	www.austin.idealabkids.com	512-710-9654	N/C
JUMP! GYMNASTICS	3-10 yrs	www.jumpgymnastics.com	512-593-6226	N/C/S
KIDSACTING SUMMER CAMPS	4-18 yrs	www.kidsactingstudio.com	512-836-5437	16 Locations
MAD SCIENCE SUMMER CAMPS	4-12 yrs	www.madscience.org	512-892-1143	Multiple
MASTER GOHRING TAI CHI AND KUNG FU	4-Adult	www.mastergohring.com	512-879-7553	C
NEWK'S OUTBACK ADVENTURE CAMP	8-17 yrs	www.newkennis.com	830-625-9105	New Braunfels, TX
NITRO SWIM	Inf-Adult	www.nitroswim.com	512-259-7999	K/LT/NW
ORPHEUS ACADEMY	4-18 yrs	www.orpheusacademy.com/summercamps	512-231-8999	NW/CP
PARAGON PREP SUMMER CAMP	3-8th	www.paragonprep.org	512-459-5040	N
REDEEMER SUMMER CAMPS	4-8 yrs	www.redeemerschool.net	512-451-6478	N
RIO VISTA FARM	5-15 yrs	www.riovistafarm.net	512-829-4398	DS
SPICEWOOD COUNTRY CAMP	3 ½-10 ½ yrs	www.spicewoodcountry.com	512-346-2992	NW
STEPPING STONE SCHOOLS	5-11 yrs	www.stepsingstoneschool.com	512-459-0258	18 Locations
STICKY FINGERS COOKING SCHOOL	5-12 yrs	www.stickyfingerscooking.com	512-955-7550	N/C/NW/SW/GT/RR-2
SUGAR & SPICE RANCH CAMP	5 & up	www.texashorsecamps.com	830-460-8487	Bandera, TX
SYNERGY DANCE	3-18 yrs	www.synergydancestudio.com	512-327-4130	W
TEX-ARTS	5-18 yrs	www.tex-arts.org	512-852-9079	LT
UNIVERSITY UNIONS AT UTEXAS ESPORTS SUMMER CAMP	10-16 yrs	www.universityunions.utexas.edu/university-texas-esports-summer-camp	512-232-2697	C
UT RADIO TV FILM	6-18 yrs	www.rtf.utexas.edu	512-471-6617	C

LOCATIONS
N, C, S, E, W, NW, SW
for Austin locations

BR for Burnet
CP for Cedar Park
DS for Dripping Springs

GT for Georgetown
K for Kyle
L for Leander

LT for Lake Travis
PF for Pflugerville
RR for Round Rock

OL for Online

DAY CAMPS

ARMSTRONG COMMUNITY MUSIC SCHOOL	3-10 yrs	www.acmsaustin.org	512-474-2331	W
ART CAMPS OF CORDOVAN ART SCHOOL	5-16 yrs	www.cordovanartschool.com	512-275-4040	NW/SW/CP/GT/RR-2
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COUNTRY HOME LEARNING CENTER	5-13 yrs	www.countryhomelearningcenter.com	512-288-8220	N/S
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SUGAR & SPICE RANCH CAMP	5 & up	www.texas-horse-camps.com	830-460-8487	Bandera, TX

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UT RADIO TV FILM	6-18 yrs	www.rtf.utexas.edu	512-471-6617	C

SPORT CAMPS

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CAMP SWITCH WILLO	6-13 yrs	www.switchwillo.com	512-920-0554	N
JUMP! GYMNASTICS	3-10 yrs	www.jump-austin.com	512-705-9659	S/C
MASTER GOHRING TAI CHI AND KUNG FU	4-18 yrs	www.mastergohring.com	512-879-7553	C
NEWK'S OUTBACK ADVENTURE CAMP	8-17 yrs	www.newktennis.com	830-625-9105	New Braunfels, TX
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TRADITIONAL CAMPS

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JUNE 9-13	Rockstar
JUNE 16-20	Space Odyssey
JUNE 23-27	Robots
JUNE 30 - JULY 3	Olympic Stars*
JULY 7-11	Undercover Agents
JULY 14-18	Rainforest Funfari
JULY 21-25	Jurassic Journey
JULY 28 - AUG 1	X Marks the Spot
AUGUST 4-8	Passport to Adventure
AUGUST 11-15	Mermaid Island

