July 2020 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

tulsakids

FOR PARENTS. FOR FAMILIES. FOR LIFE.



tulsakids family favorites 2020 WINNERS







PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Editorial Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Digital Media Awards Competition

PARENTING MEDIA ASSOCIATION 2020 GOLD Award Winner Design Awards Competition

2020 FAMILY FAVORITES WINNERS
2020 SCHOOL DIRECTORS GUIDE

Keep your children safe!

Lock and store medications away from children.
Be aware, monitor and dispose of old medications.

For more information on prescription drug safety, please call

918.582.WELL (9355).



CAPSAT
Coalition Against Prescription and Substance Abuse of Tulsa

THD
TULSA HEALTH Department

Funding provided by Oklahoma Department of Mental Health and Substance Abuse Services, Substance Abuse and Mental Health Services Administration, and the Partnerships for Success Grant





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Learn more at

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Tulsa City-County Library | tulsa Library Trust | Oklahoma Department of Libraries | tulsakids www.tulsakids.com



LITTLES
(Birth to Pre-K)



CHILDREN



TEEN/TWEEN



ADULT



gilcrease.org/collections

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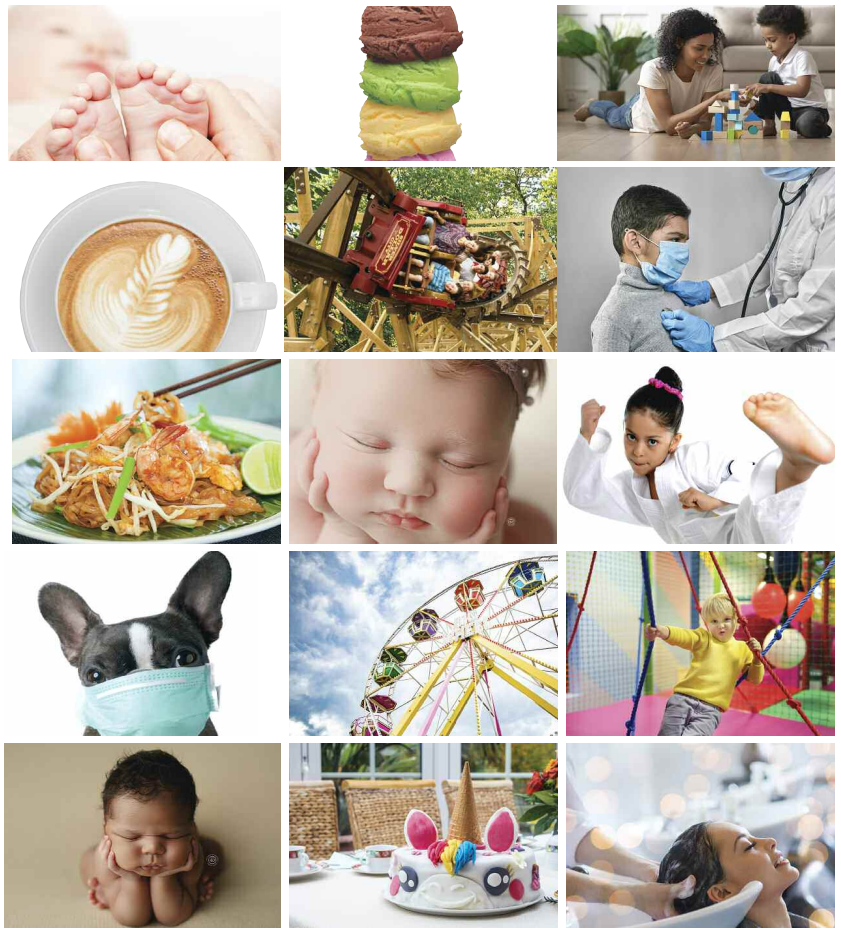
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Ask a Friend

You'll notice that TulsaKids is a little different this month. We've devoted almost the entire issue to our Family Favorites awards this month, but we'll be back with the regular columns and features in August.

When you're trying to find a veterinarian, a school, a dentist, a camp or OBGYN, you ask a friend. And, you seek out your smartest, most experienced friend at that. We want our readers to think of TulsaKids as that trusted friend.

Over the past few months, we asked for nominations for our annual Family Favorites awards, and then invited all of you to vote. Nearly 6,000 of you responded to that request. Thank you!

The votes were tallied and the results are in these pages. Hang on to this issue as you plan places to go, enroll your children in new adventures or make any number of parenting decisions throughout the year.

I hope you will learn about new people and places in this issue, and that you will create strong and lasting relationships with some of them.

Also, be sure to read the information about vaccines, COVID-19 and staying healthy on pages 50-51.

If you haven't already done so, please join our community of readers on Facebook and Instagram. Sign up for the weekly e-newsletter or visit the website often to make sure you never miss a TulsaKids connection.

Betty Casey
associate publisher and
editor in chief



Growing something extra-special this spring?



TulsaKids' Baby Guide, sponsored by Hillcrest, provides an extensive list of local prenatal and postpartum resources!

Download your FREE copy at tulsakids.com/baby for a chance to win a box of diapers!



If you like to read TulsaKids, you may not know that you can watch us, too! Every Thursday morning on Tulsa's Channel 8, the local ABC affiliate, join Editor Betty Casey on Good Day Tulsa for tips to plan your family's weekend and more. Watch Good Morning Oklahoma on Tuesdays for tips on timely topics and family information you'll want to know.

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

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tulsakids family favorites 2020 FINALIST

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Family Friendly Fourth of July Events



BIXBY FREEDOM CELEBRATION
WHEN: JULY 3, 7-10 P.M.
WHERE: BENTLEY PARK SPORTS COMPLEX, 8505 E. 148TH ST. S., BIXBY
The Bixby Freedom Celebration is the largest free public fireworks extravaganza in this area. For the past five years, The Bridge Church has presented this fun-packed family event to the community. Once again, a spectacular firework show is on tap for July 3, 2020. Visit bixbyfreedomcelebration.com for information about how event organizers are working to protect attendees from COVID-19.

JENKS AMERICA FREEDOM FEST
WHEN: JULY 4, 10 A.M.-2 P.M.
WHERE: JENKS DOWNTOWN COMMONS, 224 E A ST., JENKS
Jenks America Freedom Fest draws revelers to downtown Jenks for a day of music, food and fun for all ages. jenkschamber.com/july4

BOOMFEST PRESENTED BY OKLAHOMA AQUARIUM
WHEN: JULY 4, 6:30-10 P.M.
WHERE: OKLAHOMA AQUARIUM, 300 AQUARIUM DR., JENKS
The Oklahoma Aquarium presents Boomfest! The Aquarium's riverfront backyard offers a front-row view to the most vibrant firework display in the area. Enjoy the cool exhibits then head outside to watch the fireworks! Bring lawn chairs and blankets but no outside food or coolers, please. Food and beverages are available for purchase in the Coral Reef Café and outside on the back deck.
Members are free; non-members pay general admission rates. Parking available for $10.
Last tickets are sold at 8:30 p.m. and all aquarium exhibits close at 9 p.m.
Oklahoma Aquarium members get in free! Must be signed in to member account to receive discount.
okaquarium.org

BARTLESVILLE FIREWORKS
WHEN: SATURDAY, JULY 4, 9:45 P.M.
WHERE: SOONER PARK, BARTLESVILLE
After many years absence, the Kiwanis Club of Bartlesville is excited to announce the fireworks show will return to Sooner Park instead of downtown Bartlesville on July 4th. The fireworks will blast-off at 9:45 p.m., but because of social distancing and limiting public gatherings, we will not be hosting Freedom Fest, just saluting America with fireworks. Please be safe and enjoy the show!
www.facebook.com/bartlesvillefreedomfest

Note: This information is correct as far as we know, but please check the event websites ahead of time in case details have changed due to COVID-19 or other causes.

ONLINE ENROLLMENT NOW OPEN!

tulsa ballet CENTER FOR DANCE EDUCATION



Tulsa Ballet is taking extra steps for your peace of mind with enhanced safety protocols and reduced tuition rates for the 2020 & 2021 semesters.

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TULSABALLET.ORG

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Thank you

FOR TRUSTING US WITH YOUR HEALTHCARE.

tulsakids family favorites 2020 WINNER

From the day Saint Francis Hospital opened in 1960, we have been committed to one mission: *To extend the presence and healing ministry of Christ in all we do*. His caring is the model for how we serve patients, families and each other in Tulsa and the surrounding areas.

We are deeply grateful to our physicians, nurses, employees and volunteers for their dedication to serving patients and for making the mission of Saint Francis Health System a reality.

SAINT FRANCIS HEALTH SYSTEM IS HONORED TO BE THE WINNER IN THESE CATEGORIES:

- Favorite Hospital
- Favorite Place to Have a Baby
- Favorite Pre- and Postpartum Classes

SaintFrancis Health System

Saint Francis Health System | 918-494-2200 | saintfrancis.com

SAINT FRANCIS HOSPITAL | THE CHILDREN'S HOSPITAL AT SAINT FRANCIS | WARREN CLINIC | HEART HOSPITAL AT SAINT FRANCIS | SAINT FRANCIS HOSPITAL SOUTH | LAUREATE PSYCHIATRIC CLINIC AND HOSPITAL
SAINT FRANCIS HOSPITAL MUSKOGEE | SAINT FRANCIS HOSPITAL VINITA | SAINT FRANCIS BROKEN ARROW | SAINT FRANCIS CANCER CENTER | SAINT FRANCIS HOME CARE COMPANIES | SAINT FRANCIS GLENPOOL

THANKS, TULSA, FOR VOTING US

FAVORITE PLACE TO GET PIZZA!



HIDEAWAY PIZZA

tulsakids family favorites 2020 WINNER

7 Tulsa Metro Locations | HideawayPizza.com

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tulsakids family favorites 2020 WINNER

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4849 South Mingo

Follow Us Into Learning

FAMILY FUN

TULSA AREA FAMILIES HAVE PLENTY OF OPTIONS WHEN IT COMES TO FAMILY FUN. ALMOST EVERYTHING IN TULSA IS FAMILY FRIENDLY. THERE'S NOTHING STUFFY ABOUT OUR MUSEUMS, PERFORMANCES AND EVENTS. AND THEN, THERE'S GATHERING PLACE, THE MEGA-PARK ATTRACTION THAT FAMILIES HAVE FLOCKED TO SINCE IT OPENED. HERE ARE A FEW OF OUR READERS' FAVORITE PLACES TO PLAY AND BE ENTERTAINED.

FAVORITE MUSEUM

TOP THREE

DISCOVERY LAB
OKLAHOMA AQUARIUM
PHILBROOK

THE WINNER

OKLAHOMA AQUARIUM
300 AQUARIUM DRIVE, JENKS
WWW.OKAQUARIUM.ORG

Where can you experience the secret world of an octopus, pet a starfish and walk underneath a shark tank all under one roof? The Oklahoma Aquarium! Families can experience species that live in the Amazon River or less exotic Oklahoma waterways and then visit the Polynesian Reef and Sea Turtle Island. There's so much to see and learn at the Aquarium, from Sleeping with the Sharks overnights to being a marine biologist for a day to hosting a birthday party – it's no wonder families keep coming back to the Oklahoma Aquarium.

FAVORITE LOCAL ATTRACTION

TOP THREE

GATHERING PLACE
OKLAHOMA AQUARIUM
TULSA ZOO

THE WINNER

GATHERING PLACE
2650 S. JOHN WILLIAMS WAY
WWW.GATHERINGPLACE.ORG

Newly opened in 2018, this "park for all" was voted USA Today's Best New Attraction. The park, which meanders along Riverside Drive, has no admission fee and offers amenities to please everyone. There are too many to mention! Kids love the five-acre Chapman Adventure Playground with its castle-like turrets, slides, water areas, ladders and climbing features. There are areas for preschoolers, basketball courts, a BMX track and a skate park. Performances and events on the lawn range from diverse musical performances to puppet shows. The Williams Lodge and ONEOK Boathouse give visitors a place to relax and enjoy a drink, coffee, an ice cream cone, a snack or meal.

But, Gathering Place isn't finished – phase II will house the Tulsa Children's Museum Discovery Lab.



PHOTO CREDIT: SHANE BEVEL

FAVORITE FAMILY FRIENDLY PERFORMANCE OF 2019



TOP THREE

DISNEY ON ICE
PAW PATROL LIVE
TULSA BALLET'S "THE NUTCRACKER"

THE WINNER

TULSA BALLET'S "THE NUTCRACKER"
1212 E. 45TH PLACE
WWW.TULSABALLET.ORG

Tulsa Ballet's "The Nutcracker" is a holiday tradition for many area families. Since 2003, "The Nutcracker" has been working its magic on young and old alike as they are drawn into Clara's fantastic world. To make the performance more memorable, a VIP Experience allows families to have seating in the orchestra-level Golden Circle as well as go on stage after the performance to see the sets up close, meet the dancers and take photos with them in costume. You will also get a keepsake Nutcracker autographed by members of the cast. The 2020 performance is currently on schedule to happen. Look for a new look and a new production in 2021!



FAVORITE FAMILY FRIENDLY FAIR OR FESTIVAL

TOP THREE

MAYFEST
ROOSTER DAYS
TULSA STATE FAIR

THE WINNER

TULSA STATE FAIR
4145 E. 21ST STREET
WWW.TULSASTATEFAIR.COM

Every October, the Tulsa State Fair draws thousands of people from across Green Country and beyond. Concerts, livestock and horse shows, special events and, of course, rides and food on the Midway entertain families for 11 days. So, grab a turkey leg and a funnel cake as you explore the fun at the fair!



FAVORITE OKLAHOMA-BASED PROFESSIONAL/ SEMI-PROFESSIONAL SPORTS TEAM

TOP THREE

FC TULSA
OKLAHOMA CITY THUNDER
TULSA DRILLERS

THE WINNER

OKLAHOMA CITY THUNDER
WWW.NBA.COM/THUNDER/

Oklahoma's own NBA team, Oklahoma City Thunder, is a favorite of families across the state. Rumble the Bison, the team mascot, delights children – he even has his own origin story that you can read on the website. However, Tulsa fans will have to wait to travel the turnpike to the Chesapeake Energy Arena to cheer on their favorite team. The 2019-20 regular-season and playoff games are scheduled to be played in Orlando starting July 31, 2020.

FAVORITE INDOOR PLACE TO PLAY

TOP THREE

DISCOVERY LAB
SKY ZONE
URBAN AIR ADVENTURE PARK

THE WINNER

URBAN AIR ADVENTURE PARK
3328 E. 51ST ST.
WWW.URBANAIRTRAMPOLINEPARK.COM

Sometimes it's hard to get outside, so when parents want an indoor place for their kids to work off some major energy, they head to Urban Air Adventure Park. Kids can climb, jump, battle it out on the Warrior Course, challenge themselves on the Ropes Course or crawl through tons of tubes.





FAVORITE LOCAL PARK/ PLACE TO GET OUTSIDE

TOP THREE

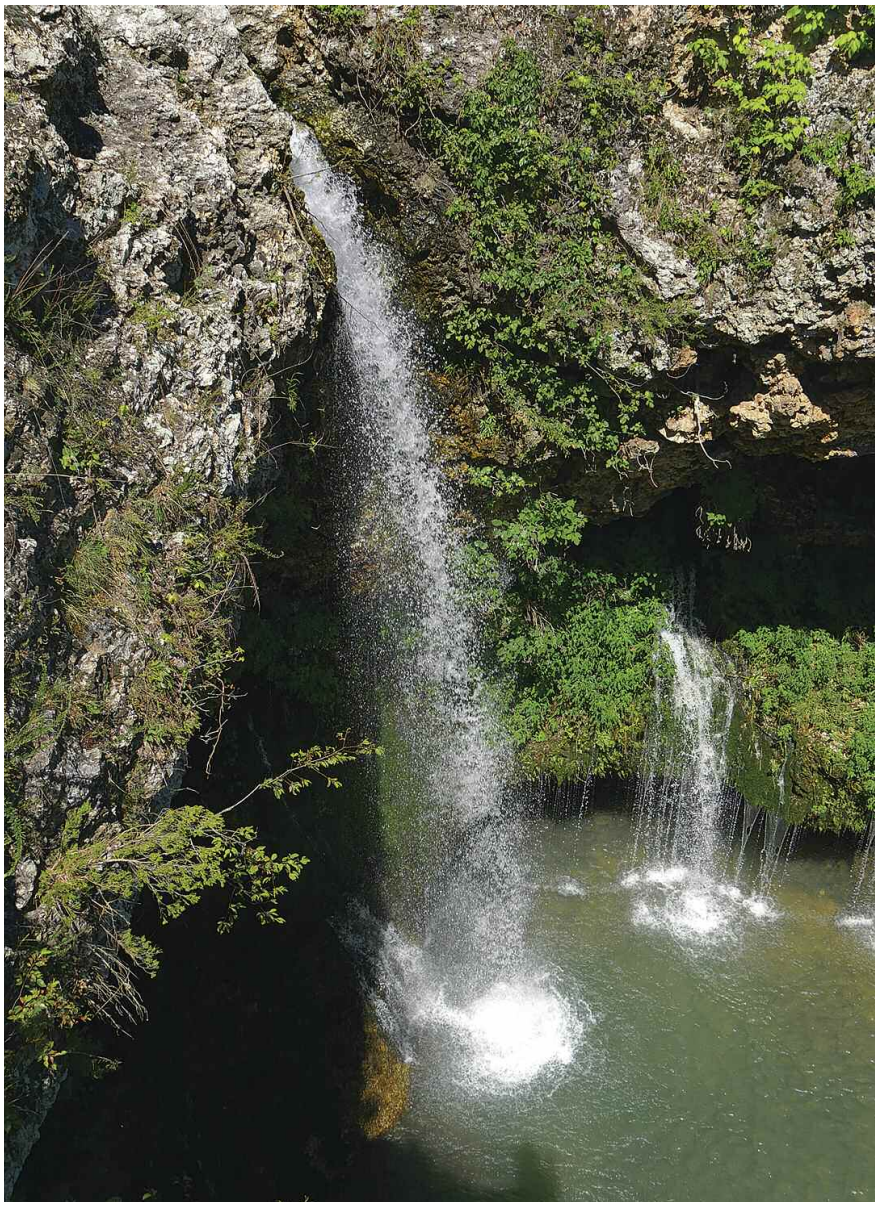
GATHERING PLACE
TULSA ZOO
TURKEY MOUNTAIN

THE WINNER

GATHERING PLACE
2650 S. JOHN WILLIAMS WAY

It's no surprise that Gathering Place won in a second category this year. Gathering Place is a local attraction, but it's also an amazing place to play outside. With multiple areas for every age, ability and developmental level, Gathering Place truly is a park for everyone.

