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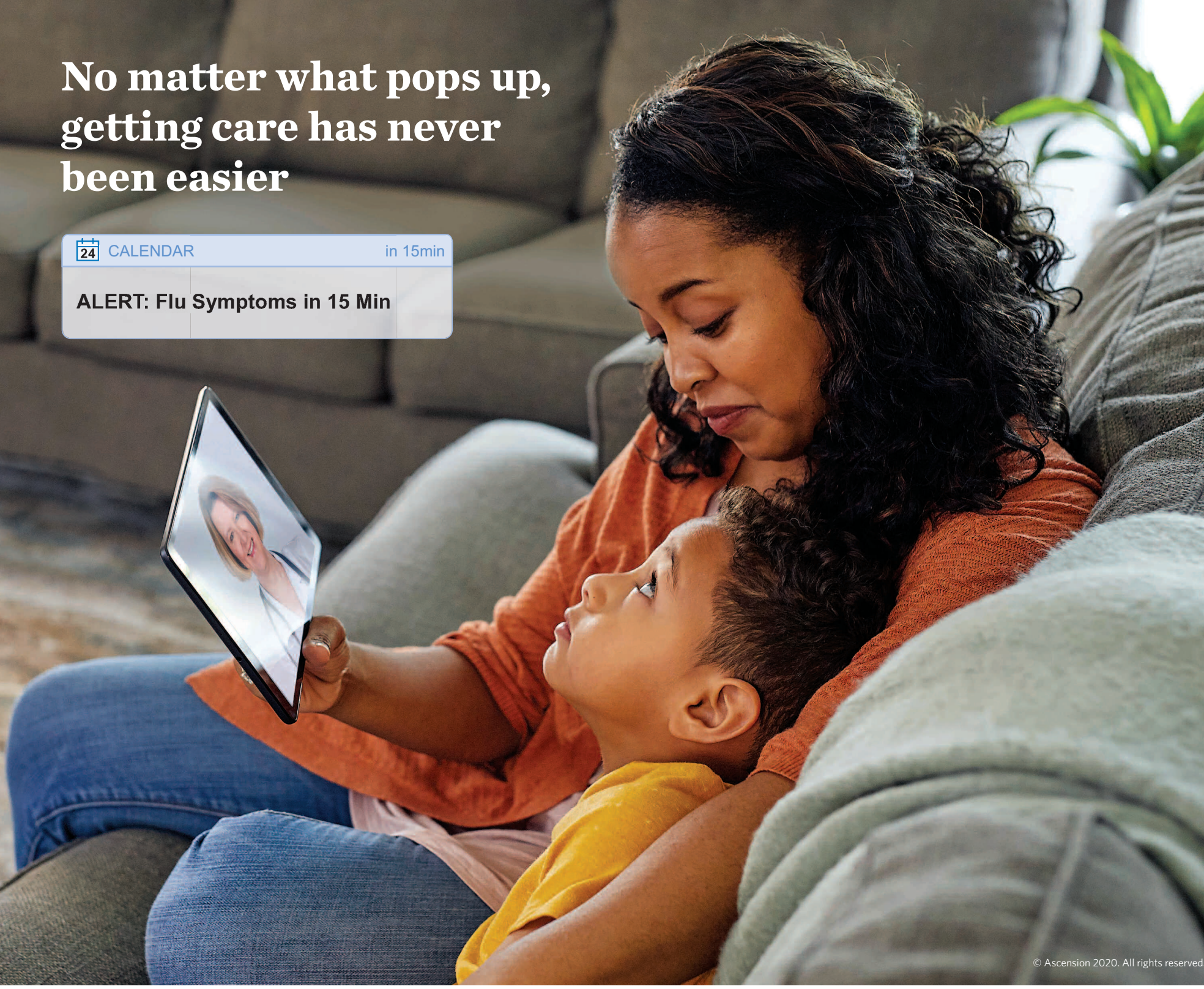
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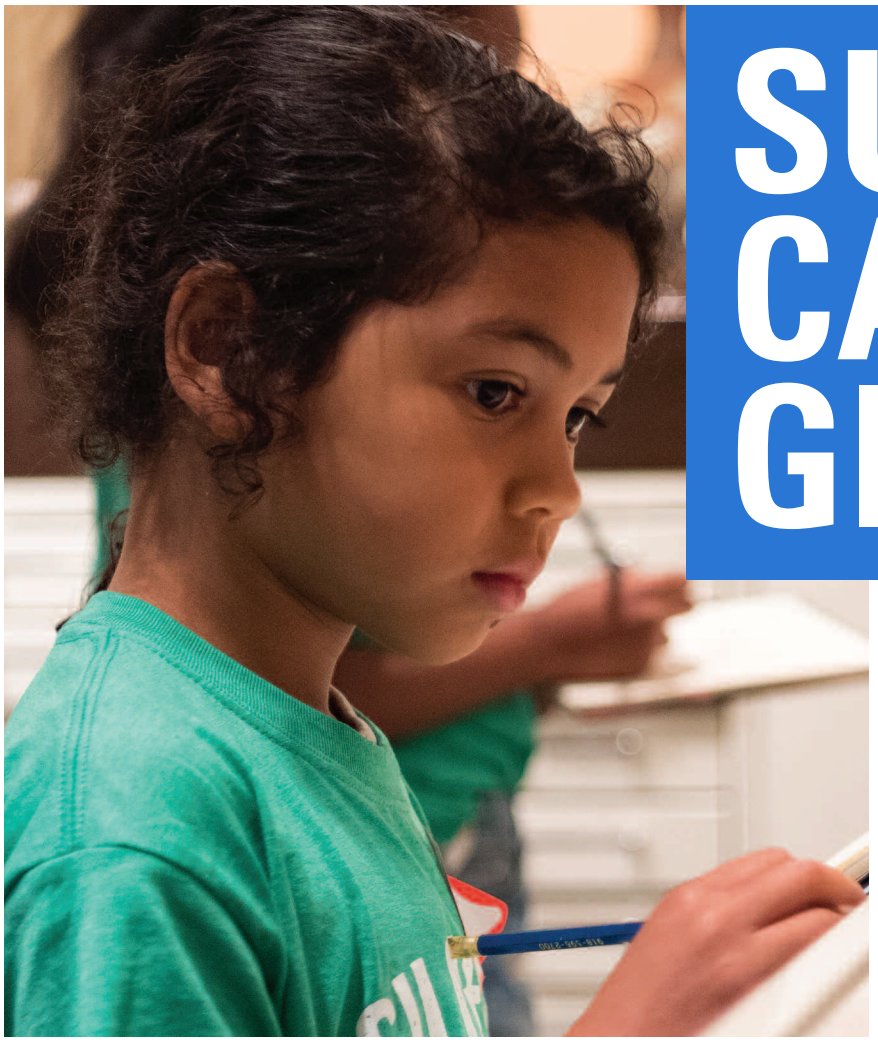
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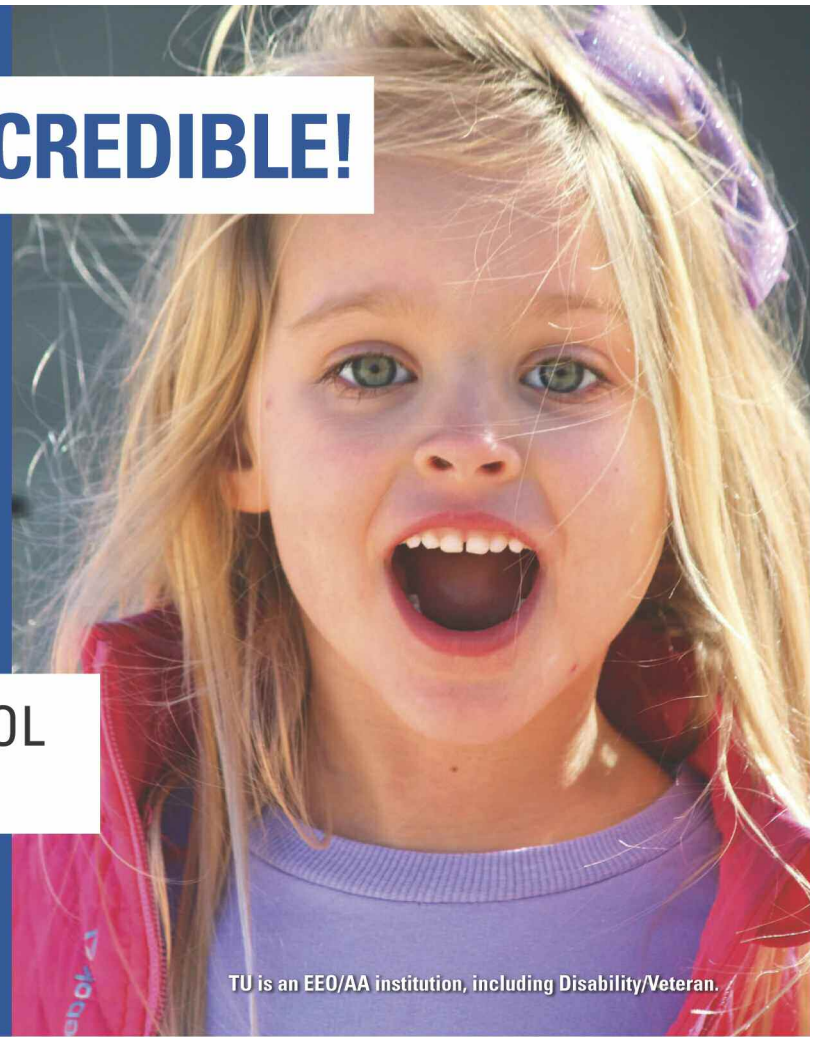
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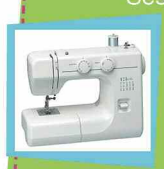
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April 2020

