

*RAISE A HEALTHY EATER

UNDERSTAND
THE MIND & MOOD
CONNECTION

LIFESAVING FOOD-ALLERGY NEWS



THE DISNEY
VACATION
THAT'S RIGHT FOR
YOUR FAMILY



KEEP YOUR COOLWHEN YOU'RE
ABOUT TO SNAP







For many families, the **kitchen** is the heart of the house, but also one of the most hazardous. **FOLLOW THESE TIPS** below to safely childproof your kitchen so your kids can explore, learn, and play.

Safe Stove

When cooking, try to use the rear hot plates as much as possible. Be sure to turn pot and pan handles so they face inwards to prevent your child from grabbing the handles and pulling them down. Remove stove knobs or use stove knob covers to keep your child from playing with them.

Safe Supervision

Watching your child at all times is the best way to keep them safe in the kitchen. If you're busy cooking dinner, secure them in their highchair or put them in a play yard nearby, and let them play with interesting—but safe—kitchen objects like wooden spoons or plastic storage containers.



Z Safe Supplies

Detergents, cleaning products, and other household chemicals are often stored under the sink, but it is safer to keep them in a cabinet up high and out of reach. Be sure to use child safety locks, and consider child safety packages, like the **Tide PODS* Child-Guard™ Pack**, whenever possible to help prevent children from opening the package.





It only takes a second

Keep laundry pacs away from children



KEEP THEM



KEEP THEM
CLOSED



KEEP THEM SAFE



Cats Can't Resist™



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Catie and Jack, 5 years. Photograph by Priscilla Gragg, Wardrobe styling by Jenn Bonnett. Prop styling by Kendra Smoot. Hair and makeup by Tricia Turner. Studio teaching by Susan Gill. On Catie: Necklace, Metalepsis Project. Earrings, Nettie Kent. On Jack: Shirt, Le Petit Germain from overtheocean.com. Shoes, Native Shoes.



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the Parents team answers

The Superpower I'd Pick

Talking to animals so I could prove once and for all that I'm my dogs' favorite family member.

Kathryn Beauleau, Art Assistant

Freezing time. I could keep my soon-to-be toddler a baby for a little bit longer.

Marisa LaScala, News Editor

Weather manipulation. I'd make it cool, dry, and sunny year-round. Adios, frizzy-hair days!

Leslie Corona, Assistant Lifestyle Editor

Flight! I love to travel, and being able to fly would make trips around the globe that much easier.

Erika Thompson, Photo Assistant

5 Healing. As a mom of little ones, I think nothing would be more amazing than soothing and curing with a simple touch.

Michaela Garibaldi, Managing Editor

Superhuman speed. Sub-3:00 marathon, here I come—but only if it means more time to run, which I haven't seemed to have since the birth of my son.

Laura Fenton, Lifestyle Director

Night vision. I'd have stopped stubbing my toe when I checked in on my son as a baby, waking him up and defeating the entire purpose of checking in on him.

Barbara Brandon-Croft,
Research Director

Materialization. I'm imagining more productive mornings and the ability to make it to the gym at the end of the day.

Riyana Straetker, Editorial Assistant

Mind control. Child: "I don't want to go to bed!" Me: "You want to go to bed." Child: "I want to go to bed."

John O'Sullivan,

Senior Art Production Manager

guess my power move

ONE SUREFIRE WAY to get a dinner party going in an interesting direction is to have the group play "Guess My High-School Superlative." You remember those awful lists: cutest boy, best hair, most likely to succeed/marry well/be indicted. This totally throws people because, what do you say? If they're nice, they'll reach for something mildly complimentary such as "most likely to wear bangs forever," while someone ornery once tossed out "world's worst conversationalist?"

I like that my superlative is an unexpected one. I was voted Most Unpredictable.

Kind of random, right? I was stumped at the time: Was that a good or a bad thing? I decided to take offense since a) I was hardly known for shocking people with my zany tomfoolery and b) that's the insecure, paranoid teenage-girl default.

I've eventually warmed to the label. And I'm here to say: Being unpredictable is an especially effective parenting skill.

I'm the allergic neat freak who so frequently told Steve and the girls we'd never get a cat or a dog that they eventually stopped asking. So when I called a family meeting one Saturday and announced "I'm going on Zyrtec; let's adopt a dog!" the gratitude and good behavior lasted for weeks.

I'm usually peddling vegetables at every meal, so to occasionally announce "Tonight it's pancakes for dinner!" can really win the day.

And, because I'm unpredictable, after a weekend of "nos" and "not nows" the possibility of "yes" hangs in the air when they ask at 5 P.M. on Sunday, "Mommy will you take us to buy glue, shaving cream, and glitter to make slime?" Sure.

I am aware that this mom behavior goes against all the advice about kids needing consistency, order, and clear boundaries. But my ability to keep 'em guessing is the one thing I can do that will divert the energy in the room, startle them into paying attention, and thwart their ability to play (er, I mean predict) me.

In high school, I envied Kim's "most likely to join the United Nations" and Lisa's "best legs." But adult me is proud of this quirky trait, which I've tried to hone and use to my advantage. My younger self saw the superlative as pathetic. Today, being unpredictable is my superpower.



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STRESS TESTED FOR WOMEN

parents 2 parents

PULSE

*MOM" Is Now the Biggest Dang Compliment You Can Give

Being a mom is awesome, right? Just ask Beyoncé, Adele, or Kylie Jenner. No, Jenner doesn't have any kids of her own, but she's MOM all the same. ICYMI: The word is now used as a term of endearment for deserving celebs. And all of us actual moms have much in common with our famous counterparts:

* MOMs Are Epic

The MOM trend first got mainstream attention when Kim Kardashian tried to #BreakTheInternet by tweeting out the *Paper* magazine cover featuring her oil-slathered bod. Singer Lorde responded to Kim's tweet with one word: MOM. After some people were confused by the meaning, Lorde took to TumbIr: "[I] wrote 'MOM,' which among the youthz is a compliment; it basically jokingly means 'adopt me/be my second mom.'"

* MOMs Deserve Respect

The first rule of the MOM club is that no one is allowed to say anything bad about your MOM. During the election, Supreme Court Justice Ruth Bader Ginsburg made a negative comment about then-candidate Donald Trump, which resulted in his tweeting that her "mind is shot." A writer at Jezebel jumped to



her defense with a post titled, "You Leave Our Mom Ruth Bader Ginsburg Alone, You Monster."

MOMs Give Life

Glitter–fueled singer Kesha explained in a recent Yahoo! Style interview that she discovered "MOM" while scrolling through her social–media posts. At first she somewhat nervously wondered if she looked

like a mother in her pics (um, you say that like it's a bad thing, Kesha...ouch), but then she realized that 'MOM' was just a nice way her fans were saying that she "gives them life." Which does not mean ten months of pregnancy and 12 hours of labor (so old-school!). It stands for giving someone energy, validity, or significance.

-Sabrina James

IT'S COME TO THIS Nine elementary students in South Carolina were suspended for violating the school's drug policy by



My Netflix has graduated from "Are you still watching" to "Are you still alive?"

—@Carbosly, via Twitter

LOVE

We Can't Bear It!

If you can't stand the thought of getting rid of those teeny baby clothes (or your old rock-concert tees), The Patchwork Bear can upcycle them into a new stuffed teddy, puppy, bunny, elephant, or bird for your little one. \$15 to \$98; thepatchworkbear.com



PARENTING BY THE NUMBERS

How Families Eat Dinner

We're setting the table for our newest column, a numbersbased look at American families, starting with suppertime.



Vegetables are served at only 23% of dinners.

Children are this much more likely to eat healthy foods if their family eats at least three meals together each week.

50% of caregivers reported the top reason for not having family dinner is that



Prep time remains the number-one challenge to cooking weekday dinner:

31% of women say it's one of their areatest hurdles (followed immediately by cleanup).

70% of millennial moms say they eat together as a family more often than they did two years ago.





ONLY ABOUT FOUR IN TEN CHILDREN HELP DECIDE WHAT TO EAT FOR DINNER.



—compiled by Riyana Straetker

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parents to parents

VOICES

Breastfeeding: Out and Proud

These activists join the growing chorus of nursing moms who want the world to accept a simple idea: Feeding their children in public is natural—and can even be powerful.



* The Warrior Poet

The first time spoken-word artist Hollie McNish nursed in public, a stranger told her she should have stayed home; she retreated to the stalls for the next six months. While on a toilet seat, feeding her baby, she started writing a poem titled "Embarrassed." Its final words:

So no more will I sit on these cold toilet lids
No matter how embarrassed
I feel as she sips
Cos in this country of billboards covered in tits
I think we should try to get used to this.

"Embarrassed" inspired friend and filmmaker Jake Dypka to collaborate with McNish on a short film about her experience (above), and it's been viewed nearly 10 million times on Independent Films' Facebook page. And chances are that's 10 million people who will think twice about giving side-eye to a mother who's nursing her baby in public.

* The Artist

Mom and photographer Vanessa Simmons, founder of the website NormalizeBreastfeeding.org, tours the country taking striking shots of breastfeeding moms (see one below). As her project gained popularity, her site has turned into a "hub" that connects nursing moms around the world with local support. "Unity among mothers is necessary for breastfeeding shame to end," she says.



* The Case-Maker

After several women in Kimberly Seals Allers's life questioned her decision to breastfeed, the journalist researched what was behind that attitude. She says women are "woefully unaware of the commercial influences, social structures, and ways of thinking that set them up to fail before they even begin." Her book, The Big Letdown: How Medicine, Big Business, and Feminism Undermine Breastfeeding, throws a spotlight on the problems behind nursing—and offers a blueprint for how to correct some of them.

-Marisa LaScala

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of her car, she says she was still charged a delivery-room fee of more than \$7,000.

LET'S GET 1000111

Create an indoor camping adventure for the whole family. With a few simple ingredients inspired by **Orville Redenbacher's Gourmet Popping Corn**, spend quality time with your kids bringing the outdoors in.



No campground is complete without a tent. Use a few chairs and drape a large sheet or blanket over the top to form a tent-like structure.



Plug in and pile up a string of lights, circle it with stones and put twigs on top to build a flameless campfire. Make a cozy place to sit near the campfire with sleeping bags and pillows.



Share ghost stories or read by flashlight while passing around a bowl of Orville Redenbacher's Gourmet Popping Corn with the delicious taste of real butter to keep the snackers in your family satisfied.

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KEEP THEM HEALTHY AND HAPPY



rise and strrretch A little Down Dog and Cat-Cow first thing can help set your child up for a happy and productive day. Yoga may ease anxiety and improve classroom behavior, research has shown. For meditations and pose ideas kids can do from bed, try the Yoga Wake Up app, which has age-specific audio sequences for toddlers through tweens. \$1 a session for iOS

How much a preschooler reduces his risk of obesity as a teen by going to bed by 8 p.m. instead of after 9 p.m., according to the National Institute of Child Health and Human Development





DPT for Potty Problems? Yup.

Most kids who have what's known as functional constipation (when a child has a few painful poops and then starts holding it out of fear) are treated with the OTC laxative MiraLax and encouraged to relax on the toilet. But if that doesn't work, a special form of physical therapy might, found a recent study in the journal *Gastroenterology*. After six months, 63 percent of kids ages 5 and up who received the standard care were cured. But when researchers added six sessions of pelvic physiotherapy using yoga

balls and balance boards to the treatment plan, 92 percent of the children got better. If your child hasn't gotten relief from standard treatment, pelvic physical therapy is worth a try, says Anish Sheth, M.D., chief of gastroenterology at the University Medical Center of Princeton. "It gets to the root of the problem, teaching kids how to relax their pelvic floor during a bowel movement instead of straining." In conjunction with laxatives, this therapy can provide kids with long-term relief, says Dr. Sheth.



Playgrounds for Everyone!

To encourage exercise and outdoor play, Target and the nonprofit KaBOOM! have partnered to build 29 playgrounds designed by local kids and parents in low-income communities. With help from volunteers, 20 have been built so far, more recently at the **Crisis House Community** Resource Center in El Cajon, California, and the **Discovery Charter School** in Philadelphia. Target will also help fund 146 of KaBOOM!'s signature mobile playspaces, including Rigamajig building kits that promote STEM learning, and "Imagination Playgrounds" stocked with giant foam blocks and noodles. This innovative equipment lets kids build (and tear down) just about anything they can think up—from towers and tunnels to a mini golf course. Visit kaboom.org to find one of these playspaces near you.



Special Dolls for Special Kids

Nearly 3 million school-age kids in the U.S. have a disability and might appreciate playing with a doll that has one too. These toys make that possible, some even at no cost to you.



* Prosthetic Limbs A Step Ahead Prosthetics and Orthotics can modify American Girl dolls with hand-painted prosthetics free of charge for kids with limb loss. Each doll also has residual limbs, so when a child removes the prosthetic she will see an arm or leg that looks like hers. weareastepahead.com



* Guide Dogs This stuffed German shepherd pup from Lakeshore Learning comes equipped with a harness and a cane. The company also sells crutches, helmets, walkers, wheelchairs, and hearing aids for dolls. \$23; lakeshorelearning.com



Stuffed Animals With Medical Tubes Tubie Friends adapts plush toys to match a child's specific needs for free. The monkey (above) has gastrostomy and tracheostomy tubes; other requests include chest ports and central catheters. tubiefriends.org



* Dolls With Medical Devices Karen Challender of Karen's Kids/Special Angel Dolls creates her dolls from fabric craft foam and other materials. Challender can make her dolls custom with cochlear implants, colostomy bags, shunts, and more. (The doll above has a nasal cannula.) \$82 for a 16" doll or \$90 for a 20" doll; karenskottage.org



* Hospital Beds Inspired by the frequent hospital stays of her 8-year-old daughter, Ava, Jenni Myers makes and sells mobile, adjustable hospital beds for stuffed animals and 18-inch dolls through her Etsy store, DrAvaMedical. Myers also makes and sells other medical equipment on request, including ventilators and feeding pumps. \$120; etsy.com —Sarah Watts

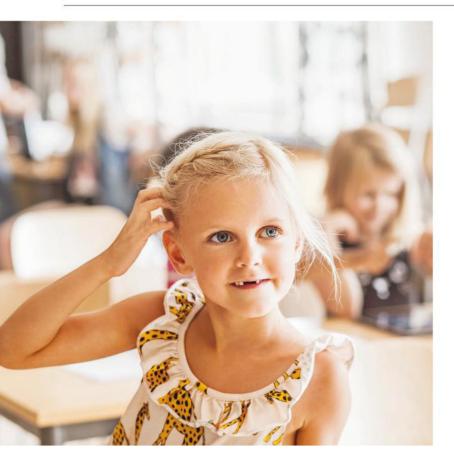
protect. prevent

A Caution About Codeine

The American Academy of Pediatrics is urging parents, doctors, and dentists to stop giving the painkiller codeine to kids under 18. Some children metabolize the drug too quickly, leading to extreme sleepiness, breathing problems, and even death—yet it's still available in OTC cough formulas in 28 states and D.C. If your kid has an upcoming dental or surgical procedure, ask the doctor how much pain he will be in and what medications might be prescribed, says Joseph Tobias, M.D., chief of anesthesiology at Nationwide Children's Hospital, in Columbus, Ohio, and a coauthor of the AAP report. "If the plan includes codeine, say you've read about the risks and don't want your child to have it.

