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July 2018

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Staycation**

**Preschool &
Child Care
GUIDE**

**MEET THE
WINNERS OF OUR
ANNUAL POLL**

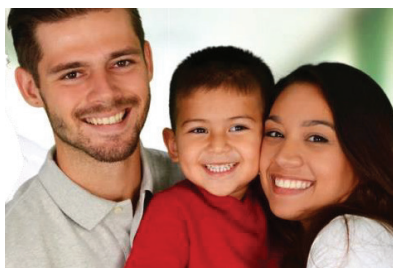
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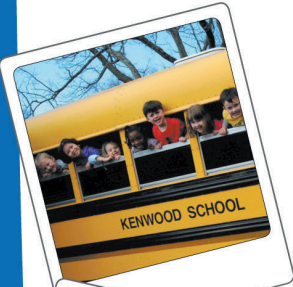
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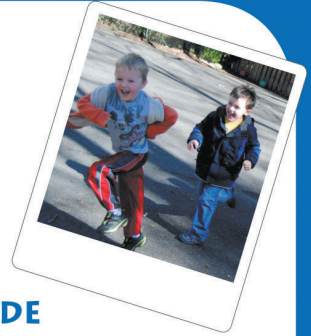


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JULY
2018

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Christa Melnyk Hines

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Childhood – It ain't what it used to be!

One of the reasons I enjoy this issue is because of our Preschool & Child Care Guide. As a parent of a teenager, I remember those times as especially happy and precious. But as I've been reading and hearing about the child care shortage in D.C., I realize things have changed since my son was growing up. There were no waiting lists. I didn't register him for a school when I was pregnant. Now, it seems you have to. Last year, *Washington's Top News* (WTOP) did a five-part series called "Child Care Crisis" and covered such issues as why it's so hard to find care, and why costs are surpassing college tuition rates. Their reports also examine the emotional toll the lack of child care takes on families.

But enough about the bad. The good news is that parents and businesses are working together to find solutions. According to the article, "10 Out-of-the-Box Childcare Options That Are Changing Working Moms' Lives" by Working Mother, more businesses are offering licensed care centers, "Babies at Work" programs, cooperative working/childcare spaces, etc. The YMCA has jumped in offering early education programs, amongst others.

And while I was looking into the child care situation, I noticed something else interesting. But first, some background: In December '16, the District put into effect new licensing regulations which require some child care teachers to get a college degree. (More detail on this can be read by checking out *The Washington Post's* article, "D.C. Among First in Nation to Require Child Care Workers to Get College Degrees.") There are multiple sides to this

issue, but one thing is certain: The child care situation is changing. Moving forward 16 months to April '18, a lawsuit was filed by a group of child care professionals and a parent, in U.S. District Court, to challenge the regulation. On June 21, lawyers for the District argued for dismissal of the lawsuit and the plaintiffs have until July 5 to respond, according to a report by *The Washington Post*. You can go to washingtonfamily.com for updates. Oral arguments will probably take place in the fall.

Reading positive articles such as "Can't Travel? Take a Literary Staycation!" on pg. 30 keeps me optimistic and I hope it does the same for you, the reader. But we as parents and the private and public sectors will need to work together to keep early childhood a time filled with learning and joy — except for the occasional ice cream cone drop and sand box scuffle.



Sylvia

Sylvia Witaschek
Associate Publisher

Washington FAMILY Magazine
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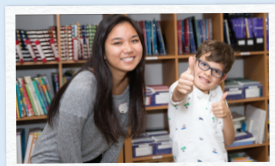
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From the best family-friendly restaurant to the best gym or play place, read on to discover the best of what the D.C. area has to offer.

Education & Activities

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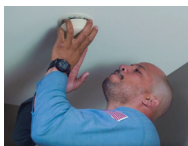
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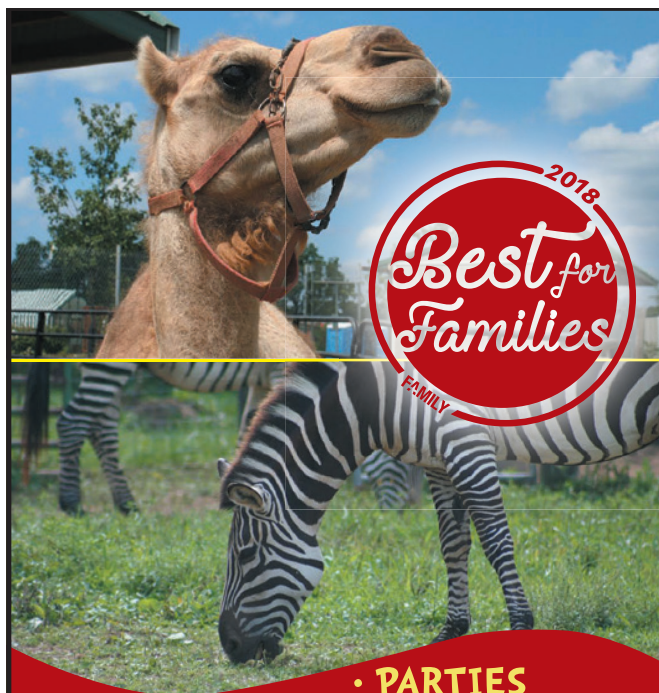
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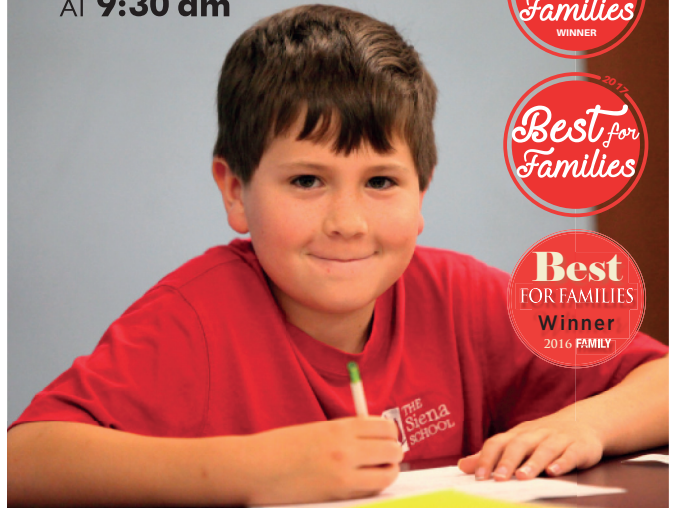
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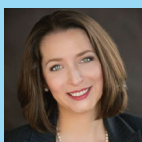


