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SPECIAL SECTION: 2020 PARTY PLANNER GUIDE



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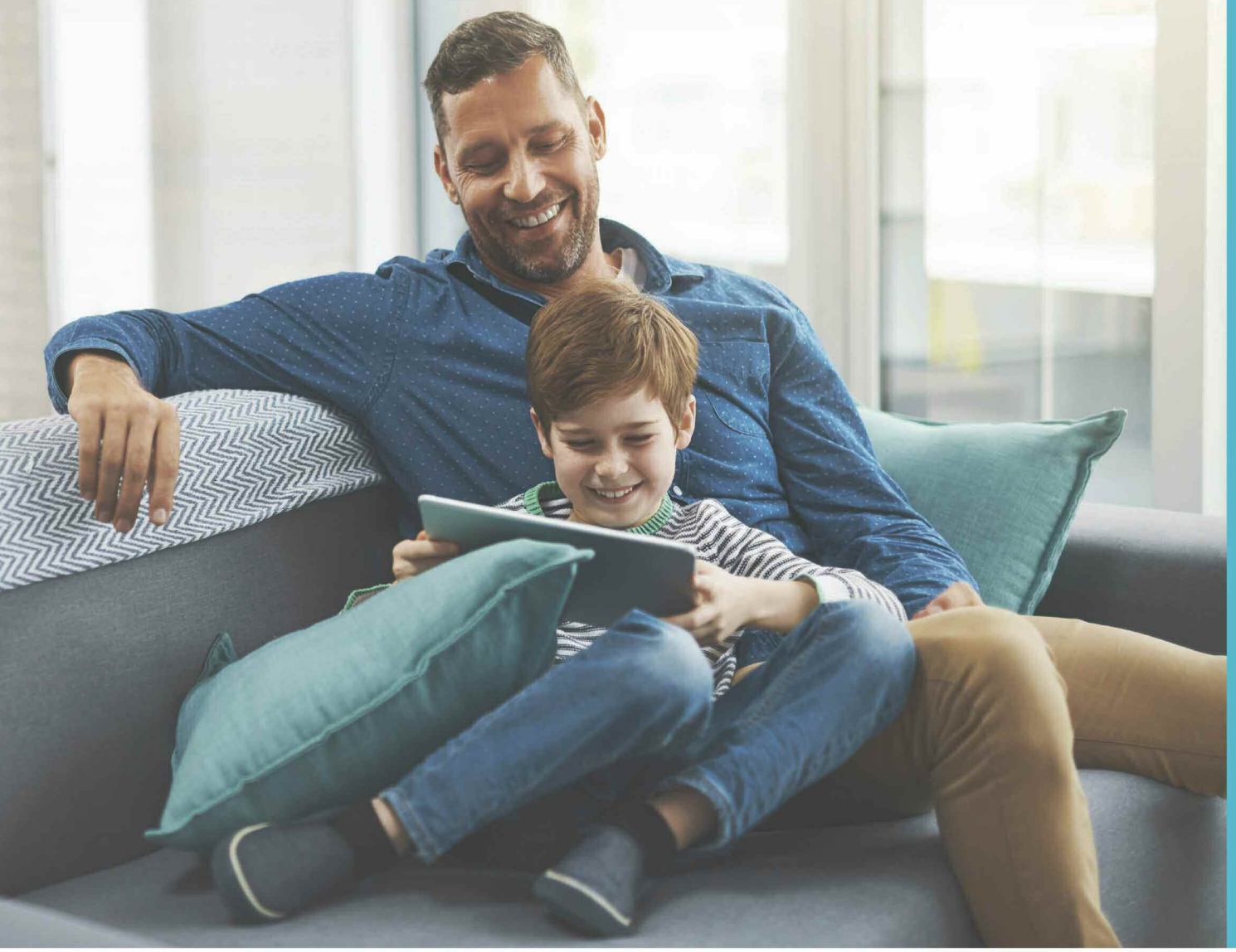
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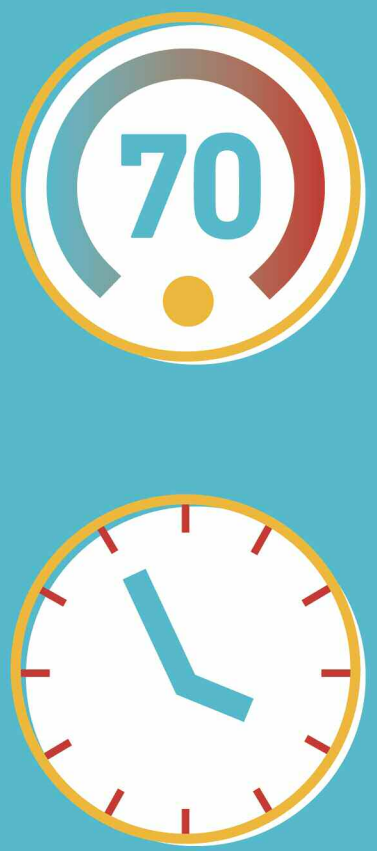
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editor's note

Coronavirus Quarantine, Week….Whatever

Is anyone else feeling quarantine malaise? As you read this, you may wonder why it's even more badly written than usual. It's coronavirus! Is anyone else having a problem focusing? I'm doing hand washing (so much hand washing!) and wearing a mask when I'm around others, and I'm social distancing. Sometimes I forget and get too close, and for that, I apologize.

I've been doing weird things to take my mind off my worry about family and friends getting sick and people losing jobs and businesses going under... I ordered winter boots. Now, you may think that's a frugal thing to do. It is. But I'm not typically a person who thinks ahead in that way. For example, I don't go to Walgreens and buy all of their wrapping paper right after Christmas. Easter candy? Maybe those Cadbury eggs…

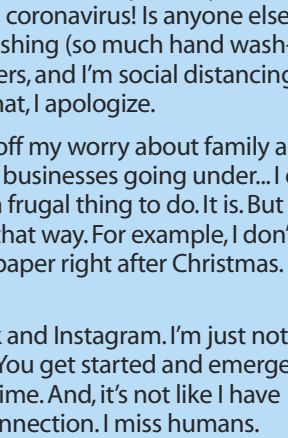
OK, here's another thing. I've been on Facebook and Instagram. I'm just not on either one very much. It's such a black hole. You get started and emerge two hours later with nothing to show for your time. And, it's not like I have more time, but I must be longing for human connection. I miss humans.

One last thing (and this is dipping pretty low). I spent almost half an hour on Nextdoor reading about dog poop! Yes, I did. I know. It's bad. I'm not proud of it. And, honestly, I didn't even wonder why so many people were writing about dog poop. There was a trail a mile long. The initial question was from a sweet guy who wanted to know if it bothered people that his dog pooped in their yards if he was sure to pick it up. There were a million responses congratulating him for being such a good dog owner that he picked up his dog's droppings. Of course they didn't mind! There were several stories about inferior humans who let their dogs do their business without picking it up. Then there was the lady who didn't read the post correctly and admonished the guy for letting his dog poop in people's yards without picking it up. So, not only did I read all of those posts, but I actually just wrote a paragraph summarizing them.

I apologize, readers. You are amazingly kind to stay with me.

I'm feeling a little unfocused these days, but we're getting the magazine out to you with much more digital delivery. This issue has some great stuff about family finances, fun birthday party ideas from our readers (let's look forward to happier times), child care and the usual child development information that I hope helps you in your parenting.

And, don't be hard on yourself if you've gotten a little lax and let the kids run the house. Maybe they've learned some useful skills in the process. Enjoy your family and stay in touch with us through Instagram, Facebook, the e-newsletter and, of course, on our website!



Betty Casey
associate publisher and
editor in chief

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.



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TK PUBLISHING inc.

TulsaKids is published monthly by
TK Publishing, Inc.,
1622 So. Denver Ave.,
Tulsa, OK 74119
(918) 582-8504
FAX (918) 583-1366
Website: www.tulsakids.com

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Volume XXXIII, Number 6

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OKLAHOMA BREASTFEEDING COALITION ANNOUNCES EXECUTIVE DIRECTOR

The Coalition of Oklahoma Breastfeeding Advocates (COBA) announced the appointment of Heidi Russell as its first-ever executive director. Russell comes to COBA with more than 25 years experience as a nonprofit development and communications professional with a wide range of healthcare knowledge. She brings a passion for programs and services focused on improving outcomes for Oklahoma's children and families. A graduate of Leadership Oklahoma City, Russell holds undergraduate and master's degrees from the University of Central Oklahoma and has previously served in an executive leadership capacity.

The Coalition of Breastfeeding Advocates is a 501(c)3 nonprofit organization dedicated to promoting, protecting and supporting breastfeeding in Oklahoma. COBA, founded in 2000, partners with the Oklahoma State Department of Health and other healthcare organizations and individuals to support families and improve access to breastfeeding and human milk for all children in Oklahoma.



TULSA CITY POOLS AND COMMUNITY CENTERS CLOSED FOR SUMMER

City-owned swimming pools and community centers will be closed for the 2020 summer season, along with splash pads and day camps. Neighborhood pools are not affected by city of Tulsa closures. The city of Tulsa maintains a COVID-19 Resource Center, which provides federal, state and city information, including a Frequently Asked Questions page. Go to www.cityoftulsa.org and click on Coronavirus Update – Latest Information at the top.

OKLAHOMA PROMISE ALERT: FOR 10TH GRADE PARENTS WITH RECENT INCOME LOSS

If your student is or was in the 10th grade during the 2019-20 school year and you anticipate that your 2020 income may be under the $55,000 application limit for the Oklahoma's Promise scholarship due to recent reductions in your income, you may submit an application based on your 2020 estimated income.

Oklahoma's Promise offers qualified Oklahoma students an opportunity to earn a scholarship for college tuition. For requirements go to www.okhighered.org/okpromise.

The application must be submitted prior to the June 30, 2020 deadline. You will be required to provide a copy of your 2020 federal tax return when completed to verify that your 2020 income was under $55,000. The application will be held as pending until the tax documentation is received. Please send any questions to okpromise@osrhe.edu.

TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM 2020

Tulsa City-County Library's annual Summer Reading Program is a beloved tradition for people of all ages throughout Tulsa County – a means for helping maintain reading levels for school-age children and teens during non-school time, and a series that promotes the joy and love of reading for entertainment and pleasure for people of all ages.

TCCL's Summer Reading Program will continue; however, this summer the program will look a little different so that it will be easy for parents, caregivers, children, teens and adults to participate in a manner that helps to maintain the safety and health of our communities.

This year's program, "Imagine Your Story," which kicks off June 22 and continues through July 31, will be offered primarily online and will feature incentive prizes and drawings for all four age groups (birth to pre-K, children, teens/tweens, adults), special virtual events, fun learning activities to try at home, Bingo sheets for all ages and more.

For more details, visit www.tulsalibrary.org/summer or call 918.549.7323.

COVID-19 DRIVE-THRU TESTING SITES

Those with COVID-19 have been known to exhibit symptoms like cough, shortness of breath and fever. The CDC recently updated its guidelines to reflect a few additional symptoms, which include chills, repeated shaking with chills, muscle pain, headache and sore throat. If you are exhibiting these symptoms, you can call one of the testing centers below or the Tulsa Health Department.

As of this printing there were three drive-thru testing sites in Tulsa, all of which are by appointment only. Walk-ins cannot be accepted.

* **OSU Center for Health Sciences, (918) 599-5300**
* **OU-Tulsa, (918) 619-4980**
* **Walmart at 81st and Lewis,** www.DoINeedaCovid19Test.com or call 1-800-635-8611

For more information on testing sites, visit: www.cityoftulsa.org/residents/coronavirus-covid-19/covid-19-testing-sites-in-tulsa/ If you were exposed to a known COVID-19 patient or are exhibiting symptoms for COVID-19, call THD at 918.582.9355.

GREATER TULSA AREA INDIAN AFFAIRS COMMISSION, TULSA PUBLIC SCHOOLS RECOGNIZE CLASS OF 2020 STUDENTS OF EXCELLENCE

The Greater Tulsa Area Indian Affairs Commission and Tulsa Public Schools have announced students chosen as the Class of 2020 Students of Excellence.

The Greater Tulsa Area Indian Affairs Commission partners with Tulsa Public Schools annually to acknowledge outstanding Indian students from each of the high schools. Selection criteria include academic performance, cultural activity engagement, and participation in the Indian education program.

The Greater Tulsa Area Indian Affairs Commission proudly recognizes these Class of 2020 Students of Excellence:

Booker T. Washington High School: Joseph Sullivan – Cherokee; Central High School: Tyasha Trimble – Mvskoke; Daniel Webster High School: Dominique Kilgore - Cherokee and Kobe Spencer – Mvskoke; East Central High School: Dailyn Seals – Mvskoke; Edison Preparatory School: Emily Workman – Mvskoke; Nathan Hale High School: Andrew Carpenter – Peoria; Memorial High School: Lyric Hawkins – Mvskoke; Will Rogers College High School: Madyson Houston – Pawnee; Street School: Kitana Foreman -United Keetowah Band of Cherokees; Tulsa MET High School: Rio Martinez – Potawatomi; McLain High School for Science and Technology: Kiontay Walker – Mvskoke

NEW INFLAMMATORY SYNDROME AFFECTING CHILDREN

Information from the Centers for Disease Control (CDC) warns parents about Multisystem Inflammatory Syndrome in Children (MIS-C), a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs. The CDC says that the cause of MIS-C is unknown, "however, we know that many children with MIS-C had the virus that causes Covid-19, or had been around someone with Covid-19. MIS-C can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care." MIS-C, while rare, has been reported in the U.S. and Europe.

The disease has been described as Kawaski-like because of the similarity in symptoms. MIS-C, however, appears in older children and even some young adults.

Symptoms of MIS-C include prolonged fever (four or more days), very red eyes, a rash spread across the body, reddening or peeling on palms and soles of feet, abdominal pain, vomiting or diarrhea. Contact your healthcare provider if your child is showing these symptoms to seek an immediate evaluation.

Information about Covid-19 is constantly being updated. For current information, go to the CDC's website at www.cdc.gov.



TCC OFFERS OPTIONS FOR FALL CLASSES

Tulsa Community College will resume in-person classes for Fall 2020 across all four main campuses, two community campuses and Education Outreach Center. At the same time, TCC is creating a comprehensive course schedule that prioritizes the health and safety of students and employees in the learning environment. The Fall 2020 course schedule required TCC to alter 80 percent of its class sections to provide options in online, online live, blended and face-to-face classes. The plan allows for a combination of delivery methods to provide options to meet students how and where they want to take courses.