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 May 27-30 Unicorns & Rainbows
 June 9-13 Disney Discovery
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 July 28-1 Princess Party
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SUMMER CLASSES OFFERED JUNE 3 - JULY 26
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 June 2-6 Swiftie Summer
 June 16-20 Movie Mania
 July 7-11 Popstar Legends
 July 14-18 American Girl Doll
 July 21-25 Wicked
 July 28-1 Moana's Luau

Intensives Ages 7-18yrs
 May 27-30 Stretch & Conditioning
 June 9-13 Ballet/Modern
 June 16-20 Broadway Bound
 June 23-27 Jazz/Hip Hop
 July 14-18 Ballet/Top/Jazz
 July 21-25 Contemporary/Modern
 July 28-1 Drill Team



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7 Tips to Help Kids Overcome Negativity

Family Matters



DR. BETTY RICHARDSON

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



Q Our 10-year-old son, Scott, is negative about his abilities. He says he is not smart enough. He often claims assignments are too difficult, so he doesn't try to do them. There is a lot of complaining. He wants help with assignments he is capable of completing. What are some possible causes of negativity? What suggestions do you have for his mother and me to help our son be more positive?

A You ask about possible causes of negativity. Depression can be a cause as can just being around others who are negative. Kids who have ADHD and are not on medication can also have difficulty with mental organization and confidence in their abilities.

As far as suggestions to help your son be more positive, I offer you the following suggestions. There is no particular order, and some can be done concurrently.

1. Arrange for your son to be around more positive people. Einstein is quoted as saying "Stay away from negative people. They have a problem for every solution." The phenomenon of emotions such as negativity spreading from one

person to another is known as an emotion contagion. Be certain you and your husband are being positive.

2. Empathize. Resist fixing. "Yes, this is tough, but you can do it."
3. Develop a list of positive affirmations. Display the list on the bathroom mirror or another prominent place where it will be seen frequently. Discuss these positive affirmations. Have everyone in the family say a positive affirmation about themselves at meals and/or in the car. Everyone can benefit from positive affirmations.
4. Hire a tutor or get a fellow student who is doing well in school, to help with understanding school subjects and homework assignments. Talk with Scott's teacher to find ways to make certain homework assignments are submitted.
5. Find games for the family and friends to play that have a reasonable chance for your son to win some of the time. Don't just let him win. I think kids catch on to being let to win. It's best that they win honestly.

6. Have your child do a writing exercise developed by Elizabeth Scott, a wellness coach and health educator and the national Alliance on Mental Illness. Have your child write down negative or disempowering statements he has thought about himself. Have the him write the words two more times, shut his eyes, and mentally erase the words. Next, erase the written words with an eraser. Lastly, the child is to "write a positive, affirming statement in place of the negative one."
7. Has your son seen a mental health professional? Consider setting up an appointment for him to be evaluated.

When you try these strategies, it is likely that you will have a more positive child. You may find that you as parents will be more positive too.

VISITAR www.austinfamily.com
7 consejos para ayudar a los niños a superar la negatividad

An Interview With Ashlee Johnson, Jeremiah Program



AF: Tell our Austin Family readers about yourself and your family.

After my son was born, we moved to Austin in 2016 to put down roots and begin our journey as a family. With the support of our Austin-based family, we found a strong foundation. As we became independent, one of the most impactful influences was the Jeremiah Program, JP, a transformative initiative that empowers single mothers through education and support.

My son is nine years old and saw me earn my Bachelor of Science in Cybersecurity. With the support of JP's housing and coaching, I studied Somatic Movement at Austin Community College. I participated in Spark Tank, where I began cultivating my early visions of entrepreneurship.

AF: Who has been a role model for you as a mom and why?

I deeply value the Spirit-led Mamas in my church. They embody motherhood

with such grace and compassion, redefining what it truly means to nurture. Even in the hard moments when I feel like I've failed, they remind me that I was chosen to be my son's mama.

AF: What are a few good things about raising kids in Austin?

There are some great programs in Austin to keep kids engaged without breaking the bank. I appreciate all that Austin Parks and Recreation offers. We also enjoy the charter school my son attends. There's also so much to explore through the events at Mueller Park, and I'm looking forward to some river days this summer.