PHOTO CREDIT: SHANE BEVEL



FAVORITE STATE PARK

TOP THREE

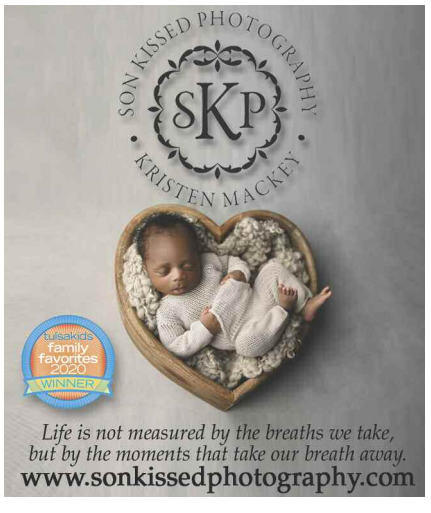
KEYSTONE STATE PARK
NATURAL FALLS STATE PARK
ROBBERS CAVE STATE PARK

THE WINNER

NATURAL FALLS STATE PARK
US HIGHWAY 412 WEST, COLCORD
WWW.TRAVELOK.COM

Located near the Oklahoma/Arkansas border, the highlight here is one of the tallest waterfalls in Oklahoma – 77 feet! It's no wonder families love hiking, camping (maybe in a yurt), picnicking and relaxing at Natural Falls. And, it's easily accessible with a paved trail leading to overlooks above the falls. It's also where the movie "Where the Red Fern Grows" was filmed.







FAVORITE PLACE TO CAMP IN OKLAHOMA

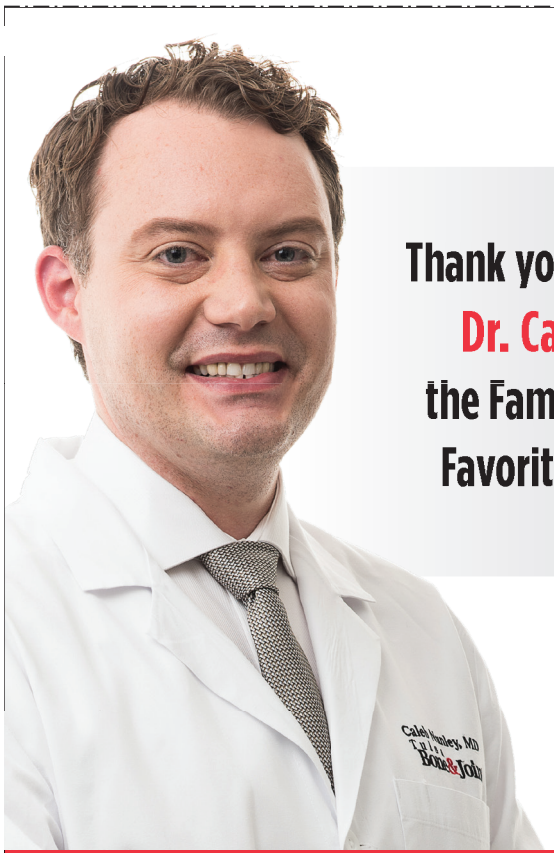
TOP THREE

BROKEN BOW LAKE
KEYSTONE STATE PARK
ROBBERS CAVE STATE PARK

THE WINNER

BROKEN BOW LAKE
6 MILES NORTH OF BROKEN BOW ON HIGHWAY 259
WWW.BROKENBOWLAKE.ORG

Tulsa families love camping at Broken Bow Lake. There are hundreds of campsites along the Mountain Fork River, along the shores of Broken Bow Lake or in the woods – all located within Beavers Bend State Park. Whether you want to rough it in a tent, hook up your RV or cabin camp, you can find something to suit your needs at Broken Bow.



Thank you for choosing
Dr. Caleb Nunley as
the Family Favorites –
Favorite Orthopedist!

Tulsa Bone&Joint
OWASSO
918.272.9464



FAVORITE WEEKEND GETAWAY

THE TOP THREE

BRANSON, MO
DALLAS, TX
GRAND LAKE, OK

THE WINNER

BRANSON, MO
WWW.BRANSON.COM

At just over three hours from Tulsa, Branson is an easy weekend getaway with plenty of amenities to attract Tulsa area families, not the least of which is its location in the beautiful Ozarks. The destination has everything from live entertainment to family-oriented attractions such as water parks, nearby Silver Dollar City, shopping, outdoor fun and special events throughout the year.

FOOD & RESTAURANTS

WHETHER YOU WANT TO GO OUT FOR ICE CREAM OR A UNIQUE ETHNIC FOOD, TULSA CONTINUES TO PLEASE THE FAMILY PALATE. WHETHER IT'S HEALTHY EATING OR A GREAT KIDS' MENU, OUR READERS KNOW WHERE TO GO.



FAVORITE PIZZA PLACE

TOP THREE

ANDOLINI'S PIZZERIA
HIDEAWAY PIZZA
SAVASTANO'S PIZZERIA

THE WINNER

HIDEAWAY PIZZA
LOCATIONS IN TULSA, BROKEN ARROW AND OWASSO (FIND ONE NEAR YOU!)
HIDEAWAYPIZZA.COM

Pizza night wouldn't be the same for Tulsa families without Hideaway Pizza on speed dial. Whether you're eating in at one of their many locations around town or ordering an Around the World specialty pizza to go for a slumber party, Hideaway is a classic that pleases kids and adults. (And many OSU fans are familiar with the original Hideaway that opened in Stillwater in 1957).

FAVORITE PLACE TO GET ICE CREAM

TOP THREE

ANDY'S FROZEN CUSTARD
BRAUM'S
MARBLE SLAB CREAMERY

THE WINNER

BRAUM'S
LOCATIONS THROUGHOUT TULSA AND SURROUNDING COMMUNITIES
WWW.BRAUMS.COM

For many of our readers, Braum's is the go-to place for after-school treats, summer banana splits or a post-game gathering. Waffle cones, regular cones, shakes, sundaes, malts and more bring families back again and again to Braum's. And, take home a gallon for the freezer while you're there!



FAVORITE PLACE TO GRAB A BURGER



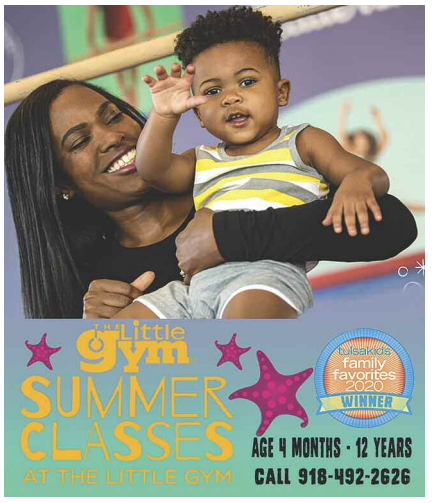
TOP THREE

FAT GUY'S
RON'S HAMBURGERS & CHILI
SMITTY'S GARAGE

THE WINNER

RON'S HAMBURGERS & CHILI
SEVERAL LOCATIONS
WWW.RONSBURGERSANDCHILI.COM

The old favorite edged out more recent establishments as our readers' choice for best burger. Serving up burgers, chili and root beer since 1975, Ron's is a casual restaurant that you can feel comfortable taking your kids to for lunch or dinner. And, if you don't like burgers, Ron's has salads, chicken and sandwiches – and the best Frito-chili pie on the planet. Try a side of Spanish fries, tots or onion rings with that order.





FAVORITE ETHNIC RESTAURANT

TOP THREE

DESI WOK
INDIA PALACE
LANNA THAI

THE WINNER

LANNA THAI
7227 S. MEMORIAL DR.
WWW.LANNATHAITULSA.COM

There are so many options in Tulsa to try the cuisine of other countries! Our readers voted Lanna Thai as their favorite place to get authentic Thai food. Family-owned and operated since 1998, Lanna Thai is no newcomer on the restaurant scene. Its staying power can be attributed to the fresh, carefully prepared dishes that are not only flavorful, but beautiful. It was recognized as one of the 50 Best Thai restaurants in the U.S.

FAVORITE PLACE FOR HEALTHY EATING

TOP THREE

PANERA BREAD
TAZIKI'S
ZOE'S KITCHEN

THE WINNER

PANERA BREAD
7 LOCATIONS IN TULSA, OWASSO AND BROKEN ARROW
WWW.PANERABREAD.COM

Parents love that they can grab a quick breakfast, lunch or dinner with the kids and feel good about what they're eating. Panera offers a nutrition guide on their menu items as well as committing to "clean" foods without artificial preservatives, sweeteners and flavors. Panera offers vegetarian and vegan options. Our readers like that they know what their kids are eating when they choose Panera.





FAVORITE KIDS' MENU

TOP THREE

THE BROOK
CHICK-FIL-A
MCALISTER'S DELI

THE WINNER

CHICK-FIL-A
SEVERAL LOCATIONS IN TULSA AND SURROUNDING COMMUNITIES
WWW.CHICK-FIL-A.COM

Kids love those chicken nuggets and Chick-fil-A has the best – and Mom and Dad can get that perfect chicken sandwich. The kids' menu boasts some healthy options like a fruit cup or a grilled entrée, and the kids' meals include organic and soda-free options. No wonder there's a line!

PARTY FAVORITES

OUR READERS KNOW HOW TO MAKE BIRTHDAY PARTIES AND FAMILY CELEBRATIONS EXTRA SPECIAL, EITHER BY BOOKING AN AWESOME ENTERTAINER OR FINDING THE COOLEST VENUE OR LOCATING THE MOST INCREDIBLE GIFT. IF YOU NEED SOME IDEAS TO GET YOUR PARTY STARTED, HERE ARE TULSAKIDS READERS' TOP PICKS.



FAVORITE KID'S PARTY ENTERTAINER

TOP THREE

BALLOON MAN NEIL
DUSTIN THE BALLOON GUY OF TULSA BALLOONS
SUNDERFUL SUPERHEROES

THE WINNER

DUSTIN THE BALLOON GUY OF TULSA BALLOONS
WWW.TULSABALLOONS.COM

Kids love balloons, especially when they're combined with magic, juggling and incredible balloon sculptures. And, the bubble show isn't a few bubbles from a machine. These bubbles are huge – big enough to encapsulate you and your kid! All shows are fun, humorous and entertaining. Our readers must love Dustin because this is his 6th year as a Family Favorites winner!

FAVORITE PARTY VENUE

TOP THREE

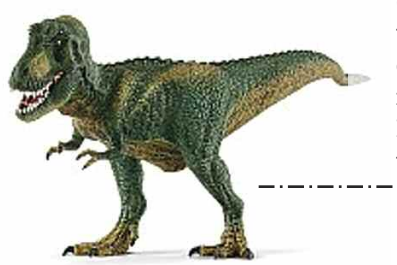
INCREDIBLE PIZZA
MAIN EVENT
URBAN AIR ADVENTURE PARK



THE WINNER

URBAN AIR ADVENTURE PARK
3328 E. 51ST ST.
www.urbanairtrampolinepark.com

Tulsa parents know where to take their kids for an epic indoor adventure. Kids need to exercise and Urban Air will give them more movement than you thought possible. Climbing walls, trampolines, a ropes course, a sky rider, virtual reality games, a tubes playground and more will give your child and guests the best birthday party ever.



FAVORITE PLACE TO BUY CHILDREN'S GIFTS

TOP THREE

KIDDLESTIX TOY STORE
LEARNING EXPRESS TOYS
TULSA TOY DEPOT

THE WINNER

KIDDLESTIX TOY STORE
3815 S. HARVARD AVE.
WWW.KIDDLESTIXTOYS.COM

For a carefully curated collection of toys that are fun, educational and lasting, Kiddlestix Toy Store is the place our readers choose to shop. And, if you need help choosing that special gift, the staff can guide you to the perfect toy. And Kiddlestix offers free gift-wrapping!

FAVORITE PLACE FOR PARTY TREATS

TOP THREE

LUDGER'S BAVARIAN CAKERY
MERRITT'S BAKERY
NOT YOUR GRANDMA'S CUPCAKES



THE WINNER

MERRITT'S BAKERY
3 LOCATIONS IN TULSA AND BROKEN ARROW
MERRITTSBAKERY.COM

Tulsa families have been buying birthday cakes from Merritt's for generations. Since 1979 when Larry and Bobbie Merritt purchased a tiny shop called The Cake Box, Merritt's has grown to be one of Tulsa's favorite places to find the perfect, individualized cake, cupcakes or cookies to be the centerpiece of the party!

SHOPPING

WHEN IT COMES TO BUYING CLOTHING FOR THEIR KIDS OR THEMSELVES, TULSA MOMS AND DADS KNOW THE BEST PLACES FOR FASHION AND VALUE – AND TO SHOP LOCAL! HERE ARE THEIR FAVORITE PLACES TO SHOP FOR CLOTHES.





FAVORITE PLACE TO BUY CHILDREN'S CLOTHES

TOP THREE

BEARLEE NEW CLOTHING
KATHLEEN'S KIDS
ONCE UPON A CHILD

THE WINNER

ONCE UPON A CHILD
8929 S. MEMORIAL DR., SUITE 365
ONCEUPONACHILDTULSASOUTH.COM

Our readers want fashionable clothes for their kids at a reasonable price. Parents can find gently used, clean children's clothing, shoes, baby items, accessories and more for almost 70 percent off retail, leaving more in their pockets for that college savings account!

FAVORITE MOM'S BOUTIQUE

TOP THREE

BLESS UR HEART BOUTIQUE
J. SPENCER
STASH APPAREL AND GIFTS

THE WINNER

J. SPENCER
3 LOCATIONS IN TULSA AND BROKEN ARROW
WWW.SHOPJSPENCER.COM

TulsaKids readers voted J. Spencer as their top choice for unique jewelry, apparel and accessories. Founded in 1999 by Chris and Julie Spencer, J. Spencer specializes in knowing their customers and helping them find just he right apparel and accessories to reflect their personality.