For more information, go to www.tulsacc.edu.

TULSA CITY-COUNTY LIBRARY LAUNCHES COMMUNITY PANDEMIC PROJECT

In May the Tulsa City-County Library opened submissions for Together Apart, a collaborative community project to document the COVID-19 pandemic in Tulsa.

The COVID-19 pandemic has affected the life of virtually every person on the planet. In an effort to foster a sense of community and connection during a time in which social isolation has become a way of life, TCCL is inviting the public to share their personal experiences of the COVID-19 pandemic.

TCCL opened an online submission portal where Tulsans can share their stories. Tulsa County residents may submit photographs, videos, artwork, essays, works of fiction and poetry documenting their experience with the COVID-19 pandemic. Submissions will be digitized and included in TCCL's local history collections.

For more information about the Together Apart project, call the AskUs Hotline at 918.549.7323 or visit the library's website, www.tulsalibrary.org.

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To get more information about Oklahoma Central's financial literacy programs, please visit oklahomacentral.creditunion.

For a complete list of our graduates go to: https://www.tulsakids.com/congratulate-a-graduate/



Athena Chatzigiannidis, Oklahoma State University College of Osteopathic Medicine.
Photo by Athena Chatzigiannidis



Camden Osborne, Creekwood Elementary, Kindergarten.
Photo by JC Penny



Lakia Jamerson, Memorial High School
Photo by Jenuwin Photography



Lauren Vaca, Broken Arrow
Photo by Niki Counce Photography



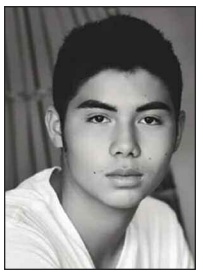
Nicholas Scholl, Augustine Christian Academy
Photo by William A. Scholl



Brock X. Davis, Holland Hall,
Photo by Desiree Dooley



Jessie Wolters, OSU Graduate,
dual degrees in Geology and Geography.
Photo by Shawn Wolters



Iza Phetsacksith, Booker T. Washington
Photo by Shannon Surratt



Karlee Long, Allen Bowden School, Kindergarten.
Photo by Tiffany Long



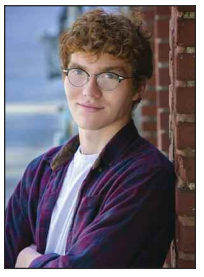
Kierstynn Roberts, Charles Page High School
Photo by Amanda Roberts



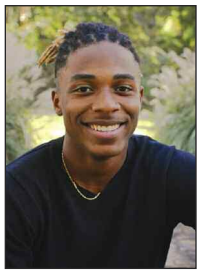
Iris Velasquez, Broken Arrow High School
Photo by Teylor Calrow Photography



Kevin G., Daniel Webster High School
Photo by Brandi Griffith



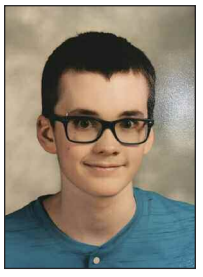
Garren Patrick, Owasso High School
Photo by JCK photography



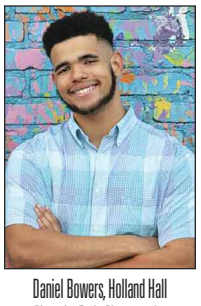
Tony Smith, Booker T. Washington High School
Photo by Mia Parisy



Annelise Creel, Jenks High School
Photo by Glacia Rodriguez with Blended Photography



Jaxx Clendon, Glenpool Middle School, 8th Grade Graduate.
Photo by Cherie McClendon



Daniel Bowers, Holland Hall
Photo by Ervin Photography



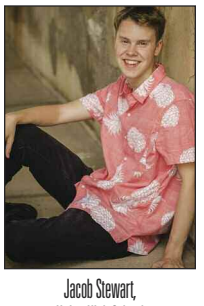
Avery Hymphrey, Owasso High School
Photo by Curtis Sprague Photography



Rosemarie Gonzalez, Eisenhower International School, Pre-K Graduate.
Photo by Kimberly Gonzalez



Jaiden Kinsey, Epic Charter Schools
Photo by Mysti Kinsey



Jacob Stewart, Union High School
Photo by Bonnie Brown



Brisa Cortes, Jenks High School
Photo by Jeanie Slupski



Makayla Louise Carr, Epic Charter Schools
Photo by Chloe Carr



Slayton "Gator" Cosar, Will Rogers College High School
Photo by Hannah Cosar



BY KILEY ROBERSON

siblings: turning rivalry into relationships

Brothers and sisters are usually each other's first playmates, helping one another discover the world and develop social skills. Outside of their parents, they are each other's greatest supports, and they have a natural love for one another. It all sounds lovely, but all of us who've been in quarantine with kids at home know the truth. Sibling rivalry is real!

So far, for my two, their relationship has been pretty positive through the stress of this pandemic. There are disagreements, of course, but they work it out most of the time without parental intervention. My husband and I have spent a lot of time helping them learn to communicate with each other in a way they can both understand. That way, when tough times like this pandemic come, it will hopefully bend and not break their relationship. Outside of a few intense arguments over colored pencil choices, they seem to have really grown closer during this time of quarantine.

"We know from longitudinal studies that if kids start off their relationship with a sibling on a positive note, it's more likely to continue positively over time," says Laurie Kramer, a University of Illinois researcher who recently published a study on sibling relationships.

Kramer says variables such as gender and age difference don't make much of a difference between siblings.



MODELING APPROPRIATE AND RESPECTFUL COMMUNICATION SKILLS IS A GREAT WAY TO TEACH KIDS HOW TO INTERACT.

"It's not all that important whether you're spaced closer together or farther apart, or if you have a brother or a sister," Kramer says.

"What's really much more important are the social behaviors that children learn in their early years that they can use to develop a positive relationship with a sibling. That's why it's important for parents to encourage siblings to be engaged with one another and develop a relationship where there is mutual respect, cooperation and the ability to manage problems."

So how do we instill those problem-solving, relationship-building skills? Experts say there are a few things parents can do.

Feel the love

One of our primary parental roles is to be role models for our children. They not only mimic us, but learn from us. This means if we display anger, competitiveness or dominance with our partner (or to others), our tots are liable to pick up this behavior too. Similarly, the more love, care and affection for each other and for our children that we show, the more our toddlers learn to act this way with each other.

Coach the team

Toddlers are naturally independent and like testing boundaries, which means they'll compete or battle sometimes. But what doesn't come naturally to them is knowing how to resolve conflict in a loving or respectful way. Because of this, your littles will need some coaching in how to be more loving. You can do this by demonstrating teamwork. Games and activities that involve the whole family are critical in developing loving sibling relationships. Young kids love playing with their parents, so having all the family cooperating to have fun or to complete an activity is a fantastic way to build love and respect.

Keep the peace

Despite your best efforts, still expect battles and fights to occur! These sibling tiffs can actually be healthy, allowing your kids to learn to express emotions and feelings. Immediately punishing or separating children can lead to suppressed feelings and to harboring anger, which can then erode a loving sibling relationship over time. Instead, try to help them work it out and when everyone is happier, encourage your children to show each other affection and have a hug now that things are better. Experiencing friendship after a battle is an important part in fostering that loving relationship.





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Halloween Events: TulsaKids.com/Halloween
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BY MARY BETH RITCHIE, LCSW

when it's not the blues: depression in children

How would you know if your child were suffering from depression? We don't usually think about children experiencing depression, but they can suffer from depressive disorders too. In the midst of the COVID-19 pandemic, parents may notice some changes in their child's behavior. It's possible that these changes may be related to depression, but how would you know?

Types of Depressive Disorders

A variety of depressive disorders can affect both adults and children. A major depressive episode is severe and lasts for at least two weeks. Dysthymia is a milder form, which lasts for at least two years. Bipolar disorder involves periods of severe emotional highs and lows. Seasonal affective disorder can affect adults or children in the winter, or when daylight hours are shorter. Disruptive mood dysregulation disorder involves intense anger, aggression, irritability and temper tantrums that last at least a year in children older than age 6. One form we may notice during the COVID-19 pandemic is adjustment disorder with depressed mood. It develops in response to a traumatic event, which might include a natural disaster or death in the family.



How Do I Know if it's Depression?

A child is not necessarily suffering from depression just because he seems sad. Fluctuations in mood are perfectly natural in children. The symptoms of depression in children include:

- Persistent feelings of sadness and hopelessness
- Low energy
- Changes in appetite (increased or decreased)
- Irritability
- Changes in sleep (increased or decreased)
- Excessive crying
- Physical complaints (headaches and stomachaches)
- Difficulty concentrating
- Social withdrawal
- Difficulties with usual activities (school, sports, hobbies)
- Feelings of worthlessness
- Overly critical of self and others

If the child's symptoms are severe enough to interfere with schoolwork, family life, social life and personal interests, this is cause for concern. When several of these symptoms are present for a couple of weeks, parents should schedule an appointment with the child's doctor. Often, there is a physical cause for these symptoms. If there is no physical ailment triggering these symptoms, parents may want to schedule an appointment with a mental health professional who specializes in treating children.

What Leads to Depression in Children?

There are a number of factors that can contribute to depressive disorders in children. It is frequently a combination of things. Depression often has a genetic factor. It also can be caused by a biochemical imbalance, poor physical health and even life events. It is possible that a stressful life event, such as dealing with the effects of the novel coronavirus pandemic, could act as a trigger, especially if a child already has a genetic predisposition for depression.

When the lockdown began, many children were ripped away from their friends and schools with almost no notice. They were asked to transition to a different way of learning. Because many parents were and are still working, some children are spending their days with extended family members. Others may have parents who are working from home, and children are trying to manage their schoolwork while parents tend to their own jobs. Sports, music lessons and other familiar activities have been cancelled. They are no longer going out to eat or to the movies with family or friends. The lives of children have been harshly impacted by this pandemic.

Who's at Risk?

Approximately 3 percent of

continued next page

children experience some type of depressive episode at some time. Under the age of 10, it is much more prevalent among boys than girls. It is more common when one or both parents have struggled with depression. Another risk factor is a chaotic home environment, especially where conflict or violence is present. Children are also much more likely to experience depressive episodes in families where alcohol or other substance abuse is an issue.

What is the Treatment?

Clinical depression in children is not the same as the "blues" that all children experience at times while growing up. If your child is experiencing a variety of the symptoms described above, and these symptoms have persisted for more than two weeks, it's time to seek help. If the problem is a depressive disorder, it will not get better on its own. Treatment will be necessary. A visit with the child's pediatrician can rule out physical causes for the symptoms. You may then be referred to a mental health professional who specializes in treating disorders in children. Many times, talk therapy will be enough to achieve the desired results. However, medication might be necessary. A combination of the two is generally considered the best form of treatment. Parents will also usually be involved in the counseling, so that they can be given information about how they may best support their child.

There are some simple things parents can do at home to help their depressed child. Make sure your child is eating a healthy diet, getting enough sleep, and getting daily exercise. Find ways to enjoy spending time together with your child. Maintaining a healthy lifestyle is important for all children, but it is especially beneficial for a depressed child.



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BY JULIE WENGER WATSON

J.A.M.E.S., Inc. helps teens who are also parents

"We want to find the young moms and dads out there who feel like they're alone because, if you talk to any member of J.A.M.E.S. Inc., one thing we all have in common is that we felt so isolated," says Tulsan Leah Blevins.

Blevins knows what it's like to be young, isolated and afraid. When she became pregnant at the age of 18, she dropped out of high school. Without the guidance she received through local nonprofit J.A.M.E.S., Inc., her life, as well as her daughter's, might look very different now. At 23, she and her daughter are thriving. Blevins has her own business, Grayson Rose Photography, and she's president of the J.A.M.E.S., Inc. Young Parent Advisory Board, where she's able to draw from her own experiences to help to other young parents.

Founded in 2006 by Alisa Bell, J.A.M.E.S. (Just About Mothers Excelling in School) was originally created to provide scholarships and educational assistance to pregnant and parenting teenage mothers who were seeking higher education. The mission has expanded since that time to include fathers, as well.



BY LEAH BLEVINS

"The mission is to help younger adolescent parents reach self-sufficiency and help their families reach self-sufficiency," Blevins explains. "Our goal is to help them back to being an individual. Whenever you're a parent, especially being a young parent, you lose track of who you are. We want to help them really become an individual so that they can make the right choices, and they can set goals to be the best person they can be for their family."

One of the resources J.A.M.E.S., Inc. provides is an educational doula, a mentor who helps young parents develop an educational plan and find the resources they need to finish school. Blevins says the doulas serve as case managers.

"They also offer a mental-health aspect, 'life-checking.' They check in to see how we're feeling, helping us work on emotional traumas, past history, things like that," she says.

Blevins credits her doula with helping her manage her work life, parenting life and her relationship goals, as well as assisting her with her education.

J.A.M.E.S., Inc. provides services free of charge to male and female expectant and/or parenting clients ages 13-24. The organization creates partnerships with other groups to share resources and eliminate duplication of services offered. It's a much-needed resource in a state with a teen birth rate well above the national average – Oklahoma ranked No. 2 in the nation in 2016, according to the US Department of Health and Human Services. Teen parents, particularly mothers, face a host of challenges. They're less likely to earn a high school diploma and more likely to live in poverty, for starters.

Other programs include a Summer Parent Academy (this year, due to COVID-19, this will be online), a Virtual Book Club,

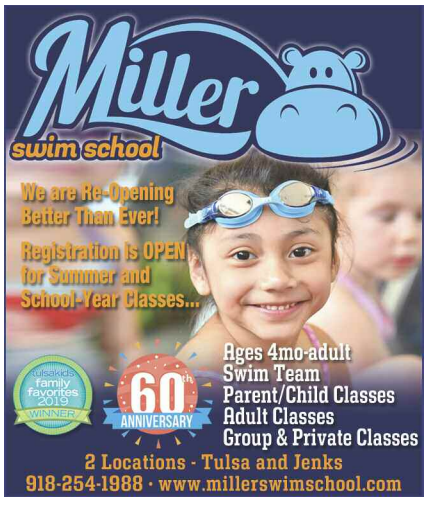
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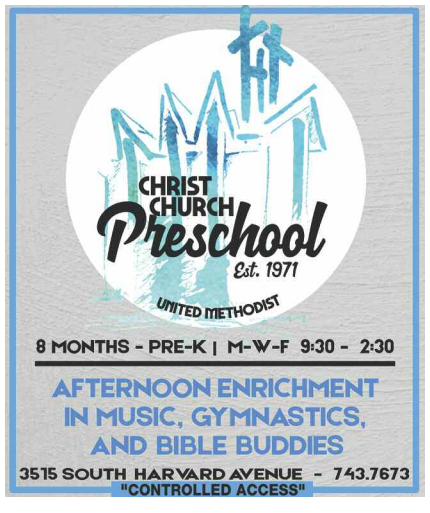
and “Lunch & Learns” (bi-weekly sessions on topics specific to personal and professional development).

