

**PREGNANCY  
DIRECTORY  
INSIDE!**

P. 20

# Washington FAMILY

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JUNE 2022

Washington  
FAMILY 30 YEARS

**Smart. Local.  
Parenting for the DMV.**

*Happy  
Father's  
Day*

Celebrating  
fatherhood  
with News4's  
Adam Tuss  
page 29

**Does Your Child Need Braces?**

**Understanding Ectopic Pregnancies**

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## JUNE 2022



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DAVID STUCK

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**Cover:** NBC4's Adam Tuss with family: Annabelle, Caroline, Deacon and June

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### DIRECTORY

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### READERS' RESPONSES

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

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WE WANT  
**YOUR**  
FEEDBACK



# Washington FAMILY

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## Nurturing a Love for Learning

**N**ewborns offer so much promise. What parents haven't looked for signs of what their babies will become? We say, "He'll be a linebacker" or "she'll steal some hearts when she grows up."

As children's personalities emerge, we seek more subtle cues. Interests in reading, music or building blocks might foreshadow careers in education, the performing arts or architecture. But we parents aren't merely observers: We're also an active part of shaping our children's interests.

Giving children opportunities to learn about subjects that interest them is an essential part of parenthood. Being a parent is a chance for us to rediscover the hobbies and the passions that once engaged us as children and to take them up again with your kids.

This issue offers inspiring ideas for you and your children to do something together. Our expanded June calendar of events offers double the fun things to do throughout the DMV (page 6). When you're

planning your summer road trip with the family, include some fun games you can play with your kids in the car to pass away the travel time (page 16).

In celebration of Father's Day, we're sharing a DIY Father's Day card (page 19) you can make with your children and attractions in our area that make excellent places to spend time with dad (page 13).

If you're welcoming a newborn to your family, you'll appreciate the tips and techniques from contributor Lelsey Drane of Clean Lines Organizing and Design that will help you tame the mountain of baby clothes in your home (page 14).

We at *Washington FAMILY* want to wish the dads in our community a very Happy Father's Day! ■

*Michael Vyskocil*

## Do you have or know a child with Atopic Dermatitis?

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# {TOP 20}

BY LEENIKA BELFIELD-MARTIN



## Family Events for June

Celebrate Dad this month. Our expanded events calendar offers plenty of early summer fun for the family.



# 1

**JUNE 3-5**

### AWESOME CON 2022

Grab your capes and collectors' items because Washington's comic convention is back! This celebration of geek culture brings fans together with their favorite stars from across comics, movies, television, toys, games and more! It even has Awesome Con Jr., an all-ages destination for the next generation of fans.

Badges for entry start at \$15 for kids and \$50 for adults.

[awesome-con.com](http://awesome-con.com)

# 2

### MULTIPLE DATES

#### FANTASTAGIRL AND THE MATH MONSTER AT ADVENTURE THEATRE

Meet Fantastagirl, a second grade superhero who is taking on her fiercest foe yet: math! This epic show is an exciting way for the little ones to brush up on their mathematics during the summer.

Tickets are \$25.

[adventuretheatre-mtc.org/in-person-productions-2021-2022-season-fantastagirl-and-the-math-monster](http://adventuretheatre-mtc.org/in-person-productions-2021-2022-season-fantastagirl-and-the-math-monster)

# 6

### JUNE 4 & 5

#### RIVERFEST & CRAFT SHOW

This two-day Occoquan, Virginia, street festival has it all: fabulous shopping, on-the-water activities, awesome eats, a live concert series and family fun. Visit Conservation Alley and learn more about environmental awareness.

Free

[occoquanva.gov/town-events](http://occoquanva.gov/town-events)

# 3

### JUNE 4

#### FAMILY BOOK READING AT STEADFAST SUPPLY

Join Steadfast Supply on the Capitol Riverfront for this monthly event featuring a local artist. Kids can enjoy craft activities and vegetable samples from a local food delivery service.

11 a.m.-12:30 p.m.

Free

[capitolriverfront.org/do/steadfast-supply-book-reading](http://capitolriverfront.org/do/steadfast-supply-book-reading)

# 7

### JUNE 5

#### WORLD HERITAGE FESTIVAL

Celebrate the beauty of Montgomery County's diverse cultures with this Silver Spring festival. Try new foods from around the globe while you watch exciting ethnic performances at this event. Explore the kids zone with activities and games throughout the day. 1-7 p.m.

Free

[eventbrite.com/e/world-heritage-festival-silver-spring-md-tickets-264547638107?aff=ebdssbdestsearch](http://eventbrite.com/e/world-heritage-festival-silver-spring-md-tickets-264547638107?aff=ebdssbdestsearch)

# 4

### JUNE 4

#### BOWIEFEST

Meet the best and brightest of Bowie's civic organizations, entertainers and businesses together in one place at Allen Pond Park. Sample various food from area vendors, shop for local crafts and discover much more all around the pond. 9 a.m.

Free

[experienceprincegeorges.com/event/bowiefest/24940](http://experienceprincegeorges.com/event/bowiefest/24940)

# 8

### JUNE 5

#### CINDERELLA AT CAPITAL ONE HALL

Watch the enchanting classic Cinderella story told in the form of a ballet. This stunning performance is brought to life by the 80 dancers, elaborate costumes and eye-catching scenery.

Tickets start at \$35. 2 p.m.

[capitalonehall.com/events/detail/ravel-dance-company-presents-cinderella](http://capitalonehall.com/events/detail/ravel-dance-company-presents-cinderella)

# 5

### JUNE 4

#### BLAIR FAIR

Come out to see Montgomery Blair High School students showcasing their talents by engaging in STEM activities, arts and crafts, music, dancing, performances and fun-filled activities for the family. 11 a.m.-2 p.m.

Free

[eventbrite.com/e/blair-fair-tickets-316649516227?aff=ebdssbdestsearch](http://eventbrite.com/e/blair-fair-tickets-316649516227?aff=ebdssbdestsearch)

# 9

### JUNE 5

#### CHILDREN'S CHORUS OF WASHINGTON'S SING DC FESTIVAL

Experience the thriving Washington arts community with an afternoon of performances from all eight of the Children's Chorus of Washington ensembles. 5 p.m.

Tickets start at \$25.

[eventbrite.com/e/childrens-chorus-of-washingtons-sing-dc-festival-tickets-288834169777?aff=ebdssbdestsearch](http://eventbrite.com/e/childrens-chorus-of-washingtons-sing-dc-festival-tickets-288834169777?aff=ebdssbdestsearch)



10

JUNE 11

**28TH ANNUAL TINNER HILL HERITAGE MUSIC FESTIVAL**

It's a party in the park. This festival brings rich live music and arts to the city of Falls Church. The little ones can enjoy a children's village featuring fun activities such as face painting, hula hoops and a puppy petting zoo. 11 a.m.-8 p.m. Tickets start at \$30; children 11 and younger are free with a paid adult.

[tinnerhill.org/events](http://tinnerhill.org/events)

11

JUNE 11

**SANDY SPRING MUSEUM STRAWBERRY FESTIVAL**

Nothing says summer like strawberries. Spend the whole day listening to live performances, enjoying pony rides and snacking on as much strawberry shortcake as your heart desires. 10 a.m.-5 p.m.

Free

[sandyspringmuseum.org/event/strawberry-festival-3/2022-06-11](http://sandyspringmuseum.org/event/strawberry-festival-3/2022-06-11)

12

JUNE 11

**TASTE OF WOODBRIDGE AT STONEBRIDGE TOWN CENTER**

Welcome to Prince William's County's "Feast-ival!" Stroll through the beautiful Stonebridge at Potomac Town Center as you sample food from delicious local restaurants. Also visit exhibits and programs focusing on topics like fitness, live music, financial, family, fashion and healthy lifestyles. 11 a.m.-6 p.m.

Admission is free; tastings are \$1 each.

[kojamproductions.com/events/taste-of-woodbridge-2022](http://kojamproductions.com/events/taste-of-woodbridge-2022)

13

JUNE 11-12

**BRICKFEST LIVE**

It's a Lego lover's wonderland! This event brings the colorful, stackable building blocks to the Prince George's Sports & Learning Complex with amazing displays, hands-on activities and more. Tickets start at \$35.

[brickfestlive.com](http://brickfestlive.com)

14

JUNE 12

**FIRST ANNUAL CLARENCE "PINT" ISREAL JUNETEENTH CLASSIC**

Bethesda Big Train baseball takes on the Gaithersburg Giants at Shirley Povich Field at 2 p.m. This game celebrates the country's historic Black sandlots and honors Clarence "Pint" Isreal, Rockville's greatest Negro League star.

[bigtrain.org](http://bigtrain.org)

15

JUNE 18

**JUNETEENTH AT WATKINS REGIONAL PARK**

Celebrate the oldest nationally celebrated commemoration of the ending of slavery in the United States with cultural performances. Noon-5 p.m.