AF: What is some of the best parenting advice you've received?

I've read quite a few parenting books, and the advice I return to most is the importance of simply being present with my child and his big emotions. Reflecting on what he's feeling and experiencing helps build his emotional awareness and creates space for those feelings to exist.

AF: If you had known then what you know now, what would you have worried about less as a parent?

I used to be a helicopter mom with control issues, and looking back, I admire the freedom I saw other moms giving to their kids, especially those with multiple children. I wish I had embraced that sooner, but as my son grows, I've started to let go more. I've learned that trying to prevent every mess or rushing to rescue him from mistakes hinders his development. It's a process, but I'm realizing I can trust my values,

community, and behavior as a model for him.

AF: What's one of the biggest challenges of parenting you didn't expect?

Allowing natural consequences to provide appropriate and meaningful learning experiences. I want to give him what I think he deserves or what brings him joy, but I realize there's a difference between healthy and enabling. In two-parent households, there's often the ability to take on different roles, one to teach the lesson and the other to nurture. Navigating both roles on my own can be tough.

AF: What do you love about being a mom?

I love the growth and development that comes with stepping into motherhood. Each new stage of my son's childhood brings a fresh perspective to my own life. Having a small companion in this season of life is a joy I wouldn't trade for anything in the world.

It's time to start enjoying life!

Do you need help with personal, parenting or marital issues?

Do you need to reduce your worry and anxiety?

LET'S WORK TOGETHER

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Betty Kehl Richardson
PhD, RN, CS, LWFT, LPC

Licensed Professional Counselor
Licensed Marriage and Family Counselor
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bkrich5207@gmail.com for an appointment.
Evening and Weekend Appointments Available.

June 2025 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.

Sun 1

Round Rock Express Home Game. Times vary. Family fun, giveaways, and themed nights. Dell Diamond, 3400 E. Palm Valley Blvd. www.milb.com.

Mon 2

First Day of Summer Reading. 9 a.m. to 8 p.m. Stop by the library to pick-up your reading logs to start the reading challenge. Leander Public Library, 1011 S. Bagdad. www.leandertx.gov.

John O'Bryant Magic. 2 p.m. Show runs approximately 45 minutes with magic, goofy props, storytelling, and audience participation. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Fri 6

Lights, Camera, Action! Afternoon Movie at Hampton Library. 2:30 to 4 p.m. Join us for an afternoon showing of The Wild Robot. Snacks and refreshments provided. Hampton Branch at Oak Hill Library, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

June Movie in the Park. 6 p.m. Dive into a world of fun. Lake Kyle Park, 700 Lehman Rd. www.cityofkyle.com/calendar.

Music in the Park. 7 p.m. Bring lawn chairs, pfurry friends, blankets, picnic baskets, friends, and neighbors for an evening of music, entertainment, and relaxation. Pflugger Park, 598 City Park Rd. FREE. www.pflugervilletx.gov.

Mufasa: The Lion King (2024) - Community Cinema. 8 to 11 p.m. Bring chairs, blankets, family, friends, and enjoy a special screening. Community Cinema, 9301 Hog Eye Rd. FREE. www.mlf.org.

Sat 7

Pfishing Day at Lake Pflugerville. 9 a.m. to 12 p.m. Enjoy the thrill of pfishing with poles and bait. Lake Pflugerville, 4600 E. Pflugerville Pkwy. www.pflugervilletx.gov.

Kids Block Party. 9 a.m. to 12:30 p.m. Join us for Austin Public Library's yearly Kids Block Party, the city's festival celebrating children, literacy, and learning through play. Central Library, 710 W. César Chávez St. Demonstration Area. FREE. www.library.austintexas.gov.

Pop Up Play Day Series. 9 to 11 a.m. "Pop Up Play Day" is popping into your community park. Kinningham Park, 1000 Southcreek Dr. www.roundrocktexas.gov.

NICU Graduate Reunion. 11 a.m. to 3 p.m. Family-friendly event to celebrate the NICU graduation for kids of all ages. Kid-friendly live music and activities. Amazing raffle prizes. Q2 Stadium, 10414 McKalla. www.handtohold.org/nicugrad.