FAVORITE CONSIGNMENT SHOP OR SALE

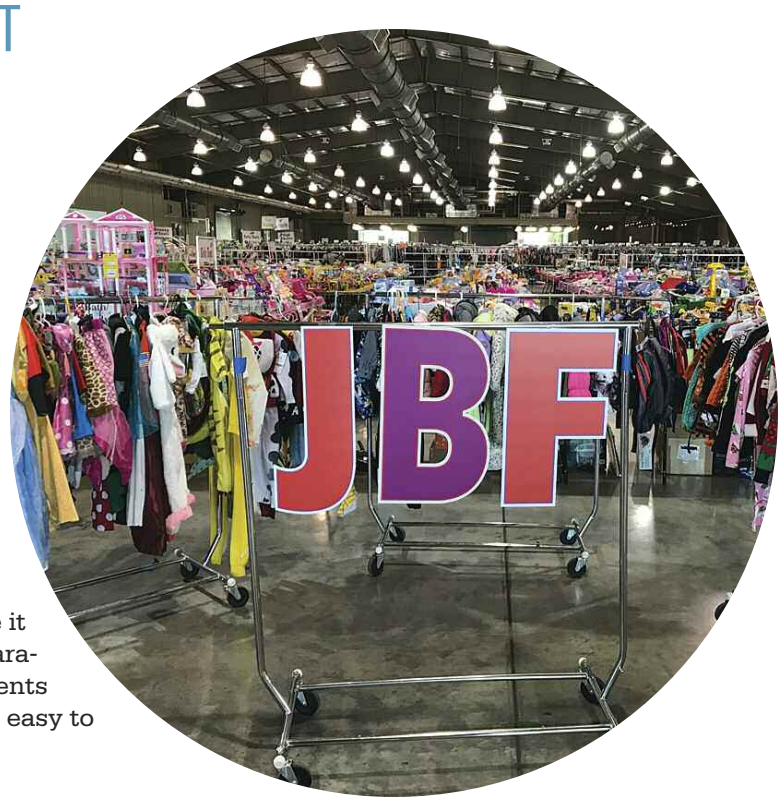
TOP THREE

JUST BETWEEN FRIENDS
ONCE UPON A CHILD
UPTOWN RESALE & CONSIGNMENTS

THE WINNER

JUST BETWEEN FRIENDS
4145 E. 21ST ST. (EXPO SQUARE EXCHANGE CENTER)
JBFSALE.COM

Many TulsaKids readers plan their seasonal shopping around the Just Between Friends sales. Children's and maternity clothing, toys, games, books, baby gear, strollers, room décor, costumes – you name it – if it's about shopping for kids and their paraphernalia, you can find it at a JBF sale. Parents love the organized sales floor that makes it easy to find great deals on what they need.



ALL THINGS BABY

NOTHING IS MORE IMPORTANT THAN WELCOMING A NEW BABY INTO THE WORLD. OUR READERS KNOW WHERE TO GO TO HAVE A BABY, BUT ALSO WHERE TO GET THAT PERFECT NEWBORN PHOTO OR GIFT.



FAVORITE PRE- AND POST-PARTUM CLASSES

TOP THREE

ASCENSION/ST. JOHN
HILLCREST MEDICAL CENTER
SAINT FRANCIS HOSPITAL

THE WINNER

SAINT FRANCIS HOSPITAL
6161 S. YALE AVE.
WWW.SAINTFRANCIS.COM

Expectant and new parents trust Saint Francis Hospital healthcare professionals to provide the best information before and after pregnancy. Whether it's learning about breastfeeding, understanding what happens during labor and delivery or a new sibling or grandparenting class, Saint Francis supports parents during this all-important event.

FAVORITE PLACE TO HAVE A BABY

TOP THREE

ASCENSION/ST. JOHN
HILLCREST MEDICAL CENTER
SAINT FRANCIS HOSPITAL

THE WINNER

SAINT FRANCIS HOSPITAL
6161 S. YALE AVE.
WWW.SAINTFRANCIS.COM

With over 4,000 babies delivered each year by Saint Francis Hospital's staff and physicians, it's no wonder that Tulsa moms and dads trust their experience. Saint Francis offers a 24/7 Hospitalist team and a level IV Neonatal Intensive Care Unit (NICU), should that be necessary. No matter what service or support expectant parents need, Saint Francis has physicians and staff available round the clock.

FAVORITE NEWBORN PHOTOGRAPHER-

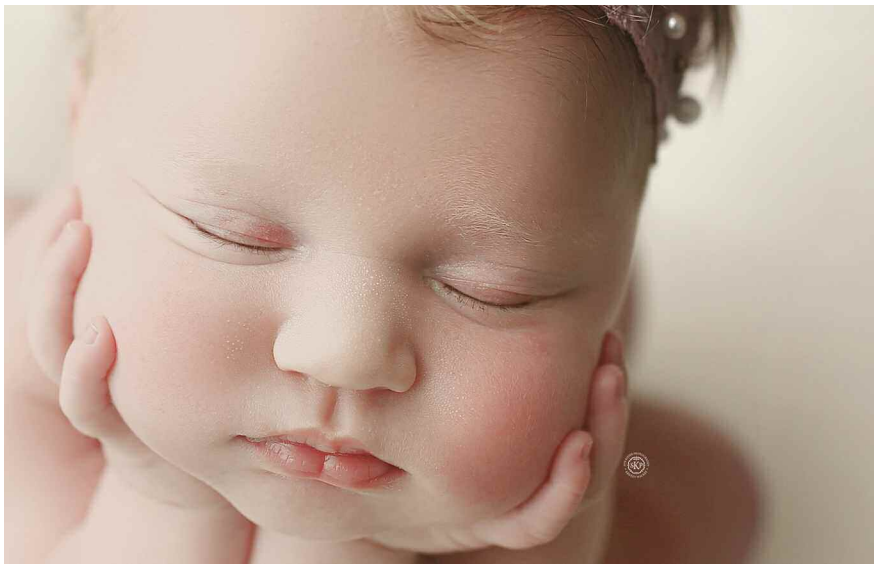
TOP THREE

JENNIFER DUBLER PHOTOGRAPHY
KRISTEN MACKEY, SON KISSED PHOTOGRAPHY
LAUREN PAULL PHOTOGRAPHY

THE WINNER

KRISTEN MACKEY, SON KISSED PHOTOGRAPHY
12500 EAST 86TH ST. N #103, OWASSO
WWW.SONKISSEDPHOTOGRAPHY.COM

That all-important newborn photo can't be trusted to just anyone. Our readers chose Kristen Mackey as the photographer who can uniquely capture that magical time when a baby is new to the world. Over 3,000 families have used Kristen to photograph their newborn babies. She knows how to create a calm, comfortable environment to keep new infants soothed, and is skilled with lighting and photography techniques that get just the right shot.



FAVORITE PLACE TO BUY BABY GIFTS

TOP THREE

KATHLEEN'S KIDS
ONCE UPON A CHILD
PEEK A BOO BABY

THE WINNER

PEEK A BOO BABY
8283 S. MEMORIAL DR.
PEEKABOOSTORES.COM

When our readers want to find that special gift for baby, they turn to the family-owned specialty store, Peek A Boo Baby. Whether it's finding a gift for a friend or fashioning a complete nursery for your baby, the staff can help you pick things that are unique and will fit your style. They also have a convenient gift registry for expectant parents.



EDUCATION

NOTHING IS MORE IMPORTANT THAN A CHILD'S EDUCATION, BUT CHOOSING THE RIGHT FIT FOR YOUR CHILD CAN BE A DAUNTING UNDERTAKING. HERE'S A LIST OF SCHOOLS FROM PRESCHOOL THROUGH HIGH SCHOOL THAT OUR READERS TRUST WITH THEIR KIDS.



FAVORITE PRIVATE MIDDLE SCHOOL

TOP THREE

HOLLAND HALL
METRO CHRISTIAN ACADEMY
MONTE CASSINO

THE WINNER

METRO CHRISTIAN ACADEMY
6363 S. TRENTON AVE.
WWW.METROCA.COM

A top choice by readers in the middle school category, parents whose children attend Metro Christian Academy find a seamless transition from elementary school. Parents like the small class sizes and Metro Christian's focus on the unique academic and developmental needs of middle school students. Metro Christian provides young people with academic, critical thinking skills, self-confidence, spiritual and character growth needed to succeed in high school, college and beyond. Offering rigorous curricular and co-curricular opportunities, Metro is a Christ-centered, non-denominational school that partners closely with families in the growth and development of their children.



FAVORITE PRESCHOOL

TOP THREE

LORD'S LITTLE ARMY
PRIMROSE SCHOOL OF SOUTH TULSA
MISS HELEN'S PRIVATE SCHOOL

THE WINNER

MISS HELEN'S PRIVATE SCHOOL
4849 S. MINGO RD.
WWW.MISSHELENS.COM

Preschoolers at Miss Helen's are grouped into "pods," depending on their age, and then rotate to teachers for Spanish, music, art, stories, science and dance. TulsaKids readers like the small class size and extended day for working parents as well as the years of experience Miss Helen's has brought to education since 1954.

FAVORITE PRIVATE ELEMENTARY SCHOOL

TOP THREE

HOLLAND HALL
METRO CHRISTIAN ACADEMY
MONTE CASSINO

THE WINNER

METRO CHRISTIAN ACADEMY
6363 S. TRENTON AVE.
WWW.METROCA.COM

Readers voted Metro Christian Academy as their favorite elementary school for its commitment to high quality education in a nurturing family environment. Their core value of "pursuit of excellence through Christ" means that children learn to apply themselves to the mission of loving God and loving others. Academic areas of reading, English, math, science and social studies offer opportunities for children to collaborate, create and grow both in small group and individual settings. PE, art, music, Spanish, library, STEM lab, and Bible lessons and Chapel are all part of the elementary school experience.



FAVORITE PRIVATE HIGH SCHOOL

TOP THREE

BISHOP KELLEY
HOLLAND HALL
METRO CHRISTIAN ACADEMY

THE WINNER

HOLLAND HALL
5666 E. 81ST ST.
WWW.HOLLANDHALL.ORG

Holland Hall has been a solid academic, college preparatory institution in Tulsa for more than 90 years. Parents who send their children to Holland Hall find challenging academics, the arts, sports and extracurricular activities all within a small and welcoming community where students are encouraged to explore and learn about themselves. The school strives for a diverse student body comprised of various religious, ethnic, racial, socioeconomic and other backgrounds.



FAVORITE TUTORING

TOP THREE

KUMON OF TULSA
LAVENDER'S BLEU LITERACY MARKET
MATHNASIUM

THE WINNER

KUMON OF TULSA
SEVERAL LOCATIONS
WWW.KUMON.COM

Sometimes kids need a little help with reading or math, maybe they lack confidence or just want to jump ahead. Kumon Math and Reading Center is a favorite choice of our readers when it comes to academic enrichment. Kumon instills confidence and independent learning in kids, as they advance at their own pace through lessons.







FAVORITE IN-STATE SUMMER CAMP

TOP THREE

CAMP LOUGHRIDGE
FALLS CREEK
NEW LIFE RANCH

THE WINNER

FALLS CREEK
6714 HWY 77D, DAVIS
WWW.FALLSCREEK.ORG

Since 1917 Falls Creek has been welcoming young people to meet in the beautiful Arbuckle Mountains to learn, play and grow in their Christian faith. Young people at Falls Creek enjoy a multitude of activities from playing life-size chess to swimming to zip-lining with friends, old and new.

FAVORITE YOUTH THEATER

TOP THREE

SPOTLIGHT CHILDREN'S THEATRE
THEATRE ARTS
THEATRE TULSA

THE WINNER

THEATRE TULSA
412 N. BOSTON AVE.
THEATRETULSA.ORG

Local theatre at its finest, Theatre Tulsa is a top pick by our readers for both its performances and excellent training of young actors through classes for all ages. Broadway Beginners gives kids ages 5-8 a fun exposure to acting, while Broadway Bootcamp, Broadway Bound and New Artists Apprenticeships provide more serious training for older children and youth.



CAMPS & LESSONS

SUMMER CAMPS, AFTER-SCHOOL PROGRAMS AND SPECIAL LESSONS GIVE KIDS A CHANCE TO LEARN NEW SKILLS, MAKE FRIENDS AND PURSUE THEIR UNIQUE INTERESTS. HERE ARE THE PROGRAMS TULSAKIDS READERS CHOSE AS STANDOUTS.

FAVORITE OUT-OF-STATE SUMMER CAMP

TOP THREE

CAMP OZARK
KANAKUK
PINE COVE

THE WINNER

KANAKUK
1353 LAKE SHORE DRIVE, BRANSON, MO
KANAKUK.COM

Parents have trusted Kanakuk with their children since 1926. From overnight camps, to day camps to family camps, Kanakuk provides a fun, warm Christian environment that kids love. Friendships, mentorships, water sports, traditional camp activities and more keep Tulsans choosing Kanakuk summer after summer.



FAVORITE ART PROGRAM OR LESSONS

TOP THREE

PHILBROOK MUSEUM OF ART
PINOT'S PALETTE
TULSA ART CENTER

THE WINNER

PHILBROOK MUSEUM OF ART
2727 S. ROCKFORD RD.
PHILBROOK.ORG

Philbrook is much more than a world-class art museum. Our readers love it for embracing and introducing children of all ages to art through studio classes, free admission to all children younger than 18, and numerous events geared toward children. Philbrook also provides kids with their own box of art supplies to encourage many, many visits to the museum.



FAVORITE MUSIC PROGRAM OR LESSONS

TOP THREE

MUSIC TOGETHER OF SOUTH TULSA
SAIED MUSIC COMPANY
SCHOOL OF ROCK

THE WINNER

MIDTOWNN
SAIED MUSIC COMPANY
3259 S. YALE AVE.
SOUTH TULSA
9320 E. 71ST ST.
SAIEDMUSIC.COM



Our readers love knowing that at Saied, their kids will can take lessons on almost any instrument and learn from professional musicians and educators. Parents know that music boosts your brain power, so they choose Saied to keep kids engaged in music, whether for fun and enjoyment or a potential career.



FAVORITE STORYTIME

TOP THREE

BARNES & NOBLE
GATHERING PLACE
TULSA CITY-COUNTY LIBRARY

THE WINNER

TULSA CITY-COUNTY LIBRARY
MULTIPLE BRANCHES THROUGHOUT TULSA COUNTY
WWW.TULSALIBRARY.ORG

While not technically a lesson, storytime is nonetheless an important part of early learning. TulsaKids readers picked the library as their favorite place to take the kids for storytime. Librarians use music, fingerplays, canine reading partners and more to bring books to life for their youngest patrons.

SPORTS & FITNESS

PEDIATRICIANS RECOMMEND THAT KIDS GET AT LEAST 60 MINUTES OF EXERCISE A DAY. WHETHER ITS A TEAM SPORT LIKE SOCCER OR AN INDIVIDUAL ACTIVITY LIKE DANCE, MARTIAL ARTS OR GYMNASTICS, TULSA OFFERS PLENTY OF OPTIONS TO GET KIDS MOVING.



FAVORITE PLACE TO LEARN SOCCER

TOP THREE

SOCCERCITY
SOCCER SHOTS
YMCA OF GREATER TULSA

THE WINNER

SOCCERCITY
5817 S. 118TH E. AVE.
WWW.SOCCERCITYTULSA.COM

Our readers chose SoccerCity as their favorite place for the kids to learn soccer because it offers everything from the Lil' Kickers program to indoor leagues for youth and adults. Lil' Kickers keeps the youngest kids active, while introducing them to soccer skills in a fun, developmentally appropriate way.

FAVORITE GYMNASTICS/CHEER/DANCE

TOP THREE

AIM HIGH ACADEMY
SOUTH COUNTY GYMNASTICS AND CHEER
THE LITTLE GYM OF SE TULSA

THE WINNER

THE LITTLE GYM OF SE TULSA
6556 E. 91ST ST.
WWW.THELITTLEGYM.COM

Offering everything from daily classes to parties and camps to nights out for parents, The Little Gym of SE Tulsa is a mom and dad favorite. Young children can play and explore at their own pace, take a more structured class or enjoy some interactive play with Mom or Dad at The Little Gym.



FAVORITE SOCCER CLUB

TOP THREE

BROKEN ARROW SOCCER CLUB
METRO TULSA SOCCER CLUB
TULSA SOCCER CLUB

THE WINNER

BROKEN ARROW SOCCER CLUB
1001 S. MAIN ST., BROKEN ARROW
WWW.BASCOK.COM

Soccer clubs allow youth to learn soccer and progress to more serious play as they grow. Whether it's recreational soccer or tournament play you're looking for, families can find the coaching and teams to match at Broken Arrow Soccer Club.



FAVORITE MARTIAL ARTS

TOP THREE

APOLLO'S MARTIAL ARTS
CHRISTIAN KARATE ACADEMY
JENKS MARTIAL ARTS ACADEMY

THE WINNER

APOLLO'S MARTIAL ARTS

Classes in Tulsa, Bixby, Broken Arrow & Owasso
apolloskarate.com

Besides giving kids exercise, the martial arts give kids confidence. Kids at Apollo's learn discipline and the skills to defend themselves, but above all, they learn to diffuse a situation without violence and the life skills of perseverance, self-control and a positive mental attitude.

FAVORITE SWIM LESSONS

TOP THREE

MILLER SWIM SCHOOL
ORU – DENISE WESTFALL
YMCA OF GREATER TULSA

THE WINNER

MILLER SWIM SCHOOL
6415 S. MINGO RD., TULSA
525 W. 91ST ST. S, JENKS
MILLERSWIMSCHOOL.COM

Parents have been taking their kids to learn to swim at Miller since 1960. Now, with two locations and beautiful indoor facilities, it's even easier to get your child to the pool. Miller Swim School is, above all, about safety and offers classes for infants through adults. With so many years' experience in teaching swimming, it's no wonder that Tulsa area families choose Miller for swim instruction.





