

Washington FAMILY

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FEBRUARY 2020

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CAMPS**

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Camps
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Knit a soap sack for charity. **Page 15.**



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READERS' RESPONSES

We welcome your feedback — on specific articles, overall themes and anything else related to editorial content. Use the Feedback tab on our website, washingtonfamily.com, or send your comments to info@washingtonfamily.com.

Please note we reserve the right to edit or refrain from publishing comments we deem inappropriate.

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YOUR
FEEDBACK**

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Washington FAMILY



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A Better Way to Relieve Stress

How do you relax after a stressful day?

My go-to escape is television. Every evening, I look forward to curling up on the couch after the kids are asleep and binge-watching whatever new comedy or drama has been making headlines. Recently, I've been catching up on "Schitt's Creek," amusing myself with the goings-on of the Rose family three or four episodes at a time.

Watching TV is a distraction from the demands of everyday life. But is zoning out actually helping to relieve any of my stress? The truth is, as much as I enjoy a good binge-watching session, I usually feel guilty afterward that I didn't use that time in a more productive way.

So what would be an evening activity that's both relaxing and productive? Knitting! As Michelle Ardillo reports in her story this month, studies have shown that knitting can actually reduce one's heart rate and blood pressure. Better yet, she explains, it can offer the opportunity for otherwise busy individuals to give back to the community.

Expanding on this theme of generosity, we partnered with the Random Acts of Kindness

Foundation to share 12 books that teach kids to be kind. We also have easy instructions for making bath bombs that look like conversation hearts (so cute!) and a roundup of Valentine's Day events for kids, families and parents.

Also in this issue, Jessica Claire Haney writes about the benefits of craniosacral therapy for children with special needs, and Erica Rimlinger explores sports camp options for young athletes of all abilities. Plus, we share some news from around the community that we think you ought to know about.

Speaking of community, we'll be at the Westfield Montgomery Mall in Bethesda, Maryland, from noon to 4 p.m. on Sunday, February 9th for our annual summer camp fair. Register online now for the chance to win a \$125 scholarship to the camp of your choice! If you'd like to connect, you can find me there or anytime on Twitter or Instagram at @pjfeinstein. ■

PJ Feinstein



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{ february }

SATURDAY 1

Portrait Discovery Kits

Explore the lives of famous Americans on a self-guided tour of the museum with kid-friendly games and puzzles.

National Portrait Gallery, Washington, DC at 1 p.m. **FREE** npg.si.edu

Heart String Art

Your little DIYer can work on their sanding, nailing and painting skills while making a Valentine's Day craft at your local Home Depot. Get a certificate of achievement, a free workshop apron and a commemorative pin while supplies last. Ages 5-12.

Home Depot stores in MD, DC and VA at 9 a.m. **FREE** homedepot.com/workshops

SUNDAY 2

Groundhog's Day Tea

Why do we use hibernating animals to predict the weather? Learn about the tradition of Groundhog's Day at an English tea party with a very special live guest. Registration required. Ages 4 and up.

Locust Grove Nature Center, Bethesda, MD at 11 a.m. \$15 for one adult and one child. events.visitmontgomery.com

MONDAY 3

Color My World

Let your child express their creativity through color by choosing coloring pages or using their imagination to draw their own pictures. Ages 5-12.

Capitol View Library, Washington, DC at 4 p.m. **FREE** dclibrary.org

TUESDAY 4

Storybook Science

Spend the morning learning about bubbles through experiments, crafts and stories. Registration required. Ages 4 and 5.

Maydale Conservation Park, Colesville, MD at 10:30 a.m. \$7. montgomeryparks.org

WEDNESDAY 5

Make-Your-Own S'mores

S'mores season isn't over yet! Stop by Abbott's Frozen Custard to pick up individual s'mores kits to roast over an open fire table. Children under 12 must be accompanied by an adult.

Cascades Overlook Town Center, Sterling, VA at 5 p.m. **FREE** visitloudoun.org

THURSDAY 6

Boogie Babes

Acoustic trio Guava Jelly takes the stage with their reggae-style children's songs at a new interactive musical series for kids.

The Miracle Theatre, Washington, DC at 10:30 a.m. \$6 per child. themicracletheatre.com/boogie-babes

FRIDAY 7

Family Fun Night for Individuals with Disabilities

Special needs families are invited to bring pillows and blankets for a viewing of kid-friendly short films. Take a break to collaborate on a community art project or hang out in the quiet room.

Arlington Mill Community Center, Arlington, VA at 6 p.m. **FREE** parks.arlingtonva.us

The Sky Tonight

Cosmic Adventures, a two-day series of planetarium shows, explores the wonders of the winter sky and teaches kids about the position and movement of the stars, moon and planets. Free for children 3 and under.

Rockville Science Center, Rockville, MD at 5 p.m., 6 p.m., 7 p.m. & 8 p.m. \$7. rockvillesciencecenter.org

SATURDAY 8

Cantemos y Bailemos

Join Levine Music in the Grand Foyer for Spanish music from its First Music Program. Kids will have a ball as they sing, bounce, dance and play simple instruments along with the songs. Knowledge of Spanish not required. Ages 5 and under.

The Kennedy Center, Washington, DC at 9:30 a.m. & 11:30 **FREE** kennedy-center.org

Georgetown Hoyas Basketball

Enjoy an afternoon of men's basketball as the Georgetown Hoyas host the DePaul Blue Demons. Children 2 and under are free.

Capitol One Arena, Washington, DC at noon. \$25+ guhoyas.com

SUNDAY 9

Harambee with Baba Ras D

Harambee, which means "all pull together" in Swahili, invites your little one to use the microphone, play a drum, dance and sing-along to songs that build character and confidence.

Capitol Cider House, Washington, DC at 10:30 a.m. \$7-\$10. capitolciderhouse.com

Kidz Graffiti Party

Drawing on the walls may not be allowed at home, but it's encouraged at this jammin' art party, where kids can let loose their inner street artist. Purchase additional studio time after the event for your child to reimagine their wall art on canvas.

ArtJamz Dupont Studio, Washington, DC at 12:30 p.m. & 2 p.m. \$15. artjamz.co

MONDAY 10

Budding Bookworms

Take a break from exploring the center for story time with a staff member, followed by a hands-on activity related to the theme of the month. Program included with admission. Ages 2-5.

Children's Science Center, Fairfax, VA at 11 a.m. \$13. childsci.org

WASHINGTON'S BIRTHDAY CELEBRATION

Feb. 17 | **FREE** | 9 a.m. - 5 p.m.



You're invited to spend the day at the home of our first president in honor of Presidents' Day. Ceremonial events include a presidential tribute and wreath laying, military demonstrations and musical performances. George Washington's Mount Vernon, VA. mountvernon.org

WEDNESDAY 12

Little Tykes Sweetheart Dance

Music, dancing and Valentine's Day treats will have you and your little one seeing hearts at this red, white and pink party for the pre-school set. Ages 5 and under.

Martha Washington Library, Alexandria, VA at 10:30 a.m. **FREE**
librarycalendar.fairfaxcounty.gov

Baby Lap Time

Pre-walkers will enjoy 30 minutes of books, songs and rhymes from the comfort of their caretaker's lap. Tickles and bounces are encouraged!

Petworth Neighborhood Library, Washington, DC at 1 p.m. **FREE**
dclibrary.org/petworth

THURSDAY 13

Disney On Ice

"Celebrate Memories" with your favorite Disney characters — and make a new one as a family — as Moana, Woody, Buzz, Anna and others take to the ice in this

exciting show. Through Feb. 17.
Capital One Arena, Washington, DC at 7:30 p.m. \$15+ disneyonice.com

Blippi Live!

Your preschooler's favorite YouTube character stops in DC as he makes his way across North America singing, dancing and making new friends. Parents, if Blippi looks a little different, it's because he's being played by a stage actor rather than the original YouTube star.

Warner Theatre, Washington, DC at 6 p.m. \$29.50+ warnertheatredc.com

DIY Light-up Flowers

What's better than a Valentine's Day bouquet? A bouquet of flowers that light up! Registration required. Ages 5 and up.

Davis Library, Bethesda, MD at 4:30 p.m. **FREE** mcpl.libnet.info

FRIDAY 14

Valentine's Day Skate

Your child can ice skate to their heart's delight and then head into the party rooms to make valentines

for friends and family. Children under 6 require parent participation while skating and crafting.

Cabin John Ice Rink, Rockville, MD at 4:45 p.m. \$8 per child includes skate rental, public skate admission and crafts. montgomeryparks.org

SATURDAY 15

'Harry Potter and the Sorcerer's Stone'

Relive the magic of the first Harry Potter movie on the big screen — and don't worry, it's definitely not too early in the morning for popcorn! Rated PG.

Angelika Film Center, Fairfax, VA at 10 a.m. \$8.50. angelikafilmcenter.com

LGBTQ+ Family Dance & Pizza Party

Put on your dancing shoes for this fun-filled inclusive Valentine's event, hosted by Rainbow Families. Recommended for children ages 2-9.

Chevy Chase UMC, Chevy Chase, MD at 5:30 p.m. \$8 for children 3 and older, \$11+ for adults. rainbowfamilies.wildapricot.org

Presidential Family Fun Day

Presidents' Day Weekend kicks off with a party in Kogod Courtyard featuring crafts, music, dancing and games. Don't miss the Washington Nationals' Racing Presidents, experts from the Bureau of Engraving and Printing and special tours of "America's Presidents."

National Portrait Gallery, Washington, DC at 11:30 a.m. **FREE** npg.si.edu

SUNDAY 16

NSO Family Concert

"Girl Power! Celebrating Women in Music" showcases female artists in honor of the 100th anniversary of the 19th Amendment, which gave women the right to vote. Children can enjoy hands-on activities and see musical instruments up close starting one hour before each show. The 2 p.m. performance will be sensory-friendly. Ages 5 and up.

The Kennedy Center, Washington, DC at 2 p.m. & 4 p.m. \$15-\$18. kennedy-center.org

SAVE THE DATE!

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- Giveaway bags

SUMMER CAMPS & ACTIVITIES 2020 FAIR



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**Washington
FAMILY**

MONDAY 17

Dr. Seuss Ballet

The Metropolitan Ballet Ensemble brings the whimsical world of Dr. Seuss to life through dance. Stories include classics like "The Cat in the Hat," "Green Eggs and Ham" and "One Fish, Two Fish, Red Fish, Blue Fish." Ages 4 and up.

Arts on the Green, Gaithersburg, MD at 11 a.m. \$10 for children 6 and under, \$12+ gaithersburgmd.gov

TUESDAY 18

Preschool Science Morning

Science books and hands-on activities will get your little one excited for STEM. Registration required. Ages 3-5.

Kingstowne Library, Alexandria, VA at 10:30 a.m. FREE librarycalendar:fairfaxcounty.gov

THURSDAY 20

Reading to Dogs

School-age children can practice their reading skills and increase their confidence by reading aloud to a therapy dog. Registration required. Ages 6-12.

Patrick Henry Library, Vienna, VA at 4:15 p.m. FREE librarycalendar:fairfaxcounty.gov

FRIDAY 21

LEGO Play

Open-ended LEGO play means your child can build whatever they can imagine. All they need to bring is their creativity to this drop-in activity. Ages 5 and up.

Olney Library, Olney, MD at 3:30 p.m. FREE mcpl.libnet.info

SATURDAY 22

Nailed it! Valentine's Treats

Like a tasty challenge? Showcase your baking and cookie decorating skills at this delicious Families Unplugged event. Ages 5 and up.

Walter Reed Community Center, Arlington, VA at 10 a.m. \$8 for residents, \$9.20 for non-residents. parks.arlingtonva.us/events

Invoke Concerts for Kids

This "not classical ... but not not classical" string quartet performs two interactive shows for children. The first is a sensory-friendly performance that welcomes movement and reactions of all types. The second performance explores the storytelling qualities of

WOW IN THE WORLD POP-UP PARTY

Feb. 29 | \$28-\$48 | 1 p.m. & 5 p.m.



Mindy Thomas, host of the popular children's podcast "Wow in the World," joins forces with indie band The Pop Ups for an interactive stage show combining STEM-themed games with silly sketches. Ages 5-12. The Music Center at Strathmore, North Bethesda, MD. strathmore.org

music, different string instruments and mixing compositions to create new sounds. Ages 6 and up.

The Mansion at Strathmore, North Bethesda, MD at 10:15 a.m. & 11:30 a.m. \$12. strathmore.org

SUNDAY 23

Electronics:

Bedroom Doorbell

Ding dong! Kids can build a doorbell to hang from their bedroom door as they learn how electricity and circuits work. This hour-long workshop is for kindergarteners through 2nd graders.