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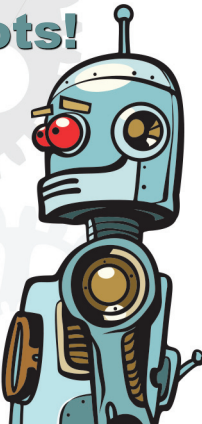
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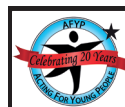
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TEENS WHO VAPE

What parents need to know about the growing popularity of e-cigarettes

BY CHRISTA MELNYK HINES



Just as cigarette smoking drops to its lowest level in years, e-cigarette use, aka “vaping,” is exploding among middle and high school students. In fact, according to the 2017 National Youth Tobacco Survey by the Centers for Disease Control and Prevention, e-cigarettes were the most commonly used tobacco product among both high school (11.7 percent) and middle school students (3.3 percent) in 2017. Teens may blow off the trend as harmless, but experts think otherwise.

“It’s important to understand that this is a drug delivery system. In some ways, calling it ‘vaping’ almost makes it sound benign and not dangerous,” says Dr. Stephen Thornton, a medical toxicologist and emergency room physician.

What are e-cigarettes? Initially marketed as smoking cessation devices, e-cigarettes are electronic nicotine delivery systems that use lithium-ion battery operated devices to heat up and vaporize a flavored, liquid solution

called e-juice. The user then inhales the vaporized solution.

What’s in the e-juice? The e-juice usually contains nicotine extract, which is mixed with propylene glycol (typically used in inhalers) and flavorings, like mint, fruit loops, gummy bears and passion fruit.

Since solutions aren’t currently regulated by the FDA, buyers have no way of knowing how much nicotine is in a product, including those that claim to contain zero nicotine.

“Right now many manufacturers are putting whatever they want in it, including potentially harmful

chemicals,” says Jamie Katz, a youth drug and alcohol prevention coordinator.

What are the risks? Chemicals found in e-cigarette vapor include aldehydes (formaldehyde, acetaldehyde, acrolein and acetone), diacetyl (a highly toxic chemical linked to lung disease),

volatile organic compounds found in car exhaust and heavy metals like nickel, lead and chromium.

“Unfortunately, we still need more time to know exactly what kind of short- and long-term problems you’re going to get from exposure to these chemicals,” Thornton says. “Some products are

“WITH CANDY FLAVORED SOLUTIONS AND LABELS LIKE UNICORN MILK, COTTON CANDY AND ZOMBIE JUICE, MANY EXPERTS BELIEVE THAT E-CIG MARKETERS ARE SPECIFICALLY TARGETING KIDS.”



JUULING? VAPING? WHAT'S THE DIFFERENCE?

Juuling, which essentially means vaping, is the newest trend on the teen block. It was coined after the popular Juul e-cigarette, which has a sleeker and more discreet design than the usual e-cigarette. Often resembling USB flash drives, these e-cigs are easier to conceal at home and school, which makes them a desirable choice among students. In fact, Nielsen data shows that as of March '18, Juul made up 54.6 percent of all e-cigarette retail market sales in the U.S. — a little concerning when you consider that one Juul pod contains as much nicotine as one pack of cigarettes.

probably safe if you eat or drink them, but once you start inhaling them into the lungs and you start vaporizing them, it changes the dynamics."

In the short-term, users may be more prone to viral infections in the lungs and asthmatic types of reactions. Hospitals are also treating more people with traumatic injuries related to the devices exploding in their faces or in their pockets.

"I don't think people appreciate how much power is in the devices in order to get the heat that vaporizes the solution," Thornton says. "If you think about it, you're holding up a grenade to your face and if it goes off, that's going to be a very bad story."

What's the appeal? According to Katz, kids think vaping is cool, healthier than smoking cigarettes and a stress reliever.

Leaving no odors other than a light, fruity scent, e-cigarettes are easy to conceal in a pocket or purse. They often resemble pens or USB flash drives,

like Juul, which is especially popular among kids.

Then, there's the celebrity effect. "An adolescent sees celebrities like Leonardo DiCaprio and Katherine Heigl using these products openly in public, and there's that diminished sense that it's not a harmful product," says Kevin Kufeldt, an adolescent treatment center program manager.

Vape "cloud chasing" competitions featured online, in which people blow clouds and do tricks with e-cigarettes add to the attraction.

The real concerning question is: Are vaping products creating a new generation of addicts? With candy flavored solutions and labels like Unicorn Milk, Cotton Candy and Zombie Juice, many experts believe that e-cig marketers are specifically targeting kids.

"I doubt there are many 45-year-old guys out there who say, 'Man, I really need to have my spearmint bubble gum vape today,'" Thornton says.

A Juul e-cigarette pod contains 59 milligrams of nicotine per milliliter of liquid, which the manufacturer says is equivalent to the amount of nicotine in a pack of cigarettes.

"On a milligram per milligram basis, nicotine is ten times more potent than heroin," Kufeldt says. "Kids will tell me they think they actually smoke more with e-cigarettes than with a traditional cigarette because they can use more often throughout the day."

Research suggests that teens who vape are more likely to smoke cigarettes later. Many users also vape substances like synthetic cannabinoids, fentanyl, Xanax and marijuana, especially because some believe the smell is less noticeable.

Talk to your kids. Promote a healthy lifestyle, discuss the harmful effects of addictive substances on the body, and talk about healthier ways to manage stress.