Physician Owned...Patient Focused

Tulsa ER & Hospital was created to bring around the clock, concierge-level, quality emergency care to our community. We strive to provide our patients with the best experience, with short wait times in a comfortable and inviting environment. Tulsa ER & Hospital puts patients first.

Visit our website for information about services and insurance.



TULSA ER & HOSPITAL
717 W 71st St S, Tulsa, OK 74132
WWW.TULSAER.COM
Phone: 918-517-6300

Expecting a new addition to your family? Don't be scared!

TulsaKids' 2019-2020 Baby Guide, sponsored by Hillcrest, provides an extensive list of local prenatal and postpartum resources to help your growing family!

Download yours at tulsakids.com/baby



MOM & DAD

YOU CAN'T BE WITH THE KIDS EVERY MINUTE AND NOT EVERYTHING IS ABOUT THE KIDS, SO WHEN MOMS AND DADS NEED A HAIRCUT, A NEW CAR OR A DATE NIGHT, WHERE DO THEY GO? HERE ARE OUR READERS' FAVS.

FAVORITE SALON

TOP THREE

BERKSHIRE SPA AND SALON
IHLOFF SALON AND DAY SPA
STERLING SALON

THE WINNER

IHLOFF SALON AND DAY SPA
THREE TULSA LOCATIONS
IHLOFFSPA.COM

An Aveda salon, Ihloff pampers parents with artful haircuts, color and style from passionate professionals. A full-service, award-winning salon, Ihloff pampers guests with impeccable service. TulsaKids readers like that they can get a massage, a makeover, manicure and more all in one location.



FAVORITE FAMILY FRIENDLY GYM

TOP THREE

LIFE TIME FITNESS
SKY FITNESS
YMCA OF GREATER TULSA

THE WINNER

YMCA OF GREATER TULSA

Sometimes it's hard to leave the kids home to work out, so our readers chose the YMCA as the place that the entire family can get fit. From fitness classes to swimming to yoga to team sports, the YMCA offers something for everyone.



FAVORITE GROCERY STORE

TOP THREE

ALDI
REASOR'S
SPROUTS

THE WINNER

REASOR'S

Locations throughout Tulsa and surrounding communities
www.reasors.com

Busy moms and dads love the easy online shopping and curbside pick-up provided by Reasor's. No need to get the baby out of the car, or shop with a tired toddler. Besides groceries, Reasor's has a deli, a bakery, a pharmacy and can even provide holiday dinners for the crowd. Our readers pick Reasor's to handle all their grocery needs and more.

FAVORITE CAR DEALERSHIP



TOP THREE

BILL KNIGHT FORD
JACKIE COOPER IMPORTS
JIM NORTON TOYOTA

THE WINNER

JACKIE COOPER IMPORTS
9393 S. MEMORIAL DR.
WWW.JACKIECOOPERIMPORTS.COM

Nissan, Mercedes-Benz, Infiniti and Porsche — Jackie Cooper Imports has everything families need from a safe SUV for a growing family, to a fun convertible for mom and dad. Our readers trust Jackie Cooper's experienced staff to steer them the right way for new or pre-owned cars – and a service department to care for them after the sale. And, it's easy to start the search online.



FAVORITE DATE NIGHT RESTAURANT

TOP THREE

BULL IN THE ALLEY
NOLA'S
CHARLESTON'S

THE WINNER

CHARLESTON'S
3726 S. PEORIA
6839 S. YALE
CHARLESTONS.COM

Charleston's warm wood interior invites couples to sit for a quiet meal without the kids. The menu includes everything from salmon to steaks to salads with gluten-free options as well. Because of Charleston's consistently high-quality classic American food, service and craft cocktails, our readers find it a perfect spot to unwind and reconnect.



FAVORITE LOCALLY OWNED COFFEE SHOP

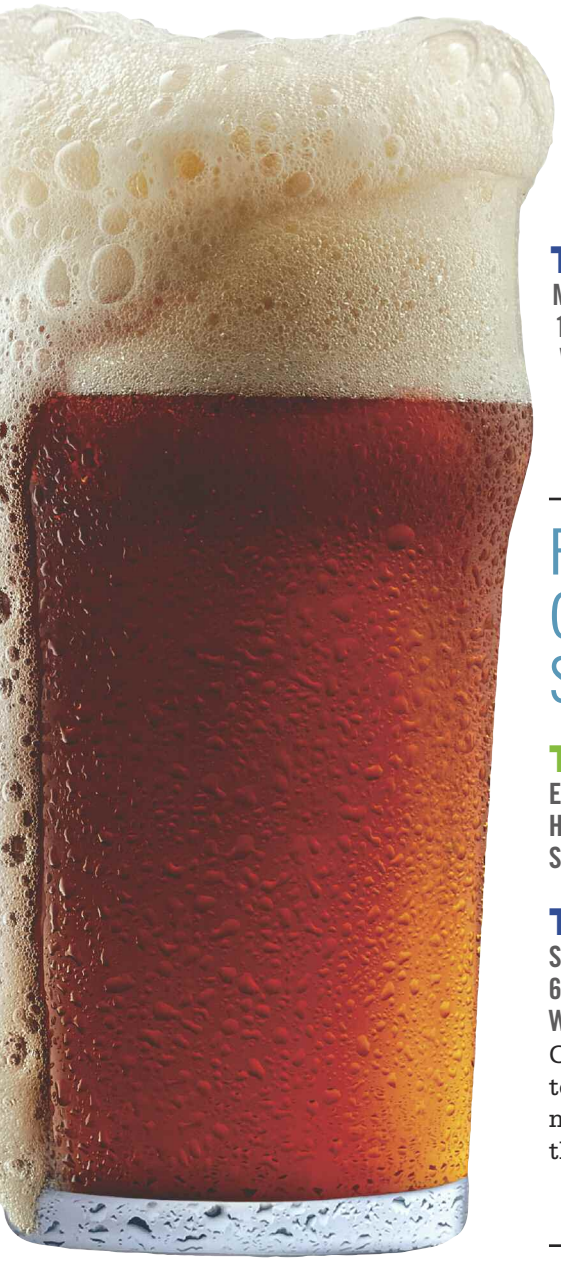
TOP THREE

918 COFFEE
SHADES OF BROWN
THE COFFEE SHOP ON CHERRY STREET

THE WINNER

918 COFFEE
2446 E. 11TH ST.
WWW.TULSA918COFFEE.COM

This sleek coffee shop with a small outdoor area near TU is open for late-night coffee dates, album listening nights and more. Our readers like the unique drinks such as lavender lemonade, dirty vanilla chai, salted caramel latte or just plain, black coffee. You can grab a muffin and coffee in the morning and come back in the evening for beer, wine or a late-night latte.



FAVORITE LOCALLY OWNED BREW PUB

TOP THREE

CABIN BOYS BREWERY
MARSHALL BREWING COMPANY, THE TAP ROOM
PRAIRIE BREWPUB

THE WINNER

MARSHALL BREWING COMPANY, THE TAP ROOM
1742 E. 6TH ST.
WWW.MARSHALLBREWING.COM

Marshall's was a first and a favorite of fans of the local craft brewing companies. The outdoor area is great for parents, but it's also family friendly. While Mom and Dad enjoy a beer, wine or non-alcoholic drink at one of the picnic tables, the kids can wander around – maybe even bring the family dog!

FAVORITE CHILDCARE SERVICE



TOP THREE

E-NANNY
HAPPY CAMPERS AT JOHN KNOX
SEEKING SITTERS

THE WINNER

SEEKING SITTERS
604 S. ZUNIS AVE.
WWW.SEEKINGSITTERSTULSA.COM

Our readers trust Seeking Sitters to provide quality, safe childcare whether they need an occasional babysitter or full-time care. Seeking Sitters allows parents and kids to meet their sitter virtually to find the best match for them. The sitter will come prepared with activities and games to engage, educate and entertain the child. Seeking Sitters will also provide pet sitting and house sitting for families.

FAVORITE PLACE FOR GIRLS' NIGHT OUT

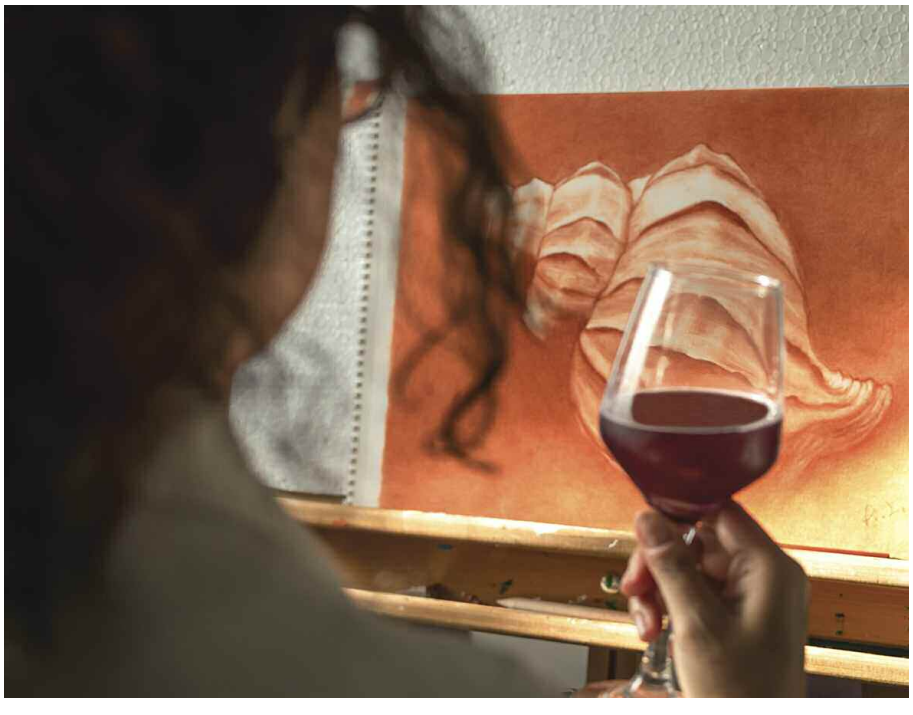
TOP THREE

PINOT'S PALETTE
RIVER SPIRIT CASINO
ROOSEVELT'S GASTROPUB

THE WINNER

PINOT'S PALETTE
THREE LOCATIONS IN TULSA & BROKEN ARROW
WWW.PINOTSPALETTE.COM

TulsaKids' moms voted Pinot's Palette as their favorite place to gather for a fun night out. Even if you're not artistic, you can follow the step-by-step guide as you enjoy relaxing with a glass of wine with friends.





FAVORITE CLEANING SERVICE

TOP THREE

CLEAN FREAKS
MAIDS OF TULSA
MERRY MAIDS

THE WINNER

MERRY MAIDS
5656 S. MINGO RD.
WWW.MERRYMAIDS.COM

Between work and caring for kids, parents might find it hard to maintain a clean home. That's where Merry Maids comes in. Tulsa moms and dads trust and appreciate Merry Maids' 40 years of experience, the flexible scheduling options, bonded employees and free estimates

FAVORITE BANK OR CREDIT UNION

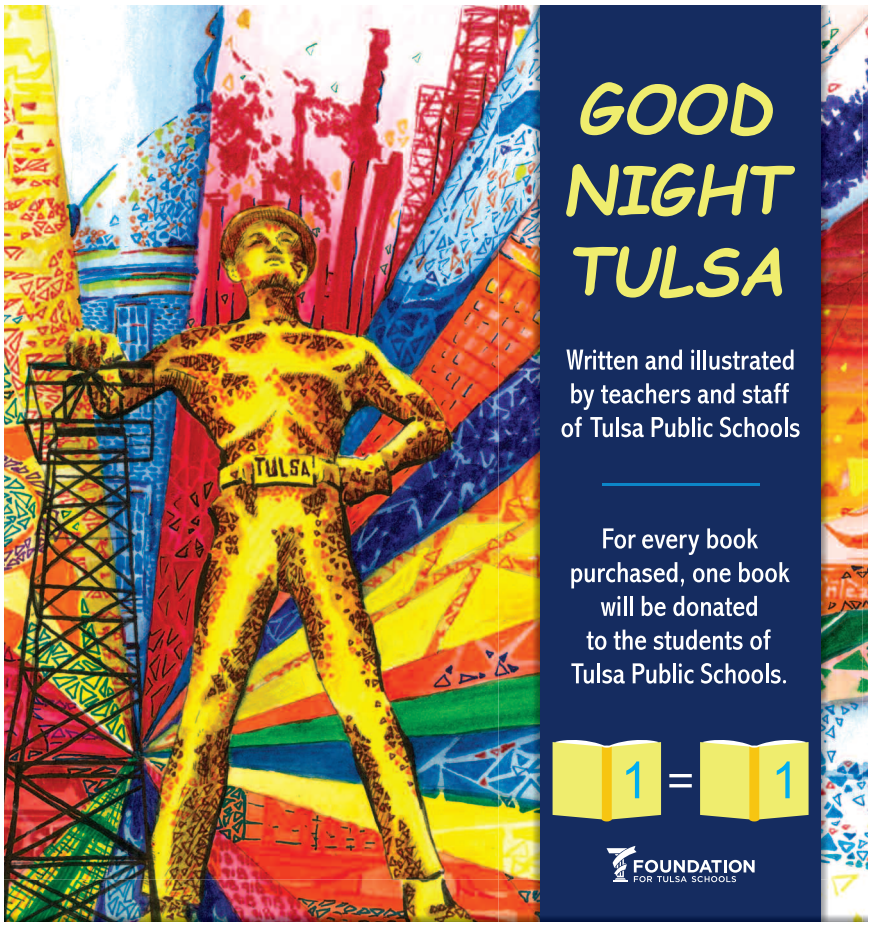
TOP THREE

ARVEST
BANK OF OKLAHOMA
TTCU FEDERAL CREDIT UNION

THE WINNER

TTCU FEDERAL CREDIT UNION
SEVERAL LOCATIONS
WWW.TTCU.COM

TulsaKids readers like TTCU's convenience with multiple locations, online and mobile banking. Families can get home or car loans as well as find information to educate everyone in the family, including children and teens, about making smart financial decisions.





HEALTH & WELLNESS

EVERY FAMILY NEEDS TRUSTED HEALTHCARE PROVIDERS FOR PREVENTATIVE CARE, EMERGENCIES OR ILLNESSES THAT ALWAYS ARISE. HERE ARE OUR READERS' PICKS WHEN THEY NEED HEALTH CARE FOR FAMILY MEMBERS – EVEN THE FAMILY PET.



FAVORITE VETERINARIAN



TOP THREE

KEVIN LONG, GOOD SHEPHERD
KIMBERLY HUCKABY, BENT ARROW VETERINARY HOSPITAL
WOODLAND WEST ANIMAL HOSPITAL

THE WINNER

WOODLAND WEST ANIMAL HOSPITAL
9360 S. UNION AVE.
WWW.WOODLANDWESTANIMALHOSPITAL.COM

The family pet is…well…family, and TulsaKids readers know that Woodland West veterinarians will treat their pets with care and compassion. And, if your dog is sick on Saturday, Woodland is open seven days a week. Whether they're boarding your dog at the pet resort or keeping vaccinations up-to-date, Woodland can cover all care for your family's best friend.

FAVORITE FAMILY DOCTOR

TOP THREE

CHELSEY GRIFFIN, DO, OSU MEDICINE
MARY MILLS, DO, UTICA PARK CLINIC BROKEN ARROW
MATTHEW FOWLER, DO, UTICA PARK CLINIC JENKS

THE WINNER

CHELSEY GRIFFIN, DO, OSU MEDICINE
9101 S. TOLEDO AVE.
OSUMEDICINE.COM

Family physicians serve patients from infancy through end of life. Our readers chose Dr. Griffin as their favorite family physician because they appreciate the on-going relationship with a caring doctor who listens to their concerns.

FAVORITE OPTOMETRIST

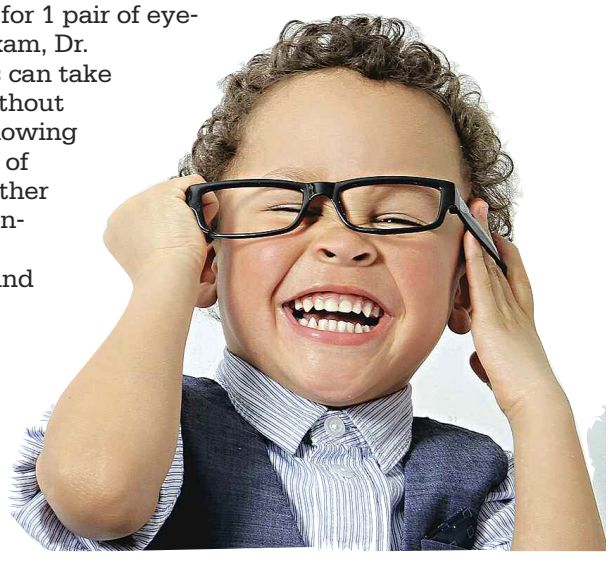
TOP THREE

ROBERT ZOELLNER, DR. ROBERT ZOELLNER & ASSOCIATES, OD
SHANNON MORGANS, TWENTY TWENTY EYE CARE
STEPHEN GROVES, HIS VISION EYE CARE & EYE WEAR

THE WINNER

ROBERT ZOELLNER, DR. ROBERT ZOELLNER & ASSOCIATES, OD
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DRZOELLNER.COM

Home of the $99 deal for 1 pair of eyeglasses and an eye exam, Dr. Zoellner & Associates can take care of your family without breaking the bank, allowing everyone to take care of their eye health. Whether you need an exam, contacts or some stylish frames, moms, dads and kids can all see more clearly with Dr. Zoellner.