Kid Museum, Bethesda, MD at 10:30 a.m. \$20 (+\$12 museum admission) for nonmembers, \$18 for members. kid-museum.org

Agents of Discovery

Offering an educational twist on mobile gaming, this activity challenges participants to complete activities around the park while learning about nature, animals and more. Bring a mobile device to download the app. Children under 12 must be accompanied by an adult.

Potomac Overlook Regional Park, Arlington, VA at 2 p.m. FREE novaparks.com

MONDAY 24

Learn to Code

Kids of all ages are invited to learn how to code at this monthly get-together. Bring your own laptop or use one of the library's to access the website code.org and get assistance from staff and volunteers. Ages 5-18.

Twinbrook Library, Rockville, MD at 5 p.m. FREE mcpl.libnet.info

TUESDAY 25

Pokémon Club

Bring your Pokémon cards to trade or play and get ready to catch them all! Ages 6-12.

Kings Park Library, Burke, VA at 6:30 p.m. FREE librarycalendar:fairfaxcounty.gov

WEDNESDAY 26

Artists and Inventors Club

Anything is possible when you combine imagination and STEAM skills. This activity lets kids explore their creativity with provided supplies. Ages 6-12.

George Mason Regional Library, Annandale, VA at 4:30 p.m. FREE librarycalendar:fairfaxcounty.gov

THURSDAY 27

Chinese Class for Beginners

Elementary school-aged children can learn Mandarin at this weekly class that covers basic vocabulary, sentence structure and conversational practice. Ages 5-10.

Little Falls Library, Bethesda, MD at 4 p.m. FREE mcpl.libnet.info

FRIDAY 28

The Art of Cupcakes

A frosting-filled way to spend an early release afternoon, this cupcake class will review decorating techniques for aspiring bakers and creative kids. Bring a bottle of water and a take-home container for your treats. Ages 8-12.

Casey Community Center, Gaithersburg, MD at 1 p.m. \$59. apm.activecommunities.com/gaithersburgmd

Care of Magical Creatures

Calling all witches and wizards! Design a nature wand, find your patronus and learn about magical creatures of the forest at this Harry Potter-themed event. (Costumes are encouraged!) Includes a short hike to search for fantastic beasts, weather permitted. Ages 4 and up.

Locust Grove Nature Center, Bethesda, MD at 4:30 p.m. \$7. apm.activecommunities.com/montgomerycounty

SATURDAY 29

28th Annual Feel the Heritage Festival

Celebrate the last day of Black History Month with live music, dancing, a cook-off competition and activities for the kids. Shop a wide-range of goods from local vendors and explore photos and artifacts in the Hall of History.

Charles Drew Community Center, Arlington, VA at 1 p.m. FREE parks.arlingtonva.us

2nd Annual Princess Breakfast

Dress in your fairy-tale finest and enjoy food, crafts and games fit for a princess. Coffee will be provided for adults. Register by February 24. Ages 3-14.

Claude Moore Recreation and Community Center, Sterling, VA at 10:30 a.m. \$8. loudoun.gov



Love Capital

9 Valentine's Day events for kids, families and couples

BY PJ FEINSTEIN

Love is in the air ... and at the zoo, museums and so many other places around D.C. Here are some lovely ways to celebrate Valentine's Day right here in the DMV.

Kids

Valentine's Day Card Workshop



Signed, sealed, delivered! Your kids can express their love by designing handmade cards and mailing them from the museum's very own SpongeBob SquarePants USPS mailbox. Feb. 8 and

9 from 10 a.m.-4 p.m. FREE. Smithsonian National Postal Museum, Washington, D.C. postalmuseum.si.edu

Hearts and Hugs Memories with Mom

Table for three, please! Enjoy a delicious meal with your child and their American Girl doll and make memories as you spend an evening together. Ticket includes a goodie bag with a craft and doll tote. Recommended for ages 8 and up. Feb. 14 from 5-6 p.m. \$28 per person. American Girl Store, Tyson's Corner Center, Washington, D.C. americangirl.com

Teddy Bear Tea Party

Bring your favorite teddy bear or plush toy for an afternoon of stories, special crafts and treats. Dress to impress your fuzzy friends in your tea-time best. Feb. 15 from 2-4 p.m. \$18 for one child and one adult. \$10 for each additional child. Registration required. Herndon Community Center, Herndon, VA. fxva.com

Families

Rumpus Room Valentine's Day Dance

Take a spin around the dance floor with your loved ones at this daytime family dance party. There'll be disco balls, lights and kid-friendly music at a kid-friendly volume. Recommended for ages 8 and under. Feb. 16 from 2-4:30 p.m. \$12 in advance, \$15 at the door. Black Cat, Washington, D.C. blackcatdc.com

Valentine's Day Handi-Hour Pop-Up

Craft your heart out at this annual event and skip the store-bought valentines! Paper, scissors, stickers, glue and other supplies will be provided, with drinks and snacks available to purchase. Feb. 14 from 5-7 p.m. FREE. Registration recommended. Smithsonian American Art Museum, Washington, D.C. americanart.si.edu

Chocolate Truffle Making Classes

Prepare tasty truffles under the guidance of the head chocolatiers at SPAGnVOLA, a local chocolate shop. As you handcraft your heavenly dessert, you'll learn from the experts how cacao grows and a bit of chocolate history. Feb. 8, 9, 15 and 16 from 11 a.m.-1 p.m. \$60. Registration required. The Watergate Hotel, Washington, D.C. thewatergatehotel.com



Parents

Story District's Sucker for Love

Eight performers share true stories about the pleasures and perils of romance, from break-ups and make-ups to dating and marriage — and everything in between. Feb. 14 at 8 p.m. \$30-\$40. Lincoln Theatre, Washington, D.C. storydistrict.org

Couples' Cooking Class

Why make reservations when you can learn how to make a meal that's every bit as delicious? The menu for this hands-on class includes a salad, crab-stuffed salmon and flourless chocolate cake. Feb. 14 from 7-9 p.m. \$150 per couple. Tastemakers, Washington, D.C. tastemakersdc.com

Woo at the Zoo

Let's talk about sex ... in the animal kingdom! Learn all about animal mating and dating in a hilariously raunchy hour-long presentation, then hit the dance floor at the zoo's throwback '80s prom. Ticket includes one drink and complimentary desserts. Feb. 14 from 7-10 p.m. \$50 for FONZ members, \$60 for nonmembers. Smithsonian's National Zoo, Washington, D.C. nationalzoo.si.edu ■



HOW TO MAKE CONVERSATION HEART BATH BOMBS

SPREAD THE LOVE WITH THESE
OUT-OF-THE-ENVELOPE VALENTINES

BY LINDSAY PONTA



This Valentine's Day, you could give your kids a traditional box of tiny cards to pass out to their friends at school. Or you could work together in the kitchen to make the most creative valentines in the class: conversation heart bath bombs!

Given the hefty price tag of store-bought versions, bath bombs may seem like complicated concoctions. Actually, they're shockingly simple and affordable to make at home, and the activity provides the perfect opportunity to teach your kids about mixing colors, measuring ingredients and what happens when you combine citric acid, baking soda and water. (Hint: It fizzes!)

When you're finished, you'll have larger-than-life conversation hearts that look good enough to eat but are best enjoyed at bath time.

SUPPLIES

FOR THE BATH BOMBS

- ♥ 1 cup baking soda, plus 4 extra spoonfuls
- ♥ ½ cup citric acid (available in the grocery store canning section)
- ♥ 10-15 drops cotton candy fragrance oil (optional)
- ♥ Water-based food coloring in four or more colors
- ♥ 2 teaspoons almond oil
- ♥ Witch hazel in small spray bottle
- ♥ 5 small mixing bowls
- ♥ Flour sifter
- ♥ Fork or whisk
- ♥ Spoon
- ♥ Heart baking mold

FOR THE LETTERING

- ♥ A pinch of pink mica (available online or some craft stores)
- ♥ A few drops of vodka or rubbing alcohol
- ♥ Thin paintbrush

INSTRUCTIONS

1 In a small bowl, mix baking soda and citric acid. Use flour sifter to break up any clumps. For scented bath bombs, mix in fragrance oil.

2 In four separate bowls, add assorted food coloring to a spoonful of baking soda and mix with fork or whisk, breaking up clumps. Aim for bright, saturated color.

Note: Be sure the newly colored baking soda is dry before moving to next step to prevent fizzing.

3 Divide the baking soda and citric acid mixture from Step 1 evenly among the four bowls of colored baking soda. Mix each bowl thoroughly with fork or whisk.

4 Add about 1/2 teaspoon of almond oil to each bowl and mix thoroughly. The texture should feel dry but resemble damp sand and hold its shape when squeezed.

Too dry? Spritz with witch hazel and continue to mix. Spray a little at a time to avoid setting off the chemical reaction!

Too wet? Add more dry ingredients at a ratio of 2 tablespoons of baking soda to 1 tablespoon of citric acid and mix.

5 Spoon mixture into the heart baking mold, packing it down tightly. I recommend overfilling the mold and then pressing mixture down with the back of a spoon, adding more as needed until flat.

6 Flip mold over and gently bend and tap to release bath bombs onto a flat surface. Let them dry overnight, flat-side down.

Note: If hearts crumble when released from mold, return mixture to a bowl, spritz with witch hazel, mix and repeat Step 5.

7 When bath bombs have dried thoroughly and are hard to the touch, you can paint words on them. Mix a pinch of pink mica powder with a few drops of vodka or rubbing alcohol. (Alcohol evaporates more quickly than water, which will prevent bath bomb from activating early and fizzing up.)

8 Write on surface of each bath bomb using mica mixture and a very thin paintbrush. Test a small dot first. If dot fizzes, your mixture has too much liquid. Add more mica powder or wait until a bit of the alcohol evaporates off.

9 Let words dry for at least two hours before packaging bath bombs in airtight containers or bags.

Please share pictures of your conversation heart bath bombs on social media with the hashtag #washingtonfamilymag so we can see your creativity. Happy crafting, friends! ■

Lindsay Ponta created the DIY and lifestyle website Shrimp Salad Circus in 2009 to inspire busy women to live perfectly imperfect creative lives. Find easy DIYs and recipes at shrimpsaladcircus.com.



COMMUNITY BY PJ FEINSTEIN

Local Mom Makes Air Travel Less Stressful for Families

If you've ever wished for an extra set of hands at the airport, you're in luck.

SkySquad (theskysquad.com) is a new concierge service at Dulles Airport and Reagan National Airport designed to help families get from the ticket counter to their gate with less stress.

For \$39 an hour, SkySquad assistants can help with ticketing, preparing for security and pushing luggage, strollers and car seats through the airport. They can also watch your bags as you take the kids to the bathroom or grab something to eat before your flight.

"Airport employees are so busy doing what they have to do, they generally don't have extra time to help people on an individual level," says SkySquad founder, Julie Melnick. "This service allows us to help people one-on-one and just make their airport experience much better."

SkySquad assistants are all off-duty airport employees, so they've already been background checked, fingerprinted and badged by their airport to get through security. They also have childcare experience and are fluent in a variety of languages.

When Melnick first conceived of SkySquad, she thought the service would appeal mostly to single moms traveling with little kids. To her surprise, many of her customers have been families with more than one child who simply need a helping hand.

"This has been a passion of mine for the past 10 years, when I started traveling coast to coast frequently with my baby and toddler," says Melnick, who lives with her family in Bethesda, Maryland. "I am so excited to help the world travel happier — starting with D.C." ■

Applications Open for National Award Honoring Young Heroes

The Gloria Barron Prize for Young Heroes, which recognizes public-spirited youth in the U.S. and Canada, is now accepting applications for its 2020 awards.

The Barron Prize honors 25 inspiring leaders ages 8 to 18 who are working in creative ways to help their communities or protect the planet. The top 15 winners receive \$10,000 to support their service project or higher education.

"The purpose of the Barron Prize is to showcase young heroes of all descriptions, inspiring other young people to take action," says author T.A. Barron, who founded the award in 2001, naming it after his mother.

Two local teens were among the winners of the 2019 Barron Prize. Addison Barrett of Germantown, Maryland, who was 11 when she won, founded Gorilla Heroes to raise awareness and funds to help save endangered mountain gorillas. Since 2017 she has raised more than \$11,300 through fundraising, including selling homemade cookies and lemonade, designing and selling T-shirts and organizing an annual Gorilla Gala.

After learning about the high cost of relief food while volunteering in Malawi, Garyk Brix of Potomac, Maryland, spent five years developing a less expensive option to address malnutrition that could be produced using local crops. "My work does not end here," said Brix when he won at 18 years old. "I'll continue striving to make nutritious food more readily available to starving children around the world."

To learn more about the 20th Annual Barron Prize and apply online, visit barronprize.org. ■



Addison Barrett



Garyk Brix



New Picture Books Tell Inspiring True Stories

Looking to add some nonfiction titles to your child's book collection? These new picture-book biographies take young readers back in time as they celebrate two inspiring, yet very different, role models.