The number of new neural connections formed every second in the first few years of your baby's life, according to the Center on the Developing Child at Harvard University. Your words, smiles, and hugs make a difference!





The Latest Lice Advice

Slathering mayo on your kid's hair to get rid of lice is one DIY hack you should skip, according to a new review of research published in Pediatric Dermatology. The condiment (along with other folk remedies like petroleum jelly, olive oil, or melted butter) may stop lice from moving so they appear to be dead, but the critters reawaken a short time

later—a creepy phenomenon researchers call the resurrection effect (eek!). The American Academy of Pediatrics recommends using OTC lice shampoo, but if it doesn't do the job, talk to your doctor about using one of the safe and effective prescription treatments such as Stromectol (topical ivermectin) or Natroba (spinosad).

TWEET YOU NEED



Pat Tallungan with her late son, Nick



THE POWER OF PARENTS

Speaking Up About Pediatric Cancer

After Pat Tallungan lost her 10-year-old son, Nick, to neuroblastoma, one of the most aggressive forms of pediatric cancer, she set out to educate other parents by founding the Children's Neuroblastoma Cancer Foundation (cncfhope .org). Since 2000, it has awarded nearly \$2.5 million in research grants to find a cure and has hosted an annual conference for families to learn about the latest research and treatments. Last September, CNCF launched #20ForHope, a social-media campaign that encouraged people to post 20-second dance videos to spread awareness about the disease, which is often misdiagnosed. "As a parent you are your child's best advocate," Tallungan says. "If there's something wrong, push the issue with your doctor." —Evin Billington

* Parents donated \$500 to Children's Neuroblastoma Cancer Foundation. To nominate your organization or community-service project and to be considered for a donation, e-mail advocacy@parents.com.



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The Germ Spray NICUs Swear By

The technology behind the CleanSmart Nursery line has been used in neonatal intensive care units for years, and now it's available for use at home in three cleaning sprays for pacifiers, toys, and high chairs. They kill 99.9 percent of germs, bacteria, and viruses, with no harmful chemicals or fumes. What we love most: The solutions don't need to be rinsed off; you can spray the Binky and give it back to your baby 60 seconds later. \$10.50 for 23-oz. Nursery and High Chair Cleaner, \$12.50 for 16-oz. Toy Disinfectant; \$10.50 for 8-oz. Pacifier Sanitizer Spray; amazon.com





Can children eat too much fruit?

Kudos to you if your kid would rather polish off a bowl of blueberries than a sleeve of Skittles! Packed with fiber and vitamins, fruit is one of the healthiest foods you can feed your kid—but too much can sometimes cause diarrhea and, in babies, diaper rash, says Kristi King, R.D., senior dietitian at Texas Children's Hospital. Every child's tolerance level is different, and fruits with

the most fiber like apples and pears can cause more trouble, says King. If your child has an increase in loose stools or tummy aches after eating fruit, keep portions smaller next time. Use these daily serving guidelines from the USDA as a start:

Babies and toddlers 1 cup (equal to about one whole small fruit)

Ages 4 to 8 between 1 and 2 cups Ages 9 to 13 between 1.5 and 2 cups



Stand Up to Study

It's not just a trend in offices. Third- and fourth-graders who used stand-up desks all day at school gained weight more slowly than students who sat during classes, found a Texas A&M University School of Public Health study. "A standing desk allows us to use our core muscles more than a chair does," says study coauthor Mark Benden, Ph.D. "When those large muscles do the work of holding us upright, they burn calories faster than when we're seated." Kids also move around more when standing: The study showed that 90 minutes of standing led to about 2,000 more steps per day for school kids—or an extra several miles of walking per week. Your school district may not have the funds to make the swap, so consider getting a standing desk for your home. One to try: Stand2Learn (the brand used in the study, \$300 to \$400; thehumansolution.com).





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*with experience, based on figures from U.S. Dept. of Labor's BLS website (March 31, 2015)

CL132



mom vs. food allergy

Imagine the stress of raising a kid who can go into shock—or worse—simply by eating the wrong thing. Two parents share lessons from the trenches.

by NANCY RONES

NUT-FREE ZONES and EpiPens on hand have become the new normal in schools. Two out of every 25 kids have a food allergy, and more than a third of them have suffered severe reactions. That means that a staggering number of parents must worry every single day about how to protect their child from threats that aren't always as obvious as a PB & J. These firsthand accounts give you a window into the emotional challenges of having a highly allergic child-just like the ones who may be coming over to your house for a playdate.

(a) "I was in denial."

Allison Villafane-Kaplan, of Rocky Point, New York

A tiny bite of chicken nearly cost my oldest daughter her life. We were visiting relatives over the holidays in 2013 and I gave Virginia, who was then 4, permission to taste what my aunt was cooking. It hadn't crossed my mind that the chicken might be dipped in eggs, which Virginia is allergic to. She is also severely allergic to peanuts, tree nuts, shrimp, soy, and sesame. Almost immediately, she started having trouble breathing, broke out

in hives, and kept saying, "Mommy, I think I need to go to the hospital." I gave her children's Benadryl and she inhaled her nebulizer treatment to keep her airways open. "We can handle this without using her EpiPen," I thought. Looking back, I was in denial about the severity of her allergic reaction.

Virginia vomited on the drive home, but then she felt better. I figured the episode was over—until she woke me in the middle of the night and said, in a raspy voice, "Mommy, I can't breathe." I dialed 911. The ambulance rushed us to





the hospital, where she was treated for hours before being released.

Because I hadn't given Virginia an EpiPen injection right away, the reaction had become more severe. She wound up with pneumonia, which required IV antibiotics. I was heartbroken to see her looking so weak and pale, and it was a major wake-up call for me.

Although Virginia's pediatrician had diagnosed her food allergies at 9 months, I'd never truly understood the danger of anaphylaxis before that day. After that, we hung a "Don't Forget the Epi" reminder on the

News Alert: A Way to Prevent Peanut Allergies

Babies with severe eczema or egg allergies are at higher risk of developing peanut allergies. But they can reduce that risk by eating peanut-containing foods as early as 4 to 6 months, according to new guidelines from the National Institute of Allergy and Infectious Diseases. All other babies can begin eating peanut-containing foods around 6 months. Always consult with your doctor.

For older children who've already been diagnosed, there's also new hope. A recent study of oral immunotherapy (OIT) found that eating tiny and gradually larger amounts of peanut protein can suppress the allergic response in preschoolers. After two years of treatment, 80 percent of the allergic kids were able to eat peanuts without reacting, as compared with only 4 percent of the control group. However, you should never try OIT yourself at home. A wearable patch that releases tiny amounts of peanut protein through the skin is also being developed.

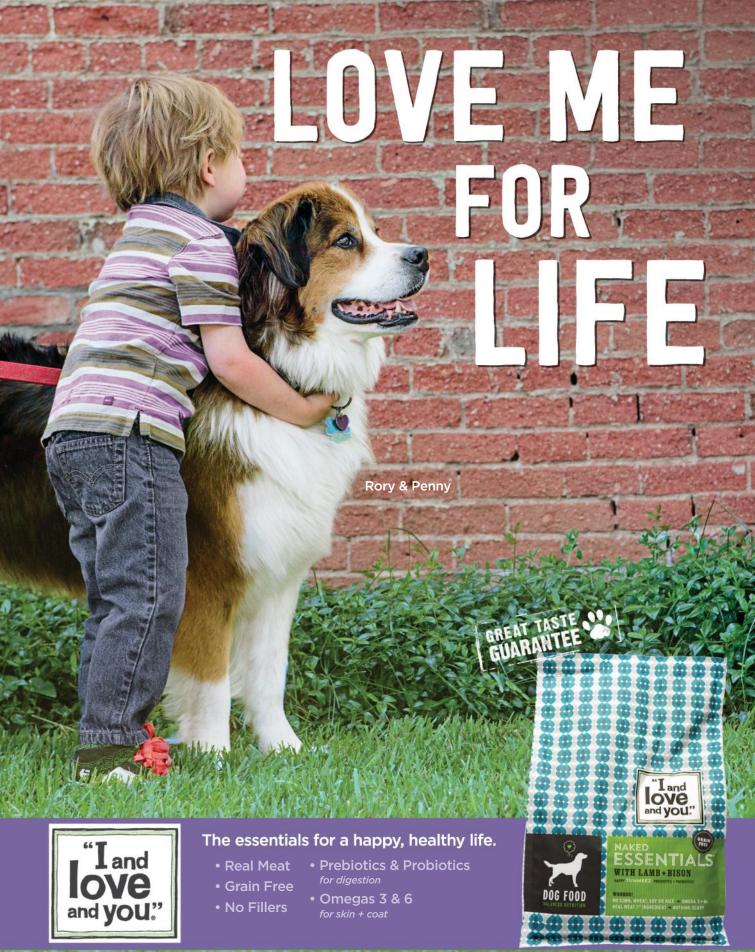


Villafane-Kaplan with Virginia, now 7

inside of our front door and a "Nut-Free House" sign on the outside (since nuts are particularly likely to cause a severe allergic reaction and, unlike eggs, can contaminate a surrounding environment). I banned all products containing nuts or sesame from our house. I now won't trust a packaged food until I call the manufacturer to confirm that it's produced in a nut-free facility. My sister (who is also our sitter), father, and mother-in-law live nearby and also maintain "safe houses." They're trained in identifying anaphylaxis and using an EpiPen, which makes us feel supported.

However, I can't say the same for the outside world, where hazards lurk everywhere. Our doctor has stressed the importance of cleaning Virginia's hands regularly when she is out in public. I'm the crazy mom at parks and indoor play areas, scrubbing equipment with baby wipes and cleaning my daughter's hands a million times. If we see kids eating nuts, we leave. Even going to the movies is work. I arrive super-early so Virginia gets an aisle seat, and I put a disposable cover over her chair.

Thankfully, food allergies can qualify as a disability under federal law, so Virginia is eligible for special assistance at her public school under what's called a Section 504 Plan. An aide shadows her, wiping down surfaces and carrying her medicine just in case. Virginia's



classroom and lunch table are nut-free, though the hot lunches aren't. I'm nervous that kids can pack nuts from home, but it would devastate Virginia to have to eat somewhere else.

Letting Virginia live a full life means assuming some risk, but I try to minimize it. We bought a piano so she could take lessons at home rather than on a shared keyboard. Playdates are always at our house. It helps that her sisters-Emma, 6, and Abby, 4—are her closest friends. The summer after she had her first anaphylactic reaction, Virginia had two more-after eating a cookie and an ice-cream sandwich we thought were safe. Virginia asked Emma to hold her hand during the injections. She writes stories and makes up songs portraying Emma as the hero, saving her from a food-allergy monster. Still, she feels left out when she sees kids at a birthday party eating ice-cream cake. Bringing a cupcake from home isn't the same.

I feel a ton of guilt whenever she has a reaction—and when she says, "Mommy, I'm afraid I'm going to die young." Being a strong advocate for her has helped me cope. Sadly, my efforts sometimes fall on deaf ears. "You should homeschool," some callous moms have told me. But ensuring that she gets proper care has been empowering. So has creating a food-allergy-awareness program at school. Sometimes this project requires me to attend evening meetings. When I tell the girls where I've been, Virginia always smiles. It makes her feel secure to know that her mother is doing everything that she can to protect her.

"You can never let your guard down."

Malia Heimbach, of Lexington, South Carolina

I remember calling a friend when my oldest son, Parker, was 10 months

O Use the Pen:

For one severe symptom including breathing problems, tightness in the throat, feeling faint or having a weak pulse, swelling of the tongue or lips, hives over the whole body, or severe diarrhea or vomiting

For moderate symptoms affecting two parts of the body including hives, itchy mouth, nausea, and sneezing or drippy nose. If a child is having an anaphylactic reaction and you don't have an EpiPen, call 911. Lay him flat, with leas elevated to keep blood flowing to vital organs, advises Hemant Sharma, M.D., director of the Food Allergy Program at Children's National Health System in Washington, D.C. Prop up the child's head if he's having trouble breathing; if he's vomiting, turn him on his side until help arrives.

O Hold Off:

For only one mild to moderate symptom. Instead, give him a kids' antihistamine, call your doctor, and then watch for any changes.

Have a Plan

Devise an anaphylaxis action plan with your allergist, says Dr. Sharma. Go to foodallergy .org/faap to print out instructions that you can share with others. To watch a video on how to use an EpiPen, go to parents.com/epipen.

old and saying, "Guess what? He's that kid—the one who's allergic to peanuts." Parker had developed eczema that we thought was a reaction to milk and eggs, and testing showed that he was also allergic to peanuts and tree nuts. The doctor prescribed an EpiPen, but I never thought I'd need to use it. So he won't eat peanuts, I figured. Problem solved.



Heimbach and Parker, now 8

Parker had his first anaphylactic reaction when he was 2. We were at the playground with some of my friends and a little girl gave him a peanut-butter-filled pretzel. I didn't realize it until he showed me the piece with the peanut-butter part missing. Casually, I searched "When to give an EpiPen" on my phone, but I rationalized to my friends, "I'm not positive he ate it, and I don't want to give him the shot if it's not necessary."

Within minutes, my active son became lethargic and lay down on a play structure. I called our pediatrician and the nurse recommended that I give him children's Benadryl. By the time we got home. Parker was wheezing and had developed a rash on his neck and chest. I tried to give him the medicine but he threw it up. We hurried to the doctor's office, and he gave Parker a steroid injection (which can be used to treat inflammation caused by an allergic reaction). Gradually his symptoms went away. Afterward, I made an appointment with an allergist. She scolded me, saying, "You should have used his EpiPen."

Two years passed without another episode. By then, I had become lax about carrying Parker's emergency medicine. Then I learned a hard lesson: You can never let your guard down, because food allergies are unpredictable. At a touch-football game, one of his teammates was

If I draw on the wall, mom can't hang it on the fridge.



Good choice, kid.
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Night Owl family has a hoot at Walt Disney World, Resort

With her precious and precocious sons AJ, Alex and Adrian being 7, 5 and 1 respectively, "A Night Owl" mom blogger/craft maker/cuisine creator Kimberly Sneed thought it would be the perfect time to take them on a Walt Disney World. Resort vacation. So she did with a free vacation provided by Walt Disney World. Resort. And boy, was she right.