Get Crafty: Father's Day Edition. 12:30 to 3 p.m. Join us for a Father's Day craft event to celebrate fathers with a fun, creative activity. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

JAWS on the Water. 5 to 11 p.m. What better way to watch Jaws than in Lake Travis floating in the water. Volente Beach Resort and Waterpark, 16107 Farm to Market Rd. 2769. \$35 and up. www.drafthouse.com.

Freedom + Juneteenth. 6 to 9:30 p.m. Bring a lawn chair, blanket, and enjoy an evening at the park. Pease District Park, 1100 Kingsbury St. FREE. www.peasepark.org.

Sun 8

14th Celebrando - Salsa & Heritage Festival - Bahian Dream. 3 p.m. Boricua cultural exchange with Bahia, Brazil. JCC Austin, 7300 Hart Ln. www.shalomaustin.org.

Mon 9

Teddy Bear Clinic. 10 to 11 a.m. The program will familiarize your child with doctor's visits and clinical procedures through play with a stuffed animal. Terrazas Branch, 1105 E. César Chávez St. FREE. www.library.austintexas.gov.

Jungle Explorers. 2 to 3 p.m. Explore the rainforest with crafts and activities that bring the feel of the jungle to you. Pleasant Hill Branch, 211 E. William Cannon Dr. FREE. www.library.austintexas.gov.

Mo Willems Party. 6 to 7 p.m. Celebrate all things Mo Willems with crafts, games, photo booth, try to pin the nose on Piggie, or walk around with a bird on your head. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. www.library.austintexas.gov.

Tue 10

Stitchin' Critters for Tweens. 2 to 3:30 p.m. Swing by the library for a wild time. Central Library, 710 W. César Chávez St. Demonstration Area. FREE. www.library.austintexas.gov.

Mini Habitats. 3:30 to 4:30 p.m. Build a miniature home for an animal in the jungle, forest, or ocean. Milwood Branch, 12500 Amherst Dr. FREE. www.library.austintexas.gov.

Mad Science Presents: Fire & Ice. 1 to 2 p.m. Prepare to be amazed as science and magic collide in a breathtaking performance of color, light, and wonder. Terrazas Branch, 1105 E. César Chávez St. FREE. www.library.austintexas.gov.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Thu 12

Preschool Imagination Station: Mail Time. 10 to 10:45 a.m. Designed for young learners, Imagination Station encourages learning through play. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Fri 13

Tiny Tails to You Petting Zoo. 11 a.m. to 1 p.m. It'll be cuteness overload at this Tiny Tails Petting Zoo. Meet adorable animals, ask questions, and learn all about these cool critters. Laura's Library, 9411 Bee Cave Rd. www.westbanklibrary.com.

Juneteenth Festival Round Rock. 6 to 11:30 p.m. The concert is FREE for the entire family and parking on Saturday is \$10 cash-only. Old Settlers Park, 3300 Palm Valley Blvd. www.roundrocktexas.gov.

Wicked (2024) - Community Cinema. 8 to 11 p.m. Bring chairs, blanket, family and friends. Community Cinema, 9301 Hog Eye Rd. FREE. www.mlf.org.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Sat 14

Animanga Fest. 12 to 2 p.m. Celebrate all things anime and manga at this family-friendly event with anime trivia, and an Iron Cosplay Contest. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

Dinosaurs of Texas with BK Bones. 1 p.m. You might call the Lone Star State the "Bone Star State" after this presentation. Laura's Library, 9411 Bee Cave Rd. www.westbanklibrary.com.

Nature Explorers. 2 to 3 p.m. Invite nature into your summer by making a bee hotel, nature journal, and more. Cepeda Branch, 651 N. Pleasant Valley Rd. FREE. www.library.austintexas.gov.

Juneteenth Block Party. 5 to 9 p.m. In collaboration with the Leander Public Arts and Culture Commission, the City of Leander commemorates Juneteenth with a block party. Robin Bledsoe Park, 601 S. Bagdad Rd. FREE. www.leandertx.gov.

CONTINUED: Round Rock Express Home Game, see Sun 1; Juneteenth Festival Round Rock, see Fri 13.

Sun 15

CONTINUED: Round Rock Express Home Game, see Sun 1.

