

Washington FAMILY

washingtonFAMILY.com

JUNE 2020

Expecting DURING THE *Unexpected*



WAYS TO
CELEBRATE
10 **DAD**

Adventist HealthCare Shady Grove Medical Center



The Support You Need at Home. The Care You Need in Person.

- Breastfeeding support line
- Virtual hospital tours
- Inpatient pediatric services
- Over-the-phone birth consultations
- Online maternity classes and support groups
- An emergency room just for children

AdventistHealthCare.com/BirthCenters

OUR FUTURE LEADERS WILL COME FROM MONTESSORI

If the COVID-19 crisis has taught us anything, it is that we are part of an interdependent, fragile world. It has also taught us the vital importance of scientific thinking. Finally, it has taught us that problems of this magnitude and complexity require adaptive leaders who can work with others to create effective strategies around which all segments of society can coalesce.

Fostering an interdependent mindset, scientific thinking and adaptive leadership skills has been foundational to the Montessori approach to education since Maria Montessori launched her first school in 1907. These outcomes are natural by-products of the way Montessori classrooms function: teachers introduce concepts in a big-picture perspective, allowing students to move about freely and work in small groups, experimenting and engaging in self-directed projects. This structure provides many opportunities for students to practice leading teams and working together to accomplish a goal.



Sometimes parents ask, "How will my child be prepared for the real world?" Our answer is that Montessori principles are the very things our children need to learn to not only be successful in the world, but to improve the world. Montessori principles such as self-motivation, initiative, creative thinking, scientific theory, emotional intelligence, ethics, communication and leadership will be integral if we want to see a world that can better address the next global crisis.

At Oneness-Family Montessori High School, the only Montessori high school in the Washington area, we are building a 21st Century Leadership program founded upon Maria Montessori's vision. We've gathered a team of exceptional thought leaders to create a program that incorporates essential leadership skill sets and will have students joining together for a real-world capstone project in their community each year. The program will launch in September 2020.

6701 Wisconsin Ave. / Chevy Chase, MD 20815 / 301.652.7751
onenessfamily.org / admissions@onenessfamily.org



OFFERING *the best*
in **MONTESSORI**
EDUCATION *for*
30 years

Join Us for
a Virtual Tour

301-652-7751
admissions@onenessfamily.org



**VOTED "BEST MONTESSORI SCHOOL
 IN THE DC-AREA"**

— 2016, 2017, 2018, 2019 —



It's Father's Day, and we're taking the party outside. Come and see. **Page 25**



Expecting during the unexpected **Page 22**

FEATURES

- 14 PANDEMIC PARENTING 101**
Expert advice on taking care of yourself and your family
- 18 WHEN MOMMY IS SICK**
How to talk to kids about a serious illness
- 21 MY QUARANTEN DIARY**
Our high-school intern is keeping busy on her "coronacation"
- 22 EXPECTING DURING THE UNEXPECTED**
What it's like to be pregnant during a pandemic
- 25 FATHER'S DAY ACTIVITIES**
Ten ways to celebrate dad and the great outdoors
- 30 GROWN-UP READS**
New books for when you need an escape

READERS' RESPONSES

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, WashingtonFAMILY.com, or email us at info@washingtonfamily.com.

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

DEPARTMENTS

- 8 FAMILY FUN**
Virtual summer activities
- 10 DIY**
Make glitter chalk
- 12 AT A GLANCE**
Local news and notes
- 37 MOM LIFE**
Meet Rachel Calderon-Murphy, a firefighter and mom of two
- 38 BOOKMARKED**
Summertime reads for all ages
- 40 DAD LIFE**
Meet Dr. Steve Silvestro, a pediatrician, podcast host and father of two

DIRECTORIES

- 32 SUMMER CAMPS**
- 34 MONTESSORI SCHOOLS**
- 35 PRESCHOOLS/CHILD CARE**

WE WANT
YOUR
FEEDBACK

SAVE UP TO
35%
on tickets
Online Only



FAMILY FUN FOR EVERYONE



KID-FRIENDLY FUN AT 2-PARKS

This is the year to make forever memories. Enjoy thrills for all ages and experience **Finnegan's Flyer™ Screamin' Swing** at Busch Gardens®. Even our youngest guests can enjoy fun at **Sesame Street® Forest of Fun™** or **Land of Dragons®**. Then head over to **Water Country USA®** to explore the new **Cutback Water Coaster™**.

Busch Gardens  **Water Country**
WILLIAMSBURG, VA **USA** 

VISIT [BUSCHGARDENS.COM/VA](https://buschgardens.com/va) FOR BEST OFFERS

©2020 SeaWorld Parks & Entertainment, Inc. All rights reserved.



EXPLORE • WONDER • GROW



**Now Enrolling Ages 2 to 6
Toddler Program • Before & After Care**

NEW Outdoor Education Classroom

Montessori Kindergarten & Preschool
Advanced Academic Curriculum

McLean, VA • 703-356-5437 • www.brookfieldschool.org

Dynamic sales professional needed to join our growing media company!

Mid-Atlantic Media (MAM), publisher of *Baltimore Jewish Times*, *Baltimore's Child*, *Baltimore Style* and *Consumer's Eye* among others, is seeking a new business development advertising sales professional to join our team of revenue hunters.

Responsibilities and Duties

Primary objective will be to acquire new advertising customers for our publication's print and digital platforms. Secondly, the advertising sales professional will be expected to manage an active book of advertising customers to reach established budgets. The advertising sales professional will have the opportunity to cross sell into MAM's other publishing titles, including *Washington Jewish Week*, *Frederick's Child*, *Montgomery Magazine*, *Washington Family* and *Home Services Magazine*.

Qualifications and Skills

- Motivated to make money • Competitive • Excellent communication
- High energy • Works well under pressure • Technical competencies including typing and familiarity with Outlook, Excel and CRM's • Minimum two (2) years experience in advertising sales • Strong understanding of digital media • Familiar with building customer relationships and cross selling techniques



Please send cover letter and resume to hr@midatlanticmedia.com. No phone calls.

WF OUR **TEAM**

Washington FAMILY

JUNE 2020

WashingtonFAMILY.com • 301-230-2222

Craig Burke, Publisher

ADVERTISING

Account Executives

Kim Coates, Tamara Morris, Mary Ramsdale, Stacie Shapero, Sylvia Witaschek

BUSINESS

Kris Ries, Accounting Coordinator • 443-471-5355 • kries@midatlanticmedia.com

EDITORIAL

Jessica Gregg, Lifestyle Editor • 410-902-2319 • jgregg@midatlanticmedia.com
PJ Feinstein, Managing Editor • 301-230-6696 • pfeinstein@midatlanticmedia.com
Adranisha Stephens, Staff Writer • 410-902-2328 • astephens@midatlanticmedia.com

Contributors

Thomas Franklin, Gina Gallucci-White, Courtney McGee, Melanie Switzer Reilly
Erica Rimlinger, Molly Szymanski, Gwen Van Velsor

CREATIVE

Jay Sevidal, Graphic Designer
James Meskunas, Digital Media Manager
David Stuck, Staff Photographer

MID-ATLANTIC MEDIA

Craig Burke, CEO/Publisher • cburke@midatlanticmedia.com
Jennifer Perkins-Frantz, Director of Production • jperkinsfrantz@midatlanticmedia.com
Bill Sims, Director of Circulation & Audience Development • bsims@midatlanticmedia.com
Jeni Mann Tough, Director of Marketing & Custom Media • jmann@midatlanticmedia.com



Special Series



Calendar of Events



Family Matters
Family Fun



Table of Contents
Interior Illustration



Single Page Design



© Washington Family. Washington Family is published 12 times a year by Mid-Atlantic Media, and is distributed free of charge throughout Maryland, Northern Virginia and Washington, D.C. Correspondence and editorial submissions from our readers are welcomed. We reserve the right to edit, reject or comment on all editorial and advertising material submitted. We are not responsible for the return of any unsolicited materials. The acceptance of advertising by Washington Family does not constitute an endorsement of the products, services or information. All rights reserved. Any reproduction of this publication, in whole or in part, is strictly forbidden without expressed written permission.

11900 Parklawn Drive, Suite 300 | Rockville, MD 20852 | 301-230-2222 or 703-318-1385 | washingtonfamily.com



PJ Feinstein
Managing Editor
pfeinstein@midatlanticmedia.com

A Quarantine Milestone

At the start of quarantine, my husband and I decided that our goal during lockdown was to teach our 8-year-old son how to ride a two-wheeler.

Previously, my son hadn't shown an interest in riding, and since he was happy enough on his scooter, we decided not to push him until he was ready. But when schools closed in March and we suddenly had to fill our days with at-home activities, we agreed it was time to start practicing.

A few times a week for the past three months, he attempted to ride his new 20" Schwinn, but his lack of balance—and confidence—was still a struggle.

Finally, over Memorial Day weekend, something clicked. I don't know if it was the way we held the bike steady as he mounted it or how we gave him a push as started pedaling, but he did it. He rode a two-wheeler! Then, during that same lesson, our 6-year-old son started riding without training wheels, too!

Watching my boys graduate from training wheels to two-wheelers was more exhilarating than I could have imagined. It was a challenge, especially for my

older son, and I'm just so proud of them.

Biking around the neighborhood, it's been bitter-sweet to see graduation signs popping up on lawns. I'm sure that high school seniors are disappointed that their final year ended so abruptly, but I also know that their parents are still so incredibly proud of them for reaching this milestone. On behalf of all of us at Washington FAMILY, I want to congratulate this year's graduating class.

What else takes place in June? Father's Day! In this issue, we're sharing ways to enjoy the great outdoors with dad as well as a bonus Dad Life column. We also have tips for moms-to-be on what to expect during this unexpected time and lots of book recommendations for your summer reading pleasure.

Until next time: Be safe, and be well. ■

Feinstein

Facebook
@WashingtonFamilyMagazine

Twitter
@FAMILYMagDC

Pinterest
@FAMILYmagazine

Instagram
@washingtonFAMILYmag

Email us
Let us know what's on your mind.
info@washingtonFAMILY.com



Westminster School

Delivering Excellence in Every Setting!

PreK - 8th Grade

Established 1962



Accelerated Curriculum

Art | Music | Drama
Phonics-Based Reading | Writing | Penmanship
Critical Thinking | Public Speaking
Great Books | French | Latin
Daily PE | Field Trips

Virtual Open House

June 4
June 18

Distance Learning

Live Zoom Classes | Google Classroom
Core Academics | Enrichment Classes
Art | Music | PE | French | Latin
Community Events | Community Outreach
Virtual Activities | Technology Support

Preparing for a Fall Opening with Safety Measures in Place

Presenting Challenge - Building Character - Instilling Confidence

ENROLLING NOW FOR FALL, 2020 | admissions@westminsterschool.com

www.WestminsterSchool.com

It's VIRTUALLY

THE NATIONAL PASTIME

Safe at Home is the oh-so-perfect name of the National Baseball Hall of Fame's pandemic programing. Listen to oral histories, learn about the Negro Leagues, read about women in baseball and more. We really like their Starting Nine challenge that lets kids check out nine must-see artifacts from their favorite teams. baseballhall.org

#FRONTYARDCOOKOUT

Oscar Mayer, the hot dog maker and originator of the Wienermobile, has partnered with Feeding America to give meals to the hungry during this time. They are encouraging backyard barbecue throwers to take the party out front, tweet or post with the #FrontYardCookout hashtag and join in the give-back effort. Check their website for more details and also Wienermobile photos that will surely make the kids laugh. oscarmayer.com

ONE CORNY PLACE

Do your kids know there is a palace made out of corn? That's a good story to share over corn on the cob at a weekend cookout. The palace is in Mitchell, South Dakota, and kids can grab a look at this website. cornpalace.com

HAWAII FUN-O

The Autry Museum of the American West in Los Angeles offers Aloha Fridays, an exhibition—a tribute, really—of Hawaiian or lava shirts. Young fashionistas can read up on the history of summer's most popular attire, and their home-schooling parents will appreciate the museum's other virtual resources. theautry.org

STAR-SPANGLED HISTORY

The Smithsonian's National Museum of American History holds a lot of information on the "Star-Spangled Banner," including its Maryland connection and the Star Spangled National Historic Trail, which can be explored virtually.

