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JANUARY 2022

SUMMER CAMP
& SCHOOL
GUIDES
INSIDE

Washington
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12

PMA AWARD
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JANUARY 2022



DANIEL SWARTZ PHOTOGRAPHY



IMGORTHAND / E+ / GETTY IMAGES

Enjoy indoor fun this winter at these family-friendly destinations. **Pg. 13**

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

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

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WE WANT
YOUR
FEEDBACK

Washington FAMILY

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Associate Publisher**



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Overall Writing



Overall Design



Publisher's/
Editor's Note



Briefs/
Short Stuff



News
Feature



Feature
Layout



Single-Page
Design



Profile



Column:
Family Fun



Personal
Essay



Q & A
Interview



Feature
Layout



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A Winter of Inspiration and Wonder

There always seems to be too much for a parent to do, even after the holiday season has concluded. But just when you want to flop down on the sofa and take a nap, a little burst of adrenaline comes along and keeps you going. I'm sure this motivation is rooted in our own childhoods through our memories of the wonder and excitement of the winter months.

Here at *Washington FAMILY*, we always want every issue to reflect this feeling of inspiration and wonder, and this month's edition is no exception.

Contributing writer Barbara Noe Kennedy accepted our challenge to find the best places in the DMV for indoor family fun. Turn to page 13, read about the attractions and museums in our region and make plans to explore them with your kids. Don't forget to turn to page 6 for our Top 10 family events this month and visit washingtonfamily.com for even more things to do around the region.

Speaking of planning, now is the time to plan for summer camp. While we often associate

summer camp with swimming, hiking and other activities, these camps also play a role in supporting the emotional and mental health needs of campers, particularly amid the COVID-19 pandemic. Read about how summer camps in our area are focusing attention on these important areas of their campers' well-being beginning on page 16.

Washington FAMILY was recently honored with a record 12 publication excellence awards from the Parenting Media Association (PMA). Discover our award-winning stories and page designs recognized by this national media organization on page 8.

As you turn the pages of this January issue of *Washington FAMILY* and read our articles, I hope you will be inspired by the stories that we've created for you this month. Email me and share what articles you enjoyed. Happy reading! ■

Michael Vyskocil



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washingtonfamily.com/enewsletter/

{TOP 10}

BY LINDSAY C. VANASDALAN

Family Events for January

Battle winter's chill with these superb seasonal activities in the DMV



THROUGHOUT THE MONTH

'CORDUROY'

A story about an imperfect teddy bear in search of his missing button, based on the "Corduroy" and "A Pocket for Corduroy" books by Don Freeman, is filled with antics, mischief and clowning with a generous dose of heartwarming human connection. This live performance is well-suited for children ages 3 to 9 and runs weekends Jan. 8 through 23 on the Bethesda stage with a sensory-friendly performance on Jan. 16 and socially distanced performances Jan. 9 and 15. Tickets start at \$28. imaginationstage.org

JAN. 7 & 21

STARGAZE AT THE OBSERVATORY

The night sky is alight with stars and magical things to discover at the Phoebe Waterman Haas Public Observatory. Children of all ages can learn about the moon, planet and stars with the help of expert staff as they gaze through telescopes at the Smithsonian National Air and Space Museum. Free; weather permitting. airandspace.si.edu



JAN. 6-9

SUPER MAGFEST

Video game enthusiasts can enjoy free play on more than 200 arcade and pinball machines and vintage consoles from the past 30 years, plus tabletop games, simulations, new indie games and many other options at the Music and Gaming Festival. Ages 6-12 receive 50% off current badge price (\$62.50). Ages 5 and younger are free. super.magfest.org



JAN. 9

DINOSAUR WORLD LIVE

Have you ever wanted to meet a T-Rex? At The Music Center at Strathmore, you can. A host of prehistoric friends will be there to greet you at this live adventure in North Bethesda. Rawr! Tickets start at \$24. strathmore.org



JAN. 13

SNOW SCIENCE

It's snow big deal. Take a day for refining your skills in snowy crafts and experiments at this all-ages event at the Locust Grove Nature Center in Montgomery County, Maryland. A self-guided winter weather watching hike is also included. Families should register by Jan. 11 to schedule a time slot and reserve materials. Admission is \$3; reservations required for children ages 2 and older. montgomeryparks.org



JAN. 14-15

**FLIGHTS OF FANCY STORY TIME:
'YOU CAN'T DO THAT, AMELIA'**

Did you know the Smithsonian National Air and Space Museum was able to collect Amelia Earhart's plane soon after her historic flight across the Atlantic? Join a museum educator over Zoom for a reading from Kimberly Wagner Klier's book about the iconic pilot. Learn about other intriguing objects in the museum's collection, how these items were collected and how you can start a collection. Free with registration.

airandspace.si.edu



JAN. 17

GIVE BACK ON MLK DAY

Get together with your family to give back in honor of Martin Luther King Jr. You can spend the holiday helping with eco-friendly projects at the Locust Grove Nature Center in Bethesda. Children ages 5 and older can volunteer, but adults must accompany kids younger than age 14. Work gloves and tools will be provided. Bring a bag lunch and enjoy the fresh air! Free

montgomeryparks.org

JAN. 20 & 27

**GROOVE AND
GO DANCE TIME**

Come and groove with your toddler at the Burke Centre Library for a fun and educational program that will also increase motor development. You can get yourself up and moving for the day with your child at this morning dance session for children ages 3 to 5. Free; registration required.

fairfaxcounty.gov



JAN. 15

WILD CHILD HIKE

Head to Black Hill Regional Park in Boyds for a fun run through the woods. Children ages 4 to 13 can scamper like a squirrel, balance like a billy goat and run like a rabbit on and off the trail on this hiking adventure. Make sure they wear shoes and clothes they don't mind getting dirty. All participants must register in advance. Tickets are \$6.

montgomeryparks.org



JAN. 21

'ANIMANIACS IN CONCERT'

Enjoy the irreverent, ridiculous (and often educational) musical stylings of the Animaniacs, a cartoon trio portraying the Warner Brothers and sister in the 1990s—and more recently with new episodes on Hulu. Parents will have fun reliving their youth while their children learn new music with Yakko voice actor Rob Paulsen and Emmy-winning composer Randy Rogel, who wrote and created many of the classic cartoon's songs. Tickets start at \$27.

animaniacslive.com

Washington FAMILY Honored for Editorial and Design Excellence

Parenting Media Association (PMA) presents
a record 12 awards to publication

BY LINDSAY C. VANASDALAN

Publisher's and Editor's Note



Get the Party Started

First Word

My younger son was the last among his friends to have an in-person birthday party before the pandemic hit. I've still amazed that nobody who attended his Kings Warrior-style slanging got sick. Randomly, I remember jumping on top of each other in the foam pit and squealed together in the party room for cake as their parents stood shoulder to shoulder on the sidelines, chatting amiably about this new virus called COVID-19. Obviously, nobody was wearing a mask.

A year later, my son may be one of the last in his class to have a close-by birthday party. At the end of February, we handed out individually packaged cupcakes to friends dressed as characters from one of the franchise videogames. He was Mario, my older son was Luigi, my husband was Toad and I was Princess Peach of course. We were a sight to behold: my son even affixed a bushy black mustache to his head. It was a hilarious way to celebrate his special day, and best of all, it was easy for everyone.