Mon 16

Music Together Demo Class. 9 a.m. to 1 p.m. Join Heartsong Music for their Summer Session Open House for a Music Together demo class. Heartsong Music, 2700 W. Anderson Ln., Ste. 320. FREE. www.heartsongmusic.net.

Austin Symphony Presents: Tuneful Tales/ La Orquesta Sinfónica de Austin presenta. 6 p.m. in Spanish, 6:25 p.m. in English. Families can experience the magic of the performing arts at Austin Symphony Orchestra's Tuneful Tales Hoot Owl, Master in Disguise. Southeast Branch, 5803 Nuckols Crossing Rd. FREE. www.library.austintexas.gov.

Tue 17

CONTINUED: Music Together Demo Class, see Mon 16.

Wed 18

Imagination Station: Pollinator Week. 10 to 11 a.m. Learn through play in this nature theme playtime celebrating flowers, butterflies, bees, and all pollinator friends. Ruiz Branch, 1600 Grove Blvd. FREE. www.library.austintexas.gov.

Nature Explorers. 11 a.m. to 12 p.m. Invite nature into your summer by making a bee hotel, nature journal, and more. Howson Branch, 2500 Exposition Blvd. FREE. www.library.austintexas.gov.

Narwhal & Jelly Party. 3 to 4 p.m. Celebrate our favorite undersea duo. Make narwhal horns, jellyfish suncatchers, and play Narwhal Unicorn of the Sea Ring Toss. John Gillum Branch, 2505 Steck Ave. FREE. www.library.austintexas.gov.

CONTINUED: Music Together Demo Class, see Mon 16.

Thu 19

Central Texas Juneteenth. 10 a.m. to 9 p.m. This annual event features a parade with floats and entertainment, and a celebration with food and local vendors. Rosewood

Park, 2300 Rosewood Ave. FREE. www.juneteenthcentraltexas.com.

CONTINUED: Music Together Demo Class, see Mon 16.

Fri 20

Teddy Bear Clinic.

11:30 a.m. A pediatrician from Texas Children's Hospital will lead a Teddy Bear Clinic for children and their caregivers. Westbank Community Library, 1309 Westbank Dr. www.westbanklibrary.com.

Mad Science Presents: Fire & Ice. 1 to 2 p.m. Prepare to be amazed as science and magic collide in a breathtaking performance of color, light, and wonder. Yarborough Branch, 2200 Hancock Dr. FREE. www.library.austintexas.gov.

CONTINUED: Music Together Demo Class, see Mon 16.

Sat 21

Mini Habitats. 1:30 to 2:30 p.m. Build a miniature home for an animal in the jungle, forest, or ocean. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

Make Music Day: Family Event at Buda Public Library. 2 to 3:30 p.m. Buda is celebrating Make Music Day. Buda Library, 405 E. Loop St. www.budalibrary.libcal.com/calendar.

CONTINUED: JAWS on the Water, see Sat 7; Music Together Demo Class, see Mon 16.

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SATURDAY, JUNE 14TH

10:00 A.M. - 12:00 P.M.

ZILKER TRAIN DEPOT (2131 · WILLIAM BARTON DR.)

Mon 23

Mad Science. 1 p.m. Come enjoy an interactive science show that will spark your children's imagination, make them laugh, and get them excited about learning. Westbank Community Library, 1309 Westbank Dr. FREE. www.westbanklibrary.com.

Mo Willems Party. 1:30 to 2:30 p.m. Celebrate all things Mo Willems with crafts, games, photo booth, pin the nose on Piggie, or walk around with a bird on your head. Windsor Park Branch, 5833 Westminster Dr. FREE. www.library.austintexas.gov.

Tue 24

Mad about Hoops for Kids. 2 to 3 p.m. Kids can take part in a fun, interactive hula hoop lesson, watch a hula hoop performance, and enjoy a reading of the children's book. Menchaca Rd. Branch, 5500 Menchaca Rd. FREE. www.library.austintexas.gov.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Wed 25

Mo Willems Party. 11 a.m. to 12 p.m. Celebrate all things Mo Willems with crafts, games, photo booth, pin the nose on Piggie or walk around with a bird on your head. Howson Branch, 2500 Exposition Blvd. FREE. www.library.austintexas.gov.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Thu 26

Elgin Western Days. 6 to 9 p.m. Kicks off Thursday with Family Foam Hoedown. Friday golf tournament and goat roping. Saturday with parade, round up, and park festivities. Elgin Memorial Park and Main St. Downtown. FREE. www.elgintxchamber.com.