"The Only Woman in the Photo,"

written by Kathleen Krull and illustrated by Alexandra Bye, follows the life of Frances

Perkins, the first woman to serve in a presidential cabinet and the mastermind behind FDR's New Deal. A shy and quiet girl, Perkins challenged herself

to make her voice heard in order to fight injustice and build programs to protect people across the nation.

"Fred's Big Feelings: The Life and Legacy of Mister Rogers," written by Laura Renauld and illustrated by Brigitte Barrager, tells the story of Fred Rogers through the framework of his feelings: scared, lonely, playful, joyful. After testifying on Capitol Hill to save government funding for public television, including "Mister Rogers' Neighborhood," Rogers spent the next 30 years teaching children that it's normal to have feelings — and important to share them. ■

THE JOY OF Knitting

More than just a hobby, knitters and crocheters are picking up their needles as a way to relieve stress – and give back to the community.

BY MICHELLE BLANCHARD ARDILLO

People of all ages are searching for means of self-care after the stresses of a long, busy day, and working with yarn can be relaxing and fun. No wonder knitting is sometimes referred to as the “new yoga.”

In her 2016 *New York Times* article “The Health Benefits of Knitting,” writer Jane Brody explores the idea that working with yarn can relieve stress from the lives of ever-increasingly busy people. Perhaps that’s why there’s been a 51 percent increase in the amount of women who knit or crochet over the past 10 years, according to The American Institute of Stress (AIS). Among 25 to 34 year olds, there’s been a 150 percent increase in yarn crafts in just five years.

Knitting and crocheting offer the same mindfulness qualities as meditation, while following a pattern or learning a new stitch offers the added benefit of mental exercise. In fact, once they master the craft, the AIS reports that knitters experience lower blood pressure and a reduction in heart rate as they work.

Anja Caldwell, an architect by trade and the owner of FiberArt Studio in Potomac, Maryland, sounds like a therapist when she talks about her handwork. “You would think that a full-time working mom had no time to knit, but I had to sometimes, just

to keep me sane and help cope with the stress,” says Caldwell. “Focusing on crafts and working with your hands is immensely satisfying. It grounds you. It is a task that has a beginning and an end, like mowing the lawn or cleaning out the dishwasher, but with a much more satisfying outcome.”

READY, SET, KNIT

A ball of yarn and a set of knitting needles or a crochet hook are the only things really needed to get started, and inspiration is just a click away via Pinterest and Instagram. Most yarn stores such as Lovelyarns in Baltimore offer classes for adult knitters and crocheters of all skill levels. Caldwell’s FiberArt Studio offers a variety of classes for ages 6 and up, as well as open studio hours throughout the week where crafters can drop in for help on a project. Newbies can also learn to knit or crochet by spending a few hours watching YouTube videos.

The website Ravelry, a user-driven site created by a knitter and blogger that now brings together crafters from all over the world, is a great place to find the perfect pattern for any level of expertise. Ravelry members post photos of projects and field questions from other knitters, creating a unique online community. According to one long-time knitter, “Ravelry has taken

down barriers in terms of the fear factor of knitting. As a forum, it’s made knitting for beginners a good thing, less scary.”

KNITTING FROM THE HEART

Aside from the inherent sense of accomplishment and pride in creating a garment or accessory, the simple act of knitting or crocheting for those less fortunate can be a



Anja Caldwell, owner of FiberArt Studio in Potomac, Maryland.



Knitting and crocheting offer the same mindfulness qualities as meditation. Once they master the craft, the AIS reports that knitters experience lower blood pressure and a reduction in heart rate as they work.

way for even the busiest person to give back to the community. Many hospitals and charity groups exist to connect crafters with those in need, with projects ranging from those requiring only the most basic of skills to those more challenging and time consuming.

As a weekly volunteer at a local food pantry in New Jersey, Stacy Wiener was struck by how many patrons requested toiletries along with food, since basic things like soap and shampoo can't be purchased with government subsidies. A knitter since college, she decided to crochet a cotton washcloth and sewed it into a pouch to hold a bar of soap to give out the following week.

Wiener was shocked by the response at the pantry, not just from the recipients of her soap sacks, but also from other volunteers who quickly signed up to make more of them. As the number of soap sacks created and distributed began to grow, so did the sense of community among the volunteers knitting and crocheting them, which is something that Wiener is particularly proud of.

In September 2017, Wiener launched the non-profit organization S.A.C.K. (Supporting a Community with Kindness) to collect additional handmade soap sacks for donation, and today, soap sacks are knitted or crocheted in all 50 states. Some are sent to Wiener to donate, while others are donated by crafters to the local food pantry or homeless shelter of their choice. Even though soap sacks take less than an hour to create, and the costs for the yarn and bar of soap are minimal, crafters feel like they are really making a difference. Not only is there a "sense of dignity in being clean," says Wiener, but recipients feel "loved" by the notion that the soap sack was handmade. (See sidebar for sample pattern.)

ALL YOU MEEP IS LOVE

One Montgomery County Public School (MCSP) teacher and mom is also proving that something very small can make a huge difference in someone's life.

Maura Moore is "a middle school teacher trying to help heal the world one crocheted emotional support orb at a time," according to her Instagram bio. Based on a knitted "black hole" she saw about 10 years ago on Etsy, Moore's orbs are small and plush — about the size of a Mandarin orange — with shiny, black eyes.

Moore gave the first "orb" she crocheted to her husband when they



Maura Moore crochets with her lunch bunch students.

were going through difficult times and was surprised to see it always in his pocket or in his hands, not tucked away forgotten in his sock drawer as she had imagined. So she crocheted a few more and brought them to school.

When one of her middle school students was struggling with "life-y things," Moore gave her a yellow orb named "Sunshine" as a pick-me-up. As with her husband, Moore's student was always holding

hers, carrying it around everywhere.

Moore knew she was on to something when another student asked if she could have one to hold while taking a test to help relieve her performance anxiety. When Moore asked her if the orb had helped, the student said yes and called it her "meep." Moore, an avid Beatles fan, loved the name and christened her movement "All You Meep is Love."

Since all this began in March of 2019, Moore estimates she has made and handed out more than 1,000 meeps, which she makes at night while watching TV or riding in the car on family trips.

After Moore's meeps were featured on a local website, co-workers in 8 to 10 MCPS locations have joined in the creation of these crocheted orbs, which they give out to students, teachers and administrators — just about anyone in need of a boost or a pat on the back. In her 6th grade English classes, Moore names a "Meep of the Week," and the honored student gets to select an orb from a small collection she keeps in her classroom.

Moore's community has been great about supporting her project, donating yarn, specific "meep" eyes that are safe for all ages and Poly-fil to stuff them. Donations show up at her school or in her mailbox on a regular basis.

"I am in awe every day of what the meeps are doing and how all of these amazing people in my life have come out in support to help spread this message of love, kindness and healing," says Moore. She doesn't charge for the meeps or for the pattern to make them, asking only in return that they not be sold and that her "All You Meep is Love" message continues to spread. ■

Michelle Blanchard Ardillo is a freelance writer and middle school language arts teacher. She moderates an after-school club where middle schoolers learn to crochet and make items for charity. Follow her on Twitter @michardillo or on her website, michelleardillo.com.

KNIT A SOAP SACK

Recommended needle size = 7 (4.5 mm) or 8 (5.0 mm)

Gauge: 18 stitches = 4 inches

Use a cotton or cotton-blend yarn

- Cast on 24 stitches
- Row 1: *K1, P1; repeat from * to end of row
- Row 2: *P1, K1; repeat from * to end of row
- Repeat Rows 1 and 2 for pattern (seed stitch) until 8 1/4 inches
- Bind off loosely
- Fold in half
- Seam one side and bottom of sack
- Add loop — use a braid, crochet chain (14 chains) or single ply of yarn

Approximate size of finished soap sack should be 4 x 6 inches





Sports CAMPS for All*

[*YES, REALLY]

BY ERICA RIMLINGER

SOME KIDS WERE BORN TO LOVE ATHLETICS. OTHERS PARTICIPATE RELUCTANTLY OR ONLY WHEN HEAVILY BRIBED. NO MATTER WHAT YOUR CHILD'S ABILITY OR INTEREST LEVEL, THERE'S NO NEED FOR HIM OR HER TO SPEND THE SUMMER PLAYING VIDEO GAMES ON THE COUCH. WASHINGTON FAMILY HAS FOUND SPORTS CAMPS AND OPPORTUNITIES FOR ATHLETES, NON-ATHLETES AND KIDS WITH DISABILITIES.

Multisport camps make it easy for campers to find something that interests them. Summer is a great time to try something new, and camp is a way for kids to make new friends, create great memories and gain new skills.

CALLING ALL JOCKS

For your serious soccer player, the area's professional team, D.C. United, runs both spring break and summer camps for kids ages 5 to 16. There are full and half-day camp options, and all campers receive a D.C. United camp ball and T-shirt.

Got a kid who likes basketball? The Washington Wizards offer camps in 12 different area locations throughout the summer for kids ages 6 to 14. Along with a half-day of hoops skills and practice, camp participants receive a game-day voucher for one home game in the 2020-2021 season.

Quaker schools have a long tradition of sponsoring camps and the Sidwell Friends School is no exception. At the school's D.C. campus, the Sidwell

Summer program offers six different sports camp options: soccer, tennis, tennis and golf, basketball, field hockey and baseball. Most camps are offered for kids in kindergarten through eighth grade; however, baseball is only offered to players in eighth through 11th grades.

Some of Sidwell's sports camps offer a morning-only option, but all of the sports are offered throughout the summer.

GET OUT AND PLAY

Multisport camp options abound. At UMBC camps, there are specialty counselors for martial arts, fitness, dance and tennis. Every camper does each of those activities twice a week. They also rotate with their groups throughout the day and

play a variety of other sports and games such as basketball, flag football, soccer and volleyball, as well as camp games such as capture the flag.

“We try to make it easy for campers to find something that interests them,” says camp director Michael Kopajtic. “All of our camps have a mix of indoor and outdoor activities, and all of our campers swim every day. Many campers mix and match, taking a few weeks of different programs throughout the summer.”

The university offers more than 20 camps, so the staff feels they have ones that fit most interests. Summer is a great time to try something new, Kopajtic says, and camp is a way for kids to make new friends, create great memories and gain new skills.

ALL SPORTS ALL THE TIME

ESF Camp in Bethesda offers a multisport camp called SportsLab for kids in grades one through nine. Beginner, intermediate and experienced athletes play two to three sports each day, with additional swim and recreation time. The five core sports are basketball, soccer, baseball, lacrosse and flag football. Campers can then choose sports that include European team handball (an Olympic sport), street hockey and swimming.

“Our goals are for every camper to develop their skills and build confidence while having serious fun,” says ESF’s Claire McClain, a regional marketing specialist who says their sports program was designed through the research and development of Dr. Jim Loehr, a sports psychologist who has coached more than 17 of the world’s top-ranking athletes in six different sports.

LACROSSE (OF COURSE)

George Mason University offers lacrosse camp for boys ages 6 to 16, with a half-day option for players ages 6 to 9. Campers practice stick skills, positional play and team concepts. Players can expect daily scrimmages, too.

For girls, the university runs a similar camp which is led by the school’s women’s lacrosse coach, Jessy Morgan, a former University of Virginia All-American. Both camps offer one-week sessions in June and July.

INDIVIDUAL SPORTS

Some kids like to be active but not as a part of a team. Parents need not worry though — there are many more individual sport offerings today than in our childhood, and camp opportunities are plentiful for them as well.

Earth Treks in Rockville offers camps that mix climbing, traverse activities and group games for the younger set, ages 6 to 9. Older campers, ages 9 to 13, learn how to belay and get to climb outdoors at local crags. Earth Treks also has regular evening drop-off sessions called Friday Night Rox and guided open climbs every weekend.

Kaizen Karate in Spencerville offers camps in two locations — Northwest D.C. and Arlington. Camps run throughout the summer, include swimming opportunities (although not lessons) and also have weekly themes, such as black belt boot camp, sparring and Ninja Turtles. Kids do not need prior karate experience to participate in camp.

FOR CHILDREN WITH SPECIAL NEEDS

For kids whose disabilities may require accommodations, Bennett Blazers at Kennedy Krieger Institute introduces adaptive sports to children and teens with various degrees of physical abilities. Skill levels range from beginner to Paralympic.

Since 1989, the program has brought children who might have been sidelined onto the field of play, offering track, baseball, sled hockey, swimming, softball, tennis, archery and golf, among other sports.

Gerry and Gwena Herman run the multisport program, which includes summer camps, at Kennedy Krieger’s Greenspring campus. The program is five days a week and is the best fit for children ages 2 to 18 who have a diagnosed physical challenge and who are functioning at or near grade level.