Now that vaccines are making the return of in-person parties possible — outdoors and masked up, per health experts — it's easy to feel overwhelmed by the thought of planning something more complicated than a car parade or a Zoom hangout. But don't worry: your Party Issue is packed with tips to make your child's second pandemic birthday celebration an affair.

You know who else is deserving of a celebration? Teachers! The first week of March is Teacher Appreciation Week, and after this crazy year of remote and hybrid learning, our children's teachers deserve much more than a coffee shop gift card. Erica Lindinger shares creative ways to express gratitude for their online patience after months of your child apparently forgetting to mute themselves on Zoom.

My 10-year-old brother's 10th, and with two very loud boys at home, I know exactly what I want: a quiet morning to sleep in. Writer Tanya Lipman has suggestions to help all moms give themselves the gift of a great night's sleep. Happy reading, and stay safe!



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Washington FAMILY received 12 awards for publication excellence from the 2021 Parenting Media Association's (PMA) annual conference held in St. Petersburg, Florida, Nov. 14-16, 2021.

Find out which stories and designs won in the categories below.

Column: Publisher's and Editor's Note

Former editor PJ Feinstein earned a gold award for her column, "First Word," which was praised for its strong pacing and use of lists to propel the writing forward.

"Creative leads and compelling questions draw the reader in immediately, and glimpses of the author's own family life create the sense that we're all in this pandemic together," judges write.

Briefs/Short Stuff

Washington FAMILY staff were awarded gold for an "At a Glance" section that had appeared in 2020. Its inclusion of local arts coverage, national parenting and education information and parenting sidebars cover topics "in-depth without being too lengthy," judges note.

Column: Family Fun

Contributing writer Lindsay Ponta took home a silver award for her "Family Fun" column. An article on making use of yarn stashes while stuck at home during the COVID-19 pandemic was commended for offering great ideas in a short and informative format.

Personal Essay

Contributing writer Laura Farmer was recognized with a silver award her personal essay, "When Mom Becomes a Teacher," about the difficult transition from parenting to at-home teaching.

"This honest, heartfelt and personal account doesn't hold back," judges write. "It chronicles the blood, the sweat and the tears of a seminal experience for many pandemic parents: turning a home into a home school."

Profile

This profile of a mother weaving environmental living into her parenting earned contributing writer Jason Fontelieu a silver award. "Teaching Values Through Green Living" informs readers while making them feel like they can do it too," judges write.

Q&A Interview

Former intern Jenn Attanasio garnered a bronze award for a fast-paced conversation with "groundbreaking" authors on their book about mothers and daughters bonding over journal writing in her Q&A "Just Between Us."

"This quick read gives us insight into why this book, and its updated version, have connected generations of moms and daughters," judges write.

News Feature

Contributing writers Joy Saha and Lauren Harris took home a gold award for collecting expert recommendations for parents on how to support the Black Lives Matter movement, such as at-home protests, fundraising ideas and age-appropriate storybooks.

Of their article, "Yes, You Can Still Support Black Lives Matter Without Attending a Protest," judges write, "This series of listicles provides parents with a series of actionable advice on how to involve their children in social justice work from home with the gentle reminder that activism can take many forms."

WF AT A GLANCE

LEARNING

Building Creativity

Early learners can enjoy some new and redesigned programs this spring at the National Building Museum in Washington, D.C., which reopened in March after a three-month long renovation to its historic Great Hall.

For the first time, the museum is offering a free interactive story time to promote early reading skills. Children ages 5 and under are invited to participate every other Tuesday in exploratory activities related to a featured book plus reading with music and movement. This month, Story Time will take place on April 14 and 28 from 10-10:30 a.m. and 10:30-11 a.m.

The much-loved "Play Work Ball" exhibit, which introduces children to the work of architects and engineers, received a deep cleaning and fresh coat of paint during the closure. The play table has been replaced with a light table, and new sets of Big Blue Books are ready to be checked-out and knocked down-in the hands-on play area. Additionally, some new never-before-seen toys from the museum's archives have been added to the Architectural Toy Collection.

With the opening of the new The Wall! Museum exhibit in May, parents can have open their families. The exhibit will include a reading area with picture books to help younger children understand the subject matter in a more age-appropriate way. For more information, visit building.org.

—ADARSHITA STEPHENS

STEAM

It's Back!

No, you aren't dreaming, D.C. Finally has a children's museum again.

However, drawing is exactly what the National Children's Museum, now open at Woodrow Wilson Plaza on Pennsylvania Avenue, wants you to do.

"We wanted to have the overarching theme of drawing and drawing that really connects, safely, all of the experiences to another," says Elise Kline, vice president of exhibits and education.

The Great Machine, a large, story-driven and interactive exhibit, is the centerpiece of the museum's exhibit space. The museum's exhibits are located at the bottom of the exhibit, which is accessible "just" allow children who can't or aren't interested in climbing to control the LED lights inside the structure.

Needly kids can try to form a person-shaped bubble around themselves, a nod to the beloved bubble room at the museum's original location on H Street, which closed in 2004. But that's not the only throwback. Original artwork from the old Museum exhibit now hangs in the Treasures Studio, a 2nd-century learning lab.

A combination children's museum and science center, the new museum focuses on STEAM—science, technology, engineering, art and math. "We champion a connected approach to learning, which is really learning by doing and learning through experience," said Kline.

There are high-tech exhibits in the museum, including an interactive digital experience where kids control a train, summer rainwater and most lighting, both from their hands.

The open-access museum has a low-fee admission and open hours from 10 a.m. to 5 p.m. on weekdays, 10 a.m. to 6 p.m. on weekends and 11 a.m. to 5 p.m. on Wednesdays.

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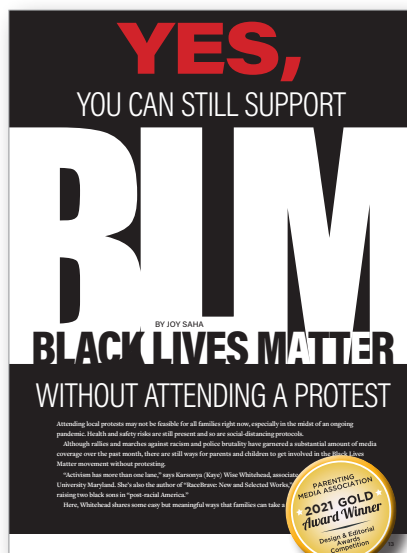
Column: Family Fun and Single-Page Design



Personal Essay



News Feature



Feature Layout



Overall Writing

Washington FAMILY staff were recognized with a gold award for overall writing in the magazine. Judges gave a special shoutout to the editor's introductory "First Word" section for setting the tone and praised writers for stories that include clear tips and parents and medical experts as sources. They praised the "My Turn" column for leaving readers with "strong voices and peaceful, hopeful endings."

Single-Page Design

Contributing designer Lonna Koblick earned a gold award for her whimsical page design for "How to Make a Yarn Wreath." The illustrations work well with the instructions in demonstrating how to make a yarn wreath

and the use of white space on the page creates balance, judges note.