Blevins is grateful for the opportunity to give back to the organization that provided her with so much help in her own parenting journey.

“I’ve gained so much confidence, and I’ve gained my voice for sure. I didn’t know who I was or who I wanted to be, and I was never asked. They asked, and those questions just blew my mind. It was something I hadn’t really thought about because I was 18,” she says. “Who do you want to be, and who do you want your kiddo to see you as? I was so quiet, and I was so shy. I felt like no one wanted to hear me, and no one would help me. They helped me grow into a self-sufficient adult, and I feel confident as heck!”

For more information, visit www.jamesinc.org.





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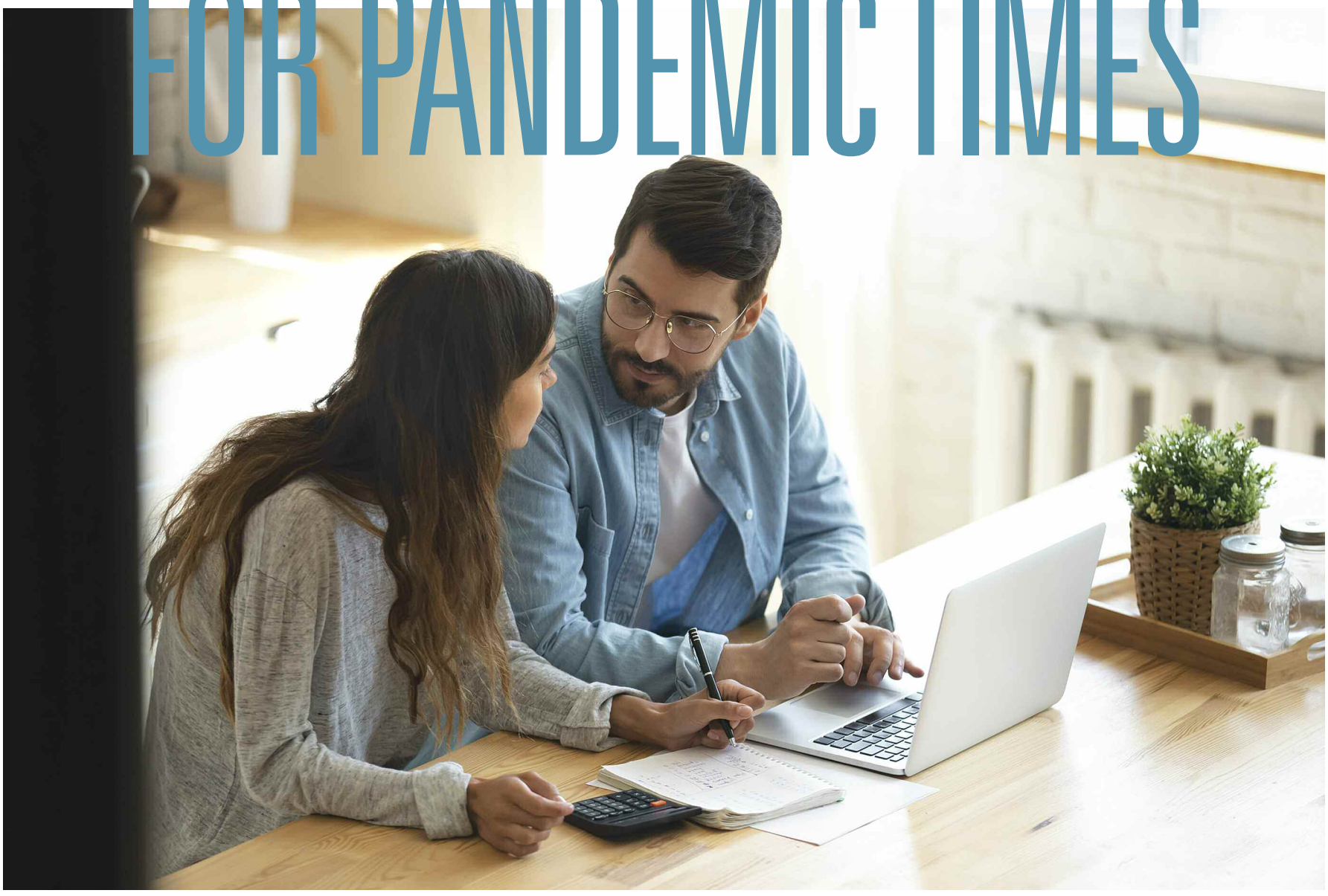
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BY LAUREN MIERS

FINANCIAL TIPS FOR PANDEMIC TIMES



Working behind the bar mixing drinks and behind the chair cutting hair, the Cluck family's livelihood depends on the up-close and personal.

Shelter-in-place requirements and business closures caused the Cluck's income to evaporate. The couple finds themselves in unique circumstances: three school-aged children to support and two parents out of work due to the COVID-19 pandemic.

Emily Cluck, a third-generation hairstylist and Tulsa native, pays weekly rent for her salon space. The city's shelter-in-place

continued next page

measures meant she couldn't use it for several weeks.

"It's like having a second mortgage but for a house you can't live in," she says.

No one and nothing has been left unscathed by the COVID-19 crisis, least of all employment and finances. The Oklahoma Employment Security Commission paid out more unemployment claims in the first three weeks of the pandemic than in 2019 as a whole. Shelter-in-place orders and safer-at-home guidelines have left Tulsans reeling economically.

Dialing 911 is almost a reflex when physical disaster strikes. However, when financial difficulties occur, it can be unclear how to get help. No matter the type of distressing situation, staying calm is key.

"The more emotions get involved, the more we're likely to make the wrong financial decision," says Lorianne Williams, BFATM financial advisor at Prime Wealth Management, a private wealth advisory practice of Ameriprise Financial Services, LLC.

While many things, including finances, feel out of control, each of us still has control over how we're spending our money. Williams says now is the perfect time to sit down with your family, write out your expenses and create a budget, paying special attention to what categories you're spending in.

Next, with budget in-hand, prioritize necessary expenses and ask yourself what you can forgo for now. Williams advises to focus on the sacrifices as temporary. Remind yourself that making sacrifices now ensures money in the bank to pay bills later.

For some, paying off student loans and mortgages are weighty budget line items. Many families found some relief for some loans from the passage of the federal CARES Act. It suspended federal student loan payments through September 30 and offered forbearance on federally backed mortgages. Locally, utility providers PSO, ONG and Cox have suspended non-payment disconnections.

However, remember these benefits don't mean the balance due is waived for good. Providers and lenders may ask for the balance as a lump sum at a later date. Make sure you're clear on the terms of the forbearance or flexibility before skipping a payment.

No matter the type of debt carried or bills due, Williams advises contacting each lender and provider to explain your situation to reach an agreement.

"It's similar to a parent-child relationship," Williams offers. "Parents will deal easier with a child if the child is up front and communicates with them."

Williams says paying the minimum, or even less, on debt services is better than paying nothing and won't affect your credit as badly. Conversely, if you've been paying extra on loan principal or contributing into a retirement account, it's O.K. to cut back temporarily and use that extra money for more immediate expenses.

> "The more emotions get involved, the more we're likely to make the wrong financial decision,"

When it comes to making ends meet, Williams advises using what you have first. Don't turn to racking up credit card balances or paying tax penalties by withdrawing from retirement funds. Now is the time to use emergency funds and savings to fill the gaps in your budget — just remember to rebuild them in the future.

As part of the CARES Act, many have received Economic Impact Payments (a.k.a stimulus checks) and expanded unemployment for self-employed workers. Williams says to treat your stimulus check as a resource to get you through tough times, whether that's now or later. For Cluck, her family's stimulus check helped them catch up on expenses and stay afloat.

"The stimulus checks seem like a lot of money, but this has replaced my income since I haven't been able to get unemployment," Cluck says.

In addition to honing in on spending and taking advantage of CARES Act helps, many local organizations have been providing emergency aid to those in need.

211 Eastern Oklahoma, a program of the Community Service Council connecting callers to community services and resources, fielded over 35,000 calls between March 15 and May 5. Half of those were COVID-19-specific needs.

"We have seen a surge in calls across Eastern Oklahoma during the COVID-19 pandemic, especially from people who have never needed assistance before," says Pam Ballard, CEO of the Community Service Council. "More people are turning to us for help for the information and resources they need. Assisting individuals and families during hardships is not new to CSC. We know how a sudden change can impact someone's life. No one should go through this alone. Our 211 Eastern Oklahoma specialists have worked around the clock to connect more than 34,000 Oklahomans to help with food, mental health support, housing, health care, and especially how to find COVID-19 resources, including how to schedule and receive a COVID-19 test."

Operators at 211 Eastern Oklahoma often refer callers to The Salvation Army, which offers utility assistance through its Center of Hope. In April the local command helped 26 households with COVID-19-related utility bill assistance, averaging $339 per grant. There aren't income restrictions associated with receiving the aid, and anyone in Green Country can apply at www.salarmytulsa.org.

"Part of our normal ministry is helping with utility bills, but we've been blessed with some additional grant funds from the [Tulsa] Community Foundation that are going to help us expand that," says Major Mark Harwell, area commander of The Salvation Army Tulsa Metro Area Command.

In addition to The Salvation Army, 211 Eastern Oklahoma refers many callers to the Oklahoma Department of Human Services for its many assistance offerings. Religious organizations, such as First Baptist Tulsa, Restore Hope Ministries and Bethel C.O.G.I.C, and American Legion of Oklahoma have also provided financial assistance to families during the COVID-19 crisis.

As Tulsa businesses are reopening their doors and dipping their toes into the new normal, Cluck doesn't know what lies on the other side of the threshold for her family's employment and finances. While salons are allowed to open, some clients aren't comfortable coming in. For Cluck's clients that are ready to return, it's under strict guidelines. Cluck says she's grateful for the work she's able to do.

Even with all the unknowns before her, Cluck says it's easier knowing her family isn't the only one going through hard times.

birthday party ideas from our facebook friends

We asked our Facebook readers to share some of their favorite or most unusual birthday party ideas. We received some great suggestions that you can use to plan a fun party when it's safe to gather again.



MAKER SPACE PARTY.

Three Amazing Theme Parties

We've crowned reader Emily Kerstein as the Party Queen for the meticulous detail of her themed birthday parties. Go ahead. Try these ideas at home.

"I've done nearly all of my kids' parties at home. My kids get so excited; they usually start planning 11 months in advance! I try to build the parties around an interest or hobby about which they want to teach their friends. Elements I usually include are invitations that rhyme or are parodies of song lyrics, DIY costumes, crafts, snacks and themed games. The parties usually last about two hours.

Dolly & Me Luncheon

For my daughter's 5th birthday, we had a Dolly & Me Luncheon at our home. About 10 girls attended. Each brought her own doll (which was adorable since so many of the girls had dolls that looked just like themselves). We set up long tables in our basement with place settings for the girls and their dolls.

The dolls sat in slings made from napkins beside their girls. The dolls' places were set with miniature plastic teacups, plates, napkins and silverware (all from Dollar Tree) nearly identical to the place settings that were set for the girls. The girls ate hot dogs, sandwiches of strawberry cream cheese and saltines, fruit cocktail, juice from teacups, and cupcakes. The dolls 'ate' miniatures of the same meals. The birthday girl's older brothers were 'butlers' who waited on the little girls and their dolls.

After lunch, the girls played games, including freeze dancing with their dolls, musical chairs, and the like. Every girl got prizes for participating in the games. The prizes included miniature cakes made from tea candles, miniature gift boxes made from gift-wrapped blocks, and other such items to add to their doll's accessories. Each girl took home her doll's place setting and game prizes. We also broke open a girl-sized piñata and a doll-sized piñata.

Maker Space Party

For my son's 9th birthday, we turned our basement into a maker space.

We set up tables in our basement with scissors, tape, cards with building suggestions (i.e., a catapult, robot, zip line, boomerang) and tons of building materials (paper clips, rubber bands, cotton balls, ping pong balls, egg cartons, popsicle sticks, cardboard, toilet paper rolls, crepe paper, wire —- probably about 50-100 different options).

Guests were allowed about 45 minutes to tinker and then presented their invention to the group. Then we had DIY cupcakes; guests were given plain frosted cupcakes and added their own toppings. There were about 20 toppings to choose from, including candies, sprinkles, cereal, cookies, etc.

After cake, guests competed to build a structure that would protect a raw egg tossed from our deck.

Greek Mythology Party

My son is obsessed with



Greek mythology. For his 8th birthday, we had a Greek mythology themed party at home.

Upon arrival, guests took a quiz to determine which Greek hero they identified with most. (We referenced Greek heroes instead of Greek gods to avoid offending guests who may have a religious objection.) Guests were divided into two teams, one for those who identified with Athena and Zeus and another for those who identified with Poseidon and Artemis.

Guests made their own

continued next page

togas from dollar store tablecloths and their own laurel leaf crowns by gluing fabric leaves to dollar store headbands. Then the teams competed in Olympic Games such as:

Medusa Tag Guests froze if 'Medusa,' represented by a guest wearing a snake-covered wig, tagged them while at the same time attempted to defeat Medusa by stealing her wig (thus decapitating the gorgon).

Achilles Heel Guests tied balloons to their ankles and tried to stomp/break the other team's balloons while protecting their own.

The Labyrinth Teams grasped each other's hands randomly and competed to untangle themselves without letting go of hands before the other team.

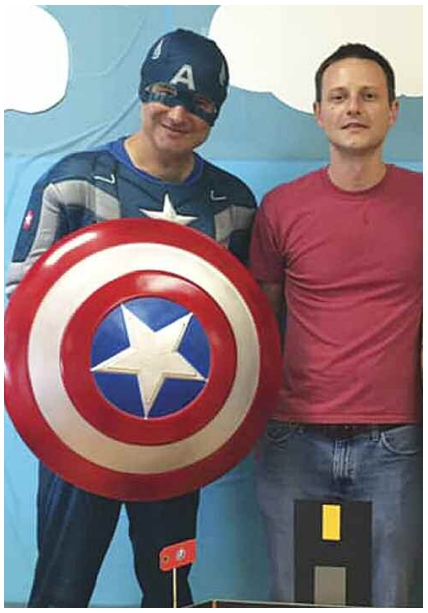
Toilet Paper Togas Teams competed to make the best toga for an adult chaperone using rolls of toilet paper.