Here, we get a peek at their wild and wonderful day at *Disney's Animal Kingdom*_® Theme Park and a look at some tips on how you can make the most of the enchantment when traveling with *your* owlets.

Check out a video featuring more of the Sneed family's adventure at **parents.com/bigmagic**.

Tips for experiencing the magic

for experiencing the magic with little ones:

- Reserve access to some of your favorite attractions and experiences online before you even leave home with *Disney FastPass+**. As Kimberly found out, "There are lots of things here for kids of all ages."
- Stay at a fun, themed Walt Disney World. Resort hotel to take advantage of things like Extra Magic Hours and convenient transportation. Also great if you have a 1-year-old like Adrian and need to return for a midday nap.
- Pop in a Baby Care Center (available in all four Theme Parks) if you need a quiet place to relax, or if you forget sunscreen, diapers or other family essentials.
- Book Character Dining for some mealtime face time with some of your favorite Disney pals. Take it from Kimberly, who gushed, "Our boys are really into the different Disney Characters, and so seeing them up close and personal during our meals has been great!"

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*Valid Theme Park admission and online registration required. Disney FastPass+ attractions and entertainment experiences, the number of selections you can make and available arrival windows are limited.



eating trail mix. He and Parker ran onto the field holding hands. It's fine, I thought. Parker had never had a reaction from someone *else* eating nuts.

As we drove home, he said, "Mommy, my eye itches." Then he started screaming. I turned around. His eyelid had blown up, and the white of his eyeball had ballooned over the iris. Hives were developing on his neck. I jumped on the freeway and headed toward our pharmacy to get a new EpiPen, but I got caught in traffic. So I called 911 and shouted, "I need your help—my child could die, and I'm stuck on the highway."

The ambulance met us at the next exit. Medics administered epinephrine (the same medicine in an EpiPen) and oxygen. Parker's swelling slowly subsided at the hospital. I kept hugging him and crying. The most frightening part about anaphylaxis is not knowing how far it might progress. I kept picturing him going into cardiac arrest. It wasn't until Parker asked, "Mommy, am I going to die?" that I thought, "I need to calm down."

That afternoon, I ordered his medical-alert bracelet and vowed that he'd always have an EpiPen two-pack with him, in case one malfunctioned or he needed a second dose. I now carry one everywhere. Parker takes another to his activities. A third stays at home and a fourth sits in the school nurse's office. After his trail-mix reaction, I researched

anaphylaxis and started following food-allergy blogs and groups. But reading about tragic deaths and the possibility of cross-contamination made me too anxious, so I stopped.

Two years ago our family moved from Hawaii to South Carolina. Peanuts are a big part of the culture here. The complex where Parker plays his baseball games serves them, and there are shells all over the ballpark. My husband, Christian, was an assistant coach last year and made sure Parker stayed safe. However, he couldn't keep coaching because of his work schedule. I'm tempted to push for a nut-free policy, but I don't want people to dislike me or, worse, my kid because I'm a complainer.

Sometimes I can't control my mama-bear instincts. To ensure that Parker's school understood the severity of his allergies, I showed teachers pictures I took during our ambulance ride and explained, "This is what happens to my son from being *exposed* to nuts—not even eating them." Parker sits at the nut-free lunch table, and it touches me that some classmates have told their parents not to pack peanut butter so they can sit with him.

I focus on keeping him safe dayto-day and often have to make tough decisions. It must have seemed rude when we suddenly left a party when they started handing out peanut-butter cups, but to me it was a necessity that any foodallergy mom would understand.



Less Expensive EpiPen Options

EpiPens expire after about a year, and the soaring price (more than \$600 for a two-pack) has made it tough for some families, especially those on a high-deductible healthinsurance plan, to pay for refills. Fortunately, Bobby Q. Lanier, M.D., executive medical director of the American College of Allergy, Asthma and Immunology, recommends several new safe and less expensive options.

- * Generic EpiPen A new version from Mylan is identical to its brand-name product, according to Dr. Lanier. (Cash price: \$300 per two-pack)
- *Epinephrine injection, USP auto-injector This generic version of Adrenaclick is now available. Just be sure you're trained by a doctor or a pharmacist on how to use it—the autoinjector must be held against the middle of the outer thigh for a full ten seconds instead of three seconds for the EpiPen. (Cash price: from \$110 per two-pack at CVS)
- * AUVI-Q After being recalled in 2015 due to a small number of devices potentially having inaccurate dosage delivery, this compact "talking injector" (it delivers audible step-by-step instructions) should be out again in February. (Cash price: At press time the product's developer, Kaléo, announced that it would be \$360 and financial support would be available for families without insurance coverage who have a household income of less than \$100,000.)



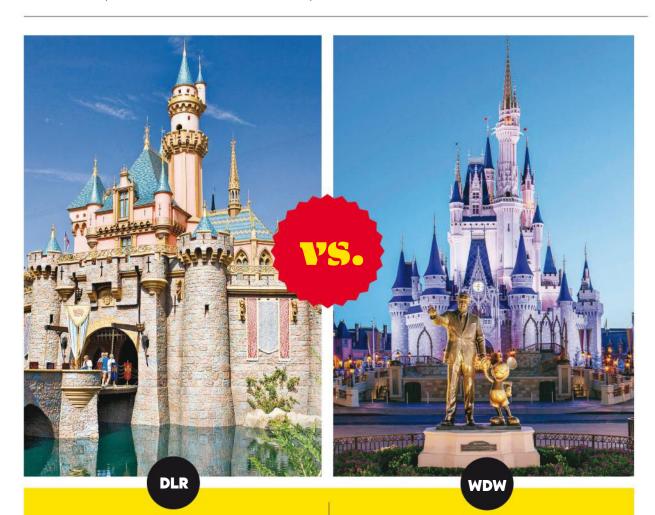
WEARING RED TO REMEMBER

Last November, 11-year-old Oakley Debbs, of West Palm Beach, Florida, died after eating cake that contained walnuts. To honor his memory, you can wear red sneakers (they were Oakley's favorite), post photos (#nutallergyawareness, #livelikeoaks, @redsneakersforoakley), and donate to Food Allergy Research & Education at redsneaker.org.



the Disney park that's right for your family

Parents hit up family-travel experts to vote for Walt Disney World or Disneyland Resort in eight categories from the eats to the entertainment. Get ready for the ultimate Disney smackdown. by KAREN CICERO



Disneyland Resort

Anaheim, CA d.o.b. 1955

- 2 Theme Parks
 Disneyland Park,
 Disney California
 Adventure Park
- O Water Parks
- 3 Disney-owned on-site hotels

Walt Disney World

Orlando, FL *d.o.b.* 1971

- 4 Theme Parks

 Magic Kingdom, Epcot,
 Hollywood Studios,
 Animal Kingdom
- 2 Water Parks
- 21 Disney-owned on-site hotels



Rides

Toy Story Mania!, the Mad Tea Party, and Soarin' Around the World are virtually identical at both locations. "About another half dozen, including Space Mountain and It's a Small World, are similar, but families who have tried both usually have a strong preference," says Testa. (Check out our panelists' preferences at right.) You'll only find Cars Land in California Adventure. So if your kid is obsessed with Lightning McQueen, the West Coast Disney experience might feel more magical. On the flip side, WDW exclusively offers several princessthemed rides, including the Seven Dwarfs Mine Train coaster, the new Frozen Ever After, and Enchanted Tales With Belle, so your Elsa fan might be happier in Florida. Epcot's Test Track and every ride in Animal Kingdom are also unique to the Orlando parks. "There are far more rides to choose from in Florida, plus more lines there are inside or shaded," says Wolfe, who has a 3-year-old.

WINNER: WDW





* SPLASH MOUNTAIN
WINNER: WDW
"It's larger, longer,
and has more drops,"

says Testa.



WINNER: WDW
"You can play games while in line," says
Fuhrmann–Simmons.
"The new interactive queue puts you in the Darling children's nursery and you have a chance to interact with Tinker Bell and

Peter's shadow."



WINNER: DLR
"Its side-by-side
seating arrangement
is better for families
and the track feels
smoother. Plus, I love
how the ride's theme
changes during the
holidays or for a new
movie release," says
Griswold.

* SPACE MOUNTAIN

OUR MOUSEKETEER JUDGES

Parents' expert panelists have ten kids and hundreds of Disney visits among them:



Kristin
Fuhrmann-Simmons
A self-described
"hard-core Disney
parent" who has
vacationed at Disney
parks at least 15 times in
the last decade



Steve GriswoldFounder of the podcast
MouseChat.net



Kim Milnes
Former vice president
at Miramax Films, now
owner of the Family
Travel Boutique



Don Munsil and Sarah Stone Husband-and-wife owners of the Disney discount site MouseSavers.com



Len Testa
Coauthor of The
Unofficial Guide to
Walt Disney World
and founder of
TouringPlans.com, a
trip-planning tool



AJ Wolfe Founder of DisneyFoodBlog .com



The FastPass System

Both locations provide guests with "FastPasses" to reserve return times for some rides so you hop on them with just a short wait. But you snag them in different ways:

* WDW's FastPass+

You go online or on the My Disney Experience app to pick three passes per park per day. Make selections starting 30 to 60 days before your trip, depending on whether you're staying at a Disney resort. The passes are virtually connected to a MagicBand (a rubber wristband): you scan your band to use a pass. Once you use your reserved passes, you can pick another online, with the app, or at park kiosks.

* DLR's FastPass

You book nothing in advance. You reserve your passes one at a time by going up to kiosks at certain rides in the parks. You'll receive a slip of paper noting what time to return (you're given a one-hour window) and you hand it in when you get on the ride. Once you use one pass, you can choose another. There's no limit.

* Pros & Cons

"We like going to Disneyland with friends, and it's convenient to walk up to a ride and get a FastPass for the same time slot," says Griswold. "At Walt Disney World, we all would have had to agree two months in advance that we wanted to ride the Pirates of the Caribbean at 4 P.M." If you don't reserve your WDW passes quickly there's a chance there won't be any left for popular attractions like Frozen Ever After, the new boat ride in Epcot's World Showcase Norway pavilion. But by booking the FastPass in advance, "You don't have to rush there when the park opens to get a pass; you can sleep in and still know that you'll be on the Seven Dwarfs Mine Train at 10," says Testa.

WINNER: WDW



Getting Around

You'll walk a lot less in Anaheim. It's a short stroll from your Disney hotel (or even the independent ones in the nearby blocks) to either Disneyland or California Adventure. "And you can walk from the middle of one park to the middle of the other in 15 minutes," says Testa. In Walt Disney World—which is the size of San Francisco—you can hoof it to Epcot from a few of the nearby resorts, but you mostly have to rely on buses, monorails, or boats for your transportation. "You need to allow 30 to 40 minutes to get from one park to another, and sometimes it takes that long to get from your hotel to the parks," he explains. "You're trading off convenience for a lot more to do."

WINNER: DLR



ROUND	he We	ather
	Orlando	Anaheim
January	72°	69°
March	79°	70°
Мау	88°	75°
July	92°	84°
September	90°	85°
November	79°	74°
WINNER: DLR		

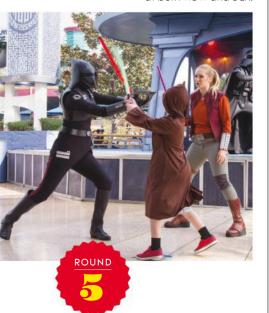
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Kids can sign up for Jedi Training at both WDW and DLR.



Characters & Entertainment

Most characters appear in both parks. A few exceptions: Spider-Man, Captain America, and Oswald the Lucky Rabbit (Mickey's predecessor) are West Coast exclusives, says Testa, However, Orlando has far more scheduled meet-and-greet locations-39 versus 11. "So if your child has a list of characters he wants to meet, you can make a plan at Walt Disney World," says Testa. "You have to get lucky to run across some characters at Disneyland." Popular characters with designated Character Experiences locations that you can FastPass in Orlando but not Anaheim include Merida, Mary Poppins, and Gaston. Both locations offer fantastic stage shows, fireworks, and parades. California's greatest hits include World of Color the Main Street Electrical parade. "The Festival of the Lion King and Finding Nemo shows at Walt Disney World's Animal Kingdom are Broadway quality," says Milnes.

WINNER: WDW



The Food

You won't find the same places to eat on both coasts except for Starbucks and a character buffet: Goofy's Kitchen in the Disneyland Hotel and Chef Mickey's in Orlando's Disney's Contemporary Resort. See how our panelists think the rest of the restaurants match up.

* Counter-Service Dining "It's far superior in Anaheim," says Wolfe. "There's a lot more variety, the ingredients are better quality, and most of the time, the food comes out on an actual plate with real silverware. That's rare for counter service in Walt Disney World." A fave: Rancho del Zocalo Restaurante, which offers grilled citrus chicken, a trio of street tacos, plus an arroz con pollo meal for toddlers.

* Character Meals
"Walt Disney World wins
easily," says Munsil.
"Your family has more
options, including
unique ones like Tusker
House Restaurant in
Animal Kingdom,
where the characters

are in safari outfits. Plus, you can't eat in Sleeping Beauty's castle in Disneyland, but you can dine in Cinderella's and the Beast's castles in Walt Disney World."

*Outside-the-Parks
Dining "It's no contest
with Disney Springs,
in Orlando," says Wolfe.
The entertainment
complex (formerly
Downtown Disney) offers
celebrity-chef eateries
like Morimoto Asia
and Rick Bayless's
Frontera Cocina.

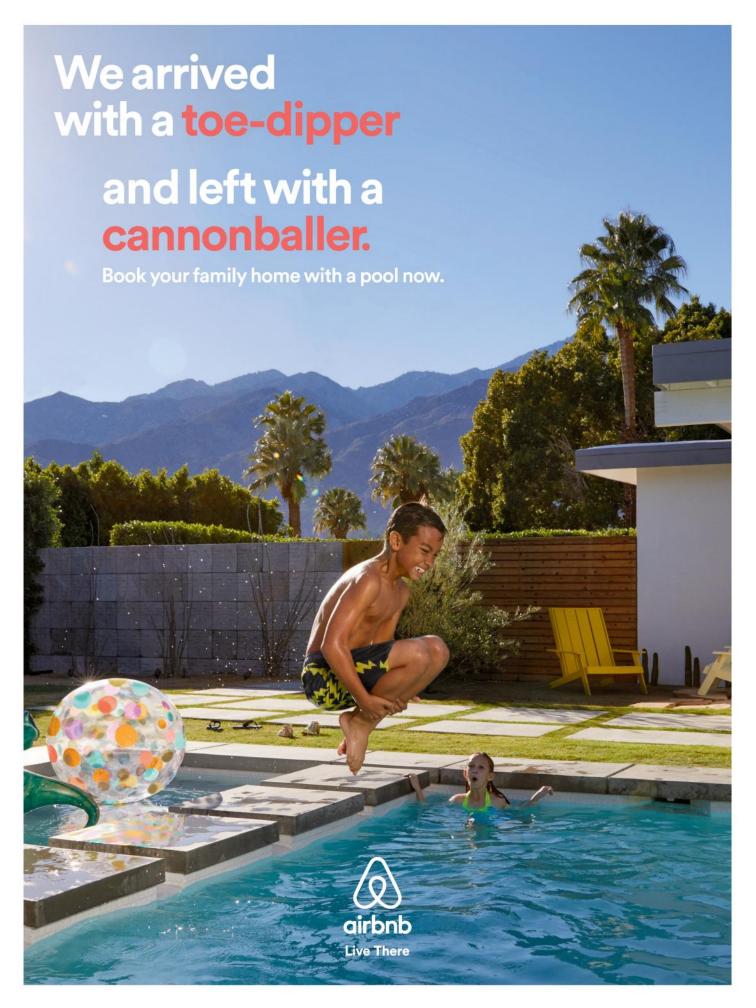
* Dining Plan Only Walt Disney World provides the option. While some families like it because they prefer to prepay for meals, it doesn't usually amount to much of—or any—savings, says Munsil.

