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MARCH 2017

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LISTENING?

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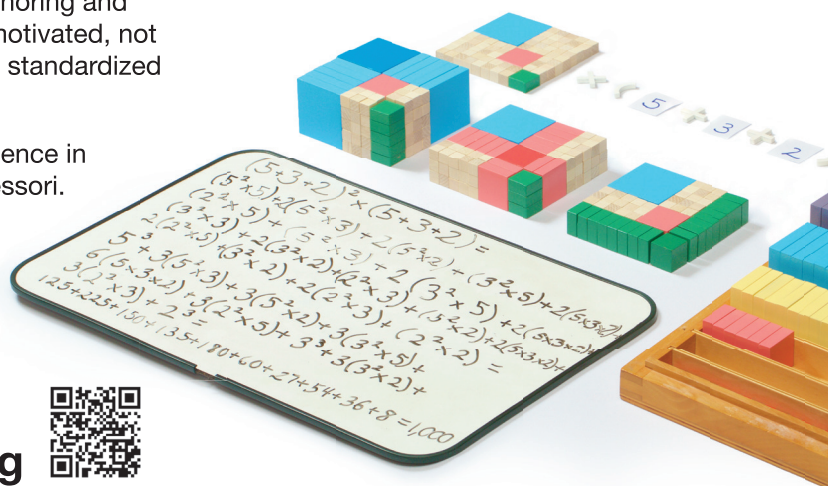
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*"Children's museums are heaven to children, who are naturally curious, learn by touching and are excited about new and interesting things."*

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*"When students come together to create, collaborate and code, they not only have fun, but they also develop the skills and thought processes that will carry our world forward."*

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READS





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# 5 SIMPLE TIPS TO GET YOUR CHILD TO LISTEN





**A**s a psychologist, I see children of all ages—and their parents—in my office. I also live with my husband and our two children. The most common “complaint” I receive both at home and at work is that no one listens. Kids, mine included, routinely report that parents and siblings never listen to them, and that no one cares what they have to say. Similarly, parents, myself included from time to time, often feel their children have an in-one-ear-and-out-the-other approach to communication.

So how do we break this cycle within our families? You can help your kids open their ears and start to truly hear what you're saying with these simple yet powerful tips:

#### 1. TELL YOUR CHILD WHAT YOU EXPECT OF HIM OR HER:

Avoid confusion by sticking with one request, consider the situation, and TELL your child what you expect following these steps.

- **Avoid confusion by keeping requests simple and specific:** Instead of listing three or four things that need to be done, stick with one short request. Once your child follows through, you can move to the next item on the to-do list.
- **Size up the situation:** Adjust your expectations if you or your child are tired, hungry or stressed. Your child will be harder to motivate and you may not have the stamina to calmly follow through. Don't sweat it, just meet your child closer to the middle and don't judge yourself.
- **Remember, TELL (don't ask) your child what you expect:** Many times kids need to do stuff they don't want to. If you present a question or option your child will hear it as a choice. You'll be frustrated and they'll be confused. Keep things clear by saying, “It's time to take a bath.” instead of, “Do you want to take a bath?”
- **Make it a game or a challenge:** Younger children love games and older kids are motivated by challenges. Keep it fun by making requests like, “How fast do you think you can get dressed? Quick, I'll time you!” or, “It's time to put your toys away. Do you think you can do it by the time I'm done with my shower? Let's race!”
- **Cut yourself some slack!** If you're having a hard time simplifying your requests or if your best efforts are still met with maddening push back or the sound of crickets chirping, hang in there!

2. **LOCK EYES:** Shouting from room to room happens, but making eye contact helps kids focus on your message (and saves your vocal cords, a win-win).

- **Out of sight, out of mind!** When your child's eyes are locked with yours, they will be less likely to ignore or forget your request. Even if they like what you're saying, it's easier to let it roll in one ear and out the other if you're out of sight.
- **Volume control.** Pumping up the volume is probably not a daily goal in most households. If you can't see your child, chances are you will raise your voice to be heard. Sensitive kids may perceive this as being “yelled at.” Plus, if this is the standard, then your child may have a hard time “hearing” you when you're not being loud. Starting off eye-to-eye will help with volume control, spare your vocal cords and get your child used to responding to a normal tone of voice.
- **Seeing is believing.** Possibly the biggest benefit of having your child in sight when you present a request is seeing their reaction. If you're yelling from room to room, you can't read your child's body language or see if they're following through. When you are face-to-face, you can immediately gauge your child's response. This gives you a huge advantage since you can trouble-shoot in the moment and quickly move things toward follow-through.



**3. LOWER YOUR VOICE:** When voices are raised, kids shut their ears. When you whisper, their ears open up (even if they don't want to hear what you're saying).

- When things are loud, people (kids included) cover and protect their ears. This reaction is even stronger if the loud thing is perceived as being unpleasant (such as a parental request to clean up, get up or get going in a new direction).
- When a message is presented quietly, people (again, kids included) lean in to hear what's being said. Not only that, but their eyes widen and they begin to devote a lot of effort and energy to hearing what's being said.
- When you're tempted to raise your voice, try this new approach:
  - Have a clear message prepared (short and sweet);
  - Have your child in view; then
  - QUIETLY present your request.

