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JUNE CALENDAR

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JUNE 2023



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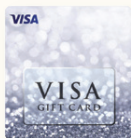
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JUNE 2023



ERIC D. GOODMAN

Kid-friendly travel in Lisbon, Portugal **Page 14**



SOLSTOCK/ E+ / GETTY IMAGES PLUS

FEATURES

- 14 SUMMER TRAVEL AS A FAMILY**
Explore the authentic, affordable and family-friendly Lisbon, Portugal.
- 17 ADVENTURES IN THE ARTS**
Teens from Washington, D.C. go on a summer adventure to not only hone their skills in ballet but in personal growth and independence.
- 20 POSTPARTUM DEPRESSION**
What you might not know about postpartum depression, including research that could be a gamechanger for treatment
- 29 ORAL HEALTH MONTH**
This June, experts share how to get kids to form good eating and dental care habits.

DIRECTORY

- 23 BABY & MATERNITY**

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: info@washingtonfamily.com.

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

DEPARTMENTS

- 6 EDITOR'S PICKS**
Top picks from the National Parenting Product Awards
- 8 TOP 20 CALENDAR**
A supersized calendar of family events in June
- 11 FAMILY FUN**
The best places to celebrate Father's Day
- 12 DIY**
Build the tooth fairy's house.
- 25 INCLUSIVE FAMILY**
The importance of familial relationships in traversing the autism journey
- 26 PARENT YOU SHOULD KNOW**
Meet a West Springfield author whose children's book was inspired by her son and his father.
- 27 HEALTHY FAMILY**
Your guide to baby-proofing your home
- 32 BOOK MARKED**
All about families of all shapes and sizes
- 34 MY TURN**
Local author JoAnn Hill shares the importance of stimulating kids' curiosity with hometown exploration.

WE WANT
YOUR
FEEDBACK

Washington FAMILY

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Summer Fun for Everyone

Your kids have probably been counting the days to summer vacation — and there's a lot to pack in within a few short months! — but we'll make sure you don't miss out, starting with our Top 20 calendar with twice as many family fun events.

Local author JoAnn Hill takes the task of summer fun one step further by sharing what kids might find when exploring their own city. (Hint: It's about more than just finding cool stuff.)

If you'd like to step foot further from home, travel writer and father Eric D. Goodman digs into the wonders of a family vacation to Lisbon, Portugal. Can you imagine a trip where kids can get as much out of cultural marvels and sights as they would a play park?

Summer also gives us opportunities to learn more about our passions—and ourselves—which we see with two Washington D.C. area teens traveling to Houston this summer for a ballet intensive. Summer travel allows kids to build valuable skills in independence.

Finally, don't forget dear ol' Dad in your summer fun. Check out our roundup of Father's Day events and

activities to celebrate the man of the hour as a family. Our Parent You Should Know, Patricia Tanumihardja, also celebrates father-son connections in her book about a young boy who just wants to make ramen as good as his dad's.

Another theme in this month's issue of *Washington FAMILY* is pregnancy, and we realize not every experience is without pain. Postpartum depression can take an incredible toll on mothers. In our feature story, postpartum experts who are also parents explain more about this mental health condition in the wake of promising new research. We also gathered some practical advice for new mothers from local pediatricians: how to baby-proof your home.

To celebrate Oral Health Month in June, we included a fun activity — creating the tooth fairy's house with your child — as well as expert advice on how to get kids to take their dental health seriously.

With it, we hope your kiddos will be healthy, happy and ready for summer fun. ■

Lindsay C. VanAsdalan

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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

TERA VECTOR/ISTOCK/GETTY IMAGES PLUS



SwimWays Floating Figures

Float, bob and play above water alongside favorite characters in the swimming pool, lake or at the beach. Choose from Ariel, Batman, Joker, Gabby or MerCat (Gabby's Dollhouse) or Chase or Marshall (PAW Patrol), each standing 5 to 8 inches tall. \$9.99, ages 5+, spinmaster.com

Hungry Hungry Hippos SPLASH

A spin on a classic made just for outdoor fun. Players choose a hippo to feed, then race against their friend to feed their hippo the fastest... but now, your favorite hippo sprays water. \$19.99, ages 4+, amazon.com

VTech Switch & Go Hatch & Roaaar Eggs

Create an egg-cellent dino world with the Velociraptor Racer, T-Rex Racer, Triceratops Race Car and Egg Pterodactyl Chopper. Open the eggs and find all the pieces you need to build your 2-in-1 dinosaur vehicles. Then, easily transform them into ferocious dinosaurs. \$10.99, ages 4+, vtechkids.com



Castle Panic Second Edition

You and your friends must work together to defend your castle, in the center of the board, from monsters that attack out of the forest, at the edges of the board. Trade cards, hit and slay monsters and plan strategies together to keep your castle towers intact. \$34.95, ages 8+, firesidegames.com

Cry Babies Magic Tears Tropical Series

These new Tropical Beach Babies are ready to hit the waves in cute beach outfits. So much to unbox, and they cry real tears. \$9.99 (Beach Babies) and \$12.99 (Shiny Shells), ages 3+, amazon.com



Glow in the Dark Blanket

Super soft with fun designs that will glow after 10 minutes of light exposure (daylight or fluorescent lamp). Pattern includes a variety of designs. Machine washable. \$29.99, ages 5+, amazon.com



Numberblocks Friends One to Five

From the friendly TV series, this crew brings math learning to life with a mission to make discovering and exploring numbers a great big adventure. Kids can count and recount with these adorable friends as they learn the fundamentals of numbers. \$19.99, ages 3+, hand2mind.com

PLAYMOBIL Farmhouse with Outdoor Area

It's country living at its best. Help the family with their chores around the house and on the farm with this set from an eco-friendly product line consisting of, on average, more than 80% sustainable materials. \$69.99, ages 4-10 years, playmobil.us



Avatar RC Deluxe Banshee

Bring the adventure from the skies of Pandora to your own backyard. Features altitude ranges of up to 200 feet, pre-programmed auto flying experiences, cool sound effects, system voice notifications and two different flying modes for varying skill levels. \$59.99, ages 8+, zing.store

Kanoodle Pyramid

Features a multiplayer tabletop board and unique, geometric pieces that fit together to solve 200 2D and 3D puzzles. This brain-teaser is a perfect collaborative game for kids and adults to enjoy together. \$24.99, ages 7+, educationalinsights.com



NAPPA Awards has been celebrating the best in family products for 33 years. For more product reviews and gift ideas, visit nappaawards.com



Player's Curious Kingdom Playset

A planet-friendly toy that combines hands-on building with lovable characters, funny stories and creative play. Features a working drawbridge, secret trap door, multiple levels and lots of opportunity for creativity. \$39.99, ages 3+, player.com

{TOP 20}

*Family Events
for June*

Finally, warmer days are here! Whether it's more about bees and other pollinators, eating plenty of ice cream or cooling off indoors with a kid-friendly show, there's no shortage of activities.

We've doubled our calendar to accommodate 20 exciting events to kick off your family's summer.

BY SASHA ROGELBERG

1

THROUGHOUT THE MONTH,
TIMED ENTRY WEDNESDAY (10 A.M. – 1 P.M.), THURSDAY (10 A.M. – 6 P.M.) AND
FRIDAY THROUGH SUNDAY (9 A.M. – 7 P.M.)

THE DR. SEUSS EXPERIENCE

7852U Tysons Corner Center (Level 2), 1961 Chain Bridge Road, Tysons, VA 22102

If you've ever wanted to visit Whoville or a forest of Truffula Trees, or join the Circus McGurkus, now's your chance! This immersive Dr. Seuss Experience lets kids experience the famous locations from the author's imagination and learn more about the inspiration behind the classic children's stories. Open through June 30.

\$32-37 | washingtondc.experienceseuss.com

2

THROUGHOUT THE MONTH,
OPEN 10 A.M. - 5:30 P.M.

ONE WITH ETERNITY: YAYOI KUSAMA IN THE HIRSHHORN COLLECTION

Independence Ave SW & 7th St. SW, Washington, D.C. 20560

The Hirshhorn has been collecting the colorful works of artist Yayoi Kusama since 1996, and this exhibit will showcase a permanent collection, including two infinity mirrors. The museum has also designed tons of kids' activities to accompany the exhibit, including a pumpkin pinch pot, and "Repeat to Infinity," a painting project inspired by Kusama's vibrant works. All activities are suited for kids age 12 and younger. The exhibit runs through July 16.

Free | hirshhorn.si.edu

3

JUNE 2-4 & 9-11, 7:30 P.M. FRIDAY, 11 A.M. AND 3 P.M. SATURDAY, 3 P.M. SUNDAY

CHARLOTTE'S WEB

Thomas Jefferson Community Theatre, 125 S. Old Glebe Rd. Arlington, VA. 22204

Encore Stage & Studio presents E.B. White's heartwarming novel "Charlotte's Web" brought to life on stage. Enjoy the timeless story of spring pig Wilbur and his friendship with mysterious spider Charlotte as they navigate life as barnyard animals.

\$12-15 | encorestage.org

4 JUNE 9, 8 P.M.

MOVIES UNDER THE MOON

Van Dyck Park, 3720 Blenheim Blvd., Fairfax, VA 22030

Bring your own chair and blankets for a relaxing evening of Movies Under the Moon, taking place the second Friday of the summer months, June through September. The series kicks off with the family favorite "Minions."