Feature Layout

Washington FAMILY was recognized with a gold award for art director Sherley Taliaferro's layout of the feature, "4 Indulgent Ways to Pamper Yourself This Mother's Day." Despite a lot of elements competing for attention, judges say her effective layering of color, texture and shape work together to unite them on the page.

The layout for the February 2021 feature "Sprouting Wings" also garnered graphic designer Jay Sevidal a bronze award.

"The plane in the illustration flies the reader right into the start of the story," judges write. "Text flows naturally through the layout, which

ties together visually with the opening spread."

Overall Design

The art department staff of Washington FAMILY received a gold award for overall design of the magazine. Judges praised the creativity of the design team in presenting visuals.

"The design is driven by photos and illustrations that communicate rather than decorate. Cover images take an interesting approach of focusing on moments of action or joy rather than standard studio portraiture," judges note.

The PMA is a national trade association of regional parenting media companies with magazines, websites and events across America and around the globe to Australia. Visit parentmedia.org for more information. ■

HERE'S WHAT WE'RE LOVING FOR KIDS THIS MONTH

BY ELENA EPSTEIN,
DIRECTOR OF THE NATIONAL
PARENTING PRODUCT AWARDS

For more product reviews, visit nappaawards.com

MARIAGISINA/STOCK/GETTY IMAGES PLUS



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Game Night in a Can: Fifth Anniversary Edition

This new mix of mini games focuses on creativity and physical skill. Activities include competitively flying paper airplanes, creating ghost stories about the room you're in, coming up with the "World's Worst Book Cover," banking balls of paper off another person's face and more. \$19.99, ages 8+, barryandjason.com



Goodtimer

This educational toy encourages kids to form healthy habits using positivity, tangible incentives and family participation. Kids can earn tokens to exchange for incentives decided by the family. \$79.95, ages 3-10, gogoodtimer.com

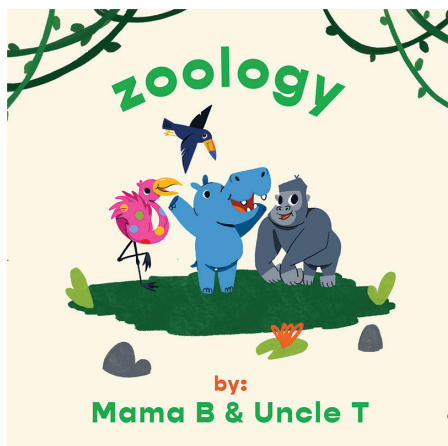




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Zoology by Mama B & Uncle T

Music is composed of message-driven lyrics, interactive movement, delightful melodies and organic contemporary production. The duo's lush harmonies deliver the sweet and engaging animal-themed songs meant for little ones.

\$7, birth-4 years, mamabunclet.com

Makena Williams Doll, Book and Accessories

Makena Williams has a passion for fashion and uses this passion to express her views. This item also includes "Makena: See Me, Hear Me, Know Me" by Denise Lewis Patrick. Makena's accessories include a black moto jacket, a purple patterned purse and a sketching notebook.

\$145, ages 8+, americangirl.com/shop/c/world-by-us



Train Your Mind Like a Ninja

Kids will love this card deck with "30 Secret Skills for Fun, Focus and Resilience." Using ninja training and martial arts as a fun framework, these 30 cards help kids increase focus, compassion and emotional balance.


\$18.95, ages 5-9, shambhala.com/train-your-mind-like-a-ninja.html



OuiSi Games

OuiSi (pronounced "wee-see") is a set of 210 visually connecting photo cards, with games and activities that foster creativity and ignite curiosity. Each photo card connects visually with other photo cards in the deck, based on similar patterns, shapes or colors.

\$35, ages 4+, shop.ouisic.com



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Find Your Family Fun This Winter

BY BARBARA NOE KENNEDY



*Best places in the DMV
for indoor activities,
games and more*

When the days turn frigid and it's too cold to send the kids outdoors to play, don't despair. The Washington, D.C., region has plenty of fun indoor activities to keep the family occupied—and toasty warm. Be sure to confirm current COVID-19 health and safety protocols in place at the venues presented on the following pages before visiting with your family.

Have fun with digital illuminations

Bright, multihued illuminations flash on the massive walls of Artechose DC, displaying an ever-changing display of dancing skies, animated cherry blossoms and life-size neurons, depending on the theme. Sophisticated art meets the latest technology involved in powering these cool animated projections, but all the kids care about is jumping up and down, having their shadows frozen in the scene and racing all around to see how the art looks from different angles.

Different themes rotate through, although upcoming programming has not been announced as of press date. You can bet the programs will be as captivating as all the rest have been. Past exhibitions have included “Aurora: The Spirit of Northern Lights,” “In Peak Bloom” and “Imaginary World of the Nutcracker.” Throughout the visit, families of all ages can dive further into the themes with hands-on exhibits and other activities in a series of rooms. Visitation capacity is limited; timed-admission tickets are required.

Open daily except Christmas and New Year’s Day
artechose.com

COURTESY OF ARTECHOUSE DC



Celebrate the first president’s birthday

The nation’s first president has much going on at his Mount Vernon home during the winter. George Washington’s birthday is in February, after all, with plenty of family-fun events planned for Feb. 21—and they’re free. But families can find many kid-friendly activities to do even without the birthday.

Pick up an adventure map when you arrive at the orientation center and go on a scavenger hunt. Nine stops make up the hunt, and if you solve a word puzzle about George Washington, you win a prize. You can take a mansion tour—or admire the dollhouse version of the mansion in the lobby—and play in the hands-on history center, including dressing up in colonial costumes. Discover interactive exhibits that make learning about colonial history and our forefathers—and mothers—fun for the family.

Open 365 days a year
mountvernon.org

Discover family fun at the big museums

The Smithsonian museums have all types of cool attractions for kids to see. The Moon Rock, early airplanes, and space rockets, for example, are appealing features at the National Air and Space Museum. Look for hands-on activity carts throughout the National Museum of American History. And the David H. Koch Hall of Fossils at the Smithsonian National Museum of Natural History is always fun to explore, with touch screens, touchable objects and videos that traverse billions of years of human history.

Did you know the Smithsonian Institute offers free downloadable booklets that make exploring the museum exhibits more interesting? A discovery booklet accompanies the National Museum of American History’s “Innovation Across the Nation” exhibit, for example, with prompts to help kids explore the world of innovation—including creating their own hypotheses.

Tutorials allow kids to make their own envelopes, mailbox, and time capsule at the National Postal Museum. And a “Color Our Collection” coloring book highlights famous portraits at the National Portrait Gallery. You’ll find these projects and more to download and take with you on the online Learning Lab (<http://learninglab.si.edu>).

Museums open daily except Christmas Day

si.edu

COURTESY OF NATIONAL AIR AND SPACE MUSEUM



ClimbZone



Go on an adventure

It may be winter, but that doesn't mean your family has to forego outdoor-type activities—just do them indoors. The climbing walls at Laurel's ClimbZone, for example, were made with kids in mind, with fun themes like Aztec temples and the Lincoln Memorial. ZavaZone in Sterling has climbing walls and more, including a glow-in-the-dark climbing cave, a trampoline park and a ninja course.