**4. SAY PLEASE:** Keep in mind, kindness matters, and a well-intentioned "please" will go a long way. Plus, you're modeling the good manners you want your kids to use.

- **Why is this important?** Because you are always in the spotlight (no matter how old your child is, and even when it seems like they are ignoring you). Saying please and communicating with kindness is important because your child learns far more from copying what you do than anything else. If you want the respect that you deserve as a parent, set the bar high and dish out that same level of respect when you speak to your child.
- **Does it really help?** Yes! A single, well intentioned "please" will go a long way in opening your child's ears and getting your message across. The follow-up "thank you" when they do what you've asked is an added bonus. These small efforts will set you and your child up for success and keep everyone focused on the goal.
- **Can I be polite without being a push-over?** Absolutely! This is a skill every parent needs to practice, because being polite, kind and respectful has nothing to do with being a push-over. Setting limits and boundaries is important, and delivering

well thought-out natural consequences helps kids learn important real-world lessons. Doing this with respect takes practice, but it makes all the difference in the world.

- **In the long run, you want to be your child's go-to person, a trusted source of guidance and support, and an emotional safety net as they practice coping on their own.** Showing kindness and respect—even as you parent through the challenging times—sets the stage for a life-long connection that will last far longer than any day-to-day squabble.

**5. GIVE YOUR VOTE OF CONFIDENCE:** Let your child know that you trust him or her to follow through (even if you're not necessarily convinced yet).

- **Kids know things are better when parents are happy (as opposed to upset and disappointed).** You can turn this fact of life into a powerful parenting tool simply by stating that you trust your child will do what you asked. This creates a huge incentive because it's no longer just about 'take the garbage out,' 'do your homework,' 'brush your teeth,' or 'keep your hands off your brother'... it's about 'mom or dad is trusting me to follow through.'
- **Case in point:** You say, "Please do your homework." If your child does not follow through, they just didn't do their homework. You say, "Please do your homework. I'm trusting you to make a wise choice." If your child does not follow through, they didn't do the homework AND they broke your trust.

At the end of the day, your child is probably much more invested in maintaining your trust than actually doing many of the things you'll ask. So, start to communicate that you trust your child to follow through, choose wisely and make things happen. In no time you'll notice more listening and less push-back.

---

*Stephanie O'Leary, Psy.D. is a clinical psychologist specializing in neuropsychology, and a mom of two. She provides parents with a no-nonsense approach to navigating the daily grind while preparing their child for the challenges they'll face in the real world. Visit [stephanieoleary.com](http://stephanieoleary.com).*



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August 15<sup>th</sup> - August 17<sup>th</sup>

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Cannot be combined with any other discounts or offers.



and explore our Enchanted Forest attractions and Pine Tree Maze. A perfect place for birthday parties. Easter and Fall Festivals.

## CREATIVE YOUTH

[creative-youth.com](http://creative-youth.com); [info@creative-youth.com](mailto:info@creative-youth.com)  
240-800-4916

4805 Saint Elmo Ave., Bethesda, MD

Creative Youth is the area's only creative arts school offering classes, camps and parties in fashion design, sewing, photography, and video/film production.

## THE DELAPLAINE VISUAL ARTS EDUCATION CENTER

[www.delaplaine.org](http://www.delaplaine.org); [info@delaplaine.org](mailto:info@delaplaine.org)  
301-689-0656

40 S. Carroll St., Frederick, MD

When you are looking for art, education, parties, shopping, historic architecture and fun stuff to keep your mind active and your kids engaged, come to the Delaplaine Visual Arts Education Center. Admission is FREE!

## DURBIN & GREENBRIER VALLEY RAILROAD

[www.mountainrail.com](http://www.mountainrail.com)

877-686-7245

315 Railroad Ave., Elkins, WV

242 Main St., Coss, WV

## GLEN ECHO PARK

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[www.glenechopark.org](http://www.glenechopark.org); [info@glenechopark.org](mailto:info@glenechopark.org)  
301-634-2222

7300 MacArthur Blvd., Glen Echo, MD

Glen Echo Park has lots to offer for families with babies and toddlers. Enjoy summer concerts, theater performances, playgrounds and museums & indoor activities for all.

## IMAGINATION STAGE

[www.imaginationstage.org](http://www.imaginationstage.org); [boxoffice@imaginationstage.org](mailto:boxoffice@imaginationstage.org)  
301-280-1660

4908 Auburn Ave., Bethesda, MD

Whether you're new to Imagination Stage or have gotten creative with us before, we hope you'll join us as we embark on another fun-filled Summer! You'll meet new friends, expand your acting, music, dance, and filmmaking skill sets, and make memories to last a lifetime!

## RINGLING BROS. AND BARNUM & BAILEY PRESENTS OUT OF THIS WORLD

[www.ringling.com](http://www.ringling.com) or [www.ticketmaster.com](http://www.ticketmaster.com)  
800-745-3000

Royal Farms Arena, Baltimore, MD

Verizon Center, Washington, D.C.