Apollo's Archery, An archery competition to shoot plastic arrows through hoops.

Icarus 'don't fly too close to the sun,' Guests rushed to grab gold coins from the center of a plastic 'sun' made from a round yellow table cloth before the music stopped and they were caught still in the yellow 'sun.'

They defeated a cyclops piñata and ate Cyclops cupcakes.





The winning team received Olympic 'gold' medals. All guests took home their togas, laurel leaf crowns, plastic archery sets, and piñata candy."

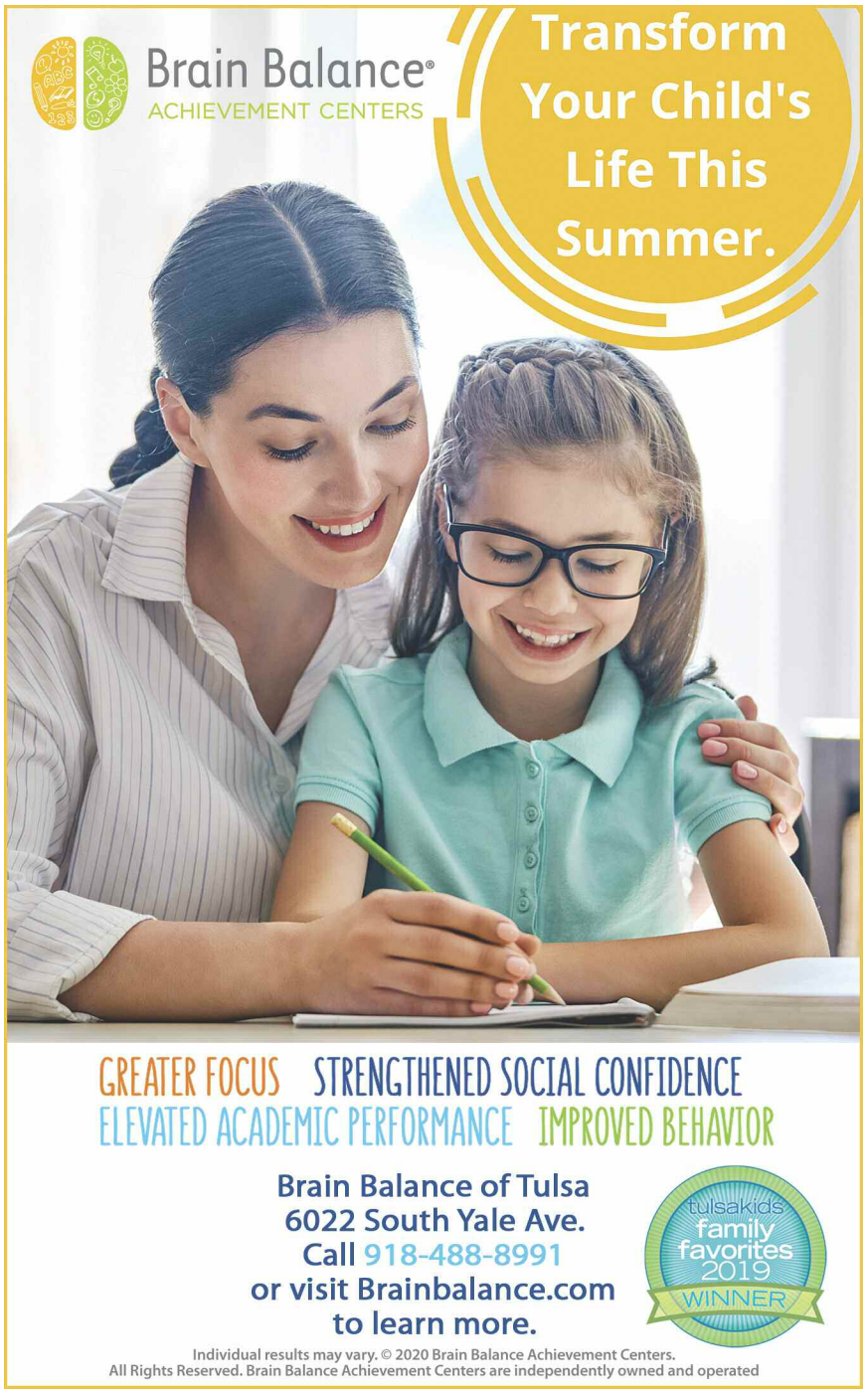
Super-hero Party

"The most unusual was when I was Spider-man for my son's fourth birthday. We also hired Captain American one year."—Jen Handsel

Midsummer Night's Dream Party

"I had a Midsummer Night's Dream-themed party for my daughter's 'Fairy First Birthday'. I had a Baby Lit Midsummer Night's Dream book that I used as a guestbook, a butterfly piñata and themed food like fairy fruit wands, unicorn cut-out peanut butter and jelly sandwiches, and her cake was woodland themed – it looked like the rings in a cut tree."—Jessica Sneeringer







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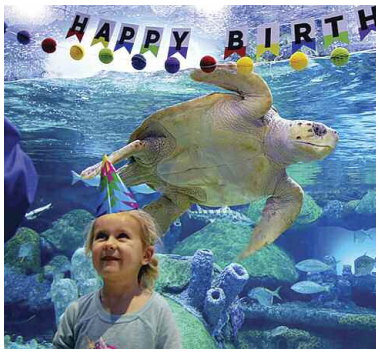


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SUNDERFUL SUPERHEROES

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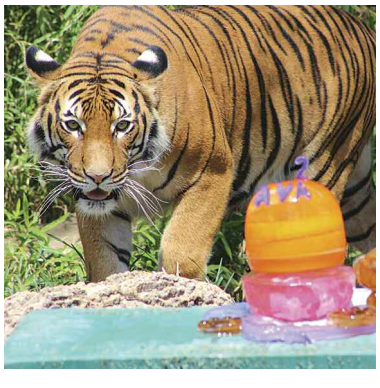
Magic you can't miss! Locally owned and operated, Sunderful Superheroes is Tulsa's top value children's entertainer with more than 40 characters for birthdays, parties, and more.
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Does your little princess know her favorite character's song by heart? We do! Sunderful Superheroes performers are trained on mannerisms, accents, character story and trivia, and best of all - they sing LIVE!
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TULSA ZOO

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Tulsa, OK
918.669.6609
tulsazoo.org/your-events

From birthday parties, to company celebrations, to weddings, the Tulsa Zoo offers just the right setting for your special event. Zoo staff will cater to your wildest instincts, helping you plan and customize your unique zoo experience. From the total package to our a la carte options, you'll find plenty of ways to party at the zoo. Find out how you can plan the party of the year at your Tulsa Zoo by visiting tulsazoo.org/your-events or by calling 918.669.6609.

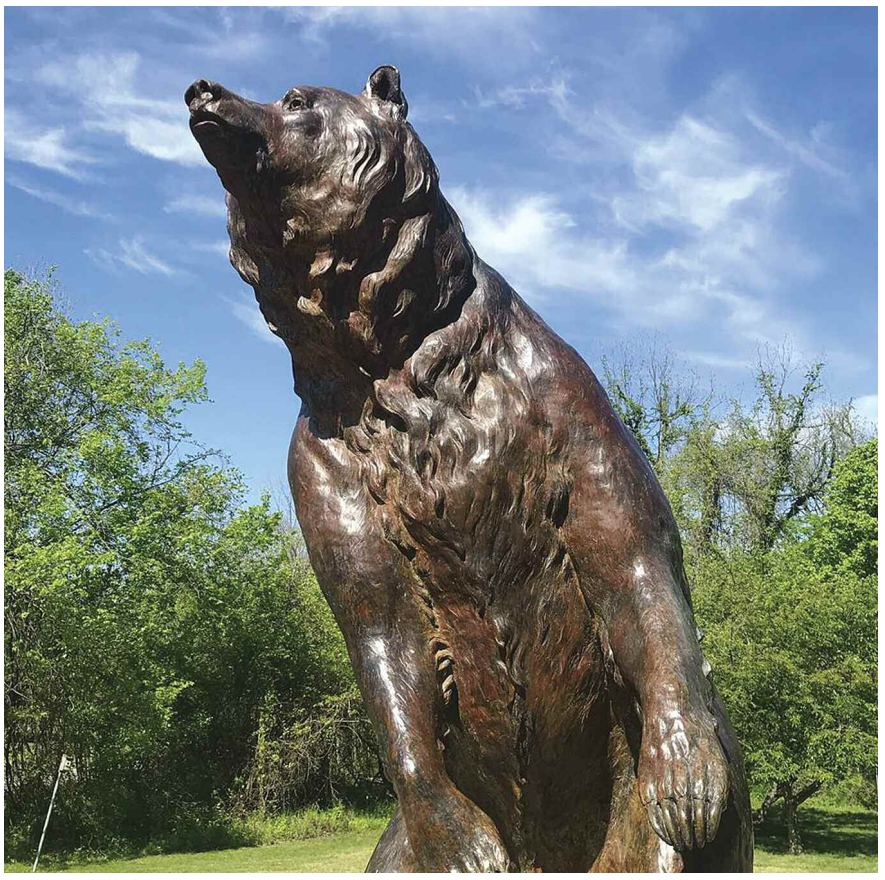
PLACES TO PLAY AND LEARN

Many Tulsa-area attractions have re-opened or are re-opening this month! Find details below—and don't forget to observe social distancing protocols if you venture out. If you are planning to stay home through June, you can still support many of these by purchasing an annual family membership. Visit websites for details.

ahha Tulsa
101 E. Archer St.
Hours: Opening July 1 (at the earliest)
While ahha Tulsa will remain closed for the month of June, the organization is still offering virtual fun, including: distance-learning education resources (ahhatulsa.org/distance-learning-arts-education-resources), art challenges and project prompts (ahhatulsa.org/social-distance-studio), and even virtual summer camp for K-12 students (ahhatulsa.org/creative-camps).

Discovery Lab
560 N. Maybelle Ave.
Hours: Closed Through June
Discovery Lab will remain closed through June. However, Discovery Lab is offering virtual camps throughout the summer that are fun, educational and suitable for a variety of ages and interests. Discovery Lab's themed camps can be self-paced or educator-led via Zoom. For more information, go to discoverylab.org/camps.

Gathering Place
2600 S. Riverside Dr.
Hours: Open Daily, 9 a.m.-10 p.m.
Gathering Place plans to begin its reopening process on May 25. According to gatheringplace.org, "This first phase will include the reopening of all major pathways, lawns and trails as well as Skate Park and BMX Pump Track. For the safety of our guests and to ensure social distancing, The Lodge, Boathouse, Adventure Playground and Sports Courts will remain temporarily closed." Visitors are encouraged to wear masks, maintain social distancing and follow good hygienic practices. For updates, follow Gathering Place on social media or visit gatheringplace.org/covid19.



Gilcrease Museum
1400 N. Gilcrease Museum Rd.
Hours: Gardens are Open Daily, 6 a.m.-11 p.m.
The Gardens at Gilcrease Museum and neighboring Stuart Park are open from 6 a.m. to 11 p.m. daily. Admission is free, and kids will enjoy searching for sculpture and seeing some natural beauty! Follow @gilcreasemuseum on Facebook for updates about the museum's reopening plans.

Keystone Ancient Forest
160 Ancient Forest Dr., Sand Springs
Hours: Open select days only. Find schedule at sandspringsok.org.
Keystone Ancient Forest will reopen for its open hike days on June 6. The facility is currently constructing a new Visitors Center as well. Visitors will enjoy hiking among centuries-old trees and the rich variety of wildlife found at Keystone.

Living Arts of Tulsa
307 E. Reconciliation Way
Hours: Opening Date TBD
While Living Arts remains temporarily closed, they are bringing families fun ideas for stay-home activities as well as virtual events every Monday through Saturday throughout June. Learn more at livingarts.org.



Oklahoma Aquarium
300 Aquarium Dr., Jenks
Hours: Open Daily, 9 a.m.-9 p.m.
The Oklahoma Aquarium is open! To help keep visitors and staff safe, the Aquarium will be monitoring the number of visitors to the facility; however, guests do not need to purchase tickets in advance. If you wish to avoid crowds, the Aquarium advises that it might be better to go in the evening. When you visit, make sure to see their newest exhibit, The Secret World of the Octopus, featuring one of the Aquarium's most popular residents, the giant Pacific octopus! Go to okaquarium.org for more details.

Oxley Nature Center
6700 Mohawk Blvd.
Hours: Gate and Parking Lot are Open Daily, 8 a.m.-5 p.m.
Oxley Nature Center features multiple family friendly trails. Don't miss Saturday Morning Birding on June 6 and 13 at 8 a.m., or the Botany Walk on Saturday, June 27, starting at 10:30 a.m. Oxley Nature Center has a wonderful Visitors Center as well, which closed temporarily due to COVID-19. oxleynaturecenter.org

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Philbrook Museum
2727 S. Rockford Rd.
Hours:
Wednesday – Sunday,
9 a.m.-5 p.m.
Fridays, 9 a.m. – 9 p.m.
Philbrook is is planning to re-open its gardens to members on June 6, and to the general public on June 17. There will be timed entry and limited admission. Interior spaces of the museum will open incrementally, dates TBD. Follow Philbrook on social media or visit philbrook.org for updates.

The Sherwin Miller Museum of Jewish Art
2021 E. 71st St.
Hours: Temporarily Closed Due to COVID-19. Visit jewishmuseumtulsa.org for updates.
The Sherwin Miller Museum of Jewish Art honors Jewish culture and history. Children may especially enjoy learning about Jewish holiday traditions such as Passover and Hannukkah. The museum is also home to the Kaiser Holocaust Exhibition, as Holocaust education is a prime mission of the museum. Learn more at jewishmuseumtulsa.org.