For children ages 2 to 7, Bennett Blazers offers a half day that includes two activities plus swimming with a 1-to-2 staff-to-athlete ratio. Camps for older kids include four activities each day, two morning activities and two in the afternoon, as well as one session of swimming.

Gwena Herman enjoys watching team camaraderie develop at camp, she says, adding that “watching how older athletes naturally tutor and support the younger participants is always great to see and keeps the continuum going strong.” ■



Some kids like to be active but not as a part of a team. Parents need not worry though — there are many more individual sport offerings today than in our childhood, and camp opportunities are plentiful for them as well.



what to pack?

SENDING KIDS TO OVERNIGHT CAMP THIS SUMMER?

Here's a handy list of what they should have in their duffel bag before they head into the great outdoors.

COMPILED BY ELLEN MCDANIEL

- ☐ Sunglasses
- ☐ Swimming goggles
- ☐ Hat
- ☐ Raincoat
- ☐ Hiking boots
- ☐ Sneakers
- ☐ Sandals or flip-flops
- ☐ Compass
- ☐ Bedding
- ☐ Fan
- ☐ Flashlight and extra batteries
- ☐ Sports equipment
- ☐ Reusable water bottle or canteen
- ☐ Laundry bag
- ☐ Shower caddy and toiletries
- ☐ Toothbrush
- ☐ Insect repellent
- ☐ Deodorant
- ☐ Sunblock
- ☐ Prescription medications
- ☐ Books and magazines
- ☐ Stationery and pre-stamped, self-addressed envelopes
- ☐ Family photo

SOURCES:
AMERICAN CAMP
ASSOCIATION, YMCA



COLOR
THIS IN
FOR
FUN!



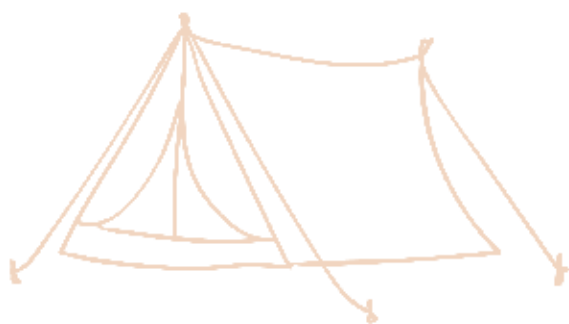
ISTOCK/GETTY IMAGES PLUS:
LINE ART: OLESIA_AGUDOVA;
PENCIL: ANTONIANO;
SHARPENER: ARTISTEER





2020 Summer Camp Guide

With each new milestone that our children reach comes the need for information to guide them (and us) through this stage. This is particularly true when our children are old enough to attend summer camp. How do we know which camp is right for them? In an education-centered community like ours, there can be a lot of options — where do we even get started? Right here, actually, with these listings. Read about these camps, what they offer and the ages they serve. Then visit their websites to learn more. On our website, WashingtonFamily.com, you can find even more listings to help you in your search. Be sure to check back on our website and in our magazine in upcoming months for more stories and helpful tips. Good luck! Here's to a great summer.



OVERNIGHT CAMPS

BURGUNDY CENTER FOR WILDLIFE STUDIES

Ages: 8-15
burgundycenter.org
703-842-0470
Capon Bridge, WV
Categories: Swimming

CAMP HORIZONS

Ages: 6-16
camphorizonsva.com
camp@horizonsva.com
540-896-7600
3586 Horizons Way,
Harrisonburg, VA
Categories: Residential Camp,
Boys & Girls, Teens, Sibling
Discount, Arts and Crafts,
Cooking, Dance, Drama/Theatre,
Hiking, Horseback Riding,
Music, Overnight Camping,
Photography, Swimming

CAMP RIVER'S BEND

Ages: 6-15
www.campriversbend.org
804-314-6656
Cowpasture River Hwy
Millboro Springs, VA
Categories: Residential, Teens,
Horseback Riding, Boating,
Arts and Crafts, Sports, Hiking,
Overnight Camping, CIT Program

RIVER MOUNTAIN RETREAT SUMMER CAMPS

Ages: 10-15
rivermountain.org
retreats@rivermountain.org
615-383-0984
3600 Black Valley Road
Everett, PA 15537
Categories: Residential
Camp, Teens Sibling Discount,
Transportation, Arts and Crafts,
Boating, CIT Program, Educational
Activities, Field Trips, Hiking,
Overnight Camping, Sports,
Sports-Extreme, Swimming,
Travel, Yoga

DAY CAMPS WASHINGTON, D.C.

BEAUVOIR SUMMER - BEAUVOIR, THE NATIONAL CATHEDRAL ELEMENTARY SCHOOL

Ages 3-11; CIT program for
grades 6 to 12
beauvoirschool.org/summer;
beauvoirssummer@cathedral.org
202-537-6485
3500 Woodley Rd., N.W.
Washington, D.C.
Categories: Day Camp, Boys
& Girls, Extended Day, Arts and
Crafts, CIT Program, Dance,
Drama/Theatre, Educational
Activities, Field Trips, Music,
Swimming

CAMP HALF-BLOOD, DC

Ages 7 - 14
camphalfbloodbklyn.com
info@plato-learning.com
Rock Creek Park, Picnic Area 13
Categories: Day Camp, Sports,
Drama/Theatre, Educational
Activities

CAMP LEVINE

Ages: 3.5-12
levinemusic.org/camp
camp@levinemusic.org
202-686-8000
2801 Upton Street, NW
Washington, District of Columbia
Categories: Day Camp, Boys
& Girls, Sibling Discount,
Extended Day, Arts and Crafts,
Drama/Theatre, Music

MAD SCIENCE

Ages: 6-11
dc.madscience.org
301-593-4777/301-536-9897
Categories: Educational
Activities

SMITHSONIAN SUMMER CAMP

Ages: K-9
smithsonianassociates.org/camp/
customerservice@
smithsonianassociates.org
202-633-3030
Smithsonian's S. Dillon
Ripley Center
1100 Jefferson Drive SW,
District of Columbia
Categories: Day Camp, Boys
& Girls, Extended Day,
Educational Activities

SUMMER 2020 AT FUSION ACADEMY

Ages: 10-19
fusionacademy.com/
washington-dc/
202-244-0639
2000 Florida Ave NW, 2nd Floor
Washington, District of Columbia
Categories: Day Camp, Boys
& Girls, Teens, Educational
Activities, Field Trips, Music,
Special Needs, Yoga

DAY CAMPS MARYLAND

BENDER JCC OF GREATER WASHINGTON JCC DAY CAMP

Ages: 4-21
benderjccgw.org/camp
campjcc@benderjccgw.org
301-348-3883
6125 Montrose Road
Rockville, Maryland
Categories: Day Camp, Boys
& Girls, Teens, Sibling Discount,
Extended Day, Transportation,
Arts and Crafts, CIT Program,
Cooking, Dance, Drama/Theatre,
Field Trips, Hiking, Special Needs,
Sports, Swimming, Travel

BARRIE CAMP**Ages: 4-14**barrie.org/camp
camp@barrie.org
301-576-281813500 Layhill Road
Silver Spring, Maryland**Categories:** Day Camp, Boys & Girls, Sibling Discount, Extended Day, Transportation, Arts and Crafts, Boating, CIT Program, Computers Cooking, Dance, Drama/Theatre, Educational Activities, Field Trips, Hiking, Horseback Riding, Martial Arts, Swimming**BASIS INDEPENDENT SUMMER****Ages: 2 - 18**Affiliation: BASIS Independent
McLean
mclean-summer@
basisindependent.com
basisindependent.com/summer
703-854-12538000 Jones Branch Drive
McLean, Virginia 22102**Categories:** Day Camp, Boys & Girls, Teens, Arts and Crafts, Dance, Drama/Theatre, Educational Activities, Field Trips, Music**BRETTON WOODS****Ages: 4-17**BWRC.org, camp@BWRC.org
301-948-3357

15700 River Rd., Potomac, MD

Categories: Day camp, boys and girls, teens, extended day, transportation, arts and crafts, boating CIT program, hiking, special needs, sports, xstream sports, swimming**CAMP ACCOMPLISH****Ages: 5-18**melwood.org/recreation/camp
recreationcenter@melwood.org
301-980-3226, 9035 Ironsides Rd.

Nanjemoy, MD

Categories: Day Camp, Residential Camp, Boys & Girls, Teens, Extended Day, Transportation, Arts & Crafts, Drama, Horseback Riding, Special Needs, Swimming**CAMP ARISTOTLE AT THE AUBURN SCHOOL**scott.swick@catapultlearning.com
201-588-8048

9115 Georgia Ave., Silver Spring, MD

larissa.vlassich@catapultlearning.com
703-793-93533800 Concorde Parkway,
Chantilly VA**CAMP KEETOV****Ages: Toddlers to 5 years**whctemple.org/education
hgroege@whctemple.org
301-279-7505

11810 Falls Road

Potomac, Maryland

Categories: Day Camp**CAMP LEVINE – LEVINE MUSIC SCHOOL****Camper Age: 3 1/2-12****Teen Apprentice Age:****Rising 7th-12th Graders**

levinemusic.org/camp-levine

camp@levinemusic.org

202-686-8000

The Music Center at Strathmore,

5301 Tuckerman Ln., North

Bethesda, MD

Categories: Teens, Sibling Discount, Extended Day, Arts, CIT Program, Dance, Drama, Educational Activities, Music**COMMOTION DANCE DAY CAMPS****Ages: 5**

commotiondance.com

info@commotiondance.com

301-515-8908

13097 Wisteria Drive

Germantown, Maryland

Categories: Day Camp, Boys & Girls, Teens, Sibling Discount, Extended Day, Arts and Crafts, CIT Program, Dance, Drama/Theatre**CONGRESSIONAL CAMP****Ages: 4-14**

congocamp.org

info@congocamp.org

703-533-0931

School Affiliation:

Congressional School

3229 Sleepy Hollow Road

Falls Church, VA 22042

Categories: Day Camp, Boys & Girls, Extended day, Transportation, Arts and Crafts, CIT Program, Computers, Cooking, Field Trips, Horseback Riding, Swimming**GLEN ECHO PARK AQUARIUM****Ages: 4-7, 8-12**

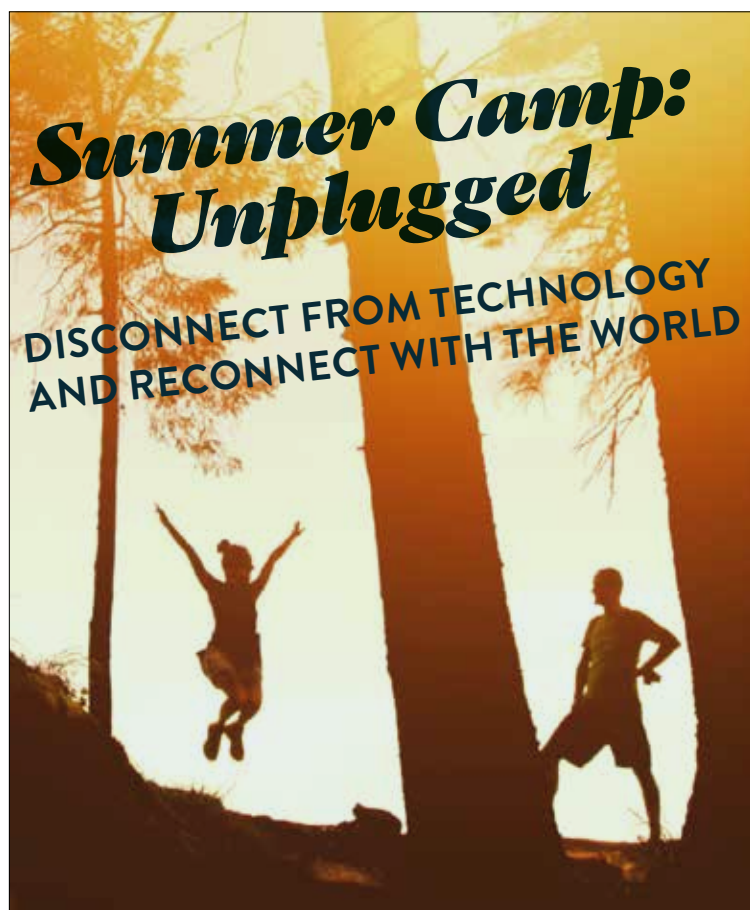
gepaquarium.org

info@gepaquarium.org

301-955-6256

7300 MacArthur Blvd.

Glen Echo, MD

Categories: Arts, Educational Activities, Hiking**THIS SUMMER, HIT 'RESET' ON YOUR KID'S RELATIONSHIP WITH TECHNOLOGY.**

At River Mountain, we replace screen time with outdoor adventure. Designed in partnership with Penn State, our summer camps empower young people to have fun, experience the natural world, and create a healthier relationship with technology.