* Reservations At
Walt Disney World, you
need to book meals for
the most popular
restaurants, like Be Our
Guest, when the
system opens—180
days before your trip.
"It's easier to get
reservations at the last
minute in Disneyland,"
says Wolfe.

* Bottom Line Since you can get better-quality "fast food" at Disneyland Parks, Stone says, your food budget may stretch further there. But you won't have as many opportunities for that memorable meal.

WINNER: Tie





Price

Neither trip will be cheap. Use this intel on vacation expenses to estimate what you'll pay for a vacation in each place. And then you can decide the winner for this round yourself.

- ADMISSION You'll want "park hopper" tickets in Anaheim because you can easily get from Disneyland to California Adventure. It's nice to have them in Orlando, but if you've got to cut costs somewhere, you can skip them. For two adults and two children ages 3 to 9, four-day theme-park tickets in Orlando cost \$1,536 for park hoppers and \$1,260 without. In Anaheim, four-day park hoppers cost \$1,250. "But you probably don't need four days in Disneyland—you could see most of it in two or three," says Munsil. In that case, you're looking at \$916 (two days) to \$1,156 (three days) for a family of four. Keep in mind that kids under 3 are free at both parks.
- FLIGHTS "It's often cheaper to fly to Orlando rather than to John Wayne Orange County Airport, in Santa Ana, or even to Los Angeles, which is about

Settle on a souvenir budget for each child. before you visit.

an hour away," says Munsil. "This is often true even if you live closer to the West Coast."

- HOTELS The Disney-owned hotels in Anaheim are upscale, so it's unlikely you'll get a room for under \$200 per night, says Munsil. "Even the better-quality independent hotels nearby that are within walking distance of the parks typically charge \$150 or more a night." But Walt Disney World's "value" resorts, like Disney's Pop Century Resort and Disney's All-Star Music Resort are often less expensive. If you don't mind staying outside the parks, you can stretch your money further by renting a condo with a kitchen. Figure on spending at least \$150 per night for Anaheim and \$125 for Orlando.
- TRANSPORTATION You can get a free ride from the Orlando airport to your Disney hotel on Disney's Magical Express bus. You'll have to rent a car, take a shuttle (\$20 to \$32 round-trip per person, depending on the airport), or call Uber (\$50 to \$75 round-trip) to reach your Anaheim hotel.
- FOOD Meals cost about the same, but since the counter-service food is better in Anaheim, you might not eat at sit-down restaurants as frequently. Count on spending at least \$100 daily to feed a family of four if you're only eating at counter service and \$200 daily if you're having counter service and one sit-down meal at either park.

WINNER: It's a toss-up.



The Lines

For six popular attractions, Len Testa provides the average number of minutes guests waited between 10 a.m. and 5 p.m. last June if they didn't have a FastPass

38 min.

Haunted Mansion	
Peter Pan's Flight	
Soarin' Around the World	
Space Mountain	
Splash Mountain	
Toy Story Mania!	

, a i asii c	133.
WDW	DLR
40 min.	23 mi
69 min.	37 mii
85 min.	50 mi
87 min.	78 mir
65 min.	48 mi

53 min.



WINNER: DLR

Our Panelists' Overall Winner...

Walt Disney World, but they noted that Disneyland Resort is better if you're traveling with children age 6 or under.



Watch Parents Facebook Live on February 15; Touring Plans' Len Testa will answer all of your Disney questions.



Ready for every quest

Spring 2017



quiz: are you raising an emotional eater?

In a new study, more than half of elementary-school kids reported eating out of boredom, stress, sadness, or another feeling besides hunger. See if you're fostering unhealthy habits. by KAREN CICERO





1. When your child asks for a snack, what's your typical first response?

- a) Do you feel hungry?
- **b)** How could you be hungry already? We just ate.
- **c)** Sure. I can give you [insert name of healthy snacks you have].
- 2. The last time your child got antsy or bored in public and you couldn't take him somewhere to let off steam, how did you react?
- **a)** I let him use my phone to play a game or watch a video.
- **b)** I got a snack and/or drink out of my bag and gave it to him.
- c) I read to him or played with him.

- 3. How many times in the last week has your child seen you eat snacks or dessert directly from the package?
- a) None
- b) Once or twice
- c) Three or more times
- 4. Suppose your child's sports team went out for a sugary treat after every victory or defeat. Would you allow your child to go?
- a) Yes, but I'd make sure the portion was small.
- **b)** Yes, and I wouldn't worry about the portion.
- c) No, I'd suggest an alternative or decline most of the time.

- 5. Consider how you help your child handle her emotions.
 When she brings up something that went wrong with a friendship at school, which of the following are you most inclined to do?
- a) Empathize
- **b)** Empathize and offer a coping strategy/solution
- c) Suggest she's overreacting
- 6. Your general approach to soothe a crying child who hurt himself playing consists of:
- a) Hugs and kisses
- b) Hugs, kisses, and a toy or game
- c) Hugs, kisses, and a sugary drink or treat

You told her what some kids do in there... she did it anyway.



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7. When your child asks to get up from the dinner table after eating most of his meal, what do you say first?

- a) Are you sure you're done? I don't want you asking for a snack before bed.
- **b)** Are you full?
- **c)** Okay! You know what to do with your plate.

8. How often do you let your child eat any meal or snack in front of the TV?

- a) Every day or almost every day
- **b)** A couple of times a week
- c) Once a week or less
- 9. How often do you find yourself saying something like, "Behave and you can have dessert!" or "You didn't listen, so there won't be dessert."
- a) Frequently
- **b)** Once in a while
- c) Never

O. Has your child ever related an emotion to a request for food, such as "I'm so sad, Mommy. Can I have a cookie?"

- a) Yes, once in a while
- **b)** Yes, it happens pretty often.
- c) Not yet anyway

Scorecard

Add up the points for each of your answers.

1	a) 4	b) 1	c) 1
2	a) 1	b) 0	c) 4
3	a) 4	b) 2	c) 1
4	a) 2	b) 1	c) 4
5	a) 2	b) 4	c) O
6	a) 3	b) 3	c) O
7	a) 1	b) 4	c) 2
8	a) 0	b) 1	c) 3
9	a) 0	b) 1	c) 3
10	a) 1	b) 0	c) 6

What Your Score Means

30 TO 40 POINTS

You're teaching your child to eat only when she's hungry.

Congratulations! You have managed to avoid bribing, rewarding, and comforting your child with food, says Liz Weiss, R.D.N., who blogs on Meal Makeover Moms' Kitchen. It probably hasn't been easy; many kids' sports teams routinely celebrate wins (or comfort losses) with a postgame trip for ice cream; some preschools still dole out candy and other treats for good behavior; and well-meaning grandparents may want to spoil the kids with treats. What's more, you're a good role model and you constantly reinforce the "We eat when we're hungry and we stop when we're full" message with how you respond to your children at mealtime. Keep it up: Even though research suggests that children as young as 3 emotionally eat, it rapidly increases during the middle-school years, says Weiss.

20 TO 29 POINTS

You're trying hard to discourage your child from eating for emotional reasons, but sometimes you fall short.

Chances are, you lose your resolve in certain situations, such as when your child is upset.

Take a look at your low-scoring questions, and come up with alternative ways of coping in these situations. "For instance, if you're quick to offer a treat to a child who hurt himself playing, suggest a favorite book, an art project, or even just extra cuddles

instead," says Weiss. Also firm up your strategy for happy occasions and boredom because kids-more so than adults—report that these factors trigger emotional eating, says Marian Tanofsky-Kraff, Ph.D., director of the Developmental Research Laboratory on Eating and Weight Behaviors at Uniformed Services University, in Bethesda, Maryland. "Many families are too quick to turn to food or TV when they're bored," says Dr. Tanofsky-Kraff. "Suggest an active game or a walk outside—it'll be healthier for both of you." And set limits on treats for rewards. "For instance, you might go with the team to celebrate the end of the soccer season but not after every victory," says Weiss. If the kids want to hang out after each game, suggest a nonfood activity instead.

FEWER THAN 20 POINTS You're on the path to raising an emotional eater.

And it's likely gotten to the point where your child is requesting food based on her feelings. Emotional eating may lead to weight gain and even eating disorders. "But you can redirect your child's trajectory now and see positive changes," says Dr. Tanofsky-Kraff. Make the changes suggested above, plus strive to be a role model yourself by avoiding having your child see you eating in response to sadness, stress, or anger. Even seemingly innocent phrases like, "Work was crazy today-I need chocolate!" subtly send the wrong message. Instead, talk about eating when you're hungry and stopping when you're full, and encourage your child to pause to check her hunger level before and after she eats.



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bath bombs

As dads, we have lots of tricks to get kids to comply with our demands. And someday, our strategies may even work.

by JONATHAN SMALL



1. We fake countdown.

"You have 5 seconds to get in that bath—1, 2, 3, 4, 4½, 4¾s, 4⁵/sths..."

2. We bribe.

"I know you still want to play, but if you get in the bath, I promise to let you put your clean little fingers all over my iPad later."

3. We reason.

"Children take baths when they're filthy and smell like farm animals. You are filthy and smell like a farm animal. Therefore, you must take a bath."

4. We make empty threats.

"If you don't get into that bathtub right this instant, I will never

make your hair stick up like a silly unicorn again."

5. We compare.

"Your brother took a bath and he didn't complain for a single second. Why can't you be more like him?"

6. We take the path of least resistance.

"Let me just sniff you real quick. Fine, I'm going to let you skip the bath tonight. But you're going to take one tomorrow, right?"

7. We show them who's boss.

"You want to know why you need to take a bath? Because I said so, that's why. This is my house, these are my rules, and you will obey."

8. We go on auto-replay.

"Get in the bath! I don't want to have to tell you again. I said I don't want to have to tell you again! Get in ..."

9. We give false choices.

"Are you going to get in the bath or not? Wait. What do you mean 'not'?"

And when all else fails...

10. We throw in the towel.

"Honey, can you come to the bathroom, please? The kids are being impossible."

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a modest proposal It's high time we taught our confident kids a little humility.

by **DEBORAH SKOLNIK**

WHEN Fila Antwine took her son Jayden, then 5, to a bakery, the experience turned out to be less than sweet. "Jayden was given a free cookie and instead of thanking the salesperson, he said, 'You're just giving me free stuff because I'm so cute,'" recalls Antwine, of Valley Stream, New York. Mortified, she apologized and later talked with Jayden. "I told him that what he said could be seen as rude and make people feel bad," she says.

Chances are, more than one kid you know (if not your own) is missing something important—and it's not

his homework folder. We're talking about humility, a trait that's easy to take for granted until its glaring absence is suddenly revealed. While this virtue may seem increasingly old-fashioned, research has shown how important it is in the long run: A study from Baylor University, in Waco, Texas, for instance, found that humble, honest workers were more likely to be seen as top performers by their boss. And there's a growing body of evidence linking health and humility, possibly because humble people have stronger social ties. On the flip side, a study published in

Psychological Science found that people who brag are more likely to damage, rather than boost, their friends' opinion of them.

With the stakes so high, how has humility dropped so low on the list of character strengths we nurture in our children? We can blame changes in our society—but in spite of it all, you can raise kids who aren't too big for their sneakers.

Extreme Esteem

It's typical for kids to wear shirts that say things like, YOU CAN'T SPELL 'AWESOME' WITHOUT



'ME' or I WOKE UP LOOKING THIS WAY! "I recently visited a third-grade classroom and the teacher asked the students to each write down five words that described their awesomeness," says Leonard Sax, M.D., Ph.D., author of The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups. "They wrote words like 'geenius,' and 'exellent.'"

While outfits with attitude may seem harmless, bloated self-esteem can actually cause kids to become resentful, says Dr. Sax. If a kid thinks he's the greatest, he'll automatically believe that it's an injustice when he doesn't win the game, land the lead in the play, or, someday, get that corner office.

What's fueling this ego trip? Look at what kids watch for starters, says Amy McCready, author of *The "Me Me Me" Epidemic: A Step-by-Step* Guide to Raising Capable, Grateful Kids in an Over-Entitled World. "Main characters say smart-alecky things, followed by a big laugh track, and the adult authority figures are portrayed as bumbling idiots." Of course, TV is the tip of the iceberg: Kids are flocking to YouTube, and parents can have a tough time keeping up with their influencers, such as Miranda Sings and gamer Ssundee.

"Kids have their own culture of disrespect," says Dr. Sax. Although that may sound like the same complaint adults have had about kids for ages, today's media-savvy generation can absorb and share their influences much more easily.

Over the Top

Hindsight may be 20/20, but experts agree that the root of the "it's all about me" phenomenon can be traced

to the self-esteem movement that began back in 1969, when the late psychologist Nathaniel Branden, Ph.D., published The Psychology of Self-Esteem. "The book proclaimed that a child's 'self-esteem' was critically important, and it created a revolution in parenting," says McCready. But the well-intentioned movement has run amok: Kids now receive praise for ordinary efforts, so they're confused about what they're actually good at. "Kids have lost their ability to assess their gifts and how they can use them for the good of others and the world," McCready says. As a result, they may fail to develop something that goes hand in hand with humility: a sense of purpose.

Of course, we're living in a selfie-centered culture. Even if your child isn't on Instagram or Snapchat yet, she's probably keenly aware of

Two irresistible flavors



* Why Not Give Back Together?

The GOOD+ Foundation, a national nonprofit organization that partners with programs to break the cycle of family poverty, was founded in 2001 by Jessica Seinfeld. *Parents* is teaming up as part of our new "Dare to Care" initiative to bring you stories that teach kids the crucial skills of humility, empathy, and giving back to others (which you'll see marked with a special icon like the one below). When kids pitch in to benefit an important cause, it helps them focus on the big picture. This month's idea:

Suggest your child request diaper donations to GOOD+ families in lieu of gifts at his next birthday party. Learn other ways to help families in need at give.goodplusfoundation .org/parents or parents.com/volunteer.