Tulsa Air and Space Museum & Planetarium
3625 N. 74th E. Ave.
Hours: Planetarium reopened May 20. Find show times at tulsamuseum.org.
Tulsa Air and Space Museum & Planetarium's mission is "preserving Oklahoma's aerospace heritage to inspire science-based learning through discovery." A visit to TASM is a must for any child interested in air or space travel. Kids will enjoy sitting in the cockpit of classic aircraft such as the Rockwell Ranger 2000 and stepping into the hot air balloon simulator. tulsamuseum.org

Tulsa Botanic Garden
3900 Tulsa Botanic Dr.
Hours: Open Daily, 10 a.m.-5 p.m.
Tulsa Botanic Garden plans to reopen to the public on June 1. There will be limited capacity, and tickets must be purchased in advance. Tulsa Botanic Garden is located northwest of downtown Tulsa and offers a chance to enjoy natural beauty outdoors. Children will especially love the Children's Discovery Garden, complete with Tulsa Botanic Garden's iconic Spring Giant and other wildlife statues. tulsabotanic.org

Tulsa City-County Library
Various Locations
Hours: Visit tulsalibrary.org for re-opening updates.
Hundreds of fun virtual events are scheduled to complement Tulsa City-County Library's Summer Reading Program, "Imagine Your Story," which kicks off June 22 and continues through July 31. Events include music performances by Hot Toast Music Company, national children's songwriter Will Parker and bilingual musician Nathalia Palis; hip-hop dance instruction with Joshua Forbes; glow circus performance by Inspyral Circus; princess storytimes; Bounce'n Beethovens music presentations; sewing workshops to create your own cosplay costumes; and many more entertaining events for the entire family. Visit www.tulsalibrary.org/summer for a 2020 Summer Reading Program special events and activity guide.

Tulsa City Parks
Tulsa City Parks are open, although community centers and playgrounds may remain closed. The 2020 swimming season has been canceled as well. But why not explore a new park this summer? Find a list at cityoftulsa.org/government/departments/park-and-recreation.

Tulsa County Parks
Tulsa County Parks, including LaFortune Park, Chandler Park, Bixby Community Center, Haikey Creek Park, O'Brien Park and SoCo Rec Center are open, although community centers may remain closed. Chandler Park is a particularly popular destination for hiking and outdoor exploration. Follow The Parks of Tulsa County on Facebook for updates about pool openings, etc. parks.tulsacounty.org.

Tulsa Zoo
6421 E. 36th St. N.
Hours: Open Daily, 8 a.m.-6 p.m. (Last entry is at 3 p.m.)
The Tulsa Zoo is reopening to the public on June 1. Tickets must be purchased in advance at tulsazoo.org/tickets, with guests able to reserve a three-hour time slot. This will allow the Zoo to monitor the number of guests on-site at any time. According to Tulsa Zoo President and CEO Terrie Correll, "With more than 4.9 miles of public pathways across an 84-acre campus, the Tulsa Zoo is uniquely positioned to provide fun family entertainment with minimal touchpoints and maximum social distancing opportunities." Learn more at tulsazoo.org/health.

Will Rogers Memorial Museums
Will Rogers Memorial Museum: 1720 W. Will Rogers Blvd., Claremore
Will Rogers Birthplace Ranch: 9501 E. 380 Rd., Oologah
Hours: Open Daily, 10 a.m.-5 p.m.
The Will Rogers Memorial Museum and the Will Rogers Birthplace Ranch will both reopen to the public June 1; however, the Children's Museum will remain closed. If you are unable to make it to the museum, you can take virtual tours of the museum and house where Will Rogers was born on the museum's Facebook page. willrogers.com

Woodland Hills Mall
7021 S. Memorial Dr.
Hours:
Monday – Saturday,
11 a.m.-7 p.m.
Sunday, 12 – 6 p.m.
Woodland Hills Mall is open, and taking precautions to prevent the spread of COVID-19. These include enhanced sanitation efforts, hand sanitizing stations, pre-emptive employee health screenings and more. Learn more at simon.com/healthandsafety.

Woody Guthrie Center
102 E. Reconciliation Way
Hours: See website for re-opening details
Located in the heart of the Tulsa Arts District, the Woody Guthrie Center provides an in-depth look at Woody Guthrie's life and legacy, the Dust Bowl and more. Although the museum may remain temporarily closed due to COVID-19, find educational materials including coloring pages and animated music videos set to Woody Guthrie Songs at woodyguthriecenter.org/education/lessonplans.

BY BETTY CASEY

finding childcare in the time of coronavirus

An Owasso mom who works for a Tulsa dentist says that she is able to work because she has a nanny two days a week, and her mother-in-law has stepped in to watch her two children on the other days. The arrangement also allows her husband to work from home.

The coronavirus pandemic has upended school and childcare for parents, pushing them to create a patchwork of solutions, depending on each family's situation.

Many parents have been furloughed, are unemployed, are working from home, or continue to work from an office with children at home due to school closings. Now, summer looms ahead without the certainty of the usual camps, activities and childcare options, including community centers that provided summer care for hundreds of children.

Child Care Resource Center

Casey Moore, program manager with the Child Care Resource Center (CCRC) in Tulsa, says that the staff at CCRC is continuously surveying centers to monitor which ones are open.

"We send out a weekly survey to all 600 licensed programs to find out if they're still open, what their plan is, if they've had children withdraw, if they are accepting children who have been displaced," Moore says. "We're finding it changes. Some programs have been open for a week, and then the next week they're closed, and then the next week they're open."



A NANNY CAN BE A GOOD OPTION FOR IINDIVIDUAL CARE.

Casey did say that many of the centers that were closed are opening back up, depending on the number of children they have.

"Licensed childcares right now have a lot of space," she says. "The biggest issue will be if those programs have to close, especially the smaller programs. Some have applied for Small Business Loans. After the first round of money ran out, I think they're all kind of struggling to keep their head above water."

As parents scramble to find childcare for the summer months, the CCRC is working to provide accurate information.

"Right now the Child Care Resource Center staff is busy updating programs in the statewide resource and referral database to ensure that when parents do call in or fill out the online form to find care, that they are getting an accurate list of who is, in fact, open and has availability," Casey says.

Parents who want to find licensed childcare options near them can visit csctulsa.org or call 1.800.438.0008 or 1.405.942.4179 (Spanish-speaking parents) to get a list of programs that are open and that meet their current needs.

"DHS did make an announcement that they would be offering 60 days of subsidy child care to parents who are experiencing unemployment and need somewhere for their children to stay while they are out job searching," Casey says. "Parents looking to apply for this subsidized care would need to apply through DHS." (www.okdhs.org)

Like the Owasso mom, many area parents prefer individual childcare, especially in this time of social distancing due to COVID-19. However, finding a qualified sitter can be difficult. Two local businesses, SeekingSitters and E-Nanny, simplify the search.

Seeking Sitters

Founded in 2004 by Tulsan Adrienne Kallweit, SeekingSitters, www.seekingsitters.com, is now franchised in 25 states. As a licensed private investigator, Kallweit's focus in on safety.

"I saw a need to thoroughly screen sitters the right way, and find an easy way to refer them to our families," Kallweit says. "We developed streamlined technology and a proprietary screening process."

Kallweit says they are constantly recruiting and screening sitters, activating only one out of every 20 babysitters.

"Our sitters are amazing," she says. "Many of them are teachers, nurses and counselors looking for safe and reliable part-time jobs. The sitters come to play, bringing a bag of activities on every sitter event."

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Looking toward the summer, Kallweit has developed a camp-style program where kids can do crafts and camp-type challenges and activities.

"They will partner up with other kids across the nation to enjoy a fun camp-style environment by connecting with other kids through Zoom with their babysitters in their home," Kallweit explains. "Camps are scheduled each week in June and July."

SeekingSitters recently added DHS respite care for foster families because Kallweit saw a need after she and her husband went through the DHS adoption process. The non-profit program is funded through state vouchers to give foster families a much-needed break from the often difficult work that they do in caring for children. Families interested in finding out more about respite care can go to http://childrespiteresource.org.

E-Nanny

Another local child-care service is E-Nanny (www.enannyok.com). Erika Slade, E-Nanny president, says, "We place value on integrity, professionalism and confidentiality."

E-Nanny also places a high priority on education; employees may access bi-monthly continuing education, especially regarding child development, language development, cognitive development and even trauma-informed care for children who have endured trauma such as the death of a parent, abuse or other traumas. Nannies can also provide general tutoring for all ages as well as SAT and ACT prep.

"The nannies come prepared to provide enriching experiences for your child, document her day with your child daily for your records, and participate in continuing education to expand her skill set," Slade says. "We provide mentors within the company that are available to assist newer nannies with curriculum development for their charges."

E-Nanny qualifies employees through references, work history, skill assessments, background checks, driving record inquiries and drug screens. Slade says most nannies are referred to them, and many are former teachers, psychologists, tutors, nurses and professional nannies.

"We also have household management specialists, tutors, coaches, curriculum development specialists, and personal chefs on staff to assist your family," Slade says.

In order to meet the needs of families, E-Nanny provides three placement options, including long-term placements, temporary care and event care. There are no minimum requirements for care.

As parents look for care options for their children in this unusual climate of coronavirus, there are options. Whether you are searching for temporary respite, individual on-going care or a group situation, look for licensed childcare settings and qualified individuals.

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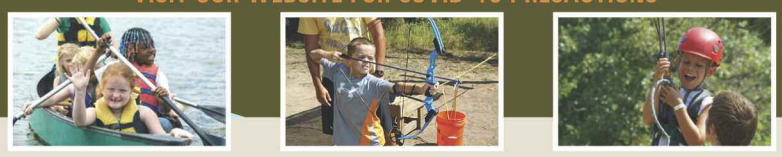
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BY NANCY A. MOORE

Brooke Lee: award-winning teacher continues to inspire

For most children, the novel coronavirus pandemic forced an abrupt transition from classroom to remote learning. This change left teachers quickly updating teaching methods and modifying lesson plans. One such educator, Brooke Lee with Claremore Public Schools, met this challenge with an award-winning attitude. Maybe that's because she is an official award-winner who was presented with a major teaching award only a few short months ago. We originally reached out to Lee about the exciting national recognition she received when she was presented with the Milken Teaching Award. During our interview process, coronavirus occurred. As a result, we were also able to gather her thoughts on teaching during the pandemic and how this transition might affect education in the future.

Her passion for teaching is readily apparent. Colleagues and students knew it, but how others outside of Claremore caught wind of it is still a mystery. The Milken Family Foundation has been surprising outstanding teachers across the nation since 1987 with fanfare, hoopla and an unrestricted check for $25,000! The Milken Teaching Award winners



BROOKE LEE WITH HER AWARD.

are recognized for the pivotal role that they play in their profession and community. How was Lee selected? Unlike most teacher recognition programs, one cannot be nominated or apply. The confidential selection process recognizes teachers who are early to mid-career teachers who will continue to grow and influence the teaching profession. The momentum of receiving this award was impactful and exciting for the entire school – especially for Lee who will be known as a Milken Teaching Award winner for life.

TK: Tell us about yourself:

Lee: I'm originally from Broken Arrow. I attended Broken Arrow public schools and graduated from there. I now live in Verdigris with my husband and children. I have been married for 14.5 years and we have two boys (ages 13 and 12).

TK: What inspired you to pursue a career in teaching?

Lee: During my senior year of high school, I was a peer tutor in a classroom for students with special needs and it was during that class I decided I wanted to be a teacher. I just finished my sixth year of teaching. I taught sixth grade Language Arts for five years and just wrapped up my first-year teaching eighth grade Language Arts.

TK: Given the coronavirus pandemic, public education abruptly changed for students. Because of this, what thoughts do you have about public schools and their ability to pivot into online education?

Lee: School districts and educators have shown their resilience, flexibility, professionalism and determination during this transition to online education. It is inspiring to see how educators have come together to help one another and educate themselves as to what online platforms and resources could be used to best educate their kids during this time. From the moment we received the news that this is how learning would take place for the remainder of the year, I have seen educators in my building, district, state and country band together to come up with a plan.

Of course, there have been some bumps along the way and not everything has gone perfectly. There have been frustrating times and rewarding times but that is what learning is all about. I am proud to be a teacher and proud of our profession. We love our kids and what we do, and I think that has shown during this transition.

TK: How did you adjust your teaching style and content delivery once education transitioned online?

Lee: I have a similar style, it just looks different. I made sure the project we were working on was engaging, and the students were able to interact with one another online. I made sure to have multiple avenues of communication. I recorded myself in weekly videos to further explain assignments. I also provided numerous

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examples to my students so they could see what was expected. My communication with parents and my students increased dramatically.

TK: What are your thoughts and suggestions for parents moving forward if online curriculum continues?

Lee: Find a routine that works for you and your family and give yourself grace. Please do not hesitate to reach out to your teachers. Communication is key during this time. Identify a separate learning space from the rest of your home space. If you have multiple people in your house accessing the internet, try to organize a schedule where not everyone is using the bandwidth at the same time. Make sure you go outside and give yourself brain breaks, and try to limit the additional screen time not related to school.

TK: How do you think this pandemic will impact kids and academics/learning in the future?

Lee: I think teachers will incorporate technology more. Many teachers have learned they have all of these new resources that they actually enjoy using, which is a big positive during this pandemic. I think that school districts will strive to become one-to-one with technology. I know the desire is always there for districts to be one-to-one, but this pandemic has made it apparent how important it is for all districts to transition to this method. I believe communication between teachers and parents will be different and for the better. I think it has forced students to become more responsible for their learning and realize how much they took school for granted. I think they will have a greater appreciation for school and their relationships with people.

TK: What have you been surprised by?

Lee: I asked my students what they missed about school. Their responses were eye-opening for me. Some of the many responses of what they missed included: learning with other people, structure the school day brings to their lives, having a teacher to talk with and learn from face-to-face, interaction with friends and even people they weren't friends with, but mostly they miss all their teachers. A huge part of academics is the relationships and trust you build with your students.

TK: How has this has affected your daily life?

Lee: The first two weeks were definitely challenging. The days were pretty chaotic and very busy - busier than a normal school day. Finding the balance between being a teacher working from home, helping my own children with their schooling, and being a graduate student myself was difficult. I found that I have to give myself grace and learn to be okay with not having the structure I would like for my day and for my own children.

TK: What do you consider will result from this pandemic?

Lee: I just want to point out a few of the positives that have come as a result of this pandemic. The increase in communication between parents and teachers was wonderful and hopefully becomes the new normal. The heart of teachers who have spent countless hours learning and creating lessons in ways they may have never done, if not forced to, is inspiring. Online learning has allowed teachers to see a different side of our students which has been so enjoyable. The students who were normally very quiet and reserved came out of their shells and I was able to see more of their personalities. I do, however, hope it ends soon because I am ready to get back to our traditional format. I, too, miss our daily in-person interactions with students and the collaboration with our colleagues.