We're excited to welcome your child to camp!

Space is limited. Reserve today.

RIVERMOUNTAIN.ORG/UNPLUG
(615) 383-0984

River Mountain

WF CAMP GUIDE

INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12

ismw.org

info@ismw.org

301-365-5888

11325 Seven Locks Rd., Suite 255,
Potomac, MD

Categories: Drama, Music

KIDS FIRST SWIM SCHOOLS

Ages: 2 months-Adults

kidsfirstswimschools.com

contact@kidsfirstswimschools.com

Check our website for a list of all
35 locations.

Categories: Educational
Activities, Sports, Swimming

MAD SCIENCE

Ages: 6-11

dc.madscience.org

301-593-4777/703-536-9897

Categories: Educational
Activities

MID-ATLANTIC SUMMER DANCE INTENSIVE/MASDI

Ages: 12-21

commotiondance.com

info@commotiondance.com

301-515-8908

13097 Wisteria Dr. L1

Germantown, Maryland

Categories: Residential Camp,
Boys & Girls, Teens, Sibling
Discount, Dance

SPRING BILINGUAL MONTESSORI SUMMER CAMP

Ages: 2½-6

spring-bilingual.org

info@spring-bilingual.org

301-962-7262

3514 Plyers Mill Rd.

Kensington, MD

Categories: Sibling Discount,
Extended Day, Arts, Educational
Activities

SPRINGDALE PREP CAMPS

Ages: 11-18

Affiliation: Springdale

Preparatory School

admissions@springdaleprep.org

443-671-2531

1000 Green Valley Road, New

Windsor, MD 21776

Categories: Day Camp, Boys
& Girls, Cooking, Music, Sports,
Field Trips



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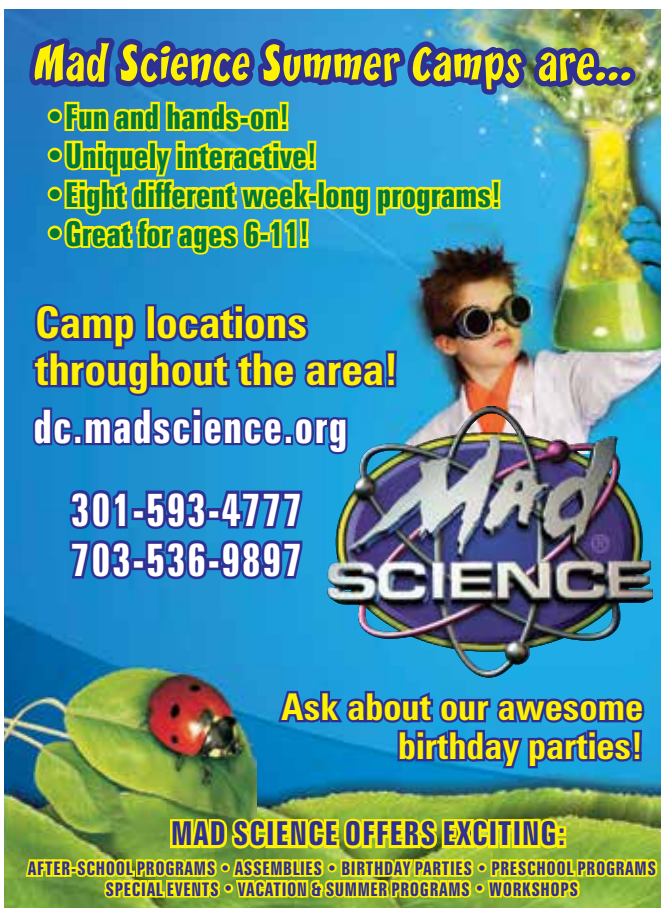
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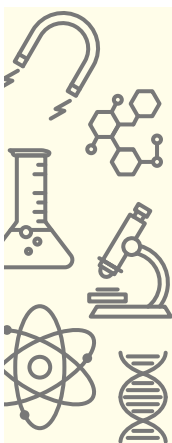
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SASS.Camp@ssfs.org
301-774-7455 x167
16923 Norwood Road Sandy
Spring MD 20860

Categories: Traditional day, day camp, coed, swimming daily, custom schedule

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ticcamp.com
registrar@ticcamp.com
703-876-2868
Sidwell Friends Lower School
5100 Edgemoor Lane
Bethesda, Maryland

Categories: Day Camp

VALLEY MILL CAMP INC.**Ages: 4-14**

valleymill.com
valleymill@valleymill.com
301-948-0220
15101 Seneca Rd.,
Darnestown, MD

Category: Day Camp

DAY CAMPS VIRGINIA**ACE SUMMER CAMP****Ages: 2.5 years to 6th grade**

Affiliation: Academy of Christian Education
myschoolace.com
info@myschoolace.com
703.471.2132
Reston, VA

Categories: Day Camp, Boys & Girls, Sibling Discount, Extended day, Arts and Crafts, Computers, Educational Activities, Field Trips

ART CAMP AT THE ART LEAGUE**Ages: 5-teen**

theartleague.org/classes
school@theartleague.org
703-683-2323

305 Madison St.,
Alexandria, VA 22314
Categories: Day Camp, Boys & Girls, Teens, Arts and Crafts, Boating, Educational Activities, Photography

ASHBURN ICE HOUSE**Ages: 3-10**

Affiliation: William Day
21595 Smith Switch Road,

Ashburn, VA
ashburnice.com
info@ashburnice.com
703-858-0300

Categories: Day Camp, Boys & Girls, Extended Day

BROOKSFIELD SUMMER CAMP**Ages: 3-10**

brooksfeldschool.org
camp@brooksfeldschool.org
703-356-5437 ext. 2
1830 Kirby Rd., McLean, VA

Categories: Extended Day, Arts, CIT, Cooking, Dance, Educational Activities, Field Trips, Hiking, Horseback Riding, Music, Sports, Swimming, Yoga

BURGUNDY FARM SUMMER DAY CAMP - GRACE EPISCOPAL SCHOOL**Ages: 4-16**

burgundyfarm.org/
summer-programs
admissions@graceschoolalex.org
703-549-5067
Alexandria, VA

Categories: Arts and Crafts

CAMP ARISTOTLE AT THE AUBURN SCHOOL

scott.swick@catapultlearning.com
201-588-8048
9115 Georgia Ave., Silver Spring, MD
larissa.vlassich@catapultlearning.com
703-793-9353
3800 Concorde Parkway,
Chantilly VA

CAMP GRIFFIN**Ages: 3-14 Years**

westminsterschool.com
kmock@westminsterschool.com
703-340-7268
Westminster School
3819 Gallows Road
Annandale, Virginia

Categories: Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts and Crafts, Educational Activities, Field Trips, Swimming, Travel

CAMP HORIZONS**Ages: 6-16**

camphorizonsva.com
camp@horizonsva.com
540-896-7600
3586 Horizons Way
Harrisonburg, Virginia
Categories: Residential Camp,




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summercamp@burgundyfarm.org
Alexandria, VA | 703.960.3431



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3700 Burgundy Road, Alexandria, VA 22303 703.329.6968 burgundyfarm.org



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CAMP KAY - KAY SCHOOL

Ages: 2 1/2-12
kayschool.org; info@kayschool.org
703-264-9078
3005 Dower House Rd.
Herndon, VA

Categories: Sibling Discount, Extended Day, Transportation, Arts, CIT Program, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Sports, Extreme Sports, Swimming, Travel, Yoga

CAMP LEVINE - LEVINE MUSIC SCHOOL

Ages: 3 1/2-12
Teen Apprentice Age: Rising 7th-12th Graders
levinemusic.org/camp-levine,
camp@levinemusic.org
202-686-8000
1125 N. Patrick Henry Drive,
Arlington, VA

Categories: Teens, Sibling Discount, Extended Day, Arts and Crafts, CIT Program, Dance, Drama, Educational Activities, Music

ENCORE STAGE & STUDIO - IT'S ELEMENTARY

Ages: 4-9
encorestage.org;
info@encorestage.org
703-548-1154
5800 Washington Blvd.,
Arlington, VA
Categories: Day Camp, Boys & Girls, Drama/Theatre

ENCORE STAGE & STUDIO - SCENES FOR TWEENS

Ages: 8-12
encorestage.org
info@encorestage.org
703-548-1154
4000 Lorcom Ln., Arlington, VA
Categories: Extended Day, Dance, Drama

ENCORE STAGE & STUDIO - STAGE DOOR & TECH CAMP

Ages: 11-15
encorestage.org
info@encorestage.org
703-548-1154; 200 S. Carlin Springs Rd., Arlington, VA
Categories: Teens, Extended Day, Dance, Drama

HARMONIA SCHOOL OF MUSIC & ART

Ages: 4-18
harmoniaschool.org
harmonia@harmoniaschool.org

703-938-7301
204-F Mill St., N.E., Vienna, VA
Categories: Teens, Sibling Discount, Extended Day, Arts, Drama, Music

IT'S ELEMENTARY

Ages: 3-9
encorestageva.org/camps/
summercamps/
info@encorestage.org
703-548-1154
Swanson Middle School
5800 Washington Blvd.
Arlington, Virginia
Categories: Day Camp, Extended Day, Drama/Theatre

INSTITUTE FOR THE ARTS

Affiliation: Fairfax County Public Schools
8270 Willow Oaks Corporate Drive
Fairfax, VA 22031
Categories: Extended Day, Transportation, Arts and Crafts, Dance, Drama/Theatre, Educational Activities, Music, Photography Special, Yoga

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Categories: Educational Activities, Sports, Swimming

MAD SCIENCE

Ages: 6-11
dc.madscience.org
301-593-4777, 703-536-9897
Categories: Educational Activities

MASON COMMUNITY ARTS ACADEMY (GEORGE MASON UNIVERSITY)

Ages: 5-Adult
MasonAcademy.org
academy@gmu.edu
703-993-9889
4260 Chain Bridge Road
Fairfax, VA 22030
Categories: Acting, Music, Film & Video, Visual Arts, After Care, Early Bird Discount

THE LANGLEY SCHOOL SUMMER STUDIO

Ages: 3-13
langleyschool.org/summer-studio
summer@langleyschool.org
571-594-5978
1411 Balls Hill Road
McLean, Virginia
Categories: Day Camp, Boys & Girls, Extended Day, Transportation, Arts and Crafts, Computers, Cooking, Dance, Educational Activities, Field Trips, Gymnastics, Hiking, Photography, Sports

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perfectpointe.com/arlington/
arlington@perfectpointe.com
202-380-5502

2499 N Harrison St.
Suite LL-1

Arlington, Virginia

Categories: Day Camp, Boys & Girls, Teens, Sibling Discount, Arts and Crafts, Dance, Drama/Theatre, Educational Activities

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Ages: 3-18

perfectpointe.com/springfield/
springfield@perfectpointe.com
703-440-9000

8060 Rolling Rd.
Springfield, Virginia

Categories: Day Camp, Boys & Girls, Teens, Sibling Discount, Arts and Crafts, Dance, Drama/Theatre, Educational Activities

PINECREST PAVILION AT PINECREST SCHOOL

Ages: 4-12

pinecrestschool.org
camp@pinecrestschool.org

703-354-3446

7209 Quiet Cove, Annandale, VA

Categories: Sibling Discount, Extended Day, Arts, Computers, Cooking, Drama, Educational Activities, Field Trips

PRINCESS DANCE CAMP

Ages 3-6

Affiliation: Cuppett Performing Arts Center

CuppettPAC.com

CuppettPACdance@gmail.com
703-938-9019

135 Park Street, SE,
Vienna, VA 22180

Categories: Day Camp, Girls only, Sibling Discount, Arts and Crafts, Dance, Drama/Theatre, Music.