How about an indoor water park? Cub Run RECenter in Chantilly, for example, has a huge pool with two large slides, a lazy river and a shallow pool for the younger ones. climbzone.us, zavazone.com, fairfaxcounty.gov

COURTESY OF CLIMBZONE

Explore a museum just for kids

If you haven't yet brought the family to the newest iteration of the hands-on National Children's Museum—it opened only days before the COVID-19 pandemic unfolded in 2020—now is the time.

You may enter the 20,000 square feet of space via a three-story "dream machine," with slides that whisk you to the exhibit space. The museum is all about sparking creativity and curiosity, with a virtual slime machine, a race car track that experiments with height and weight, a Nickelodeon-sponsored Art + Tech space, a green-screen experience where children gain superpowers to control the weather, a batting cage that teaches the mechanics of a home run hit (courtesy of the Nationals) and more.

A small space for babies and another one for toddlers introduces a cloud and flight theme. The museum frequently offers drop-in "making" programs within the Tinkerers Studio, weekly "STEAM Storytime" on Thursdays at 10:30 a.m. and "Baby Jam," a musical programming adventure, on Fridays at 10:30 a.m.

Open Thursday through Sunday with two timed admission sessions
nationalchildrensmuseum.org

PHOTO BY DANIEL SWARTZ PHOTOGRAPHY

Go to the theater

Several live theaters in the Washington, D.C., region offer productions at exactly the right kid-length. At the Smithsonian's Discovery Theater, children can enjoy fairy tales, puppet theater and other live educational performances. More shows will be added based on COVID-19 protocols; check the "What's Playing" page for details.

Encore Stage & Studio in Arlington—"theater by kids, for kids!"—offers productions as well as classes and workshops for budding thespians. At Bethesda's Imagination Stage, kids of all ages can enjoy modern productions. Two new works for children are commissioned every year, along with a series of theater programming that helps foster theater appreciation.

discoverytheater.org, encorestageva.org,
kennedy-center.org

Just play

When the kids simply need to expend excess energy—preferably not in the house—head for one of the region's play-oriented destinations. BusyBees' indoor playground is made expressly for little ones shorter than 48 inches. Scramble in Alexandria and Falls Church has something for every family member: tummy time for babies, soccer for the older ones and lots of running and jumping in between.

The Wonder in Arlington and Chevy Chase provides an imaginative, low-key indoor play space for the 5-and-younger set. At the Arlington location, for example, youngsters can play with a pile of snow (aka balls), build an igloo and warm up with hot chocolate in an imaginary winter scene.

busybeesplay.com, goscramble.com, thewonder.us ■




National Children's Museum



A CALL TO CARE AT SUMMER CAMP

As DMV camps enter a third year of the COVID-19 pandemic, supporting campers' mental and emotional health is more important than ever

BY LINDSAY C. VANASDALAN



When Focus Family Martial Arts Academy welcomed children back to camp last summer, staff noticed something odd. Children in kindergarten and first grade did not know how to line up, and they were not sharing toys with other campers—behaviors typical for that age group.

In what was the first summer back at camp for many children after about 12 to 18 months, camp leadership noticed developmental delays, more emotional reactions and, in some cases, an increase in mental health needs.

“Everyone who touches the camping industry had raised the flag that mental health was on the rise,” says Havi Goldscher, CEO of Capital Camps, a Jewish overnight camp with its headquarters in Rockville, Maryland.

It’s hard to say what the impact on children’s mental health will be when the dust settles from the COVID-19 pandemic, but the summer of 2021 provided a window into what was needed: more mental health professionals, better communication with parents and grace to meet children where they are, says American Camp Association President and CEO Tom Rosenberg.

BACKGROUND AND LEAF: RUSANOVSKA / DIGITALVISION
VECTORS/GETTY IMAGES



Here's what steps local camps in the DMV took in 2021, and will continue to take, to ensure mental health is accounted for this summer.

Focused Attention

Goldscher noticed campers' communication with one another was different in 2021.

"When you spend (a year and a half behind a screen) and all of a sudden you are in a high-intensity social situation with your peers, it takes different skills and different muscle memory to return," she says.

Some camps saw children who were more emotionally reactive or had attitudes that were not as group-focused. It takes practice with peers to develop these social-emotional competencies, Rosenberg notes, which many haven't been able to do being away from camp.

Calleva helped campers adjust with more one-on-one staff attention, says Julie Clendenin, director of the outdoor-focused day camp with multiple locations in the DMV.

Rachel Dolan is the owner of Focus Family, a Jewish martial arts academy in Fairfax, Virginia, which runs a day camp in the summer.

To get younger campers up to speed, Dolan says, coaches needed to take 15 or 20 minutes with them once or twice a week to talk about how to be a good friend, kindness, respect and following directions. Older campers only required a few times to smooth over interpersonal conflicts and get them talking to each other.

For Goldscher, last summer was about meeting campers where they were and not expecting them to be on track yet.

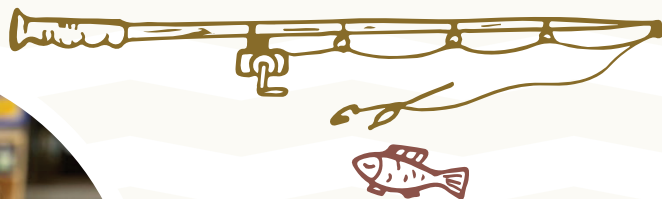
"We just really believe it's about setting expectations up front," Clendenin adds. If camp staff meet them where they are with compassion, they adapt quickly.

Training and Support

Some problems, however, stem from more clinical issues. Trends of intensified anxiety, anorexia and suicide ideation are affecting both schools and camps, Goldscher says.

To address it, camps have invested in additional staff or training, as well as provided more connections to families' home mental health providers virtually or over the phone.

Capital Camps had already been a leader in camper care, with specialists in place for at least two decades, but it intensified its program last



CAPITAL CAMPS & RETREAT CENTER

FOCUS FAMILY MARTIAL ARTS



Focus Family

summer to meet demand by adding staff. Goldscher hopes to receive a Yedid Nafesh grant from the Foundation for Jewish Camp in support of mental, emotional, social and spiritual health.

The ACA has put a greater focus on making sure camps have the capacity of mental health support staff to handle heightened needs going into 2022.

Training is available at association conferences, virtually and through external programs such as the accredited "Mental Health First Aid." The association is also working on developing grant-funded wellness tools for camps.

Creating Space

To anticipate camper and staff needs, some camps made adjustments to programming in 2021, focusing on more outdoor activities, slowing down the pace or creating intentional spaces to breathe and adjust.

"We really believe that being outdoors is great for kids' mental health, their relational health and their physical health," says Clendenin, noting that being pent up indoors the last two years brought them challenges.



Dolan says Focus Family was doing more outdoor field trips and hikes instead of museums and theaters, and the organization changed how groups were rotating so they didn't overlap.

While some logistical changes came from the need to social distance, Goldscher says, having slower pacing and spending more time in smaller peer groups took the pressure off campers as well.

One notable change at Focus Family was the use of relaxation spaces for campers to use when things got too overwhelming. Although it's always something the camp has offered, especially helpful for campers with autism, it was used much more last summer. Campers even had some group quiet times in those spaces.

"It was almost like normal life was too much for them," Dolan says.

Dolan also added meditation to weekly sessions at camp at the recommendation of an academy teacher. It had been done in karate classes before, but never at camp.