Free

[pgparks.com/780/Juneteenth](http://pgparks.com/780/Juneteenth)

16

JUNE 24 &amp; 25

**MADCAP PUPPETS: JACK AND THE GENTLE GIANT**

This surprise-packed puppet performance at Wolf Trap is a favorite. Enter a world of towering tales where each giant is bigger than the last. 10:30 a.m.

Tickets start at \$25.

[wolftrap.org/calendar/performance/22ctitw/o624show22.aspx](http://wolftrap.org/calendar/performance/22ctitw/o624show22.aspx)

17

JUNE 25

**TAKOMA PARK'S SUMMER MERCADO**

This street festival highlight's Takoma Park's Crossroads international community. Experience the flavors and cultures from around the world all in this Montgomery County neighborhood. 1-6 p.m.

Free

[facebook.com/events/496545082092519?ref=newsfeed](https://facebook.com/events/496545082092519?ref=newsfeed)

18

JUNE 25 &amp; 26

**30TH ANNUAL GIANT NATIONAL CAPITAL BBQ BATTLE**

Check out "America's National BBQ Championship" along Pennsylvania Avenue in Washington. Aside from amazing local eats and live performances, this event features lots of interactive activities and attractions for families and kids of all ages. Enjoy the "Giant Kidz Zone" with rocking rides and games, rock climbing, Giant family stage and free sweet samples.

Tickets start at \$15.

[BBQDC.com](http://BBQDC.com)

19

JULY 2

**GAITHERSBURG SUMMERFEST**

Head to the gorgeous Bohrer Park at Summit Hall Farm. Go from live music, food, and activities during the day to a spectacular fireworks display, SummerGlo after party, at night. 6-11:30 p.m.

Free

[gaithersburgmd.gov/recreation/special-events/summerfest](http://gaithersburgmd.gov/recreation/special-events/summerfest)

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JULY 2-4

**COCA-COLA JULY 4TH FEST AT SIX FLAGS**

Say "Happy Birthday America" in the most thrilling way. Kick off the Fourth of July weekend with fireworks and fun rides at Six Flags America.

Tickets start at \$35.

[sixflags.com/america/events/4th-of-july-weekend](http://sixflags.com/america/events/4th-of-july-weekend)

**JUNE  
TEENTH  
FREEDOM  
DAY**



# HERE'S WHAT WE'RE LOVING FOR YOU AND YOUR FAMILY THIS MONTH

BY ELENA EPSTEIN,  
DIRECTOR OF THE NATIONAL  
PARENTING PRODUCT AWARDS

For more product reviews, visit [nappaawards.com](http://nappaawards.com)

PCH-VECTOR/ISTOCK/GETTY IMAGES PLUS



## Luca & Friends

Here's an innovative app that combines learning and fitness via artificial-intelligence motion technology. Using basic movements, players might stretch or jump in order to "touch" or "catch" the right answers. \$14.99 per month or \$99.99 per year, ages 4-8, [lucafriends.com](http://lucafriends.com)



## Willow + Sim Bamboo Kids Beach Toys

Perfect for beach days, these toys are made from unbleached compostable bamboo. This eco-friendly and durable set is lightweight and packaged in a natural canvas bag with mesh base and hemp rope handle for easy transport. Parents will appreciate that these toys are free from harmful chemicals, plus they're recyclable and reusable. \$59.95, ages 2+, [willowandsim.com](http://willowandsim.com)

## "Mommy Goes to Work"

Parents and kids together can read this sweet book with bright and imaginative illustrations celebrating working moms. The playful story sparks imaginations, calms separation anxiety and eases mommy guilt. \$19.99, [woom.us](http://woom.us)



## Grill to Go Food Truck – Pink

Fun is on the menu with this 54-piece set for 18-inch dolls. This food truck features real chalk and chalkboard, working lights and wipers, real grill sounds, a folding table attachment and working string lights. \$119.99, ages 3+, [ourgeneration.com](http://ourgeneration.com)





### Monsterkins

Look out for these friendly monsters with a mission to save the planet by eating all the plastic water bottles from land and sea. Made from recycled water bottles, these toys include a fun selection of animals including Dusk, Grom, MK, Muck, Trash Foot, Trashzilla, Vinnie and Vish. \$11.99-\$30, ages birth+, [wildrepublic.com](http://wildrepublic.com)

### SwimWays Swim Huggable

Kids can take their favorite stuffed animal swimming with these cuddly and floating stuffies. These huggables feature a quick-drying material. \$14.99, ages 12 months+, [spinmaster.com](http://spinmaster.com)



### Scoops Ice Cream Truck

Every ride is a sweet ride with this Woodzeez 27-piece playset. This toy includes whimsical details such as a blender, soft-serve cones, sundaes and more. Honk the horn for lights and sounds! \$29.99, ages 3+, [woodzeez.com](http://woodzeez.com)

### Poppy the Count & Stack Flower Pot

Grow all new fine motor, color identification and counting skills. This toy features five stackable two-piece flowers with different colors and numbers. All pieces are stored inside the pot for easy cleanup. \$14.99, ages 18+ months, [amazon.com](http://amazon.com)



### Turn & Learn Ferris Wheel

Bring the carnival to town while exploring animals, numbers and objects. This item includes playful sing-along songs and a suction cup for a high-chair tray or any smooth surface. \$15.99, 6+ months, [vtechkids.com](http://vtechkids.com)



### Skillmatics Found It Outdoor Edition

Have a fun outdoor scavenger hunt with this exciting game of search and find. Can you find "something that is heavier than a leaf or something round?" \$14.97, ages 4+, [amazon.com](http://amazon.com)

# Ectopic Pregnancy:

## WHAT YOU DON'T KNOW CAN HURT YOU



Being informed and vigilant can safeguard a woman's health

BY SUSAN C. INGRAM

One of the most blissful, anticipatory times in a woman's life can be when trying to get pregnant or having confirmed a positive pregnancy test.

But for some women, the initial high can quickly become a shocking low if the positive test is followed by unusual pain or unexpected bleeding—both of which can signal the possibility of an ectopic pregnancy.

### What Is an Ectopic Pregnancy?

Ignorance is definitely not bliss when it comes to knowing and understanding the risks and warning signs of ectopic pregnancy—a pregnancy that occurs outside the uterus.

About 2% of pregnancies in the United States, or about one in 50, are ectopic pregnancies. They are “a leading cause of maternal mortality in the first trimester,” according to the American Academy of Family Physicians.

About 95% occur in the fallopian tubes, often when scarring or other damage compromises the condition of the fallopian tubes. In rare cases, the fertilized egg implants in the uterine cornua, the top or “horn” of the uterus, or in the cervix, ovary, abdomen or, in extremely rare instances, in a cesarian scar.

Since the pregnancy cannot develop normally outside the uterus, an ectopic

pregnancy is not viable and is dangerous for the mother. If untreated or undetected, an ectopic pregnancy usually will rupture between six to 16 weeks, possibly causing life-threatening blood loss.

The majority of ectopic pregnancies present in the emergency department. Because they become critical very early, the woman often does not know she is pregnant.

### Risk Factors

Several risk factors can increase the chances of an ectopic pregnancy, even some considered “silent.”

“In terms of ectopic pregnancy, having a previous history of ectopic pregnancy, previous gynecological infections, like chlamydia or pelvic inflammatory disease (PID), are major risk factors, as well as in vitro fertilization (IVF),” says Shari Martin Lawson, division director of general obstetrics and gynecology at The Johns Hopkins Hospital and assistant professor of gynecology and obstetrics.

“The patient may already have tubal scarring, which might cause the infertility,” Lawson adds. “During the IVF procedure, when they (medical professionals) are placing the embryos, sometimes it can be displaced into the fallopian tubes.”

Chlamydia is a common sexually transmitted infection (STI) that often has

no symptoms in women. “Some refer to chlamydia as a ‘silent’ infection,” according to the Centers for Disease Control and Prevention. “This is because most people with the infection have no symptoms or abnormal physical exam findings.”

Untreated, the infection can lead to PID, which can cause scarring inside the fallopian tube that can slow or stop the fertilized egg from traveling toward implantation in the uterus.

Intrauterine device (IUD) use, prior surgeries, endometriosis, treatments to trigger ovulation and cigarette smoking also raise the incidence of ectopic pregnancy.

### Warning Signs

Early in an ectopic pregnancy women may not have symptoms, but as it develops, common red flags may start at six to eight weeks.

“The most common warning sign is vaginal bleeding. This can also occur in threatened miscarriage or actual miscarriage,” says Matthew K. Hoffman, M.D., MPH, FACOG, the Marie E. Pinizzotto, M.D., Endowed Chair of Obstetrics and Gynecology at ChristianaCare in Delaware. “If pain develops, particularly if it is pain that is not midline and crampy in nature, it can be a sign that the tube is being stretched and or bleeding into the abdomen.



This should cause one to seek care immediately with either the doctor or the nearest emergency department.”