Free | fairfaxva.gov

5 JUNE 13, 10:30 A.M. - NOON

PLAY DATE AT NMNH: POCKETS & POUCHES

National Museum of Natural History, 10th St. & Constitution Ave. NW Washington, DC, 20560

Held in the Coralyn W. Whitney Science Education Center at the National Museum of Natural History, the Play Date program will give your child a chance to learn about animals with pockets and pouches — marsupials — by creating their own pouch to keep favorite items.

Free | naturalhistory.si.edu

6 JUNE 14, 10-10:45 A.M.

TUDOR TOTS: WHAT'S WAVING?

Tudor Place, 1644 31st St. NW, Washington, DC 20007

June 14 is Flag Day, the celebration of the 1777 adoption of the American Flag after the Second Continental Congress. Learn more about the day's history and enjoy a themed craft at this event for 18-month to 4-year-olds.

\$6.50 per child | tudorplace.org

7 JUNE 16-18, FRIDAY (1-8 P.M.) SATURDAY (10 A.M. - 7 P.M.) SUNDAY (10 A.M. - 5 P.M.)

AWESOMECON 2023

Walter E. Washington Convention Center, 801 Mt. Vernon Place NW, Washington, DC 20001

See your favorite comic book artists, actors and superheroes at this three-day convention celebrating geek culture, TV shows, movies, books, games and more. The family-friendly best offers fun activities including signings, panels and meet-and-greets.

Starting at \$15 per child | awesome-con.com

8 JUNE 17, 10:30-11 A.M.

ANIMALS IN SUMMER PUPPET SHOW

City of Fairfax Old Town Square, 10415 North St., Fairfax, VA 22030

City of Fairfax Commission on the Arts and Kids Nature Shows present this educational puppet show on the seasons of spring and summer and the animals that thrive during these warmer seasons. Learn about bunnies, tadpoles, birds and reptiles in this 30-minute show.

Free | kidsnatreshows.com

9 JUNE 17, 11 A.M.-1:30 P.M.

HISTORY ALIVE!: USCT: JUNETEENTH: WHAT IT MEANS, AND WHY WE CELEBRATE

National Museum of African American History and Culture, 1400 Constitution Ave. NW, Washington, DC 20001

Juneteenth is the celebration of Union General Gordon Granger arriving in

Galveston, Texas, and telling the enslaved African Americans there that the Civil War ended and that they were free! Learn more about the holiday at this family-friendly event at the National Museum of African American History and Culture.

Free | nmaahc.si.edu

10 JUNE 17, TIMED ENTRY ON THE HOUR FROM 11 A.M. - 2 P.M.

JUNETEENTH CELEBRATION AT FRYING PAN FARM PARK

Frying Pan Farm Park, 2709 West Ox Rd., Herndon, VA, 20171

For a festive way to celebrate Juneteenth outside, visit Frying Pan Farm Park for African American stories and history, food trucks, live music and crafts. Sign-up online for a one-hour event slot.

Free | fairfaxcounty.gov

11 JUNE 17, 1-9 P.M.

NATIONAL ICE CREAM FEST

Spirit Park, 165 Waterfront St., National Harbor, MD, 20745

Summer means ice cream! The National Harbor is celebrating this iconic summer sweet treat at its inaugural National Ice Cream Fest, a chance to try numerous flavors, enjoy a scoop or two and play games in the sun.

\$10 | nationalicecreamfest.com

12 JUNE 20, 10-11:30 A.M.

KIDS ON THE GREEN

Vienna Town Green, 144 Maple Ave. E., Vienna, Virginia 22180

As part of Liberty Amendments Month, the town of Vienna will host a series of kid-friendly performers weekly over the summer, with Cantaré, Music from Latin America kicking off the event on June 20. Kids are welcome to sing and dance along!

Free | viennava.gov

13 JUNE 20, 2-3:15 P.M.

POLLINATOR MEADOW TOUR

Brookside Nature Center, 1400 Glenallan Ave., Wheaton, MD 20902

The Brookside Nature Center & Brookside Gardens staff will celebrate National Pollinator Week with a tour of the pollinator meadow, where staff will teach guests about native plants and pollinating insects that benefit the perennial flowers there.

\$10 | montgomeryparks.org

14 JUNE 23, 7:30 P.M.

THE ENIGMATIST

The Kennedy Center, 2700 F St., NW, Washington, D.C. 20566

For fans of magic and illusions, check out The Enigmatist, also known as David Kwong, for an evening of immersive and interactive puzzles and cryptology. Additional shows are available until July 2.

Starting at \$35 | kennedy-center.org



15 JUNE 24, 10 A.M.-2 P.M.

MANASSAS BEE FESTIVAL

Liberia House, 8601 Portner Ave., Manassas, VA 20110

Complete with a costume parade, food trucks, mead garden, live music, vendors, crafts, native plants, speakers, farm animals, a bounce house, games and crafts, the Manassas Bee Festival is a great way to celebrate these helpful pollinators with the whole family.

Free | manassasbeefestival.com



16 JUNE 24, 6:30-9:30 P.M.

FAIRFAX CITY ROCK THE BLOCK

**Old Town Square, 10415 North St.,
Fairfax City, VA, 22030**

Come to Old Town Square for an evening of live music and stay a while by grabbing a bite to eat at the beer garden or from nearby food vendors. On June 24, enjoy music from artist Perfekt Blend.

Free | fairfaxva.gov

17 JUNE 24-25, 11 A.M.-7 P.M.

**31ST ANNUAL GIANT NATIONAL CAPITAL
BARBECUE BATTLE**

555 Pennsylvania Ave. NW, Washington, DC 20001

Nothing says "summer" quite like barbecue, and the Giant National Capital Barbecue has you covered for a weekend of music and fun — as part of the Americas Food & Music Festival — and, of course, tons of food.

Free | BBQDC.com

18 JUNE 25, 5 P.M.

A HOMETOWN CELEBRATION

**Veterans Amphitheater, 10455 Armstrong St.,
Fairfax, VA 22030**

Join Fairfax Parks & Recreation for the kickoff of a brand new event: A Hometown Celebration, which will feature games for all ages, food trucks from local businesses and a concert by the award-winning City of Fairfax Band. The amphitheater is located next to City Hall.

Free | fairfaxva.gov

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19 JUNE 29-30,
TIMES VARY

SMITHSONIAN FOLKLIFE FESTIVAL
**National Mall, Constitution Avenue,
Washington, DC, 20560**

Thursday kicks off this Smithsonian festival celebrating folk cultures from around the world. Bring the whole family to the National Mall for a day of performances, workshops, food and educational opportunities, such as the Living Religions in the U.S. and the Ozarks. The festival continues through July 9.

Free | festival.si.edu

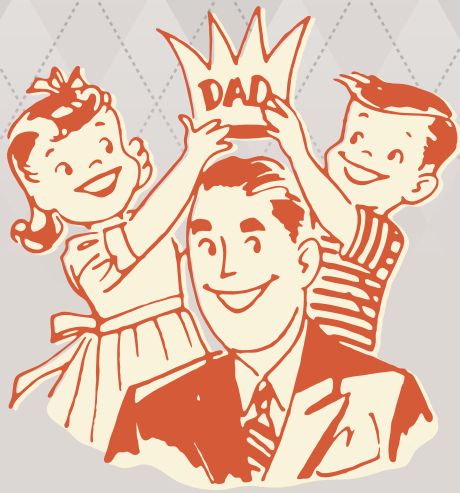
20 JUNE 30, 6-9:30 P.M.

INDEPENDENCE FIREWORKS

**East Lawn, Mount Vernon, 3200
Mount Vernon Memorial Highway,
Mount Vernon, VA. 22121**

It's not quite July, but you don't have to wait to get patriotic. Mount Vernon will host an event with music and a picnic across its 12 acres. There will be music from the National Concert Band, an ice cream-making demonstration and a fireworks display on the Potomac River to cap off the evening. Event continues on July 1 from 6-9:30 p.m.

\$24-52 | mountvernon.org



THE BEST PLACES TO CELEBRATE *Father's Day*

BY JAMIE DAVIS SMITH

Whether you call him Dad, Papa, Daddy or Pops, he deserves something special on Father's Day. Many dads would rather do something special than get another trinket that will sit in a drawer.

Here are some of the best events happening all around the DMV. Whether the Dad you are celebrating likes rarified rum, magic or enjoys nothing more than cheering on the hometown team, the perfect Father's Day activity is out there.

TAKE HIM OUT TO THE BALLGAME

It's always a great day for baseball. Head to Nationals Park on Father's Day weekend. June 16 is Value Day, with deeply discounted tickets. On June 17, there will be bobblehead giveaways, and on June 18, kids can run the bases and players will sign autographs. While there, treat Dad to some of the new concessions available this year including Capo Italian Deli, Jammin' Island BBQ and Bullpen Tacos.



PERFECT DAY AT NATIONAL HARBOR

Head to National Harbor's outdoor screen for a free showing of "Honey, I Shrunk the Kids." Pack a picnic with Dad's favorites or grab a bite from one of National Harbor's restaurants before the show. Rosa Mexicana and other restaurants will have specials for Dad. Remember to bring a chair or blanket to keep him comfy during the movie and sit back, relax and enjoy this '80s classic. Dads can also ride the Capitol Wheel free on Father's Day if joined by a paying adult.



RAREFIED TASTING

Father's Day weekend, celebrate Dad by sending him to Mount Vernon's distillery. There, your favorite father can enjoy spirits made using the same 18th-century distilling techniques popular with our founding fathers. Dad can explore Mount Vernon with the family before this unique tasting experience begins.