RESTON MONTESSORI SCHOOL

Ages: 3-9

restonmontessori.com

office@restonmontessori.com
703-481-2922

1928 Isaac Newton Sq. West
Reston, VA

Categories: Extended Day, Arts, Field Trips



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WF CAMP GUIDE



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Ages: 6-15 years old

Camper:Counselor Ratio: 4:1

Camp Sessions:

6 weeks • June 20th – August 1st • \$6000

3 weeks • June 20th – July 11th • \$3300

3 weeks • July 12th – August 1st • \$3300

1 week • August 2nd – August 8th • \$1300



PO Box 210
Manakin Sabot, VA 23103
804-314-6656
www.campriversbend.org

SCENES FOR TWEENS

Ages: 8-12

encorestageva.org/camps/

summercamps/

info@encorestage.org

703-548-1154

Encore's Main Campus

4000 Lorcom Ln.

Arlington, Virginia

Categories: Day Camp, Extended

Day, Drama/Theatre

THE ST. JAMES SUMMER SPORTS CAMPS

Ages: 3-15

camps@thestjames.com

703-239-6870

6805 Industrial Rd.

Springfield, VA

Categories: Day Camp, Boys

& Girls, Teens, Sibling Discount,

Extended Day, Transportation,

Dance, Gymnastics, Sports,

Swimming, Yoga

STAGE DOOR & TECH CAMP

Ages: 11-15

encorestageva.org/camps/

summercamps/

info@encorestage.org

703-548-1154

Kenmore Middle School

200 S. Carlin Springs Rd.

Arlington, Virginia 22204

Categories: Day Camp, Boys &

Girls, Drama/Theatre

SUMMER DANCE CAMP/INTENSIVE AT THE CENTER FOR BALLET ARTS

Ages: 3-Adult

thecenterforballetarts.com

ctrballetarts@aol.com

703-273-5344

3955 Pender Dr., Ste. 105

Fairfax, VA

Categories: Teens, Sibling

Discount, Arts, Dance, Drama

TINY DANCERS

Ages: 3-8

tinydancers.com

Alexandria 703-729-0900; Fairfax

703-385-5580; Mosaic

703-280-5000

Categories: Ballet, Tap, Jazz,

Wiggletoes

WESTMINSTER SCHOOL (CAMP GRIFFIN)

Ages: 3-14

Camp Griffin at Westminster

School

westminsterschool.com

campgriffin@westminster

school.com

703-340-7268

3819 Gallows Rd., Annandale, VA

Categories: Teens, Sibling

Discount, Extended Day,

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Educational Activities, Field Trips,

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Ages

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Washington
FAMILY



"Of course someplace warmer. I would really love to travel to anywhere in South America. As for the kids, we are actually taking them on a Disney cruise soon out of Puerto Rico. So we are really excited about that."

—MARTA, SPRINGFIELD, VA

"I would say an ideal getaway would be my grandmother's house in Richmond, Va. It's a getaway to spend time with my family. I would also love to travel to Atlanta to see some family, too."

—DANIELLE, REISTERSTOWN, MD

Winter

BY ADRANISHA STEPHENS

What's YOUR favorite winter vacation destination?

If you prefer your winter vacation with a side of palm trees rather than fur-trimmed snow boots and knit beanies, you're not alone. For many moms and dads, the need to take a break from the cold grows as winter seemingly drags on and on. We recently asked parents: If you could go anywhere with your family to escape the cold weather, where would you go and why? Here's what they said.



"Cancun or Cabo San Lucas, Mexico. I went to Acapulco, Mexico, when I was 18 for a week, and it's so beautiful and welcoming. The beach resort is amazing. The sea life you can see in the clear blue warm water is hypnotic, and my daughter has always wanted to swim with a whale shark. So Cancun and Cabo San Lucas are next on my list in Mexico one day. Also, the street food is absolutely amazing and mouth watering."

—JENSIN, FREDERICK, MD



"Morocco, because it's warm and European countries are so family-friendly."

—PATRICIA,
WASHINGTON, D.C.



"Seychelles or the Maldives. They are on my bucket list and are supposed to be gorgeous."

—LINDA, SPRINGFIELD, VA



"I mean, it would have to be Disneyworld. We have two little ones, and they are getting to the age where we would love to take them so they can really experience everything."

—JESS, SPRINGFIELD, VA



2020 OPEN HOUSE GUIDE

DISTRICT OF COLUMBIA

BASIS Washington, D.C.™

basisd.c.org
malika.walters@
basised.com
202-804-6390
410 8th St. NW, Washington,
D.C., 20004

Grades/ages range: grades 5-12
 • Founded year: 2012 • Coed/
 boys/girls: coed • Enrollment: 640
 • Enrollment: 640 • % Minorities:
 43% • Average Class Size: 25
 • Student-Teacher Ratio: 10:1
 • Entrance Exam: N • Grading
 System: (A-F or Number) Varies
 by grade level and subject,
 primarily A-F • Uniforms: N
 • Foreign Languages: Latin,
 French, Spanish, Mandarin
 • Grade Foreign Language •
 Begins: 5th grade – Latin only; 7th
 grade – student choice • Tuition
 Range: \$0--FREE • Number of
 Computers: 150 • AP Classes: Y
 • Gifted/Talented Program: N •
 Learning Disabled Program: Y
 • Special Needs Program: Y •
 Enrichment Activities: Y • Sports:
 Y • Enrichment Activities: Y •
 Transportation: N • Extended
 Day: Y • Summer Program: N
 • Additional Programs: The
 Extracurricular Program offerings
 change year-to-year based on the
 interests of the teachers, students
 and availability of resources.
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 class education. We set the
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Open House Dates: February 1

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beauvoirschool.org
margaret.hartigan@
cathedral.org
202-537-6493
3500 Woodley Road, N.W.
Washington, D.C.

Grades: PreK-3rd • Year Founded:
 1933 • Religious: Cathedral School
 Coed • Enrollment: 390 • % of
 Minorities: 41% • Average Class
 Size: 21 • Student-Teacher Ratio:
 6:1 • Foreign Language: Spanish
 beginning in PK • Tuition Range:
 \$36,655 • Enrichment Activities •
 Extended Day • Summer Program
 At Beauvoir, the National
 Cathedral Elementary School,
 we provide an extraordinary early
 childhood education in a diverse
 community that values every
 individual. Beauvoir's program
 encourages creative, courageous
 learners and builds an enduring
 foundation for a lifelong spirit of
 inquiry and joy in learning.

**Open House: Call to schedule
 a tour.**

MARYLAND

THE AUBURN SCHOOL

theauburnschool.org
info@theauburnschool.org
410-617-0418

Park Heights Ave.
Baltimore, Md.
301-588-8048
9545 Georgia Ave., Silver
Spring, Md.

Grades K-8th • Year Founded:
 2010 (Silver Spring), 2011
 (Lutherville) • Coed • Average
 Class Size: 8 • Student-Teacher
 Ratio: 8:2 • Grading System: A-F •
 Foreign Languages (Silver Spring):
 Spanish, Mandarin • Internet
 Access • Learning Disabled
 Program • Enrichment Activities •
 Summer Program
 The Auburn School grows the
 social and academic potential of
 bright students
 with social and communication
 challenges, supporting the
 development of academic skills,
 social competency and pragmatic
 language in an engaging

educational environment.

Open House: Call to schedule a tour.

BETHESDA MONTESSORI SCHOOL

bethesdamontessori.com
admissions@bethesdamontessori.com

bethesdamontessori.com

301-986-1260

7611 Clarendon Road

Bethesda, Md.

Ages 3-6 • Extended Day

Established in 1983, Bethesda

Montessori School cooperates

with the Washington Montessori

Institute and is staffed by AMI

trained teachers. Approved

by the MD State Department

of Education, and Montessori

Schools of Maryland, and is

a member of the Northern

American Montessori Teachers

Association and other educational

organizations. It leases its facility

from the Bethesda Presbyterian

Church, but it has no religious

affiliation with the church. It is

centrally located in the heart of Bethesda business district on Wilson Lane near the intersection of Old Georgetown and Arlington Roads, three blocks from the Bethesda Metro station.

Open House: Call to schedule a tour.

FEYNMAN SCHOOL

feynmanschool.org

admissions@feynmanschool.org

feynmanschool.org

301-770-4370

11810 Falls Road, Potomac, Md.

Grades: PS-8th • Year Founded:

2009 • Coed • Enrollment: 107 •

Average Class Size: 14 • Student-

Teacher Ratio: 7:1 • Entrance Exam

• Foreign Language: Spanish

beginning in PS • Tuition Range:

\$12,910-\$28,565 • Number of

Computers: 15 • Internet Access

• Gifted/Talented Program •

Enrichment Activities • Extended

Day • Additional Programs: Music,

Art, P.E., Drama, Robotics, Chess,

Basketball, Chinese

The area's leader in educating academically gifted children, Feynman School features extraordinary programs in science, math, language arts, theater and music designed to maximize your child's potential while also providing time for unstructured play. Half- and full-day preschool programs.

Open House Dates: February 9, 2:00 - 4:00 PM, March 8, 2:00 - 4:00 PM, or call to schedule a tour.

THE JOURNEY SCHOOL

thejourneyschool.net

cthomas@thejourneyschool.net

240-324-6160

2430 Spencerville Road

Spencerville, MD 20868

Grades/ages range: Grades 1-8

Founded year: 2015 • Coed/boys/

girls: Coed • Average Class Size:

15 • Entrance Exam: N • Uniforms:

N • Tuition Range: 15,000.00 -

17,000.00 • Enrichment Activities:

Y • Extended Day: Y • Summer

Program: Y • Additional Programs: Outdoor education, farm education, electives by interest, field experiences and overnight trips

The Journey School offers a rigorous curriculum using integrated projects grounded in real world applications for grades 1 - 8. We support an active engaged education. Montessori is the foundation for stimulating a love of life-long learning.

Open House Dates: March 28: 10am - 1pm and by appointment.

SPRING BILINGUAL MONTESSORI ACADEMY

spring-bilingual.org

info@spring-bilingual.org

301-962-7262

3514 Plyers Mill Road,

Kensington, Md.

Ages: 2-6

Hours: 7:30 a.m.-6 p.m.

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VIRGINIA

ACADEMY OF CHRISTIAN EDUCATION

myschoolace.com

703-471-2132

10800 Parkridge Blvd., Ste. 150
Reston, Va.

Grades: Toddler-Grade 6 • Year Founded: 1996 • Religious • Coed • Enrollment: 170 • % of Minorities: 90% • Average Class Size: 12-13 • Elementary Assessment • Grading System A-F • Uniforms • Foreign Languages: Spanish beginning in Sr. Kindergarten • Tuition: \$20,000 • Number of Computers: 80 • Internet Access • Enrichment Activities • Extended Day • Summer Program • Mommy & Me Classes

The Academy of Christian Education provides a unique learning experience for Toddlers through Elementary aged students by combining a high-quality,

academically accelerated program with a Biblical foundation.

Open House: Call to schedule a tour.

THE AUBURN SCHOOL

theauburnschool.org

info@theauburnschool.org

703-793-9353

3800 Concorde Parkway
Chantilly, Va.

Grades K-8th • Year Founded: 2009 • Coed • Average Class Size: 8 • Student-Teacher Ratio: 8:2 • Grading System: A-F • Foreign Languages (Silver Spring): Spanish, Mandarin • Internet Access • Learning Dis-abled Program • Enrichment Activities • Summer Program

The Auburn School grows the social and academic potential of bright students with social and communication challenges, supporting the development of academic skills, social competency

and pragmatic language in an engaging educational environment.

Open House: Call to schedule a tour.

BASIS INDEPENDENT MCLEAN

mclean.basisindependent.com

[mcLean_admissions@](mailto:mcLean_admissions@basisIndependent.com)

basisIndependent.com

703-854-1253

8000 Jones Branch Dr.

McLean, VA

Grades: Preschool (age 2) - Grade 12 • Year Founded: 2016 • Coed

• Enrollment: 470 • Student-Teacher Ratio 8:1 • Entrance Exam • Foreign Languages: Mandarin, Latin, Spanish, and French beginning in PK1 • Tuition Range: \$25,500 - \$30,000 • AP Classes • Enrichment Activities • Sports • Transportation • Extended Day • Summer Program Students, age 2-grade 12, receive a well-rounded, liberal arts



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Preschool-8th Grade

www.feynmanschool.org

curriculum with a STEM focus.

Open House: March 7

BROOKSFIELD SCHOOL

brooksfieldschool.org

brksfield@aol.com

703-356-5437

1830 Kirby Road, McLean, Va.

Grades: Toddler-Kindergarten

• Year Founded: 1987 • Coed •

Enrollment: 100 • Average Class

Size: 20 • Student-Teacher Ratio:

5:1 (Toddlers) 10:1 (Primary) •

Foreign Language: Spanish

beginning as Toddler • Tuition

Range: \$14,220-\$23,907 • Number

of Computers: 6 • Internet

Access • Enrichment Activities •

Transportation (for before/after

FCPS care program) • Extended

Day • Summer Program • Junior

Achievement • Robotics • Organic

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Program

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CONGRESSIONAL SCHOOL

congressionalschool.org

[admission@](mailto:admission@congressionalschool.org)

congressionalschool.org

703-533-1064

3229 Sleepy Hollow Road

Falls Church, VA 22042

Grades/ages range:

Infants – Grade 8

Founded year: 1929 • Coed/boys/

girls: Coed

Enrollment: 350 • Average Class

Size: 13 • Student-Teacher Ratio:

6:1 • Entrance Exam: N • Uniforms:

Y • Foreign Languages: French,

Spanish, Latin • Grade Foreign

Language Begins: Kindergarten •

Tuition Range: \$25,000-\$30,000

• Number of Computers: 1:1 •

Enrichment Activities: Y • Sports:



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NSO Family Concert

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Feb. 16 | Concert Hall

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NSO Music for
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Mozart Mash-Up

Feb. 22 & 23 | Family Theater

Share the magic and music of Mozart in a special family concert when members of the National Symphony Orchestra play favorites from the prolific composer.