Bleeding, pain and cramping may occur before, or after, an ectopic pregnancy ruptures. Pain in the abdomen or pelvis is severe after a rupture and may be accompanied by shoulder pain, rapid blood loss, a drop in blood pressure, weakness, dizziness, shock and unconsciousness.

“A ruptured ectopic pregnancy is a surgical emergency because it causes maternal hemorrhage and risk of death; prompt diagnosis is essential,” according to a statement in the Merck Manual Professional Version.



## Diagnosis and Treatment

Most ectopic pregnancies are diagnosed in the emergency room and treated surgically by removing the ectopic pregnancy. Sometimes, part or all of the fallopian tube is removed, but some are diagnosed during prenatal care. Hormone level tests and ultrasound help confirm the ectopic pregnancy, which may be treated medically.

“With a normal intrauterine pregnancy, meaning a pregnancy within the uterus itself, early in the pregnancy you should see a doubling of the (hCG) hormone value within about a 48- to 72-hour window,” says Dr. Elizabeth Zadzielski, chief of the Department of Obstetrics and Gynecology at Sinai Hospital and chief of gynecology at Northwest Hospital. “If you don’t see that doubling, the physician will send you for repetitive hCG level tests to get that trend. If it’s either what we call an ‘inappropriate’ rise or even a plateau in the value, that’s one of those early warning signs of an ectopic pregnancy.”

If an ectopic pregnancy is diagnosed, and has not ruptured,

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## About 2% of pregnancies in the United States, or about one in 50, are ectopic pregnancies.

the patient may have the option of treatment with methotrexate, stopping growth of the cells which are then reabsorbed into the body.

“Methotrexate can be given as an injection with extremely close follow-up with more hCG levels. For who have to have surgery, in most cases, that means removal of the tube,” Zadzielski says. “It’s a very long discussion we’ll have with patients regarding what their options are. Obviously, if a woman comes in with pain, there are criteria where medical treatments and methotrexate would not be indicated. It also depends on whether or not the ectopic (pregnancy) has ruptured.

“Obviously, in those cases, the only option is surgical management for the life

of the woman. But as long as they meet criteria, I’m finding that more patients are accepting of methotrexate because of their desire to preserve their tubes, and obviously, for future fertility as well,” she says.

### The Future for Women

After an ectopic pregnancy is resolved, attempting another pregnancy marks the beginning of a new level of vigilance.

Women who have had ectopic pregnancies can have normal, intrauterine pregnancies, but they must stay alert for those warning signs.

“I have to tell them that just because we took that tube that had the ectopic pregnancy, you’re still at risk.



You have to be followed,” says Gloria J. Bowles-Johnson, director of Benign Gynecology for the Department of Obstetrics and Gynecology at MedStar Georgetown University Hospital. “If you get a positive pregnancy test, you need to call our office. We will then get a blood-pregnancy test. And we need to follow it every 48 hours to make sure that number is rising appropriately. When it gets to that level of what we call the ‘discriminatory level,’ we’re going to be doing an ultrasound to see if we can see an intrauterine pregnancy and rule out an ectopic.

“In the interim, also, we’re counseling them that if you have abdominal pain or irregular bleeding, even before you get to those levels, you have to be in touch with your provider to be evaluated,” she says.

After experiencing an ectopic pregnancy, women may feel a sense of grief and loss.

Physicians counsel women by making sure they understand how to manage their risk moving forward and to seek grief counseling or a support group if they feel it’s needed. ■

**Back to School**

If your child is entering 7th grade they must have the **Meningitis, HPV, and Tdap** vaccines in order to enroll. Talk to your doctor and vaccinate them now!

**VDH** VIRGINIA DEPARTMENT OF HEALTH

[vdh.virginia.gov/backtoschool/](https://vdh.virginia.gov/backtoschool/)

SCAN ME



# Father's Day Activities Abound in the DMV

BY JAMIE DAVIS SMITH

**F**ather's Day is your chance to plan a perfect day for Dad and show him how much he means to your family. Skip the basic brunch and create a day personalized for the fabulous father in your life. Whether he loves live music, whiskey or activities the entire family will enjoy, we can help you plan Dad's special day.

## Bowl-a-Rama

If you don't want to strike out this Father's Day, take Dad bowling. It's one of the few activities kids of all ages can enjoy just as much as their parents. Pinstripes Bowling & Bocce in Georgetown and Pike & Rose in North Bethesda have bowling alleys and a full-service restaurant with a scrumptious brunch buffet.

## Rarefied Tasting

Over Father's Day weekend, send Dad to Mount Vernon's distillery for a unique opportunity to taste spirits made using the same 18th-century distilling methods used by George Washington. Admission also includes a tour of George Washington's Distillery and Gristmill. Explore Mount Vernon's grounds with the family before the tasting begins.

## Take Him Out to the Ballgame

Head to Nationals Park to see the Nats take on the Philadelphia Phillies. Dads with kids 4-12 can head to the field after the game and watch the kids run the bases. Watching a game of baseball is a great way for Dad to share his love of the game with the next generation. Peanuts and Cracker Jacks are optional!

## Drama King

Take Dad to the theater. The Kennedy Center is hosting two performances of Jersey Boys on Father's Day. It's impossible to resist hearing these classic hits live. You will have Dad singing your praises all day long.

## Hike It

Spend Father's Day slowing down and taking a breath of fresh air. Head to a national park to spend time as a family hiking and taking in the sites. Great Falls is not only beautiful but also has several trails from novice to difficult so that every family can find one that works for them.

## Slow Sips

DuCard Vineyards, on the edge of Shenandoah National Park, is hosting a live music and cigar and wine pairing on Father's Day. This vineyard is also dog-friendly, making it a great choice for anyone with both human and four-legged family members. Tours of the vineyard and winery may also be available.

## Fish-a-Rama

Fishing on Father's Day at

Great Country Farms in Bluemont, Virginia, is a fun way to spend the day. Kids and Dads alike can try their hand at catch-and-release fishing, chow down on barbecue and cider and then head to the farm's expansive play area to round out the day.

## Row, Row, Row a Boat

Relax on the water at Little Seneca Lake in Montgomery County. Head to the boathouse to rent a kayak, canoe, paddleboard or rowboat. Let Dad sit back and relax while the kids take a turn carting him around for a change. Pack a picnic lunch with Dad's favorite foods to complete the day.

## The Adventure of a Lifetime

Terrapin Adventures is the place to go for family-friendly thrills. Dad can spend his special day speeding on a zip line, trying a giant swing, ascending the climbing tower, and reaching for the sky on the high ropes course. ■



HIKING: OMGIMAGES/ISTOCK/GETTY IMAGES; BASEBALL: COURTESY OF THE WASHINGTON NATIONALS; BACKGROUND: ASIANDLIGHT/ISTOCK/GETTY IMAGES PLUS



# ORGANIZING *Baby Clothes*

BY LESLEY DRANE | PHOTOGRAPHY BY DAVID STUCK

## Short-Term Storage

Each clothing size category should now be placed in its own labeled bin. Even if you don't yet have any clothing in some of the sizes, you will. It's best to have the bins on hand and ready to go.

Choose your bins wisely—consider size, material and aesthetic. All items of each size should easily be able to fit inside the bin, and the bin should easily fit into the designated storage space. Make sure you account for future purchases, gifts and hand-me-downs. Go bigger than you think! I often create two bins for each size—one for fall and winter clothing, and one for spring and summer. Clear plastic bins with lids are a great option. You can see what's inside; they are stackable, easy to label, light and sturdy. You can keep these bins in the baby's closet on a high shelf as you won't need to access them often.

## Current Size Clothing

What do you do with the baby clothes you'll be using?

## Drawer Storage

Now that you have the clothing that is too big sorted away, you can focus on the fun part—all of the adorable little outfits for now. Drawers are perfect for onesies, rompers, footie PJs, nightgowns, sleep sacks and socks.

The best way to keep all these tiny items neat and tidy is to use drawer dividers. Sort each category into a divided section using a file-folding technique and don't forget to label. Labeling will be vital when putting away laundry—you may have many visitors offering to help out—and during middle-of-the-night outfit changes.

You're much more likely to put items away with zero thought. Tension-mounted drawer dividers are wonderful because you can move and adjust them as the drawer contents change and grow with your child. Small bins and drawer organizers work well for socks, mittens, hats, bibs and other items.



The secret to maintaining organization is simplicity. This point is never truer as it is when planning for a new addition to the family. It's truly incredible how much time new parents will suddenly need to devote to clothing management for the tiniest of garments. The task might seem overwhelming and time consuming, but it can be made easier. All it takes is a bit of preparation before that little bundle of joy arrives.

## Getting Started

You will never have as much free time on your hands as you do before the baby is born. Having a simple plan and doing as much as possible beforehand will be a true gift to yourself.

Sorting clothing by size and season is your best bet. Start by washing and sorting all the clothing by size. It's great to have a few preemie and newborn items, but some babies bypass these sizes completely. If you do need them, the time length will typically only be a short one. The rest of your clothing groups will be 0-3 months, 3-6 months, 6-12 months, 12-18 months and 18-24 months. That's enough clothing to get you through at least a year and a half!