"Parents can influence their kids' decision to vape," Katz says. "Talk to your children about your expectations and why you don't want them to use e-cigarettes. You can expect them to live tobacco free."

Christa Melnyk Hines is a nationally published freelance journalist and author. She and her husband are the parents of two middle school-aged sons. Her latest book is "Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World."



CAN'T TRAVEL?

Take a Literary Staycation!



BY MICHELLE BLANCHARD ARDILLO

Once the obligatory summer vacation to the beach is but a sandy memory, don't let the dog days of summer get you down! How about taking a literary staycation that can:

- Keep your children engaged for a few weeks
- Build their reading and communication skills without a textbook or worksheet
- Teach them about a different part of the world or a different period of history
- End with a great out-of-school family field trip

And best of all, it can be accomplished on a shoestring budget.

A family read-aloud is the perfect summertime activity. Finding the right book to share as a family read-aloud-turned-staycation can be as easy as asking your local librarian, talking to friends who are teachers, spending some time on Amazon or browsing the aisles of your local bookstore. Here are some local used bookstores worth checking out:

- MCPL Friends of the Library, locations in Wheaton and Rockville
- Wonder Books, locations in Frederick, Hagerstown and Gaithersburg
- Second Story Books, locations in Dupont Circle and Rockville

Another sure way to find high-quality books for children is to peruse the winners of the Newbery Medal and Honor, awarded annually to books which make distinguished

contributions to American literature for children. The list is available online at ala.org.

Planning Your Literary Staycation

First, before deciding on a book, make sure to check out a book review or summary of your top choice. That way, once the read-aloud is over, you already have a head start on planning a family-friendly adventure that will tie in to the book's setting, time period, theme or genre.

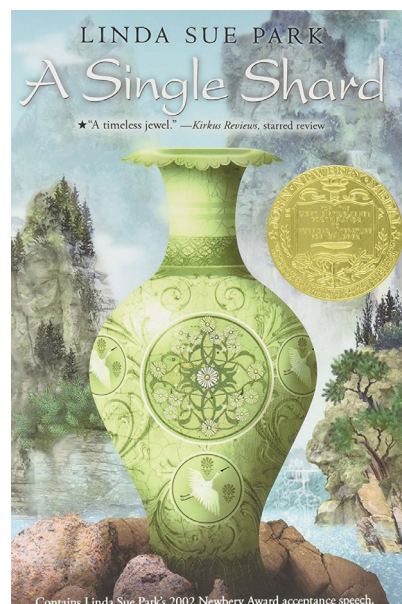
With many museums, monuments and historic landmarks in D.C., a low-cost or free excursion with some connection to the family read-aloud book will be easy to plan. Come up with a few suggestions, and then meet as a family to discuss which one is the most appealing to everyone. Allowing the children to be part of the planning will ensure they are engaged and enthusiastic about going.



In 1983, the U.S. Department of Education commissioned a study on reading because of low school scores across the nation. After two years of research, the Commission on Reading issued its report entitled "Becoming a Nation of Readers."

One of the most significant findings of the commission was that, "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children. ... It is a practice that should continue throughout the grades."

That's right, reading aloud to children is crucial, but not just to toddlers and lower grade elementary students. Reading aloud benefits children (and adults) of all ages.



Looking for something already planned out for you? Read on for an exciting literary staycation idea.

Ancient Korea Staycation

WHAT TO READ: For your first family read-aloud, select "A Single Shard" (2001, Clarion Books) by Linda Sue Park. This Newbery Medal middle-grade/young adult historical fiction novel (ages 9 and up) is set in ancient Korea, mid-12th century. The main character is an orphaned boy who goes to work as an apprentice to a master potter being considered for a royal commission (to make pottery for the Imperial Palace). With 13 chapters and 152 pages, this novel will take approximately 3-½ hours to finish.

WHERE TO GO: Visit the Freer Gallery, a Smithsonian museum specializing in Asian art, including pottery from

How to Have a Successful Family Read-Aloud



- Be consistent with time of day and length of reading so everyone can settle into a pattern. A family read-aloud can take place mid-morning after swim team practice, late afternoon when temperatures are soaring or after dinner when everyone is winding down after a long, hot day.
- Encourage the family to get comfy, whether it is on the couch, bed, floor or a beach towel on the lawn.
- Institute a “no device” rule: no smart phones or tablets, with the exception being if the book is being read aloud from an e-reader.
- Put out some snacks and beverages to settle even the most fidgety ones in the family. For the littles ones in your read-aloud audience, at least initially, put out some small (and quiet) toys to keep their hands busy until they fall under the spell of the story. For your older readers, give them a print copy of the book to read along as you read aloud.
- Channel your inner actor and “perform” rather than just reading the book.

For a deeper understanding of the benefits of a read aloud, check out these two books: “The Read-Aloud Handbook: Seventh Edition” by Jim Trelease and “The Read-Aloud Family: Making Meaningful and Lasting Connections with Your Kids” by Sarah Mackenzie.

ancient Korea. Conveniently located on the Mall, at Jefferson Drive and 12th St. S.W., Washington, D.C., the Freer is accessible by Metro on the Blue Line, exiting at the Smithsonian Metro Station. When traveling by car, check the Smithsonian’s website for nearby parking garages.

WHAT TO SEE: Be sure to study the celadon-glazed stoneware bowl,



The Peacock Room

Image courtesy of Freer and Sackler Galleries

12th Century Stoneware

created in the 12th century, the same time period as the setting of the novel. Bonus: Visit the Peacock Room, named for a mural painted on the wall of a dining room after a financial feud between artist James Whistler and his patron, James Leyland. The walls are lined with Asian pottery — it’s a visual feast for the eyes.

DINING KOREAN-STYLE: After touring the museum, grab a quick meal at a nearby Korean eatery such as TaKorean — think Korean BBQ in a Mexican taco. Or, check out Rice Bar, where you can design your own bibimbap, Korea’s national meal-in-a-bowl of rice and toppings.