FAVORITE KID FRIENDLY DENTIST

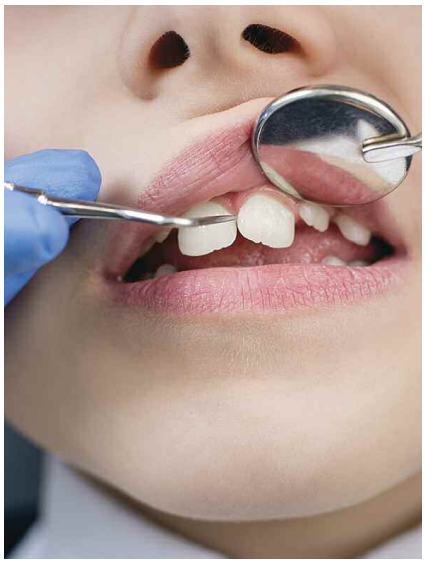
TOP THREE

FOX-BROERMANN PEDIATRIC DENTISTRY OF TULSA
MORROW, LAI AND KITTERMAN TULSA CHILDREN'S DENTISTRY
SUPER SMILES

THE WINNER

MORROW, LAI AND KITTERMAN PEDIATRIC DENTISTRY
2930 S. PITTSBURG
MLKDENTRISTRY.COM

Our readers know that finding a dentist who specializes in pediatric dentistry can make all the difference in a child's dental health. Pediatric dentists know how to make children's visits enjoyable, safe and comfortable for kids – giving parents peace of mind!





FAVORITE PEDIATRICIAN

TOP THREE

BRAIN RALEY, AVALON PARK PEDIATRICS
STACY O'SULLIVAN, PEDIATRIC SPECIALISTS OF TULSA
UMANG SOOD, BIRTH AND BEYOND PEDIATRICS

THE WINNER

STACY O'SULLIVAN, PEDIATRIC SPECIALISTS OF TULSA
7412 S. YALE AVE.
WWW.PEDIATRICSPECIALISTSOFTULSA.COM

A graduate of the University of Oklahoma College of Medicine, Dr. O'Sullivan has worked in many venues of pediatric medicine including for private pediatric offices, pediatric urgent care and pediatric ER. Her dream has been to open her own practice to better serve the patients she loves. "Pediatrics provides me such joy," she says. "Caring for children and their families is incredibly rewarding on so many levels. It truly is a privilege to serve a child as their physician and healthcare provider."



FAVORITE OB/GYN

TOP THREE

SARAH SHEPHERD, DO, OB/GYN SPECIALISTS OF TULSA
TRACEY LAKIN, MD, THE WOMEN'S HEALTH GROUP
TRISHA PARKS, DO, ELITE OBSTETRICS AND GYNECOLOGY

THE WINNER

TRISHA PARKS, DO, ELITE OBSTETRICS AND GYNECOLOGY
5010 E. 68TH ST., #200
WWW.ELITEOBGYNTULSA.COM

Women need specialized care throughout their lives, whether it's preparing to have a baby, pregnancy, gynecological exams or menopause, they need a knowledgeable doctor who understands women's health issues. Our readers chose Dr. Parks as the physician who can support them through pregnancy, labor and delivery and everything beyond.

FAVORITE ALLERGIST

TOP THREE

EASTERN OKLAHOMA EAR, NOSE & THROAT, INC.
JAMES T. LOVE, ALLERGY CLINIC OF TULSA
JANE T. PURSER, ALLERGY CLINIC OF TULSA

THE WINNER

EASTERN OKLAHOMA EAR, NOSE & THROAT, INC.
5020 E. 68TH ST.
9343 S. MINGO RD.
EOENT.COM

Since 1975, Eastern Oklahoma Ear, Nose & Throat, Inc. has been serving patients from children through adults. When a specialist is needed for allergies or sinus problems, our readers turn to the ENT physicians at Eastern Oklahoma Ear, Nose & Throat.

FAVORITE EAR, NOSE & THROAT DOCTOR

TOP THREE

ATUL VAIDYA, EASTERN OKLAHOMA EAR, NOSE & THROAT, INC.
JEAN-MARIE LANGLEY, UTICA PARK CLINIC
STEPHEN BROWNLEE, EASTERN OKLAHOMA EAR, NOSE & THROAT, INC.

THE WINNER

ATUL VAIDYA, EASTERN OKLAHOMA EAR, NOSE & THROAT, INC.
5020 E. 68TH ST.
9343 S. MINGO RD.
EOENT.COM

Eastern Oklahoma Ear, Nose & Throat, Inc. wins in another category. Dr. Vaidya was specifically voted as the doctor parents choose when the kids are suffering from everything from ear infections to sinus and allergy problems to tonsil infections.



FAVORITE CHIROPRACTOR

TOP THREE

CASSIDY CATE, THRIVE CHIROPRACTIC CLINIC
CHAD CRAIG, ELITE CHIROPRACTIC
SONDA POWELL, OPTIMAL HEALTH & WELLNESS

THE WINNER

SONDA POWELL, OPTIMAL HEALTH & WELLNESS
2738 E. 51ST ST. #170
WWW.OPTIMALHEALTHOK.COM

Since 2004, Dr. Sonda Powell and her husband Riley have been serving Tulsans with a variety of needs from sciatic pain to headaches to neck and back pain. As their practice evolved, they began to care for pregnant women, infants with colic and difficulties breast feeding, plageocephaly and children with problems ranging from sensory processing disorder, autism, IBS and more. Dr. Sonda Powell even offers a Leaps and Bounds program designed to guide parents through their young child's brain development. TulsaKids readers like the "whole patient" approach that Dr. Powell brings to their families' total health and wellness.

FAVORITE ORTHOPEDIST

TOP THREE

BRIAN CHALKIN, THE ORTHOPAEDIC CENTER
CALEB NUNLEY, TULSA BONE & JOINT ASSOCIATES
CHAD CRAWLEY, UTICA PARK CLINIC

THE WINNER

CALEB NUNLEY, MD, TULSA BONE & JOINT ASSOCIATES
12455 E. 100TH ST. N #120, OWASSO
TULSABONEANDJOINT.COM

No parent wants to have a kid in a cast, but sometimes it's necessary, and you want an expert to ensure proper healing. Dr. Nunley helps patients with breaks, joint issues, concussion, arthritis, knee and hip issues and more — AND sports medicine (he's the team physician for Owasso High School).





FAVORITE ORTHODONTIST

TOP THREE

CLINT EMERSON, EMERSON ORTHODONTICS
COOPER, CHOCKLEY & MISNER ORTHODONTICS
KIRKPATRICK & LAI ORTHODONTICS

THE WINNER

CLINT EMERSON, EMERSON ORTHODONTICS
1560 E. 21ST ST., SUITE 100
800 W. MISSION ST., BROKEN ARROW
WWW.EMERSONBRACES.COM

It's a fact of life – lots of kids need braces. TulsaKids moms and dads like Dr. Emerson's years of experience. He is ready to treat kids who may need early care through teens and adults. Our readers like the fun and friendly atmosphere of the office and the professional care that they receive.

FAVORITE THERAPIST

TOP THREE

SPEECH AND BEYOND
THERAPYWORKS TULSA
TULSA SUNSHINE CENTER

THE WINNER

THERAPYWORKS TULSA
7608 E. 91ST ST.
THERAPYWORKSTULSA.COM

Tulsa families have been taking their kids to TherapyWorks for occupational, physical and speech therapy for over 35 years. Pediatric therapists work together to provide comprehensive services that meet the needs of the children they serve as they help them overcome their challenges. Offering occupational, physical, speech, feeding and aquatics therapies all in one location allows parents with children of all ages and needs to get multiple therapies. The facility offers over 12,000 square feet of state-of-the-art equipment and treatment space. TherapyWorks also offers an eight-week Fit to Play program for injury prevention and improved performance. And, the annual talent show gives children a chance express themselves and enjoy a relaxing time together outside of therapy.





FAVORITE HOSPITAL

TOP THREE

ASCENSION/ST. JOHN
HILLCREST MEDICAL CENTER
SAINT FRANCIS HOSPITAL

THE WINNER

SAINT FRANCIS HOSPITAL
6161 S. YALE AVE.
WWW.SAINTFRANCIS.COM

Our readers trust their family's health to Saint Francis Hospital. From having a baby to urgent care, Saint Francis provides compassionate care at every stage of life. The Children's Hospital at Saint Francis provides specialized care for the youngest members of the family, whether it's in the state-of-the-art neonatal intensive care unit or pediatric oncology, kids get their own special care at Saint Francis.

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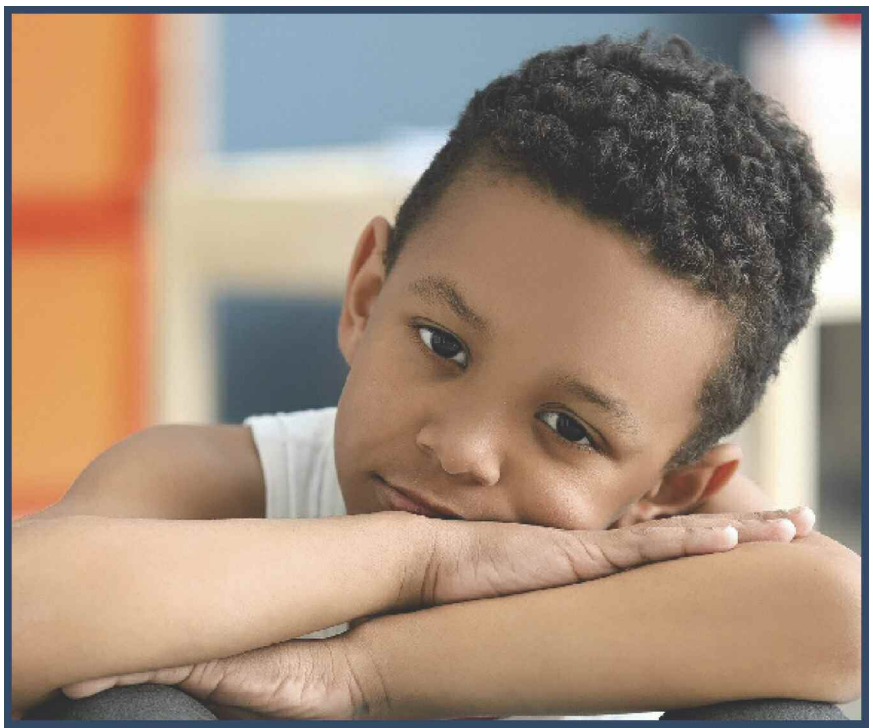


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As long as social distancing is encouraged, Hot Toast Music is also offering ZOOM and driveway concerts for your celebrations! Book us for your next birthday party!
315.542.9369 – https://www.hottoastmusic.com

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2020 SCHOOL DIRECTORS GUIDE

METRO CHRISTIAN ACADEMY

Keith A. Currivean, Ph.D. – Head of School
6363 S. Trenton Ave.
Tulsa, OK
918.745.9868
www.metroca.com
Grades: P3 – 12th

Metro Christian Academy provides an accredited college-preparatory Christian education that is founded on biblical principles. At the heart of Metro is a sense of community. Students, parents, faculty and staff work together to educate, nurture and grow students. Metro is noted for its Christian culture, academic achievements, innovative approaches to learning and successful programs in the arts, athletics and leadership. For more information, go to metroca.com or contact us at 918.745.9868 or admissions@metroca.com.

UNDERCROFT MONTESSORI SCHOOL

Nancy Davis, Head of School
Jamie Gartside, Admissions
3745 S. Hudson Ave.
Tulsa, OK
918.622.2890
www.undercroft.org

As the first and only accredited Montessori School in Oklahoma, Undercroft Montessori School serves students from age three through eighth grade using an authentic Montessori methodology and philosophy. Classes in each level, from early childhood through middle school, include multi-age groups of students, which allows them to build lasting relationships with both peers and guides. Students learn through unique and memorable experiences. Abstract concepts are taught using visual and tactile learning tools, which foster more effective long-term retention. Students learn independence by exercising freedom within limits. Self-correction and self-assessment foster responsibility and confidence. Our students are diverse in interest, personality and learning style. Our approach supports the development of individual capacities, and our outcomes are consistent. Our students are well prepared academically and demonstrate creativity, confidence, competence, leadership and, most importantly, they love to learn.

UNIVERSITY SCHOOL

Debra Price, Director
326 S. College Ave.
Tulsa, OK
918.631.5060
www.utulsa.edu/uschool

University School offers a challenging, yet nurturing, environment for gifted students ages 3 through 8th grade. Our program is well-rounded and includes art, music, physical education, foreign language, and computer classes for all ages. Located on The University of Tulsa campus, our beautiful facility provides a unique setting and resources that few schools can match. University School students benefit from a rich variety of learning opportunities and interactions with college professors and students as they endeavor to maximize their potential, develop creativity, and become responsible citizens.

VICTORY CHRISTIAN SCHOOL

Superintendent – Jim Cherry
7700 S. Lewis Ave.
Tulsa, OK
918.491.7720
Vcstulsa.org
FB and IG: @vcstulsa

Victory Christian School is a fully accredited K3-12th grade school dedicated to instruction from a Biblical worldview. VCS serves families from all of Tulsa and its surrounding communities on its campus at 7700 S. Lewis Ave.

VCS is experiencing record growth, enrolling over 600 NEW students since 2017. As a result, we have expanded to create a new Kindergarten Wing and have just completed construction on our state-of-the-art STEM lab!

We would love for you to stop by and see why VCS is thriving.

With athletic training beginning at the elementary level, our student athletes develop Christian character, leadership traits, and a championship mindset leading to district, regional and state titles at all levels.

Our VCS Studio Arts have received numerous local, state, and national awards We've recently been recognized in the top 1% of all art programs in the United States.

Victory Robotics has expanded to include 5th - 12th grade students. We have been invited to nationals and are honored to have sponsoring partners in Boeing, Verizon, The Department of Defense, Oral Roberts University and more.

Let us show you around! Visit vcstulsa.org/open-house today!

Contact Jan Thomas in Admissions at jthomas@victory.com or call 918.491.7763.

WRIGHT CHRISTIAN ACADEMY

11391 E. Admiral Pl.
Tulsa, OK
918.438.0922
wrightchristianacademy.com

Wright Christian Academy has been serving Tulsa and the greater area for more than 30 years. Our goals are simple…partner with families to educate children from a Christian perspective so they can impact the world with the love of Christ. As a college preparatory academic institution, we are accredited by the Association of Christian Schools International (ACSI).

With a low student-to-teacher ratio, we are able to minister at the same time we teach. We are interested in families, not just students. We make a daily effort to reach into the young lives in our care and make a positive influence on their academics, character, spirituality and quality of life.

We are affordable and our demographics are diverse. We are accessible in an area that can be easily reached from a variety of points around the city on the I-244/169/I-44 corridor.

We were voted "Best in The World" private Christian school for 2019. We love where we are called to serve. We are prepared for the future, come join us!

AUGUSTINE CHRISTIAN ACADEMY

John Ahrens, Headmaster
Kirk Post, Dean of Curriculum & Staff Development
Brian Fitzgerald, Dean of Students & Staff
6310 E. 30th St.
Tulsa, OK
918.832.4600
www.acatulsa.org

Augustine Christian Academy (ACA) is a Christian, classical, interdenominational, college preparatory school for students in Pre-Kindergarten thru 12th grade. ACA uses a classical model that integrates every subject with the Biblical truths of the Christian faith. We are dedicated to educating young people to think, reason, and persuade from a distinctly Christian worldview. ACA offers a part-time option for homeschool families. Find us on Facebook and on our website at www.acatulsa.org!