## Product List

- Blank Closet Rod Divider (#628020), \$1.99 each
- Elfa Custom Closet Solution, \$917.20
- Kids' Wooden Hanger (White), Package of 6 (#10079402), \$7.99 per package
- Large Archival Garment Storage Box with Acid-Free Tissue Paper (#10003368), \$39.99
- Our Sweater Box (#10008761), \$9.99 each
- Set of 2 Gray Cotton Rope Oval Bins with Handles (#10077943)
- Small Acrylic Organizer (#10077295), \$18.99
- The Home Edit by Design Clear Bin Clips, Set of 3 (#10080421), \$8.99 each
- White Bin Clip Labels, set of 3 (#10083050), \$9.99 per package

*All items available from The Container Store  
888-CONTAIN; containerstore.com*

- Drawer Dividers Organizer 5 pack, \$30.99
- Kootek 16 Pack Drawer Organizers for Clothing, \$37.95

*Available from amazon.com*

### Hanging Storage

I like to hang everything else—dresses, skirts, button-down shirts, things with hoods, thick rompers, robes and dressier items. In the beginning, your little one will mostly live in the ultra-comfortable, easy footie PJs, so allow for more drawer space and less hanging space during this time.

Often babies can be in multiple sizes at once, and sizes greatly differ by brand. Having some closet rod dividers to separate the different sizes in your closet can be helpful. By incorporating these dividers into your storage, you can have a few of the smaller looking items from the next size up and a few larger items from the next size down visible and organized.

### Maintenance

With the groundwork of your system now built, it's easy to stay organized. Once your little cutie outgrows an item, wash it, then place into the bin labeled for the correct size. Voila! Another gift to yourself—you are already organized for the next baby.

If you do not plan to keep outgrown items, simply have a donate bin in the closet in which to deposit outgrown clothes. When it is full, drop off for donation, sell, consign or pass along to a friend or family member. Hand-me-downs are wonderful. I have never



Lesley Drane of Clean Lines Organizing and Design demonstrates how to keep baby clothes organized by age and season using clear plastic storage containers. In the closet, dividers separate hanging clothes by size, and doors permit easy storage for everyday items.

had to buy clothing for my youngest son, and I love seeing all my nieces and nephews wearing my kids' outgrown clothing.

### Preserving Special Outfits

If you have special items that you would like to preserve as keepsakes, such as a baptismal or christening gown, make sure they are carefully washed and treated for stains. These items are most safely stored in acid-free

archival-safe tissue paper and boxes. Using cotton gloves to handle the items further ensures no oils are left on the clothing

Be sure to clearly label the contents of each box using labels or photos so that you don't have to open the box or handle the contents frequently to locate what you are looking for. Store in a dark, dry area to ensure your keepsakes will not be damaged by light or humidity. ■



# Your Guide to the *Per*



**S**ummer is upon us, which means, for many American families, it's time to hit the road. In fact, a 2021 CarInsurance.com survey of U.S. drivers found that 79% of participants reported having been on a family road trip within the past five years.

The U.S. Travel Association's ongoing Travel Recovery Insights Dashboard reports that eight in 10 Americans plan to travel by personal vehicle this summer compared to 46% who plan to fly. Traveling by automobile historically offers several advantages when compared to other modes of transportation, including reduced costs, greater flexibility in timing and routes, more privacy and additional luggage capacity.

But most of all, family road trips are a unique bonding activity. Driving together for extended time periods—whether it's a one-hour ride to grandma's house or a 10-hour journey across state lines—makes it fun and necessary to keep everyone entertained. After all, there's only so many times a parent wants to hear “are we there yet?” Car games are perfect for keeping the peace.

## **CAR GAMES**

### *Sight Games*

#### **Alphabet**

Take turns looking for things that start with subsequent letters of the alphabet, for example “I see an Art museum.” “I see a Bookstore.”

“I see a Cow.” Older kids can create phrases with a proper name, place and a noun all beginning with their assigned letter.

#### **Car Bingo**

Print, purchase or make your own laminated bingo boards filled with different road signs. During the drive, when players see a road sign on their bingo board, they mark off the square with a dry erase marker. The first player to connect a line vertically, horizontally or diagonally across the board wins and should shout “bingo!” with glee. For families looking to save a little time, you can find rated highly cards from the Regal Games Original Assorted Auto and Interstate Travel Bingo Set at Amazon.com



A photograph of a man and a woman sitting in the front of a red convertible car. The woman is in the passenger seat, wearing sunglasses and smiling. The man is in the driver's seat, also wearing sunglasses and smiling, with his hand on the steering wheel. The background shows a bright, sunny day with a body of water and hills in the distance.

# Perfect Family Road Trip

BY MEGAN CONWAY

## **"I Spy"**

It may be the most well-known car game but for good reason. "I Spy" requires nothing but a keen eye and a window full of sights. Take turns describing something inside or outside of the car with the phrase "I spy something (insert adjective here)" and see who can figure out the object. The first to guess correctly gets to go next.

## **Talking Games**

### **20 Questions**

This one is perfect for all ages. The first player should think of an animal, mineral or vegetable and inform the rest of the family which category he or she has picked. Other players should take turns asking yes or no

questions to try and guess the item. If the item remains at large after 20 questions have been asked, the first player wins the round.

## **Writing Games**

### **Give Me a ...**

This game is easily personalized to each individual family member and older children. Photocopy a page of a beloved book and mark out random verbs, adjectives, nouns and adverbs. Have children fill in these blanks with corresponding parts of speech that they come up with and encourage them to read the finished story aloud. This game's most famous iteration is Mad Libs, whose website offers a dazzling array of physical books, apps and printables available for purchase or download.

## **CAR-SAFETY RULES**

While you're enjoying each other's company during your road trip, be sure you're being safe with the following advice from AAA.

- Secure any loose items. Objects like umbrellas, laptops, books and other items can become monumental safety hazards if they fly around inside a vehicle in the event of a sudden stop or crash. A 10-pound laptop bag can exert 300 pounds of force amid a 30-mph collision.
- Use the appropriate safety restraint. AAA separates safety restraint systems into four stages, depending on a child's age, height and weight, including rear-facing child safety seats, forward-facing child safety seats, booster seats, and lap and shoulder belts.



For help identifying the correct one, visit [exchange.aaa.com](http://exchange.aaa.com).

- Install child safety seats correctly. The National Highway Traffic Safety Administration reports that three-quarters of all child safety seats in use are not properly installed.
- Avoid nonregulated products like mirrors, window covers, harness covers or extra padding that are not recommended by your child safety seat manufacturer. They may become hazards in a crash.

## CAR-SICKNESS TIPS

According to the Centers for Disease Control and Prevention, motion sickness occurs when the movement a person sees is different from what the inner ear senses, a sensation which can cause dizziness, nausea and vomiting when in a car. It is more common in children 2 to 12 years old. Some medicines used to treat motion sickness are not recommended for kids. Talk with your child's doctor about medicines and dosages.

Seattle Children's Hospital recommends allowing children with motion sickness to lie down and rest, giving them sips of clear fluids,

encouraging them to look out the front window, keeping a window cracked for fresh air and having kids predisposed to motion sickness eat light meals before trips. ■

### Sources:

Mad Libs Books, price varies, [MadLibs.com](http://MadLibs.com)  
Regal Games Original Assorted Auto and Interstate Travel Bingo Set, \$9.99, [Amazon.com](http://Amazon.com)

## AUDIO BOOK RECOMMENDATIONS

Long road trips can be daunting, but audio books can make time fly by.

### For Younger Children

"Charlotte's Web"

written by E. B. White; narrated by E. B. White and George Plimpton

"Don't Let the Pigeon Drive the Bus!"

written and narrated by Mo Willems

"Last Stop on Market Street"

written by Matt De La Pena; narrated by Lizan Mitchell

"The Gruffalo"

written by Julia Donaldson & Axel Scheffler; narrated by Imelda Staunton

"The Magic School Bus Series"

written by Joanna Cole; illustrated by Bruce Degen

"Tomatoes for Neela"

written and narrated by Padma Lakshmi

### For Older Children

"Esperanza Rising"

written by Pam Muñoz Ryan; narrated by Trini Alvarado

"New Kid"

written by Jerry Craft; narrated by Jesus Del Orden, Nile Bullock, Robin Miles, Guy Lockard, Peyton Lusk, Rebecca Soler, Dan Bittner, Phoebe Strole and Marc Thompson

"The Lightning Thief"

written by Rick Riordan; narrated by Jesse Bernstein

"The Mighty Miss Malone"

written by Christopher Paul Curtis; narrated by Bahni Turpin

"The Tale of Despereaux"

written by Kate DiCamillo; narrated by Graeme Malcolm



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# Create a 'Pop' Card

BY MIMI MARKOPOULOS

Families all around the world celebrate Father's Day and plan special activities to celebrate the special men in their lives.