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social media. "It creates a feeling that we're always on stage," says McCready. "When your child sees you or her older sibling posting photos and updates and then commenting about how many 'likes' are accumulated, it sends the message that what others think is most important."

Are you surprised if your child expects to always be in the spotlight too? In recent years, social media also has caused a shift in kids' long-term dreams and goals, says Dr. Sax. With YouTube, everyone now has the opportunity to develop a global following. And the notion that you're nothing if you're not a

superstar promotes the kind of elbows-out, me-first attitude that's so common in kids today.

Losing Our Religion

Humility has always been a key virtue that religions teach—but fewer children than ever are having their character shaped by faith. The Pew Research Center has found that more than a third of millennials don't identify with any organized religion, so millions of children aren't exposed to age-old ideals like Christianity's "love thy neighbor as thyself" or Judaism's tikkun olam, which means people are obligated to help improve our imperfect world.

However, the connection between religious beliefs and good values isn't necessarily clear-cut. While a study in 2010 from the University of Michigan showed that people who attend church were on the whole

under 200 calories.

I don't like the way people are looking at us.



THE ONE WHO MAKES IT, TAKES IT.



Learn the rules and the decision is easy.

Who has to L'Eggo of that golden, crispy, warm and fluffy Eggo waffle?

more humble than those who don't, a 2015 study from the University of Chicago found that nonreligious children were actually more altruistic than religious ones. Certainly, we have the power to shape our kids' values regardless of what, or whether, we believe.

Modest Improvements The point is to help your child see

that everyone learns and grows throughout life-and that being a good person is more important than being the center of attention. Taking steps like these can help. Be humble yourself. "Admit that you don't know everything, and admit when you are wrong," advises Anne Klaeysen, Leader of the New York Society for Ethical Culture, a humanist community devoted to ethics, social justice, and education. Show that it's no big deal.

Don't shield your child from everyday frustrations. Whether he's trying to tie his shoes or put a puzzle together, resist swooping in to help, advises Klaeysen. Hang back and say, "So, how did that go?" Give your kid the opportunity to realize his limitations—it will keep his self-image realistic and also help him resolve to work at things.

Stress grace and good manners, even in competitive situations.

Your child's team won? Great! "In addition to congratulating her, tell her, 'I really liked the way you smiled and said "Good game" when you shook hands with the other side," Klaeysen advises. Don't only observe good behavior when your child loses, as though complimenting it then is some kind of consolation.

Take turns talking at the table during meals. It seems like a simple thing, but so many families forget to let everyone have a little airtime, says child psychiatrist Elizabeth Berger, M.D., author of Raising Kids With Character. "A child who feels secure that her turn is coming, and

there's enough attention to go around, is a child who's likely to recognize that she doesn't need to brag or dominate conversations away from home either."

Give your children chores. "Even a 3- or 4-year-old can do some dusting," Dr. Sax points out. "Learning to do a menial task carefully, thoroughly, and thoughtfully is an important life lesson." It also helps a child learn respect for people who do these jobs for a living-and respect for others is the foundation of humility.

Keep an eye on those screens. We're talking about any medium

through which your kids can absorb

obnoxious messages about how to

behave. If she watches a bratty TV show, try to debunk what goes on ("I know the audience laughed when Jake called his brother a birdbrain, but how do you think that might make someone feel in real life?"). Better yet, says Dr. Sax, turn off the TV and take your child to the park. Slow down with selfies. Are you constantly posing with your child or letting her borrow your phone to take a few snaps of her own? Saving photos for truly special occasions can discourage self-involvement. Make others look good. Courtney DeFeo, of Dallas, tries never to accept praise for herself alone, especially in front of her kids, ages 7 and 10. "I want my girls to see that wins (and losses) often come with team effort, and there's almost always an opportunity to share the credit," says the author of In This House We Will Giggle. Yet she doesn't shy away from applauding her kids when they deserve it. "Some parents may choose to withhold praise from their kids, but raising our children with humility doesn't mean beating down their self-esteem or breaking their ego," DeFeo says. "I want my kids to be confident, yet humble enough to put others before themselves." That's what healthy humility is all about. @





quirky quotes from kids

ISLA, 3 | asked my daughter why she was lying on the floor, and she responded, "I'm working my COTE." Genna Giammatteo; New York, NY

ABIGAIL, 3 When I told my daughter that she was having chicken fingers for lunch, she said, "I'm hungry. I think I'm going to have the thumb too." Kristin Alderson; Yucaipa, CA

william, 3 I was struggling to get my newborn to latch on while breastfeeding. My son came over, lifted up his shirt, and said, "Here, Mom. Try mine!" Sarah Packer; Ammon, ID

FREYA, 5 While at a birthday party, the kids decided to strike up a game of chase using toy power tools. My daughter grabbed a mini power drill. Holding it up in the air and running after her friends, she screamed, "Who wants to play 'don't get screwed'?" **Anika Bent-Albert; Portland, OR**

ELIZA, 4 As I shopped for a new bra with kids in tow, my daughter's patience was wearing thin. She turned to me and whined, "Mom, can you please be done looking for booby traps?"

Michelle Mathison; Lakeville, MN

ZOEY, 7 I'm pregnant with my second child, and my daughter randomly said, "Mama, you're like an apartment building because there's someone living inside you." **Amy Nucera; Ambler, PA**

crack us up & win!

Your funny story could appear on this page and you could win a \$50 gift card from kids' clothing company Crazy 8. Plus, you could also win the Parents Best of Bloopers grand prize—a \$500 gift card from Crazy 8. Find out how to enter and see the abbreviated rules on page 114.





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need a lift? It's not just women with fine hair who benefit from volumizing products. Thick hair also gets weighed down, so stylists suggest a root-lifting spray to build body. Living Proof Full Dry Volume Blast (\$15 for 3 ounces; livingproof .com) is designed to be used on dry hair, which means it's good for non-shampoo days too. Taking your hair to a new level of gorgeous just got a lot easier.

swipe right!

Pretty and portable. The latest beauty products in stick form are the best additions to the makeup bag we've seen in a while. by TRACY PEREZ

1. Little Luminizers

Available in nine flattering shades, the Cover FX Enhance Click (shown here in Gilded and Gold Dust) allows for a range of radiance possibilities, from subtle highlighting to intense strobing. \$18 each; coverfx.com

2. Mega Moisturizer

H2O+ On the Move Body Butter Stick in Lemongrass Vetiver softens skin in seconds, and its refreshing scent lingers for hours. \$15; Ulta

3. Calming Cleanser

Suitable for all skin types, Belif The True Tincture Cleansing Stick-Chamomile works itself into a soothing lather when applied to a damp face. \$28; sephora.com

4. Magic Erasers

Each of the Marc Jacobs Beauty Cover(t) Stick Color Correctors features a unique blend of pigments with blurring properties that work to: mask dullness (Bright Now), reduce redness (Co(vert) Affairs), and disguise dark circles (Getting Warmer). \$28 each; marcjacobsbeauty.com

5. Glow Getter

Xen-Tan Flawless Logic bronzing stick adds a touch of golden warmth and shimmer wherever you'd like, and it won't rub off on your clothes. \$32; neimanmarcus.com



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- THIN

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insta gorgeous

These spring makeup trends we found on Instagram will inspire you to feel #nofilter fabulous. by TRACY PEREZ



Brilliant Accents

Like flash tattoos for your eyes: Using a clear eye gloss and eye glitter dust, you can create all kinds of jewel-inspired looks, like glitter "tears." We're pretty sure your daughter will want to get in on this too: We warned you.

Amazing Arches

It's been all about brows for a while, but now the focus is on emphasizing the arches. You can do that by applying a cream highlighter directly underneath. Bonus: This also hides those strays you haven't had time to tweeze.

Doll Lashes

With lashes this defined, you won't have to worry about wearing anything else on your eyes. The secret to achieving such dramatic separation? A brow comb. Run it through top and bottom lashes after you've applied at least two coats of mascara.

Bold Strokes

After staying in neutral territory for so long, it's a refreshing change to see bright pops of color. Apply them in a cat-eye style to lids (an eye crayon creates a great point), or use a finger to swipe the color on free-form.

You'll find this pastel hue in the Limited-Edition Mary Kay Eye Color Palette in Glistening Horizon. \$24; marykay.com



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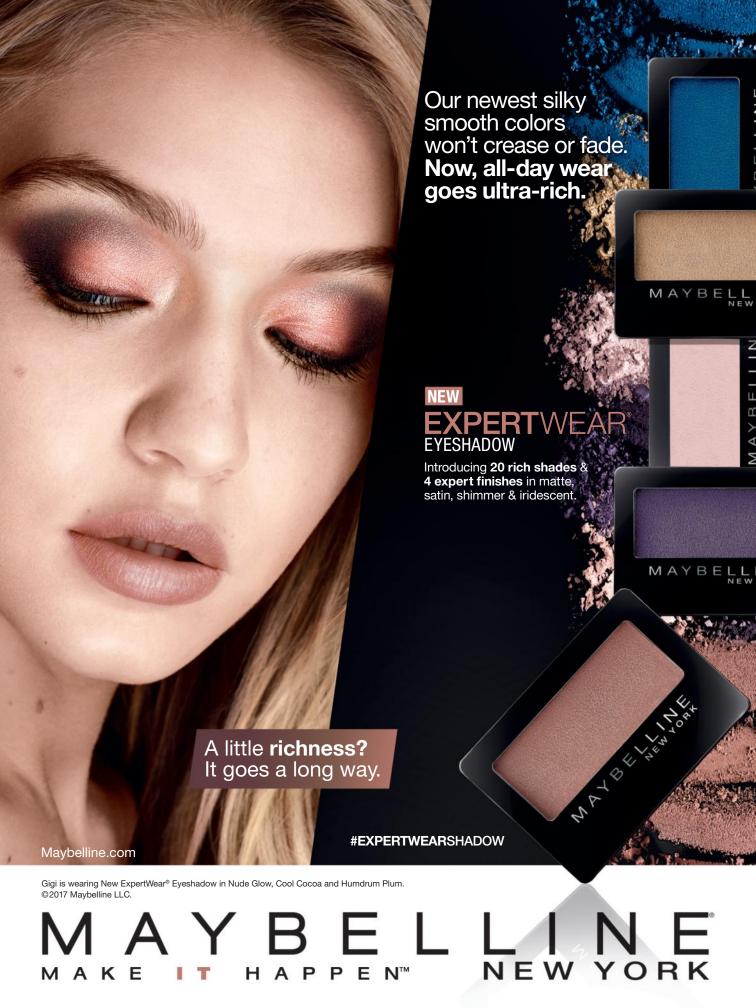
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Bare-Faced Beauty Unless you're a Kardashian, it's hard to find time for heavy

contouring. (And who wants to?) The foundation trend for 2017: Use just enough to look like you got a good night's sleep (emphasis on look).

• Freckles, Center Stage
Backstage at the spring fashion
shows, makeup artists were actually

* Non-touring Another term for the look of fresh, healthy, glowing skin that's so in right now. All you need to achieve it: luminizing primer, tinted moisturizer, and a touch of highlighter on the high points of your face.

painting freckles onto models' faces to create a fresh, youthful look. So if you've got them for real, lucky you. Flaunt them! Add a little highlighter to your cheekbones and across the bridge of your nose to make them pop.

Royal Flush

Your gorgeous rosy glow comes naturally some days from running around after the kids: Fortunately, this is one look for cheeks that never goes out of style. For the best results with blush, blend a cream formula onto the apples of your cheeks to simultaneously add color and dewiness to your skin.



*Casual Appeal A mom must have come up with this makeup trend we spotted for eyes and lips: slightly smudgy, like you just applied color with your finger on the run. Tip: Use a sheer, not matte, formula so mistakes are imperceptible.



@chelseyhale

@misswhoeverur

Red Hot

Matte-red lips instantly up the chic factor of any outfit. The secret to intense, lasting color? Filling your lips in first with a pencil in a corresponding shade. You'll be seeing a lot of new lip liners on shelves this spring.



@makeupstruggles

Statement Lips

Purple, teal, and other vivid colors you likely reserve for eyeliner (and only then when you're feeling bold) are migrating south to lips. JSYK: The darker your natural skin tone, the better it looks.

fun with nails



Citrus

@sarahbland

We're loving this psychedelic
look that screams
music festival.



Chrome
@paintboxnails
Metallics still rock, but trade
in rose gold for a polish with
this cool mirrored effect.



Black and Gold
eanastasiaalt
This sophisticated color
combo elevates even the
most playful nail art.





A Nutrient to Avoid Early Delivery

Good news for women worried about going into labor too soon: Taking daily supplements of the omega-3 fatty acid DHA could prevent an estimated 106,000 early preterm births (ones before 34 weeks) each year, suggests a study from the University of Kansas Medical Center, in Kansas City. Researchers followed 350 pregnant women who took 600mg of DHA-rich marine algae oil daily and a control group given a placebo. It's not known exactly how DHA helps lower the risk of early preterm birth, says

study coauthor Susan Carlson, Ph.D., professor of dietetics and nutrition. But we do know it's an important nutrient that passes from mother to fetus and supports fetal development, including the brain, eyes, and central nervous system. That's why all pregnant women need it—not just those at risk of early preterm birth. Be sure to talk to your doctor about a dose that's right for you. Also try to consume DHArich foods; good sources include salmon, halibut, sardines, mackerel, and eggs.





of women diagnosed with breast cancer go to their doctor with a non-lump symptom like breast pain or infection, or a nipple, skin, or shape abnormality, so be sure to report anything unusual.

— The University College London



Double-Duty Walking Workouts

Instead of worrying about the week ahead, use Sunday evenings to put 45-minute brisk daily walks on your calendar. Frequent walking not only revs your metabolism, it can also raise money to help reduce the childhood-obesity epidemic—thanks to the "Move to Improve" challenge launched by our sister brand Family Circle and **Partnership for a Healthier** America (PHA). Download the free Charity Miles app (charitymiles.org/ movetoimprove) and select PHA as your charity of choice. For every mile you log, you'll help earn money for the cause. Now that's motivation!

FOOD FACE-OFF

Plant-based milk can be a healthy alternative to dairy if it's fortified with vitamins and you dodge sweetened varieties. When faced with the two most popular kinds, how do you know which is better?





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ALMOND MILK

- * Good source of calcium
- * Good source of vitamin D
- * Good source of vitamin E
- * Contains no cholesterol or saturated fat

THE WINNER Soy Milk

It has 8 grams of bone- and muscle-boosting protein per cup, while almond milk has just under 2 grams, says Connie Diekman, R.D., a *Parents* advisor and director of university nutrition at Washington University in St. Louis.