BOSTON AVENUE WEEKDAY SCHOOL

Paula Gradney-Garner
1301 S. Boston Ave.
Tulsa, OK
918.699.0112
www.bostonavenue.org

For over 50 years Boston Avenue Weekday School has nurtured children through the infant and toddler age and prepared preschoolers well for kindergarten. We offer a warm, accepting Christian environment while teaching a theme-based curriculum in center-arranged classrooms. The small teacher to student ratio allows each child ample one-on-one attention. Activities include positive behavior skills, community visitors, chapel, music, exercise, yoga, sign language and Spanish vocabulary. We have a summer program for infants through 3rd grade each summer with a different theme each month. Call for information and a tour today! Enrollment continues throughout the year as space permits. We partner with Sprouts Development Initiative and the OU Early Childhood Education Institute. Oklahoma DHS Licensed.

continued next page

2020 SCHOOL DIRECTORS GUIDE

CASCIA HALL PREPARATORY SCHOOL

Headmaster Father Philip Cook, OSA
2520 S. Yorktown Ave.
Tulsa, OK
918.746.2600
www.casciahall.com

Since 1926, Cascia Hall Preparatory School, a Catholic, Augustinian school grades 6-12, has excelled at cultivating young men and women of integrity who seek wisdom, justice, inclusion, service, and the pursuit of truth. At Cascia, we teach students to question and to value reason. We provide them with the necessary tools and instill in them the courage to carry out their pursuit. The college-preparatory curriculum features alignment in all subject areas in grades 6-12, the opportunity to earn high school credit in middle school, and the possibility of earning college credit in high school. The school offers a large variety of electives, especially in the arts, and our sports programs remain competitive.

CHRISTIAN MONTESSORI ACADEMY

RoseMarie Mann, Director
Laura Chisholm, Office Manager
3702 S. 90th East Ave.
Tulsa, Ok 74145
918.628.6524
www.montessorilearning.org

In a Christ-centered environment, CMA educates the whole child using the Montessori Method. CMA's multi-aged classrooms invite learning in an enticing, stress-free setting. Our authentic Montessori materials and curriculum provide concrete learning experiences and the joy of discovery. They are also the basis for abstraction in future learning. Our students learn at their own pace in a cooperative atmosphere. They are encouraged to make choices to help develop a sense of independence and self-worth. The classroom Guide assists each child with lessons and therefore "guides" him in his educational journey. We believe that the impressions formed today have a lasting impact on a child's attitude towards learning and life itself. CMA currently serves ages 3-15 in our Primary through 8th grade classrooms.

CHRIST UNITED METHODIST CHURCH PRESCHOOL

Laurie Pearn
3515 S. Harvard
Tulsa, OK
918.743.7673
www.cumctulsa.com

Our program is a Monday, Wednesday, Friday pre-school program for children ages 8 months to 5 years or pre-kindergarten. Hours are 9:30 a.m. to 2:30 p.m. There are several options as to how many days and the times children can attend. In the afternoons, we offer enrichment classes in gymnastics, music and "Bible Buddies." Our staff members are chosen for their early childhood experience and training as well as sensitivity to the individual needs of each child. We use a hands-on approach so children learn by doing. Classes are arranged in learning centers and areas of interest where the daily theme is carried out throughout the room. Parent participation is encouraged.

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HAPPY CAMPERS ACADEMY

www.happycampersacademy.com
Three Locations:

Happy Campers
1819 E. 15th St., Tulsa
918.584.2779
hcatulsa@gmail.com
7:30 a.m. - 5:30 p.m.
Happy Campers at Temple Israel
2004 E. 22nd Pl., Tulsa
918.747.3122
happycamperstempleisrael@gmail.com
7:00 a.m. - 6:00 p.m.
Happy Campers at John Knox
2929 E. 31st St., Tulsa
918.742.7656
happycampersjohnknox@gmail.com
Ages 5-12 years old for after school care

Happy Campers Academy offers Tulsa and surrounding communities quality child care while families are at work. We accept children ages 6 weeks to five years of age, and provide parents an opportunity to view their children in the early learning center through a closed circuit internet connection. At all three of our midtown Tulsa locations, Happy Campers utilizes a child-centered philosophy and partners with our families to provide a quality educational experience in a nurturing environment. Our highly trained staff works to get to know each individual child and his/her cognitive and developmental needs, while seeking input from families to make the home and school transition smooth and communication open for the success of the child. Through a balance of developmental play and planned educational activities, our students learn best through doing–all while having fun and expressing themselves creatively. We start the foundation for learning when our students are infants–bonding and connecting. When they become toddlers, the focus is self-help and self-recognition and then during the twos, we build upon independence and language skills. The three-year-olds start making cognitive connections and experience the beginnings of social skills. Finally, in PreK, students start connecting all the tools from every stage to form a strong foundation for early reading preparation to build confidence for kindergarten. Our teachers conduct conferences twice a year in order to build a strong home and school team. We want to keep parents informed about what their child(ren) is learning, developmental milestones that are being achieved, and suggest skills that can be practiced at home. We believe that our child-centered philosophy will foster a love for learning in these ever-important early childhood years.
Our Happy Campers at John Knox location offers after-school care for students at Patrick Henry, Carnegie, Lee, and Eliot. We offer a place for kids to do homework, play outside, and have a safe and structured time after school while parents are working for ages 5-12 years.

HOLLAND HALL

J.P. Culley, Headmaster
5666 E. 81st St.
Tulsa, OK
918.481.1111
www.hollandhall.org
Grades: Pre-school – Grade 12

Holland Hall is Tulsa's PreK through Grade 12 Independent Episcopal School. We offer a student/teacher ratio of 9:1, an array of exciting electives, a lively, loving community, an apprenticeship in self-reliance, dozens of individual and team sports, and transformative arts programming. And we encourage your child to choose boldly from all we offer — to embrace adventure, take new paths, dare greatly, and engage fully with the exceptional opportunities at Holland Hall. We honor the individual integrity of each child and provide the bedrock education every student needs to succeed in college, work, and the world beyond.

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Broken Arrow, OK
918.258.5437
www.kidsinmotionacademy.com
Active learning environment for infant – 5th grade.
View information online or follow us on Facebook @kidsinmotionacademy

LAKE HILLS MONTESSORI

Jodie Whitman
5130 E. 101st St.
Tulsa, OK
918.296.9936

continued next page

jodie@lakehillsmontessori.com
www.lakehillsmontessori.com
Lake Hills Montessori is committed to providing quality education for children ages 2-6 years in a safe, loving, and stimulating environment. Each child's day is organized to ensure successful experiences that will foster self-esteem and a love of learning. LHM offers a traditional Montessori curriculum that allows children to learn through exploration and play. In addition to providing an atmosphere of discovery, LHM offers dance, Spanish, soccer, music, yoga and art. School time 8:30 a.m. -3:00 p.m. and before/after care 7:30 a.m. – 5:30 p.m. Follow us on Instagram or Facebook!

LEGACY CHRISTIAN ACADEMY

Tandi Wells, Principal
1201 N. Elm Place
Broken Arrow, OK 74012
918.286.6794
www.legacyba.org
At Legacy Christian Academy, we partner with you in the education of your child, as well as the development of his or her character, faith, and spiritual growth. By incorporating God in all areas, our students learn to empathize and show kindness to others. Our students are not only learning about God, but are being taught what it means to have a relationship with Jesus and how to be life-long followers of Him.
Here's what our parents have to say:
"We are new this year, and I'm kicking myself for not finding Legacy sooner. Between the remarkable education, the welcome environment, and the wonderful staff, I couldn't think of a better place for my child."
"The teachers and staff truly love and care about my child holistically. He's not only nurtured academically, but emotionally, socially, and spiritually. It is such a blessing to drop him off in a safe environment."
"We love the small class sizes, family-like atmosphere, excellent academics, and most of all, the discipleship and Biblical teaching that take place each day to help our children experience God's goodness and understand the importance of being a light in the darkness."

MINGO VALLEY CHRISTIAN

Mrs. Lisa Padgett, Admissions
8304 S. 107th E. Ave.
Tulsa, OK
918.294.0404
www.mingovalley.org
Mingo Valley Christian, now in our 44th year, is a college preparatory, non-denominational, private school, serving students in grades PreK-12, through personalized learning and maximum growth for each student. We partner with parents and incorporate a Christian worldview into all aspects of the learning process. We know our students are tomorrow's leaders, and our school culture is infused with opportunities for leadership, mentoring, and service to the Tulsa community. Learning happens best in the context of relationships, so our teachers engage personally with each student to encourage academic success. We offer honors and AP courses, NHS/NJHS, concurrent college enrollment, art, computer, music, and foreign language, with technology utilized throughout all academic disciplines. Our highly regarded theatre program attracts arts patrons from across the Tulsa community. Our athletic programs include football, volleyball, basketball, soccer, cross country/track and pom. For more information or to schedule a tour or shadowing, please call or visit our website. Accreditation: State of Oklahoma (OPSAC); AdvancED; Association of Christian Schools International (ACSI).

MISS HELEN'S PRIVATE SCHOOL

Jayme Wingo-Baker
4849 S. Mingo
Tulsa, OK
918.622.2327
www.misshelens.com
Miss Helen's Private School is a family-owned, family-focused business celebrating over 65 years. Teachers are college-degreed, caring and dedicated. All pre-kindergarten classes offer music, Spanish, art, stories & science, pre-reading skills, math and dance through small group and independent activities. Small class sizes in grades K-5 enable students to have more individualized instruction and work beyond traditional grade levels. In addition to basic academics, we offer Spanish, fine arts, and community service and charitable projects as well as health, nutrition and fitness. After-school activities include computer classes, swimming, cheerleading, Amazing Athletes and more. Serving ages 3 years through 5th grade. We thank the TulsaKids readers for voting us the 2020 Family Favorite for Best Preschool. Come for a tour and see why!

MIZEL JEWISH COMMUNITY DAY SCHOOL

Lillian Hellman, Head of School
2021 E. 71st St.
Tulsa, OK
918.494.0953
www.mizelschool.org
Small classes, large spaces, safety and security…. the perfect place for these times! Founded in 1975, and located on the beautiful Zarrow Campus, Mizel Jewish Community Day School provides hands-on learning for students of all faiths and races in preschool through fifth grade. Our highly experienced, talented staff provides a nurturing environment with small classes that meet the needs and interests of the whole child. General and Judaic Studies are multi-sensory, interactive and student-centered. Multi-age groupings enable leadership strengths and self-confidence to develop. Classes are taught with respect for all branches of Judaism and other faiths. Hebrew is taught as a modern, living language and strong Character and Values Education complements our curriculum. Specialists conduct classes in Fine Arts, Music, and Physical Education. Individual chrome books are integrated into our program for both in classes and distance learning, when necessary. Field trips, student-to-student mentoring, and an enriched after-school program are part of a supportive school community. Mizel students have the unique opportunity to experience Intergenerational programming with residents at Zarrow Pointe Retirement Center. Art appreciation tours and classes are conducted at the Sherwin Miller Museum of Jewish Art, and students participate in the Community Garden, all on the Zarrow Campus.

MONTE CASSINO SCHOOL

Kevin Smith, Headmaster
2206 S. Lewis Ave.
Tulsa, OK
918.742.3364
www.montecassino.org
bjones@montecassino.org
Founded in 1926, Monte Cassino is a traditional Catholic school that focuses on outstanding instruction of reading, writing, math and the sciences. Monte Cassino classes rank at the 97th percentile or above when compared to all schools, public or private, across the United States. Our programs serve students from three years of age to eighth grade and encourage social and moral development within a strong community. In addition to the academic, community and social connections that Monte Cassino students develop, a myriad of opportunities exist for accelerated math and foreign language instruction from high school certified instructors, fine arts, innovative and applied sciences, robotics, rocketry, theater arts, athletics and individualized approaches for many kinds of learners. Come see what it means to Be A Saint!

RIVERFIELD COUNTRY DAY SCHOOL

Kacey Davenport
2433 W. 61st St.
Tulsa, OK
918.446.3553
www.riverfield.org
Riverfield provides a student-centered approach to education to students 8 weeks through 12th grade with an innovative program of authentic, experiential learning. At RCDS, individuality is valued and the needs of the whole student are honored. Small class sizes, along with the collaborative nature of our classrooms, provide the opportunity for students to cultivate leadership, interpersonal skills, and the confidence needed for success today and tomorrow. Personalized programming and scheduling offer Middle and Upper School students the opportunity to develop talents and explore interests in a college prep setting. The 120-acre campus encompasses a barnyard, hiking trails, gardens, freshwater system, outdoor classrooms, and athletic fields. Riverfield is accredited by the Independent Schools Association of the Southwest (ISAS), National Association for the Education of Young Children (NAEYC), and Oklahoma Private School Accreditation Commission (OPSAC).

SAIED MUSIC SCHOOL

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9320 E 71st St.
3259 S Yale Ave.
Tulsa, OK
918.742.5541
www.saiedmusic.com
Saied Music Company is proud to be in our 74th year serving Oklahoma music makers! We continue to provide private lessons in all band and orchestra instruments, guitar, voice, piano and more to learners of all ages and abilities. Our teachers are carefully selected for their teaching experience, musical ability and passion for sharing their craft. You may choose from traditional in-person lessons or virtual lessons.
Call or text us at 918.252.5541 or visit us online at www.saiedmusic.com for more information or to register.



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Second Saturday Silents

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Second Saturday of the month at 11:00AM!

$5 adults - $2 for age 16 and under

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CircleCinema Sooner State Chapter American Theatre Organ Society tulsakids FOR PARENTS. FOR FAMILIES. FOR LIFE.





ASK THE EXPERTS

Miller Swim School | Sarah Miller

Q: Should we continue to practice swimming once summer is over?



A: As kiddos head back to school, it is important to remember that though summer is over, learning to swim is a process that requires ongoing repetition and practice. Here are just a few benefits (beyond the obvious benefits of safety and drowning prevention) of swimming in a year-round program:

- **Skill maintenance:** Taking a prolonged period of time off leads to regression in skills.
- **Skill building:** Swimmers are continually building on the set of skills they already have.
- **Academic and social benefits:** The consistency of the program allows children to build new relationships with peers and instructors in a high-trust, low-risk environment.
- **Physical fitness:** Swimming is a low-impact, cardiovascular workout that helps kids stay healthy year round.
- **Improved coping skills:** Children who learn to swim at an early age are more comfortable coping with new and unfamiliar situations. As children learn to thrive in undefined situations and overcome fears in the water, they build confidence in their ability to handle themselves in new and unknown circumstances.

Miller Swim School, 6415 S. Mingo Rd., Tulsa, OK., 918-254-1988 Website: www.millerswimschool.com

On the Cusp Pediatric Dentistry & Orthodontics | Dr. Ryan Roberts, DDS

Q: What is the difference between a crown and a filling for children?



A: Tooth decay is the number one chronic childhood illness, with 42% of children ages 2-11 suffering with cavities. That is why the American Academy of Pediatric Dentistry recommends bringing your child in at their first tooth and then every 6 months to prevent tooth decay! Fillings and crowns are the most common types of dental restorations to treat tooth decay (cavities). The goal of dental restoration is to return the tooth to its original function so your child can eat sleep and play without any discomfort. Dental fillings are designed to close off space where bacteria can enter, as well as help prevent further decay. A crown (or "cap") covers an entire tooth just like a hat on your head. A "cap" is used when there is too much decay to use a filling, but again the goal is to restore the health of the tooth for longevity. There are pros to both a crown and a filling, it will depend on the situation as to which one will be used!

A filling is less expensive in the short term and great for small cavities and there are tooth colored filling options to preserve aesthetics. A crown is more durable and less expensive in the long term and there are different options as well when it comes to color; porcelain for aesthetic reasons or stainless steel. Finding a dental home is best to prevent tooth decay for your little one!

South: 8222 E. 103rd St. • Midtown: 4444 S. Harvard Ave. 918.921.8822 • OntheCuspdds.com

HTR Pediatric Therapy | Kim Knapp, PT, Owner

Q: What changes has HTR made to ensure safe service delivery during COVID-19?



A: HTR has implemented the following guidelines following WHO and CDC recommendations to provide safe therapy services:

- We maintain a closed lobby due to the inability to achieve social distancing.
- Scheduling is offset so that social distancing can be maintained during treatment.
- All patients and therapists complete screening questions and have temperature checked prior to starting therapy.
- One adult will be allowed into each session with the child receiving services.
- Parents, therapists, and patients wear masks during treatment sessions.
- Handwashing is completed prior to and following therapy sessions.
- All therapy areas and materials are sanitized between visits.

An in-clinic or home therapy visit can be converted to a teletherapy visit if a child or individual in the home shows any signs of sickness, or if the child is not able to attend the visit in person. Please feel free to call our office at 918-806-0106 with any questions. We appreciate your patience and understanding during this time.

HTR Pediatric Therapy • 6715 E. 41st St., Tulsa • 918.806.0106 • htrpediatrics.com

Modern Woodmen of America Fraternal Financial | André L. Thomas, FIC

Q: How can life insurance be a life saver for your child or grandchild?



A: One thing COVID-19 has shown us is you cannot predict the future. While you can't predict the future, you can protect your child's future insurability. By purchasing life insurance while your child or grandchild is young and healthy, you can guarantee them a lifetime of coverage regardless of pre-existing health conditions, provided sufficient premiums are paid. For example, if you have a family history of diabetes, MS or other health conditions, it's important to build a solid foundation for your child with a policy that guarantees life insurance protection later in life even if they develop a medical condition. It's also wise to take advantage of lower youth rates because costs increase with age. Insuring loved ones now can provide a stress-free lifetime of financial security for your family - something everyone can appreciate.