TK: Moving on from the pandemic, let's visit about your award. What was it like to be surprised with this national recognition?

Lee: Not many people have a time in their life where they are completely surprised by something. Being surprised with an award of this magnitude was an incredible feeling but also very surreal. I had so many emotions running through me all at the same time. I was completely shocked, surprised, excited, happy, overwhelmed, honored, confused, proud. I've never experienced anything like it. I found out about the award like everyone else. We were having an assembly at school, and I knew that Governor Stitt and State Superintendent Hofmeister were going to be attending our assembly and visiting my classroom, along with a couple others, to observe some of the new initiatives we have implemented in our building. During the assembly, Superintendent Hofmeister introduced a special guest -- Dr. Jane Foley. She introduced herself and told us what the Milken Award is. Dr. Foley then informed us that someone at our school had won this award. Shortly after she described the award, Governor Stitt announced that I was the winner. That is how I found out what the award is and that I was the recipient.

TK: How do you describe your teaching philosophy?

Lee: This is always a challenging question for me to answer. I feel like my philosophy changes each year that I teach and grow as an educator. If I had to sum it up, I would say my philosophy of teaching consists of a few main things. First, I believe that building relationships with your students has a great impact on the success you have as a teacher and the success they have as students. Every student deserves to have an adult in their life who believes in them, sees their potential, and cares. This may be the greatest thing we can do as teachers. Secondly, I believe that it is my job to figure out how my students learn best and then build engaging lessons that accommodate all learning styles. Third, I believe it is my responsibility to prepare my students to grow as individuals as much as it is my responsibility to prepare them for academic growth.

TK: How do you plan to use the $25,000 you won?

Lee: Prior to Covid-19, we had planned to use some of the money to travel to Africa this summer. This is still the plan, but it has been postponed. Donna Gradel, 2018 Teacher of the Year (TOY) and a top four finalists for national TOY, and I are planning to go over to Kenya and work with some schools. I'd like to take my husband and two boys with us. I want my boys to experience how some people in this world live and to show them what it means to be a part of something bigger than yourself. It will be an eye-opening and life changing experience for them; it will be life changing for all of us. I'm not sure how my husband and I will decide to use the rest (of the money). We have talked about so many things we would like to do but the reality is we will probably just put it in savings or put it towards our home loan.

TK: Wrap-up: What else would you like to mention?

Lee: There are so many people who have been a part of this journey. My husband, kids, parents, grandparents, friends, administrators, co-workers and students have all played a part in developing me into the teacher I've become. It may have come in the form of support, kind words, motivation, collaboration, help in my classroom and through distance-learning, advice, or a pick-me-up when feeling defeated. When I sit and evaluate all the ways countless people have shaped me into the person and educator I am now, the list is endless. I am so thankful for all of them.

I am eternally grateful for the Milken Foundation. It is remarkable to me that Lowell Milken would be so generous with his money. His support for teachers and education is inspiring.



BY NATALIE MIKLES

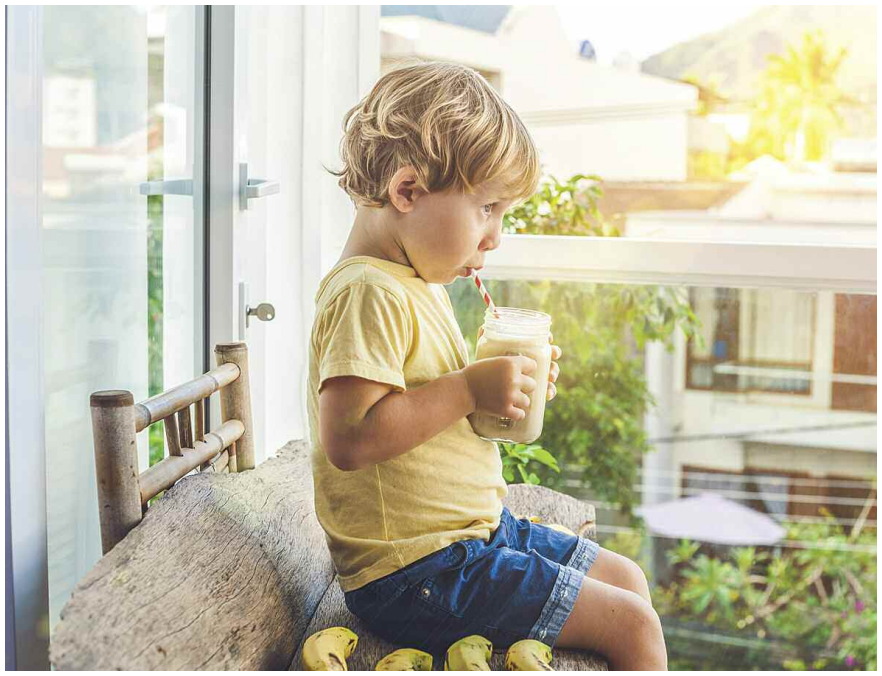
front porch desserts

One silver lining from the time of quarantine has been the time we've been able to spend together.

A forced slow down from crazy schedules and activities has been replaced with catching fireflies, long talks on the porch, bike rides and playing catch until the sun sets. My aunt walks her dog in her neighborhood every day, and said it's been amazing to see her neighborhood sidewalks once empty in the evenings now filled with families.

One of our favorite things in these social distancing days is to have something sweet on the porch at night. Our porch desserts are a fun thing the kids look forward to after dinner. We eat our popsicles or cake and wave to neighbors walking by.

I hope my kids will one day remember fun bike rides, hikes and backyard games during our quarantine, but I know they will also remember the laughs shared and fun had drinking milkshakes and eating cookies on the porch – sometimes in our pajamas.



We love this homemade chocolate pudding. It's good warm or chilled.

Front Porch Chocolate Pudding

Serves 8

- 6 tablespoons cornstarch
- 1/8 teaspoon salt
- 3 cups chocolate milk
- 1 cup semisweet chocolate chips
- 1 teaspoon vanilla extract

1. Stir the cornstarch and salt together in a saucepan, and set the pan over medium-low heat. Pour in about ½ cup of the chocolate milk and whisk until the mixture is smooth. Increase the heat to medium and add the rest of the milk, while stirring.

2. When hot, add the chocolate and stir until melted. Adjust the heat so that large bubbles break on the surface of the pudding. Keep whisking until thick, 3 to 5 minutes.

3. Remove from the heat, and stir in the vanilla. Serve warm. Or, spoon into ramekins or small coffee cups, allow to cool slightly, then cover with plastic wrap and refrigerate until chilled, at least 1 hour. The pudding will get thicker as it cools.

Adding other fruit, like mango or pineapple, is also delicious.

Banana "Ice Cream"

Serves 4

- 4 frozen bananas
- Orange or pineapple juice, as needed

1. Break the bananas into chunks, and put in a food processor. Add a tablespoon of juice and puree until blended. Add additional tablespoons of juice as needed, until the mixture reaches a creamy consistency. Serve immediately.

Note: Bananas can be frozen whole with peel on. To remove peel, place banana under hot water, and use a table knife to scrape off peel.

This is so good with whipped cream and strawberries on the side.

Chocolate Angel Food Cake

- 3/4 cup cake flour
- 5 tablespoons cocoa powder
- 1 1/2 cups sugar
- 1 3/4 cups egg whites (about 12 large eggs)
- 3/4 teaspoon salt
- 1 1/2 teaspoons cream of tartar
- 1 teaspoon vanilla

1. Preheat oven to 325 degrees. Sift flour, cocoa and half the sugar into a bowl. Set aside.

2. Beat egg whites with salt until frothy. Add cream of tartar and beat until stiff, but not dry. Add remaining sugar, 1 tablespoon at a time, folding until incorporated. Add vanilla. Gently fold flour mixture into egg mixture.

3. Pour into a tube pan. Bake for 75 minutes. Remove from oven. Invert immediately, and let cool 1 hour.

My kids love these milkshakes. Substitute the chocolate chips for fruit, peanut butter, caramel or whatever you like.

Summertime Milkshakes

Serves 2

- 3 cups vanilla ice cream
- 1 1/3 cups milk
- 1/2 teaspoon vanilla
- 2 to 3 tablespoons mini chocolate chips

1. Place the ice cream, milk, vanilla and chocolate chips in a blender, and blend until creamy. Pour into a frosty cold mug.

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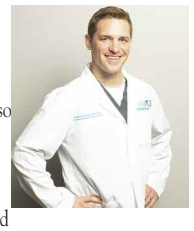
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Q: What are frenectomies? Tongue and lip ties?

A: A frenum is a muscular attachment between two tissues found inside of the cheeks, lips, and tongue. The lingual frenum is located between the base of the tongue and the floor of the mouth. It comes in all different sizes, and if the frenum restricts the movement of the tongue (a condition called "tongue-tied"), many babies with a tongue tie also have an abnormally tight membrane attaching their upper lip to their upper gums (the labial frenulum. This is called a lip tie. A surgical procedure called a frenectomy may be performed to release lip and tongue ties. Babies with a lip tie often have difficulty flanging their lips properly to feed and can't create a proper seal at the breast. This can cause them to take in excess air during breastfeeding, which often makes these babies gassy and fussy. It is important to get a tongue or lip tie resolved early on due to the fact it could hinder breastfeeding, growth, swallowing, movement, and speech later on. Infants may exhibit: noisy suckling or clicking, popping on and off the breast, leaks on the sides of the mouth, poor weight gain, coughing or gagging, lip blisters, gas pain, noisy breathing/snoring sounds when sleeping, reflux or colic symptoms. Mothers may experience: Flattened nipples after breastfeeding, nipple pain, and damage, prolonged feedings, poor breast drainage, decreased milk production. On The Cusp preforms frenectomies often, if you think your child has a lip or tongue tie please call to schedule a consultation.

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

Dyslexia Center of Tulsa | Dr. Penny Stack, Founder & Owner



Q: We keep seeing signs of dyslexia. Our son spells his father's name with the right letters, but in the wrong order. He spells the word "feeling" as "fleeing." He may verbalize the correct spelling, but in writing, he does not get it right. Does this reversal of consonants suggest a mild form of dyslexia worthy of testing?

A: This is a great and frequently asked question. Letter reversals could be due to a variety of reasons. For example, eye teaming, or eye muscles not working together, could cause difficulties in processing what is being seen because it may appear as if the letters are shaking or moving. This is different than visual acuity. Visual acuity is the measure of the distance a person can see an object in focus. Another reason could be impairment of visual perceptual skills. In this case, the eye muscles are working together, but what he sees is not what you see.

Dyslexia is a language processing disorder. A person can have visual challenges (acuity, eye muscle teaming and/or visual perceptual skill deficits), but not necessarily have dyslexia. A person can have both. We can test to determine what is causing the reversals and develop a plan to increase those skills for learning success.

Dr. Penny Stack, OTD, OTR/L, CLT, Founder & Owner
Dyslexia Center of Tulsa, 8988 S. Sheridan Rd #D1, Tulsa OK 74133, 918-313-5518, wwwdyslexiatulsa.com

HTR Pediatric Therapy | Lindsay Biggs, MS OTR/L



My child receives occupational therapy services at school. I don't understand why we have also been advised to use private, outpatient occupational therapy.

When a child receives services at school, the occupational therapist is only able to address areas affecting the child in the school environment. This could include difficulties with handwriting, scissor skills, visual perceptual, visual motor skills, etc. These areas of deficits and goals for the child's plan of care are then presented and agreed upon with IEP team.

When children are evaluated in the outpatient/private setting, occupational therapy is not limited to specific setting criteria. An initial evaluation can include an interview with the parent and/or guardian, standardized testing, observation of play skills and more. Parents are then provided with an extensive evaluation addressing all areas of concern, and the plan of care is established by the OTR.

Note: A child receiving outpatient services does not necessarily qualify for school-based therapy, and vice versa. A child must be referred by their primary-care physician in order to be evaluated in the outpatient/private setting.

Both in-school and outpatient settings provide an amazing opportunity and service for children. When a child receives both in-school or outpatient services, pediatric therapists strive to use a strong collaboration approach to ensure the best treatment and outcome for your child.



BY NATALIE HANSON

did you survive crisis-schooling?

Yay! We've made it to June, and I hope that means you are feeling some sort of relief from the pressures of the past few months. In addition to all the other stress everyone has experienced, we parents have survived an overnight career change into school-at-home facilitators! As this social experiment unfolded, you could feel the homeschool community begin to collectively squirm at the term "homeschool" being used so freely to describe what was occurring.

Sure, there are some similarities between what we do and what just happened. Many of us have spent more morning hours with our children than ever before, doing more than the usual amount of problem solving alongside our children. We've all had to figure out turning our home into a zone of productivity and work, instead of just a place of respite. These things are a part of the homeschool experience.

However, other parts of the way families have been operating for the last couple of months, really don't resemble homeschooling at all. The term "crisis-schooling" has begun to show up as an alternative way to label school-at-home during the pandemic. We homeschoolers don't want the world to confuse one for the other, and miss some of the best of what we have to offer by thinking these recent experiences are what true homeschooling feels like.



First, homeschooling is a choice. It is a choice made by families who see it as the option that best suits the needs of their children and family. Most people go into the decision to homeschool with time for preparation and education before they jump in fully. It is usually a thoughtful and empowered alternative solution, not a mandatory one made for the sake of public health.

Another quality of homeschool that makes it healthy and enjoyable is the level of control families have over the way their home education is executed. We decide what and how many class meet-ups occur. We are in charge of modifying all aspects of the experience to best suit the needs of our families. So to equate the stress of trying to keep up with school-at-home and the external pressures that come with that situation isn't a fair comparison to homeschooling.

Also, we go out! In my family, this is a big part of our school experience. It still feels like a major perk of the job to head to a traditional school fieldtrip destination and only be in charge of your own kids! Taking away the ability to get out and explore together definitely takes some sparkle out of homeschool.

Lastly, one of the biggest things I have grown to appreciate about homeschool over the years, is my ability to factor in everyone's mental health and well-being to the whole experience. Thinking about times we've adjusted what we were doing based on emotional needs, I went back and read my article about how we refocused our homeschool in the days following the birth of my sixth child. I knew we would all be going through a major adjustment, so I replaced much of our usual schoolwork with things that helped us stretch and grow stronger during that time.