Got a kid who really likes history? There are also online exhibits on submarines, diaries from the Civil War and more. If your child hasn't dug into this resource, you'll want to make some time for them to explore our country's past. americanhistory.si.edu

PARK IT RIGHT HERE

We may not be able to drive to Yellowstone National Park any time soon, but we can still take advantage of our National Park System. The NPS website has a "Find a Park" feature that allows kids to click on a state, such as Wyoming, and then go right to Yellowstone or Grand Teton or the Bighorn Canyon National Recreation Area. Find fun facts (Did you know that Yellowstone also stretches into Montana and Idaho?) and take virtual tours of each park. nps.gov

UNDER THE SEA

Has your family watched the National Aquarium's live cams recently? Kids can check out the Blacktip Reef or Pacific Coral Reef and learn about the myriad of life forms there. There is also a host of downloadable art so children can color the ocean. aqua.org



Here are some
seasonally themed
online resources

Compiled by WF Staff

[illegible]

HOW TO MAKE

Glitter Gemstone Sidewalk Chalk

Create bedazzling designs on your driveway with this shimmering sidewalk chalk

Sidewalk chalking has gained popularity during the coronavirus pandemic as a way to spread positivity and create a sense of community amidst social isolation. Drawing with sidewalk chalk is a fun outdoor activity for summer, but it can only keep kids occupied for long. Making sidewalk chalk, however, can keep little ones busy for the whole afternoon.

If you try this DIY at home, tag us on social media with the #washingtonfamilymag hashtag. We want to see your glitter gemstone sidewalk chalk and your colorful works of art!

Supplies:

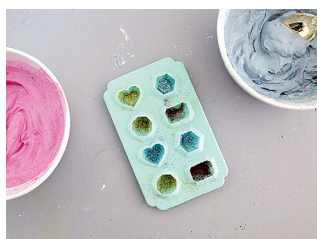
- 5-pound box of plaster of Paris
- Liquid tempera paint
- Biodegradable glitter
- Silicone gemstone mold
- Silicone rectangle mold
- Mixing bowls and spoons
- Cookie sheet



1 Start by making a batch of sidewalk chalk for the gemstones. Pour some powdered plaster of Paris into a mixing bowl and slowly add water, stirring constantly, until it resembles pancake batter in texture and thickness.

2 Squeeze tempera paint into your bowl of "batter," mixing colors until you have a shade you like. I recommend matching the color of your sidewalk chalk to your glitter, which you will add next. If the paint thins out the chalk mixture, add a

bit more plaster of Paris to thicken it back up.



3 Sprinkle a generous amount of glitter into the gemstone mold, tapping and shaking the mold to distribute the glitter. Place mold onto a cookie sheet.

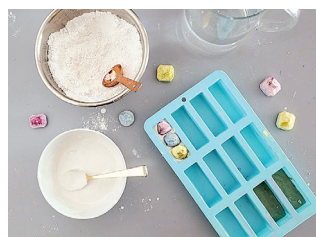
Note: While beautiful, glitter is just tiny bits of plastic that end up polluting waterways. Use biodegradable glitter that breaks down in water to ensure your afternoon of fun doesn't leave a lasting impression on the environment.

4 Spoon the colored chalk mixture into the gemstone mold. Tap the cookie sheet a few times to let the mixture settle into the corners of the mold and to remove any bubbles.

5 Let the mold dry for an hour or two. If it's warm and sunny, set it outside in the sun. You should be able to pop the gemstones out as soon as they feel dry on top. Once removed, leave them uncovered in a warm spot to dry for a while longer.

6 Repeat steps 1-5 with two additional colors of your choice. If you have three gemstone molds, you can mix up all three colors at once to save time.

7 Mix a bigger batch of sidewalk chalk without tempera paint for the white rectangular bases.



8 Pour mixture into one cavity of the rectangle mold at a time, quickly pressing three gemstones into the top before it solidifies. Repeat for remaining cavities.

9 Set the rectangle mold aside to dry for at least an hour or two. Peel back the silicone mold on one rectangle to see if it's dry. Once they're ready, pop them all out and place somewhere warm and dry to air out for a couple days.

Note: They might look dry on the outside, but they could still be holding onto a lot of moisture. If you seal them up too soon, the moisture will turn the chalk into a blob of mush inside your container.

10 Once your chalk has had plenty of time to dry, you can store it in any container to keep the chalk dry.

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

Discover your capable, confident Montessori child.

From infancy through elementary school, children learn best when they're working with activities they love. At Guidepost, your child will enter the wonderful world of Montessori lessons and learning materials, designed to captivate and inspire.



Now
Enrolling!

Visit us online today to **RSVP** for a virtual event or schedule a virtual tour.
guidepostmontessori.com/northern-virginia

Aldie

24328 Marrwood Drive
Aldie, VA 20105
(703) 542-5522

Broadlands

42945 Waxpool Road
Ashburn, VA 20148
(703) 723-3364

Chantilly

4550 Walney Road
Chantilly, VA 20151
(571) 321-0364

Fairfax

3909 Oak Street
Fairfax, VA 22030
(703) 934-0920

Herndon

13251 Woodland Park Road
Herndon, VA 20171
(571) 203-8686

West Alex

NEW CAMPUS!
3475 N. Beauregard Street
Suite 301
Alexandria, VA 22311
(571) 206-1687

Reston

11579 Cedar Chase Road
Herndon, VA 20170
(703) 404-9733

Montclair

NEW CAMPUS!
3551 Waterway Drive
Montclair, VA 22025
(571) 402-1888



Infant • Toddler
Preschool • Kindergarten
Elementary

Spanish and Mandarin Immersion programs available
at selected campuses

COMMUNITY NEWS

Germantown Teen Earns Every Scouting Merit Badge

Eighteen year old Daniel Free of Germantown has accomplished something very few Boy Scouts ever do. He is one of only 450 Boy Scouts in the country to earn all of the 137 merit badges offered in scouting.

The Clarksburg High School senior, who is a member of Troop 489 at Neelsville Presbyterian Church in Germantown, started as a Tiger Cub in elementary school, became a Boy Scout in middle school and eventually earned the rank of Eagle Scout at the age of 15.

Free had 54 merit badges when he became an Eagle Scout. That's when he decided to earn the rest of the badges. "I originally started out to get all of the merit badges because I thought there were about 100, and I was almost half way there. I found out later that there were 137, but I decided to keep going," says Free.

Free says his favorite merit badges were metal working and welding because they were "very hands on." The most difficult was the swimming merit badge, which required Free to remove a dress shirt and a pair of pants in the water. "I struggled with that because you had to mess around with the clothes while you're treading water, so it was very exhausting," he says.

Free is the first member of his troop to earn all of the Scout merit badges. His troop members were very encouraging as he worked to reach his merit badge goal.

"They were always checking in on my progress, seeing how many more I had left to do, and I know it's inspired a lot of younger scouts to be more active in Scouting activities because it was just an exciting thing for them to experience," says Free.

One of the highlights of being a Boy Scout for Free are the friends he's made over the years. "Starting in first grade, Scouting really helped me connect with people my age, people that went to my school that I might not have known because they weren't in my class," says Free, adding, "a lot of those friends I still have today."

Scoutmaster Karl Moline praises Free for



his work with younger Scouts, helping them to prepare to become Boy Scouts during the summer when the troop doesn't normally meet. Moline says Free is an exemplary individual.

"He's eager to help, very outgoing, very friendly. Just an all-around outstanding young man," he says.

Free plans to attend Montgomery College this fall and then transfer to the University of Maryland next spring to study secondary education and history.

—SUSAN AHEARN

FAMILY FUN

New Ways to Beat Boredom at Home

As we approach our third month of quarantine, boredom has become a big problem for kids and adults alike. To help families have more fun at home, several national brands have launched new initiatives centered on creativity, learning and having compassion for others.

On their new website, Bring Home the Fun, [Hasbro](#) is sharing short videos featuring popular characters, such as Peppa Pig and the Power Rangers, easy-to-do crafts and downloadable family games. Search #BringHomeTheFun on social media to see what other families are creating while staying at home. [shop.hasbro.com](#)

Audible's new service, [Audible Stories](#), gives children and teens free access to hundreds of audiobooks to keep them entertained (and off screens) while staying at home. The vast selection of stories include old and new favorites, such as A.A. Milne's "Winnie the Pooh" and J.K. Rowling's "Harry Potter and the Sorcerer's Stone." [stories.audible.com](#)

The new [Mattel Playroom](#) website, with activities for kids and tips for parents and caregivers, wants children to #KeepPlaying during this challenging time. In addition to printable activities, online games and character entertainment, the toy company also launched a new "Thank You Heroes" collection of essential worker figurines and building sets. [mattel.com](#)

The [PBS Kids](#) "Thank Your Neighbors" campaign encourages children and their families to thank the essential and frontline workers in their community. Activities include writing thank you cards for workers and making thank you signs to display in your window. There's also a program that allows your child to create a superhero in the form of a grocery store worker, nurse and more. [pbs.org](#)

On [Disney's YouTube](#) channel, kids can watch and listen as famous actors, such as Angela Kinsey, John Stamos and Jeff Goldblum, read their favorite Disney stories. Or they can learn how to draw Disney characters from Disney animators. [youtube.com](#)

—MEGAN GREGOIRE



THOMPSON CREEK
WINDOW COMPANY

CALL TODAY FOR FREE QUOTE

(866) 956-3322

30% OFF

WINDOWS & DOORS

PLUS NO INTEREST UNTIL DECEMBER 2021



We're making it more affordable than ever, during our Home Sweet Home Sale, including special financing.

**Replacement Windows | Doors | Siding
Roofing | Clog-free Gutter Systems**

SERVING OUR COMMUNITY SAFELY FOR 40 YEARS

OFFERING VIRTUAL OR IN-PERSON CONSULTATIONS


Thompson Creek is neither a broker nor a lender. Financing is provided by Greensky, LLC under terms and conditions arranged directly between the customer and Greensky, LLC, all subject to credit requirements and satisfactory completion of finance documents. Thompson Creek does not assist with, counsel or negotiate financing. *Subject to credit approval. Minimum monthly payments required during the promotional period. Making minimum monthly payments during the promotional period will not pay off the entire principal balance. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid in full before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Discount applied at time of contract execution. All purchase prices to be calculated prior to application of discount. Excludes previous orders and installations. All products include professional installation. Offer is not valid with any other advertised or unadvertised discounts or promotions. Limit of one discount per purchase contract. Void where prohibited by law or regulation. Offer expires 6/30/20. Offer may be cancelled without prior notice. Offer has no cash value and is open to new customers only. MHIC #125294, VA # 2705-117858-A, DC Permanent # 8246



by Jessica Gregg

Pandemic parenting 101

Here's how
to navigate
this summer's
emotional
challenges.



The most accurate quote on parenting in this COVID-19 crisis belongs to Jon Hershfield, director of The OCD and Anxiety Center at Sheppard Pratt. “There’s no book, ‘What to Expect When You’re Expecting a Pandemic,’” Hershfield says. And yet, “adults have a lot of pressure to be the perfect parent right now, and there’s just no frame of reference.”

Indeed, there has been no shortage of challenges facing families as the world shut down in response to the coronavirus pandemic. In just a few months’ time, they experienced health worries, unemployment, grocery shortages, online learning challenges, stress, boredom, regression, anxiety, depression and more.

This summer, experts say, we can expect more emotional changes—in our children and in ourselves. With that in mind, we talked to psychologists and social workers from Sheppard Pratt, University of Maryland, the American Red Cross and more to find out how we can best take care of ourselves and our families during this time, and even how we can emerge stronger.