HANDS-ON ACTIVITY: To cap off this experience, paint your own piece of pottery or make a mosaic at All Fired Up, with locations in Cleveland Park and Bethesda.

EDUCATIONAL RESOURCES: For your gifted and talented reader, enrich the family read-aloud with materials from Reading is Fundamental Literacy Central at rif.org/literacy-central or Penguin Random House at penguinrandomhouseaudio.com.

Newberry Medal and Honor Books



For a list of all Newberry Medal and Honor books from 1922 to the present, visit The Association for Library Service to Children’s website, ala.org.

Recent Newberry Medal Winners:

- 2018:** “Hello, Universe” by Erin Entrada Kelly
- 2017:** “The Girl Who Drank the Moon” by Kelly Barnhill
- 2016:** “Last Stop on the Market Street” by Matt de la Peña
- 2015:** “The Crossover” by Kwame Alexander
- 2014:** “Flora & Ulysses: The Illuminated Adventures” by Kate DiCamillo
- 2013:** “The One and Only Ivan” by Katherine Applegate
- 2012:** “Dead End in Norvelt” by Jack Gantos
- 2011:** “Moon Over Manifest” by Clare Vanderpool
- 2010:** “When You Reach Me” by Rebecca Stead

Michelle Blanchard Ardillo is a freelance writer and middle school language arts teacher who reads aloud every day in her classroom. Follow her @michardillo on Twitter or Goodreads, or on her website at www.michelleardillo.com.

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6 STEPS TO FINDING A GREAT CHILD CARE CENTER That's Right for Your Family

You hear it all the time: Choosing the right early education and child care center is one of the most important decisions you'll make. But as any D.C.-area family can attest, just finding care is a challenge. The ratio of infants and toddlers to available spaces in area child care centers hovers at around four to one.

But finding a center that *also* provides the “high-quality” early childhood education that young children need to be ready for kindergarten — and beyond — is another challenge.

“All children deserve access to high-quality early childhood education because it does make a measurable difference in their lives,” says Dr. Elanna Yalow, KinderCare Education’s chief academic officer. “Studies show that children who attend high-quality programs are better prepared for school, have higher high school graduation rates, and even have better long-term health.”

So how can you tell “high-quality” from so-so or no-go? This guide can help you find the best early childhood education setting for your family.

STEP 1: Choose an Accredited Center.

Think of accreditation as a big gold star in the world of early childhood education. (Nationally, only about 10 percent of centers are accredited.) Accredited centers meet rigorous standards in everything from teacher qualifications to curriculum to safety.

STEP 2: Know Your Family's Values — and Stick to 'Em. Before you tour a program, think about what you need from a center, what you want for your child and any concerns you may have, no matter how large or small. Do you



David Hume Kennerly

need commuting convenience? Are you concerned how a teacher will handle your spirited child when they (inevitably) knock down other kids' block towers?

Make a list. Use your answers as a conversation guide on your tours and don't be afraid to ask the tough questions.

STEP 3: Check for the Basics.

- **Cleanliness:** The center should be clean and tidy.
- **Safety:** A strong emergency plan and the ability to explain it in detail is a must.
- **Nutrition:** Whole grains, fruits, veggies and no extra sugars are key.

STEP 4: Look for a Classroom Made for Learning.

Whether you've got a whirling dervish, a whiz kid or a quiet one, a great classroom empowers every child to reach their full learning potential. Great classrooms ...

- Invite exploration by providing easy access to many learning possibilities, including science stations, art supplies and games.

- Encourage reading by placing books within easy reach and labeling objects to boost early literacy.
- Build a sense of belonging by hanging art at kids' eye-level and labeling cubbies with names and pictures.

STEP 5: Look for a Skilled Teacher with Passion and Heart.

If children love their teacher, they'll love school — and learning. Take the time to observe teachers with the children in the classroom. Are the children engaged? Do the teachers seem to enjoy being with the children? Ask them what they love about teaching littles, or if you have a concern about your child, bring it up. Their answers will tell you a lot about their passions and their openness to working with you!

STEP 6: Trust Your Instincts. When in doubt, trust your gut! Did you feel listened to and understood? Was the center warm and welcoming? If you're unsure, go back for a second visit. A great center will be more than happy to honor your request and make the experience all about you and your family!

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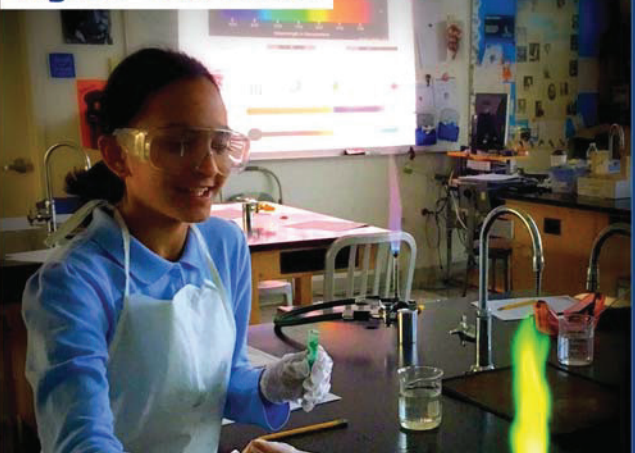


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RISING TEMPERATURES, RISING WEIGHTS:

Study finds kids gain the most weight over summer

BY BETH ROESSNER

It seems counterintuitive, but a new summertime trend is emerging: Children are gaining weight in between when the school year ends and begins in the fall.

"A lot of people kind of expect winter, Halloween or all those times of year to be a little bit more difficult," explained Megan Watts, lead outpatient dietitian at Children's National Health System. "And yet we do see with our patients that summer weight gain does seem to be a trend."

During the school year, students are busy and active. They walk in between classes, run outside at recess, have balanced meals and move throughout much of the school day. Plus, after-school activities keep them very active and involved.