If I had known from the onset of this crisis how things were going to play out, I would have, without hesitation, encouraged parents to operate more in that mode and to make the welfare of your family the number one priority during this time. I hope most of you did that. I hope you were able to grab the reins of your family's quarantine experience and make it work for you, instead of letting outside pressure determine the temperature of your home. That is homeschooling, and it can be just what the doctor ordered.

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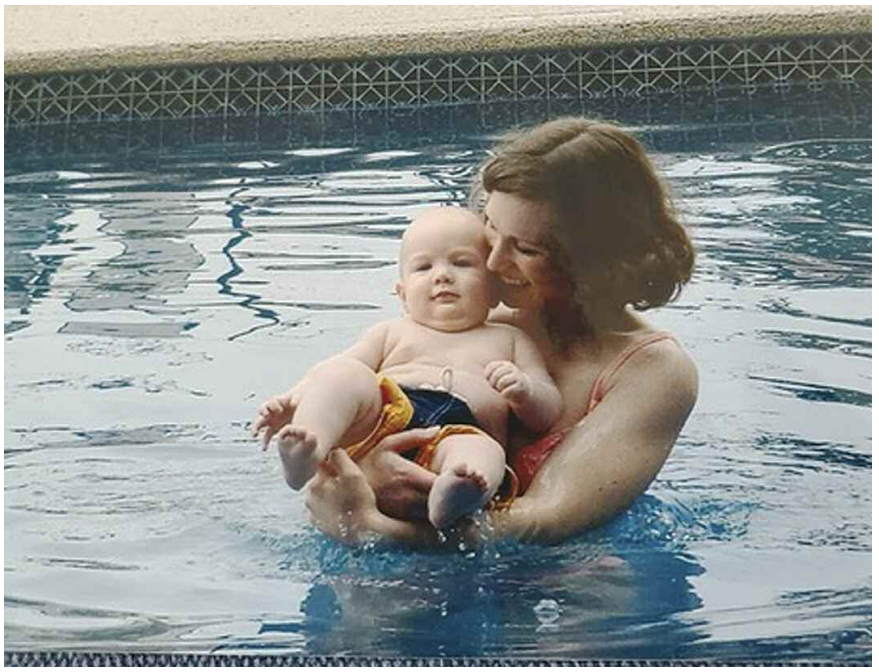


Hip Mom Launches a Kid

BY JILL VANTREASE

It was a happy coincidence that I had a topic close to parents' hearts all ready to go this month since I couldn't saunter anywhere hip at all besides Braum's and Walmart (not so hip) We just finished up launching kid #1 into college. What a wild, stomach-churning ride! We've learned so, so much with our firstborn about the college application process. Perhaps it's akin to the sausage-making process - hopefully it all comes out really, really good in the end. As one mom of four whom I admire greatly told me - and whose children went to Yale, TU, Fordham and Notre Dame - "Your kid is going to end up where they're supposed to be." So mama, first of all: Don't worry!

But also, don't bribe anyone. (Please note: no college officials were bribed in the writing of this article). We hear all sorts of tales of SAT tutors, high-pressure sports teams, laundry lists of activities - all these things kids do (and/or their parents encourage) to get in to the "right" school. Oklahomans probably aren't in the pressure cooker that some coastal city dwellers or Silicon Valley residents are, but I've seen parents let their children's resume-building take over their lives even here. Let's take a look at a few pathways and considerations that parents and students should focus on as they venture down the road to their preferred institution of higher learning.



SPORTS

Our lovely son - let's call him "Eddie" for a modicum of privacy - started out playing soccer at the tender age of 4. He was pretty good! And the competition intensified - when he was in third grade, he was already practicing about two hours twice per week - which is a lot for any family, let alone a family with a lot of babies. And then the traveling games and out-of-town tournaments started. There were hours spent with babies waiting out intervals between games in fast-food restaurants to stay out of the heat. There was a tournament where I was thankful to have a doctor on the team, so he could diagnose two of my kids with out-of-town ear infections. There were innumerable mornings waking children up in dark hotels to get them to a cold sideline.

So much time, so much money. Is all of the time and money worth it? Yes, if your kid - and your family - is loving the sport and the game, and you have the resources to devote to the sport. But it's not worth it if you're doing it in the hopes of the fabled college scholarship. Very, very few kids are going to play football at OU. Very, very few kids who get athletic scholarships attend prestigious universities. Generally, there are a few kids who get athletic scholarships to more local schools that are great places to be but don't have national recognition - something to consider if that's important to your child.

If your child is passionate about a sport, here here! But don't do any of it out of hope for a scholarship. As for Eddie, he continued playing and made the high school soccer team his freshman year. About two weeks into his season, he curled up on the couch in a fetal position and refused to go to practice. He had just burned out. I suppose I could have pushed him, but he would have ended up resenting both soccer and me. Instead, he picked up running and track and fell in love with it. There aren't a lot of running scholarships, but he enjoyed every minute of his meets and hanging out with his teammates.

ACTIVITIES

Extracurricular activities are wonderful! Music, theater, dance, student government, retreats - the list is endless. Several of Eddie's friends – super-smart kids who had great GPAs but not necessarily the super-high test scores - were very involved in all of these things. But they WANTED to be, and their genuine passion came through in their applications. My darling Eddie cared very little about the myriad opportunities high school offered him - beats me! But several of his friends got in to prestigious universities - Rice and Duke come to mind - because they are really neat kids who thrive from

continued next page

being involved.

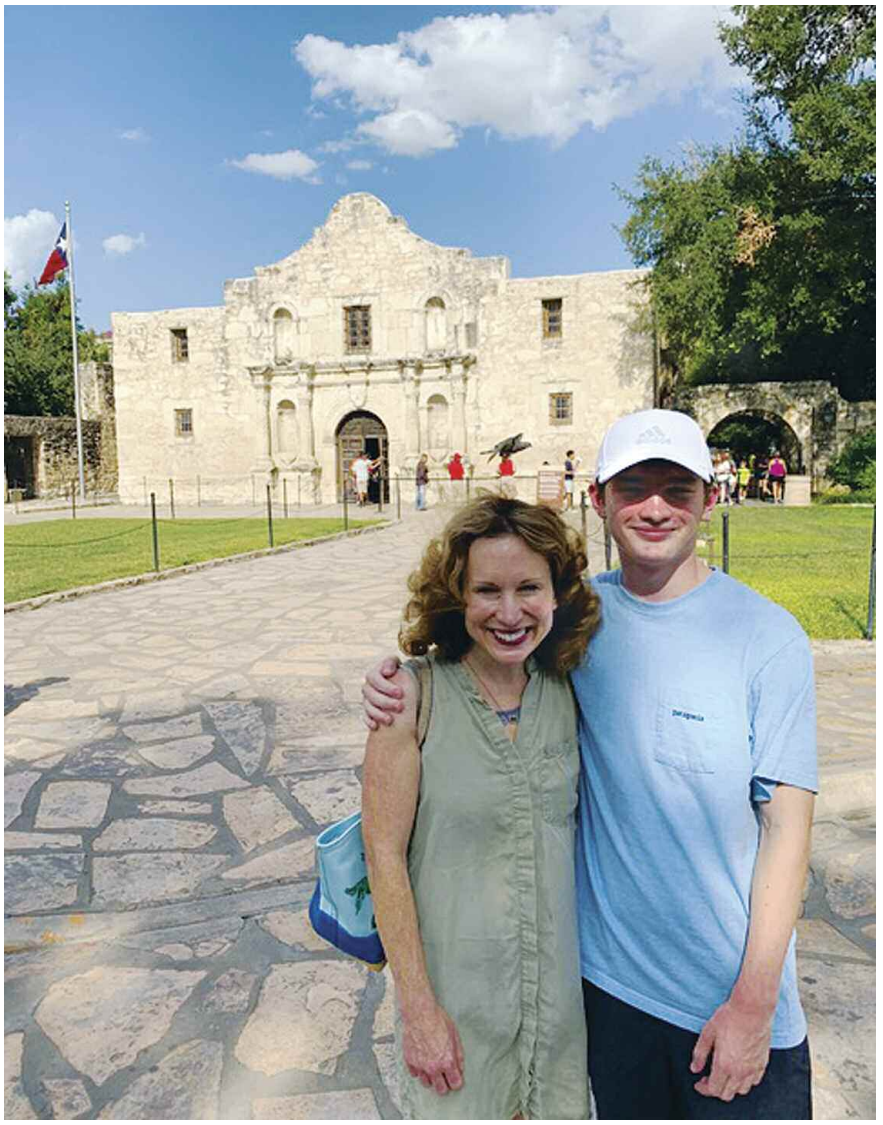
Again: love your kid. Encourage them, but don't force them to do any of this stuff for a resume! You're a parent, not a life coach.

ACADEMICS AND TEST SCORES

Well, GPAs and test scores do matter - they're a gateway into some of the more prestigious schools. So, about Eddie. Eddie is whip smart. He got a 36 on his ACT and is a National Merit Scholar. (When you have many, many children, you are allowed to say things like this when they are true - I'm not bragging. I have other kids who don't have Eddie's natural testing ability and academic aptitude, but also work harder and have more street smarts. It's possible Eddie will end up living in his little brother's basement in 10 years, playing Call of Duty. I also have a daughter who is artistic, sassy and creative, but the girl has the attention span of a gnat. Trying to homeschool her was like hopping in a WWE ring every morning of quarantine. Exhausting! They're all different, unique and wonderful, the precious jerks!) So, when Eddie started getting brochures from very fancy, prestigious places, we were a little flattered and bedazzled - and we let him apply EVERYWHERE. This was a mistake. Only apply to schools you actually could see your child attending, and also - if your child is ACCEPTED at this school - and they receive no aid, merit, need-based or otherwise - are you still willing to send your child there? We didn't think this through enough.

DEMONSTRATED INTEREST

So Eddie was accepted almost everywhere he applied, including schools like Emory, Vanderbilt, Villanova and Notre Dame. He was interviewed by Harvard, Dartmouth and Stanford and ultimately wasn't accepted (dang those Ivies! But that's OK - you probably know a few smart, successful people who didn't matriculate from Princeton or Yale.) Now here's a little nugget: He



was waitlisted at Washington University in St. Louis and Tulane - both of which are prestigious schools but certainly no more prestigious than, say, Vanderbilt. PVT trolled the message boards and discovered that some schools place a lot of importance on a student showing "demonstrated interest" in a college - either a visit, or some kind of email correspondence with the school. They don't want to risk accepting a kid who is likely not going to accept and then make their yields look less impressive! So, if your kid is really, really interested in a school, make sure the school knows it!

FINANCIAL AID

This is the killer. College - any college - is really, really expensive. We had hoped that Eddie might receive a merit scholarship at his dream college. But I suspect even if he had launched an orphanage in Guatemala via Kickstarter and designed his own blood pressure tracking app, AND had a small chihuahua rescue operation on the side - while still maintaining his GPA and remaining "passionate" about track, cross country and other school activities - he still might not have received any merit-based aid. Or maybe he would have, but these merit scholarships are like unicorns - rarely seen and heard of! As for need-based aid, there seems to be a vast middle swath of us who don't qualify for need-based aid, but can't actually afford full MSRP at many colleges because we aren't backed by a trust fund or rich grandparents. But that's ok - there are so many factors to weigh in the long run such as whether this kid might go to grad school, how you're going to afford other siblings, travel to and from college, whether mom has to give up pedicures and margaritas on Friday. I'm kidding. Not really.

THE DECISION

Well, we had a few days left to go before May 1. We had three colleges remaining in the mix: the University of Notre Dame (the pinnacle of higher education - and football - for Catholics in the US). Trinity University in San Antonio, a small, excellent liberal arts school dotted with palm trees which happens to be PVT's alma mater. And Fordham University in New York City - a dark horse made very appealing from their merit aid offer and my son's apparent love of big cities, inherited from his mama.

Eddie desperately wanted to go to Notre Dame. We desperately wanted to help him get there. PVT drafted up spreadsheets showing what cuts we would need to make to our budget, and the loans we all would need to incur. (Mix this drama into quarantine - there was a lot of low hanging angst chez VT!) And Fordham? So intriguing, with a great business school - one of Eddie's interests - but we couldn't visit! And it's possible that if the specter of Covid-19 hangs over any campus in the fall, it would hang over Fordham.

Our wonderful Eddie is going to Trinity in the fall. He's excited to move to this beautiful, sun-speckled campus. Sure, I think he'll always be a little wistful about not attending Notre Dame - but all of us are relieved not to incur so much debt with kid #1. Maybe, if he doesn't jack around, he'll go there for graduate school.

So, mamas, love those high school kids, hang in there, and don't let them apply to every school in America. And stick around - I'll probably have a completely different college application story to tell you in a couple of years! Kid #2 - what's his name? Moe?

Editor's Note: For more insider tips and tricks, find TulsaKids' College Planner at www.tulsakids.com



Second Saturday Silents

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Celebrate and learn about the customs and traditions of Asian-Americans with entertaining, educational events for the entire family as Tulsa City-County Library presents its 18th annual Asian-American Festival virtually during the month of June. There will be a variety of programming for all ages. For a complete schedule of virtual events or more details about the Asian-American Festival, visit www.tulsalibrary.org/asianamericanfestival or call 918-549-7323.

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

June 1 Monday

FAMILY ART CLUB [FREE, W]
Head to Philbrook Museum's Facebook page around 10 a.m. to learn about a fun activity you can do at home! facebook.com/philbrookmuseum

June 2 Tuesday

CORONAVIRUS Q&A: A VIRTUAL TOWN HALL WITH OSU-TULSA EXPERTS [FREE]
Join TulsaKids Magazine and OSU-Tulsa for a Town Hall series designed to help families during the COVID-19 pandemic. At 10 a.m., an OSU representative will converse with TulsaKids Editor Betty Casey, answering questions from our community about their area of expertise. This conversation will be streamed via Facebook Live on both the OSU-Tulsa and TulsaKids Magazine pages. Visit or Facebook event page for details about this week's speaker: facebook.com/tulsakidsmagazine

PAPER PLATE DINOSAUR CRAFT WITH LIVING ARTS [FREE]
Living Arts of Tulsa is Flipping the Gallery, bringing virtual and stay-home activities to families daily, Monday through Saturday. On June 2, check Living Arts' social media for instructions on how to make a paper plate dinosaur craft. Learn more at livingarts.org.