'WHAT ABOUT VACATION?'

Summer's here and much has been affected: camp, vacations, trips to see grandparents.

It's tempting to reassure our kids that life will return to normal soon, says Veronica Raggi, a child and adolescent psychologist and owner of Brighter Outlook Cognitive Behavioral Therapy in Bethesda. But we have to be honest with children and tell them there are some answers we don't have.

This generation of parents has "high expectations," says Raggi, a parent herself, and we often think our vacations "need roller coasters and water slides." Without those choices, "families can come up with another plan for how they can enjoy their time together," she says. "Ask your children, 'What else might be options for us?'"

Day trips, hiking and camping maybe be reasonable activities, given the restrictions. And for days that we are stuck at home, it's still important to make that time productive.

In her own household, Raggi's elementary-school-aged daughter is keeping up with online music lessons. She also has ordered her a water color kit so her daughter can try her hand at painting.

It's important for both kids and adults to look for any positives in their situations. Kids may be missing their friends, but they may also be glad for more time with their dog. Or they may be happy that the pace of life is less frenetic now.

"We're more resilient when we can look holistically and see both good and bad," Raggi says.

'I NEED A BREAK!'

American Red Cross volunteer Lynn Hottle has seen many families in crisis after disasters. But the 2020 coronavirus pandemic is "so new, so different and so prolonged," she says.

Hottle is the regional lead for disaster mental health services for the American Red Cross' National Capital & Greater Chesapeake Region. She also regularly holds workshops for military families, helping them with stress management and resiliency building.

In ongoing situations like this pandemic, caregiver fatigue is a very real risk. Parents

can get easily worn out and need to practice basic stress management.

"It's that whole thing—you can't take care of others until you take care of yourself," Hottle says.

Sounds great. But how do parents do this when there are employment, health and education stressors?

Start by being mindful of your day. Find ways to fit in breaks, Hottle says, adding that they don't have to be long breaks; 10 minutes are enough. Take a hot shower, if it fits in with your schedule. Do some deep breathing. Or crank up the music and have a 10-minute dance party.

"We're lacking so much control in this situation," she says, but parents can bring back some of that control by taking care of themselves.

Cut back on Zoom. Many workers have filled days with back-to-back videoconferencing. That can be wearing, Hottle says. It's important to step away from the computer and other technology throughout the day to adjust both your eyes and outlook.

Another suggestion: Schedule meetings on different days, so tech time is broken up throughout the week.

Follow a sleep schedule. Go to bed at the same time on week nights and get up at the same time, too. Good quality sleep is important, Hottle says, and we should try to make it a priority when we can.

It's a lot, acknowledges Hottle, who is a grandmother. She sees how much work her adult children have to put into both caregiving and their jobs right now. Adding self-care to that might seem like just another increase to the workload. But it is a much-needed step if we are to weather this disaster.

"We have to be intentional about taking care of ourselves," she says.

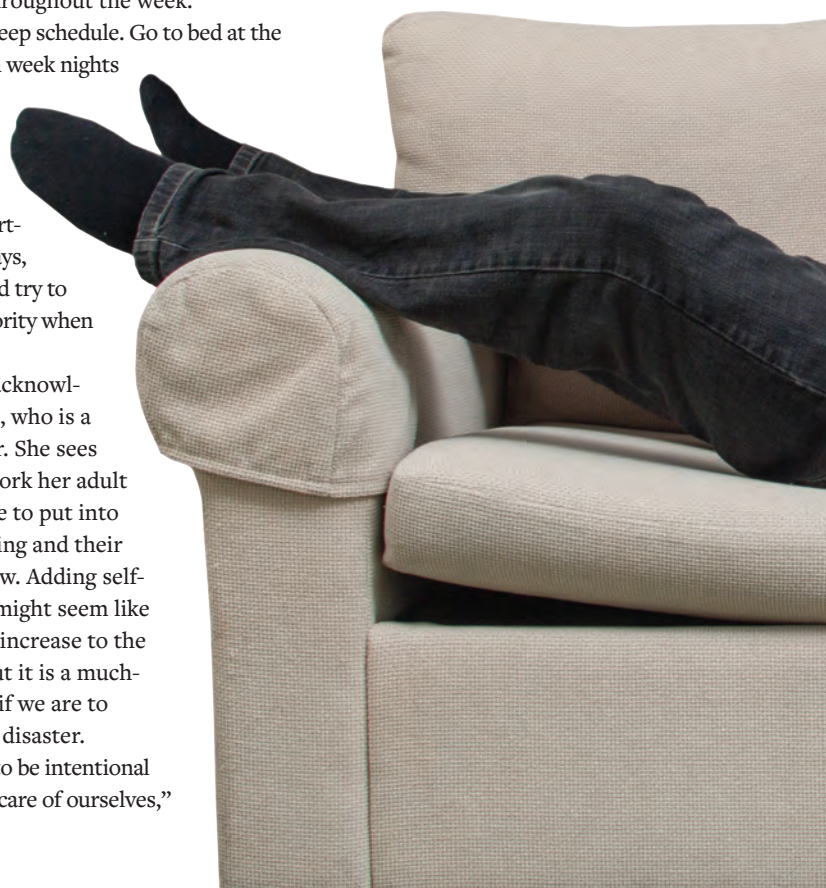
'I NEED A NEW JOB!'

Amidst the health and economic woes of this pandemic, there were parents contemplating a career change. Many had already lost their jobs, and others were considering their work-life balance.

"While not to minimize the current devastation, amid darkness, there are also opportunities," says Janet Ladd, a

The good news is that we have the skills to ready our kids (and ourselves) for whatever come next

Kay Connors



professional coach and consultant with Bounce-Forward Consulting Group. Ladd is also the senior director of corporate services and workforce development at Carroll Community College.

It's time to take an inventory of our interests, strengths, experiencers and areas for development, she says. The economy has been devastated, but parents can still make job changes.

"It's important to recognize the shock this pandemic has had—and will continue to have—on the economy," Ladd says. "While experts vary in their projections, it will take time for the economy to recover. People need to be patient, flexible and tenacious."

Expect for career options to shift, she says. Some jobs will disappear and new ones emerge. She recommends that workers keep an eye out for trends in our region, network and take advantage of online classes.

Talk with professionals, including financial planners, small-business

counselors, college advisors or recruiters.

What if a worker likes his or her job right now? That's great, Ladd says. Stay engaged and look for ways to make yourself indispensable. Hone in on what's important and work with colleagues toward goals.

Overall, focus on "what you can influence in the present while keeping an eye on the future you'd like to invent," she says.

'WHAT CAN I BE HAPPY ABOUT?'

It's really easy to get lost in how hard things are, says Jon Hershfield, the Sheppard Pratt expert. But focusing on the difficulties can lead to depression. Instead find joy in the moments: Listen to a favorite song. Appreciated the home-cooked meal a spouse made. Remember what inspired you to buy that favorite painting of yours.

Maryland mother Jessica Reighard, finds comfort in nature. "I wish I could identify the bird calls and understand what they are saying," she says. "There's a

whole separate world up in the trees."

Reighard's friend and neighbor Karen Levin is cooking for her family. "We've been making homemade sushi, lots of roasted vegetables, egg stratas, things that use random ingredients and last for a while," she says. "Mainly I love trying to come up with new ideas using the limited ingredients on hand. It feels like a rewarding challenge."

Activities like these are meaningful, Hershfield says. "Pay attention to these moments. They are more important than we think."

'WHAT'S NEXT?'

The good news is that we have the skills to ready our kids (and ourselves) for whatever come next, says Kay Connors, an instructor in the Department of Psychiatry at University of Maryland School of Medicine. Connors is also the executive director of the Taghi Modaressi Center for Infant Study, Division of Child and Adolescent Psychiatry.

We have the skills? Yes, we do this every August, Connors reminds us. Think about how we help our children transition from summer to school. We go shopping for the supplies they'll need and review the rules to make sure they understand what's expected of them. Tap into those preparedness practices to make sure everybody feels ready for life in pandemic recovery.


"What's unique is that there is an element of fear," she says. "Fear goes beyond worry, and it's reasonable in this situation. Something did happen."

Both parents and children can be afraid. But research shows that a parent's response greatly influences a child's response, Connors says, which is why it's important for parents to reflect on all they had to learn and do to keep their families safe.

"Take a moment to recognize how adaptive we've been," Connors says.

We tend to associate trauma with mental health problems, and trauma can definitely exacerbate depression or anxiety, she adds. But "we've all developed a whole new set of life skills that will be available to use at different times." ■



A close-up, back view of a person with a shaved head. A hand is resting on the back of their neck. The person is wearing a light-colored, textured garment. The background is bright and out of focus.

My first
thought after
being told I
had cancer:
*“What about
my kids?”*

My first thought after being told I had cancer: “What about my kids?”

So many questions rushed through my mind. Who would give them the guidance that only a mother can give? Who would make sure that they were raised exactly how my husband and I—as a team—had planned?

A few weeks later, after I had wrapped my head around the diagnosis, my thoughts turned to a more practical question: “How will I tell my kids that I have cancer?”

At the time, I had an 8-year-old and twin 6-year-olds who quickly sensed something was wrong. I wanted them to understand that things were going to have to change, but I also didn’t want to scare them.

I tried to imagine what each child’s reaction would be. I worried about my introverted daughter and how difficult it might be for her to share her fears. And I had no idea how her twin—one year after his diagnosis of autism—would handle the inevitable change in routine that lay ahead. Most of all, I worried about my twice-exceptional oldest child, who, in third grade, had an understanding of the world well beyond his years.

So, I turned to my community for some guidance, starting with the counselor at my children’s school.

When to tell your kids

A conversation about a sick parent starts with honesty, says Rebecca Kotok, the school counselor at Fallsmead Elementary School in Rockville. She explains that children are quick to notice mommy’s increased doctor’s appointments or parents whispering around the house.

“It is important to remember that kids are intuitive and pick up on our emotions more than we may realize,” Kotok says. “Often parents delay telling kids hard news only to find that the kids already knew that something was going on and were feeling scared and anxious.”

However, Elise Abromson, a psychologist at the Healing Circles Wellness Center in Frederick,

When Mommy is Sick

How to talk with your children about a serious illness

By Jacqueline Renfrow

warns that parents should wait until they have enough information and a treatment plan in place in order to avoid too many “I don’t know” answers.

When you are ready to open a dialogue with your children, Kotok recommends starting the dialogue when the kids are fed and comfortable, perhaps on a week-end morning when the day is not rushed. Choose a time when you will be available after the conversation in case they have follow-up questions.

The initial talk could even be held during a fun, low-key family activity, she says. Just make sure it is a “screen free” environment so that everyone is paying attention. And tell siblings as a group because there is value in hearing the questions that the other children ask.

What to say

Open the conversation by revealing that you have important and difficult news to share with them, then try to put the news in context. For example: “Remember when Mommy went to the doctor last week, so Grandma had to pick you up from school?”

Of course, the conversation will vary depending on the age of your children, as the information you provide teenagers

can be more specific than what you give little kids.

“You would rather they [teenagers] hear those details from you than seek them out and get incorrect information that can cause more stress or anxiety,” says Abromson. “With a younger child, I would be more general and let him know that it is a sickness and that it will be treated with medicine to help make it better.” But in both cases, paint a picture of what the illness will look like, whether that means less energy for playing, hair loss, etc.

Moreover, don’t be afraid to show emotions during this discussion.

“I believe that it benefits kids to see us model healthy and appropriate emotions,” says Kotok. “You can name the discomfort, ‘I wonder if it feels scary to see mommy cry?’ and acknowledge that it is hard to see their parent cry but that crying is OK when we feel sad or scared.”

Again, always be honest. Do not promise that the parent will be 100 percent better if you are not sure of the medical outcome, advises Kotok. And if your child asks a question that you can’t answer, assure them that you will follow up with the doctor and get the information in the next day or so.

“Do not feel like you have to respond or solve everything that your kids ask. Listen, validate and comfort,” she says.