Eagle Bank Arena, Fairfax, VA

## ROCKIN' JUMP GAITHERSBURG

[www.gaithersburg.rockinjump.com](http://www.gaithersburg.rockinjump.com); [info@mdm.rockinjump.com](mailto:info@mdm.rockinjump.com)  
301-703-3707

18620 Woodfield Rd., Gaithersburg, MD

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CONTINUED ON PG. 18

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[www.kidsfirstswimschools.com](http://www.kidsfirstswimschools.com)  
[facebook.com/kidsfirstswimschools](https://facebook.com/kidsfirstswimschools)

Columbia: 443-755-0111  
Rockville: 301-217-5910  
Germantown: 301-540-SWIM  
Chantilly, VA: 703-488-9800  
Waldorf: 301-638-SWIM  
Falls Church: 703-534-SWIM

Bowie: 301-262-SWIM  
Sterling, VA: 703-444-9673  
Manassas: 703-392-SWIM  
Laurel, MD: 301-725-SWIM  
North Bethesda: 301-984-SWIM  
Springfield, VA: 703-321-SWIM

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(301) 654-3206  
4923 Elm Street,  
Bethesda, MD 20814

**Cleveland Park Studio**  
(202) 363-9590  
3413 Connecticut Avenue, NW  
Washington, D.C. 20008

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 Visit our website at:  
[thecenterforballetarts.com](http://thecenterforballetarts.com)

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## PORT DISCOVERY CHILDREN'S MUSEUM

[www.portdiscovery.org](http://www.portdiscovery.org); [info@portdiscovery.org](mailto:info@portdiscovery.org)  
410-727-8120

35 Market Place, Baltimore, MD

Port Discovery educates children and inspires life-long curiosity. Explore 3 floors of educational, interactive exhibits and ever-changing programs and events throughout the year! The Museum is ranked among the Top 10 Children's Museums in the United States by Fodor's Travel, Forbes and Parents Magazine.

## SHADOWLAND LASER ADVENTURES

[www.shadowlandadventures.com](http://www.shadowlandadventures.com)

301-330-5546

624 Quince Orchard Rd, Gaithersburg, MD

410-740-9100

9179 Red Branch Rd, Columbia, MD

Strap on a suit, enter the HUGE multi-level carpeted arena and prepare for an exciting, fast-paced laser adventure! Great for groups of friends, youth groups, office outings, parties, family fun.

## Virginia

### ENCORE STAGE & STUDIO - THEATRE BY KIDS FOR KIDS

[www.encorestage.org](http://www.encorestage.org); [boxoffice@encorestage.org](mailto:boxoffice@encorestage.org)

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

Encore provides high quality, developmentally appropriate theatrical productions that are by and for young people. Upcoming shows include Night at the Wax Museum, The Jungle Book and The Music Man. For many children, seeing an Encore Stage & Studio performance is their first live theatre experience!

### POTOMAC NATIONALS

[www.potomacnationals.com](http://www.potomacnationals.com)

703-590-2311

G. Richard Pfitzner Stadium

7 County Complex Ct., Woodbridge, VA

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[www.ringling.com](http://www.ringling.com) or [www.ticketmaster.com](http://www.ticketmaster.com)

800-745-3000

Royal Farms Arena, Baltimore, MD

Verizon Center, Washington, D.C.

Eagle Bank Arena,, Fairfax, VA

### SHADOWLAND LASER ADVENTURES

[www.shadowlandadventures.com](http://www.shadowlandadventures.com)

703-921-1004

5508 Franconia Rd., Springfield/Alexandria, VA

703-263-1004

4300 Chantilly Shopping Ctr., Chantilly, VA

Strap on a suit, enter the HUGE multi-level carpeted arena and prepare for an exciting, fast-paced laser adventure! Great for groups of friends, youth groups, office outings, parties, family fun. become more successful at school and home. We feel all children have the potential to learn, grow and develop in many ways.

### SHENANDOAH VALLEY DISCOVERY MUSEUM

[www.discoverymuseum.net](http://www.discoverymuseum.net); [education@discoverymuseum.net](mailto:education@discoverymuseum.net)

540-722-2020

19 West Cork St., Winchester, VA

You have 3 more days  
to Nominate Your  
Favorite Mom!



Honor that special mother who does  
so much for her family and  
community by nominating on  
[washingtonFAMILY.com](http://washingtonFAMILY.com)

*Nominations end February 26th.*

The Moms of the Year will be featured in  
the May issue.

Join the fun on social media for:  
Moms of the Year updates  
Flash prize giveaways

For more information about Moms of the Year  
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A colorful illustration of a summer camp scene. In the background, there are green mountains, a blue sky with white clouds, and a bright yellow sun. A string of colorful triangular flags hangs across the top. In the foreground, there are three yellow tents on a sandy ground, with a small campfire burning between the middle and right tents.

# SUMMER CAMP GUIDE 2017

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## OVERNIGHT CAMPS

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### Audubon Naturalist Society

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Ages: 4-17

[anshome.org](http://anshome.org); [nora.kelly@anshome.org](mailto:nora.kelly@anshome.org)

301-652-9188 x15

8940 Jones Mill Rd., Chevy Chase, MD

Teens, Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Hiking, Travel.

### Camp Horizons

---

Ages: 6-17

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

[camp@horizonsva.com](mailto:camp@horizonsva.com)

540-896-7600; 3586 Horizons Way, Harrisonburg, VA

Residential, Teens, Sibling Discount, Transportation, Arts, CIT Program, Drama, Hiking, Horseback Riding, Sports, Swimming.