IT'S SHOWTIME!

On Father's Day, treat Dad to the Tony-winning best musical "Hadestown," in Washington, D.C. for a limited run at the

National Theatre. Or head to the Kennedy Center's Family Theatre to see the Enigmatist perform an interactive magic show that includes puzzles and cryptology. They are both great options to "wow" Dad on his special day.

A DAY ON THE POTOMAC

Make memories to last a lifetime on a cruise along the Potomac River. Brunch and dinner cruises include food, drinks and entertainment, and sightseeing cruises are also available. There are departure points from Alexandria, National Harbor and Washington, DC. Book a window seat for the best view or plan to spend a lot of time outdoors on the ship's large deck.

FISH-A-RAMA

Fish-A-Rama at Great Country Farms is a Father's Day tradition for many families. Dads can try catch-and-release fishing and share their best tips with their kids. There are contests all day long. Bring your own gear and buy bait on site. There are plenty of animals at the farm, along with play areas the kids will love.

PORTSIDE SUMMER FESTIVAL

Alexandria's annual summer festival is being held over Father's Day weekend. This free festival has live music, craft beers, family activities and evening jazz performances. There is something at the festival for everyone, making it a great choice to ensure a happy Dad and happy kids.

FLYING CIRCUS AIRSHOW & OPEN-AIR PLANE RIDES

Treat Dad to a different kind of circus—one performed entirely in the air. See wing walkers, parachute jumpers and plenty of other sky-high stunts. Before or after the show, make Dad's aviation dreams come true. He can take to the skies himself with a ride in an open-air plane. This one-of-a-kind experience is something Dad will always remember.



STAYCATION

The Morrow Washington DC, Curio Collection by Hilton will host "Movies at The Morrow" on June 17 as part of its summer movie series. The whole family can enjoy a popcorn station; beer, wine, and cocktails; picnic baskets and games. Additionally, the hotel will offer a la carte weekend brunch, drink specials for Dad and a "Brighter Day" package that includes breakfast and parking. ■

THE Tooth Fairy's House

BY HEATHER M. ROSS



Where does the tooth fairy live? Is it under the pillow? Is it in the woods? Why not in your house? This Oral Health Month, it's time to bring the tooth fairy home. By the time your child is 12, they will have lost all 20 of their baby teeth, with their permanent 32 here to stay. As your child gets older, it's important to talk to them about taking good care of their permanent teeth, and the perfect time to talk is while you're both doing a fun, tooth-themed craft.

YOU'LL NEED:

- ☞ A TOOTHBRUSH
- ☞ SOME FLOSS
- ☞ TAPE
- ☞ GLUE
- ☞ PIPE CLEANERS
- ☞ WHITE CARDSTOCK PAPER
- ☞ SCISSORS
- ☞ PENCIL
- ☞ COLORED PENCILS

STEP 1: DRAW THE TOOTH

Draw the shape pictured (right). It doesn't have to be perfect, but it's almost a tooth shape. The shape should be about as big as your hand. If your child has recently lost a tooth, try drawing from reference!

STEP 2: SNIP SNIP!

Cut the tooth shape out along the line you drew. Erase any pencil marks left or flip the white paper over so you have a clean surface to work with.

STEP 3: MAKING THE WINDOW

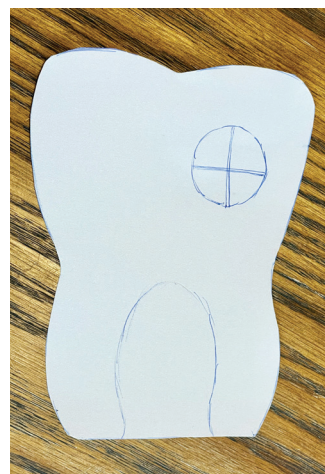
To make the window of your house, grab a pipe cleaner and bend it into a circle shape about 1 inch in diameter. Twist the edge of the pipe cleaner and fold it to make an "X" shape in the circle.

STEP 4: THE DOOR

Grab another pipe cleaner and fold it into an arch shape. Place the arch against the bottom edge of the tooth shape. Tuck the ends of the pipe cleaner under the edge until your door is the right height.

STEP 5: GLUE

Lightly apply glue to the side of the pipe cleaner that will be touching the paper for the door frame and the window piece. Gently press



TOOTH FAIRY: SOVARINA/ISTOCK/GETTY IMAGES PLUS
TOOTH GRAPHIC: FILO/DIGITALVISION VECTORS; CRAFT PHOTOS: HEATHER M. ROSS



them to the paper and leave them until the glue is dry. (We always use glitter glue for a little extra magic!)

After the glue is dry, you can tape the ends of the door pipe cleaner to the back of the tooth or cut them off, depending on how robust your scissors are. (This step should be done by an adult.)

STEP 6: DECORATING

Decorate your tooth house by coloring the door and drawing flowerpots or hanging ornaments on the outside. Ask your child how they think the tooth fairy would decorate her house. We drew a flowerpot with different colors of toothbrushes inside!

STEP 7: THE HANGER

To make the hanger, cut a length of floss about 1 foot long. It's OK to estimate, but you can also use a ruler or remember that one piece of office paper is usually 11 inches long.

Fold the piece of floss in half and pinch it. Tie the floss at both ends of the toothbrush, each about 1 inch from the ends. Double knot the string in place while holding the toothbrush flush against the table to make sure the knot is tight and the brush won't slide around. You can also use glue or tape to make it more secure if you can't get the knot tight enough. Make sure some of the floss hangs down on both sides.



STEP 8: MAKING CONNECTIONS

Tape the ends of the floss to the back of your tooth house. Then, hang it up so you and your child can enjoy your new decoration and eagerly await the tooth fairy's next visit.

You can even incorporate the tooth fairy's house into your tooth fairy tradition. When your child loses their next baby tooth, after they place it under the pillow, knock three times on the tooth fairy's door to let her know it's ready for pick-up! ■



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LISBON

Lisbon, Portugal, is an affordable, safe and family-friendly way to introduce or reintroduce your kids to European travel. We've taken our children there twice—pre- and post-pandemic—and whether age 9 or 19, they found exciting adventures in one of Europe's oldest nations.

Flights from Baltimore or Washington, D.C. to Lisbon are consistently among the most affordable options for traveling abroad over the past few years, and once there, accommodations, food and attractions are inexpensive. Plus, Portugal is one of the most COVID-vaccinated countries in Europe.

Part of the joy of international travel—for kids and adults alike—is experiencing an alternate reality. If you can get your kids into an “Indiana Jones” or “Dora the Explorer” frame of mind, they’ll enjoy the adventure.

Over the years, we’ve found that traveling with children

does not need to mean kids’ museums and theme parks. Palaces, architecture, art, music, parks and ruins are fun for children to explore—and a wonderful way to expose them to another culture.

A+ NEIGHBORHOOD

In Lisbon, our favorite neighborhood is Alfama. Founded in 1200 BCE, it's the oldest area in the city and looks like something out of a sketch from centuries ago: historic buildings with red-clay roofs, cobblestone side streets twisting through the hill-sides and connecting little squares where decorative tiles—and drying laundry—mark residential doorways and windows. Not to mention the antique trolleys clanging by like clockwork.


Looking at the area today, it's hard to believe that Alfama was once the wealthiest part of Lisbon. Fear of earthquakes motivated the wealthy residents to flee to other areas—ironic since Alfama was the only

*Part of the joy
of international
travel—for kids and adults
alike—is experiencing an
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STORY AND PHOTOGRAPHY
BY ERIC D. GOODMAN




neighborhood in Lisbon to survive the big earthquake of 1755.

LET THE KIDS STORM THE CASTLE

In the middle of Alfama stands the Castelo de São Jorge — more fortress than palace. (Think Baltimore's Fort McHenry.) After retaking this mountaintop from the Moors in 1147, the Portuguese king transformed the citadel into a royal residence. Little remains of the original castle, restored in the early 1900s to its medieval likeness.

We walked along the battlements, climbing the towers for great views. Gardens populated with trees and peacocks made for a fun, lazy afternoon.

LISBON'S "MODERN" CENTER



One of Lisbon's most recognizable meeting places is Praça do Comércio, commonly known as Commercial Square or Palace Square. In 1755, the palace and its library of 70,000 books were destroyed in the earthquake-resulting tsunami.

The city and square were rebuilt in Manueline style: wide roads and sturdy houses to withstand subsequent disasters. Today, the square is lined with restaurants, cafes, shops, the Tejo River and Rua Augusta Arch.



Walking the walls of Alfama's Castelo de São Jorge.



The Cloister inside Belém's Mosteiro dos Jerónimos.



TILE: MONAMONASH; BACKGROUND: LUCIE KASPAROVA/ISTOCK; PANORAMA: FOTVOYAGER; BOY: RICHVINTAGE/E+/GETTY IMAGES PLUS



Exploring the courtyards
of Lisbon's Alfama

You may recognize the enormous arch, which was featured in the 1996 miniseries "Gulliver's Travels."

The main pedestrian street, Rua Augusta, is filled with cafes, restaurants, shops, local department stores and international retailers like Zara and H&M. Ten minutes up the street from the Arch and Square, we sampled pastel de nata (egg custards) at Manteigaria, where they make the pastries by hand—right in front of you—as they have for more than a hundred years.