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when a parent is about to snap

It's the secret next door, or even in your own home. Someone has reached a breaking point, and now a child is in danger. In an exclusive visit to a national child-abuse hotline, we learned from trained counselors who take anonymous calls from desperate parents—and find ways to keep children safe.

by KATE LEDGER

ON A WEDNESDAY morning, one frazzled young mother realized the moment had come to reach out for help. She sobbed as she spoke into the phone.

She was at her wits' end, she told the crisis counselor who answered the call. Her energetic 5-year-old has always been a challenge, but today she lost her cool. When he refused to behave, she suddenly yanked his hair. Startled by her anger and filled with remorse, she had to do something. She put her son safely in his room, and called the crisis hotline.

This type of call—one initiated by a frustrated and terrified parent—is

precisely what a national childabuse hotline, a counseling service provided by the nonprofit organization Childhelp, is prepared for. Around the clock, parents call its toll-free number, 800-4-A-CHILD, from every corner of the country. They're looking for advice, parenting resources, and, sometimes, a way to calm down. "The goal is prevention," explains Michelle Fingerman, director of the hotline, which receives more than 100,000 calls a year. (About 75 percent of calls are from women.) Studies have shown that impulsive, uncontrolled behavior that results in pulling a child's hair

or slapping a child can lead to more severe violence. Further, even when a smack or a spanking is a family's customary discipline, the intensity of punishment can easily rise to abusive levels.

To get a glimpse of what families are facing, and what counselors on the line do to try to help parents through those moments that feel overwhelming, I boarded a flight from my home in St. Paul, Minnesota, and visited Childhelp's headquarters in Phoenix, Arizona.

One of the hotline's crucial attributes is its confidentiality. The calls are not recorded or tracked.



"People call knowing we're not going to ask who they are or where they live," says Fingerman. "They can be honest about what they're dealing with at home or what they've witnessed in their community."

That trust is key, explains executive director Sara O'Meara, who founded Childhelp in 1978 with fellow former actress Yvonne Fedderson. The two established residential programs across the country for children recovering from severe and chronic abuse. The hotline was set up in 1984 as a means to keep abusive situations from escalating. "A call may be the first step so that ongoing abuse might be stopped or perhaps kept from occurring at all," O'Meara says.

Many of the calls are from bystanders alarmed about something they've seen, either in public or in their own family. They're often afraid to file a report because they don't want to anger a parent or they fear making a child's situation worse. However, the more prudent action is to call the police, say child advocates. "If you see something, say something," says Mary Pulido, director of The New York Society for the Prevention of Cruelty to Children, the nation's oldest child-advocacy organization. "If you

see a bruise on a child that's not in a normal place for children to get bruises, like on the neck or the back of the upper arms, or if the child has a black eye, speak up." As Fingerman puts it: "You might be the only voice that child has."

During my 24-hour visit to the hotline, I sat in the phone-bank area and talked with the two counselors on duty during each four-hour shift. According to Childhelp's policy, I wasn't allowed to hear the callers and was privy only to summaries of the calls afterward.



Terrified Calls

9:30 a.m. A woman phones in from a Midwestern state, concerned about the 2-year-old son of her friend, a man whose wife has been acting strangely. The wife has been ripping food away from the child when the boy doesn't eat quickly enough and calling her husband at work threatening to beat their son up if he doesn't come home right away. The dad is worried, but he doesn't want to call the authorities because he's afraid their son will be taken away from home.

The hotline doesn't file reports, the way the police or a local government agency responsible for child safety does. Instead, the counselors, nearly all of whom have a master's degree in social work, counseling, or education, can advise callers about the steps to keep a child from being hurt. A call to 911 will summon police to prevent violence in the moment or to direct a neglected child to safety. But in this case, the counselor advises the importance of the dad calling his local department for child-protective services for help before the situation spirals further out of control.

The role of that agency is to investigate a child's environment, which typically involves a home visit or an interview. Despite what many people think, this government agency (which may be called "child protective services" in some states or the "department of child safety," or something similar, in others) rarely removes a child from home. In Arizona, for instance, only 10 percent of calls result in a child's relocation, and when it does happen, the counselor tells me, it's because the child is in imminent danger. A government-run child-protection agency may recommend supportive

♠ Who's At Risk

Violence against children continues to be an epidemic, according to the most recent report by the U.S. Department of Health and Human Services. In 2012 nearly 680,000 kids were victims of physical, emotional, or sexual abuse, as well as neglect. Of nearly 1,600 children who died from abuse and neglect, most were under the age of 3. Among infants,

the incidents often involved vigorous shaking by a caregiver or parent whose child wouldn't stop crying. The U.S. government estimates that each year 1,200 infants are seriously injured as a result of shaken baby syndrome.

Unfortunately, there's no clear profile to predict who's at risk for harming a child. "Child abuse occurs across all communities and all socioeconomic groups," says

Dr. Karen Kay Imagawa. The HHS report estimated mothers to be the abuser in 27 percent of cases and fathers in 17 percent of cases. In approximately 20 percent of cases both parents acted together. Parents who abuse their kids often have low self-esteem, depression, anxiety, and the sense of not having control over one's circumstances.



services—such as therapy, treatment for postpartum depression, parenting education, or substanceabuse rehabilitation—to help a family function better.

12 p.m. A grandmother calls, not sure what to do about her daughter who has four children under the age of 4. The mother frequently yells at the kids and berates them. The 4-year-old has recently said that she hates her life. The counselor, who has worked in group homes for kids and in a pediatric psychiatric inpatient unit, advises the grandmother to document the events she sees. A local child-protective services agency typically won't investigate verbal abuse, but a list of incidents might make a stronger case to get help. "Emotional abuse can be worse than physical abuse because the scars are invisible," the counselor notes after the call ends. Children who are repeatedly screamed at, told they're worthless, and made to feel unwanted may grapple with feelings of fear, anxiety, shame, and rage.

A growing body of research is showing that the effects of abuse can last a lifetime. One study in JAMA Pediatrics reported that children who suffer abuse-even emotional wounds-have higher rates of obesity, sexually transmitted diseases or risky sexual behavior, mental-health issues, delinquency, and even early mortality. The hotline frequently receives calls from adult survivors of childhood abuse who are still grappling decades later with flashbacks, depression, and anxiety. They call seeking information about therapy or online support groups or just to talk for a little while with a counselor, until they feel at ease again.

2:30 p.m. A counselor takes a call from a boy in middle school who phones from a police station. His mother has been beating him and his 3-year-old brother during their custody visitations. The police have taken him to the station; the father has taken the younger son to the E.R. Calls from children in crisis are, unfortunately, common. Often, the counselor helps them call the police.



4 Ways to Stay Calm

As a parent, you will feel utterly spent at times and it is normal, says Dr. Mary Pulido. She offers these suggestions to help parents keep from reaching a breaking point.

- Pick the person you'll call. Even before your baby is born, identify where you can turn. "Who's the person who will help when you're feeling overwhelmed and the baby is crying and getting on your last nerve?" asks Dr. Pulido. "Push away thoughts that you should be able to handle everything by yourself."
- 2 Don't feel guilty about "me time." It can give you much-needed energy and mental resources to deal with parenting challenges. "Realize you need time for yourself, and are entitled to it," she says.
- Thange the scenery. When things are difficult, getting out of the house with your child can diffuse conflict and renew your patience. "When you're stuck inside, things tend to loom large," says Dr. Pulido.
- A parenting group can offer assurance that other moms and dads are facing the same frustrations. Groups are also a good way to plan babysitting swaps or car pools so you can do some chores or get restorative exercise without juggling a child too.

In this case, the boy explains that a social worker has already been called. The counselor says she'll stay with him on the phone till the social worker arrives. The father is a safe adult, she learns as they chat, and she encourages the boy to confide in him.

* "There's a stigma to not being able to handle parenting. Even when people have family members nearby, they don't want anybody to know they're feeling overwhelmed, or stressed, or have feelings of anger toward their kids."

"We want kids to be able to identify adults they can trust," she says. "We help them see they've got support."



Lashing Out

The common thread in many cases is a parent under enormous pressure. The possibility of abuse increases when there are several children in a household; when a child has special needs; when someone in the family is chronically ill; or when a parent has problems with drugs or alcohol. According to data gathered by the Iowa Department of Health and Human Services, other risk factors for repeat abuse include younger caregivers, single-parent households, lack of a support system, and extreme financial strain. "None of these situations means a person will definitely be an abuser," explains Karen Kay Imagawa, M.D., director of the child-protection center at Children's Hospital, Los Angeles, "but these are some factors that put a child at risk."

Another issue is isolation, says a counselor, recalling a recent

45-minute call with a mom who phoned from a U.S. military base overseas where her family was stationed. She was frantic after having slapped her toddler. The counselor helped her to identify support on the base and also to come up with ways to calm herself instead of lashing out. She also emphasized ways in which the boy's behavior was age-appropriate so that the mom might better understand and accept her son's antics.

The pressure to look like a perfect parent can also compound isolation, Fingerman says: "There's a stigma to not being able to handle parenting. Even when people have family members nearby, they don't always want anybody to know they're feeling overwhelmed, or stressed, or have feelings of anger toward their kids." That's why, when parents call the hotline in distress, the counselors are quick to assure them that good parents often need help too.

10 p.m. The caller is a mom worried about whether her 2-year-old is being abused by her ex-husband. The child is excessively clingy when the father comes to pick the child up, even when

he offers candy. Document each incident, says the counselor, who also asks whether the child is seeing a therapist. Even young children can work through emotions during play therapy, and having a therapist is also a way to enlist a mandated reporter (someone who is required by law to report suspected child abuse). The counselor offers phone numbers for local organizations (if the caller chooses to disclose the city) that provide family counseling, shelters, or other forms of help. For instance, many states have "crisis nurseries," temporary shelter for children from birth to middle school. Parents can drop off children, for periods up to 72 hours, when feeling they absolutely cannot handle pressures in their life. Those who bring their kids to these centers agree to use supportive services following the crisis.

Because the hotline doesn't track calls or conduct follow-ups, the counselors have no formal way to know if their conversations reduce abuse. But some people call back days later to express their gratitude.

Sometimes, it's clear that a call has helped. One counselor was moved by a recent 3 A.M. caller, an exasperated mom whose colicky 3-month-old baby bawled in the background. Aware that a frustrated, exhausted parent is at greater risk of shaking an infant, the counselor told the mom to take a calming breath. Together they talked about what might be causing the crying, and the counselor stayed on the line as the mom tried soothing techniques, like swaddling and making shushing noises. The call took more than an hour, but the baby finally calmed down, and the mom did too.

"Parenting isn't easy," says
Fingerman. "It's not uncommon to
feel you're at the end of your rope,"
Fingerman emphasizes. "But it's the
ability to have self-control or take a
break, or pick up the phone to call,
that can make all the difference."

How to Report Child Abuse and Neglect

If you witness abuse happening in the moment, or you're worried about a young child who's unsupervised and unsafe for a length of time, dial 911. If you suspect abuse is occurring, or if a child has confided in you about abuse at home, call Child Protective Services in your area. You can Google your nearest office or find it by dialing 800-4-A-CHILD (800-422-4453).

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2







Show Off Your Shots

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- 2 Think outside the frame and beyond the gallery wall—the Mobile Photo Clip creatively displays ten prints. \$10; kikkerland.com
- 3 Framedandmatted.com's 14 frame options and 30 mat colors mean that you can select from an endless
- custom creation. 10" x 12" frame, \$85
- 4 Supersize your favorite images with this edgy and affordable $4' \times 3'$ B&W Engineer Print and Hanging Wood Poster Rails, \$20 (print), \$40 (rails); parabo.press
- 5 The Story Starter Poster Frame allows you to personalize 11" x 14" photo posters of happy memories, with ample space for kids to decorate. \$50; pinholepress.com

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Parents



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"When editing a large batch of photos (like a birthday party or vacation), do a first pass of 'yes' or 'no' to whittle them down; move your favorites to a folder. Repeat at least two more times." Lindsay May, photographer, classickids.com

"Try Chatbooks, an app that creates coffee-table books from your Instagram, Facebook, or camera roll. It makes turning candids into keepsakes a snap." Stacy Wasmuth, author of Mamarazzi: Every Mom's Guide to Photographing Kids



of consumer photos were taken on phones in 2015, compared to 39% in 2010. —InfoTrends



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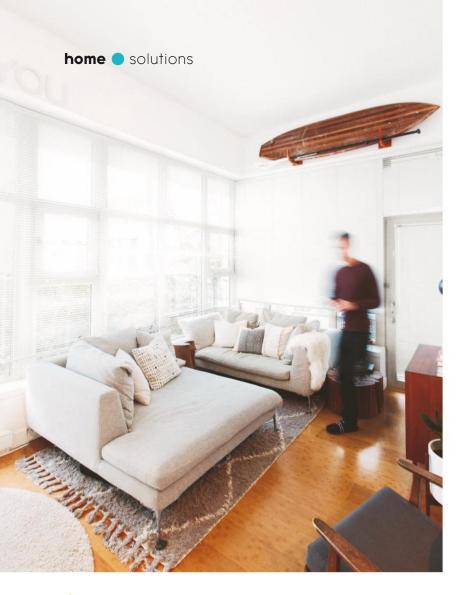


Requires assembly. *The total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances, and lighting sold separately. See IKEA store for limited warranty, country of origin and 10'×10' details. Valid in US stores only.

big ideas for small spaces

Tiny houses, minimalism, and a less-is-more approach are trending. These families show us how to make the most of limited square footage—with tons of style.





When Bigger Is Better

Small-space solutions don't always come in the form of new purchases. The couple's oversize sectional sofa no longer fit when they rearranged their furniture to accommodate the wall bed, so they broke it into two parts. While having such a large couch may seem counterintuitive, Mazurek says that it's now part of what makes their small space work—a pleasant surprise.

"Before our second baby, I asked myself, 'What's not working right now?' It's not all about size: One change we made was to upgrade our dishwasher to a quiet model—we sleep right next to it."





Fewer Toys, More Fun

"As a test, we recently packed away Theo's bin of trains, leaving just enough track for a big circle and a few trains," says Mazurek. "We watched, amazed, as he played with this small amount of toys—a break from his usual habit of dumping them out and getting bored."



G Fold-Away Bedroom

The couple's Murphy bed from Resource Furniture was a big investment, but as Mazurek points out, it was a lot cheaper than buying a larger home. During the day, the bed stays tucked away, and at night, the couple pulls it down to sleep. For the first months Mae has slept near her parents in a bassinet, but she'll move to her brother's room soon.





A Townhouse Apartment for Five

When Linsey Laidlaw and her husband, Brian Morris, moved into a Brooklyn two-bedroom in 2009 with their 14-month-old daughter, Ivy, they didn't expect to still be there with three kids eight years later. However, Laidlaw says that the benefits of staying in their neighborhood and at the school their children love has outweighed the possibility of a larger home.