Age 7+



Performances for
Young Audiences

YAO YAO

Feb. 29-Mar. 1 | Family Theater

Yao accidentally pulls a thread that leads to a magical world blending reality and imagination! South Korea's Brush Theatre uses interactive projections and music to capture the whimsical adventure that follows.

Ages 3-7



Music for
Young Audiences

123 Andrés

Mar. 7 & 8 | Family Theater

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Ages 3-6

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North Bethesda: 301-984-SWIM
Rockville: 301-217-5910
Waldorf: 301-638-SWIM

VIRGINIA
Chantilly: 703-488-9800
Falls Church: 703-534-SWIM
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Sterling: 703-444-9673

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Y • Enrichment Activities: Y •
Transportation: Y • Extended
Day: Y • Summer Program: Y •
Additional Programs: Equestrian
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42945 Waxpool Road
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4550 Walney Road
Chantilly, Va.
13251 Woodland Park Road

Herndon, Va.

**3551 Waterway Drive
Montclair, Va**

Ages: Infant to elementary
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204 F Mill St, NE

Vienna, Virginia 22180

202-909-3412

harmoniaschool.org

harmonia@harmoniaschool.org

Ages: All ages

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Noon-4pm

Westfield Montgomery Mall

Register:

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Contact advertising@washingtonfamily.com or call 301-230-2222, ext. 4

**Washington
FAMILY**

KAY SCHOOL

kayschool.org

director@kayschool.org

703-264-9078

3005 Dower House Drive

Herndon, VA

Ages: 2 1/2 through kindergarten

Kay School provides a safe, loving and caring environment for children ages two-and-a-half through kindergarten, as well as for school-age children through middle school in our before and after school programs.

Open Houses: February 1,

9-11 a.m.

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com

info@cedarlanemontessori.com

703-560-4379

3035 Cedar Ln., Fairfax, Va.

Grades: PreK-K • Year Founded:

1971 • Coed • Enrollment: 100 •

Average Class Size: 25 • Student-

Teacher Ratio: 12:1 • Foreign

Language: Spanish • Tuition

Range: \$9,312-\$17,405 • Internet

Access • Sports • Half and Full-

Day Program • Summer Program

• Music

Montessori School of Cedar Lane has been providing over 40 years of Montessori tradition to Northern Virginia. We offer a complete educational and social environment and utilize the discoveries and methods of Dr. Montessori to help the child develop more fully the potential within him.

Open House: Call to schedule

a tour.

MONTESSORI SCHOOL OF MCLEAN

mcleanmontessori.org

703-790-1049

1711 Kirby Road, McLean, Va.

Ages 2 1/2-12

Preschool and Elementary classes

• Foreign Languages: Spanish and

French • Science & Technology •

Drama • Music • P.E. • Computer

• Art • Transportation • Summer Program

Open House: Call to schedule a tour.

NYSMITH SCHOOL FOR THE GIFTED

13625 EDS Drive

Herndon, Virginia 20171

703-713-3332

nysmith.com

ebalberde@nysmith.com

Grades: 3 years - 8th Grade •

Founded: 1984 • Religious: No •

Enrollment: 550 • % Minorities: 49

• Average Class Size: 18

Entrance Exam: Yes • Foreign

Languages: French/Spanish/

Latin • Grade Foreign Language •

Begins: 3 Years • Tuition Ranges:

\$27,750 - \$37,900 • Number

of Computers: 400+ • Sports

Programs: Yes • Enrichment

Activities: Yes • Transportation:

Yes • Extended Day: Yes • Summer

Program: Yes

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PINECREST SCHOOL

pinecrestschool.org

admissions@pinecrestschool.org

703-354-3446

7209 Quiet Cove, Annandale, VA

Grades: Preschool-6th •

Year Founded: 1957 • Coed •

Enrollment: 80 • % of Minorities:

32% • Average Class Size: 9

• Student-Teacher Ratio: 9:1

• Grading System: Number •

Tuition Range: \$6,700-\$15,850

• Number of Computers: 20 •

Internet Access • Enrichment

Activities • Extended Day •

Summer Program • Community

Service Club Small classes,

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Open House: February 9, 1-3 p.m, April 19, 1-3 p.m.

RESTON MONTESSORI SCHOOL

restonmontessori.com
office@restonmontessori.com
703-481-2922

1928 Isaac Newton Sq. West, Reston, Va.
Grades: Infant-6th • Year Founded: 1986 • Coed • Enrollment: 200+ • Average Class Size: 24 • Uniforms: K and up • Foreign Language: French beginning at Toddler • Number of Computers: 12 • Internet Access • Enrichment Activities • Sports • Extended Day • Summer Program • Academic Therapy Services • Additional

Programs: Music, PE, Art
Open House: Call to schedule a tour.

WESTMINSTER SCHOOL

westminsterschool.com
admissions@westminsterschool.com
703-256-3620

3819 Gallows Road
Annandale, VA
Grades: Pre-K-8 • Year Founded: 1962 • Coed • Enrollment: 270 • Average Class Size: 14 • Student-Teacher Ratio: 7:1 to 18:1 • Entrance Exam • Uniforms • Foreign Languages: French, Latin beginning in K • Tuition Range: \$10,926-\$23,466 • Internet Access • Enrichment Activities • Sports • Transportation • Extended Day • Summer Program • Drama • Arts • Orchestra • Daily PE • Odyssey of the Mind • Math Counts • Science Olympiad
Westminster School provides a unique elementary education



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WHICH DO YOU WANT FOR YOUR CHILD: Success or Fulfillment?

Our culture at present overwhelmingly values analytical thought and practical achievement. Business leaders and politicians assure us that America's economic security and leadership depend on innovation. These combined points of view have led to the recent educational emphasis on science, technology, math, and engineering (STEM). STEM skills are undeniably valuable to us as individuals and as a society, but just acquiring facts and skills is not enough to solve difficult problems and generate new ideas. That calls for the creative application of knowledge and skills.

Human brains are structured to process sensory discrimination, imagination, emotional variations, social nuance and intuition as well as to perceive connections among seemingly disparate things and ideas — all processes associated with creativity. So while our analytical abilities

have brought us far, creativity is an essential and underlying part of being human. To allow creativity to remain undeveloped is to miss out on reaching our full potential and strengthening our ability to solve unfamiliar problems.

One of the most powerful ways to nurture children's creativity is through participation in the arts. Through the arts, children discover that there is no single right way to solve a problem and that each step in the process opens new possibilities. They learn to accept the unexpected and respond to new opportunities as a work unfolds. This flexibility of thought is the secret to innovative problem solving in any field. It is the difference between working in a lab and making a breakthrough discovery, between practicing medicine and heading up a research initiative, between being part of a business

How About Both?

BY SUSAN GLAZIER
ASSISTANT HEAD OF SCHOOL
WESTMINSTER SCHOOL, ANNANDALE, VA

venture and being tapped to represent the company in public.

On the happiness side, creativity is a powerful tool for self-discovery and self-expression, experiences crucial to a sense of personal fulfillment. Participating in the arts builds confidence and a sense of self: This is my creation, done my way. This is who I am. Creative activities lead children to ask more questions, opening their minds, emotions and spirits to wider possibilities.

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SEE OUR AD, PAGE 7

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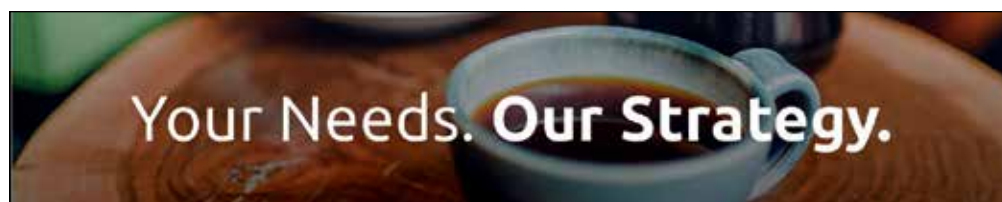
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Signs of Postpartum Depression

- Changes in appetite, sleep or energy not related to having a newborn
- Not being able to sleep when there is the opportunity
- Indecisiveness, being easily overwhelmed, difficulty concentrating or finding yourself ruminating
- Tearfulness, guilt, hopelessness or a sense of helplessness

Signs of Postpartum Anxiety

- Restlessness
- Shortness of breath and/or racing heart
- Stomach trouble
- Poor appetite
- Difficulty with sleep
- Excessive worry going to the worst-case scenario quickly (i.e. her spouse is late from work so she assumes he was in a car accident and died)
- Excessive checking of the baby
- Some of the depressive symptoms above

Online Resources

www.postpartum.net
www.2020mom.org
www.dmvpmhresourceguide.com/maryland/transition-to-motherhood

Mental Health Care for New Moms

Treating postpartum mood or anxiety disorders

BY COURTNEY MCGEE

Becoming a mother can be the most magical of times in a woman's life. It can also be among the most trying of times, especially for moms who struggle with mental health matters as they adapt to their new roles. Help is available, but also critical.

Here, Sharon Fisher, a psychiatric mental health nurse practitioner, answers some questions about perinatal or postpartum mood or anxiety disorder (PMAD). Fisher is the owner of Nurtured Well, a women's mental health clinic in Maryland.

How common are perinatal and postpartum depression?

Nationally, 15 percent - 20 percent of women will experience a PMAD. In over half of these women it will start during pregnancy. In Maryland, latest data indicate 14 percent of women experience postpartum depression and 20 percent experience postpartum anxiety.

Who is most at risk for wrestling with these mental health conditions?

Women who have had a past episode of depression, whether during pregnancy or not; women with lower educational levels; minorities; women who have had medical complications in pregnancy or delivery, or whose babies have had issues; and women with overall less social or financial support are more at risk for a PMAD.

What sort of signs or symptoms should people be aware of?

Mental health issues can be insidious. Often the woman is well into it before anyone, including herself, really can see a problem. Depression may present as sadness, but many times it presents itself as a lack of pleasure. The woman will not say she is feeling down, but she is not feeling any interest or joy either. The woman feels "meh" towards everything, even things

that once brought her happiness, and even towards her baby. She may feel empty.

Is it something that the mom will effectively recognize in herself?

In my practice, I request that the woman bring in her partner, or a trusted support person if she is single, to review signs and symptoms of PMADs versus "baby blues." I also give explicit instructions on what to do if they think there is a problem. If it takes a village to raise a child, it takes a community to support a new mom. Often, the mom is so focused on the baby that she neglects her own needs. She may also be confused by what her new normal is as her role shifts to mom. It's hard to see a storm if you're standing in the eye of it.

How well do all providers screen for signs of trouble?

This is improving. In a 2009 study, less than 44 percent of obstetricians reported screening new moms for PMADs. Today, all major groups representing obstetricians, pediatricians and physicians in general recommend screening. The American College of Obstetricians and Gynecologists, American Academy of Pediatrics and The American Medical Association all have screening guidelines, and Medicaid offers financial incentives to pediatricians who screen mothers. It's significantly more prevalent now. The big obstacle is timing and followup. For example, screening in the hospital after delivery and at the 6-week postpartum appointment is great; however, PMADs can develop in the first year, so ongoing assessment is necessary.

What does treatment generally involve?

A combination of cognitive behavioral therapy and medication coupled with practical advice and support work amazingly well. Many antidepressants are considered safe during breast feeding as well. I find that my patients are usually feeling much better after six to eight sessions of therapy.

Finding ways to help the mother get more sleep is imperative. Having the partner or a family member take a night shift can make a huge difference, even if it only gives the mother a four-to-six-hour block of sleep. Couples need to be creative and problem-solve how they can work together to get the mom some sleep. It's important to understand that she may be too overwhelmed to figure this out on her own. For families with financial means, hiring a postpartum doula can be a lifesaver.

If a new mom finds herself struggling with depression or anxiety, is it something that is likely to be a passing phase of motherhood?

Many people confuse baby blues with PMADs. The basic difference is length and severity. Baby blues will not last longer than two

weeks, and the symptoms will be a lot less severe. PMADs do not go away on their own. Treatment is imperative. Not treating PMADs can have long lasting effects on the entire family, including older children as well as the baby and mom's partner.

If it takes a village to raise a child, it takes a community to support a new mom.

In what ways do you suggest women prepare themselves to be in good mental health during maternity and motherhood?