Just a few minutes further stands one of Lisbon's most iconic tourist attractions: Elevador de Santa Justa. At the top of the Elevador, you'll find some beautiful views of Lisbon—safely behind decorative iron gates.

Next to the Elevador and panoramic view are the gothic ruins of Igreja do Carmo, a church that was partially destroyed during the big earthquake. Today, graceful arches stretch over the ruins like the rib bones. This was once the largest church in Lisbon. Kids will feel like adventurers exploring these ruins.

AN OCEAN OF FUN

Lisbon Oceanarium is one of the largest aquariums in Europe, home to 8,000 marine animals from the world over. It is located in the Parque das Nações, a modern waterfront district built for the 1998 World Expo.

The aquarium is divided into five different zones, each representing a different ocean. Residents include sharks, rays, colorful fish, coral reefs, sea otters, penguins and even piranhas.

BÉLEM'S BEAUTIFUL MONASTERY, MONUMENT AND MORE

One of the highlights of Portugal is Jerónimos Monastery in Lisbon's Bélem area. It's easy to get lost for hours in the two-story cloister—perhaps the best in Europe—with its richly carved images and decorative arches. Look closely—the kids will see faces carved in nooks and crannies

throughout these outdoor walkways: people, animals and mythical creatures.

Next to the monastery is the National Archeology Museum, featuring sculptures, fragments and artifacts from the ancient world.

Across from the monastery is the iconic Monument to the Discoveries with Henry the Navigator standing at the front, facing the water, ship in hand and flanked by other explorers like Vasco da Gama.

Nearby, Bélem Tower erupts from the water. Built in the 16th century, this was a starting point for navigators setting out to discover new trades routes. The massive tower became a symbol of Portugal's expansion and wealth.

A LESSON IN PORTUGUESE MUSIC

No stay in Portugal is complete without experiencing fado—the Portuguese version of the blues. The songs originate from a time when women sang of sailor husbands who never returned from sea.

The Fado Museum offers a glimpse of fado's history. However, the best way to learn about fado is to experience it in the air around you, in an authentic setting.

Be wary of unsolicited invitations to step into a fado establishment without looking it over first, or you may find yourself wailing a fado-esque tune about the loss of your money. For a rustic, folksy experience, we enjoyed Tasca do Chico. For a pricier, glitzier show-club experience, Clube de Fado is a good choice.

OKAY KIDS, WHAT WAS YOUR FAVORITE PART OF PORTUGAL?

No doubt, the best part of a trip to Lisbon is the trip itself. But there can also be a lot of fun in anticipation and reflection. Prepare the kids by sharing pictures and travel stories (like this one) so they can anticipate some of the adventures ahead. On your return flight, or back home, spend a little fun time reflecting with the kids. What was each person's favorite parts of the voyage? It may be something discussed during your planning, or something completely unexpected.

In more ways than just the sights you see, that's the wonder of travel: not the things you expect to find, but discovery of the unexpected. ■

Eric D. Goodman is author of six books and more than 100 published travel stories and other stories. Learn more about his travels and his writing at EricDGoodman.com

COAX THE KIDS INTO THESE MUSEUMS

Trying to include all of the marvels of Lisbon in one short article (or visit) is like trying to discover a new spice route. Here are a few museums worth navigating.

The National Tile Museum, or Museu Nacional do Azulejo, contains one of the largest collections of ceramics in the world.

Alfama's Museum of Decorative Arts

has been preserving the traditions of Portuguese decorative arts since the 1950s.

Here, we took in ceramics, textiles, porcelain and tile panels, and enjoyed a demonstration of how to apply gold leaf to woodwork.



Portugal's National Museum of Ancient Art

one of the most visited museums in Portugal, includes forty thousand items, including paintings, sculptures, gold, furniture, textiles, tapestries, ceramics and prints.



Lisbon's Military Museum showcases cannons, weapons

and military items from throughout the ages. The building, a 16th century cannon foundry and weapons storehouse, is beautifully embellished with coats of arms and crests.

The Maritime Museum explores the history of the Portuguese Navy and sea explorers, with countless model ships and nautical paraphernalia.

The Calouste Gulbenkian Museum is the most impressive art museum in Portugal and one of the best private art collections in Europe.

The National Coach Museum

houses the most impressive collection of carriages in all of Europe. The opulence of some of these gilded carriages puts today's luxury vehicles to shame.



On Pointe:

Summer Travel Prepares D.C. Youth for Ballet Careers



BY SASHA ROGELBERG

Students of Houston Ballet Academy

Summer is often synonymous with fun for kids—a break from the school year where they can see their friends, participate in sports and activities or just “be.”

But for children who have a passion for the arts, it also offers another opportunity: time to delve deeper into their craft—maybe even far from home! That opportunity arose when Houston Ballet came to Washington, D.C., earlier this year to scout for its pre-professional summer intensive.

From June 17 through July 22, 224 students ages 12-18 chosen for the program from across the country will gain valuable skills in independence as they set off on an adventure to Texas.

Two local teens who auditioned through the Washington Ballet look back on their journey as past participants and reflect on what the program has in store for them as they return this year.

First position: Beginnings

Ballet dancers at the Houston Ballet in Texas make the art look easy, flexing and pointing their toes, weightlessly gliding through the air, each move precise and synergetic with the accompanying musical compositions.

But to perform on stage — in Texas or elsewhere — requires years of training and discipline. While some aspire to reach the Houston Ballet at the apex of their careers, other young dancers begin theirs at the ballet’s academy.

The Houston Ballet summer intensive gives many young dancers the lift they need to begin their careers. And for many, the dream of a dance career starts not long after they can walk.

Northeast Washington native Keaton Linzau fell in love with “Swan Lake” at age 3, listening to CDs of the Pyotr Ilyich Tchaikovsky compositions in the car with his mom. By age 12, he had auditioned to be a child extra in the Kennedy Center’s annual production of “The Nutcracker.”

“I had no ballet experience, but they just needed kids that could kind of skip around and be happy,” he says. “So, I auditioned and got in, and then through doing that, they were like, ‘Do you dance somewhere?’ and I was like, ‘Well no’, and they were like, ‘Well you should start dancing.’”

After studying at the Maryland Youth Ballet, Linzau, now 18, auditioned for the Houston Ballet’s summer program

in 2018 but didn’t attend until 2019. This year, Linzau will join the program at the Professional 2 level.

Second position: A prestigious academy

Houston is an unsuspecting locale for a prestigious dance academy, but because it’s an epicenter for energy companies and is home to the Texas Medical Center, one of the largest in the world, the city has resources to spare. The Houston Grand Opera and Houston Symphony have helped cement the city as a hotbed for the arts.

When the Houston Ballet’s academy was founded in 1955, the city welcomed it, according to Houston Ballet Executive Director Jennifer Sommers.

“The arts community in Houston is vibrant and diverse in every single way you can define that term,” she says.

Linzau wasn’t the only young dancer drawn to the program for its prestige. Zachary Mench, 18, from Fairfax, Virginia, has been dancing for the past 10 years. Also participating at the Pro 2 level, he auditioned for the summer intensive as a chance to develop his craft.

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"I heard that it was the place to go for male training, and that has been more than true," he says. "I heard many people go here and come out as very strong dancers, and I wanted to become that."

The academy continues to produce impressive talent: Over 60% of the Houston Ballet's company dancers come through the academy. Linzau and Mench have a shot at being part of that statistic.

Third position: Staying sharp

So, what has it been like to participate in the intensive so far?

Mench and Lanzau say it's like working a full-time job: Dancers start technique or conditioning classes, depending on the day, at 9 a.m., but Linzau usually arrives at the studio early to warm up. In the afternoon, after pointe training, the dancers work on their repertoire pieces to perform at the end-of-summer showcase.

Houston Ballet's summer program is unique because of its emphasis on performance, Sommers says. "You can really focus on taking your dancing, both as a technician and as an artist, to the next level," she explains.

But despite having "intense" in its name, the program ensures its students are taken care of, whether it's helping them balance school work with dance (for the yearlong program Lanzau also participates in) or providing trainers, mental health services and nutrition courses through Houston Methodist Hospital.



Houston Ballet Soloist Harper Watters and students of Houston Ballet Academy Summer Intensive Program.

For young kids, it's sometimes the first time they've been away from home. For older kids, it's the first time they have to learn to take care of themselves, getting to bed at a reasonable hour and eating healthy foods to stay fit.

Mench says the summer program has enabled him to apply the fundamentals of ballet to more challenging choreography, and both students agree mental preparation is a big part of that.

"There's always a new challenge," Mench says. "Ballet is a lot of problem solving using your body in a highly athletic manner."

Fourth position: Lessons learned

Just as summer camps are more than just learning archery and arts and crafts, a ballet summer intensive is about more than just dance.

For young kids, it's sometimes the first time they've been away from home. For older kids, it's the first time they have to learn to take care of themselves, getting to bed at a reasonable hour and eating healthy foods to stay fit.

The experience has been transformative for Linzau, making him think about the relationship between ballet and his outside life: what to bring in and take out of the studio.

"Being aware of what your actions are going to do to affect you and also affect your career — if you're choosing to do this seriously — these short term, mid-term, long term goals are really important to have," he says.

Fifth position: What the future holds

Both Linzau and Mench want to dance professionally as adults, inspiring audiences just as they were inspired as kids. As much as they've learned, they still recognize there's a long way to go.

This summer, they hope to continue to hone their craft. They know the moves; now it's time to push their limits.