Space to Create

The kids do most of their playing in the family's main living spaces. Laidlaw and Morris carved out a corner next to the kitchen for a creative kid area. A piece of pegboard equipped with hooks and bins from a home-improvement store provides vertical storage for craft and school supplies.

Built-In Bunk Room

The Laidlaw–Morris kids—Rosie, Oliver, and Ivy—share a room that the family outfitted with a custom loft bed above and a toddler bed and crib below. Laidlaw praises investing in custom–built furniture that will fit a room precisely.

"We have rotated things like large-footprint baby gear and toys among friends, rather than trying to store them in a small space," says Laidlaw. "There wasn't a firm system, but the gear always made its way back to us when we needed it."



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*Determined to find room for a nursery in his 400–square–foot studio, interior designer Gunnar Larson took advantage of his apartment's high ceilings with a Hussh hanging cradle (\$210; hussh-cradles.com), which fit perfectly over an existing storage trunk. He added wall-mounted shelves for his daughter's clothes.

* When designer David Kaihoi and his wife brainstormed how to fit a second bed into their compact one bedroom, Kaihoi settled on the idea of a mini trundle bed, which he built to fit a crib mattress and nestle beneath the couple's bed and roll out at night.



* "Purchasing a toddler bed can seem like a waste of money (Do I really have to buy a transitional bed?), but using one saves so much floor space, it's worth it," says Gabrielle Stanley Blair, author of Design Mom: How to Live With Kids: A Room-by-Room Guide.

Small Wonders

These products help make petite spaces work for families.



The space-saving Puj infant bathtub (\$45; puj.com) folds down flat and can be hung on the back of a bathroom door.



38% smaller than the average crib, the Origami Mini Crib (\$269; babyletto.com) can easily be moved and even collapsed when not in use.



Invented by a city-dwelling mom, the StrollAway (\$40; amazon.com) is an adjustable, over-the-door hook for your umbrella stroller.



Attractive and portable, these canvas drums (\$50 to \$76; pehrdesigns.com) offer versatile storage.



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Less Than 30 Minutes

1 Fried Cauliflower Rice

Heat 2 Tbs. peanut oil in a nonstick skillet on medium-high. Add 1 Tbs. minced ginger and 1 clove minced garlic; cook 30 seconds. Stir in 4 cups "riced" or crumbled cauliflower. Cook 3 minutes; add 12 oz. shredded cooked chicken breast and 1 cup each sliced snow peas, shredded carrots, and frozen peas. Cook 3 minutes. Move to side of pan; scramble 2 eggs on other side. Combine eggs and cauliflower mixture. Top with 3 Tbs. soy sauce, 1 Tbs. toasted sesame oil, and 2 Tbs. sliced green onions.

2 Tarragon Chicken Salad

Marinate four 6-oz. skinless, boneless chicken-breast halves in a mixture of 1 cup chopped fresh tarragon, ¼ cup olive oil, ½ tsp. salt, and ½ tsp. pepper for 10 minutes or more. Drain; discard marinade. Grill over medium heat for 12 to 15 minutes. Slice; serve over baby arugula, shaved fennel, and cucumber slices. Drizzle with juice of 1 lemon and 2 Tbs. olive oil.

3 Speedy Scaloppine

Pound four 4–oz. skinless, boneless chicken-breast halves to ½-in. thickness. Dredge in ½ cup flour seasoned with ½ tsp. each salt and pepper. Heat 2 Tbs. olive oil in a skillet on medium-high. Cook chicken 6 to 8 minutes. Remove from pan; add ½ cup chicken broth and ¼ cup white wine (or ¼ cup extra broth). Cook until slightly thickened, 4 minutes. While stirring, gradually mix in 2 Tbs. butter. Add 2 Tbs. drained capers. Serve with spaghetti and drizzle with sauce.

4 Nutty Chicken Skewers

Blend ½ cup canned unsweetened coconut milk, ¼ cup peanut butter, 1 Tbs. soy sauce, ½ tsp. lime juice, 1 garlic clove, ⅓ tsp. crushed red pepper, and a pinch of cayenne pepper until smooth. Cut 1 lb. skinless, boneless chicken breast halves into ¼-in.-thick slices. Place onto 12 skewers. Brush with 1 Tbs. olive oil. Grill or broil over medium heat for 4 minutes, turning once. Brush with sauce; cook 1 minute more. Serve with extra sauce.







30 to 45 Minutes

5 Garlic-Braised Thighs

Season 8 bone-in, skin-on chicken thighs with 1/2 tsp. each salt and pepper. In an oven-safe skillet, heat 2 Tbs. olive oil on mediumhigh. Add chicken and cook for 10 minutes, turning halfway through. Add 10 smashed garlic cloves and 1 Tbs. fresh thyme or tarragon. Transfer to 400°F oven. Cook, uncovered, for about 20 minutes or until chicken is done. (See tip at top right for how to test doneness.) Transfer thighs to a plate. Discard all but 2 Tbs. fat from pan. To make sauce, heat skillet on medium-high and add 1/4 cup dry white wine or lowsodium chicken stock. Cook and

stir 1 minute, then gradually stir in 2 Tbs. butter to thicken sauce.

6 Honey-Mustard Drumsticks

Rub 8 chicken drumsticks with 2 Tbs. olive oil and season with ½ tsp. each salt and ground black pepper. Place on a foil-lined baking sheet. Roast at 400°F for 35 minutes, or until done. Mix ¼ cup honey with 2 Tbs. mustard and a dash of salt; brush it on drumsticks. Roast 5 minutes more.

7 Maple-Glazed DrumsticksPreheat oven to 400°F. Place 8 chicken drumsticks on a foil-lined baking pan. Bake for 10 minutes. In a small bowl, combine 2 Tbs.

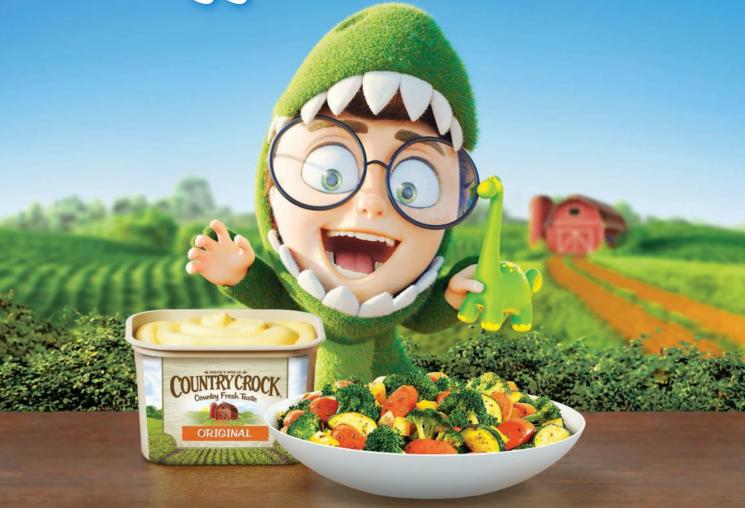
maple syrup, 1 Tbs. melted butter, ½ tsp. salt, 1 clove minced garlic, ½ tsp. apple-cider vinegar, and ¼ tsp. crushed red pepper. Brush drumsticks with the glaze and bake 25 to 30 minutes more or until cooked through. Serve with steamed broccoli florets.

8 Citrus Chicken Thighs

Cut one small orange or tangerine into 8 slices. Tuck under skin of 8 bone-in, skin-on chicken thighs. Brush with 1 Tbs. olive oil and sprinkle with ½ tsp. ground cardamom, ½ tsp. salt, and ¼ tsp. pepper. Broil 4 to 5 in. from the heat for about 25 minutes, turning once halfway through. Squeeze ¼ cup orange juice over thighs.



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Directions

MELT 2 tablespoons Country Crock® in skillet over medium-high heat. SAUTÉ vegetables, onion & Italian seasoning until veggies are crisp and tender. TOP with remaining tablespoon of Country Crock® and serve! Makes 4 servings.





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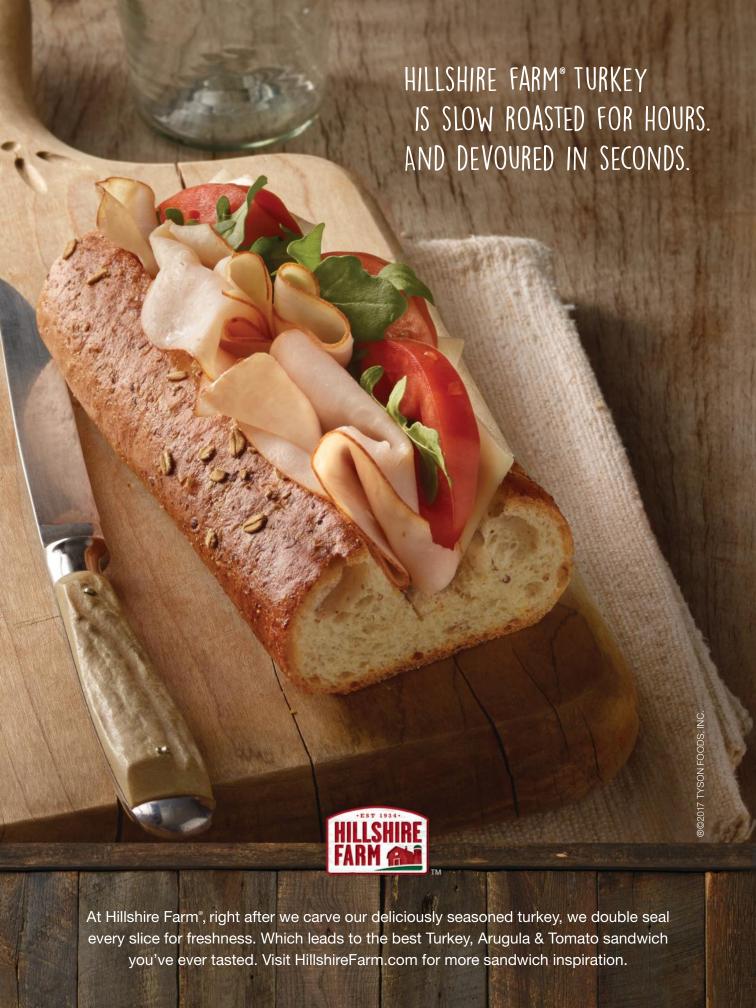






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"There's nothing more contagious than the laughter of young children." Criss Jami, Killosophy

BABY O-12 months

spending time apart

Leaving your little one is hard, but you can reassure her that you'll always come back.

by JESSICA MIGALA

WHETHER YOU'RE heading off to work, going out for the evening with friends, or taking a weekend away with your spouse, saying goodbye may tug at your heartstrings. You'll miss your baby, and feel a pang of guilt if he cries as you walk to the door. However, separation anxiety is normal-for both of you—and being apart can be healthy, says pediatrician Melissa Winterhalter, M.D., of Nationwide Children's Hospital, in Columbus, Ohio. You'll encourage him to build good relationships with other trusted adults and teach him that spending time away from each other is a regular part of life.

How She Feels

Your baby spends her first year building a close bond with you. Of course, she wants you to stick around—you are her world! But no matter how much she protests, she'll be okay when you go. "There's no evidence that time apart is harmful for babies in a secure, loving home," says Meg Akabas, a certified parenting educator and author of 52 Weeks of Parenting Wisdom.

Separation anxiety typically intensifies around ages 7 to 9 months. Your baby is starting to develop an understanding of object permanence, says Mary Margaret Gleason, M.D., assistant professor of pediatrics at Tulane Medical Center, in New Orleans. Translation: No longer is it out of sight, out of mind when it

comes to Mommy and Daddy—your absence will be noticed.

It's tough to hear your baby wail as you slip on your shoes, but it's a sign that she's attached to you—and that in itself is important. "Babies have limited verbal-communication skills," Dr. Gleason says. "She's just saying, 'My first choice would be for you to stay.' Even if she seems like she's distressed, it may be over as soon as you leave." Putting her in the care of someone she already knows (a regular sitter, grandparents, a trusted family friend) will certainly make the transition smoother.

A Strong Foundation

What really matters is how you spend time when you're together, Dr. Gleason says. Research shows that bonding with your baby—picking him up when he cries or smiling at him when he gives you his biggest grin—sparks neural development that helps him become more secure and cope better with stress when you're not there. "If he has a sense that his parents will keep him safe and meet his needs, he'll be able to navigate separation in the best way possible," Dr. Gleason says.

Still, there are ways you can help him adjust. Start by going to the bathroom—alone. Explain to your little one where you're going, and when you see him again, exclaim, "I'm back!" Talk to him when you're in another room so he knows you're still there. Once he's comfortable with you leaving the room, move on to short trips out of the house. Get his grandma to watch him while you run a brief errand solo. "Practicing being apart a little bit here and there will lessen his anxiety, because he'll begin to understand that he will see you again," says Barbara LeBlanc, director of The Parenting Center at Children's Hospital in New Orleans.

Graceful Exits

Sure, on the inside, you want to cover your babe with smooches, hugs, and calls of "I'll miss you." But don't overdo it—and don't sneak out, either. Instead, give her a happy goodbye. "Being cheerful and calm will show your baby that's how she should feel and that she'll be in safe hands," Akabas says. When you're ready to go, have the caregiver sit down with her to play or read a favorite book to let her know she's in for some fun.

And, when you return, make the reunion memorable, Dr. Gleason says. Tell her, "Oh, I'm so happy to see you!" Give her all those kisses, either right when you return or, if she's sleeping, first thing the next morning. This reinforces the big message you want her to remember: Mommy and Daddy love me, and if they leave me, they always come back home again. \odot

*Offering a simple, cheerful goodbye when you walk out the door signals to your baby that she should be calm when you leave and that she'll be in good hands while you're gone.





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TODDLER 1-2 years

imitation game

When your kid repeats what she sees and hears, she's not just having fun. by TAMEKIA REECE

AS A BABY, your child probably copied simple actions, like sticking out her tongue. But her imitation skills are truly taking off now. She'll pretend to comb her hair while watching you brush yours, hold up a toy to her ear when you're on the phone, or even raise her voice to get a point across ("Me no go!)—a habit she picked up from you know who.

It's your toddler's job to figure out how to interact with the world, and one way she does this is by imitating the people and actions she sees, says Cami Winkelspecht, Ph.D., a clinical psychologist at Nationwide Children's Hospital, in Columbus, Ohio. Sure, it can be a bit annoying when your kid mimics your movements for the umpteenth time—and embarrassing if she repeats certain phrases when you're in public—but being a copycat is actually a positive sign.