However, it's during the summer months where children become sedentary. They are more prone to playing video games or tinkering with their devices than running around outside and climbing trees.

"There's also more grazing on snacks, especially if they don't have a routine," said Watts.

With the routine of the school year behind them, children lose the structure that's provided by their daily grind.

"Lack of routine for daily activities like sleeping and eating really seems

to cause a disruption for a lot of our families," Watts said.

According to a study published in the "Obesity" journal in 2016, when participating students went from the start of kindergarten to the end of second grade, the obesity rate among them increased from 8.9 percent to 11.5 percent. Cases of overweight jumped from 23.3 percent to 28.7 percent.



The study revealed that none of the increases happened during the school year. All increases happened during the two summer breaks.

However, not all weight gain is created equal. Growing children will do just that; they grow.

Growth is individualized, but medical professionals like Watts look at body mass index (BMI) percentiles. The goal is to keep children around the same growth trend that has been typical for them. If there is a big jump in percentile, that's when it becomes concerning, Watts explained.

If you're concerned about your child's weight gain, talk to your pediatrician or health care professional.

"Each child is going to be different, so we don't like to make BMI very prescriptive," said Watts. "We like to look at the history to see what would be normal for them. ... We need to look at the whole picture of that individual child."

"The habits you learn as a child carry with you through adulthood,"

"WITH THE ROUTINE OF THE SCHOOL YEAR BEHIND THEM, CHILDREN LOSE THE STRUCTURE THAT'S PROVIDED BY THEIR DAILY GRIND."

said Amy Moyer, vice president of operations for Action for Healthy Kids. "Think about ourselves. If we take a 'staycation' for a few days or weeks, we gain weight. We're eating more and we're less active. It's similar and applies to children as well."

To curb the trend, healthy habits should be taught early and a new summer routine should be created. From instituting family walks to



valentinmisanov/E+/Getty Images

preparing healthy snacks, the extra routine in the summer will keep children healthy and help them avoid eating out of boredom or being too sedentary.

Day or summer camp experiences, nightly family walks, afternoon bike rides or simply throwing a ball around outside are all examples of how children can get up and get moving.

To ensure kids eat well, parents can fill their pantries and refrigerators with healthy snacks. Pre-portioned trail mixes and other munchable snacks like pre-chopped carrots take the guesswork out of snacking.

"Don't just stick the fruits and vegetables in the fridge; process them," suggested Moyer. "Have your kids help you cut them, slice them, dice them and wash them. Put them in snack baggies

in the fridge right at their level."

Popsicles, soda, juices and other sugary treats are pretty common throughout the summer, but there are equally appealing and more healthful options.

"Even if your child is drinking 100-percent juice, it really can add up to be a bit excessive in sugars," explained Watts. "If you have two glasses of juice per day, that's the sugar of seven oranges. You wouldn't eat seven oranges in one day."

Water can be doctored up with frozen juice cubes, fresh lemon juice or slices of berries. Frozen strawberries or banana halves dipped in a little yogurt or natural chocolate can substitute for popsicles.

And don't be afraid of instituting a normal bedtime, said Watts.

"Along with trying to establish a summer routine, we stick to our tried and true motto of 'Make the healthy choice the easy choice,'" said Watts.

Beth Roessner is a D.C.-based writer and health coach.



FIRST LINE OF DEFENSE

With Stop the Bleed program, UMD teaches advanced first aid for injuries, shootings and more

By Jessica Gregg | Photos by David Stuck

University of Maryland trauma surgeon Dr. Habeeba Park stands in front of 17 elementary schoolers who are tired, fidgety and still in uniform from their school day, and step-by-step tells them what to do if they ever encounter someone who has a serious bleeding injury.

"The first thing is do not put yourself in harm's way," she says. "OK, what's the first thing to remember?"

"Stay safe," a kid calls out.

Park, a parent herself, knows her audience and regularly quizzes the kids like this throughout her presentation. She has a lot of territory to cover — applying tourniquets and packing wounds among other medical knowledge — as she shares information from the nationwide Stop the Bleed program.

Stop the Bleed was developed by the American College of Surgeons after the Sandy Hook Elementary School shooting in 2012. The ACS formed a committee that included trauma doctors, members of the military and staff from other federal agencies who looked at ways to reduce the number of casualties in shootings or other violent events. One conclusion was to arm the average person with some

basic medical skills that would allow him or her to help an injured person until first responders arrived.

The skills taught through Stop the Bleed are both common sense and next-level first aid, according to the physicians teaching on this day.

The hour class includes Park's presentation and then the chance to

practice skills with staff from University of Maryland's R Adams Cowley Shock Trauma Center.

With mostly elementary-aged students in attendance, Park tells the children how to figure out if an injury is life threatening and what to pack a wound with, if gauze or other first aid supplies aren't available. That includes, as one child inquires, their own stinky socks.

Once a wound is packed, "put all your weight on it and don't let go until help gets there," Park says.





"So they can stay alive?" one kid calls out.

"So they can stay alive," Park says, nodding in agreement.

The children have lots of questions and Park works the room, answering and reinforcing her message, even walking them through what they should say when they call 911.

"What if 911 takes too long?" one boy asks.

"Then, you'll be ready," says Park's colleague, fellow trauma surgeon Dr. Jason Pasley. "Before the police or the firefighters or the paramedics, you're going to be the extension of that."

Soon it's time for the children to practice tourniquets on each other and pack foam bolsters that resemble injured limbs. Eight-year-old Logan Vaughn, a student at KIPP Harmony Academy, is a natural at these skills and enjoys practicing them again and again.

"I like that we learned something new, and I learned about something I want to do in my career," she says.

There to Report, Recruited to Learn

When photographer David Stuck and I show up at the University of Maryland's Community Engagement Center to learn more about the Stop the Bleed program, Dr. Habeeba Park, trauma surgeon at the University of Maryland's R Adams Cowley Shock Trauma Center, quickly tells us we are not just there to report.

"I'm going to put you down as class participants, OK?" she says.