"Continue to fail," Mensch says. "You cannot skip failure or rush the process." In addition to the 224 students ages 12-18 who will head to Texas this summer, hundreds of other students will participate in the academy's other offerings, such as the Youth Summer Training Program for kids age 6 and older, and the Preschool Summer Program for ages 2 to 6. ■



Students auditioning for Houston Ballet Academy



Students auditioning for Houston Ballet Academy



Houston Ballet II Ballet Master Claudio Muñoz and students of Houston Ballet Academy Summer Intensive Program



Students of Houston Ballet Academy

POSTPARTUM THE PERFECT STORM

BY HEATHER M. ROSS

Researchers from University of Virginia(UVA) Health, John Hopkins Medicine and Weill Cornell Medicine discovered a potential contributor to postpartum depression (PPD).

When autophagy (according to the National Cancer Institute, the process cells use to break down old, damaged or abnormal proteins and other substances within cells) is reduced, there is a direct link to PPD.

Exploring this link between autophagy and PPD might even help prevent postpartum depression before the baby is born.

"This is exactly why I study PPD, because you can look before people get sick and see what's different between those who do get sick and those who don't," says Jennifer L. Payne, one of the aforementioned researchers and vice chair of research in psychiatry at UVA Health.

"In women who went on to develop PPD, their cells were demonstrating decreased autophagy. They weren't cleaning out debris from their cells."

As a condition that affects mental health, PPD can feel scary and shameful to mothers who know they should feel happy about the birth of a child. It's not always understood why it occurs for some mothers and not

others—so being able to identify the propensity for PPD in individuals would be significant. Here is what we do know about postpartum depression, including risk factors, related conditions and symptoms.

WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression is a type of depression that sets in after giving birth. The symptoms of PPD can include overwhelming fatigue, irritability, anger, feelings of hopelessness, restlessness, difficulty bonding with your baby and more, according to the Mayo Clinic.

Mothers are encouraged to seek medical attention if they see these symptoms worsening, or not fading within a couple weeks, if they are finding it hard to care for their baby or complete everyday tasks or if they are having thoughts of harming themselves or their baby.

"Postpartum depression is the most common complication of childbirth, and it has long-lasting repercussions for the mother and children," Payne says.

At Johns Hopkins, Payne helped establish the Women's Mood Disorder Center to study hormone-triggered mood disorders and their impact. Her expertise includes women's mood disorders, PPD, premenstrual dysphoric disorders and perimenopausal depression.



Jennifer
Payne

ALYONA JITNAYA/ISTOCK/GETTY
IMAGES PLUS; PAYNE PROVIDED



PPD occurs in between 6.5% and 20% of women, most commonly within six weeks after childbirth, according to the National Institutes of Health. Payne says 10 to 15% of women get sick with PPD within the immediate postpartum period.

Postpartum depression can be compounded by other factors as well.

Anneliese Lawton, 33, felt defeated, overwhelmed and angry after combatting PPD following the birth of her first two children, and during her pregnancy with her second.

Lawton's second pregnancy was complicated by a tumor, which was wrapped around some of her facial nerves—risking paralysis.

It wasn't until after the birth of her second child that she suffered a breakdown, but Lawton says she survived, learned to love herself and allowed herself to be the mother she wanted to be.

THE PERFECT STORM

Jenny Yip, a psychologist and mother of 7-year-old twins, says the postpartum

period can be a “perfect storm” for other mental health conditions as well. Factors typically thought to contribute to women developing postpartum depression, and other related disorders such as postpartum anxiety and OCD, include genetics, hormones and environmental stressors, explains Yip, who experienced postpartum OCD.

“I didn't realize it was OCD in the beginning until one of my colleagues pointed out to me that it sounded like OCD,” Yip says.

Some of the early warning signs of postpartum depression, according to Yip, include changes in appetite or sleep and not feeling like yourself. Another early warning sign more specific to postpartum OCD is intrusive mental images or thoughts about catastrophic consequences or harm to you or your baby.

Through exposure therapy, in which “you expose yourself to the feared consequence so you get corrective feedback, so the fear isn't as daunting,” Yip says, she found a way to manage her OCD. She now helps others through her book “Productive,

Successful You” and through founding the Renewed Freedom Center and Little Thinkers Center.

'YOU CAN'T SELF-CARE YOURSELF OUT OF TRAUMA'

According to Lawton, it's important for mothers to get the help they need.

“You can't self-care yourself out of trauma. A bubble bath and getting your nails done won't fix it. It's helpful in prevention and recovery, but there's a point where you need the additional help. Don't be afraid to ask for that help,” she says.

That said, taking steps to reduce external pressures can be beneficial. Social media is a major component of why mothers today feel so much pressure, she adds.

“We're comparing ourselves to celebrities and the moms down the street and in our schools. I grew up in the 90s. We were bombarded with what the perfect woman was and what she looked like,” Lawton says. “I feel like so many of us pivoted and changed ourselves to fit a certain mold, stuff that we saw on TV.”





“Postpartum depression is the most common complication of childbirth, and it has long-lasting repercussions for the mother and children.”

— JENNIFER PAYNE

To avoid the social media blues, Lawton, who runs her own digital marketing, strategy and consulting business, recommends unplugging from the pages and profiles that don't make you feel happy and instead looking for local community groups with people who have gone through similar struggles.

Now, Lawton and her husband have welcomed their third child from a healthier place.

“I loved being a mom after she was born. She came out in four pushes,” Lawton says, recalling the birth. “I was meditating, taking the right meds. I was able

to embrace motherhood in a completely different way.”

Her other advice for mothers who find themselves on similar journeys is to be extra aware if you're at risk or have experienced PPD. It's “knowing what to look for when you're starting to spiral,” she says.

Thanks to the research by Payne and others, there might be a day where mothers would be able to address PPD earlier, and therefore lessen its intensity.


One of the benefits of Payne's findings could be a screening tool to detect PPD risk early so physicians can help patients

get support before becoming seriously ill, Payne says.


“We're getting closer to understanding at least some of the pathophysiology of PPD,” she says. “It is my hope that my research will eventually eliminate most cases of PPD by establishing ways to prevent the onset.” ■

View Payne and her colleagues' research online at [nature.com/articles/s41380-022-01794-2](https://www.nature.com/articles/s41380-022-01794-2). Learn more about Yip's work at dryip.com and follow Lawton's journey at annelieselawton.com.

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The Importance of Familial Relationships in Traversing the Autism Journey

BY ANGELA WEST

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that can affect social communication and behaviors. ASD is considered a “spectrum” disorder because it can involve a range of symptoms that can vary in severity, presentation and impact on one’s daily life.

When a child is diagnosed with ASD, it is the beginning of a journey that can affect the entire family unit. Family, sibling and parent/caregiver relationships are all essential in navigating this diagnosis and building stronger foundations for everyone to thrive and grow through the process. While parents may want to protect their child and siblings from changes, it is crucial to involve and educate the whole family about ASD.

What are some tips for parents?

If you are a parent of a child with ASD, it can be a challenging time that requires some adjustments and rethinking of familial relationships. It is important to acknowledge and address the specialized needs and therapies required by your child and involve the whole family. Here are some tips to help:

- Educate yourself about ASD and its implications for your family. Share age-appropriate information with siblings so that they can better understand their sibling’s needs and how to be supportive. It is important to educate them without making excuses for their sibling’s behavior. Understanding the disorder can help them become more compassionate and understanding when extra attention is needed.
- Talk about ASD. Be open in your discussions and provide a “safe space” for everyone to ask questions and to express their feelings. Encouraging these open discussions is healthy and creates a strong and safe bond between the different relationships in the household.
- Don’t isolate the diagnosis from the family; instead, incorporate it into your daily routines. Being thoughtful and respectful of changes that can be made to accommodate your child with ASD will benefit the whole family. For example, if your child has sensory issues and other siblings want to attend an event that may be difficult for your child with ASD to manage, consider making arrangements to



accommodate the other children.

- Acknowledge the importance of siblings through this journey. Praise your children for being helpers to the family and their sibling with ASD. Let them know that their patience is appreciated and understood. It is vital that while acknowledging and praising your child, you don’t “expect” too much or place too heavy a burden on the sibling. Although siblings of children with ASD may not have the same cognitive or behavioral challenges, they have their own set of unique needs and require individual support and guidance. It is important to balance praising your child for their support and patience while ensuring they don’t feel pressured to act as another caregiver. Remember, they are the sibling, and their relationship and support differ from the parent/caregiver role. Siblings often thrive as helpers to siblings and caregivers, but it’s important to be sure that they have the opportunity to enjoy their own childhood and share the same experiences and opportunities as their peers.
- Set aside special time for the sibling in the relationship to enjoy one-on-one time with you. While sibling relationships are a great benefit to children with ASD, siblings also need to experience their own childhood moments in addition to that sibling bond.

Being a parent of a child with ASD requires some adjustments, but incorporating these tips can help strengthen familial relationships and support your child’s growth and development.

What is the significance of sibling relationships in a household influenced by autism?

Although having a sibling with autism can be challenging due to their specialized needs and the attention they may require, the bond between siblings is unique and can benefit both children in many ways:

- For children with ASD, their sibling may be their first friend and offer acceptance and understanding within peer groups. This relationship can help the child with ASD grow and develop in their social skills, peer interaction and language skills.
- Children diagnosed with ASD can learn and develop by interacting with their siblings. Observing and mimicking their siblings’ behaviors can help them improve their social, language and motor skills.
- Involving siblings in ASD therapies can be beneficial for both the diagnosed child and their siblings. It can provide learning opportunities for siblings to become confident, compassionate, caring and respectful individuals.