How to move forward

The conversation doesn’t end after you explain the medical diagnosis in an age-appropriate manner. Keep the lines of communication open and follow up with each child individually, frequently, to hear their thoughts and fears, says Abromson.

As kids thrive on consistency and a plan, Kotok recommends creating visuals that show who will pick them up from school, give them a bath and put them to bed every night. Also, consider having the children make a stop sign for the sick parent’s room. Put a green light on one side of the sign and a red light on the other side so that they’ll know when it is okay to visit and when the parent is resting.

Finally, consider asking for and accepting help from your friends, family, spiritual community, bus stop parents, school PTA, etc.

“Take this opportunity to demonstrate to your kids the power of community,” says Kotok. “Activate your village. You cannot do this alone.” ■

Music Lessons for All Ages

All Instruments & Voice (All Levels)
The Music You Want to Learn: Classical, Jazz, Rock, Pop
Convenient New Times to Fit Your Busy Schedule
Fun Recitals and Optional Certificate Programs
Nurturing and Experienced Teachers to Meet Your Needs
Convenient Options to Schedule Siblings Simultaneously

The International School of Music

www.ismw.org
301.365.5888



The Center for Ballet Arts

Summer Dance Camps
Summer Intensive Programs

Ballet . Pointe . Modern . Jazz
Tap . Pilates . Kinderballet
Ages 3 thru Adults

3955 Pender Drive, Suite 105 Fairfax, VA 22030 • 703.273.5344 • thecenterballetarts.com



2019 WINNER
Best for Families
Washington FAMILY

The Area's Leader in STEM Education

Winner for Best STEM Program for the 2nd consecutive year



Please call 301-770-4370 to learn more!

Preschool-8th Grade

www.feynmanschool.org



MARYLAND, LET'S DO LUNCH.

Volunteer for Meals on Wheels
AmericaLetsDoLunch.org

Meals on Wheels **Ad Council**

COMING IN JULY **SPECIAL FOCUS: Children with Disabilities**



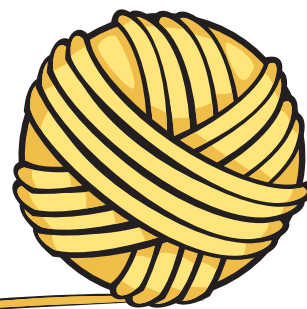
Washington FAMILY

■ Print readership	147,000
■ Website page views	34,776
■ E-news subscribers	22,657
■ Social media followers	15,330

Call to advertise: 301-230-2222, Ext. 4 or email advertising@washingtonfamily.com

My QuaranteEN Diary

by Adora Brown



Adora Brown is an intern at Mid-Atlantic Media and a junior in the Howard County Public School System.

March 13 is a day that will forever go down in infamy.

OK, maybe I am being a bit dramatic. But the girl who left high school on that strange Friday thought she was embarking on what teenagers had dubbed “coronacation.”

The previous day, state officials announced their decision to close schools because of the pandemic, so I said a premature good-bye to my classmates and teachers.

The first week of quarantine was fine. I filled my days with mindless marathons of Netflix sitcoms. I convinced myself that I was not being lazy, I was just taking a well-deserved break. Of course, that was when I thought we would only be out of school for two weeks.

By the second week, I could barely get out of bed. Isolation left me with too much time in my own thoughts. I wanted to go to school, skip lunch with my friends, have movie nights filled with high-calorie snacks and drive down the highway without a care in the world.

My small problems seemed gigantic.

It was not until I crawled out of that slump that I began to take control of my life. The first step was to analyze the facts:

- 1) I probably would not see my friends for a while.
- 2) Maybe watching Netflix all day was not the best idea.
- 3) I needed a better hobby, and fast.

Whereas some people try one hobby at a time, I decided to do them all at once. It was an unconventional approach, but these are unconventional times.

I started with baking. Chocolate chip cookies, macarons and a three-tiered carrot cake! I tried every recipe I could find on Pinterest until my parents complained there were too many desserts in the house.

Then I stumbled upon an old skein of yarn and knitting needles. Yes, I, a 17-year-old girl, started knitting a headband—and quite successfully. My ritual was to turn on Disney’s “Tangled” and knit a little bit every day.

There also were about 100 family walks and FaceTime calls to friends. My life hack for surviving quarantine was staying busy, and it has worked.

Online school finally started on April 13. I completed more than four hours of assignments every day, studied for the SAT and tried not to lose my mind in the process. Yes, I missed getting coffee at 3 p.m. with my friends and studying for midterms at the library. But there were worse things in the world than boredom.

The last time I went to the grocery store, the aisles were barren. I suppose that was when it hit me, that someone in my family or I could get sick from a simple Target run. Everything became a stressor—the news, my family, even going on a walk. I know that the choices we all make have an impact, and I chose to make small sacrifices to keep the people I love safe.

Right now I am looking forward to warm summer afternoons at my friend’s pool, hosting barbecues in my backyard and spending a week at the beach in North Carolina. I can only hope that every day I spend at home is another day I get to enjoy summer with friends and family. Maybe things will never completely go back to normal, but the thought of truly enjoying the summer before my senior year drives me to stay home. Until then, maybe I will get better at knitting. ■





Expecting DURING THE *Unexpected*

Local mothers
relay their fear
and hopes

by Jessica Gregg

Courtney Levin and her husband, Andy, are the proud parents of an 11-year-old son, whom they assumed would be their only child. Doctors had told them, in fact, that they could not have more children. Imagine their surprise when they learned they would have a baby this year.

Now imagine what it has been like for them to be expecting as COVID-19 continues to spread through our community as well as around the world.

"I have several high-risk factors, so I have appointments twice weekly at Sinai Hospital [in Baltimore] for fetal monitoring. It's been pretty stressful, I'm so worried about delivery and exposing us to the virus, but home birth is not an option for us," Levin says. "It's my second child, I'm 41 and a Baltimore County Public Schools teacher, so I'm also worried about going back to school potentially."

It's been rough, she admits, although some days are better than others. She teaches high school science through BCPS's e-learning program and is currently working from home with Andy, who is also a teacher.

"I have been trying to focus on setting up the nursery and prepping for baby to keep my mind on happier times," she says. "Having a high-risk pregnancy was stressful before, but this added stress has been hard."

By mid-March, or three-quarters of the way through her pregnancy, Sinai Hospital changed its visitor policy, and Levin's son was no longer able to attend appointments with her. Then the policy changed again, and no one, not even her husband, could go to appointments.

"I was very concerned about not having my husband there for the actual delivery," she says. "Luckily, they are still allowing one visitor or support person for labor and delivery. But I was told that could change at any time."

Delivery partners

For now, most Maryland hospitals are allowing mothers to have one support person with them during the delivery, says Dr. Ngozi Uzogara Wexler, an obstetrician with MedStar Montgomery Medical Center.

But, like Levin, she knows that at any time partners could be prohibited for safety reasons.

"We're not there yet, and we hope not to get there," Wexler says.

At MedStar Montgomery Medical, the support person now must pack his or her own to-go bag, just like the patient herself, because once admitted, that person cannot leave.

"We treat every patient with compassion, but the underlying assumption is that they could be a COVID-19 patient."

Dr. Ngozi Uzogara Wexler

"We treat every patient with compassion, but the underlying assumption is that they could be a COVID-19 patient," Wexler says.

In a similar effort to decrease traffic, labor and delivery staff has even stopped using the hospital's phlebotomist, and nurses on the unit are drawing blood, she adds. The unit also uses its own housekeeper and is not sharing that staff person with the hospital.

Levin was hoping to be induced at 37 weeks but adds that "at the moment, my doctors are recommending we take it week by week depending on the current situation. They want to minimize the amount of time we are in the hospital as much as possible, so it may be necessary to go either earlier or later." (Update: Her daughter was born on April 15.)

Intrauterine transmission?

There is very limited data on how

COVID-19 affects pregnant patients, says Dr. Kathryn Boling, a primary care physician with Mercy Personal Physicians at Lutherville. Physicians in China completed a few studies, and while the number of patients in these studies is small, they showed that symptoms for pregnant women are not worse than for the general population.

That's important, because pregnant

women are often more susceptible to respiratory infections due to changes in their immune systems, Boling says.

"In those low numbers, it looks somewhat reassuring," she says, adding that pregnant women still need to be careful and follow all precautions advised by their doctors, both at home and at the workplace, if they are essential workers.

Another family member, for example, should do the grocery shopping if possible, and everything needs to be wiped down when brought into the home from the store, Boling says.

Virtual visits

Mothers can expect the same level of care from their obstetricians, but some of that care may be through virtual visits, Wexler says. Obstetric patients are usually seen weekly from 36 weeks until delivery, but now those visits may alternate between virtual and in-person.

She has prescribed blood-pressure cuffs



Delilah Levin was born on April 15.

so patients can check their own pressure at home, and they weigh themselves on a home scale during the video visit. Wexler can even check a cesarean scar during a virtual visit, she says, adding that her patients are accepting of these new practices.

"A lot of patients don't want to come in," she says. "They don't want to be exposed."

Another tool? An app called Babyscripts that physicians use to send patients updates, or patients use to document blood pressure and other health indicators.

Other worries

White Marsh mom Joahanna Fournier understands the unique anxieties. She is a mom, a pediatric nurse practitioner, and she delivered her second child, a little boy named Asa, on March 24.

"I was happy to have my husband with me," she says. "My anxiety since being discharged is trying to still meet the educational needs of my other child, who is in kindergarten, since we are now having to provide distance learning all while tending to a newborn. Kids need social stimulation, too, and acquire basic problem-solving skills just by being at school with their peers on a daily basis."

She is trying to stay optimistic. "I hope we can all stay healthy through this and pray that our children can still thrive with social distancing," she says.

Second-time mom Sari Lerner of Burke says she too is staying optimistic in this stressful time.

"Mentally, I also feel like I'm doing pretty well. I've struggled with anxiety my whole life, but surprisingly, I feel like it has been under control during this time," Lerner says. "I take the things I can control seriously, such as allowing only immediate family within six feet of me, not going to stores, staying home, not reading every single news

Delivering During a Pandemic And Why You Don't Need to Be Afraid

During the thick of the COVID-19 health crisis, seemingly everything—from businesses, to schools, to routine healthcare appointments—came to a pause. But as mothers know, one thing that can't be put off is childbirth.

With a new normal, and "stay home" being the mantra, the thought of walking into a hospital right now can be daunting.

Since March, Adventist HealthCare has been following guidelines from the Centers for Disease Control, the American College of Obstetricians and Gynecologists, the National Institutes of Health and the state of Maryland to keep patients safe.

"While your labor and delivery experience should be no different than normal, we've implemented several new policies to ensure the safety of our moms, babies and caregivers," says Kathy Schaaf, RN, Birth Advisor at Adventist HealthCare Shady Grove Medical Center.

For instance, Shady Grove enacted a new visitor policy, limiting labor and delivery patients to one visitor for the entirety of their stay. Also, when moms arrive at the hospital, they are routed to avoid high-traffic areas.

Upon reaching the Birth Center, all patients and visitors are screened prior to entering the unit.

"While many things can be put off during this health crisis, we know that childbirth cannot wait," Schaaf says. When moms go into labor, the first thing they should do is call their obstetrician.

Obstetricians with privileges at the hospital keep in close contact with the Birth Center and will call to let staff know when moms are on their way.

While delivering during a pandemic is not something anyone could have prepared for, it's important for moms to remember how exciting of a time this is.

"New life brings joy," Schaaf says. "During a time of such uncertainty, keep in mind that one thing is for certain: Your life is about to change in the best way."

—Provided by Adventist HealthCare



Asa Fournier was born on March 24.

report, avoiding all of the presidential press conferences and getting my information from a more reliable source."

Instead, she has been keeping busy, taking naps when she needs to and "allowing myself to be sad sometimes that this isn't the experience I anticipated."