OK, I agree, thinking I will mostly learn as I take notes, jot down quotes and talk to the kids who are there to practice packing wounds.

But Park and her colleagues are sincere and enthusiastic in their teaching efforts: They want everyone to learn these skills. After each kid has his or her turn at tourniquets, she brings me over to a table where it's my turn for a hands-on lesson. Brad Antlitz, a Shock Trauma nurse, gives me the rundown on tourniquets, and Dr. Jason Pasley goes over wound packing. Logan Vaughn, 8, (see story) is my coach.

Interested in taking UMD's Stop the Bleed class?

The next class is on July 28, from 1-3 p.m. at the R Adams Cowley Shock Trauma Center, 22 S. Greene St., Baltimore, MD.

Can't make it to Baltimore?

Reston Hospital Center is offering a similar class on July 6, 7-9 a.m. at 1850 Town Center Pkwy., Pavilion 2, Reston, VA. Email restontraumacenter@gmail.com to register.

Pasley eagerly coaches her and her classmates. "Keep stuffing," he says, advising a boy who is packing a simulated wound. "You've got a long way to go, but you're helping this guy out."

A recent military retiree, Pasley says he is "passionate" about this project.

All the training and equipment that he and his colleagues can access won't matter if a patient dies before reaching the hospital.

"Bystanders can make a difference," he says.

He and a colleague are preparing to teach the class in Spanish to a group of landscapers. They have also taught high school students and church groups.

With shootings in the news, Pasley says he has noticed a greater interest in Stop the Bleed. "People want to learn this stuff, just in case," he says, adding that the skills are useful in the aftermath of accidents, falls or other medical emergencies.

"I think it's important for everyone to learn something like this, because accidents can happen anywhere," he says. "At home, in the mall, at school."

Kelly Quinn, a senior program specialist at the engagement center, agrees. Stop the Bleed fits in well with an ongoing series at the center, "Taking Care of Our Own," which includes cooking lessons, techniques for coping with street harassment and CPR instruction, by offering similar "practical skills all should know."

"We're getting ready for summer and there's a lot more injuries in the summer," she says.

This is third time the center has offered the class and the first time for children.

While the skills learned in this class are beneficial, it is also a great way for kids to meet doctors and nurses. "Any time they get to see professionals in action, they learn about a new career," Quinn says.

GUIDES & RESOURCES

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703-759-5100; 22870 Pacific Blvd., Dulles, VA

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preschoolmontessori.com; info@huntermillmontessori.com

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Small Tweaks = Big Changes

How to Avoid Communication Pitfalls with Your Partner

BY REBECCA KLEIN SCOTT

My marriage is built on a foundation of miscommunication ... in a good way. When my husband and business partner, Keith, first asked me out, nerves made the conversation go something like, "Would you like tickets to a Center Stage performance?" It could have been the end to the beginning. I thought he meant for me to bring a friend. He saved himself a sentence later by adding, "No, to go with me."

As communications coaches who created a company around tweaking word choice and body language to help people communicate more clearly at work and in their personal lives, we see daily how seemingly benign words and gestures, along with different communication styles, can fuel anxiety and misunderstanding.

We led a workshop with one couple, where the husband worked from

home and felt hungry to engage in conversation with his wife, right when she walked in the door in the evening. She, too, wanted to hear about his day, only not at that moment. It showed in her body language and tone. She needed time to recharge after being around a lot of people all day.

We've seen couples and colleagues alike encounter similar challenges until having a conversation about it, developing better situational awareness and becoming more aware of how their words and body language are perceived.

Read on for six tips to avoid communications pitfalls with your significant other. (P.S. The tips also work at work!)

Be Vain: Check Yourself Out

The kind of communication that carries the most weight often gets ignored. Body language. It's up to 70 percent of

communication. Coupled with tone, the two variables can make even the simplest response of "OK" come off as loving, sarcastic or abrupt.

When in the middle of a difficult conversation, feeling rushed or if the kids are in the room and we need to go into parent code speak, we often unintentionally send off signals to our partner that don't match our words.

Be aware of your body language. Crossed arms imply you are defensive and closed off to what the other person has to say. Clenched fists do the same.

Kids pick up on body language fast. I've had mine ask me what was wrong after they've entered the room at the end of an adult conversation and didn't hear a word.

Find yourself looking away when your spouse asks you a question? People often get into the habit of looking out into the distance as if the answer to

a question is floating in the air. One person's search for an answer can be perceived by someone else as not taking the conversation seriously or even lying.

Maintaining eye contact, keeping your palms open to show you are engaged and listening, and avoiding defensive posturing will help prevent a conversation from escalating into a fight.

Be Specific

A lack of specific language sounds trivial. But, it can quickly launch a misunderstanding. Take the word "soon." One parent's promise to sign the kids up for soccer soon may mean that day to one person and the following week to another.

The same goes for "next" Friday. A plan made Sunday night to meet for lunch "next" Friday gets foiled when one person has the Friday coming up in mind and the other plans for more than a week out.

A small squabble about an unmet expectation can become a negative undercurrent during a later argument if left unsolved.

Doormats Are for Feet

If you downplay your conversations with "doormat language," such as "I was just thinking," you are inviting your significant other to step on you or, at a minimum, perceive your thought as having less importance.

If one person says,
"If you can just

possibly stop leaving your dishes all around the house, I would appreciate it," what that person means is "I don't like finding your dishes everywhere. It is frustrating. Can you please pick them up?" The first statement sounds insecure and wishy-washy. Imagine what your kids would do if asked to make the bed or clean their rooms in a similar style.

We often see people set out to "soften" language in conversations, peppering requests with such down players as "just" or "if it's possible" and see it backfire when the request is ignored or thought of as insignificant. Being direct with pleases and thank yous goes much further than bookending conversations with weak wording.

Don't Fan the Flames

"Let's not have this conversation in front of the kids." "Just calm down." "You know this is not a big deal." "I hate when we have these conversations." "I know what you are going to say." These phrases are lighter fluid for fights.