### Camp Rim Rock

---

Ages: 6-18

[camprimrock.com](http://camprimrock.com); [info@camprimrock.com](mailto:info@camprimrock.com)

347-746-7625; 343 Camp Rim Rock Rd., Yellow Spring, WV

Girls Only, Arts, Dance, Drama, Hiking, Horseback Riding, Music, Swimming.

### iDTech Camp

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Ages: 6-18

[idtech.com](http://idtech.com); 1-888-709-8324

Multiple locations in D.C., MD and VA

Computers.

### Mountain Stewards Camps

---

Ages: 10-17

[mountain.org/Appalachian](http://mountain.org/Appalachian)

### Randolph-Macon Academy

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#### Middle School Summer Camp

---

Ages: 10-13

[rma.edu/summer-camp](http://rma.edu/summer-camp); [admission@rma.edu](mailto:admission@rma.edu)

540-636-5484; 200 Academy Dr., Front Royal, VA

Extended Day, Arts, Educational Activities, Field Trips, Hiking, Music, Sports, Swimming.

### Valley Mill Camp

---

Ages: 4-14

[valleymill.com](http://valleymill.com); [evelyn@valleymill.com](mailto:evelyn@valleymill.com)

301-948-0220; 15101 Seneca Rd., Darnestown, MD

Teens, Extended Day, Transportation, Arts, Boating, CIT Program, Drama, Educational Activities, Field Trips, Gymnastics, Hiking, Horseback Riding, Sports, Sports Extreme, Swimming.

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## DAY CAMPS WASHINGTON, D.C.

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### Accelerando Music Camp - Etudes

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Ages: 4-12

[dcetudes.com](http://dcetudes.com); [info@dcetudes.com](mailto:info@dcetudes.com)

202-256-9942; 1616 Wisconsin Ave., NW, Second Floor Washington, D.C.

Educational Activities, Music.

### All Fired Up

---

Ages: 6-16

[allfiredupdc.com](http://allfiredupdc.com); [allfiredupquestions@yahoo.com](mailto:allfiredupquestions@yahoo.com)

202-363-9590; 3413 Connecticut Ave., Washington, D.C.

Arts.

### D.C. United Soccer Camp

---

Ages: 6-16

[dcunited.com](http://dcunited.com); [gteren@dcunited.com](mailto:gteren@dcunited.com); 202-587-5498

2400 East Capitol St., SE, Washington, D.C.

Sibling Discount, Sports.

### Digital Media Academy

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Ages: 8-17

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

[info@digitalmediaacademy.org](mailto:info@digitalmediaacademy.org)

866-656-3342

George Washington University, Washington, D.C.

Residential, Teens, Computers, Educational Activities, Photography.





## Generation Code

Ages: 7-18

generationcode.com; info@generationcode.com  
866-407-2345; 1133 15th St., NW, Washington, D.C.  
*Teens, Sibling Discount, Computers, Educational Activities.*

## iDTech Camp

Ages: 6-18

idtech.com; 1-888-709-8324  
Multiple locations in D.C., MD and VA  
*Computers.*

## Kingsbury Summer Camp - The Kingsbury Center

Ages: 3-18 • 5000 14th St., NW, Washington, D.C.  
kingsbury.org; ccoleman@kingsbury.org  
202-722-5555  
*Teens, Educational Activities, Special Needs, Yoga.*

## Joy of Motion Full and Half Day Dance and Performance Camps

Ages: 3-Grade 12

joyofmotion.org/youth-program/  
youth-camps-intensives  
info@joyofmotion.org; 202-813-9505  
5207 Wisconsin Ave., NW, Washington, D.C.  
(second floor)  
*Dance.*

## Joy of Motion Full and Half Day Dance and Performance Camps

Grades: 3-12 • 1333 H St., NE, Washington, D.C.  
joyofmotion.org/youth-program/  
youth-camps-intensives  
info@joyofmotion.org; 202-813-9505  
*Dance.*

## Northeast Stars Camp

nestars.net  
1325 Maryland Ave., NE, Washington, D.C.  
*Educational Activities.*

## The Theatre Lab Summer Acting Camp for Kids

Ages: Grades 1-12  
theatrelab.org; contact@theatrelab.org  
202-824-0449; 733 8th St., NW, Washington, D.C.  
*Teens, Extended Day, Drama.*

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## DAY CAMPS MARYLAND

### Acorn Hill Waldorf Kindergarten & Nursery

Ages: 3-6  
acornhill.org; info@acornhill.org  
301-565-2282; 9504 Brunett Ave., Silver Spring, MD  
*Extended Day, Arts, Cooking, Music.*

## All Fired Up

Ages: 6-16

Allfiredupdc.com; allfiredupquestions@yahoo.com  
202-363-9590; 4923 Elm St., Bethesda, MD  
*Arts.*

## Audubon Naturalist Society

Ages: 4-17

anshome.org; nora.kelly@anshome.org  
301-652-9188 x15  
8940 Jones Mill Rd., Chevy Chase, MD  
*Teens, Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Hiking, Overnight Camping, Travel.*

## Barrie Camp

Ages: 4-14

barrie.org; camp@barrie.org  
301-576-2816; 13500 Layhill Rd., Silver Spring, MD  
*Teens, Sibling Discount, Extended Day, Transportation, Arts, Boating, CIT Program, Computers, Cooking, Dance, Drama, Field Trips, Hiking, Horseback Riding, Martial Arts, Music, Sports, Swimming, Yoga.*