Lerner is a high school special education teacher for Fairfax County Public Schools. She has a daughter who is 4½ and was scheduled to deliver her son by cesarean section early this summer.

"I've always said my birth plan contains two must-haves: a medical professional and

drugs. My doctor has been reassuring that I will have both," Lerner says.

"I am disappointed that I will not have the photo shoot in the hospital that I planned for after the birth. My daughter will not get to come to the hospital to meet her brother. No one will be visiting us. All that is sad," she says, "But in the end, a healthy baby and mom are what matters. I will roll with the punches."

Wexler, who is the mother of four, has been prioritizing sleep, exercise and meditation when she is not with her patients. She and her family live on a farm, and caring for their animals has been another good outlet for all them, she says. What also helps is the care and concern everyone is showing each other. As a physician, she is always asking patients how they are doing; now they are asking her and her staff the same question.

"I'm amazed at the little compassionate moments," she says. ■

A man is seen from behind, carrying a young child on his shoulders. The man is wearing a dark t-shirt and a large blue and black hiking backpack. Two trekking poles are attached to the side of the backpack. The child is wearing a striped shirt and a straw hat, and is holding onto the man's hands which are raised in the air. They are standing on a rocky trail with a white, textured wall behind them and a field of yellow wildflowers in the foreground.

Get Out & Celebrate

"THE MOUNTAINS ARE CALLING,"

John Muir once said, a famous quote that's made its way onto plenty of coffee mugs in the last few years. We're sure you've seen them.

But the mountains are calling. So, too, are the golf courses, the bike trails, the Chesapeake Bay. Even our own backyards. And we must go.

It's Father's Day and this year we are spending it outside, soaking in that vitamin D and breaking a sweat.

We've spent a long spring facing a global pandemic. Now it's time to put down that cute mug and grab the sunscreen. Pack the trail maps. Pitch the tent.

This year,

Father's Day

is an
outdoor activity

Here are *10 ways* to appreciate
both dad and great outdoors.



IVANKO_BRNJAKOVIC/GETTY IMAGES.

Throw a next-level barbecue

For wannabe (or already accomplished) pitmasters, Father's Day is the perfect opportunity to tie on an apron, grab some favorite tongs and fire up the grill for a delicious home-cooked meal.

But before Dad can start flipping burgers, he has to form the perfect patties. And Bill Edelblut, owner of O'Donnell's Market in Potomac, has some advice on how to do it right, starting with the type of ground beef.

"If you buy too lean, like a 90/10, you're not going to have the fat content to give it the juiciness in the burger," Edelblut says. "We feel that an 80/20 blend is good, and most grocery stores, that's what they're carrying."

Next, shape the burgers so there's a decent firmness to them—not too loose, not too tight—and season with salt and pepper. Bring the grill to medium heat and cook the patties for 3 to 4 minutes. Once there's a nice char, flip them over (adding cheese, if you'd like), cover the grill and cook for another 3 to 4 minutes.

When it comes to a delicious burger, the bun and toppings are almost as important as the patty itself. O'Donnell's Market uses a brioche roll for its burgers, but Edelblut also recommends a standard potato roll.

As for toppings, you can't go wrong with a classic combination of cheddar, bacon, lettuce and tomato; however, Edelblut recommends

adding the surprise element of avocado. "People have all of their own preferences, but that seems to be one of the biggest sellers for us," he says.

Of course, some people may prefer something entirely different: a hot dog. "Hot dogs are universal," says Ronnie Heckman, owner of Caddies Bar and Grill in Bethesda.

While they're delicious with the traditional mix of spicy mustard, onion and relish, Heckman says the latest way to eat a hot dog is with popular cookout sides piled on top. Case in point: Caddies' best-selling hot dog is the crab mac 'n' cheese dog, topped with hearty macaroni and cheese and Old Bay-seasoned crab meat.

Another popular option is a Western dog, which has onion, jalapenos and—wait for it—Chipotle ranch.

Caddies uses Vienna brand hot dogs from Chicago, but the good news is that today's hot dogs can be "whatever you want," according to Heckman. All of it, unexpected toppings included, he says, tastes good.

Have an overnight adventure in your backyard

If your kids love to build forts with blankets and pillows in the living room, they're going to love camping in the backyard. Plus, we can't think of better way to bond with dad on Father's Day

than by pitching a tent, making s'mores and sleeping under the stars together.

But s'mores are a bonus. You really only need two things to camp out in your backyard: a tent and good weather.

"Being wet is miserable, and preventing it on a campout, even with a tent, takes some experience and trial and error," says Dr. Jim P. Boyce, Cubmaster with the National Capital Area Council Cub Scout Pack 1280. Most new tents come with a tarp and a rain fly to help keep you dry. But you're better off rescheduling if wet weather is in the forecast, especially if it's your first time camping.

"The nice thing about backyard camping is you just come inside if anything goes amiss," he says.

Stay warm and cozy

When choosing a "campsite" in your yard, avoid trees with branches that might fall on you overnight. Then pitch your tent with your children's help and make it cozy with sleeping bags or blankets and pillows. For an even more comfortable slumber, consider blowing up an air mattress or two.

"Keep in mind the importance of staying warm underneath," says Boyce. "So something insulating to go under you is as important as over you, even in spring, as the ground will tend to suck heat away from your body." For extra insulation, Boyce recommends sleeping on top of a closed-cell yoga mat.

Before tucking in, slip on a pair of socks and a ski cap, which will help keep you warm if the temperature dips, and have a flashlight handy for the inevitable middle-of-the-night bathroom trip to the house. Boyce prefers red LED flashlights "so you can see but you don't lose your night vision."

Watch out for tiny dangers

When it comes to wildlife, you're pretty safe in your backyard. Raccoons might investigate the campsite for food, but they, along with foxes and deer, aren't likely to bother anyone. "A neighborhood dog getting loose is probably the biggest non-human mammal to worry about around here," says Boyce.

Ticks, on the other hand, are cause for concern.

"These scourges are vectors for a long list of human diseases," he says. The most well-known tick-borne disease, of course, is Lyme disease. To help prevent tick bites, Boyce recommends cutting grass short and spraying down your camping equipment with tick repellent a day before the overnight. Also, parents should get in the habit of checking kids any time they play, hike or camp outdoors.

"It's hard to do, and even more so once the ticks find a hairline, but if you can catch them within a day or two of attaching and before the can engorge on blood then odds of transmission and consequent treatments is quite low," say Boyce, who happens to be a medicinal chemist at the National Institute of Allergy and Infectious Diseases.

Enjoy the nightlife

One benefit of camping is the opportunity for children to experience nature in a whole new way. Take fireflies, for example.

Firefly season starts mid-June and hits its peak around the Fourth of July; however, "a lot of kids may not notice how many fireflies there are out because they tend to come in and to go bed," Boyce says. "But if you're out camping in the backyard, it's like Christmas trees lit up with fireflies."

Kids may also catch a glimpse of bats hunting for mosquitos at dusk or hear owls hooting at night.

"There's a lot of nightlife to appreciate that I don't think kids usually fully get because they're indoors sleeping in bed," he says.

And since no campout is really complete with s'mores, Boyce has just one request: Use an old fashioned wooden stick, not a metal skewer, to roast those marshmallows.

"Kids and sticks and waving them around ... inevitably, someone's going to get poked with a red hot skewer," he says. "Find a branch, find a stick. Much safer than metal."

—PJ FEINSTEIN



Spend an afternoon in the sun

Maybe dad doesn't like to cook. Or a campout in the backyard isn't far enough away for a holiday. Here are six more ways, from golf to boating to biking, to make the day naturally great.

Golfing

RESTON NATIONAL GOLF COURSE, VIRGINIA

One of the exciting things about Reston National Golf Course is that this public course has its own app to track scores and to book tee times. Sweet! Tee time prices start at \$55 for 18 holes, if walking, and \$70 with cart. There are also twilight prices and rates to play nine holes. COVID-19 rules are in place. Dads who want to drive a little farther for a whole afternoon away could check out Potomac Shores Golf Club in Dumfries. Overlooking the Potomac River, this course also has an app and offers tee times starting at \$69. restonnationalgc.com; potomacshoresgolfclub.com

WHISKEY CREEK GOLF CLUB, IJAMSVILLE, MARYLAND

Another public course, Whiskey Creek Golf Club in Frederick County makes many of those "most play" lists in part because it's just so darn scenic. Surrounded by woods and central Maryland countryside, it offers golfers a view of the Catoctin Mountains and is known for its nice staff. Tee time prices start at \$86, but drop to \$66 later in the day. Social distancing, mask wearing and other COVID-19 rules are in place. whiskeycreekgolf.com

Boating

ANNAPOLIS ELECTRIC BOAT RENTAL, MARYLAND

It's hard not to chuckle at Annapolis Electric Boat Rental's slogan, "like a Tesla but slower." We'll take some of that luxury on water. The business reopened in time for Mother's Day and enjoyed quite a few customers. Now it's Dad's turn to take a spin on the water. COVID-19 rules mean that only immediate family members can be on a boat together. A two-hour rental costs \$350, and all reservations can be made online. Boaters who don't have certification arrive early for training and a 10-day temporary certification. aebrentals.com

Biking

KENT ISLAND SOUTH TRAIL, MARYLAND

TrailLink (traillink.com) is a website from the Rails to Trails Conservancy that offers maps, route descriptions and reviews for more than 37,000 miles of trails across the U.S. One is the Kent Island South Trail on Maryland's Eastern Shore, a 5.8-mile trail that starts at Matapeake State Park and ends at Romancoke Pier. The trail has both woods and open fields, and is also frequented by walkers and runners.

MOUNT VERNON TRAIL, VIRGINIA

For some DMV families, this is an old favorite. After all, what's not to like about these 18 bike-friendly miles that run from Theodore Roosevelt Island to Mount Vernon alongside the Potomac River? Newcomers and those familiar with the trail will appreciate the option to mix up your ride by hopping off this trail and connecting with the Woodrow Wilson Bridge Trail or one of many others. virginia.org

C&O CANAL TOWPATH, MARYLAND

Another great afternoon of cycling starts in the middle of the C&O Canal Towpath in Point of Rocks. Cyclists can follow alongside the Potomac River in either direction on a mostly flat trail with wooded scenery, old rail bridges and, of course, Point of Rocks' Victorian train station. We picked this trail because it feels as far away from dear old Dad's desk as we could find. canaltrust.org

—JESSICA GREGG



NIGHT LIGHT LUMINARY FROM THE AMERICAN VISIONARY MUSEUM

Sticking with the theme of outdoor fun, kids can craft a colorful jar luminary to give to dad on Father's Day. This easy DIY will brighten up the front porch or even dad's desk—when he heads back into the office, that is.

What you need:

- Tissue paper, cut into small pieces
- Clean container, plastic or glass
- White glue
- Paintbrush
- Scissors (optional)
- Colored paper or cardstock (optional)
- Beads, buttons, pom poms (optional)
- Hot glue gun (optional)
- Stencil (optional)
- Battery-operated LED light or glowstick

How to make it:

Use a paintbrush to paint a layer of glue inside the jar. Layer tissue paper on top of the glue, using your paintbrush to push each piece against the inside of the jar. Once you've finished layering your tissue paper, decorate the outside of the jar by cutting shapes out of colored paper or using doo-dads like beads or pom poms and attaching them with a hot glue gun. You can also stencil "Happy Father's Day" onto cardstock, cut out the letters and glue them to the outside of the jar. Finish by adding your LED light or glowstick.



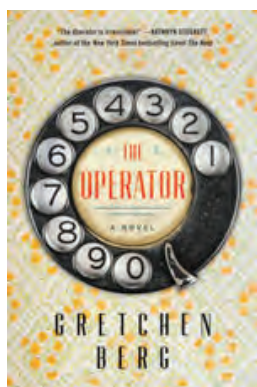
To watch the full luminary tutorial, visit the AVAM's YouTube page. And check out washingtonFAMILY.com for more DIY gift ideas.