Looking Ahead

Last summer was, in some ways, a guinea pig

for 2022, as 82% of overnight camps and 40% of day camps did not have the opportunity to operate in 2020, Rosenberg says.

As winter recruitment for this summer's camp season starts, he says the focus will be on camps communicating effectively with parents and guardians on how to best meet their children's needs.

If staff don't receive enough information, Clendenin says, sometimes they are "discovering challenges on Tuesday that maybe we could have been better prepared for on Monday."

Dolan says she found out what campers enjoyed last summer so that she can keep the things that worked, such as indoor cooking classes.

Often, parents are more anxious about camp than children are, she says, so she sends them photos in real time so that they can see their children are doing well.

"I think in a lot of ways parents may have been through more than children," Dolan adds. "A lot of them (the kids) are young enough to not really recognize what normal should be, so they don't always feel the loss of normal the way that adults do." ■

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Focus Family



Capital Camps



CAPITAL CAMPS & RETREAT CENTER

With each new milestone that our children reach comes the need for information to guide them (and us) through this stage. This point 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, parents can find many options. Use our summer camp listings presented here to learn more about the camps, what they offer and the ages they serve. Visit WashingtonFAMILY.com for even more listings to help you in your search. Be sure to check our website and the magazine in upcoming months for more stories about camps for your children. Good luck! Here's to a great summer.



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burgundycenter.org
bcwsdirector@burgundyfarm.org
703-842-0470
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camphorizonsva.com
camp@horizonsva.com
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kirchenwald@lutherancamping.org
717-964-3121
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Lebanon, PA 17402
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Residential camp, outdoor adventures

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301-468-2267
11300 Rockville Pike, Suite 407
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registration@imaginationstage.org
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4908 Auburn Ave., Bethesda, MD 20814
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ismw.org; info@ismw.org
301-365-5888
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manormontessori.com/summer-camp
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5450 Massachusetts Ave.
Bethesda, MD 20816
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and sports

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gosilverstars.com
classregistration@gosilverstars.com
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2701 Pittman Drive, Silver Spring, MD 20910
301-352-5777
14201 Woodcliff Court, Bowie, MD 20720
Gymnastics

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spring-bilingual.org
info@spring-bilingual.org
301-962-7262
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brooksfIELDSschool.org
camp@brooksfIELDSschool.org

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1830 Kirby Road, McLean, VA 22101
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www.westminsterschool.com/campgriffin
campgriffin@westminsterschool.com
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703-533-0931
School Affiliation:
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msnv.org/page/programs/summer-camp
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ctrbalarts@aol.com
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Editor's note: Information provided for these camps is subject to change after this issue goes to press. Please contact the camps directly to confirm details and related COVID-19 protocols in effect at these camps.

Look for more information about summer camps and camp programs for your child next month in our February issue and on our website at washingtonfamily.com. ■



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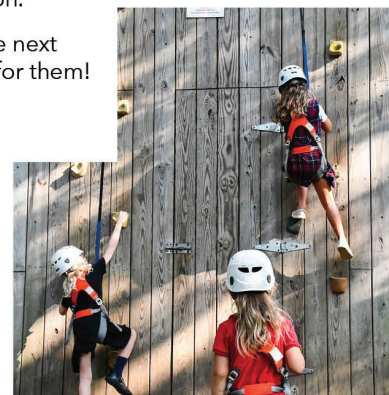
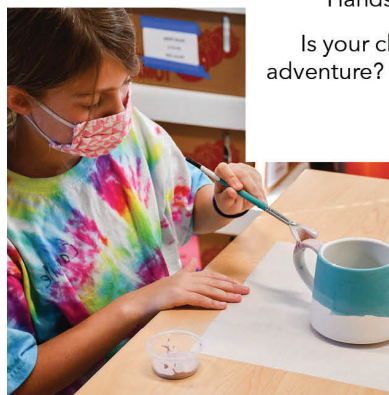
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7209 Quiet Cove, Alexandria, VA 22003

703-354-3446

pinecrestschool.org

admissions@pinecrestschool.org

Ages: 3-12

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

Please email for more information.

Pinecrest School is a fully accredited progressive school offering small class sizes, hands-on curriculum, an individualized approach and a focus on a balance of academics and social and emotional well-being. Offers preschool through sixth grades, summer camp and before- and after-care services for students.

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Reston, VA 20190

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office@restonmontessori.com

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703-745-5900

thesienaschool.org

info@thesienaschool.org

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spring-bilingual.org

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9525 Colesville Road

Silver Spring, MD 20901

springwell.school

info@springwell.school

301-578-6885

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Carrie Fox

The 'Adventures in Kindness' co-author and Mission Partners CEO shares her family life

BY LINDSAY C. VANASDALAN



Mission Partners Founder and CEO Carrie Fox always had a mind for social impact. After starting a communications consultancy for nonprofits, C. Fox Communications, at age 25, she knew she could do more if she focused exclusively on issues of community, such as social justice, sustainability, children's health and higher education.

"It was as the 2016 election was unfolding, and we were thinking about the role that we were playing and could play in disrupting a lot of the toxic and harmful narratives that we had seen play out in our country," she says. Mission Partners, a strategic communications firm which guides nonprofits, foundations and corporations, was born in 2017.

Two years later, Fox got the chance to share her passion with her eldest daughter when her daughter asked "why people in positions of power can be so mean."

"That was a really big question for a little kid," Fox says.

She asked her daughter, Sophia, 11, what would happen if she could put the opposite out into the world. "Adventures in Kindness" was born. The two co-authored the book's second edition, packed with mission-focused apparel and kindness adventure kits for kids 7 to 13. Their project hit bookshelves last month.

Fox spoke with *Washington FAMILY* about balancing family life as a mission-focused CEO and author. She lives in Rockville with her husband, Brian, daughters Sophia and Kate, 8, and their dog Baxter.

Your work with Mission Partners and Adventures in Kindness is focused on social impact. Why is this area important to you?

We have one planet, and it's in danger. Every day, especially as a parent, every minute that

I have in this world, I want to think about contributing something good.

How has that mindset inspired your family?

I think it's given us opportunities to go deeper

on dinnertime conversations. To think about our actions more intentionally. In a lot of ways, it feels like it's our responsibility as parents and humans, and as a family, to really be aware of the world that we're in and to be taking meaningful steps every day to contribute to a more just and connected world.

What is your goal with the second edition of the book?

We wrote the second edition reflecting on the year that was 2020 and everything that happened in 2020. What we wanted to do with the second edition is to include new adventures that are directly informed from having lived through that experience. There are new adventures like how to practice the use of your preferred pronouns and how to introduce yourself using your preferred pronouns as a way to advance an inclusive mindset.

We have new adventures around starting kindness clubs and new adventures around supporting the planet more intentionally—even around signing a no-bullying pledge.

The second edition is designed to build on the first and to be very in tune and reflective with where our world is now. Keep in mind, you know, we wrote that first edition well before (COVID-19) was even in our minds, and funny enough, a lot of it was really relevant. Perhaps the best way to say it is we've gotten more explicit in why kindness really matters.

Being kind is being deeply compassionate and empathetic and understanding in a way that is far greater than saying "please" and "thank you" or holding a door open for someone. It's really thinking about stepping outside of our own shoes and understanding the larger context of the world we live in.