## Bethesda Big Train and BCC Baseball Camp

Ages: 5-12

bigtrain.org; faninfo@bigtrain.org  
301-254-2698; 10600 Westlake Dr., Bethesda, MD  
*Sibling Discount, Extended Day, Sports.*

## Camp Aristotle - The Auburn School

Ages: Rising K-Grade 8

9545 Georgia Ave., Silver Spring, MD  
theauburnschool.org; 301-588-8048  
*Teens, Extended Day, Arts, Computers, Educational Activities, Special Needs, Sports.*

## Chesterbrook Academy

chesterbrookacademy.com  
Locations throughout Maryland and Virginia.  
*Arts, Dance, Drama, Field Trips, Music, Sports.*

## Columbia Horse Center

Ages: 5-16 • 10400 Gorman Rd., Laurel, MD  
columbiahorsecenter.com; 301-776-5850  
*Extended Day, Horseback Riding.*

## Creative Youth

Ages: 7-13

creative-youth.com; info@creative-youth.com  
240-800-4916; 4850 Saint Elmo Ave., Bethesda, MD  
*Teens, Arts.*

## The Harbor School "Wonders of the World"

Ages: 3.5-9

theharborschool.org; summer@theharborschool.org  
301-365-1100; 7701 Bradley Blvd.,  
Bethesda, MD  
*Arts, Educational Activities, Field Trips.*

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### iDTech Camp

Ages: 6-18

idtech.com; 1-888-709-8324

Multiple locations in D.C., MD and VA

Computers.

### Summer Camp at Imagination Stage

Ages: 3 ½-18

4908 Auburn Ave., Bethesda, MD

imaginationstage.org; 301-280-1660

Teens, Dance, Drama, Music.

### International School of Music

Ages: 3-12 • 10450 Auto Park Ave., Bethesda, MD

ismw.org; info@ismw.org; 301-365-5888

Drama, Music.

### Jamon Montessori Adventure Camp

Ages: 2-10

Jjamonmontessori.com; jamon.montessori.com

301-384-3131; 52 Randolph Rd., Silver Spring, MD

Extended Day, Arts, CIT Program, Cooking, Educational Activities, Field Trips, Music, Sports, Swimming, Yoga.

### Joy of Motion Full and Half Day Dance and Performance Camps

Ages: Grades 1-12

joyofmotion.org/youth-program/youth-

camps-intensives

info@joyofmotion.org; 202-813-9505

7315 Wisconsin Ave., Ste. 180 E (lower level)

Bethesda, MD

Dance.

### Spring Bilingual Montessori Academy - Spring Academy Summer Camp

Ages: 2 ½-6

spring-bilingual.org; info@spring-bilingual.org

301-962-7262; 3514 Plyers Mill Rd., Kensington, MD

Sibling Discount, Extended Day, Arts, Educational Activities.

### Summer Math Camp

Ages: 1st-12th Grade

mathnasium.com; 877-601-6284

30+ locations in the D.C. metro area!

Sibling Discount, Educational Activities.

## DAY CAMPS VIRGINIA

### A Child's Place at Hollin Hall - Hollin Hall Summer Day Camp

Ages: 6-14

hollinhall.com; acphollinh@aol.com

703-765-8811; 1500 Shenandoah

Rd., Alexandria, VA

Extended Day, Arts, Educational Activities, Field Trips, Hiking, Sports, Swimming.

» CONTINUED  
ON P. 24



 **Audubon  
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Society**  
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**Camp Audubon**  
Ages 4-17  
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[anshome.org](http://anshome.org)





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FALLS CHURCH, VA



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[www.congocamp.org](http://www.congocamp.org)

### Academy of Russian Ballet

adacemyofrussianballetva.com  
balletnikitenko@aol.com  
703-368-2268  
8840A Rixlew Ln., Manassas, VA  
Dance.

### Animated Child S.T.E.A.M Summer Camp

Ages: 5-12  
animatedchild.com  
montclairva@animatedchild.com  
703-763-0003; 5167 Waterway Dr., Montclair, VA  
Extended Day, Arts, Computers, Educational Activities,  
Special Needs.

### Arris Montessori Academy

Ages: 2 ½-10 years  
arrismontessori.com  
703-858-2800  
44675 Cape Ct., Ste. 189, Ashburn, VA  
Sibling Discount, Arts, Cooking, Dance, Drama,  
Educational Activities, Music.

### BALLETNOVA Center For Dance - Full & Half Day Camps & Intensives

Ages: 3-18 • 703-778-3008  
balletnova.org

info@balletnova.org  
3443 Carlin Springs Rd.  
Falls Church, VA  
Teens, Arts, Dance, Drama/Theatre.

### Barrett Suzuki Strings and Piano Camp - Barrett Suzuki Music Studio

Ages: 4-teen  
barrettsuzuki.com  
virtuosos2132@gmail.com  
703-295-0659; 2132 South Bay Ln., Reston, VA  
Music.

### Brooksfield Summer Camp

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

### Camp Aristotle - The Auburn School - Fairfax Campus

Ages: Rising K - Grade 9  
theauburnschool.org;  
703-793-9353  
3800 Concorde Pkwy., Ste. 500,  
Chantilly, VA  
Extended Day, Special Needs.