CONTINUED: Round Rock Express Home Game, see Sun 1.

Fri 27

Mad Science. 3 p.m. Come enjoy an interactive science show that will spark your children's imaginations, make them laugh, and get them excited about learning with demonstrations and experiments. Laura's Library, 9411 Bee Cave Rd. FREE. www.westbanklibrary.org.

Summer Astronomy Night. 9 p.m. This party kicks off with astronomically fun activities inside the lobby that all ages will enjoy including art, puzzles, and games. The night sky should be dark enough for telescope viewing by 9:30 pm on the library's south lawn. No registration required. Buda Library, 405 E. Loop St., Bldg. 100. www.budalibrary.org.

CONTINUED: Elgin Western Days, see Thu 26.

Sat 28

Dinosaur Day. 10 a.m. to 3 p.m. Join Texas Science & Natural History Museum to celebrate all things dinosaur. Texas Science & Natural History Museum, 2400 Trinity St. www.sciencemuseum.utexas.edu.

Mad Science Presents: Fire & Ice. 11 a.m. to 12 p.m. Prepare to be amazed as science and magic collide in a breathtaking performance of color, light, and wonder. Spicewood Springs Branch, 8637 Spicewood Springs Rd. FREE. www.library.austintexas.gov.

Jungle Explorers. 1 to 2 p.m. Explore the rainforest with crafts and activities that bring the feel of the jungle to you. Hampton Branch at Oak Hill, 5125 Convict Hill Rd. FREE. www.library.austintexas.gov.

Bastrop's Annual BIG BANG! Celebration. 6 to 9:30 p.m. Join us for an epic evening of patriotic fun. Main St. and Fisherman's Park, 1200 Willow St. www.visitbastrop.com.

CONTINUED: Elgin Western Days, see Thu 26.

Sun 29

CONTINUED: Round Rock Express Home Game, see Sun 1.

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Build a Father's Day Step Stool

Father's Day began at the YMCA in Spokane, Washington, in 1910 when a young girl named Sonora Louise Smart wanted to honor her father, a widower who had raised six children on his own.

Today, the third Sunday in June, we celebrate fathers across America with a special day of their own. To add a special twist, we suggest doing a simple DIY stepping stool construction project with Dad, letting the kids dream up the design while Dad plays handyman.



The process requires creativity, planning, teamwork, and maybe some improvisation. When finished, you'll have a useful stool to help at the bathroom sink or other hard-to-reach areas of the house. It will be a lasting reminder of the lessons fathers everywhere help instill in kids.

Materials Needed:

- 1) Wood
- 2) Saw
- 3) Drill
- 4) Screws

Note: Depending on the size and thickness of the wood, a hammer and nail could also work for this project.

Step 1: Gather your pieces of wood. You can use any variety of sizes, or purchase a 2" x 4" at your local hardware store for a couple of dollars. In our case, we used some 2" x 3" boards gathering dust in the garage.

Step 2: Make your design. You'll need a ruler and a pencil to plan your work and a notebook to sketch your ideas. For this project, we're cutting five 12-inch pieces that we'll assemble.

Step 3: Measure and cut. Depending on the size and length of the boards, you'll need to make four or five cuts. When using a saw, it's a good idea to wear protective gloves and eyewear.

Step 4: Drill guiding holes. While this step is not mandatory, it will make the next step faster and easier.

Step 5: Assemble with wood screws. Once your wood is cut and holes drilled, it's time to assemble.

The Greater Austin YMCA celebrates fathers and caregivers every day of the year with opportunities to spend quality family time in its pools, gyms, playgrounds, fitness centers, and special events. Information on memberships is available at www.AustinYMCA.org.

Jordan Ashley Photography

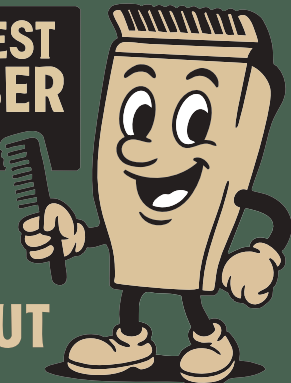


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