3 Grownup Reads

by Jamie L. Watson

The best books will always allow you a little escape or distraction, something else to focus on than the world around you. These three debut novels, books I read before the pandemic, gave me that escape. I hope they do the same for you during this challenging time.



'The Operator'

Nostalgia is one way of escape. In Gretchen Berg's "The Operator," we go back to a time before social media, to a time when switchboard operators had to make every telephone connection. In a small town where gossip is currency, the tidbits overheard by the operators can change a life. When Vivian Dalton overhears something about her own family, it sends her on a journey of discovery fueled by pettiness against the owner of the gossip.

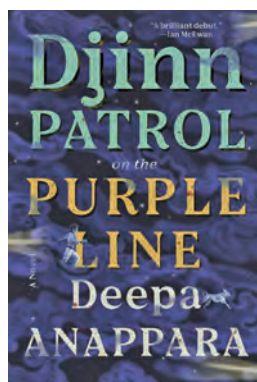
There aren't a lot of characters to root for here, but the depiction of small-town dynamics is spot on, including provincial newspapers, independent dress shops and the tiniest bit of class warfare. A subplot about two "lovers" who rob a bank eventually ties into the whole story, one that will manage to surprise.



'Saint X'

Alexis Schaitkin's "Saint X" is a narrative built on shifting sands less sturdy than any tropical beach. On a family vacation to the fictional Caribbean island of Saint X, 7-year-old Claire's older sister disappears and a few days later is found dead. The main suspects, two resort employees, are cleared,

and eventually her death is ruled an accident. The parents push their grief deep inside, while Claire, now an adult, lives with it more viscerally, even before a chance meeting with Clive, one of the suspects, on the streets of New York. Chapters shift back and forth in time and perspective. A murder mystery on the surface, this book doesn't shy away from deep issues of class, race and, more importantly, how we are all a product of our circumstances. This emotionally powerful book will stick with you long after the vacation is over.



'Djinn Patrol on the Purple Line'

Similar issues of class, gender and religious divisions occur in Deepa Anappara's "Djinn Patrol on the Purple Line," narrated 9-year-old Jai, who fights with his sister and loves police reality shows in his Indian home city. Jai and his friends, smart girl Pari and a Muslim named Faiz, live in a slum, and their families work for the "hi-fis" in the gated community nearby. When a friend goes missing, the children play detective, even as Faiz is convinced the disappearances are the result of angering djinns. The use of a child narrator is powerful, as we see a multilayered, tragic situation through the eyes of a naïve, resilient boy. The prejudice toward the Muslim members of the community, the on-the-take police and the fate of the children are tempered through Jai's sweet voice and a little bit of magical realism.



CHECK THE STATS

MID-ATLANTIC MEDIA
has been covering both Beltways
in a MAJOR LEAGUE way
for over 100 years.

Mid-Atlantic MEDIA



PUBLICATION	EST.
Baltimore Jewish Times.....	1919
Washington Jewish Week.....	1930
Baltimore's Child.....	1983
Baltimore Style.....	1989
Consumer's Eye Magazine.....	1991
Frederick's Child.....	1991
Washington Family.....	1992
Mid-Atlantic Custom Media.....	2004
Montgomery Magazine.....	2005
Home Services Magazine.....	2018
Tastes of Montgomery.....	2019



301-230-2222
410-902-2300
midatlanticmedia.com





Directory

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

website and in our magazine in upcoming months for more stories and helpful tips.

Note: The camps on the following pages were still planning to be open as we went to press; however, that may change as we get closer to summer. Please be sure to contact the camps directly for up-to-date information about their operating status.

Good luck! Here's to a great summer.

DAY CAMPS

MARYLAND

INTERNATIONAL SCHOOL OF MUSIC

Ages: 3-12
ismw.org
info@ismw.org
301-365-5888
11325 Seven Locks Road
Suite 255
Potomac, MD
Categories: Drama, Music

SPRING BILINGUAL MONTESSORI SUMMER CAMP

Ages: 2.5-6
spring-bilingual.org
info@spring-bilingual.org
301-962-7262
3514 Plyers Mill Road
Kensington, MD
Categories: Sibling Discount,
Extended Day, Arts, Educational
Activities

SUMMER AT SANDY SPRING

Ages: 3-Grade 12
SASS.Camp@ssfs.org
301-774-7455 x167
16923 Norwood Road
Sandy Spring, MD
Categories: Traditional Day, Day
Camp, Coed, Swimming Daily,
Custom Schedule

DAY CAMPS

VIRGINIA

BROOKSFIELD SUMMER CAMP

Ages: 3-10
brooksfieldschool.org
camp@brooksfieldschool.org
703-356-5437 ext. 2
1830 Kirby Road, McLean, VA
Categories: Extended Day, Arts,
CIT, Cooking, Dance, Educational
Activities, Field Trips, Hiking,
Horseback Riding, Music, Sports,
Swimming, Yoga

CAMP GRIFFIN AT WESTMINSTER SCHOOL

Ages: 3-14
westminsterschool.com
campgriffin@westminsterschool.com
703-340-7268
Westminster School
3819 Gallows Road
Annandale, VA
Categories: Day Camp, Boys & Girls, Sibling Discount, Extended Day, Arts and Crafts, Cooking, Dance, Field Trips, Music, Sports, Swimming, Travel

SUMMER DANCE CAMP/INTENSIVE AT THE CENTER FOR BALLET ARTS

Ages: 3-adult
thecenterforballetarts.com
ctrbalarts@aol.com
703-273-5344
3955 Pender Drive
Suite 105
Fairfax, VA
Categories: Teens, Sibling Discount, Arts, Dance, Drama

CONNECT CAMP

Grades: current K-8th grade
connectcamps.com/Annandale
CapitalKids@capitalbaptist.org
703-560-3109 x118
3504 Gallows Road
Annandale, VA
Categories: Science Lab, Archery, Basketball, Soccer, Flag Football, Girls Club, Man Cave, Painting, Crafts, Tumble, Great Outdoors
Date: July 27-31, 2020
Discount: 10% off with code MM10 for first 50 registrations

ENCORE STAGE & STUDIO – IT'S ELEMENTARY

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

ENCORE STAGE & STUDIO – SCENES FOR TWEENS

Ages: 8-12
encorestage.org
info@encorestage.org
703-548-1154
Encore's Main Campus
4000 Lorcom Lane
Arlington, VA
Categories: Day Camp, Extended Day, Dance, Drama/Theatre

ENCORE STAGE & STUDIO – STAGE DOOR TECH CAMP

Ages: 11-15
encorestage.org
info@encorestage.org
703-548-1154
Kenmore Middle School
200 S. Carlin Springs Road
Arlington, VA
Categories: Day Camp, Teens, Extended Day, Dance, Drama/Theatre

PINECREST PAVILION AT PINECREST SCHOOL

Ages: 4-12
pinecrestschool.org
camp@pinecrestschool.org
703-354-3446
7209 Quiet Cove
Annandale, VA
Categories: Sibling Discount, Extended Day, Arts, Computers, Cooking, Drama, Educational Activities, Field Trips

PRINCESS DANCE CAMP

Ages: 3-6
Affiliation: Cuppett Performing Arts Center
CuppettPAC.com
CuppettPACdance@gmail.com
703-938-9019
135 Park St. SE
Vienna, VA
Categories: Day Camp, Girls only, Sibling Discount, Arts and Crafts, Dance, Drama/Theatre, Music. ■

CUPPETT PERFORMING ARTS CENTER SUMMER CAMPS



PRINCESS CAMP

Five weekly camps
July 6 to
Aug. 8, 2020

CELEBRATION OF THE ARTS CAMP

Variety of camps for all ages
July 6 to
Aug. 8, 2020



INTENSIVE BALLET PROGRAM AND DAILY CLASSES IN BALLET

Tap, Jazz, Contemporary, Acro and Musical Theatre
All levels of dance, ages 3-93!
July 6 to Aug. 8, 2020

REGISTRATION STARTS MARCH 18, 2020

Present this ad to receive **\$15 OFF** your registration fee!
*NEW FAMILIES ONLY

135 Park St., S.E., Vienna, VA 22180 | (703) 938-9019
CuppettPAC.com

Puppet Shows For All Occasions (703) 444-9426

- Large and colorful marionettes and hand puppets
- Lively music
- Audience participation
- Puppet-making workshops
- Goody bags



www.carouselpuppets.com

Pinecrest School

NURTURING CURIOSITY, CONFIDENCE, AND A LOVE OF LEARNING SINCE 1957

- Preschool Age 3 - Grade 6
- Before-Care & After-Care
- Summer, Winter & Spring Camps
- Differentiated Instruction
- Small Classes
- Challenging Academics
- Positive Social & Emotional Development



Annandale, Virginia
703.354.3446 • pinecrestschool.org





Montessori School Directory

MARYLAND
SPRING BILINGUAL
MONTESSORI ACADEMY
spring-bilingual.org
Ages: 2-6
3514 Plyers Mill Road
Kensington, MD
301-962-7262
Hours: 7:30 a.m. to 6:30 p.m.

VIRGINIA
BROOKSFIELD SCHOOL
brooksfieldschool.org
brksfield@aol.com
Ages: 2-6
1830 Kirby Road
McLean, VA
703-356-KIDS

COMMUNITY
MONTESSORI SCHOOL
cmsreston.com
bonnieredcms@gmail.com
Ages: Infants-6 years
1700 Reston Parkway
Reston, VA
703-478-3656

HOLLY BROOK
MONTESSORI SCHOOL
preschoolmontessori.com
info@hollybrookmontessori.com
Ages: 3-5
2455 Gallows Road
Dunn Loring, VA
703-573-7800

HUNTER MILL
MONTESSORI SCHOOL
preschoolmontessori.com
info@huntermillmontessori.com
Ages: 2 years, 9 months-5 years
2709 Hunter Mill Road
Oakton, VA
703-938-7755

MONTESSORI SCHOOL
OF CEDAR LANE
preschoolmontessori.com
info@cedarlanemontessori.com
Ages: 3-6
3035 Cedar Lane
Fairfax, VA
703-560-4379

MONTESSORI SCHOOL AT
GOOSE CREEK PRESERVE
goosecreekmontessori.com
Ages: 16 months-6 years
42470 Rosalind St.
Ashburn, VA
571-417-3999

RESTON MONTESSORI
SCHOOL
restonmontessori.com
office@restonmontessori.com
Ages: 3 months-Grade 6
1928 Isaac Newton Square
Reston, VA
703-481-2922 ■

FRENCH
SPANISH

Spring Bilingual
Montessori Academy
Established in 1967

"We plant seeds that spring to life!"

Accepting applications
for the 2020-21 school year

What makes Spring unique among Montessori schools?
Bilingual Montessori environments with immersion classes for ages 2-6

HALF DAY • FULL DAY
BEFORE CARE • AFTER CARE

3514 Plyers Mill Rd., Kensington, MD
www.spring-bilingual.org
301-962-7262
admissions@spring-bilingual.org

Foundation for
Future Education
Sister Montessori preschools, providing Northern Virginia's preschool children with quality education for the past 45 years.

THE MONTESSORI SCHOOL OF CEDAR LANE
established in 1971
703-560-4379 • 3035 Cedar Lane
Fairfax, Virginia

HOLLY BROOK MONTESSORI SCHOOL
established in 1999
703-573-7800 • 2455 Gallows Road
Dunn Loring, Virginia

HUNTER MILL MONTESSORI SCHOOL
established in 1990
703-938-7755 • 2709 Hunter Mill Road
Oakton, Virginia

MONTESSORI SCHOOL AT GOOSE CREEK PRESERVE
703-541-8083 • 42470 Rosalind Street
Ashburn, VA 20148

COMMUNITY MONTESSORI SCHOOL

♦ STEM
♦ Music
♦ Spanish
♦ PE & Yoga
♦ Infants to 6 years

CELEBRATING 25 YEARS!