What is one lesson you hope your children learn from your career?

There's a sign that hangs above my daughter's bed, and it says, "Be brave," and I think that's a lot of this. If we start where we are and every day take a step forward toward justice, we will tip the world toward love. ■

How to Handle Head Lice

BY ELEANOR LINAFFELT



KEVIN DYER/E+

"HIRING A PROFESSIONAL SERVICE AT THE ONSET VERSUS AS A LAST RESORT CAN SAVE PARENTS THE MONEY SPENT ON MULTIPLE TREATMENTS AS THEY RESPOND TO ROUNDS OF INFESTATION."

—NANCY PFUND,
LICE HAPPENS

While head lice can spread at any time of the year, it's especially important to be on the lookout for signs of lice in the winter, especially when we are all spending more time gathering indoors in close quarters.

Lice spread through head-to-head contact. "Winter holidays often involve multiple celebrations and sleepovers among extended family members and friends. These close-knit gatherings provide close-knit opportunities for head-to-head contact, which allow head lice to spread," says Nancy Pfund of Lice Happens, which provides lice treatment services in the Washington, D.C. area.

Your family can take some preventive measures to avoid the dreaded itchy heads, but if someone does get lice, you can eradicate the problem.

Preventing lice

No parent wants to deal with a lice infestation to begin with. How can moms and dads prevent it from being a problem in the first place?

"Don't allow children to share jackets, hats, helmets, hairbrushes and hair accessories. Keep long hair pulled back or pinned up," says Charlotte Savarino, a pediatric specialty coordinator at the Shaw Family Pediatric Emergency Center at Suburban Hospital in Washington, D.C.

Parents can also use lice repellent sprays available to discourage lice from crossing to one head from another. "Parents can spray the top and underside of their child's hair with a repellent spray," Pfund says. "While repellents can play a role in avoiding the spread of head lice, they are not suits of armor."

Staying alert for signs of lice

Treating lice as early as possible is crucial because lice won't go away on their own, and the volume will increase greatly over time.

"Signs of lice are constant, relentless scratching, a rash on the neck or shoulders and exposure to known contacts with lice," Savarino says.

It's hard to see the actual lice in hair, but it's easier to spot nits, the eggs. "They look like tiny grains of sand that attach to the hair shaft," Savarino says. "Nits are easier to see in dark hair. Nits are generally found close to the scalp, at the beginning of the hair shaft around ears and the back of the neck where it is warm."

Treating a lice problem

Parents can seek over-the-counter and prescription-medicated shampoos and lotions for killing lice, as well as homeopathic options.

Additionally, lice combs can help with removing nits from the hair, a crucial step in the lice treatment process.

"This is the single most important thing you can do," Savarino says. "Check and comb hair nightly to remove all nits so that any left in the hair don't hatch in seven to 10 days and repeat the cycle."

Knowing when to seek professional help

If the lice case is too severe or challenging to get rid of at home, or if you don't want to have to handle it on your own, professionals can help with removing lice.

"Hiring a professional service at the onset versus as a last resort can save parents the money spent on multiple treatments as they respond to rounds of infestation," Pfund says. "Treating a family's head lice infestation takes a lot of time and effort. A professional service, especially one that educates and gives parents hands-on training, can save parents multiples of both and help parents prevent future infestations."

It's a myth that only people who are unclean or have bad hygiene get lice. "Children contract head lice from social interactions, not because they did anything wrong or because of poor hygiene or lack of cleanliness," Pfund says.

Anyone who has hair on one's head can get lice. It's important that kids and parents are all aware of the signs and how to treat a lice problem effectively before worsening an outbreak at home or school. ■



BY LINDSAY C. VANASDALAN

Smiling on the Inside: LIVING WITH MOEBIUS SYNDROME

Pediatric neurologist Carl E. Stafstrom remembers that his first experience with Moebius syndrome was with a child's mother. She had the tell-tale signs: a drooping face, eyes that could not glance to the side—and, most importantly, she couldn't smile.

Without such a simple means of communication we often take for granted, he couldn't help but wonder what challenges she might have faced as a single parent. "How do you teach your little one normal social emotions and interactions when you can't express it on your face?" he says. Since then, Stafstrom, director of the John M. Freeman Pediatric Epilepsy Center for Johns Hopkins Medicine and director of the Division of Pediatric Neurology, has had two patients with Moebius syndrome—a rare, congenital craniofacial condition occurring in only two to 20 cases per million births. One of his missions is raising more awareness.

He joins doctors in Washington, D.C. and Philadelphia, along with two members of the Moebius Syndrome Foundation, to describe what Moebius syndrome is and how it affects children.

What's in a smile?

Moebius syndrome is recognized by patients' inability to form most facial expressions or turn their eyes outward toward the side of the face.

"They can't smile; they can't frown. They can't close their eyes; they can't raise their eyebrows," says Hollis Chaney, a pulmonologist at Children's National Hospital, who is also on the scientific advisory committee for the foundation.

Under-formed or malformed nuclei of cranial nerves 6 and 7 are the source, not the muscles, says Stafstrom.

Although facial movement is the main marker, Moebius syndrome manifests itself in different ways, including crossed eyes, club feet, webbed fingers and developmental delays or disorders such as autism.

Just as it is with any special needs child, there's no playbook, says the foundation's president Jacob Licht, recalling a conversation with a friend who said, "If you've met one (kid) with autism, you've met one kid with autism."

Challenges

The most severe challenges for Moebius syndrome patients come when they're infants. Some can have trouble breathing or swallowing. As a pulmonologist, Chaney says she has seen food end up in the lungs, which can cause pneumonia.

But once they are past that hurdle, most patients can compensate for speech and movement issues through therapies.

Licht lives in Silver Spring with his 19-year-old daughter, Miriam (seen in the photo at left). Through therapy, she learned how to say P's and B's without using her lips.

"The milestones in your kid's life become different," her father says, noting that using a straw was a big one.

Despite some adjustments, his daughter has still been able to live a relatively normal life—much like her twin sister, who does not have Moebius syndrome. She loves playing hockey for her special needs team and is part of Friendship Circle, an organization which connects Jewish teens to teens with disabilities.

Looking different

With any rare condition, community can be an invaluable resource for not feeling alone.



"The psychological aspects of growing up and living in the world without being able to make facial expressions is really pretty profound," Stafstrom says.

Bullying can start around age 8 or 9, says Scott Bartlett, director of the Craniofacial Program at Children's Hospital of Philadelphia (CHOP). Stafstrom adds that discrimination can result for patients getting jobs or promotions.

When Licht first attended a foundation conference and saw at least 100 people present who had Moebius syndrome, he knew he'd found a community. "That's what the foundation has given us," he says.

Rebecca Maher, secretary for the foundation's board of directors, recalls that within five minutes of reaching out to a woman in her area, they were texting for hours. She only later found out what a critical resource she had been—the woman had



just learned her child's diagnosis in the NICU.

What's next?

Maher says two known causes of Moebius syndrome are a vascular event in utero or use of Misoprostol, a medicine used to stimulate contractions or induce abortions, but research is still being done on genetic origins.

As of now, there is no cure for the facial weakness, but surgeries have been able to offer individuals some hope.