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# SUMMER CAMP

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### Camp Kay - Kay School

Ages: 2 1/2-12

kayschool.org; info@kayschool.org; 703-264-9078

3005 Dower House Rd., Herndon, VA

Sibling Discount, Extended Day, Transportation, Arts, CIT Program, Cooking, Dance, Drama, Educational Activities, Field Trips, Hiking, Music, Sports, Extreme Sports, Swimming, Travel, Yoga.

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» CONTINUED  
ON P. 28

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virginiakarate.com; ashburn@virginiakarate.com  
703-444-5425

21770 Beaumeade Circle Unit 125, Ashburn, VA

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info@generationcode.com

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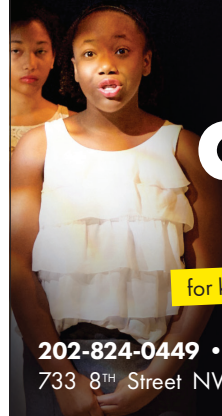
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» CONTINUED  
ON P. 32



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camp@pinecrestschool.org

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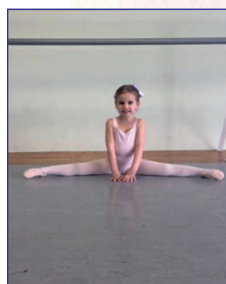


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# HANDS ON!

## 7 Reasons to Visit a Children's Museum



Museums are awesome places to visit in general, but children's museums come with the added bonus of actually inviting children to touch and feel, interact and make noise as they do. Children's museums are heaven to children, who are naturally curious, learn by touching and are excited about new and interesting things.

Children's museums invite children to enter into creative play—the work of childhood. Kenneth Ginsburg wrote in *Pediatrics, the Journal of the American Pediatrics Association*, “Play is so important to child development that it has been recognized as a right of every child.” He was referring to a decision reached by the United States Commission on Human Rights. He goes on to say, “Play allows children to use their creativity while developing their imagination, dexterity and physical, cognitive and emotional strength.” And because we live in the D.C. metro area, we have several local options.

Here are seven reasons to take the entire family to a children's museum:

1. They welcome people of all ages. Many have exhibits and spaces especially for babies and toddlers. They also plan experiences for older children and the grown-ups who accompany them. No one leaves without having fun.
2. Children's museums are designed for all manner of learning styles and encourage the kinesthetic learner who needs to touch and feel. Visuals abound providing information or directions for trying a certain experiment. There are ample opportunities to listen to stories, poems or to watch and listen to dramatic presentations.
3. Children's museums are not prone to rigid rules. Basic safety guidelines are set in place and then children are free to “have a go.” Noise levels may climb, but smiles and laughter abound.
4. The exhibits, experiments and activities designed for children's museums are reflective of diverse cultures. You and your children may engage in authentic festivals from around the world or create a piece of folk art. Museums are places to encounter things never before seen or experienced.
5. Open-ended experiments allow children to grasp basic principles using unique interactive methods. The hands-on activities prompt questions and answers leading to a free and natural style of learning.
6. Activities invite parents and other adults to engage with their children during the playtimes. Adults are free to ask leading questions that engage children in learning in many areas of study—math, science, art, literature and more.
7. The interactive style of a hands-on museum encourages creative play. Whether the child is pretend shopping in a grocery store, visiting a play dentist's office or building a tower with blocks, he is imagining as he goes and she is acting out a storyline. This dramatic play is essential to social, emotional and cognitive growth and can be lacking today in our increasingly technological world.

Just as your children never tire of playing outdoors, they won't be satisfied with just one trip to the magic that is a children's museum. Why not plan a visit soon?

*Jan Pierce, M.Ed., is a retired teacher and the author of Homegrown Readers and Homegrown Family Fun. Find Jan at [janpierce.net](http://janpierce.net).*

## WHEN YOU PLAN A TRIP TO A CHILDREN'S MUSEUM:

- **DO YOUR RESEARCH.** Hop onto the website for your local children's museum. Check out the exhibits that are permanent, those that change from time to time and what the upcoming highlights might be. Note the times for presentations such as story times, dramatic presentations, art projects, music-making experiences and the like.
- **IT'S CHILD-DIRECTED.** In general, allow your children to play where they're having a great time. Take them to the story hour, but allow free-range play in the other exhibits. They may choose quality over quantity. It's not about seeing everything.
- **IT'S OPEN-ENDED.** Remember that play in a children's museum is open-ended. You might ask questions as your child plays, such as “What do you expect to see when...?” or “Why do you think...?”
- **AFTER THE VISIT.** Take time for reflection on your experiences after visiting the museum. “What was your favorite exhibit?” or “I wonder if we could do that marble experiment at home?” Extend the learning where possible.
- **EXTENSIONS.** Take their cues for future play experiences and even the gifts you might purchase for your child based on their favorite experiences at the museum. What captured their imagination and how could you encourage further learning in that area? Did they love the interactive rhythm instruments? Why not purchase a set, or work as a family to make some rhythm instruments for use at home?