Avoid the temptation to make a small disagreement grow with phrases that escalate emotion.

This kind of wording adds additional avenues of frustration that were not there in the first place. There will be times when the closest you can get to a solution is to respectfully agree to disagree.


Avoid Rehashing

I remember what I wore during memorable and not-so-memorable moments of childhood. I can spew off phone numbers I haven't called in decades. And there are times when Keith and I disagree on one topic and suddenly it triggers the playlist of older disagreements. I'm working on hitting stop. There is something to be said for throwing conversations away when they are done and not recycling them.

Friction Moves Things Forward

The toughest conversations on difficult topics can lead to the kinds of understandings that wouldn't exist if someone had not been brave enough to be authentic with their feelings instead of sugarcoating. When you are upset about something or have a concern about what was meant, ask and don't let it wait. The conversation that follows may be more difficult in the short run than brushing it off, but it will lower the odds of returning to the same argument again.





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July Family Calendar

SUNDAY 1

Tinker Bell

11 a.m., 2 p.m. & 4:30 p.m. | \$19.50.

Recommended for all ages. Everyone knows the story of Peter Pan. Or, at least, everyone thinks they do. But the real story comes from Tinker Bell's point of view. A new twinkling light shines on all the characters you love including Wendy, the Lost Boys, Peter Pan, Smee and the nefarious Hook from a feisty fairy's point of view. *Adventure Theatre*, 7300 MacArthur Blvd., Glen Echo, MD; adventuretheatre-mtc.org.

TUESDAY 3

Page Turner Adventures: The Great Pizza Contest

10:30 a.m. | \$12. Who makes the best pizza? Vincent Van Dough or Leonardo Di Munchi? Join the town of Mozzarella and Mayor Ann Chovi for The Great Pizza Contest, and figure it out once and for all! *Wolf Trap Children's Theatre-in-the-Woods*, 1551 Trap Rd., Vienna, VA; wolftrap.org

WEDNESDAY 4

An American Celebration

9 a.m. | \$12-\$20. Watch dazzling made-for-daytime fireworks and listen to the roar of cannon fire while viewing special military re-enactments throughout the day. Enjoy free birthday cake (while supplies last), a visit from General and Mrs. Washington and a performance by the National Concert Band. *George Washington's Mount Vernon*, 3200 Mount Vernon Memorial Hwy., Mount Vernon, VA; mountvernon.org.

FREE Special Declaration of Independence Reading

Noon. The community is invited to a free public reading of the Declaration of Independence at Historic Pohick Church by historical re-enactor, the Rev. Dr. Thomas Costa, portraying the Rev. Mr. Massey, rector of Pohick Church in 1776. Enjoy a docent tour of the colonial church of George Washington and George Mason following the reading. *Historic Pohick Church*, 9301 Richmond Hwy., Lorton, VA; pohick.org.

THURSDAY 5

Sugar Free Allstars: Family Funk Super Duo

10:30 a.m. | \$10. With elements of soul, rhythm & blues, disco, gospel and New Orleans street parade music, Sugar Free Allstars provide a high-energy rock, dance-until-you-drop party for all ages! *Wolf Trap Children's Theatre-in-the-Woods*, 1551 Trap Rd., Vienna, VA; wolftrap.org

FREE Golden Triangle Cinema

Starts at sundown. Watch free movies under the stars in Farragut Park every Friday night this summer. Bring a blanket, grab a bite to eat at a local restaurant or plan your picnic dinner, then sit back and enjoy the show. *July 6 Showing: Back to the Future*. Farragut Square; goldentrianglecdc.com.

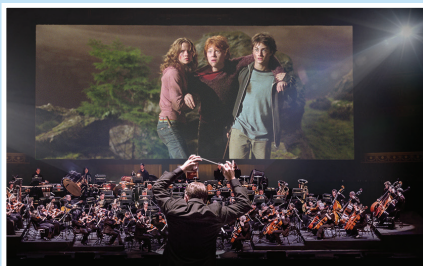
SATURDAY 7

Kids Fishing Night

6 p.m. | \$5. Kids, grab some fishing gear and learn how to fish. Visit with park rangers to learn about the critters that live in and around Turner Pond.

Saturday, July 7 | 8:30 p.m. | \$40-\$65

National Symphony Orchestra: Harry Potter and the Prisoner of Azkaban In Concert



Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban In Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by live music from the National

Symphony Orchestra as Harry soars across the big screen. Film will be projected in HD onto big screens in-house and on the lawn. Don't forget to dress the part! *Wolf Trap, 1551 Trap Rd., Vienna, VA; wolftrap.org.*

Enjoy snacks and drinks and have a chance to win fishing supplies and other great door prizes. Virginia resident children under 16 years of age can fish without a license. All others, VA DGIF fishing regulations apply. *Sky Meadows State Park, 11012 Edmonds Ln., Delaplane, VA; dcr.virginia.gov/state-parks/sky-meadows.*

SUNDAY 8

FREE Movies on the Potomac

6 p.m. Nothing says summer like an evening under the stars — and there's no better way to enjoy the season than movie nights at National Harbor. Pack your chairs, grab food to go from one of the nearby dining establishments and meet at the Plaza screen to watch a free showing of *The Little Rascals*! *165 Waterfront St., National Harbor, MD; nationalharbor.com.*

WEDNESDAY 11

FREE VALS Pals Kids Club: Sharks Educational Club

10 a.m. Join in for a morning of free fun on Wednesdays this summer! Enjoy live music, magicians, puppet shows, petting zoos and more. At this July 11 event, explore life under the sea

with the Sharks Educational Program! *Village at Leesburg, 1602 Village Market Blvd. S.E., Leesburg, VA; villageatleesburg.com.*

THURSDAY 12

The Wonderful Wizard of Oz

8 p.m. | \$15-\$55. True courage is in facing danger when you're afraid. Theater professionals will work together to create, choreograph, cast and direct an original adaptation of *The Wonderful Wizard of Oz*. *Synetic Theater, 1800 South Bell St., Arlington, VA; synetictheater.org.*