Eye surgery to uncross her daughter's eyes when she was 8 months old made all the difference in her development, Maher says, because her child could better process her surroundings.

Bartlett, also an attending

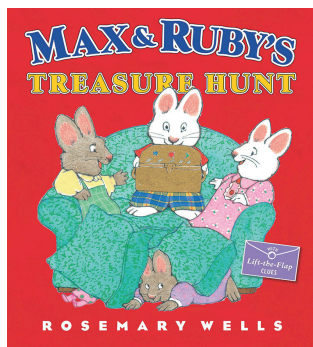
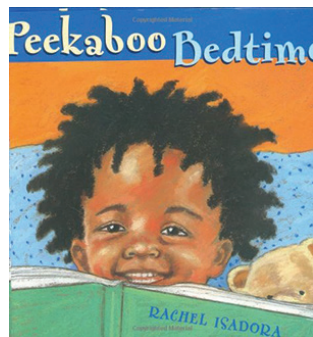
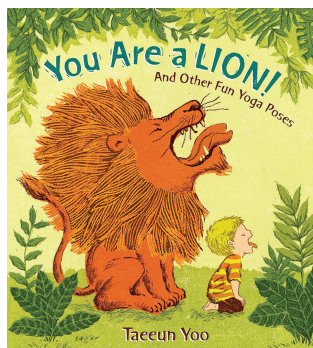
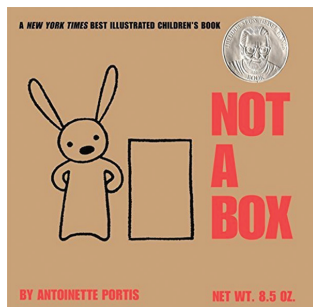
surgeon in the Division of Plastic, Reconstructive and Oral Surgery at CHOP, says one type of surgery can transfer temple or leg muscles (and their nerve supplies) to the face, but its effectiveness has its limitations.

"A smile itself around the corner of a mouth ... there are probably six or seven different muscles," he says. "When you do reconstruction, you're basically putting (in) a single muscle pulling (in) a single direction."

It can also be hard to retrain a muscle when someone becomes older and loses some degree of neuroplasticity, he says.

When it comes down to it, however, some patients might not see surgery as necessary for living a fulfilling life with Moebius syndrome. Miriam Licht is one of them.

"We decided very early on that we were going to put this in her hands," her dad Jacob says. ■



20 Books to Inspire Indoor Fun

Unplug from the Screens, Plug Into Good Reads

BY DC PUBLIC LIBRARY STAFF

Discover books to inspire creativity, adventures and maybe a little mischief—all without leaving home.

EARLY LITERACY (BIRTH TO AGE 5)

"Not a Box"

by Antoinette Portis

All it takes for a creative rabbit to have fun with an ordinary cardboard box is a little imagination.

"You Are a Lion! And Other Fun Yoga Poses"

by Taeun Yoo

Stretch, pose, and get the wiggles out with this animal-themed book for the youngest yogis.

"Peekaboo Bedtime"

by Rachel Isadora

Who says bedtime can't be fun? Follow a delightful toddler's playful nighttime routine that's sure to galvanize a real-life game of peekaboo.

"Pete's a Pizza"

by William Steig

When Pete can't go out and play due to a bout of bad weather, his family cheers him up in a very creative and silly way.

"Max and Ruby's Treasure Hunt"

by Rosemary Wells

When Max and Ruby's plans get rained out, they discover (with a little help from grandma) that they don't need to go outside to have an adventure.

DEVELOPING READERS (AGES 5 TO 8)

"The Great Indoors"

by Julie Falatko, illustrated by Ruth Chan

In this whimsical, humorous tale, a human family takes a vacation to the great outdoors, leaving an opportunity for the forest creatures to vacation in the great indoors. They discover all the cool, fun things that can be done inside the house.

"Make-Believe Class"

by Fran Manushkin, illustrated by Tammie Lyon

In this installment of the popular "Katie Woo"

series for early readers, Katie's class at school battles a dreary, cold winter day by using a lot of imagination to travel the world—and beyond!

"Amy Wu and the Patchwork Dragon"

by Kat Zhang, illustrated by Charlene Chua

Although Amy loves making crafts, her assignment to create a dragon proves to be a struggle, until inspiration strikes with storytelling and memories.

"Cooking Step by Step"

by DK

Young chefs can help make more than 50 kid-friendly recipes—and get hands-on practice with math and science concepts—using this simple, attractive and approachable cookbook.

"Pizza and Taco: Super-Awesome Comic!"

by Stephen Shaskan

Pizza and Taco create a comic book together in this graphic novel for early readers. Their trials and triumphs as creative collaborators could very well influence some young artists and writers to begin their own creative process.

MIDDLE-GRADE READERS (AGES 8 TO 12)

"Unbored Games: Serious Fun for Everyone"

by Joshua Glenn and Elizabeth Foy Larsen

From board games and mind games to tech games and games you invent yourself, this title has plenty of ideas to chase boredom away.

"Coding Projects in Scratch"

by Jon Woodcock

Follow the step-by-step instructions for how to code animations, play with music and sound, create a game and more using Scratch software, which you can download or use online for free.

"Secret Coders"

by Gene Luen Yang and Mike Holmes

Twelve-year-old Hopper attends Stately Academy,

which is a very strange school indeed. In order to get to the bottom of the school's mysterious secrets, Hopper and her friends must put their coding skills into action.

"Out of the Box" by *Jemma Westing*
Explore this wealth of ideas for crafts and engineering projects that use mostly recycled cardboard and some simple household items like tape and markers.

"The Cardboard Kingdom" by *Chad Sell*
A group of kids with wildly different personalities and lives create an entire fantasy world together out of cardboard in this graphic novel that might inspire the creation of some original cardboard kingdoms.