It's also a holiday that celebrates and honors fathers and their influence in our lives. You don't solely have to honor your biological father on this holiday though. Celebrate grandfathers, stepfathers, adoptive fathers, and others you consider father figures by giving them a gift, a handmade present or special meal to show your appreciation.

Take a few minutes to help your children make this cool Father's Day DIY "Pop" Card.

## Making a Father's Day 'Pop' Card

Materials:

1 piece of construction paper (use any color you like)  
Scissors | 1 Popsicle stick | Elmer's craft glue  
Black marker

Directions:

1. Fold the construction paper in half. Using scissors, cut a Popsicle shape from the construction paper. Envision a rectangle with a rounded top.
2. Glue the Popsicle stick to the bottom of the paper Popsicle shape.
3. Open the paper and ask the kids to write a note or message inside. You can write "You're the Best Pop!" or something similar on the outside of the paper Popsicle.
4. Encourage your kids to decorate the Popsicle as they'd like. ■

## THINK ABOUT THESE FUN IDEAS FOR CELEBRATING FATHER'S DAY

1. Go fishing.
2. Eat a meal at an old-school diner.
3. Rent his favorite car for the day.
4. Add to his collection (whatever it might be).
5. Attend a baseball game.
6. Enjoy a dinner out together.
7. Create a backyard barbecue or picnic.
8. Explore a local museum.
9. Take him to a boutique barber shop.
10. Wash his car by hand at home.
11. Organize a family game night.
12. Have a backyard movie night.
13. Treat him to a craft beer or wine tasting in your area.
14. Go camping.
15. Take a bike ride together.

CRAFT IMAGES: MIMI MARKOPOULOS; FAMILY: KATE\_SEPT2004/E+





# 2022 Baby & Maternity Directory

## Child Care

### A CHILD'S PLACE

achildsplaceinc.com  
703-698-8050  
3100 Prosperity Ave.  
Fairfax, VA 22308  
A Child's Place in Fairfax was established in 1981 and serves children 8 weeks to 5 years old. Please stop by for a visit.

### A MOTHER'S PRAYER NANNY SERVICE

ampnannies.com  
301-744-9AMP  
2 Wisconsin Circle #700  
Chevy Chase, MD 20815  
This service offers baby nannies, babysitters and doulas delivering more than 20 years of experience in child care.

## Children's & Misc. Retail

### BELFORT FURNITURE

belfortfurniture.com  
info@belfortfurniture.com  
703-406-7600  
22250 Shaw Road  
Dulles, VA 20166  
Belfort, Washington's only Stanley Young America Signature Shop, is where you'll find the area's largest selection of cribs, twin- and full-size beds, plus sleigh, bunk, loft, novelty and storage beds at affordable prices.

## Classes & Instruction

### ACORN HILL WALDORF KINDERGARTEN & NURSERY

acornhill.org  
info@acornhill.org  
301-565-2282  
9504 Brunett Ave.  
Silver Spring, MD 20901  
This agency offers ongoing birth to age 3 parenting classes, September through June: Parent-infant (6 weeks to 1 year), parent-toddler

(1 to 2 years) and parent-child (2 to 3 years). Parents learn games, songs and spend time mindfully attuning to their babies while supporting their development.

### BEANTREE LEARNING ASHBURN CAMPUS

beantreelearning.com  
43629 Greenway Corporate Drive  
Ashburn, VA 20147  
BeanTree Learning offers private early childhood education and care through prekindergarten. With a robust learning curriculum, BeanTree offers stimulating academic learning, experiential play and specialty programs in art, music, foreign language and technology taught by degreed, experienced educators. All programs are offered in small classroom environments to promote learning. Year-round open enrollment is available. Call for a personal tour today.

### BEANTREE LEARNING WESTFIELDS CAMPUS

beantreelearning.com  
703-961-8222  
5003 Westone Plaza  
Chantilly, VA 20151  
BeanTree Learning is fully accredited through the prestigious AdvancED/SACS CASI organization offering full-day private kindergarten and a robust after-school program. With a team of degreed, experienced educators, BeanTree offers an advanced curriculum taught in small classroom settings, providing students with one-to-one attention and homework help after school to reinforce subject matter. Year-round open enrollment is available. Call for a personal tour today.

### BROOKSFIELD SCHOOL

brooksfieldschool.org  
sarah@brooksfieldschool.org  
703-356-5437  
1830 Kirby Road  
McLean, VA 22101  
Ages Served: 3-10  
Open House: Call to schedule a tour.

The Brooksfeld School offers mindfulness, nutrition, Spanish, dance, music and art, outdoor adventure program, extracurricular activities and summer camp.

### FEYNMAN SCHOOL

feynmanschool.org  
admissions@feynmanschool.org  
301-770-4370  
11810 Falls Road  
Potomac, MD 20854  
Grades: Preschool-Grade 8  
Open House: Call to schedule a tour.  
The area's leader in educating academically-gifted children, Feynman School features extraordinary programs in science, math, language arts, theater and music designed to maximize your child's potential.

### FRIENDSHIP CHILDREN'S CENTER

friendshipchildren.org  
202-244-5115  
5411 Western Ave. NW  
5310 43rd St.  
Washington, DC 20015  
Friendship Children's Center cares for children from infants to prekindergarteners. The center offers a creative curriculum. music, dance, yoga and Spanish classes, plus intergenerational activities, community outreach and educational outings with full-time, part-time or morning preschool opportunities. Call for enrollment information.

### GYMBOREE PLAY & MUSIC

gymboreeclasses.com  
wdc@gymboreeclasses.com  
202-627-2450  
2639 Connecticut Ave. NW #113  
Washington, DC 20008  
Gymboree Play and Music classes are intentionally designed for early childhood development. Through play, your child is challenged physically, socially and cognitively, building crucial skills to support a lifetime of learning. Expert play leaders support parents through 45 minutes of uninterrupted time to play, explore

and learn. The custom-designed curriculum challenge your children as they grow, with changing playscapes and themes every three weeks.

### INTERNATIONAL SCHOOL OF MUSIC

ismw.org  
info@ismw.org  
301-365-5888 and 301-320-4400  
11325 Seven Locks Road, Suite 255  
Potomac, MD 20854  
4701 Sangamore Road, Suite LL-03  
Bethesda, MD 20816  
Ages Served: 6 months-95 years  
Instructors offer music lessons in all instruments and voice, all levels and ages accepted. Nurturing and experienced faculty make available optional recitals and certificate programs. Early childhood music is offered (6 months to 5 years), and instructors can schedule family members at the same time.

### GUIDEPOST MONTESSORI AT ALDIE

guidepostmontessori.com/locations/aldie-va  
aldie@guidepostmontessori.com  
703-542-5522  
24328 Marrwood Dr., Aldie, VA 20105  
Ages: 12 weeks-12 years

### GUIDEPOST MONTESSORI AT BROADLANDS

guidepostmontessori.com/locations/broadlands-ashburn-va  
broadlands@guidepostmontessori.com  
703-723-3364  
42945 Waxpool Road  
Ashburn, VA 20148  
Ages: 16 months-12 years

### GUIDEPOST MONTESSORI AT FAIRFAX

guidepostmontessori.com/locations/fairfax-va  
fairfax@guidepostmontessori.com  
703-934-0920  
3909 Oak St.  
Fairfax, VA 22030  
Ages: 3-6



### GUIDEPOST MONTESSORI AT HERNDON

guidepostmontessori.com/  
locations/herndon-va; herndon@  
guidepostmontessori.com  
571-203-8686  
13251 Woodland Park Road  
Herndon, VA 20171  
Ages: 16 months-6 years

### GUIDEPOST MONTESSORI AT RESTON

guidepostmontessori.com/locations/  
reston-herndon-va  
reston@guidepostmontessori.com  
703-404-9733  
11579 Cedar Chase Road  
Herndon, VA 20170  
Ages: 16 months-6 years

### GUIDEPOST MONTESSORI WEST ALEX

guidepostmontessori.com/locations/  
west-alex-alexandria-va  
westalex@guidepostmontessori.com  
571-206-1687  
3475 N. Beauregard St.  
Alexandria, VA 22311  
Ages: 18 months-6 years

### RESTON MONTESSORI SCHOOL

restonmontessori.com  
office@restonmontessori.com  
703-481-2922  
1928 Isaac Newton Square West  
Reston, VA 20190  
Reston Montessori School's infant  
program starts at 3 months.

## Doctors, Dentists & Orthodontists

### LACTATION ROOM

301-529-5433  
lactationroom.com  
14812 Physicians Lane, #161  
Rockville, MD 20850

708 Pine St.  
Herndon, VA 20170  
10301 Georgia Ave.  
Silver Spring, MD 20902  
The Lactation Room provides office  
and virtual lactation support for  
mothers in Silver Spring, Rockville,  
Laurel, Greenbelt, Bethesda,  
Frederick, Northern Virginia, Vienna,  
Loudon, Burke, Fairfax, Sterling  
and more.