FRIDAY 13

FREE Shakespeare in the Park

7:30 p.m. Faeries, mischief and a mystical boy converge in a modern interpretation of *A Midsummer Night's Dream*, an enchanting summer adventure where love is lost, then found and fools rehearse their wedding play, only to lose their lead actor to a magic spell. Complete with juggling acts, live music and dance. The story is curriculum-based and family friendly. *Meadowside Nature Center, 5100 Meadowside Ln., Rockville, MD; arts.pgpark.com.*

FREE Friday Night Family Movie

8:30 p.m. Bring a blanket, wear your pajamas and enjoy an outdoor movie showing of *The Lego Ninjago Movie*! Great for the whole family. *Harris Pavilion, 9201 Center St., Manassas, VA; harrisapavilion.com.*

SATURDAY 14

Main Street Theater Productions: Main Street Midsummer Madness

7 p.m. | \$10. It's midsummer at Franklin Park, and a touring show is coming to the theatre until they get stuck at Dulles Airport! The stage managers will have to take center stage in this one night only event, as *Midsummer Melodies* turns to *Midsummer Madness*! *Franklin Park Arts Center, 36441 Blueridge View Ln., Purcellville, VA; franklinparkartscenter.org.*

SUNDAY 15

FREE Junior Food Festival

Noon. The Junior Food Festival is kid focused and family approved. We will have live entertainment, food demos from the Chopped Junior Winner Danielle and Junior Chef Kaliopé, a frosting contest, food scavenger hunt for all ages, plenty of food vendors, a beer and wine garden and a shopping experience. *Mount Airy Carnival Grounds, 1003 Twin Arch Rd., Mount Airy, MD.*

MONDAY 16

Museum Kid Monday!

10 a.m. | \$5. Bring your child to Ben Lomond this summer to explore history through sight, sound, smell and touch with hands-on activities and crafts! Topics will include subjects such as archaeology, plants and 19th-century toys. Ages 3-7. *Ben Lomond Historic Site, 10321 Sudley Manor Dr., Manassas, VA; pwcgov.org.*

FRIDAY 20

FREE Child and Me Yoga

10:30 a.m. Breathing exercises, poses, music and story time will be used to guide you through a fun time together. Please bring a yoga mat or beach towel. First come, first served until capacity is reached. *Chinn Park Regional Library, 13065 Chinn Park Dr., Woodbridge, VA; pwvcgov.org/government/dept/library.*

SATURDAY 21

Listen, Wilhelmina!

10:30 a.m. | \$8. The Wombats are ready for their very first concert at Wolf Trap! The stage! The instruments! The maestro! With help from Ranger Nat, these three wombat friends learn how much fun music-making can be when they open their ears to listen. This interactive mini-musical is a perfect way to introduce children to the concert experience. *Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Rd., Vienna, VA; wolftrap.org.*

SUNDAY 22

Preschool Pioneers: A Different Kind of Shark Week

10 a.m. | \$43. Long before Shark Week, there was John Singleton Copley's painting, "Watson and the Shark." Join us as we learn about the world of sharks and re-enact this dramatic shark story. Ages 3-5. *Smithsonian National Museum of Natural History, 10th & Constitution Ave., N.W., Washington, D.C.; naturalhistory.si.edu.*

TUESDAY 24

Danny Weinkauff and His Red Pants Band

10:30 a.m. | \$10. Grammy winner and longtime They Might Be Giants bassist Danny Weinkauff brings his family-friendly Red Pants Band to Wolf Trap!

The Red Pants Band offers up fun, clever and energetic songs that will inspire the whole family to dance and sing along. *Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Rd., Vienna, VA; wolftrap.org.*

SUNDAY 29

Artful Afternoons: Movement

1 p.m. | \$30. Join us for an afternoon of fun and creativity. Families are welcome to drop by our art studio Sunday afternoons where they can

July 7-29 | All Day | \$17 (multi-show passes are available)

Capital Fringe Festival 2018



For the first time ever, Capital Fringe Festival will be performed in D.C.'s Southwest Waterfront area. Churches, Arena Stage at the Mead Center for American Theater and an arts club will host all 80+ productions. All

five venues containing eleven stages are easily accessible from public transportation and are within a five-minute walk of each other. Enjoy non-stop theatre, dance, music, art and everything in between at the Capital Fringe Festival. *Southwest D.C., 401 M St. S.W., Washington, D.C; capitalfringe.org.*

FRIDAY 27

Parent Night Out

6 p.m. | \$45. Need a night away? Do your children love Zava Zone? Leave them with us for a safe, fun-filled evening of play while you paint the town red. They will enjoy 1 ½ hours of supervised play, followed by dinner, a movie and then more play! Ages 5-14. *Zava Zone, 45685 Oakbrook Ct. Ste. 110, Sterling, VA; zavazone.com.*

SATURDAY 28

Prince William Little Theatre: Barnum The Musical

8 p.m. | \$25. A Tony Award winning musical, the story of P.T. Barnum combines razzle-dazzle with charm and brass to sell humbug to cheering crowds. *Hylton Performing Arts Center, 10960 George Mason Cir., Manassas, VA; hyltoncenter.org.*

choose from any of our four maker stations. Grades: K-3 (younger siblings are welcome). *Smithsonian National Museum of Natural History, 10th & Constitution Ave. N.W., Washington, D.C.; naturalhistory.si.edu.*

TUESDAY 31

Flow Circus: Science of Awesome

11 a.m. | Kids: \$5 Adults: \$15.

The audience will explore the world of science and skill building toys where things fall, balance and spin. Paul Miller captivates audiences with his unique blend of contagious energy, quirky characters, spectacular juggling and comedy magic. *Hylton Performing Arts Center, 10960 George Mason Cir., Manassas, VA; hyltoncenter.org.*

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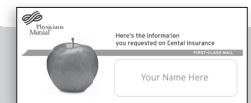
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