Developing a good mindfulness practice through yoga, meditation or another method is essential. Mindfulness is non-judgmental awareness that allows you to respond to things versus react to them. With mindfulness you can really hone in on what's important to you and why. You can also better adjust to changes in your plan if necessary (i.e. an unplanned C-section or being unable to breast feed). It can allow you to attend to your needs and your baby's cues instead of getting lost in the minefield of parenting information and advice. Most importantly, it will clue you in quicker if you are experiencing symptoms of a PMAD. ■

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The Benefits of Craniosacral Therapy

Hands-on help for children with special needs

BY JESSICA CLAIRE HANEY

Children with anxiety, learning difficulties and other special needs may find craniosacral therapy a supportive modality that helps them — and, by extension, the whole family — feel calmer, better able to manage stress and more capable of self-regulation.

An Alternative Therapy

Craniosacral therapy (CST) is a healing modality developed in the 1970s by osteopath John Upledger. According to iahp.org, a website parents can consult for additional information and to find a practitioner, CST is “a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system, comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.”

cerebrospinal fluid regulate and soft tissue settle into a healthy position.

By calming the nervous system and reducing inflammation, CST can promote emotional and behavior regulation and lead to improvements in the vestibular system, proprioception and sensory processing. That’s why CST practitioners often work with children who have special needs, such as ADHD, autism spectrum disorder, learning disabilities and emotional or behavior issues.

“He now puts my hand on his head, on his occipital bone, to calm him whenever he’s upset and each night as we get ready for bed,” says one local mom, whose 14-year-old son is nonverbal.

CST supports balance in the central nervous system, specifically between the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) branches, by relieving tension in the system’s soft tissue and fluids.

“When you have a system that’s in stress, it can’t heal or slow down,” explains Suzanne Herbers, a speech, development, craniosacral and manual therapist in McLean, Virginia.

Practitioners like Herbers use light finger pressure (about the weight of a nickel) at selected points on the body to address restrictions in the central nervous system. They may press on the same spot for several minutes until they feel the rhythm of the

What to Expect

Before your child begins CST, you’ll be asked by the practitioner to provide information about your pregnancy, labor and delivery as well as your child’s eating and movement patterns, milestones, food and play preferences and elimination habits. CST treatments generally run \$80 to \$180 an hour and are not usually covered by insurance unless combined with another reimbursable service such as speech therapy.

During their session, your child will take off their shoes but remain fully clothed, and you’ll be permitted to stay in the room. You may be asked to hold an infant or read to a toddler on your lap

as they receive treatment. Young children might bounce on or drape themselves over large therapy balls, while older kids may prefer to sit in a beanbag chair or lie on a massage table.

The frequency of CST is highly individualized. While babies with feeding issues, for example, may need to be seen only once or twice, older children with longstanding concerns may require weekly sessions.

Subsequent treatment also depends on the ease of movement in areas initially stressed or restricted. When the body responds well and maintains good fluid flow, children can go longer between sessions.

Your child's practitioner will ask you to provide feedback on changes in behavior, play, affect or elimination after each session. Parents often report that their child is calmer and better able to handle upsets with fewer or less severe reactions — less tantrums, fewer, shorter meltdowns, and reduced headaches and discomfort.

Northern Virginia mom Tara McMillan has found that craniosacral work helps her nonverbal 14-year-old son to be more calm,

present and communicative. "He now puts my hand on his head, on his occipital bone, to calm himself whenever he's upset and each night as we get ready for bed," she says. ■

Jessica Claire Haney is a Northern Virginia mother of two, a wellness advocate and a freelance writer, editor and tutor. Follow her on Instagram at @jessicaclairehaney and @mindfulhealthy.



According to the Cleveland Clinic, craniosacral therapy may benefit children with the following conditions:

- ADD/ADHD
- Anxiety and panic attacks
- Autism
- Brain and spinal cord trauma
- Central nervous system disorders
- Dyslexia
- Learning disabilities
- Motor-coordination impairments
- Scoliosis

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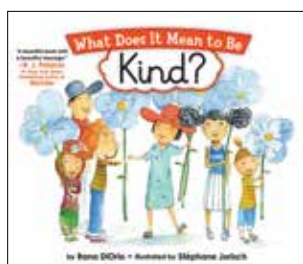
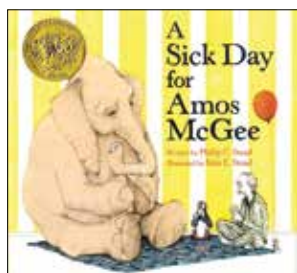
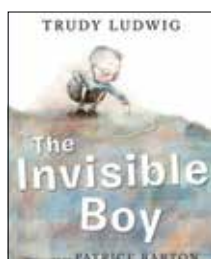
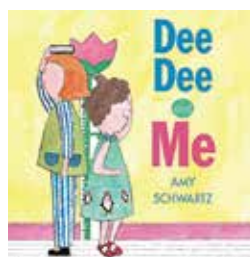
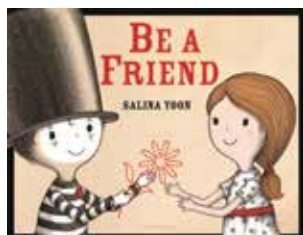
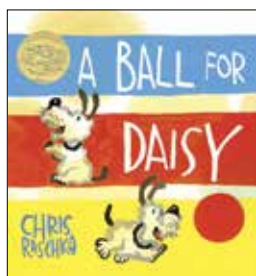
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Teaching Kids to be Kind

In honor of Random Acts of Kindness Week, which starts on Feb. 16, we partnered with the Random Acts of Kindness Foundation to share 12 books that offer parents and teachers an opportunity to explore kindness concepts and social and emotional learning with children of all ages.



PRESCHOOL

'A Ball for Daisy'

By Chris Raschka

Masterful wordless artwork captures a small dog's roller coaster of emotions as she loses a beloved toy but unexpectedly gains both a new toy and a new friend in this award-winning title.

'Be a Friend'

By Salina Yoon

A young boy, whose unusual way of communicating leaves him feeling lonely at school, finds an understanding new friend in this quiet story about discovering commonalities and accepting differences.

'Dee Dee and Me'

By Amy Schwartz

A little sister grows tired of being bossed around by her older sister and finds a new assertive voice in this pitch-perfect offering that captures authentic everyday sibling squabbles and reconciliations.



EARLY ELEMENTARY

'Invisible Boy'

By Trudy Ludwig

Illustrated by Patrice Barton

Inventive illustrations that move from gray tones to full, bright color capture a boy's loneliness and then joy when he finds friendship among his classmates.

'A Sick Day for Amos McGee'

By Philip C. Stead

Illustrated by Erin E. Stead

In this Caldecott Medal-winning book, an exceptionally big-hearted zookeeper finds his role reversed after he falls ill and is cared for by his beloved animals.

'What Does It Mean to Be Kind?'

By Rana DiOrio

Illustrated by Stéphanie Jorisch

After a young girl helps a new student feel welcome, kindness spreads throughout a community, one act at a time.

MIDDLE GRADE

'Absolutely Almost'

By Lisa Graff

A young boy with learning challenges navigates a new school with help from a new sitter and others in this heartfelt novel.



Happy Birthday, Judy Blume!

Each month we celebrate a birthday of literary significance.

Judy Blume was born in Elizabeth, New Jersey, on Feb. 12, 1938. As a young child, she enjoyed letting her imagination run wild but never dreamed she'd become a writer.

As an adult, Blume continued to make up stories in her head, and when her kids were in preschool, she decided to start writing them down.

Some of her most popular titles include "Are You There God? It's Me, Margaret," "Blubber," "Just as Long as We're Together," and the five-part "Fudge" series. Many of her books are set in New Jersey, where Blume grew up, as well as locations where she has lived as an adult, such as New Mexico and Connecticut.

In addition to her beloved children's books, Blume has also written bestselling novels for adults. Her most recent, "In the Unlikely Event," was published in 2015.

Throughout her career, Blume's books were frequently censored by the American Library Association. Because of that, she became a champion for free speech, fighting to keep challenged books on the shelves and currently sits on the board of the National Coalition Against Censorship.

Today, Blume splits her time between New York City and Key West, Florida, where she and her husband own an independent, nonprofit bookstore. They have three children and one grandchild, whose first word was, appropriately, "book!" ■



'The One and Only Ivan'

By Katherine Applegate

Illustrated by Patricia Castelao

This Newbury Medal-winner and No. 1 *New York Times* bestseller tells a story of life-changing friendship, humane treatment of animals and the power of art — all from a gorilla's perspective.

'Raymie Nightingale'

By Kate DiCamillo

Three girls, each navigating her own heartbreak, form a fierce, unlikely friendship over the course of a summer in this moving novel.



YOUNG ADULT

'Counting by 7s'

By Holly Goldberg Sloan

After her parents' death, Willow finds a family of supportive friends who are as quirky and idiosyncratic as she is in this novel about resilience, community and kids (and adults) who don't fit neatly into categories.

'Sorta Like a Rockstar'

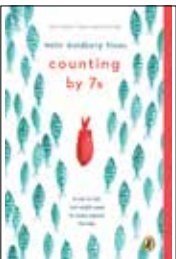
By Matthew Quick

Despite a tough life of uncertain housing with her alcoholic mom, 17-year-old Amber remains a self-proclaimed "princess of hope" as she cares for her rescue dog and grows deeply involved in her community.

'Marcelo in the Real World'

By Francisco X. Stork

A boy who falls on the high-functioning end of the autism spectrum faces an ethical challenge when he stumbles across revealing evidence at his summer job at a law firm. ■



Meet Laicie Heeley

BY PJ FEINSTEIN



OCCUPATION: Founder/CEO
of Inkstick Media

LIVES: New Market, MD

SPOUSE: Mark

CHILDREN: Austin, 13; Arlo, 4;
and Ames, 1

We're looking for local parents who are juggling multiple priorities, including work, passion projects or hobbies, to feature in our new Mom/Dad Life column. Send your nominations to editor@washingtonfamily.com.

What do you love about the work you do?

I spent a big part of my career working for think tanks, with a creative outlet on the side. My husband and I have a photography business, and for a long time we kept up a lifestyle blog. At the same time, I was always looking for ways to inject some of that creativity into my day-to-day work.

Inkstick is the result of that pursuit. I founded the media outlet in an effort to humanize and diversify the field of foreign policy — a new approach for a new generation of folks like me who aren't satisfied with the status quo. Today, the outlet includes an online foreign policy magazine, a podcast called "Things That Go Boom" and a weekly newsletter in partnership with "The World."

What do you love about being a mom?

I love my job, but I never really felt whole until I had kids. That sounds so cheesy to say, but it's true. Being a mom isn't easy, but it's the greatest gift.

What do you find challenging about raising kids?

Ha ha, so much. Right now one of my biggest challenges is that I work from home. I feel so lucky to be able to do it, especially since the littlest is still nursing, but working upstairs while the kids play downstairs can be tough. You have to fight the urge to come running every time someone has a breakdown or bumps an elbow and trust that their caregiver has it under control. When you're out of the house, you're just much more removed. I'm working on creating better boundaries between the office and the playroom (and trying hard not to have too many of these moments when I'm on the phone).

What makes juggling motherhood and your career a little bit easier?

My husband. Full stop. He's a true partner in crime who never fails to take on his share of

the load, and then some. I don't know how I'd do any of it without him.

How do you take care of your mental and physical health?

Running has always been my outlet. I fell out of it a bit during pregnancy, but getting back in the swing has been so good for my head. This year I ran my third marathon, and I'm working on training for my first 50k.

What's something your family loves to do together?

A year or so ago we decided to start a Saturday morning breakfast tradition. It's the best. Every Saturday we set the table, make something fancy and sit down together in the dining room. (Instead of at the breakfast table, where we find ourselves most often.) It's my favorite part of the week.

What do you love about raising kids in the D.C. area?

I feel so fortunate to be raising my kids just down the road from the nation's capital — with so much history and so many great resources at our fingertips. I grew up in a small town in Oregon. It's a beautiful place, and I miss it all the time, but I didn't have the same opportunities they have here.

What are 5 things you can't live without?

Hmm, like 5 material things? Well, I just discovered Drunk Elephant and eyebrow tinting, and my whole beauty brain has basically exploded. Beyond that I think I could live on coffee and dried mango. And my running shoes, definitely my running shoes.

What would you do if you had 1 hour without any responsibilities?

Read a totally frivolous and beautiful book that has nothing to do with my work ... that would be a dream. ■

Read our extended interview with Laicie Heeley at washingtonfamily.com.

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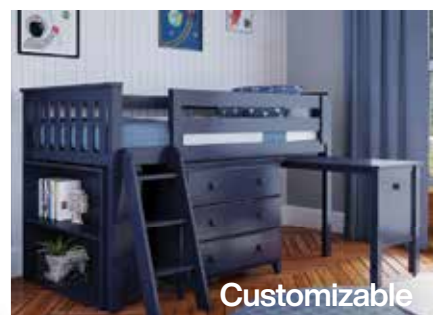
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