### MCLEAN PEDIATRIC DENTISTRY

Cris Ann Ternisky, DDS  
703-356-1875  
McLean Doctors Building  
6711 Whittier Ave.  
McLean, VA 22101  
McLean Pediatric Dentistry oversees  
dental growth and development with  
preventive dentistry including school  
exams, fluoride treatments, pediatric  
oral surgery, early orthodontics, habit  
appliances, sealants, cleanings and  
general consultations.

### PEDIATRIC DENTAL CARE

mypdcdentists.com

703-348-4216  
9901 Fairfax Blvd.  
Fairfax, VA 22030  
703-348-4216  
6120 Brandon Ave., Suite 114  
Springfield, VA 22150  
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Chantilly, VA 20152  
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### WEST SPRINGFIELD DENTAL ARTS

wsdentalarts.com  
mydentist@wsdentalarts.com  
703-451-8332  
6116 Rolling Road, Suite 316  
Springfield, VA 22152  
This practice has provided modern  
dental care to generations of families  
in the community. The practice's  
pediatric specialists love treating  
little smiles.

## Doulas

### A MOTHER'S PRAYER NANNY SERVICE

amphannies.com  
301-744-9AMP  
2 Wisconsin Circle #700  
Chevy Chase, MD 20815  
This service offers baby nannies,  
babysitters and doulas delivering  
more than 20 years of experience in  
child care.

## Misc. Babies, Maternity & Toddlers

### INMED PARTNERSHIPS FOR CHILDREN

opportunitycenter.us  
ccapecce@inmed.org  
703-729-4951  
21630 Ridgetop Circle, Suite 130  
Sterling, VA 20166  
INMED's Family & Youth Opportunity  
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# Are Braces Right for My Child?

## Answers to questions about pediatric orthodontic care

BY LINDSAY C. VANASDALAN

**O** rthodontics is not only about making your smile pretty. Although not every child will need braces, having an early assessment can prevent issues such as crowding or breathing obstruction—or future teeth shifts if you manage to adjust the jaw while it's still growing.

Parents naturally will have questions about orthodontic care. Learn what you should know before making an appointment for your child.

### What's the best age for an initial appointment?

The American Association of Orthodontists

recommends children come in for their first assessment by age 7 at the latest—or earlier if there's a need.

"In general, children should start visiting their family dentist starting at age 1," says Parvin R. Madani, DDS, of Charles Street Dental, a dental practice in Baltimore that includes pediatric dental care and some orthodontic treatments.

A pediatric dentist can monitor jaw development and permanent tooth size, and make referrals for orthodontic treatment when issues arise. Children should go for regular dental checkups every six months, she says.

Children start losing some of their front

primary teeth at age 7. For that reason, it's a great time to assess any developing problems that need immediate attention or monitor them until adult teeth come in, explains Leyla R. Davoody, DDS, MSDs, an orthodontist at Smile Frederick Orthodontics.

For their child's first visit, families can expect a dental exam, X-rays, photos of the face and teeth and a discussion of treatment recommendations.

### What types of treatments exist?

"Keep in mind that orthodontic treatment is not a one-size-fits-all treatment," Davoody says.

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Elizabeth C. Robles, DDS, a specialist in orthodontics and dentofacial orthopedics at Germantown Pediatric Dental and Orthodontic Center, suggests parents ask what types of braces their child's practice uses.

"If they are still using traditional braces with the traditional colored ties ... this is almost like using the corded dial-up telephone," Robles says.

Although they'll still get the job done, she says, evolving systems—like Damon braces—move teeth in a much safer, gentler and faster way.

Braces could be fixed in the mouth (traditional or lingual) or removable aligners, and other orthodontic appliances such as headgear, face masks or elastometric growth-modifying appliances could be used with either, Davoody notes.

But Madani does not recommend clear aligners for children because they require complete compliance on the part of the patient.

Although they might look traditional, new braces are not the same, Robles clarifies. They now have technologies such as integrating root systems of movement that actually make them better than leading competitors, she says.

## What's the value of early intervention?

"Orthodontics isn't just about having straight pretty teeth and a nice smile. It's much more than that," Robles says.

Early intervention is key. Catching severe crowding early enough allows for a healthier eruption of permanent teeth and better hygiene later in life, Davoody says.

Making adjustments to the width of the jaw helps increase airways and address snoring or breathing issues, says Robles.

And individuals have a limited time to make these changes before adulthood.

Davoody adds that the "upper jaw usually stops growing and fuses to the cranium by age 12. Therefore, any skeletal changes to the upper jaw (need) to be addressed before this age, in order to have a skeletal correction and not just movement of teeth to help with bite."

Madani agrees in the benefits of jaw adjustment, noting that widening the arch makes more room for the tongue and decreases the chances of obstructive sleep apnea as an adult.

## Know before you go

It's important to understand that early treatment doesn't mean a child won't need it in the future, and alternatively not every child will need orthodontic treatment.

If a treatment is recommended, be sure you discuss the side effects, the goal of the treatment, the right time to start and how long it will take.

Davoody says most treatments take about two years.

"Some children might not be emotionally ready to make such a commitment to this long of a treatment," she says.

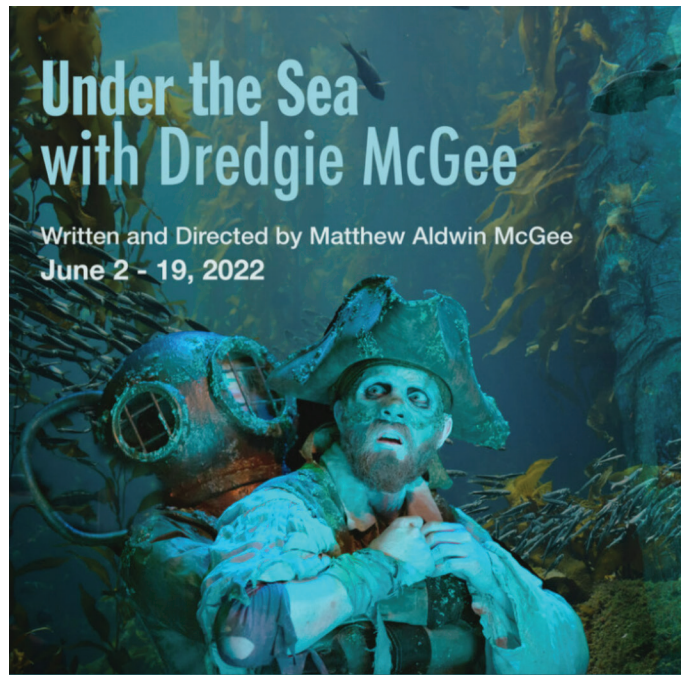
Your child should be aware of what's expected in treatment and post-treatment care.

Davoody says some misconceptions are that you can eat whatever you want with back teeth, and it won't break your braces. Additional myths are that you don't have to wear your aligners or elastics all the time, and that using a retainer could be a quick fix.

It's also a misconception that you don't need to wear your retainer once your braces are off, Madani says.

Finally, preparing for costs can save a lot of headache.

On average, insurance covers about 20% to 25% of treatment, Robles says, but know what's covered before going forward with treatment. Insurance for orthodontic treatments is often limited, so don't assume you're covered because the doctor said you need it, adds Madani. ■




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If you have a deaf or hard of hearing child, it is important to learn how to communicate with them, even with advances in hearing aids and cochlear implants.

# The Value of Learning ASL

## Fostering connection and communication

BY HEATHER M. ROSS

**B**eing deaf is more common than many people think, and deaf children are usually born to hearing parents. In fact, more than 90% of deaf children are born to hearing parents. Hearing loss is so common that one in every eight people in the United States have hearing loss in both ears, as these stats from the National Institute on Deafness and Other Communication Disorders note.

### What is ASL?

Communication is not limited to the hearing world. ASL is a language expressed using movements of the hands and face. ASL stands for American Sign Language, and it is a visual language. ASL is used in the United States and parts of Canada; other countries have unique forms of sign languages.

### Why ASL?

If you have a deaf or hard of hearing child, it is important to learn how to communicate with them, even with advances in hearing aids and cochlear implants. ASL is an important foundation for early communication skills. Research has shown that learning ASL aids in later acquisition of spoken language if the person becomes hearing due to medical intervention.

Some benefits of ASL include more accurate testing, higher scores on IQ tests, enhanced executive functioning (visual language), the promotion of family bonding, enhanced fine motor skills and earlier communication.

### Is being deaf a disability?

“Often when a child receives the diagnosis from a medical provider, they (parents)

treat deafness as something to be cured. Think about the child having access to a culture and community. Deafness is not just something to fix or treat,” says Lynette Mattiacci, a deaf individual who is the director of the family resource center at the Pennsylvania School for the Deaf.

Mattiacci gives her perspective. “Everyone has their journey. I can’t speak for every deaf person. There are a lot of different opinions. I identify as a deaf woman, not a woman who is deaf. That is integral to my identity. I grew up in a Deaf community fundamental to my identity. I do not see myself as disabled. I don’t identify with anything negative about being deaf.”