## CHILDREN'S MUSEUMS IN THE DMV

- **Explore! Children's Museum of Washington, D.C.**
- **Chesapeake Children's Museum, Annapolis, MD**
- **KID Museum, Bethesda, MD**
- **Port Discovery Children's Museum, Baltimore, MD**
- **Children's Science Center Lab, Fairfax, VA**
- **Discovery Junction Children's Museum, Bristow, VA**

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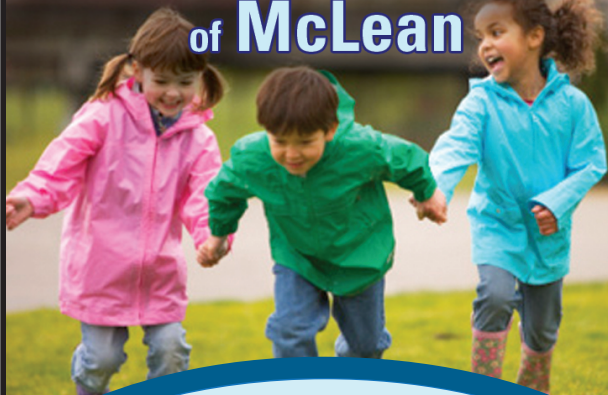
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*mom review:*

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Our family had the opportunity to sneak away to Florida this holiday season and soak up the sun and beautiful scenery of Clearwater Beach, FL. Our trip got off to a rough start, thanks to an early morning ice storm that caused multiple flight cancellations and delays. We finally arrived at the Sandpearl Resort bleary-eyed and exhausted at 5 a.m. The staff could not have been more accommodating and gracious, and it was clear we were in good hands to relax and recuperate from our journey.

The Sandpearl is a beautiful property set right on the beach, and one of a very few to actually own the beachfront land. The lobby was tastefully decorated for the holidays, and our rooms were modern and well appointed. A nice touch was the large, free-standing soaking tub in the bathroom. Most hotels offer a shower/tub combo (if a tub at all), so the soaking tub was a fun touch, and one that I enjoyed relaxing in during our stay.

Once we rested, our first stop was to the spacious pool area to enjoy a bite to eat. The large pool and pool deck offers a relaxing place to swim, eat, read or just unwind. The pool is

» Page 40





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» From page 38

only around 3-4 feet deep in most areas, so very kid- and family-friendly. Parents can sit poolside and easily supervise little ones, and the many shallow areas make it easy for young kids to navigate.

We had wonderful poolside service, and the food exceeded our expectations. The pulled pork is smoked on-site and truly delicious, and I had food envy after taking a bite of my husband's Caribbean Jerk grouper sandwich. We ventured out for dinner – there are several local dining options within easy walking distance – but ate breakfast daily at the resort restaurant. The service was prompt and friendly and we had no complaints with the quality of food.

The real pearl of the Sandpearl is of course its beach front. True to its name, the water is a clear blue against the white sand. The resort has chairs and umbrellas available (for a fee) and also offers poolside beverage and food service.

The resort runs a Kids Camp with activities, and also offers daily recreational programming. My daughter and I tried a

Yoga/Pilates class on the beach, and it felt good to stretch and tone after all of our eating!

After three nights at the Sandpearl, we took the shuttle about a mile down the beach and checked into its sister property, the Opal Sands Resort. Newly opened in February 2016, the hotel is sleek and modern. It also sits facing the water, but has views of the gulf, and the beach is a short walk off to the side of the property. The food and service both poolside and at the restaurant at Opal Sands were also great, and we enjoyed our time here as well.

Of the two properties, I would recommend The Sandpearl for a family trip, especially with younger children, and the Opal Sands for singles, a couple get-away or a trip with older children. The Sandpearl has the feel of a classic, upscale resort, while the Opal Sands has a younger, hipper vibe.

We took some time to take in area attractions, like the Clearwater Aquarium which houses Hope and Winter from the popular Dolphin Tale movies. This is not a typical aquarium, but a rescue and education-based facility, so it was nice to

know our tickets were supporting their work. We also took a dolphin boat cruise from the local marina. The area dolphins are attracted to the vibrations of the boat's motor and large wake, so they swim and jump alongside the boat during the trip. This was a highlight of the trip for my kids and a really fun outing.

The Clearwater Beach pier is a local destination for beachgoers and fishermen. The area has playground equipment and bouncy houses for kids, and entertainers and vendors set up in the area every night two hours before and after sunset. And speaking of sunsets, this area offers some of the most stunning you'll ever see.

All in all, I highly recommend these properties and a trip to the Clearwater area. Whether it be for a break from the D.C. winter weather, a spring break trip or summer vacation, these resorts are sure to offer sand, sun and family fun!

---

*Debbie Williams is a freelance writer and editor based in Northern Virginia. She can be reached at [dwilliams@thefamilymagazine.com](mailto:dwilliams@thefamilymagazine.com).*







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---

### 2. Jack and the Beanstalk

---

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---

### 3. First Studio: Story + Workshop

---

*March 8, 10-11 a.m.*

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---

### 4. Ella Enchanted

---

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## 5. Children’s Winter Film: Long Way North

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*March 18-19, 11:30 a.m.*

*National Gallery of Art, 401 Constitution Ave., NW,  
Washington, D.C.*

Young film lovers will love spending the morning at the National Gallery of Art for their Children’s Film series, featuring Long Way North. Set in 1892, this animated adventure follows 15-year-old Russian aristocrat, Sacha, as she leaves behind her comfortable Saint Petersburg life in the hopes of tracking down and saving her beloved grandfather, Oloukine, a famous explorer who has gone missing near the North Pole.