Building strong and supportive relationships within the family and community is crucial in navigating the autism journey with a child with ASD. Sibling relationships can play a significant role in supporting the child’s development and strengthening familial bonds.

Connecting with a local autism support organization in your area can also provide valuable resources and encouragement. Many organizations offer fun and engaging activities for the whole family, such as virtual scavenger hunts, movie days and other events. Participating in these activities can be a great way to connect with other families affected by autism and to build a supportive community. ■

Angela West, M.S., BCBA, LBA, Founder and Chief Clinical Officer of Behavioral Framework, is Board Certified and Licensed as a Behavior Analyst in Virginia and Maryland. With over 15 years of mental health and ABA experience, Angela has diverse programming and behavior management knowledge. Angela has a long history of developing and expanding ABA programs in both Maryland and Northern Virginia.

Patricia Tanumihardja

BY HEATHER M. ROSS



What was the inspiration for your book?

The main inspiration is actually my son. He's now 13, but he absolutely loves noodles. Starting from a young age, we brought him to his first ramen restaurant when he was 3 or 4, and he just loves noodles. I was observing the relationship between my son and my husband, and what little boy doesn't totally look up to his dad, right? He wanted to do everything his dad does.

I'm also a cookbook author. When I was writing "Ramen for Everyone," I was also working on some ramen recipes for an upcoming cookbook.

What do you love most about your job?

The ability to transfer my thoughts into words. My brain is always filled with so many ideas and thoughts, and I just love being able to go through the creative process. I've done a couple book events. I went to my son's old elementary school a couple weeks ago, and there's just so much joy in bringing books to children. Being a person of color, being able to see kids who look like me see themselves reflected in books is totally amazing. The biggest joy is interacting with the kids who are reading and enjoying my books.

What do you love most about being a parent?

There's so much to love about being a parent. As a parent, you want the best for your children and you do everything you can for them. And to see the result of all your sacrifices and hard work—when I see that my son has taken what I taught him to heart and he does those things, it just makes me so happy to see that. To see him growing up to be an accomplished, kind, gentle soul is amazing. I see him being so compassionate and kind to people and his friends, and it just warms my heart.

How do you balance work and family life?

With great, great difficulty! It's been really tough for me and my husband in the last

couple of years because he has a job that requires him to travel 25% of the time. We try very hard to make sure we set aside time for family. I make sure to go to my son's games. I take him to practices. One thing is for sure, sometimes my husband can't make it home for dinner every night, but I make sure my son and I have time at dinner. We make sure we have time for family, even if it's just playing a board game for an hour or two. If there's a time I have back-to-back deadlines and I can't spend [the] time, I'll make up for it. Family meals together are definitely a must.

What do you hope your son learns from you?

So many things! That it's not all about you. I grew up in a family where you always thought about other people before yourself, and it's not the easiest thing to do, but I realize that you also have to put on your oxygen mask first before you help others. [I hope he learns] to be a kind and compassionate person. I hope that he's able to be empathetic and know how to put himself in other people's shoes. ■

Food brings people together. This is something author Patricia Tanumihardja knows well. While her name is typically found on the covers of cookbooks, she recently cooked up something new — her first children's book. "Ramen for Everyone," released earlier this year, is a story seven years in the making, inspired by Tanumihardja's own family, including herself, her husband, Omar, and her son, Isaac (13).

They live in West Springfield, Virginia, where she spends her time testing out recipes, baking for fun and doing craft projects.

Tanumihardja, who was born in Jakarta and grew up in Singapore, has long had an affinity for weaving food and culture into compelling stories. But it wasn't until her son was born that she realized how much she loved children's stories.

In "Ramen for Everyone," she celebrates the bond between father and child as young Hiro tries to make a bowl of ramen as delicious as his dad's.



FAMILY FAVORITES

Meal: Ramen!

Dessert: Tres leches cake

Vacation spot: Hawaii; My sister lives on Oahu

Local place: Marumen in Fairfax, [Virginia]

Family activity: We enjoy going hiking.

Game: It's a toss-up between "King of Tokyo" and "Dragonwood."



Your Guide to Baby-proofing Your Home

BY HEATHER M. ROSS

Baby-proofing is an important step in every parent's journey. As children grow, so does their curiosity. The goal is to make your home a safe place for them to play and explore without risking injuries.

To create our baby-proofing guide, we reached out to two pediatricians — Jonathan Miller, who practices at a Nemours Hospital clinic in Wilmington, Delaware, and Rachel Plotnick, a member of GMBC's Pediatric Group, in Towson, Maryland.

Both have three children of their own, and each pediatrician has more than 16 years of experience. Here's their advice on how and when to baby-proof.

The Time is Now

Baby-proofing needs to be done by the time your little one is rolling, crawling and exploring, and most parents wait until then, but Plotnick recommends doing it before the baby is even born. Once the baby is here, you'll have your hands full, she says.

So where to start? Miller recommends a somewhat unconventional method: getting low.

"When I talk to families about child-proofing and safety, usually when kids are around 6 months old, I encourage people to get down on their hands and knees and crawl around their home. You'll find outlets [and] cabinets that have things you don't want a baby to have access to," Miller says.

Here are some of the top hazards to address when baby-proofing:

Stairs

Miller says falls down the stairs are one of the most common mishaps he sees. Stair safety should include baby gates at both the top and bottom of the stairs, he says.

"Teach your child how to navigate the steps safely by crawling. Bring them to the steps, position yourself below them and teach them how to crawl down the steps feet-first. That way, if they do find themselves with steps, they know how to do it safely," Miller says.

Burns

Another common injury Miller sees is burns to the face and chest from children pulling hot foods or drinks off of tables.

"Think about anything you put on a surface or near the edge of a surface that infants may not see but can get their hands on," he explains. "Don't put hot, sharp or breakable things near the edge of a table."

This is important guidance to give visitors, too, Miller says, because more often than not, it's a friend's or grandparent's cup of coffee.

Furniture

Think about things that could fall down if shaken or climbed on, such as bookshelves or dressers. These items can be anchored to the wall to keep babies safe. Another risk area, according to Plotnick, is around corners and furniture with sharp edges.

Doors

Toddlers will open doors before you're ready for it. Occasionally, they'll open doors they aren't supposed to open—the scariest of those being front doors, Miller says. Add childproof knob covers and make a habit of locking any doors that can lead out of the house.

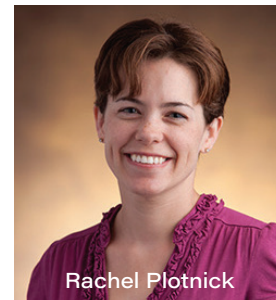
Small Items

Some of the most dangerous things to look out for are the smallest—those small enough to fit in an infant's mouth or be swallowed. When Plotnick's children were born, she switched away from laundry pods entirely. The brightly colored pods can look appetizing to young children, who often explore with their mouths.

Other small items with a big risk attached are button batteries. "Button batteries can cause damage in three ways," according to the Children's Hospital of Philadelphia (CHOP). "They can create an electrical current, put pressure on sensitive tissues and leak harmful chemicals, which can cause burns to the throat and stomach."



Jonathan Miller



Rachel Plotnick

Plants

Plants in and around your home are usually harmless, unless you start putting them in your mouth. Many common plants can pose a danger to infants, including unripe tomatoes, potato sprouts, nightshade, azaleas and oleanders. Even peace lilies can pose a serious danger to young children.

Review CHOP's poisonous plant guide at chop.edu/centers-programs/poison-control-center/poisonous-plants.

Water

"Kids can drown really quickly and really silently," Plotnick says.

According to the Children's Safety Network, nearly 900 children in the United States die every year from unintentional drowning. Drowning doesn't always happen in a regular pool; it can happen in a tub, a kiddie pool or even in a bucket. Children should always be supervised around water, and bathtubs should be drained right away when not in use.

Medication and Drugs

Another common household hazard parents should pay special attention to is placement of medication or recreational substances like cannabis or liquid nicotine. Liquid nicotine from e-cigarettes, e-hookahs, vape pens and other electronic nicotine devices can be absorbed through the skin or swallowed. Even a small amount can be fatal in the hands of a toddler.

"Know when you have these products in your house and store them far away, and be careful when you use them," Plotnick says.

Prescription medications often arrive from the pharmacy in childproof bottles. Be sure not to transfer them to baggies or other easier-to-open containers.

Accidents Will Happen

"Even if you have all the right things, you still have to use them right," Miller says. "I had one of my children topple down the stairs; they were okay, but it happened even with the gate because it wasn't closed. A lot of us get lax, and that's when things happen."

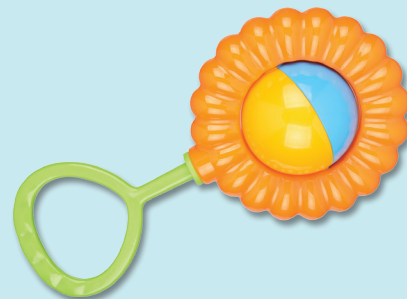
Every parent has had, or will have, a close call like this one. For Plotnick, it was in a vacation home when her 18-month-old son quickly found a ladder to climb while she had a conversation with a friend. Luckily, the child was spotted before anything could happen, but accidents can happen very quickly, especially in unfamiliar environments. Plotnick says any time you're on vacation with a young child, make it clear who is watching the child and make sure that person always has eyes on the child. This is also the case when expecting company. Have a plan in place in case of distractions or hire a babysitter.