Andre' L. Thomas, FIC • Financial Representative • Modern Woodmen of America Fraternal Financial • 918-630-5451 • Andre.L.Thomas@mwarep.org



Stay in touch with TulsaKids all month long!

Sign up for our award-winning eNewsletter at tulsakids.com/newsletter.

You'll receive our Weekend Event Roundup, links to our latest blog posts, giveaway reminders and more every Thursday!





Fancy a road trip? The National Cowboy & Western Heritage Museum is celebrating National Day of the Cowboy on July 25! Learn more at nationalcowboymuseum.org. Photo courtesy of National Cowboy & Western Heritage Museum.

[FREE, W] = FREE WEEKLY [W] = WEEKLY

July 1 Wednesday

TULSA TREASURES REOPENING
Philbrook's Tulsa Treasures: Private Collections exhibition seeks to shed light on the question, "Why do people collect art?" Visit Philbrook to see a collection of collections, from sneakers to pencil shavings and much more. Philbrook Museum, 2727 S. Rockford Rd., 9 a.m.-5 p.m. philbrook.org

VIRTUAL STORYTIME WITH THE TULSA ZOO [FREE, W]
Be ready for tales, and even tails, 10 a.m. every Wednesday on Facebook. If you miss the wildlife on Wednesday, don't worry; visit tulsazoo.org/kids for links to all the furry and feathered fables. facebook.com/tulsazoo

July 2 Thursday

SHARK FEED TALK AND TOUR [W]
Celebrate Sharklahoma with a behind-the-scenes tour of the world's largest collection of bull sharks! Every Monday and Thursday in July, go above the bull shark tank to watch our bull sharks feed from a new perspective. Children must be 3 and older to participate. Cost: General Admission + $5 for Members; General Admission + $10 for non-members. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 12:45-2 p.m. okaquarium.org

BUILD A READER SISTER CITY STORYTIME: UTSUNOMIYA, JAPAN [FREE]
Join Miss Tatiana and Mishka at www.facebook.com/centrallibrary or www.facebook.com/tulsaglobalalliance. Learn about Tulsa's Sister City Utsunomiya, Japan, practice saying hello in a different language and listen to stories from around the world. To celebrate the 40th anniversary of Tulsa's Sister Cities Program, Tulsa Global Alliance and Tulsa City-County Library joined efforts to create this fun video with the goal of promoting global education and citizen diplomacy to Tulsa's youngest readers. For preschoolers and elementary students.

July 3 Friday

SUMMER SUBMARINE [FREE, W]
Climb aboard the Summer Submarine with the Oklahoma Aquarium and join the fin-tastic online summer camp featuring videos, at-home activities, and story times for kids 12 and under. Every Monday, Wednesday, and Friday at 9 a.m., kids can tune in to the Oklahoma Aquarium's Facebook page for underwater adventures. Educators and animal caretakers will talk about ma-

rine animals and ecosystems, ocean health and conservation, and aquatic life in Oklahoma!
For questions about Summer Submarine or other programming, please contact education@okaquarium.org or call 918.296.3474. Virtual Event. Facebook.com/OKAquarium

HOT TOAST MUSIC COMPANY: STORYTIME WITH A SONG [FREE]
Hot Toast Music Co. is the product of dad, educator and musician Symon Hajjar who writes irresistible kids music, all with purpose. Hajjar, or Mr. Symon as his students call him, draws inspiration from the way children often find magic in the mundane parts of life that are hidden in plain sight. Join Tulsa City-County Library at www.facebook.com/tulsalibrary for this fun storytime for children of all ages.

July 4 Saturday

HAPPY 4TH OF JULY! SEE OUR PAGE OF 4TH OF JULY EVENTS ELSEWHERE IN THE MAGAZINE.

July 5 Sunday

CITIZEN SCIENCE WEEKLY PROJECT: EBUTTERFLY [FREE]
Help document butterfly distribution and phenology in Canada and the U.S. by completing this quick, simple project at https://scistarter.org/ebutterfly. How many butterfly sightings were you able to report this week? Email your results and pics to MX@tulsalibrary.org. For all ages.

July 6 Monday

ART CONTEST FOR TWEENS/TEENS [FREE]
Do you draw, paint, craft or do something artsy? if so, take a picture of your artwork and post it to Charles Page Library's Facebook page, www.facebook.com/charlespagelibrary, for a chance to win a gift card! 9-10 a.m.

LEARN HOW TO MAKE A TIE-DYE BOOKMARK [FREE]
Learn how to make a tie-dye bookmark with Living Arts of Tulsa! Simply head to their Facebook page, facebook.com/livingartsoftulsa, for instructions!

July 7 Tuesday

VIRTUAL RENAISSANCE FAIRE [FREE, W]
Join Tulsa City-County Library at www.facebook.com/glenpoollibrary every Tuesday for fun videos from Renaissance Faire artists and performers talking about their crafts. For all ages.

TARC HISPANIC SUPPORT GROUP [FREE]
("We Support Each Other!") For Spanish-speaking parents of children with developmental disabilities to gather in a relaxed, casual setting with opportunities to share and learn from each other as well as listen to guest speakers. This will meet via Zoom. For more information, contact Hannah Chaboya at hchaboya@ddadvocacy.net ddadvocacy.net

July 8 Wednesday

NATHALIA PALIS: BILINGUAL MUSICAL CONCERT [FREE]
Children's songwriter Nathalia Palis engages families in a virtual interactive musical performance. Join Tulsa City-County Library at www.facebook.com/tulsalibrary for this fun performance for elementary students.

CURIOSITY KICKOFF: ALL ABOUT FROGS/PLUS A TO-GO CRAFT IN A BAG [FREE]
Visit Tulsa City-County Library at www.facebook.com/schustermanbensonlibrary for all things frogs! We'll also have a craft in a bag you can pick up at the Schusterman-Benson Library (3333 E. 32nd Pl.) to make at home, while supplies last. For preschoolers and elementary students.

FOAM ARMOR WORKSHOP PRESENTED BY DIVINE COSPLAY CREATIONS [FREE]
Join Tulsa City-County Library at www.facebook.com/tulsalibrary t o learn how to pattern, form, seal and paint foam armor (gauntlets or a crown). Ideal for ages 13 and up.

July 9 Thursday

TREE TALK: INTO THE WOODS [FREE]
The woods are the setting for lots of folktales and legends. What makes forests so special? Join Mo Rice from the Oklahoma Forestry Services at www.facebook.com/brooksidelibrary to find out how trees work on the inside, look at different kinds of tree seeds, marvel at "tree cookies" and listen to a story about trees. Oklahoma Forestry Services is a division of the Oklahoma Department of Agriculture, Food and Forestry. For elementary students.

SEQUOYAH STORYTIME FOR TEENS/TWEENS [FREE]
Join Sarah at www.facebook.com/maxwellparklibrary for first chapter readings of books on the 2021 Sequoyah Intermediate and High School Masterlists.

KIDS CONNECTION VIRTUAL GAMING [FREE]
TARC's monthly Kids Connection event is a social group for children grades K-5 with high functioning autism. This will be a virtual meeting. For more information, contact Steve Pitts at spitts@ddadvocacy.net 4 p.m.

July 10 Friday

VIRTUAL MEET A FRIEND WITH THE TULSA ZOO [FREE, W]
The Tulsa Zoo is bringing the zoo to you every Friday at 10 a.m. on Facebook. Busy on Friday? Go to tulsazoo.org/kids to meet every ambassador animal online. facebook.com/tulsazoo

BABYPALOOZA 2020
Babypalooza raises funds for Emergency Infant Services and is a fun, family friendly event as well! It features live bands, the Pained Pacifier art competition and more entertainment! Guthrie Green, 111 Reconciliation Way, 6-9 p.m. eistulsa.org

July 11 Saturday

SATURDAY MORNING BIRDING [FREE]
Enjoy birding at Oxley. All skill levels are welcome. Bring binoculars if you have them. Oxley Nature Center, 6700 Mohawk Blvd., 8-9:45 a.m. oxleynaturecenter.org

WEEKLY CHALLENGES FOR KIDS [FREE]
Join Tulsa City-County Library at www.facebook.com/brokenarrowlibrary to see what challenges Miss Stephanie and Miss Courtney have for your kiddos! For preschoolers and elementary students.

July 12 Sunday

FIND MORE EVENTS ON OUR ONLINE CALENDAR AT TULSAKIDS.COM/CALENDAR.

July 13 Monday

TEEN WRITERS STORYTELLING WORKSHOP [FREE]
Youth writers ages 12-17 who are interested in the art of storytelling are invited to join Tulsa City-County Library on Zoom to learn about various writing tips and techniques. Register online at www.tulsalibrary.org/events to receive Zoom invite.

DIY OSHIBANA FLOWER CRAFTING [FREE]
Use dried flowers to create everlasting works of framed art, inspired by the 16th century Japanese art of oshibana! Craft kits are available on first-come-first-serve basis. Visit the Schusterman-Benson Library (3333 E. 32nd Pl.) to pick up your take-home crafting kit. Call AskUs at 918-549-7323 for availability. For adults and teens.

ONCE UPON A CROWN: PRINCESS PARTY PRESENTED BY DIVINE CREATIONS COSPLAY [FREE]
Join Tulsa City-County Library at www.facebook.com/tulsalibrary, and meet princesses from your favorite books and movies. Come dressed up as your favorite princess. For elementary students.

July 14 Tuesday

DIY PLUSHY FOOD KEYCHAINS [FREE]
Join Rebecca Williams, library teen associate, at www.facebook.com/hardestylibrary to get a few YA foodie book suggestions and then learn how to create your own plushy food key chain. Plushy food key chain kits are available at Hardesty Regional Library (8316 E. 93rd St.) for pickup at our curbside delivery while supplies last. For ages 10-18. 11 a.m.-12 p.m.

DIY MINI BOOKS [FREE]
Join TCCL at www.facebook.com/hardestylibrary and learn to make your own miniature book with supplies you have at home - perfect for a tiny journal, scrapbook or more. For teens and adults.

July 15 Wednesday

MAKE YOUR OWN ANIMAL FRIEND/HAGA TU PROPRIO AMIGO ANIMAL [FREE]
Based on the book series "His Dark Materials," make your own animal friend out of felt wool. Join TCCL at www.facebook.com/martinlibrary to learn how. // Como en la serie "La materia oscura" haz to proprio amigo animal de lana afieltrada. Puedes construir qualquier animal. Juntamos con Facebook y YouTube.

PAWS FOR READING: READ TO A DOG OVER ZOOM [FREE]
Registered therapy dogs are excellent listeners. Elementary-school kids are invited to read their favorite books to a furry, four-pawed friend. Register online at www.tulsalibrary.org/events and provide an email address to receive your Zoom link and reserved time slot. 2-4 p.m.

July 16 Thursday

JEOPARDY: FAIRY-TALES EDITION [FREE]
Join TCCL on Zoom for a night of trivia and show off your knowledge of all things fairy tales! Register online at www.tulsalibrary.org/events for Zoom invite or contact NathanHale.Library@tulsalibrary.org for details. For ages 10-18. 4-5 p.m.

July 17 Friday

YARN-COVERED VASE [FREE]
Follow along as Living Arts of Tulsa provides instructions for making a yarn-covered vase! Learn more at facebook.com/livingartsoftulsa

FRI-YA: TEEN READERS ADVISORY [FREE]
Looking for a new read? Want to talk about a favorite author and find a similar one to indulge in? Join Kim at www.facebook.com/bixbylibrary as she takes over Bixby Library's Facebook page to answer your questions and give out some new tween/teen book suggestions! 1-4 p.m.

July 18 Saturday

RHEA LANA'S OF MIDTOWN TULSA
It's time for Rhea Lana's of Midtown Tulsa's Back to School sale! Get everything you need for your kid's back-to-school wardrobe, for a fraction of the full retail price! Fontana Shopping Center, 7911 E. 51st St., 9 a.m.-8 p.m. Occurs daily through July 22. Visit midtowntulsa.rhealana.com for the complete schedule.

TIE DYE PARTY [FREE]
Head to the Ray Harral Nature Center for the the grooviest party of the year! Attendees will be Tie Dying shirts at the Nature Park. All you have to do is bring a shirt, we will provide the rest. This event is FREE and for ALL AGES! Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, 5-8 p.m. brokenarrowok.gov



Join Tulsa Zoo every Wednesday and Friday morning on Facebook at 10 a.m. for fun, educational virtual activities!

July 19 Sunday

SCOUT DAY
Scouts of all kinds are invited to join Oklahoma Aquarium for discounted admission and educational activities to earn your Junior Marine Biologist patch! Learn more at okaquarium.org. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 10 a.m.-5 p.m.

July 20 Monday

SUMMER SUBMARINE [FREE, W]
Climb aboard the Summer Submarine with the Oklahoma Aquarium and join the fin-tastic online summer camp featuring videos, at-home activities, and story times for kids 12 and under. Every Monday, Wednesday, and Friday at 9 a.m., kids can tune in to the Oklahoma Aquarium's Facebook page for underwater adventures. Educators and animal caretakers will talk about marine animals and ecosystems, ocean health and conservation, and aquatic life in Oklahoma!
For questions about Summer Submarine or other programming, please contact education@okaquarium.org or call 918.296.3474. Virtual event. Facebook.com/OKAquarium

OWL PUPPETS [FREE]
Learning how to make owl puppets will be a hoot! Visit @livingartsoftulsa on Facebook for instructions!

July 21 Tuesday

TEEN TUESDAY: VIRTUAL HANG-OUT: NAILED IT! VIRTUAL ART SHOW [FREE]
Can you make you imagine your story into existence? Imagine your story and then make it come to life through our virtual art show. Contact heather.lozano@tulsalibrary.org to receive a descriptive paragraph and Zoom link. After you read the description, turn it into art! You can make it on paper, with cardboard, clay, food or whatever you have on hand. Then, show off your work during the library's Zoom virtual art show. On the day of the event, the library will have a speed art contest. Your creation may not be beautiful but you'll have a lot of fun. For ages 10-18. tulsalibrary.org/summer

July 22 Wednesday

MAKE ORIGAMI YODAS/HAGA YODA DE PAPEL DE ORIGAMI [FREE]
Head to www.facebook.com/martinlibrary and learn how to make your

own "Star Wars" origami characters, based on Tom Angleberger's book series. Of course, you can make The Child (Baby Yoda) from the Disney TV series "The Mandalorian." // Haga tu proprio personaje de Star Wars con papel de origami. Sea bas ado en el serie de libros por Tom Angleberger. También puedes construir El Niño del Mandalorian. Juntamos con Facebook.

TEEN CONNECTION [FREE]
TARC's monthly Teen Connection is a support group for middle and high school students with high functioning autism. For more information, contact Steve Pitts at spitts@ddadvocacy.net 4 p.m.

TEEN BAKE-ALONG: APPLE CRISP IN A MUG [FREE]
Learn how to make apple crisp in a mug during this live Zoom bake-along. Contact hk@tulsalibrary.org for the Zoom link and a list of ingredients and supplies to bring to this virtual event. 4-5 p.m.

July 23 Thursday

DIY RECYCLED FAIRY HOUSES [FREE]
Head to www.facebook.com/tccl-prattlibrary to learn how to make a fairy house from recycled bottles. You will need bottle or jug; scissors; paint or permanent markers; sticks, moss, fake flowers, etc. (optional); and stones (or something to weight them down in the garden). For toddlers to elementary students.

July 24 Friday

BRING YOUR OWN BOOK FOR TEENS [FREE]
Like Apples to Apples, but with books! Bring your favorite book to this fun game time where all the answers come straight from your book. Contact hk@tulsalibrary.org for Zoom invitation. 4-5 p.m.

July 25 Saturday

TASTE OF SUMMER
Enjoy Blue Bell ice cream, a kids zone and other entertainment at Broken Arrow's annual Taste of Summer Festival! Tickest are just $5. Central Park Community Center, 1500 S. Main St., Broken Arrow, 10 a.m.-3 p.m. tasteofsummerba.com

NATIONAL DAY OF THE COWBOY
Join in a fun day at the National Cowboy Museum's celebration of National Day of the Cowboy, honoring cowboy culture and pioneering heritage. Embrace your inner-cowboy/girl and dress up in your Western duds and enjoy crafts and activities. National Cowboy & Western Heritage Museum, 1700 Northeast 63rd St., Oklahoma City, 10 a.m.-4 p.m. nationalcowboymuseum.org

July 26 Sunday

CITIZEN SCIENTIST WEEKLY PROJECT: AMERICAN METEOR SOCIETY – METEOR OBSERVING [FREE]
Everyone is a scientist! Help the American Meteor Society help others by completing this quick, simple project at https://scistarter.org/american-meteor-society-meteor-observing. Use the AMS smartphone app to report fireballs and meteors you have observed or report an observation online. How many fireballs and meteors did you measure and report? Email your results to MX@tulsalibrary.org and let us know. For all ages.