ENROLLING NOW
7:30am to 6:30pm

1700 Reston Parkway, Suite 1, Reston, VA 20194
703-478-3656 • cmsreston.com
Email bonnieredcms@gmail.com to schedule a tour.

DISTRICT OF COLUMBIA CHESTERBROOK ACADEMY

chesterbrookacademy.com
866-267-5685
26 locations throughout the DMV
Chesterbrook Academy preschools combine learning experiences and structured play in a fun, safe and nurturing environment - offering far more than just child care. Preschool is the first introduction to a lifetime of learning, a journey that should start off on the right foot. We help children discover, explore and learn to their fullest potential.

MARYLAND BARRIE SCHOOL

barrie.org/preschool
admission@barrie.org
Ages: 18 months+;
301-576-2800
13500 Layhill Road,
Silver Spring, Md.
Beginning at age 18 months, we provide a safe and secure environment that cherishes the uniqueness of each child and integrates a hands-on Montessori approach. Guided by our experienced teachers, children learn independence and build confidence.

THE BETHESDA MONTESSORI SCHOOL

bethesdamontessori.com
admissions@bethesdamontessori.com
301-986-1260
7611 Clarendon Road,
Bethesda, Md.
Ages: 3-6
BMS, established in 1983, is located in the heart of Bethesda, offering two years of preschool and a Kindergarten year. Open 8 a.m.-6 p.m., AML trained teachers, art, French & computer offered, and after school activities.

CRESTVIEW MONTESSORI SCHOOL

crestviewmontessori.com

info@crestviewmontessori.com
Ages: 2-6; 301-910-4728
4728 Western Ave.,
Bethesda, Md.
Children enter Crestview at age 2 1/2, often as their first school experience, and depart after kindergarten as confident and self-assured young children.

FEYNMAN SCHOOL

feynmanschool.org
info@feynmanschool.org
301-770-4370
11810 Falls Road,
Potomac, Md.
The area's leader in educating academically gifted children, Feynman School features extraordinary programs in science, math, language arts, theater and music designed to maximize your young child's potential while at the same time providing opportunities for unstructured play. We offer both half- and full-day preschool programs.

GEORGETOWN HILL EARLY SCHOOL

georgetownhill.com
14901 Dufief Mill Road,
North Potomac, Md.
With a "Play. Learning. Arts. Nurturing." approach to teaching, we've found that children thrive in an educational environment at Georgetown Hill.

ONENESS-FAMILY SCHOOL

onenessfamilymontessorischool.org
Ages 2-Grade 8; 301-652-7751
6701 Wisconsin Ave.,
Chevy Chase, Md.
Oneness-Family School has been providing the very best in Montessori education since 1988. Our unique program focuses on both character and curriculum, offering a diverse international community founded on values within an academically rich environment. This enables us to prepare our students to be the global leaders of tomorrow who can think in creative and dynamic ways for an everchanging world.

SPRING BILINGUAL MONTESSORI ACADEMY

spring-bilingual.org
sbmaoffice@yahoo.com
301-962-7262
3514 Plyers Mill Road,
Kensington, Md.
Founded in 1967, Spring Bilingual Montessori Academy has innovated and refined the concept of integrating a Montessori education with the acquisition of proficiency in a second language. We are open year-round for academic programs and summer camps.

VIRGINIA A CHILD'S PLACE

achildsplaceinc.com
703-698-8050
3100 Prosperity Ave.,
Fairfax, Va.
A Child's Place in Fairfax was established in 1981. We take children 8 weeks to 5 years old. Please stop by for a visit.

BROOKSFIELD SCHOOL

brooksfieldschool.org
info@brooksfieldschool.org;
Ages: 2-6
703-356-5437
1830 Kirby Road,
McLean, Va.
Spanish, organic gardening, art, dance, music, mindfulness and summer camp.

CAMPAGNA EARLY LEARNING CENTER AT ST. JAMES

campagnacenter.org/
programs/early-childhood
pshannon@campagnacenter.org
571-982-3924
5140 Fillmore Ave.,
Alexandria, Va.

THE GRIFFIN ACADEMY OF WESTMINSTER SCHOOL

westminsterschool.com
klee@westminsterschool.com
703-340-7268; Ages: 3-4
3819 Gallows Road,
Annandale, Va.
The Griffin Academy of

Westminster School provides a safe, creative, and loving environment in which children ages 3 and 4 can thrive. The preschool day is structured to have an equal balance of play and structure.

GUIDEPOST MONTESSORI

guidepostmontessori.com/
northern-virginia
866-202-8593
24328 Marrwood Drive,
Aldie, Va.
42945 Waxpool Road,
Ashburn, Va.
4550 Walney Road,
Chantilly, Va.
13251 Woodland Park Road,
Herndon, Va.
Ages: Infant to elementary
Guidepost Montessori in Loudoun and Fairfax counties is among a growing, worldwide network of schools that offer language immersion for ages infant through elementary.

HOLLY BROOK MONTESSORI SCHOOL

preschoolmontessori.com
info@hollybrookmontessori.com
703-573-7800; Ages: 3-6
2455 Gallows Road,
Dunn Loring, Va.
Children learn in an intimate and unpretentious atmosphere, where they respect themselves and others and care for the environment around them. We offer a complete educational and social environment and utilize the discoveries and methods of Dr. Montessori.

HUNTER MILL MONTESSORI SCHOOL

preschoolmontessori.com
info@huntermillmontessori.com
703-938-7755; Ages: 2.9-6
2709 Hunter Mill Road,
Oakton, Va.
Hunter Mill Montessori School provides an intimate and nurturing environment for 2.9-6 year olds to develop their independence through the

Montessori experience. We offer a complete educational and social environment and utilize the discoveries and methods of Dr. Montessori.

MONTESSORI SCHOOL OF CEDAR LANE

preschoolmontessori.com
info@cedarlanemontessori.com

Ages: 3-6; 703-560-4379
3035 Cedar Ln., Fairfax, Va.
Montessori School of Cedar Lane has been providing over 45 years of Montessori tradition to Northern Virginia. We offer a complete educational and social environment and utilize the discoveries and methods of Dr. Montessori to help the child develop more fully the potential within him.

MONTESSORI SCHOOL OF MCLEAN

mcleanmontessori.org
703-790-1049

1711 Kirby Road, McLean, Va.
Ages 2 1/2-12
Preschool and Elementary classes • Foreign Languages: Spanish and French • Science & Technology • Drama • Music • P.E. • Computer • Art • Transportation • Summer Program

MONTESSORI SCHOOL OF NORTHERN VIRGINIA

msnv.org; info@msnv.org
703-992-0255
Valleybrook: 3433 Rose Ln., Falls Church, Va.
At the Montessori School of Northern Virginia, we want the delight of discovery to last a lifetime. MSNV provides authentic Montessori education for children ages 2-12. From preprimary through elementary, our learning environment is designed to directly benefit social, emotional, physical and intellectual development.

NYSMITH SCHOOL FOR THE GIFTED

nysmith.com; ebalberde@nysmith.com
703-713-3332;
Ages: 3 years-Grade 8.
12625 EDS Drive, Herndon, Va.
Family owned and operated since 1983, 620+ children. 1:9 teacher-student ratio, award winning. Daily individualized reading & math, science, computers, logic & foreign language. Loving atmosphere with an exciting curriculum.

PINECREST SCHOOL

pinecrestschool.org;
admissions@pinecrestschool.org
Ages: 3-4; 703-354-3446
7209 Quiet Cove, Annandale, Va.
Stimulating preschool program that includes Spanish, music and P.E. enrichment classes. Special presentations and field

trips, too. Before- & after-care until 6 p.m. Nurturing curiosity, confidence and a love of learning since 1957.

SUNSET HILLS MONTESSORI SCHOOL

sunsethillsmontessori.com
office@sunsethillsmontessori.com
703-476-7477; Ages: 18 months-13 years
11180 Ridge Heights Road, Reston, Va.
At SHMS we are committed to recognizing and cultivating the uniqueness of each individual child. We have a community of educators, and wonderful families, that have chosen SHMS because of a shared vision for early childhood and elementary education. ■



Montessori School of McLean

Exceptional Montessori Education for Toddlers through Upper Elementary: Ages 2-12




Cultivating each child's unique ability to flourish in mind, body and spirit

ENRICHMENTS

- Science • Technology • Spanish • Outdoor Classroom
- Library • Music • Drama • Art • Physical Education

Aftercare • Transportation • Summer Camp

1711 Kirby Road
McLean, VA 22101
703-790-1049
www.mcleanmontessori.org

Accredited by






Schedule a virtual chat
Admissions@Nysmith.com
or take a virtual tour

We're teaching from a distance, but still hitting home!





 **Named "Top 10 School in the World"** 
By Johns Hopkins University

 **1:9 Teacher to Student Ratio**

 **Minimal in-class repetition & homework**

 **World-Class Education**
Critical Thinking & Leadership

 **STEM Curriculum starting in Kindergarten**

 **Accelerated Academics Program**
Math & English up to four grade levels ahead 

PreSchool-8th Grade

13625 EDS Drive Herndon, VA

Nysmith.com

703-713-3332

Meet Rachel Calderon-Murphy

BY PJ FEINSTEIN



OCCUPATION: Firefighter

LIVES: Potomac, MD

WORKS: Frederick County, MD

CHILDREN: Ava, 16, and Maximus (aka Moose), 5

SPOUSE: Sean Murphy

We're looking for local moms and dads who are juggling multiple priorities and making a positive impact in their community to feature in our new Mom/Dad Life column. Send your nominations to editor@washingtonFAMILY.com.

What do you love about the work you do?

I have been a firefighter since I was 16 years old. I have worked with Frederick County Fire and Rescue for almost three years, but I've been volunteering with Rockville Volunteer Fire Department for 15 years. I tried to do other jobs, but this is where my heart is.

There is no doubt that firefighters see people at some of the most vulnerable moments of their lives. If I can do something to make them smile, or make them better, then I've made a difference.

Also, there's nothing that gets my blood pumping more than when I'm working on the fireground or on an intense EMS call. Oddly enough, it's that chaos that really makes me think clearly. I think that takes a certain type of person.

What do you find challenging about raising kids?

I think the biggest challenge is always wondering if you're doing it right. There are so many different ways of parenting, and what works for one kid probably won't work for another. I have found the best way to combat the confusion is by talking to my mom friends—with a glass of sangria!

My husband and I also have a strong faith, and we turn to God, the Bible and our church family when we are struggling. Having that support from the ones you love and people who know what you're going through helps you realize that what you do may not always be textbook "right," but it may be what's right for your family.

What's something that makes juggling motherhood and your career a little bit easier?

My husband and I are both firefighters, and he is also in the Maryland Air National Guard. We work opposite shifts: 24 hours on, 48 hours off. He also has one weekend a month where he is serving his military duties.

What helps us is living with my mother and having a great family support system. My mom opened up her home to us when

my stepdaughter, Ava, came to live with us in 2012. She not only helps us with the childcare, but she has helped us with parenting as well. Her help was critical while Sean was deployed in 2018.

What do you and your family love to do together?

Because of our schedules, there are usually only two days a week when we are all together. It's hard, honestly. Most families, most kids, do not experience that. So we try to take advantage of our time together. We have family dinners, go to church and take walks or hike. Sometimes we'll make a fire in the backyard and roast marshmallows for s'mores. Other times we may just end up on the couch watching TV, but we're together.

How has the coronavirus pandemic affected your work and home life?

Work has definitely been more stressful because of the COVID-19 pandemic. Both my husband and I are worried about what we could potentially bring home to our kids and my mom. We take all the precautions we can and make sure that cleanliness is a priority in the house. My husband is also a paramedic, so he sees a lot of those patients. My firehouse is the HazMat house in Frederick, and we are in charge of decontaminating all the units that transport potential or positive COVID patients. The stress is high, but we know what we signed up for when we started our careers.