Beverly Caldwell is the mother of a child who belongs to the Deaf community. As a parent, she says, “I don’t say disability, but I am aware of the medical wording and how things are. I go with ‘difference.’ It’s just a difference, a different way of learning and communicating.”

### What happens without ASL?

Some parents may be hesitant to start teaching their child ASL. This decision is due in part to a misconception that learning ASL means that kids won’t connect or interact with the hearing world. Sometimes families feel like they have to choose between the Deaf world and the hearing world, but this isn’t the case. Children younger than 10 have the easiest time learning a new language, and learning ASL won’t prevent your child from learning your spoken language too.

“A lot of families feel they have to choose, but they don’t realize they can give their child access to all of the options. It doesn’t cause any harm by giving the child



access to visual language,” Mattiacci says.

Without access to a way to communicate early on, children can suffer from something called “language deprivation.” Language deprivation results from not having access to language early in life. Language deprivation puts children at risk for cognitive delays, mental health issues and trauma.

Caldwell provides her perspective on why she wanted her son, Noah, to have access to ASL. “Because Noah is HoH (hard of hearing), he will speak well enough that people will forget that he does have the hearing difference. It is vital for them to have that full range of language. Noah can do both. If he runs into a relative who doesn’t sign, he’ll speak to them, and I’ll fill in for them (with ASL) and let him know what’s going on. It’s only an asset, and kids are flexible.”

## Deaf and deaf

Sometimes you will see capital D in the spelling of Deaf and a lowercase d in the spelling for deaf. This spelling discrepancy is not a typo. Deaf (capital D) refers to the group

of people who share a language and culture, while deaf (lowercase d) refers to the condition of not hearing. Many members of the Deaf community take pride in their identities as Deaf people. The Deaf community provides support, interaction and a sense of belonging for people who are deaf or HoH.

## What to remember when learning ASL

“Make sure you breathe. It’s very easy to get overwhelmed with the new language. Breathe, relax and absorb the language. Take it like you learned in school with ABCs, from letters to more productive signs. Start at the beginning,” advises Caldwell, who learned ASL to communicate with her son.

Another important piece of advice is to learn ASL from deaf people and with deaf people. While you can learn from social media, be careful as fraudulent ASL learning channels exist.

Use ASL classes, workshops, presentations, events, outings and social opportunities to learn more about serving the needs of deaf and HoH children. ■

## Resources in Our Community

- **The D.C. Public Library** offers free ASL classes at multiple locations for all skill levels. [dclibrary.org/services/accessibility/](https://dclibrary.org/services/accessibility/); [DCPLaccess@dc.gov](mailto:DCPLaccess@dc.gov); 202-559-5368 (videophone)
- **Gallaudet University** is a private research university focused on advancing deaf and bilingual research and advocating for deaf education. [gallaudet.edu](https://gallaudet.edu); 202-651-5000



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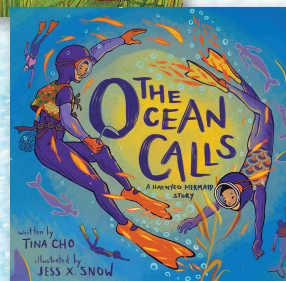
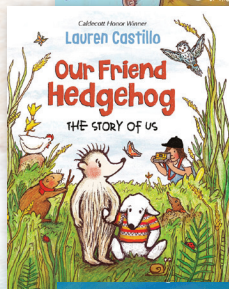
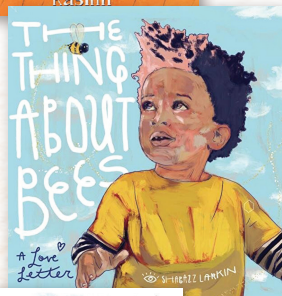
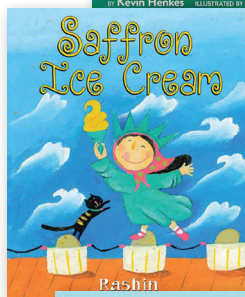
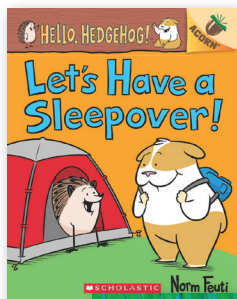
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BY AMY K. ALAPATI

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## PICTURE BOOKS

### "Let's Have a Sleepover!"

written and illustrated by Norm Feuti

Harry is excited about his first sleepover but nervous when he discovers he and Hedgehog will be sleeping outside in a tent. Children will appreciate the gentle humor and caring bond between friends in this book that's part of the "Hello Hedgehog!" comic book-style series for children starting to read on their own.

### "Summer Song"

by Kevin Henkes, illustrated by Laura Dronzek

Listen carefully. What can you hear on a hot summer day or a breezy summer night? Bold, bright illustrations highlight the wonders of the natural world for young readers. This delightful exploration of the sounds of summer will inspire families to go outside and listen to the world around them.

### "Saffron Ice Cream"

written and illustrated by Rashin Kheiriyeh

Rashin wonders how the new beach will differ from the beach she played at before her family immigrated, especially when the vendor doesn't have her favorite ice cream flavor. But a new friend improves the day in this vibrantly illustrated story that emphasizes the positive side of change.

### "The Thing About Bees: A Love Letter"

written and illustrated by Shabazz Larkin

The story of this loving relationship between a father and his children also celebrates the benefits of bees. Discover facts about various bees and wasps, why some people fear them and how important they are to the food chain. Inventive illustrations add a buzz to the story.



## EARLY ELEMENTARY

**"Our Friend Hedgehog: The Story of Us"**

*written and illustrated by Lauren Castillo*  
When a storm sweeps Mutty away, Hedgehog bravely sets out to rescue her friend and meets caring creatures eager to lend aid. This early chapter book, packed with enchanting illustrations, is reminiscent of Winnie the Pooh. It's just right for reading aloud or for children venturing into chapter books for the first time.

**"The Ocean Calls: A Haenyeo Mermaid Story"**

*by Tina Cho, illustrated by Jess X. Snow*  
Dayeon aspires to be a "treasure-hunting mermaid" like her grandmother, diving for abalone and other seafood to sell at market. Luminously illustrated, this story of the heart-warming relationship between Dayeon and her Grandma frames a fascinating glimpse into a little-known aspect of South Korean culture.

**"Happy Paws" (Layla and the Bots, Book 1)**

*by Vicky Fang, illustrated by Christine Nishiyama*  
Layla is an inventor who has built a crew of Bots. Dismayed that the local amusement park is closing, Layla and her team have an idea to save the park and keep all the people and their pets entertained. The comic book format with its simple and bright illustrations will appeal to young, independent readers.

**"The Floating Field: How a Group of Thai Boys Built Their Own Soccer Field"**

*by Scott Riley, illustrated by Nguyen Quang and Kim Lien*  
Explore this inspiring true story of a boy who dreams of playing soccer, even though there is no space to play on his small island. With help from his friends, he devises an improbable but ingenious solution. Action abounds, and the glorious illustrations are supplemented with actual photos of the tiny fishing village.

## MIDDLE-GRADE BOOKS

**"The Last Last-Day-of-Summer"**

*by Lamar Giles, illustrated by Dapo Adeola*

Meet the Legendary Alston boys in this first in a trio of humorous science fiction adventures. After accidentally freezing time on the last day of summer, Sheed and Otto must restore the timeline and discover the identity of a mysterious stranger. The plot twists like an out-of-control sprinkler hose.

**"Saving Sorya: Chang and the Sun Bear"**

*by Trang Nguyen, illustrated by Jeet Zdung*

A young girl, heartbroken over the poaching of endangered animals, grows up to become a conservationist. This gorgeously illustrated graphic novel incorporates science facts into the story of a wildlife rehabilitator who teaches a rescued sun bear cub to survive in the wild and spotlights how the actions of one person can make a difference.

**"National Parks of the USA"**

*by Kate Siber, illustrated by Chris Turnham*

Crossing the continent from Acadia in Maine to volcanoes in Hawaii, readers will explore many national parks via earth-toned illustrations and accompanying facts about animals, plants, geology and the history of each park. Families will undoubtedly be motivated to venture out and visit these treasures in person.

**"Healer of the Water Monster"**

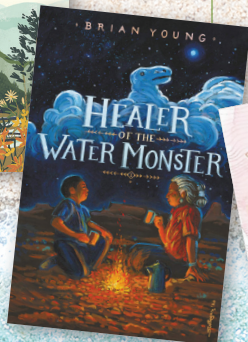
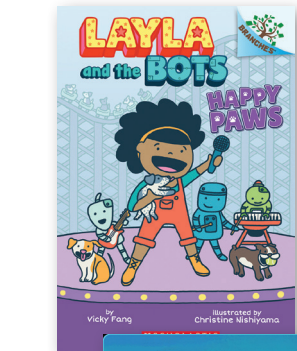
*by Brian Young*

When a dying Water Monster named Pond needs help, a Navajo boy is drawn into a quest with some Holy Beings to try to save his friend. In the process, Nathan discovers his roots, his family and himself. Fantasy lovers will be enthralled by this intricately plotted novel while learning about Navajo culture and language.