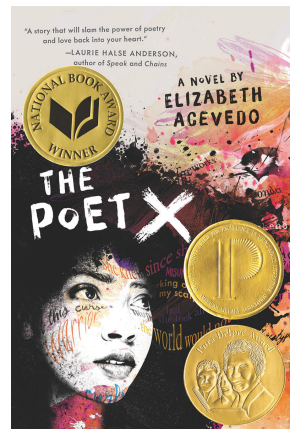
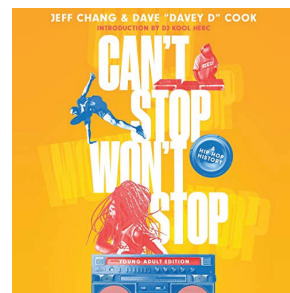
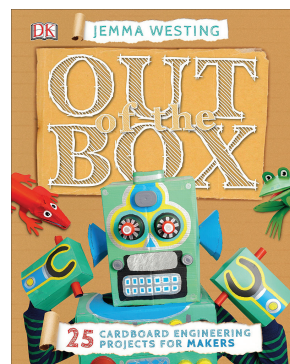
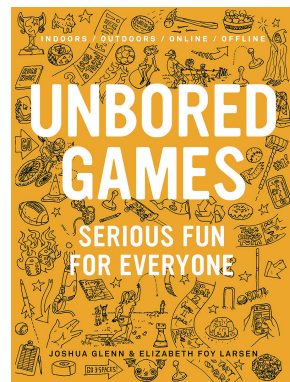
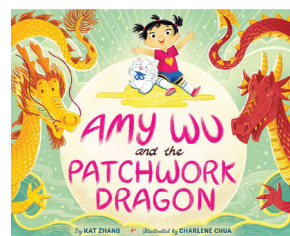
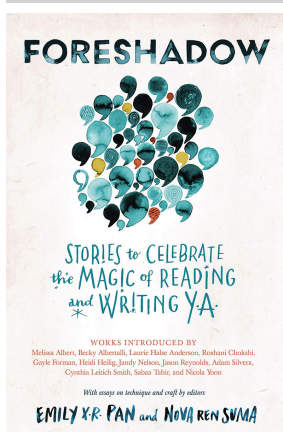
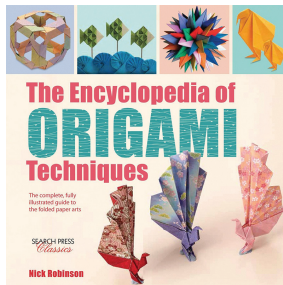
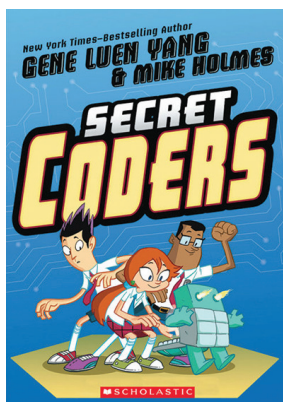
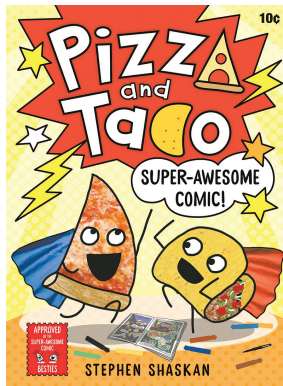
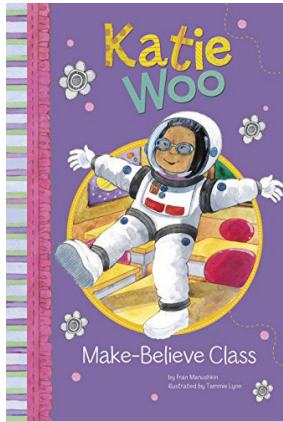
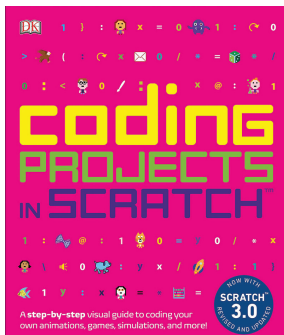
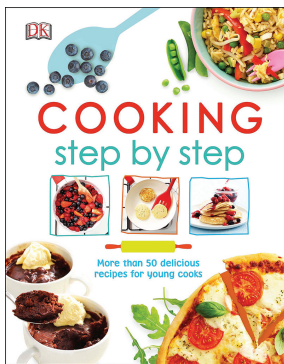
TEENS (AGES 13-19)
"The Encyclopedia of Origami Techniques" by *Nick Robinson*
Learn step-by-step instructions for basic folds and techniques as well as 30-plus projects to work on. All origami students will need to bring is a little paper and a little patience.

"Can't Stop Won't Stop (Young Adult Edition): A Hip-Hop History" by *Jeff Chang & Dave "Davey D" Cook*
Music lovers can spend a cold day reading along to a soundtrack with this history of hip-hop that stretches from 1969 all the way through the present day.

"Slay" by *Brittney Morris*
Kiera attends Jefferson Academy by day, but at night, she is secretly the creator and developer of SLAY, a multiplayer online role-playing game community that celebrates Black culture. When online fighting turns into real-world violence toward a SLAY player, Kiera fights to protect her safe space and identity.

"Foreshadow: Stories to Celebrate the Magic of Reading and Writing YA" created and edited by *Emily X.R. Pan* and *Nova Ren Suma*
Thirteen engaging short stories from a range of genres are interspersed with notes from the author about writing techniques and tips to encourage and inspire young writers.

"The Poet X" by *Elizabeth Acevedo*
Between school, family and society's expectations, 15-year-old Xiomara Batista has a lot going on in her head and heart. She writes every bit of it in her poetry book, suited for poets and non-poets. ■



Should My Child Have a Mentor?

BY ROBERT A. ANDERSON

As parents, many of us already see ourselves as our child's mentor. We provide advice and guide them.

So why should your child have a mentor?

It is true that we can receive mentorship merits as parents, but a mentor who is not a child's parent can provide positive perspectives that can cut through the monotony—and sometimes monotone cadence—that a child tunes out when delivered by a parent.

How many times have you heard the same thing over and over from your parent, but heard it amplified and slightly different from a family friend or teacher? This extra, external voice of reason can make all the difference when it comes to a child making a good and smart decision over a bad and troublesome choice.

Boys & Girls Clubs of Greater Washington (BGCGW) understands the advantages and importance of the mentor and mentee dynamic. Young people who meet regularly with a mentor are 40% more likely to graduate high school on time, 55% more likely to enroll in college and 51% more likely to hold leadership positions later in life.

Having steady, positive influences at key times in a child's life can lead to increased confidence and self-esteem and improved academic performance and relationships, while helping a child realize one's true potential.

"My previous experiences as a mentor have shown me the added impact," says Diane Hinrichs, a Washington, D.C. paralegal and Boys & Girls Clubs mentor. "Adult attention and mentoring can provide positive role models and help to boost self-esteem, as well as help the young person deal with challenges."

Hinrichs became involved as a Boys & Girls Clubs of Greater Washington mentor with 10-year-old Skylar during BGCGW's 2021 Great Big Kid mentor-mentee fundraising program. Great Big Kid is an annual signature fundraising event. Each year, regional board members identify six community leaders to serve as outstanding mentors ("Great Big Kids") to local Club kids. Over a six-week period, these mentors are paired up with designated Club kids ("mentees"). They meet with a Club kid, supporting the child academically and socially and during activities that foster bonding.



Diane and Skylar got together often during their designated six weeks. They baked cookies and cooked in the Boys & Girls Clubs kitchen (see photo above). They also talked and listened to one another. This point is a big key in mentorship: A mentor provides advice, guidance, listening, encouragement and time. That time builds trust and a safe space for a mentee to ask questions as well as become more open to listening—committing experiences and conversation to both short-term and long-term memory.

"If there's a kid who's not feeling comfortable, mentors can make them feel more comfortable, and they can help kids focus on life and school," Skylar recalls when asked about her definition and understanding of mentors. "Spending time with my mentor ... she made me feel comfortable. She was fun!"

Boys & Girls Clubs of Greater Washington holds its annual Great Big Kid mentor-mentee events in Virginia's Alexandria, Prince William County and Fairfax territories, but now BGCGW plans to expand the program to its Maryland Clubs for a region-wide mentor-mentee consolidated effort.

Whether you are an adult looking to make a difference and impact a young person, or if you are a parent considering the benefits of mentorship for your child, a Boys & Girls Clubs mentor-mentee experience might be the right fit for you. ■

Robert A. Anderson is the communications director for Boys & Girls Clubs of Greater Washington. Visit bgcgw.org or call 202-540-2300 to learn more about mentoring opportunities.

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