July 27 Monday

DIY FOAM PAINT [FREE]
Your kids will love playing with this easy-to-make DIY foam paint! Go to facebook.com/livingartsoftulsa for instructions!

July 28 Tuesday

TAKE-AND-MAKE PATRONUS CHARM BRACELET [FREE]
It's Harry Potter week! Keep safe from dementors with a patronus charm bracelet. Visit Zarrow Regional Library to get a kit to make one at home. Watch the relevant video at www.facebook.com/zarrowlibrary to see how to make one. Kits are limited on a first-come-first-serve basis. For ages 10-18.

July 29 Wednesday

WAND MAKING/CONSTRUYE UNA VARITA MÁGICA [FREE]
Make your own paper wand. Craft with us at www.facebook.com/martinlibrary. // Haga tu propria varita mágica con papel. Junta con nosotros en nuestra página de Facebook, www.facebook.com/martinlibrary.

July 30 Thursday

DIY TOADSTOOLS [FREE]
Head to www.facebook.com/tccl-prattlibrary to learn how to make a variety of fairy garden toadstools from Easter eggs, clay, bowls, flowerpots and birdbaths. Fairy gardens, or any garden, look better with a few DIY toadstools to give them character. Supplies for small toadstools include Easter egg or modeling clay, hot glue gun, paint or glitter, and sticks for stems. Supplies for larger toadstools include a bowl, colander or old birdbath top; vase, large tree stump or birdbath base; glue; and paint or glitter. Transparent varnish is optional. For toddlers to elementary students.

BUILD A READER STORYTIME: FAMILY – SPECIAL EVENING STORYTIME [FREE]
Join Mr. Steven, Miss Courtney and Miss Stephanie at www.facebook.com/brokenarrowlibrary for an entertaining evening storytime for ages 0 to 5. There's something for everyone to enjoy! 6-6:30 p.m.

MOMS & DADS SUPPORT GROUP [FREE]
For more information, contact Sherilyn Walton at SWalton@ddadvocacy.net

July 31 Friday

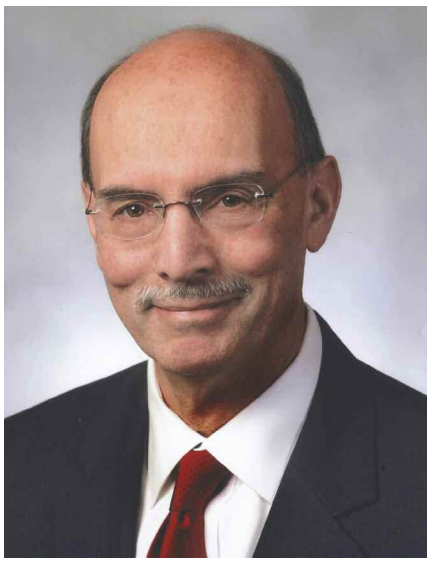
JUST BETWEEN FRIENDS BROKEN ARROW
Come shop over 100,000 name-brand items, at 50-90% off retail. Save money and time, because all the best deals are found under one roof. Rhema Ninowski Rec Center, 1367 E. 71st St., Broken Arrow, 10 a.m.-7 p.m. Repeats daily through August 2. Find the schedule at ba.jbfsale.com

MERMAIDS' NIGHT OUT
Release your inner mermaid at Mermaids' Night Out! This indulgent evening brings together boutiques and merchants from all over the Tulsa area. Pamper yourself with a night of shopping, mermaid makeovers, crafts, exclusive goodies, and all our aquatic life. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 7-10 p.m. www.okaquarium.org/266/Mermaids-Night-Out

Note: The information here is correct to the best of our knowledge. However, we always recommend that you check the website or call ahead to confirm event details before attending.

BY VALERIE PAUTSCH, OU MEDICINE

preventive medicine: front-line care for all



PETER ARAN, M.D.

One ripple effect in the vast wave of change brought about by COVID-19 may be evident in public perception regarding appointments for routine healthcare. Peter Aran, M.D., associate dean for clinical affairs, chief medical officer, OU Physicians-Tulsa, sees a number of positives worthy of emphasis during a time marked by fear, possibly driven by misinformation.

Dr. Aran said healthcare professionals worry that irrational fear has become an invisible barrier, discouraging people from keeping appointments for routine care. In some cases, even urgent-care needs are not being addressed. A recent report indicates a staggering drop in routine childhood vaccinations, as much as 30%, which occurred nationally between mid-March and mid-April. Avoiding exposure to COVID-19 is likely the reason parents weren't taking their children, or themselves, to see their doctors. In response, physicians, and especially those in primary care practice, are sounding this alarm: Do everything you can to encourage, even urge, patients to catch up on their vaccinations.

> "Today, we can't vaccinate against COVID-19, but we should take advantage of other vaccines available and protect ourselves to the greatest extent possible."

"Vaccinations effectively prevent 17 known diseases, an impact no other single healthcare service can deliver," Aran said.

Information released by the CDC last fall states that in this country alone, estimates suggest nearly 730,000 people, most of them young, would have died over the last 19 years in the absence of a comprehensive vaccination program. During the same time, the CDC estimates 21 million more hospitalizations would have occurred as a result of infections and diseases preventable through vaccination.

The pandemic has fundamentally altered the way people live, calling for greater flexibility, adaptation and accommodation. "One of the ways we must adapt is in the consistent practice of preventive measures known to offer some level of protection, including masking, social distancing and handwashing. In healthcare settings, these behavioral interventions are required, making clinics and hospitals among the safest places to be, short of staying home," Aran said. "It has never been more important to adhere to recommended childhood vaccination schedules. The protection afforded in critical developmental years can have lifelong benefits. Conversely, missed vaccinations may also have long-term consequences for health into adulthood."

Financial hardship and job losses in connection with the pandemic may be reasons individuals and families aren't seeking routine care. Vaccinations and well-child visits are covered by insurance providers and Medicaid. Aran hopes parents will set aside concerns about economic burdens in favor of keeping childhood vaccinations on track.

Aran suggests that vaccination initiatives and their target goals aren't as well understood as they should be, largely because educational efforts haven't been comprehensive enough.

The global pandemic created by COVID-19 has brought renewed focus on vaccines and their power to prevent disease. The pandemic graphically demonstrates how our way of life, and to some extent, the freedom of movement we take for granted, depends heavily on our capacity to protect public health.

continued next page

"Today, we can't vaccinate against COVID-19, but we should take advantage of other vaccines available and protect ourselves to the greatest extent possible. Vaccines can keep diseases like influenza, shingles and pneumonia at bay, allowing us to bolster our overall health and give our bodies a fighting chance against other illnesses," he said.

Healthcare seems very complex, influenced by age, overall health and the presence of any chronic conditions, among other variables. In contrast, many preventive approaches to health are quite simple. "Less than 150 years ago, the germ theory of disease was highly controversial and unproven. Yet, for all we have learned, scores of people continue to resist basic infection prevention measures," Aran said. "Handwashing remains the first and most effective intervention against disease. It's not sophisticated or scientifically advanced - even children can do it effectively. It doesn't require technology or special tools. Handwashing must become a routine, even habitual practice. It is imperative, given what we know, and what we continue to learn about COVID-19."

Aran explained one of the means healthcare systems use to protect their patients is the process of cohorting, where certain days of the week, certain segments of the day or certain areas of a facility may be devoted to specific patient populations or services.

"We have done everything possible to safeguard our patients against exposure to infection, including COVID-19. You can bring your kids to the doctor with confidence. You know that an entire area, or the whole of an afternoon or morning, is designated as a 'COVID-19 free' time or place." He further emphasized universal masking as a necessary practice. "Everybody is masked, from the people at the front desk to those staffing administrative offices. Masking may present communication challenges, so we must be more expressive with our eyes, words, as well as written communication." Aran notes that masking is not a political issue, any more than wearing a seat belt is political. It goes against some notions of "independence," but in the current time and place, it is an essential component of keeping patients and medical professionals safe. "We are in a time of transition, and by helping people better understand aspects of health and wellness, we can integrate these behaviors and practices as part of our new normal."

A more difficult but also necessary approach to protection and prevention is the restriction of traffic through healthcare settings of all types. Healthcare professionals understand how connection with family members and close friends promotes healing. Exceptions are made on a case-by-case basis, as many patients, including children and the elderly, require the assistance of another person. The COVID-19 pandemic is credited with driving technological innovation to ensure that connections are maintained. Telehealth and telemedicine are also becoming accepted and standardized channels of healthcare delivery in circumstances that make face-to-face interactions impossible or ill-advised. "Innovation is a positive side effect of the global pandemic that requires all us to push beyond boundaries," Aran said.

"We really can't know what might, or could happen with this new virus. Research is active and ongoing in the arena of education, just as we have seen in healthcare. The best minds in education - from preschool to postgrad – are working day and night to come up with models to make education as safe as possible."

Today, it seems true that children may not become as ill as often as older populations. But current research suggests COVID-19 is more contagious than the flu. Infection is present long before people feel ill or have symptoms of illness, and because people don't feel "sick," they are more likely to be interacting with others and spreading the infection. "With seasonal flu and other familiar illnesses, we feel crummy, and we stay home. Our limited experience with COVID-19 is that kids are particularly asymptomatic, which magnifies opportunities to spread illness among classmates and teachers, as well as family members."

Among the silver linings of COVID-19's dark cloud is a new opportunity to consider cultural impact. Questions such as, "How are we to live our lives in community with accountability to each other for protecting our health?" may be answered differently in the post-pandemic world.

"We must understand that vaccination is a matter of public trust and accountability," he said. "To vaccinate or not is more than a personal choice or preference. It's something we do to protect each other, not just in our homes, neighborhoods, schools or workplaces. Through the lens of COVID-19, it is clear that we're part of a global community, now more than ever."

Aran is confident that our community, our state and indeed our world, will adapt through the process of changed thoughts and attitudes. "Coronavirus is not going away. We will be challenged in establishing a new normal. We must begin to think of preventive care as essential – not optional." He said good health for adults and children requires team-based care delivered by caring and skilled providers. "You're not expected to know everything. Think of your primary care physician as the quarterback of your care team."

While there are circumstances where medical interventions may be appropriate and necessary, Aran underscored proactive steps to maximize good health and minimize the likelihood of chronic conditions or catastrophic outcomes.

Proactive health steps:

- Stop smoking.
- Maintain a healthy body weight.
- To achieve a healthy body weight, work with your doctor to implement a personalized weight-loss plan. Set realistic long-term goals, focused on months and years as opposed to days and weeks.
- Exercise regularly with a goal of 150 minutes of aerobic activity weekly. Incorporate some form of weight/resistance training two to three days each week to counter age-related muscle loss.
- Drink alcohol only in moderation, if at all.
- Comply with CDC guidelines for preventive screenings for breast cancer, colon cancer, uterine cancer, bone fractures and skin cancer.
- Adopt personal daily hygiene habits that promote wellness: handwashing, dental care and adequate sleep.
- Use prescribed drugs, especially pain medications, only as medically necessary. If this is a problem, work with a primary care physician to seek solutions.
- Ask your PCP for guidance on appropriate nutrition consistent with age, medical conditions or other relevant factors.
- Be your own advocate for mental health. If concerns are known, or identified by those close to you, work with your PCP to find appropriate care.

"If people need opportunities for self-determination, these are important matters of individual choice. Our physiologies have a finite number of ways to combat infections, cancer and chronic diseases. Like handwashing, many are simple and obvious. Not all the other lifestyle changes are easy, but we can and should do them."

To learn more, visit oumedicine.com.

tulsakids.com
What's Going On(line)?

CONTESTS + GIVEAWAYS

Find the entry link for all of these contests at tulsakids.com/contests!



TULSAKIDS' COVER KID CONTEST!

Entry Period: July 1-15
Voting Period: July 16-31

It's that time of year! If you'd like a chance to see your child on the cover of TulsaKids, enter their photo in our annual Cover Kids Contest! Entry is open July 1-15. Then, from July 16-31, encourage your friends and family to vote (up to once per day) for your entry! One winner will be selected through voter's choice, and the TulsaKids editorial team will choose additional winners. Please enter siblings separately. Open to children ages 2-17.

JUST BETWEEN FRIENDS GIVEAWAY

Go to tulsakids.com/contests for information about a special giveaway with Just Between Friends! Just Between Friends Broken Arrow returns to the Rhema Ninowski Rec Center on Tax Free Weekend, July 31-August 2. Just Between Friends Tulsa will return to Expo Square in September! Learn more at ba.jbfsale.com.



TULSA INTERNATIONAL AIRPORT GIVEAWAY

From July 16-31, enter to win a $150 gift card that can be used at any of Tulsa International Airport's shops or restaurants, one parking voucher for 7 nights' worth of onsite garage parking, and travel essentials for you and kiddos: travel pillow & blanket, aviation-themed activities and books. (Total retail value of over $330.00.)

ENTER TO WIN FREE GROCERIES FOR A YEAR!

Through July 8, enter to win free groceries for a year (up to a $4,800 value). This is part of a national sweepstakes.

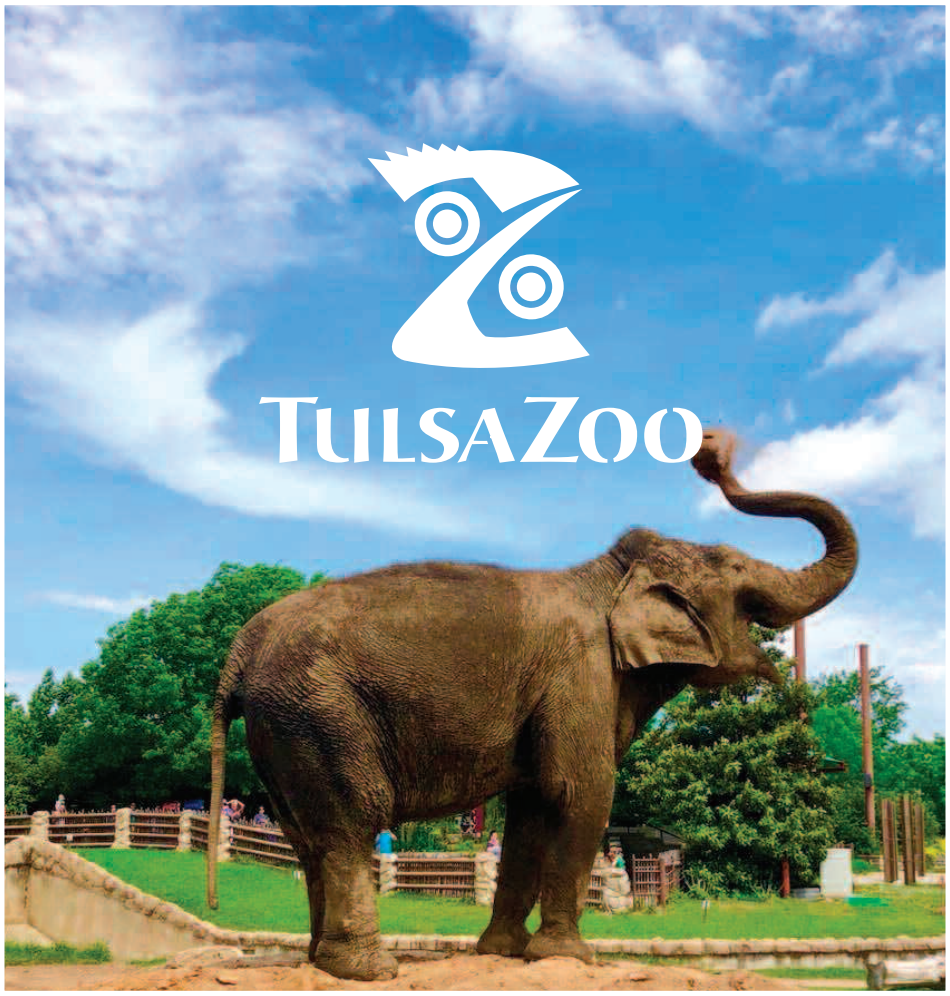


TULSAKIDS' GUIDES + DIRECTORIES

This month's magazine features our annual School Guide, which you can find year-round at tulsakids.com/guides. Plus, we have several other directories to help you with parenting decisions, from planning a birthday party to choosing a health provider to preparing for a new baby or high school graduation!

STAY CONNECTED ALL MONTH LONG!

Follow TulsaKids on Facebook (@tulsakidsmagazine), Instagram (@tulsakids) or subscribe to our email list (tulsakids.com/newsletter) to receive the latest information from TulsaKids and our community.



HOW TO ZOO

- ☑ **Online reservation**
  tulsazoo.org/tickets
- ☑ **Maintain 6 feet between parties**
- ☑ **Masks** (recommended)
- ☑ **Have fun!**

tulsakids family favorites 2020 WINNER

Thanks to our great patients for voting!

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