## TEENS

**"Project You: More than 50 Ways to Calm Down, De-stress, & Feel Great"**  
*by Aubre Andrus with Karen Bluth, Ph.D.; illustrated by Veronica Collignon*

This volume bursts with ideas for yoga, meditation, writing prompts, craft projects, recipes, practical tips and more to help teens





take control of their feelings and channel them into positive outcomes. Teens can find resources about how to ask for professional help for teens or their friends struggling with mental health concerns.

### "Golden Arm"

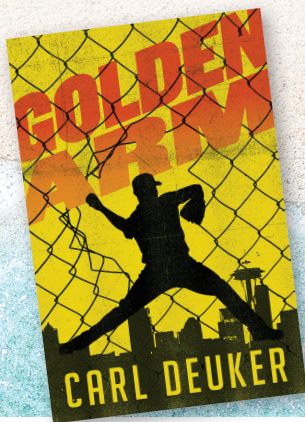
by Carl Deuker

Laz dreams of a Major League Baseball career, but his disability and gritty neighborhood might be holding him back. Given the chance to attend a school that will showcase his talent, can Laz find a way to reconcile that with his family situation? Plenty of sports talk and an interesting cast of characters make this book a page-turner for older teens.

### "Our Way Back to Always"

by Nina Moreno

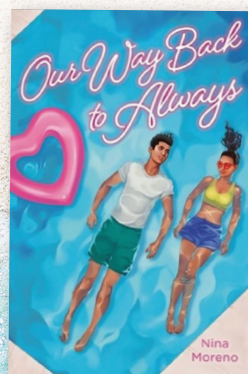
Lou and Sam made a bucket list when they were kids, when they were friends, before the cringe-worthy promposal. When Lou rediscovers the list years later and tackles it anew, Sam wants in. Will it bring them back together or drive them further apart?



### "You Brought Me the Ocean"

by Alex Sanchez, illustrated by Julie Maroh, lettered by Deron Bennett

Jake struggles with secrets. He never knew his father. He lives in the desert but inexplicably longs for the sea. He is falling for swim team captain Kenny. And now strange marks on his skin glow whenever water touches them. Enter the DC Universe in this coming-out, coming-of-age graphic novel about a budding superhero. ■



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# Adam Tuss

News and views about fatherhood and family

BY MICHAEL VYSKOCIL



## FAMILY FAVORITES

**Favorite Family Meal:** Shepherd's pie. My mom taught me this dish, and I make a pretty good one.

**Way to Spend a Weekend With Your Family:** At our local pool or, if we are feeling adventurous, the beach. We love to swim.

**Sports Team You Root for:** All things Philadelphia. That's my hometown, and we aren't all that bad!

**Vacation Spot:** New Smyrna Beach, Florida. My in-laws have a beautiful place there right on the ocean. It's also a big surfing destination and the shark bite capital of the country. Those two things mix, don't they?

**Family Outing in the DMV:** The Smithsonian National Museum of Natural Museum, followed by snacks at the sculpture garden. We have such a dynamic city.

**V**iewers of NBC News4 Washington know Adam Tuss as the transportation reporter and anchor of the Sunday edition of News4 Today. Before joining NBC4 in 2012, Tuss spent eight years covering the wonders of Washington transportation for WTOP Radio. He also contributed a column about transportation for The Washington Examiner.

Tuss has been recognized with an Emmy Award and Edward R. Murrow Award, in addition to The Associated Press and the Society for Professional Journalists, for excellence in journalism.

While this Philadelphia native isn't shy about his love for Philadelphia's sports teams, Tuss enjoys homelife in the DMV with his wife Caroline; two daughters, Annabelle and June; and son Deacon.

## What do you love about being a parent?

The changes, the stages. Don't get me wrong. The baby stage is incredible, but watching your child dress himself or herself, feed a

dog or make their own meal is mind-blowing sometimes!

## What lessons have you drawn from your childhood that you've applied to raising your own family?

To be a good person. Karma is a funny thing. Be good, do good and hopefully the good comes back to you.

## How do you balance your career with family life?

I'm not going to lie. It's a challenge. There are so many activities and events.

Sometimes you have to say no to things so that you can be ready for high-definition television at 4 a.m. By the way, whose idea was it to have high-definition television that early? Ha!

## What's one thing you hope your kids learn from you as a parent?

Take the trip, eat the cake, have fun and have each other's backs. ■

# Reflections Along a Fatherhood Journey

BY DAVID C. MILLER



My Turn gives readers a voice. To submit a piece for consideration, email us at [mvs kocil@midatlanticmedia.com](mailto:mvs kocil@midatlanticmedia.com). My Turn opinion pieces do not reflect the views of Washington FAMILY.

Growing up, I marveled over my father's puritan work ethic, deep commitment to our family and willingness to sacrifice for the greater good of our family. Watching my father navigate his fatherhood journey left an indelible mark on my psyche and afforded me essential tools that prepared me for my fatherhood journey. Over the years, I would hear that parenting does not come with a how-to manual. I would submit that watching my father provided me with the quintessential blueprint to being a great father and understanding the role fathers play in healthy family development.

My parenting journey has been a rich experience celebrating the power of intentional fatherhood and shaping a vision for my family. This vision began with my children creating simple yet impactful household traditions. One of our favorite household traditions was associated with bedtime and included bathing then selecting a book for story time and saying goodnight prayers before bed. These simple practices were creating a spiritual foundation and a love for learning that continue to nurture my children into young adulthood.

As a husband and father of three exceptional young adult children, I remember being in the labor and delivery room beaming with pride and optimism for each birth. I have always viewed fatherhood as a calling and one of the greatest expressions of humanity. Raising my children has been one of the single most extraordinary experiences of my life and my most significant contribution to society.

Witnessing the birth of one's child is a unique human and spiritual experience that men share worldwide. Sadly, due to various circumstances, many men never realize the power of fatherhood and the ethical responsibilities associated with child-rearing. This phenomenon has created alarming challenges related to father absence and family instability. According to the U.S. Census Bureau, 18.4 million children, one in four, live without

a biological father, stepfather or adoptive father in the home. These numbers translate into a host of mental health, social and economic challenges.

Given the challenges fathers face, focusing on strengths and resiliency ensures fathers better understand their role as parents and caregivers. Supporting fathers is one of the most important things we can do as a society to preserve families and enhance the quality-of-life indicators in communities. The journey can be an emotional roller coaster for fathers, filled with various highs and lows.

Have a conversation with an increasing number of fathers, and you will hear many stories highlighting challenges with work-life balance and the provocative question "am I a good father?" Fathers ponder this existential question regardless of race and social-economic background. At the same time, many mothers may be surprised to realize that many fathers feel inadequate and frustrated along their fatherhood journey. Unfortunately, fathers are often marginalized using a broad brush that fails to acknowledge their daily contributions as fathers.

With Father's Day fast approaching, I hope that fathers internalize the essence of fatherhood and understand the vital role fathers play in the socialization and maturation of their children. As a society, we need to show a greater appreciation for fathers and support them in the critical roles they play. Yet, it is up to us as fathers to become exemplary men and highlight the best of what it means to be a loving and engaged father.

Wishing all the fathers and father figures a fantastic Father's Day and a prosperous fatherhood journey! ■

*David C. Miller, M.Ed., facilitates fatherhood groups across the DMV and is a celebrated children's book author living in Southeast Washington, D.C. His books include "Chef Toussaint," "Winnie, the Wizard of Wall Street" and "Gabe & His Green Thumb."*

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<sup>1</sup>Tub-to-shower conversions and fiberglass replacements typically require a two-day installation. <sup>2</sup>Lifetime warranty valid for as long as you own your home. \*Offer ends 7/15/2022. All offers must be presented and used at time of estimate only. May not be combined with other offers or applied to previous purchases. Valid only at select Bath Fitter locations. Offers and warranty subject to limitations. Fixtures and features may be different than pictured. Accessories pictured are not included. Plumbing work done by P.U.L.S.E. Plumbing. MD MPL #17499, NJ MPL #10655, DE MPL #PL-0002303, MD MPL #82842, VA MPL #2710064024, IA MPL #18066, OH MPL #37445, WV MPL #PL07514, MI MPL #8111651. PA HIC #PA017017, NJ HIC #13VH03073000, WV HIC #WV053085, MD HIC #129436, VA HIC #2705155694, MD HIC #122356, VA HIC #2705096759, IA HIC #C112725, WV HIC #WV038808, MD HIC #129995, VA HIC #2705146537, DC HIC #420213000044. Each Franchise Independently Owned And Operated By Bath Saver, Inc, Iowa Bath Solutions, LLC, Ohio Bath Solutions, LLC, Mid Atlantic Bath Solutions, LLC.



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