Your Mini Me

Babies are born with mirror neurons in their brain that enable them to observe and re-create the actions of others, says Laura Jana, M.D., author of *The Toddler Brain: Nurture the Skills Today That Will Shape Your Child's Tomorrow.* These actions happen automatically. Once your toddler starts imitating you intentionally (such as attempting to type on your phone or rub his chin like Daddy), it signals a huge cognitive advance, and his physical development enables him to repeat more of what he sees.

Imitation hones a number of important skills that you can nudge along. It improves your toddler's speech and language ability, so have him try to repeat silly sounds he's heard. Mimicking also helps him learn how to express feelings appropriately. Having him try to duplicate your facial expressions—and vice versa—helps him understand emotions and take turns. Acting like an adult also provides an ego boost: When your child successfully does things he's seen you do, he feels capable and more independent.

Subtle Lessons

"Since you know your child loves to copy you, look for additional ways to use the impulse as a teaching tool," suggests Jane Scott, M.D., coauthor of The Confident Parent: A Pediatrician's Guide to Caring for Your Little One—Without Losing Your Joy, Your Mind, or Yourself. For instance, demonstrate how to sneeze into your elbow, and then encourage your toddler to do it. Say "please" every time you ask for something and "thank you" when she does it, and she'll start to do the same.

Playing copycat can even help you instill a sense of right and wrong. Researchers at Concordia University in Montreal found that toddlers who enthusiastically imitated their mother were more likely as preschoolers to follow the rules and to feel guilty when they broke something than those who didn't

copy as eagerly. If your toddler likes to repeat what she sees in picture books or on videos, pick ones in which the characters behave cooperatively, such as by putting away toys, tasting new veggies, and sharing nicely. You can also try activities such as Follow the Leader and "Simon says," which are great practice for getting toddlers to pay attention, follow directions, and control their impulses, Dr. Jana says.

Positive Examples

Obviously, you need to watch what you do and say. If you make a rude comment behind a neighbor's back, your child might copy it, notes Dr. Winkelspecht. Swear much? Don't be surprised if he suddenly springs a four-letter word when you have company.

He also picks things up from other people and influences in his life. A grandpa who constantly interrupts conversations, older siblings who get into shoving matches, or a whiny cartoon character can all serve as unwitting role models. If someone is passing along bad habits, tactfully talk to him about it: "Dad, we notice that Jackson is interrupting conversations. We're working with him to practice saying 'Excuse me' and wait a few seconds rather than just speaking. Can you help us with that while you're here?"

That said, if your toddler's parroting is only mildly irritating (fake coughing, anyone?), you might be better off just ignoring it; making a big deal about the behavior can actually egg him on. Or you could encourage another action that's more acceptable, suggests Dr. Winkelspecht. If your toddler has started stomping his feet, teach him to say, "I'm mad" when he's upset instead. Or if he starts shrieking loudly at random times after seeing another child do so, talk softly to demonstrate a quiet voice. Then give him a high five when he copies you. §

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Leah with Milla

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PRESCHOOLER
3-4 years

squirmy solutions

Kids this age can have trouble sitting still. How to help your child fight the fidgets

by JENNIFER TEEMAN BENJAMIN

MY TWINS have always had a lot of energy, but midway through the school year, their teacher told me they couldn't stay seated during circle time. I worried they had ADHD or a defiance disorder, but after talking with a behavior therapist and kindergarten teachers, I learned that most preschoolers, especially boys, have trouble sitting still. Research shows that at this age, three-quarters of boys are more physically active than girls. "The average 4-year-old is constantly moving. It helps him focus and listen effectively," explains Parents advisor Michael Thompson, Ph.D., a child psychologist and coauthor of It's a Boy!

Experts estimate that every year of a child's age equals the number of minutes he can control his body, so most preschoolers can only sit quietly for about three to four minutes before needing to move again. Your child's focus might not last long, but these tips will help control the ants in his pants.

Prep for action.

Give your child a heads-up on what to expect before introducing her to an unfamiliar, structured event. "Letting her know what's to come will allow her to prepare a bit and feel engaged with the activity," says Traci Demuth, Ph.D., founder and educator at Dream AcadeME, an alternative-education program in Los Angeles. You might tell her that at circle time the teacher will first read a story, next sing a song, and lastly draw a picture.

You can also have her burn off excess energy ahead of time. "Take a walk around the block or go on the playground before school or church," suggests Dr. Demuth.

Offer options.

When a child squirms in his seat or makes weird noises, often our first reaction is to say, "Stop it!" But that tactic isn't always effective. "A lot of times, a child wants to sit still but doesn't know how, so offer alternatives," explains Jennifer Willemsen, a child developmental specialist and behavior therapist in Los Angeles. Give him a stress ball to squeeze when you're reading to him, let him sit on his knees or stand up, or get him a wiggle seat, a stool or cushion that helps settle fidgety kids. You can also ask the teacher to give him a job, like holding the book during circle time-it will make

him feel important and encourage him to pay attention so he knows when it's time to fulfill his duties.

After asking your child to sit still for several minutes, give him a short body break. Let him stand up, do jumping jacks, and shake his wiggles out, says Dr. Thompson. You can also set a timer or use a small hourglass to help him see how much time has passed and how long he has to hold it together. Willemsen recommends starting slow by asking him to sit still for just three minutes or less, depending on how much he can handle, before getting a movement break. Then, add an extra minute over each of the following weeks.

Teach control.

Kids this age do not have much selfawareness. "While adults have skills that help them focus, young children don't know how to regulate big emotions or their body," says child psychologist Rebecca L. Soffer, Psy.D. "These are skills you need to teach."

You can help her tune in to what's happening in her body. "Come up with a tool, like a color system, to explain where her body is during different moments," suggests Dr. Thompson. When she's quietly playing with Legos, point out that she's in the green zone.

When she's dancing to music, tell her she's in the red zone. Then talk about ways to settle her into a yellow zone, like breathing in for a count of three and letting it out for a count of five.

If you're taking her to a restaurant, bring a bag of quiet activities. "Pack it with books, play putty, or crayons and paper," says Dr. Demuth. She suggests using electronics as a last resort. When you take away an iPad, a child tends to become more antsy, and it prevents her from learning how to entertain herself.

Now his limits.

If restaurants or quiet gatherings are a challenge, you may decide to skip them. "It's not fair to get mad about things your child can't control, so have realistic expectations," says Dr. Soffer. That goes for school too. Consider discussing circle time with his teacher to see whether she's open to making changes that will benefit all of the squirmers. "Trying to make the whole group imitate the quietest child is being unfair to the other children," says Dr. Thompson. If your child continues to have trouble sitting still for any length of time or his teacher says he's more restless than his peers, talk about the behavior further with his pediatrician.



If your child has been struggling with feelings of depression, you may be interested in learning more about the Engage clinical research studies. The studies are evaluating two different investigational drugs to learn if they are safe and effective for children and adolescents who have major depressive disorder (MDD).

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SCHOOL AGE 5-6 years

rough reads

If a book has an upsetting subject, it can spur an important conversation. by JOCELYN WIENER

"UMMM, WILL?" my mother-inlaw called to my husband one evening. She and my daughter were on the couch, reading Little House on the Prairie. They had just gotten to Laura Ingalls Wilder's first offensive description of Native Americans, and my mother-in-law wondered what she should say.

Uncomfortable themes have popped up in my daughter's books, including many of my own childhood favorites. Pippi Longstocking's mother dies when Pippi's just a baby. Wilbur the pig loses his best friend, Charlotte. Don't get me started on Hansel and Gretel. I want my daughter to enjoy all that reading has to offer, but it can be tough to understand how to address hard subjects with small kids.

Be prepared.

Children's picture books can deal with everything from slavery to 9/11. Since 5- and 6-year-olds are just learning to read, it's more likely that tough subjects will come up while you're reading together. "You have to start explaining the hard stuff, even if it's uncomfortable," says Betsy Bird, a children's librarian in Evanston, Illinois, and the mom of a 5-year-old. Racism or sexism can be an issue with authors who seem safe.

Thumb through the books you plan to read with your child ahead of time, suggests Pamela Farris, Ph.D., emeritus professor in literacy education at Northern Illinois University, in DeKalb. Look for themes that may be difficult, as well as accurate information and complex words to help grow his vocabulary. "We read the cereal boxes, so we should be doing the same with children's books," says Dr. Farris. Knowing your child can help you prepare for what might upset him. Annie Thoms, who writes a blog on children's literature in New York City, said her daughter's dog-loving friend was shaken by a book where a boy lost his dog. Yet Thoms's own daughter wasn't fazed.

Speak simply and reassure.

Follow a few steps when your child comes across a tough subject, says Dawn Huebner, Ph.D., psychologist and author of *What to Do When You Worry Too Much*. Find out what she understands by asking, "What do you think about that?" Then, clear up any misinformation by simply explaining the facts. Finally, help her feel safe. "Reassure her that a scary situation is unlikely to occur or is taking place far away or in the past," Dr. Huebner says.

If your child actually experiences something you read about—violence, for example—explain that you'll always do your best to protect and help her and that many other adults are working to solve the problem.

Lisa Heyamoto, a journalism instructor in Eugene, Oregon, says reading with her 5-year-old daughter spurred talks on topics like sexism and slavery. For the latter, Heyamoto explained it this way: "There was a time when people thought it was okay to own other people like you own a shirt." Then she used the opportunity to discuss how strange and terrible the practice of slavery was.

Lacey Rabinowitz-Marbery, of Mission Viejo, California, would skip the pages in *Bambi* that showed the deer's mother being killed when reading to her 5-year-old daughter, Skylar. One day, Skylar noticed a picture of Bambi crying and asked why. Rabinowitz-Marbery used the question to have a discussion about death, which they continue if it comes up in other books.

Don't shy away from racism.

It's a common mistake to believe that if you don't talk about racism, your child won't find out about it, says *Parents* advisor Eileen Kennedy-Moore, Ph.D., creator of the audiovideo course "Raising Emotionally and Socially Healthy Kids." Too often, she says, white parents assume their kids can grow up to be colorblind. "Children are not blind. They can see that people come in different colors," she says.

Instead, use books to start discussing diversity and fairness. Talking about racism, sexism, stereotypes, and discrimination gives children key tools to think critically about tough themes. If you read a book with such subjects, find another with an opposing message. For example, a book with strong Native American characterstry The Birchbark House, by Louise Erdrich-provides an important counterpoint to the racism in Little House on the Prairie. And Pippi Longstocking is a great sexismdefying character. "I think she's the original superhero of children's literature," Bird says. 🛭



BIG KID 7+ years

good sports

You can help make sure that competition is healthy and fun. by HARLEY A. ROTBART, M.D.

LONG GONE are the days of kids heading down the block to the park or vacant lot for a pickup game in their T-shirts. Now, the action happens in organized sports, replete with expensive equipment, crisp uniforms, and demanding schedules.

The good news: By 7 or 8, your child is physically able to do much more than he was just a couple of years ago. He has better hand-eye coordination and increased strength and endurance. As a pediatrician who's also coached kids' baseball and basketball, I can attest that organized youth sports can become an important part of shaping a child's future self. And in this era of childhood obesity and video-game addiction, sports get kids outdoors, moving, and liberated from screens. With the right steps and attitude, you can help your child get the most out of the ones he plays.

Pick the right team.

There's a way for almost every child to get involved in a sport, regardless of skill. But it's up to you to choose the level at which your child participates, so ask the coach questions before you commit. Are the kids in this league beginners or advanced? Do all kids get to play? How often and how long are practices? How important is winning in the league? Some kids at this age develop a competitive streak and enjoy being on teams where winning is a goal. But many children will have more fun on "recreational" teams, and I

think there's nothing wrong with "participation trophies" if they help bolster your kid's self-esteem and encourage her to be active. Your child typically alternates between self-confidence and self-criticism at this age, so help her find a setting that enhances the former.

That said, sports can teach your child how to deal with the realities of the world off the field—not all kids can be stars, just as not all adults can be CEOs. Every player has a role in a team's success. When parents push their kids too hard, it often results in turning them away from sports entirely.

Find a healthy balance.

Another point to consider is how much your child should play and in how many sports. Some parents and coaches believe playing yearround in a single sport is the only route to college scholarships and professional sports. But the reality for most kids is that sports careers will end at high-school graduation, if not before. Personally, I'm not a fan of "specializing" in a single sport, and neither is the American Academy of Pediatrics, which encourages kids to delay doing so until late in adolescence to avoid injuries. Childhood is the time to explore new activities to see which are the most fulfilling and fun. Balancing their love for one sport with other sports and nonathletic activities can be more fun and reduce the chances of burnout.

Support life lessons.

Being a teammate provides a child with an opportunity to learn new social skills, including empathy, good sportsmanship, teamwork, and respect for authority. Sports can also teach him about perseverance, patience, humility, overcoming disappointment, and accepting responsibility. Often, the virtues kids pick up playing sports carry over into their everyday lives. One day, the teacher of one of the 10-year-old players on a team I coached pulled me aside and told me that Trevor stopped at her desk as he left her class each day and said. "Thanks." She told him how much she appreciated his doing that, and he responded, "No problem. Coach makes us thank the coaches and umpires after each game."

Set a good example.

That brings me to a final caveat: As you're watching your child from the bleachers, remember she's also observing you from the playing field. Cheer politely and enthusiastically for your kid's team, but never jeer the other team, their parents, or the referees. You don't need to be the loudest in the stands to show her that you're proud. Besides, the most important cheering (and, when necessary, cheering up) occurs on the car ride home or at the dinner table that night when it's just you and your child. \odot

vrules

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10 ways to prepare your first-time-parent friends

- 1. Let nine to 13 raccoons loose in their apartment. (If for some reason using raccoons in your area is prohibited, wolverines/bear cubs/ feral cats are also fine.)
- 2. Every day for a solid month, call them and insist on having a totally nonsensical 30–minute conversation at 11:30 p.m., 1:30 a.m., 3:30 a.m., and 5:30 a.m.
- **3.** Hire a psychologist (or someone dressed like a psychologist) to make them second–guess all their decisions. If they complain that their decisions are bad because they're overtired

- (because someone keeps calling them at 11:30, 1:30, 3:30, and 5:30), congratulations! Your plan is working.
- 4. Steal a third of their income.
- **5.** Rub everything they own with dairy products and a toilet brush so that they always smell like spoiled milk and dirty diapers.
- **6.** Honestly, maybe steal closer to three-quarters of their income.
- 7. Blast an air horn right next to their ear whenever they are trying to think or focus on anything important. If they ask you to stop,

- tell them the air horn requires them to feed it or hold it before it stops.
- **8.** Send them e-vites to cool, interesting gatherings and parties in which the only functioning reply option is, "Sorry, unable to attend."
- 9. Sign them up for a full-time gig as an Uber driver while disabling their ability to accept payment.
- 10. Spend two hours trying to come up with something that would explain the amount of love they're going to feel for their child before realizing there is nothing that can prepare you for that.





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