Using baby-proofing guides like this one and following advice from your pediatrician can decrease risks dramatically. "We can't prevent everything, but we can be really careful about the most dangerous stuff," Plotnick says. ■

LOCAL RESOURCES

SAFE START is a mom-owned Washington, D.C. business that provides a professional child-proofing service in D.C., Maryland and Virginia, including in-home consultation, home safety plans and installation services. safestartchild.com.

BabyProofing Montgomery serves Maryland, D.C. and Northern Virginia. Its child safety experts offer professional consultations, home safety evaluations and product installation services. babyproofingmontgomery.com.



Ouch Proofers offers child-proofing services in D.C., Delaware, Maryland and Virginia. The D.C.-based company is a one-stop shop for child-proofing projects, from estimate to materials to completion. ouchproofers.com/services/childproofing-at-your-home

Safe Kids Frederick County is a county health department program dedicated to preventing child injury through efforts including providing materials on home, swim and poison safety. health.frederickcountymd.gov/588/Safe-Kids-Frederick-County

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Smile, It's Healthy

What parents
need to know
for their child's
dental health

BY HEATHER M. ROSS

Twenty-six percent of all American adults have untreated dental cavities, according to the Centers for Disease Control (CDC). This statistic shouldn't be surprising when sugary, processed foods dominate the snack scene. Every drink seems to need a little more sweetness. But what can parents do? Dr. Travis D. Tramel, a dental hygienist, and Dr. Susan Maples, a Doctor of Dental Surgery, have the answers—and the books.

Maples practices in Holt, Michigan, and has practiced dentistry for 38 years. Over the course of her practice, she has seen multiple generations of teeth and what she describes as a “massive decline in human health.” She is determined to help the next generation.

Maples wrote “Brave Parent: Raising Healthy, Happy Kids Against All Odds in Today's World,” an all-encompassing, evidence-based book on children's health, to help parents take an active role in their children's futures.

She explains that sometimes that might

look like going against the status quo.

“Being a brave parent means learning what's necessary for children's health and being willing to do it even though [your own] parents, teachers or friends are not,” Maples says.

Dental health, of course, is a part of that, and it can affect kids in more ways than one, Maples says. It can affect children's self-esteem and education and act as an indicator of a child's overall health.

“Caries [more commonly known as cavities] are the canaries in the coal mine,” Maples says, “It's a smokescreen for everything else going on.”

In the United States, 52% of children have had cavities in their baby teeth, and children from low-income families are twice as likely to have untreated cavities compared with higher-income children. For children ages 12 to 19, 57% have had a cavity in their permanent teeth, according to the CDC.

This is where Tramel comes in. Tramel, a resident of Riverside, California,

has been practicing dentistry for 23 years. In 2015, he transitioned from private practice to GeriSmiles, a mobile dental health hygiene practice that brings dental professionals into schools, health fairs, homeless shelters and churches to reach underserved communities.

“My job now is to teach kids about oral health, the disease process and what goes on in the body,” Tramel says. “With mental capacity and physical appearance, you are what you eat. These things will catch up with us later.”

His motivation for GeriSmiles came from wanting to help people who looked like him.

“I am a man of color, and I was noticing in the places I was practicing, I didn't see a lot of people who looked like myself,” Tramel says. “I set out myself; I said let me go to where my people are.”

With how important dental health is, parents might be wondering what else they can be doing to get kids to take their teeth seriously.



Dr. Susan Maples



Dr. Travis D. Tramel

How Should Parents Talk to Their Children About Dental Health?

“Rather than threatening of the consequences, play up that you want them at their best. They want to wake up happy and energized. They want to do well in school, look good, do well in sports—it all has to do with what they eat,” Maples says. “Explain that everything you put in your body shapes that.”

To help children make healthy choices, parents can swap out unhealthy, processed snacks for whole foods, she says. Healthy snack alternatives include steamed or roasted veggies, fruits, nuts, olives, legumes, popped corn or any snack foods with fewer than five ingredients. Parents can also swap ranch dressing for hummus or guacamole.

Another way parents can approach the subject of healthy eating is through children’s books.

Tramel wrote “Sam Saves His Smile” for just this purpose. In the book, Sam the dolphin makes bad decisions about what to eat because of his environment, and this causes his health, mood and social life to suffer. The book follows Sam’s

journey back to health as he makes tough, but good, choices.

“I want [kids] to see themselves in this book. I want them to reach up and get help from those who can help them,” Tramel says.

Tramel also wants parents to know that it’s OK if they haven’t always been perfectly on top of things. Everyone starts somewhere. Don’t be afraid to look into your child’s mouth, and don’t be afraid to take your health into your own hands, he says. Do research and ask questions.

Ask the Expert: What’s Your Dental Health Routine?

For Tramel’s own dental health, he focuses on eating raw fruits and vegetables and his routine is relatively simple, with flossing, brushing and rinsing.

For Maples, she uses a power brush and flosses thoroughly two times per day. Her toothpaste is CTX4 gel. But remember, dental routines will vary.

“I don’t have periodontal disease, so my oral hygiene is relatively simple,” Maples says. ■



Resources

- Find “Brave Parent” and other children’s health information at beabraveparent.com.
- Find “Sam Saves His Smile” at barnesandnoble.com/w/sam-saves-his-smile-travis-d-tramel/1142556130.
- Learn more about GeriSmiles and where Tramel will be next at gerismilesfoundation.org.

For children ages 12 to 19, 57% have had a cavity in their permanent teeth, according to the CDC.





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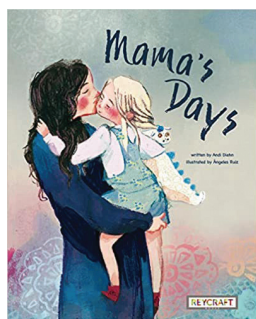
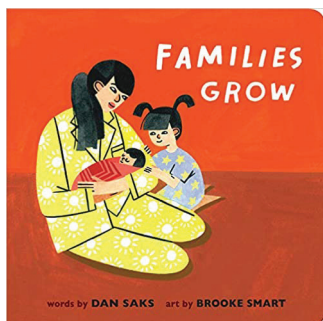
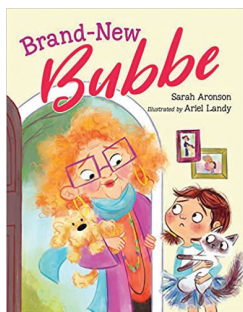
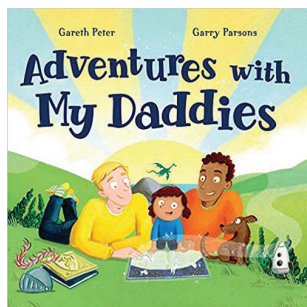
garage

laundry room

pantry

mudroom

wall bed



Family is All Around Us

16 Books Exploring Our Connection to Families of All Kinds

BY MIRANDA SCHOPPERT, HEAD OF CHILDREN'S SERVICES AT THE GERMANTOWN BRANCH OF MONTGOMERY COUNTY PUBLIC LIBRARIES

Families come in all shapes and sizes. They go through ups and downs—periods of immense joy and moments of deep heartache. What one considers to be “a family” often evolves or changes throughout one’s lifetime. Whether you are celebrating Father’s Day, welcoming a new member to the family or just celebrating the love of those around you, may the books below show you the power of being and reading together.

PICTURE BOOKS

“Adventures with My Daddies”

by Gareth Peter, illustrated by Garry Parsons

Sneaking past dinosaurs, exploring the moon and fighting dragons are just some of the adventures one little boy gets up to with his two daddies. This LGBTQ adoption story centers around love, adventure and imagination. A perfect read for families of all shapes and sizes.

“Brand-New Bubbe”

by Sarah Aronson, illustrated by Ariel Landy

When her mother remarries, Jillian isn’t sure she wants a new grandmother, but her stomach is all for it. Jillian throws a “super soup celebration” to show Noni, Gram and her “brand-new Bubbe” that there is room for everyone in her heart... and stomach. With recipes included, this picture book celebrates the joy of blended families and how food brings us all together.

“Families Grow”

by Dan Saks, illustrated by Brooke Smart

A family may start with a wish, but it grows with love. This rhyming board book is a celebration of expectant families. Lightly touching on pregnancy, adoption and surrogacy, this book allows even the youngest family members to celebrate the pending growth of their own family. At the end of the book, there is a glossary with simple explanations that can be used to spark conversation.

“I Love You Because I Love You”

by Mượn Thị Văn, illustrated by Jessica Love

Love can be big. Love can be small. Love is complex and constantly evolving. Through call-and-response prose, with stunning illustrations by Jessica Love, Mượn Thị Văn creates a picture book that will leave readers with a sense of peace while they reflect on the love that is all around them.

“Nell Plants a Tree”

by Anne Wynter, illustrated by Daniel Miyares

Before tree-climbing or pie-making, before running or laughing—Nell plants a seed. This is the story of a little girl whose planting of a pecan tree becomes the heart of an intergenerational Black family and the love they share. With lyrical text and beautiful artwork, this book highlights family past, present and future.

“Our Table”

written and illustrated by Peter H. Reynolds

Recently, Violet’s family has gotten very busy with their TV watching, cell phone talking and tablet game playing. She remembers a time when everyone would laugh and tell stories around the dinner table. Determined to recapture those fond memories, Violet hatches a plan. Bestselling author Peter H. Reynolds creates a picture book about family, tradition and getting back to the table.