SPANISH SUPPORT GROUP "NOS APOYAMOS" [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. Join Via Zoom at 6 p.m. Meeting ID: 544 826 7057 Password: 151678 ddadvocacy.net

June 3 Wednesday

CELEBRATE: NATIONAL RUNNING DAY!
National Running Day is observed the first Wednesday in June and celebrates the pleasure of running. If you can, enjoy a family run today!

June 4 Thursday

CELEBRATE: NATIONAL HUG YOUR CAT DAY
Give your kitty some extra love today! If you decide to observe National Hug Your Cat Day, feel free to tag @tulsakids (IG) or @tulsakidsmagazine (FB) in any pictures you share to social media, and we will share them to our Story!

June 5 Friday

LEARN AND PLAY [FREE]
Gilcrease Museum's Learn and Play events are designed for children ages 0-5 and their caregivers. Dur-

ing the museum's closure, families can access Learn & Play activities online! New activities will air June 5 and 19. Each video will feature a video discussing artwork from the Gilcrease collection and provide an accompanying activity. Learn more at gilcrease.org/learnandplay.

JUNE FIRST FRIDAY [FREE]
Join Living Arts of Tulsa for a virtual First Friday! Follow Living Arts on social media or visit livingarts.org for details.

June 6 Saturday

SINGALONG WITH HOT TOAST MUSIC CO. [FREE]
Sing along with Hot Toast Music Co. every Saturday morning at 10 a.m.! New songs will be posted on Philbrook's Facebook page: facebook.com/philbrookmuseum.

THE GREAT BACKYARD CAMPOUT [FREE]
Tulsa Parks is hosting its first-ever Great Backyard Campout! RSVP online to receive camping videos, family activities, recipes, story times and more—all for free. If you don't have a backyard, simply camp out in your living room, a balcony, or wherever you have available. Learn more on the Facebook event page at facebook.com/tulsaparks

June 7 Sunday

WEAR ORANGE WEEKEND (STARTS JUNE 5) [FREE]
Moms Demand Action is observing a virtual Wear Orange Weekend this year. Volunteers wear orange to honor victims and survivors of gun violence and to spread awareness of the gun violence crisis. Learn how to join in by following @MomsDemandActionOK on Facebook.

June 8 Monday

I CAN'T ACT WITH THEATRE TULSA [FREE]
Think you can't write a song, act, or keep calm from home? Think again! The I Can't workshops will be delivered right to your smart phone, laptop or tablet this summer. Since many people are home, the lineup includes workshops that either don't require supplies or they require things commonly found around the house. All online workshops are free and open to the public. In this week's workshop, Theatre Tulsa will teach participants the foundation for acting for stage or film. Register to attend by visiting centerforcreativitytulsa.com. 12-12:45 p.m.

June 9 Tuesday

CORONAVIRUS Q&A: A VIRTUAL TOWN HALL WITH OSU-TULSA EXPERTS [FREE]
Join TulsaKids Magazine and OSU-Tulsa for a Town Hall series designed to help families during the COVID-19 pandemic. At 10 a.m., an OSU representative will converse with TulsaKids Editor Betty Casey, answering questions from our community about their area of expertise. This conversation will be streamed via Facebook Live on both the OSU-Tulsa and TulsaKids Magazine pages. Visit or Facebook event page for details about this week's speaker: facebook.com/tulsakidsmagazine

TORN PAPER LANDSCAPES WITH LIVING ARTS [FREE]
Learn how to make Torn Paper Landscapes, courtesy of Living Arts' Flip the Gallery program, in which they bring a new virtual or stay-home activity each Monday through Saturday. Follow Living Arts on social media to get the tutorial.

TULSA PEOPLE FIRST [FREE]
This is a meeting for the Tulsa chapter of Oklahoma People First, a non-profit, state-wide, self-advocacy group run by, and for, people with developmental disabilities. Join via Zoom at 5:30 p.m. Learn more at ddadvocacy.net.

June 10 Wednesday

BIG KID BEATS [FREE, W]
Every Wednesday, Mr. Symon and his son Isaac lead kids of all ages in original songs that explore the magic of the world we all share. Follow @hottoastmusicco on Facebook for updates. Starts at 9 a.m.

June 11 Thursday

EXPLORE THE GARDENS [FREE, W]
Each Tuesday and Thursday, Philbrook will provide a virtual tour of its gardens! Follow @philbrookmuseum on Facebook so you don't miss it! facebook.com/philbrookmuseum

June 12 Friday

DIY INSTRUMENT-MAKING [FREE, W]
Every Friday, learn to make a musical instrument from recyclables and materials you can find around your house! Mr. Symon of Hot Toast Music Co. will demonstrate on Facebook—follow them @hottoastmusicco.

June 13 Saturday

2ND SATURDAY SILENTS WITH CIRCLE CINEMA
Go to facebook.com/circlecinema for details about this month's 2nd Saturday Silents film. For the past two months, Circle Cinema has been able to premier their 2nd Saturday Silent to YouTube at 11 a.m., with organ accompaniment.

June 14 Sunday

CELEBRATE: NATIONAL STRAWBERRY SHORTCAKE DAY!
Make your favorite strawberry shortcake recipe! Do you prefer a biscuit- or cake-based shortcake? Then, head to tulsakids.com to read our May 2019 interview with Strawberry Shortcake creator Muriel Fahrion!

June 15 Monday

SCAVENGER HUNT WITH LIVING ARTS [FREE]
Go on a scavenger hunt with Living Arts of Tulsa! Follow the gallery on social media (@livingartsoftulsa on Facebook or @livingarts_tulsa on Instagram) for details.

CHECK YOUR BREATH [FREE, W]
Join Hot Toast Music Co. for a weekly music moment with their new Breathe In Breathe Out SEL resource video. Mr. Symon will share songs and strategies for how to calm ourselves and better manage emotions. Follow @hottoastmusicco on Facebook for updates!

June 16 Tuesday

PICASSO COLLAGE WITH LIVING ARTS [FREE]
Living Arts will provide instructions for this creative activity on their Facebook page. Follow @livingartsoftulsa so you don't miss it!

June 17 Wednesday

PHILBROOK GARDENS REOPEN TO THE PUBLIC
It's opening day for Philbrook Museum's gardens! Purchase tickets in advance and reserve your time online at philbrook.org.

LINKS [FREE]
Links is a support group for adults with high-functioning autism. Monthly gatherings are designed to help participants build positive social skills as well as enjoy a variety of fun activities. This meeting will take place via Zoom at 6 p.m. Learn more at ddadvocacy.net.

June 18 Thursday

CELEBRATE: INTERNATIONAL PICNIC DAY
Go for a picnic, either in your back yard or at one of Tulsa's many beautiful parks. What's on your picnic menu?

June 19 Friday

LEARN AND PLAY [FREE]
Gilcrease Museum's Learn and Play events are designed for children ages 0-5 and their caregivers. During the museum's closure, families

can access Learn & Play activities online! New activities will air June 5 and 19. Each video will feature a video discussing artwork from the Gilcrease collection and provide an accompanying activity. Learn more at gilcrease.org/learnandplay.

2020 QUARANTINE CAT FILM FESTIVAL
Circle Cinema is participating in the first-ever Quarantine Cat Film Fest! This event supports independent movie theaters by bringing you a compilation of fantastic videos featuring felines. Learn more at circlecinema.org or facebook.com/circlecinema.

June 20 Saturday

June 21 Sunday

HAPPY FATHER'S DAY!

June 22 Monday

TULSA CITY-COUNTY LIBRARY'S SUMMER READING PROGRAM BEGINS! [FREE]
Hundreds of fun virtual events are scheduled to complement Tulsa City-County Library's Summer Reading Program, "Imagine Your Story," which kicks off June 22 and continues through July 31. Events include music performances by Hot Toast Music Company, national children's songwriter Will Parker and bilingual musician Nathalia Palis; hip-hop dance instruction with Joshua Forbes; glow circus performance by Inspyral Circus; princess storytimes; Bounce'n Beethovens music presentations; sewing workshops to create your own cosplay costumes; and many more entertaining events for the entire family. Visit www.tulsalibrary.org/summer for a 2020 Summer Reading Program special events and activity guide.

I CAN'T ATTRACT POLLINATORS WITH TULSA ZOO [FREE]
Think you can't write a song, act, or keep calm from home? Think again! The I Can't workshops will be delivered right to your smart phone, laptop or tablet this summer. Since many people are home, the lineup includes workshops that either don't require supplies or they require things commonly found around the house. All online workshops are free and open to the public. At this workshop, Tulsa Zoo representatives will introduce you to the Zoo's pollinator gardens and teach you how to create your own. Register to attend by visiting centerforcreativitytulsa.com. 12-12:45 p.m.

June 23 Tuesday

VIRTUAL TULSA CRIME STOPPERS TPD READING PATROL [FREE, W]
Tulsa Crime Stoppers will host virtual reading from Tulsa Police Officers every Tuesday and Thursday at 3 p.m. on its Facebook page, facebook.com/tulsacrimestoppers.

June 24 Wednesday

MINDFUL MEDITATION WITH JEFF KRISMAN [FREE]
Jeff Krisman hosts a weekly Mindful Meditation session as part of Living Arts of Tulsa's Flip the Gallery program. Visit livingarts.org or go to facebook.com/livingartsoftulsa for the Zoom link.

June 25 Thursday

MOM'S & DAD'S GROUP [FREE]
TARC'S Mom's & Dad's Group meets the last Thursday of the month throughout the year, from 7-8:30 p.m. It is a group for parents of children with developmental disabilities and focuses on nurturing and supporting families, encouraging positive strategies in dealing with challenges, and sharing in the joy of raising children. Join via Zoom. Get more information at ddadvocacy.net.

June 26 Friday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR.



Mr. Symon of Hot Toast Music Co. provides fun and educational programming for kids all month long. Follow them on Facebook, @hottoastmusicco, for the latest updates! Photo courtesy of Hot Toast Music Co.

June 27 Saturday

VIRTUAL ART LESSON WITH LIVING ARTS OF TULSA [FREE]
Join Living Arts and a local artist for a free virtual art lesson on Facebook Live! Follow @livingartsoftulsa for updates.

June 28 Sunday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR.

June 29 Monday

CELEBRATE: INTERNATIONAL MUD DAY
Usually, we look forward to Tulsa Botanic Garden's celebration of International Mud Day. This year, you can always celebrate at home! Try this mud painting idea from Margaritte Arthrell-Knezek of Under the Canopy: Mix different dirt samples with water or white paint till it achieves a paint-like consistency. Then paint with it!

June 30 Tuesday

FIND MORE EVENTS AT TULSAKIDS.COM/CALENDAR.

DISCLAIMER: Find more events at tulsakids.com/calendar! As always, please double check websites before heading to an event, in case details have changed due to COVID-19 or other circumstances.

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

CONTESTS + GIVEAWAYS

"QUARANTINE FASHION" PHOTO CONTEST



Enter to win a $100 gift card to Lolly Garden by submitting a photo of your family dressed in your quarantine best! Whether this looks like PJs at noon, a mask-wearing selfie, an haute couture-inspired outfit your toddler chose themselves…anything goes! Get the link at tulsakids.com/contests. Entry will be open through June 7.

Lolly Garden is a children's boutique located in Utica Square with classically curated, modern-inspired clothing for children infants through size 14. Learn more at lollygarden.com.

TULSAKIDS' SUMMER FAMILY FUN GUIDE

TulsaKids' Summer Family Fun Guide is a one-stop resource for summer fun! It includes lists of places to pick berries, stay-home activities, places to take swimming lessons, etc. Looking for road trip inspiration? Find our guide to a family drive down Route 66! And if you need a refresher on how to keep your kids safe and healthy this summer, we have advice for staying hydrated, water safety tips and more.

Plus, download TulsaKids' **Summer Family Fun Guide** by June 15 for a chance to win a Summer Getaway to Gaylord Texan! This vacation package, valued at $850, includes two-night room accommodations at Gaylord Texan for two people, a daily breakfast, plus resort fees and taxes. Packages are valid through Oct 6, 2020. Photo courtesy of Gaylord Texan.



Download your FREE copy at tulsakids.com/summer!

TULSAKIDS' GUIDES + DIRECTORIES

Find our Party Planner (located elsewhere in this magazine) all year long at tulsakids.com/guides. You will also find directories of local private schools, extracurricular options, health and wellness experts, and more!



STAYING CONNECTED

You may know TulsaKids as a monthly magazine, but you can stay connected with us all month long! Sign up for our eNewsletters at tulsakids.com/newsletter or follow us on social media (@tulsakidsmagazine on Facebook; @tulsakids on Instagram) to receive fun activity suggestions, community updates and more. Or, if you're looking for advice, join our Facebook group, TulsaParents, where you can ask questions and connect with other parents in the area.



Join Tulsa City-County Library's 2020

Summer Reading Program

IMAGINE YOUR STORY

June 22-July 31 | For All Ages!

Because of the global pandemic, this year's summer is going to look a little different to keep everyone safe. But readers of all ages can still read for the fun of it and enter drawings for cool prizes! Plus, you can attend special virtual events and try out learning activities at home!

Learn more at

www.TulsaLibrary.org/Summer

or call 918-549-7323.

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



LITTLES
(Birth to Pre-K)



CHILDREN



TEEN/TWEEN



ADULT



Safe Kids Tulsa Area, in partnership with The Children's Hospital at Saint Francis, is dedicated to preventing unintentional injuries—the leading cause of death and disability in children. To learn more about keeping kids safe, visit ***safekidstulsa.com*** or call ***918-494-SAFE (7233)***.

Some simple safety tips to keep your family safe this summer and every season:

Swim Safe

- If children are in or near the water, keep your eyes on them at all times.
- Use Coast Guard-approved life jackets on all children when boating or on a beach.
- Learn CPR in case of emergency.

Ride Safe

- Buckle up children correctly in age-appropriate car seats—every car ride, every time.
- NEVER leave a child alone in a car.
- Don't text and drive.

Walk Safe

- Teach children to always look both ways before crossing the street.
- Use crosswalks and sidewalks.
- Avoid texting and walking to stay aware of traffic.

Play Safe

- Look for and use age-appropriate playground equipment.
- Actively watch your children in playground areas.
- Equip kids with sport-appropriate protective gear.

Wheel Safe

- Provide kids with a properly fitted helmet when biking or skating.
- Adults and children should know proper rules of the road and obey all traffic laws.
- Avoid riding after dark; if you do, wear reflective clothing.

Download The Parent's Guide to Child Safety at safekidstulsa.com

SAFE KIDS TULSA AREA

The Children's Hospital at Saint Francis