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## 6. My First Portfolio

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*March 11, 18 & 25, 10 a.m.*

*Arlington Arts Center, 3550 Wilson Blvd., Arlington, VA*

Specially designed for toddlers and their caregivers, this class invites moms, dads, grandparents, and nannies to a uniquely creative experience with their young child! Children strengthen cognitive, sensory and motor skills while you both benefit from an artistic bonding experience.

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## 7. Saturday Family Jazz Sessions

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*March 4 & 18, 11 a.m.*

*Music Center at Strathmore, 5301 Tuckerman Ln.,  
North Bethesda, MD*

Junior jazz aficionados can spend Saturday mornings singing, playing and preparing for a lifetime of music appreciation. Strathmore’s fun, creative, kid-friendly series features world music percussionist, Tom Teasley, renowned jazz singer, Rochelle Rice and multi-instrumentalist, Seth Kibel.

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## 8. On-Camera Acting for Kids

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*Saturdays throughout March, 10-11:30 a.m.*

*Theatre Lab School of the Dramatic Arts, 733 8th St., NW,  
Washington, D.C.*

For your little future stars! Students in grades 3-6 are welcome to this fun course in acting for the camera, encompassing lots of substantive training. All kids will be videotaped and get to watch themselves in playback. Don’t worry, no experience required!

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## 9. Justin and The Not Ready for Naptime Players

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*March 25, 10:30 a.m.*

*Jammin’ Java, 227 Maple Ave. E, Vienna, VA*

GRAMMY Nominated, Justin Roberts, is truly one of the “all-stars” of the indie family music scene. He logs thousands of miles on the road each year, leading some to call him the hardest working man in children’s show business! With numerous national awards and recognition and a devoted fan base, Justin and The Not Ready for Naptime Players dish out unexpectedly intelligent and whimsically rocking music for kids and their parents.

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## 10. To Sail Around the Sun

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*March 25-26; check [www.kennedy-center.org](http://www.kennedy-center.org)  
for specific times*

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

Set to the timeless music of Vivaldi’s Four Seasons, this imaginative world premiere co-commission between the NSO and Company | E uses dance, film, storytelling and musicians to weave together stories about the changing of the seasons. Recommended for ages 4 and up.





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# THE CODE TO SUCCESS:

# Computer Science for Kids

**What does it take to move your child from consumer to producer of technology?**

**T**oday's kids are often chastised for playing too many video games, texting too much or spending too much time on social media. So how can we leverage their interest in technology to encourage them to become the makers and producers—the game designers, programmers and innovators? The simple answer is computer science education.

## NOT ALL SCREEN TIME IS CREATED EQUAL

Most kids today know how to use a computer or a mobile device, but that is the limit of their digital literacy. With project-based computer science (CS) education, kids gain the skills, knowledge and power to develop their own games, apps, websites, music, robots and more. With CS, students can expand their horizons, so they are no longer passive consumers of technology, but active creators.

## HARVARD-APPROVED

According to studies by the Harvard Graduate School of Education and M.I.T.'s Media Lab, when done right, computer science education helps young people develop computational thinking skills. It teaches them the concepts, practices and perspectives to think like a computer.

## CREATING THINKERS AND PROBLEM-SOLVERS

While computers often seem to hold all the answers, without human developed programs, they are nothing more than expensive paperweights. When kids learn computer science, they learn to communicate with the computer – and, in doing so, they gain invaluable skills that provide the logic, creative thinking and problem-solving capabilities that will serve them in any career path they wish to pursue.

## THE POWER OF SELF-REGULATION

In traditional subjects, students have to wait until their work is reviewed and graded before they know if they are right or wrong. The longer feedback takes to reach a student, the

harder it is to understand why their answers are incorrect. Alternatively, with computer science, if you give the computer a set of directions in the wrong order or with the wrong syntax, you see the result of your errors immediately. According to a report by the U.S. Department of Education's Office of Education Technology, this instant feedback has been shown to motivate children to persist until they fix the error, because they are able to monitor their own progress.

## DEVELOPING GRIT

Like in the real-world, in coding, wrong answers are tools to bring you closer to the right answer. Experimenting, iterating, testing and debugging (the process of finding and solving problems when they arise) are core practices of computer science – so when failed efforts finally yield a result that ends with the computer doing what you desire, it's exciting, and kids feel ready for the next challenge!

## SKILLS FOR TODAY AND BEYOND

In a rapidly advancing world, computer science education is a game changer for kids. When students come together to create, collaborate and code, they not only have fun, but they also develop the skills and thought processes that will carry our world forward.

*Generation Code is a kids coding initiative that seeks to empower students to become creative problem-solvers and digital leaders through project- and design-based learning. Currently operating in schools across NYC, Generation Code will launch in Washington, D.C. and Vienna, Virginia this spring and summer. Learn more about the Generation Code approach to C.S. education at [generationcode.com](http://generationcode.com)*

## Sources:

- <http://scratched.gse.harvard.edu/ct/>
- <https://tech.ed.gov/wp-content/uploads/2014/11/Learning-Technology-Effectiveness-Brief.pdf>



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