EARLY ELEMENTARY BOOKS

"Mama's Days"

by Andi Diehn, illustrated by Ángeles Ruiz

A little girl tells the story of a princess, a queen and a misunderstood dragon in order to process her mother's unstable emotions. A thoughtfully told story, with beautiful illustrations, about the ups and downs of parental depression. The story is told without blame and presents a strong little girl, full of hope for tomorrow.

"Sona Sharma, Very Best Big Sister?"

by Chitra Soundar, illustrated by Jen Khatun

Sona Sharma wants to be the very best big sister she can be, even if she isn't so sure she wants a little sister or brother. Regardless, Sona is determined to pick out the perfect name for her new sibling's baby-naming ceremony. Set in India, this early chapter book is charming and perfect for older siblings who need a little warming up to the idea of change.

"Too Small Tola"

by Atinuke

In the busy city of Lagos, Nigeria, Tola lives in an apartment with her sister, brother and grandmother. She may be tiny, but she is always ready to help her family and community in big ways. Written through the eyes of little Tola, with fun illustrations, simple sentences and clear language, this book provides enjoyment for readers as they follow the ups and downs of mighty little Tola.

MIDDLE GRADE

"Lasagna Means I Love You"

by Kate O'Shaughnessy

When Mo's Nan passes away, she is sent to a foster home where she finds an old family recipe book. The book becomes a lifeline for Mo, and as she starts pulling together her own collection of family recipes, she starts to realize that some families are made, not found. A heartfelt, middle grade novel that deals with mourning a loved one, foster care and found families.

"New From Here"

by Kelly Yang

When the coronavirus hits Hong Kong, Knox's mother decides to move him and his siblings back to California, while his father stays in China for work. Now Knox must learn to fit in at a new school where he is ostracized for being Asian. This novel is about separation, fear, hate and the strength of family to pull one through.

"Squished"

by Megan Wagner Lloyd, illustrated by Michelle Mee Nutter

For 11-year-old Avery Lee, finding some time to herself can be tough, especially with six brothers and sisters. Longing for her own room, Avery hatches a plan that might be thwarted when she finds out her family could be moving. A graphic novel for any large household about finding your own space and growing up in a changing family dynamic.

"Tumble"

by Celia C. Pérez

Twelve-year-old Addie Ramírez has a tough decision to make. Is she ready to be adopted by the stepfather who loves her and is the only father figure she has ever known? Or should she search out her estranged biological father who, she discovers, is in the middle of a comeback as a Mexican luchador? Through this journey of discovery, Addie learns that family means more than just showing up. It's about being real and working through challenges together.

YOUNG ADULT

"An Appetite for Miracles"

by Laekan Zea Kemp

Two teens come together while trying to reconnect to their individual families. Sixteen-year-old Danna Mendoza is determined to bring back her grandfather's memories through food. Meanwhile, Raúl Santos doesn't know how to feel now that his mother has been released from prison. This moving young adult novel, written in verse, explores the hope of reconnection and the fear of loss.

"¡AY, MIJA!: My Bilingual Summer in Mexico"

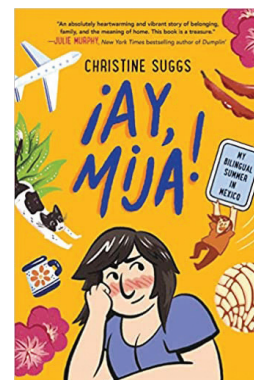
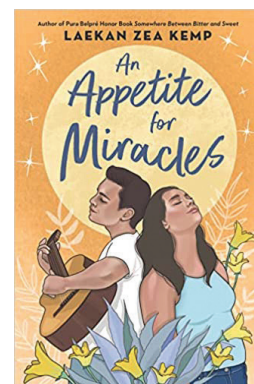
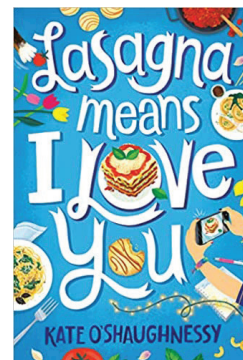
written and illustrated by Christine Suggs

In this young adult graphic novel memoir, Christine Suggs recalls a trip they took as a teen to Mexico to visit their grandparents. While attempting to adapt to language and cultural barriers, Christine comes to see the generational differences in their family and begins to explore their mixed world. This bilingual graphic novel will appeal to teens who are also struggling to embrace family heritage while being true to themselves.

"Firekeeper's Daughter"

by Angeline Boulley

When family tragedy strikes, Daunis defers going away to college to stay home and care for her mother. After witnessing a murder, Daunis accidentally becomes embroiled in the investigation of a series of drug-related deaths that seem to lead back to the nearby Ojibwe reservation. This YA thriller follows one Native girl who must decide between those she loves or her tribal community. ■



The Value of Curiosity

Exploring D.C. with Kids

BY JOANN HILL

Now that warmer temperatures have arrived and the Washington, D.C. area is in full bloom, there's no better time for families to venture outside and explore the countless treasures of our nation's capital. As a former public elementary school teacher in D.C. for 17 years, I've had the pleasure of teaching hundreds of kids about many of D.C.'s world-renowned museums and memorials, diverse neighborhoods and the trailblazing individuals who have helped shape our monumental city. But simply reading and writing about them only scratches the surface. For kids to truly see and learn about our nation's capital, it's imperative that they experience it. Exploring their own backyards as well as new neighborhood nooks can be eye-opening, rewarding and even life changing.

When kids are afforded opportunities to learn through exploration and experimentation, they learn just how valuable curiosity and adventure truly are. Curious kids eventually grow into curious adults who are interested and engaged with the world around them. I wrote "Secret Washington, DC: A Guide to the Weird, Wonderful, and Obscure" and "DC Scavenger" to inspire both kids and adults to tap into their adventurous sides and explore the region's abundant beauty and richness. Whether you're a native Washingtonian, newcomer or somewhere in between, in a city as vibrant as Washington, D.C., there is so much to uncover.

"Secret Washington, DC" introduces readers to the other side of D.C.: a treasure trove of off-the-beaten-path sites, secret histories and quirky oddities. Kids will love searching for the nearly 40 boundary stones that helped mark the perimeter of Washington, D.C. Geocachers and adventurers will enjoy exploring these historic markers set by surveyor Benjamin Banneker and his team dating back to the 1790s. One of D.C.'s most beloved green spaces, the National Arboretum, holds a wealth of beauty and history. Spend an afternoon wandering around the iconic Capitol Columns that were once part of the U.S. Capitol and visit the Bonsai and Penjing Museum, home of the nearly 400-year-old Yamaki Pine that survived the bombing of

Hiroshima. Budding paleontologists may be surprised to learn that the Capitol Hill corner of First and F Streets SE is where a dinosaur fossil was uncovered in 1898! Capitalsaurus Court honors DC's official dinosaur. Visit the Lincoln Memorial to find the baseball-size indentation imprinted onto the outer wall because of an accidental firing during World War II by the U.S. Army. While you're on the National Mall, head over to the World War II Memorial to locate the "Kilroy Was Here" graffiti of a big-nosed bald-headed man sketched around the world where battles were fought, followed by a ride on the carousel, which represents a part of Civil Rights history.

Families looking for a more active pursuit with their kids will love "DC Scavenger," an interactive outdoor scavenger hunt book spanning 17 neighborhoods throughout D.C.'s four quadrants. Embark upon a thrilling hunt with your family to explore more than 340 clues by deciphering clever hints and examining puzzling photos. Throughout each neighborhood hunt, you'll seek out historical markers, lively markets and eateries, libraries and bookstores, architectural gems and of course, many of the city's most cherished monuments and museums. Choose to hunt around your own neighborhood or perhaps encourage your child to step out of their comfort zone and explore an unfamiliar pocket, discovering something new and unexpected. Get ready to lace up your walking shoes and experience the region in a newfound adventurous way while creating indelible memories with your family. ■

JoAnn Hill has affectionately called Washington, D.C. home for over twenty years. She has written extensively about D.C. living, its food, and her world travels on her blog dcglobejotters.org and for others. When she's not writing and exploring, you will find her teaching fitness, indulging in D.C.'s culinary and theater scenes, and spending as much time outside as possible being active. Hill is the co-founder of Capitol Teachers, a full-service tutoring company servicing the greater D.C. area. She lives with her husband Thalamus and dog Jackson.



PHOTOS PROVIDED

Below are two clues from the National Mall neighborhood chapter.

#1:

'Round and 'round on the horse you go,

Colorful tent of red, blue, and yellow,

Grown-ups and kids hop on for a ride,

A plaque details its past on the side.

#2:

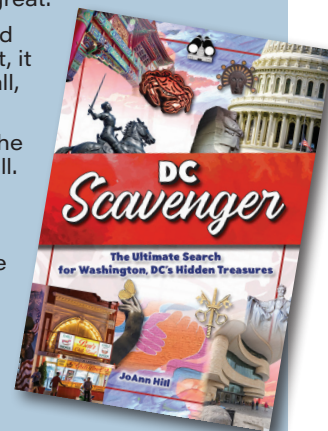
Fifty surround it, representing each state,

Built for our first prez, a general so great.

Five hundred fifty-five feet, it stands so tall,

An iconic symbol on the National Mall.

Were you able to solve the clues?





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A close-up, high-resolution 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.

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