It has also presented a challenge at home. Our routines are totally out of whack and everyone is going a bit stir-crazy. We try to keep some kind of routine with the kids and stay active, but we miss our family outside the home. Luckily, we have been taking advantage of technology and using FaceTime or Zoom to talk with family and friends. We will make it through this, we just have to stay positive. ■

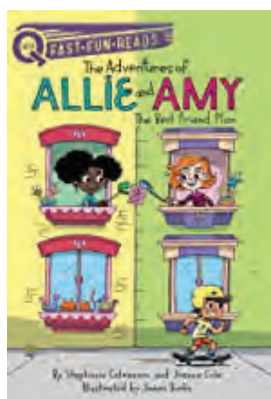
Read our extended interview with Rachel Calderon-Murphy at WashingtonFAMILY.com.

12 Books About Summertime Fun

These children's books are filled with the adventures and hijinks we associate with summer, plus a few activities to try at home.

BY JENNIFER ROTHSCHILD,

COLLECTION ENGAGEMENT LIBRARIAN, ARLINGTON PUBLIC LIBRARY



PRESCHOOL

'Jabari Jumps'

Written and illustrated by Gaia Cornwall

Jabari has finished his swim lessons, passed his test and can't wait to jump off the high dive. But when he gets there and looks up, up and up at the diving board, he finds many things he needs to do before he works up the courage.

'Hike'

Written and illustrated by Pete Oswald

In this nearly wordless picture book, a boy and his dad take an early morning hike and are filled with wonder at nature's sights and sounds. Their adventures, including crossing a river on a log and climbing a steep slope, are rewarded with a wonderful view.

'The Bear's Garden'

Written by Marcie Colleen, illustrated by Alison Oliver

After her tomato plant falls off the windowsill into the empty lot next door, a young girl starts a community garden, leaving her stuffed bear in charge when she can't be there to help the plants grow.

EARLY ELEMENTARY

'Adventures of Allie and Amy: The Best Friend Plan'

Written by Stephanie Calmenson and Joanna Cole, illustrated by James Burks

Best friends Allie and Amy have planned the

best summer ever together. Then Allie's parents tell her she's going to sleep-away camp, but Amy isn't. Now the friends have to find a way to still have the best summer—with-out each other.

'If I Were a Park Ranger'

Written by Catherine Stier, illustrated by Patrick Corrigan

Learn about everything park rangers do at our National Parks, including which parts of the job change depending on which park you work at.

'Plant, Sow, Make and Grow'

Written and illustrated by Esther Coombs

This colorful guide for young gardeners not only covers planting and tending a garden, but also includes related art projects and science experiments.

MIDDLE GRADE

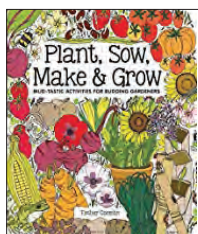
'To Night Owl from Dogfish'

Written by Holly Goldberg Sloan and Meg Wolitzer

When their dads start dating, Bett and Avery are secretly sent to the same summer camp in hopes they'll bond. However, in this reverse "Parent Trap," the girls know about the plan and are determined to make sure happily-ever-after isn't in the cards.

'Lumberjanes: Beware the Kitten Holy'

Written by Noelle Stevenson and



Grace Ellis, illustrated by Brooke Allen

Five friends thought they were going to have a normal summer at Miss Quinzella Thiskwin Penniquiquil Thistle Crumpet's camp for hard core lady-types, but as this graphic novel starts, they're following a bear shapeshifter and dealing with light-house-guarding hipster yetis. And that's just the beginning.



'Young Adventurer's Guide to (Almost) Everything'

Written by Ben and Penny Hewitt, illustrated by Luke Boushee

A survival guide for kids, this activity book teaches 45 awesome outdoor adventure skills, such as navigating by the stars, tapping a maple tree, cooking on a campfire, tying knots, making a log raft and turning an acorn into a whistle. And, of course, the many, many ways to use a bandana.



YOUNG ADULT

'Imaginary Girls'

Written by Nova Ren Suma

When one of Chloe's classmates is found dead after a night with Chloe's older sister, Ruby, Chloe is sent to live with her father. When she returns to town two summers later, Chloe begins to realize that the power Ruby holds over the town may be darker and more supernatural than sheer popularity and charisma.



'Again Again'

Written by E. Lockhart

Adelaide's life fractures the summer before her senior year, as different decisions and interactions create multiple directions for her life to go. A creative visual design and font changes help keep the different versions of Adelaide's story straight.

'Games of Deception'

Written by Andrew Maraniss

Missing this summer's postponed Olympics? This nonfiction book tells the story of the first Olympics to feature basketball. The year was 1936, and Hitler was using the Berlin Olympics to showcase an idealized Germany while hiding the true horror of his regime. Maraniss looks at the different threads of this story to weave together a narrative that will appeal to fans of history and sports. ■



WHERE THE WILD THINGS ARE



STORY AND PICTURES BY MAURICE SENDAK

Happy Birthday, Maurice Sendak!

Each month we celebrate a birthday of literary significance

Maurice Sendak was born on June 10, 1928. Growing up in Brooklyn, Sendak wrote short stories with his older brother, Jack. The two brothers would illustrate their work and bound them into books. As a teen, Sendak began to illustrate and sketch children in his neighborhood. These children later showed up in Sendak's work, notably in his illustrations for Ruth Kraus's 1952 book, "A Hole is to Dig."

Sendak briefly attended the Art Students League of New York but prided himself on being a self-taught artist. In 1963, he released the book "Where the Wild Things Are" about a young boy named Max whose bedroom is transformed into a mystical jungle where beasts called Wild Things roam. The book received universal acclaim, earning Sendak the 1964 Caldecott Medal. Sendak considered "Where the Wild Things Are" as part of a trilogy, later writing and illustrating "In the Night Kitchen" in 1970 and "Outside Over There" in 1981 to round out the series.

In his lifetime, Sendak illustrated more than 90 children's books. In 1970, his collective works won the Hans Christian Anderson Medal, making him the first American author to accomplish this feat. In 1996, Sendak was awarded the National Medal of Arts by President Bill Clinton. In his later years, Sendak spent his time in the U.S. and England designing sets and costumes for ballets and operas, including productions of "The Nutcracker" and Mozart's "The Magic Flute." Sendak passed away on May 8, 2012 at age 83 in Danbury, Connecticut.

Steve Silvestro, MD

BY PJ FEINSTEIN



OCCUPATION: Pediatrician, bone marrow harvesting physician and host of “The Child Repair Guide Podcast”

LIVES: Rockville, MD

WORKS: North Bethesda, MD and Washington, DC

CHILDREN: Adeline, 12, and Cole, 10

SPOUSE: Monica Silvestro

What do you love about the work you do?

I get to help kids and parents feel less anxiety and more confidence through all the ups and downs of growing up, which is a pretty special role. What I love about the podcast and all of the associated projects with social media and YouTube is the incredible opportunity to do this in a unique, creative way—to feed the imaginative part of my soul and bring helpful, enjoyable content to people in the process.

What do you love about being a dad?

Before you have kids, you might worry that being a parent means losing a part of who you are—that it’ll hold you back from becoming who you’re supposed to be. I find it’s actually the opposite that’s true—that being a parent forces you to grow and develop parts of yourself you never knew needed work, or maybe never even knew were there at all. I’m trying to get more in tune with who I am every day, in part to become the parent I want to be for my kids, but also because of what I learn about myself as my wife and I raise them.

Tell us about “The Child Repair Guide Podcast.”

Several years ago, I received a phone call from a mom who was sobbing because her 18-month-old daughter had a fever of 100.8. Keep in mind that the medical definition of fever starts at 100.4, so this was just barely a fever. But it was her daughter’s first fever, and the mom was petrified.

At first, I was taken aback by how worried this mom was over such a common childhood occurrence, but then it struck me that I wasn’t terribly different when I first became a parent. I probably diagnosed my poor daughter with half a dozen bizarre things when she was a baby—none of which she actually had—all because my new-parent eyes were catastrophizing every possible problem.

So in 2016, I launched “The Child Repair Guide Podcast.” Over 100 episodes later, and having covered everything from basic medical questions to talking to kids about race and puberty to growth mindset and more, it’s blossomed into a thriving podcast, YouTube channel and social media presence. It’s been a pretty amazing journey!

How has the coronavirus pandemic affected your work and your home life?

This is a healthcare crisis, and there has been a lot of wonderful praise for healthcare workers, but the experience has been odd for primary care docs. If the ER or ICU is the front line, we’re kind of in Iceland. In our practice, we’re each only going into the office one day a week to see a small handful of baby or toddler checkups, then doing telemedicine from home the rest of the week.

The biggest challenge has been trying to educate families about the pandemic in a way that walks the line of being both imperative enough that people take this seriously and reassuring enough that we don’t cause overwhelming anxiety. Early on, I wrote an article that went mega-viral with more than 2.5 million views. It discussed why playdates were not a good idea, and the way it resonated with so many people reinforced to me the role that good, clear messaging can play in helping people respond to challenges.

As for my family, we’re facing many of the same challenges that other families face—how to deal with online learning, working from home and being confined to a space with the same people day in and day out. But we’ve also used this as an opportunity for creativity. My kids were making a video news show for a while. My wife and I have teamed up to make “10-Minute Preschool,” a YouTube series for preschoolers stuck home during the pandemic. And we’ve all taken to learning or practicing instruments. We’ve been busy!



What do you find challenging about raising kids, and how have you tried to resolve those challenges?

The funny thing about being a pediatrician and a “parenting expert” is that it doesn’t mean that I make any fewer mistakes than anyone else. It’s just my job to research the solutions and then share what works.

I’ve long held a philosophy that “you cannot teach what you have not learned.” But when it comes to being a parent, I think it’s okay to recognize that we’re still learning each step of the way, that we are all works in progress. In fact, that’s a message I try to instill in my kids as well.

What’s something that makes juggling fatherhood and your career a little bit easier?

The obvious answer is that I get to do it with Monica, my amazing wife. She really is incredible. She’s the glue that holds this crazy boat together, and she’s often the force that keeps us moving towards the fun.

I’m also grateful that I’ve had years of

experience with meditation. My formal practice is a bit hit or miss these days, but I draw on the lessons and skills I’ve learned all the time.

What do you and your family love to do together?

We’re pretty tight-knit and do quite a lot together, but the first thing that comes to mind is reading. Even though my kids are 12 and 10, we still read together at night. Sometimes we’ll have a story that my wife will read aloud over a few weeks, or sometimes we’ll all read our own books in bed together (we call it “ruggling”). As someone who didn’t actually read that much as a kid, I’m glad that my children are growing up readers.

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

I exercise a few days a week, drink primarily water (or coffee!) and am always trying to eat more plants. I’ve also long recognized that I have a better day when I sing—whether it’s around the house, in the car or just in the shower.

What are 5 things you can’t live without?

1. My wonderful family (of course!)
2. Music—I’m a diehard U2 fan
3. Exercise
4. Harry Potter—Monica and I were hooked from the beginning, and it’s been a blast raising a family of Potterheads
5. The 1-minute express button on the microwave

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

Right now, the answer would be “play guitar.” I tried to teach myself guitar when I was in medical school, which is probably the worst time to try and learn. Then residency happened, then kids, and my playing fell by the wayside.

Now in these last few months, I’ve picked it up again and have found a joy in playing that wasn’t there before. So whatever moments I have when I’m not doing something with my family or for “The Child Repair Guide,” I’ve stolen away to play guitar. ■

A close-up photograph of a dog's face, likely a Weimaraner, with brown and white fur and striking green eyes. The dog is looking slightly to the left of the camera.

Your best friend is waiting...

Montgomery County Humane Society
is a private, non-profit, no-kill cat and dog
rescue that does not receive any operational
funding from the government or from national
humane societies. It relies on the support of
the community to keep its doors open.

Cats and dogs available for adoption today.
Come meet your new best friend.



MONTGOMERY COUNTY
**HUMANE
SOCIETY**

Let's be humane together®

601 S. Stonestreet Ave.
Rockville, MD 20850
240-252-2555

mchumane.org