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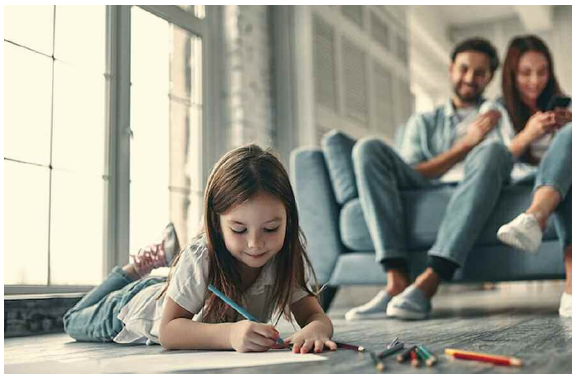
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editor's note

Coronavirus Catastrophe

Eeeek! I just rubbed my eye. Now it really, really itches. The more I think about it, the more it itches. Don't feel sorry for me. I don't have young children at home. I only have one graduate student and two labradoodles (and a husband who rubs his face – I never noticed how much!). My daughter was home for spring break from the University of Illinois. The bad news is that, like most colleges and universities, U of I has gone online for the rest of the semester. The good news is that my daughter can teach her classes online from our house in Tulsa if she chooses to stay a few extra days.

No matter who you are or what you do, this virus has changed your life, at least temporarily. Those of you who are part of small businesses like TulsaKids, we feel you.

So many things were cancelled this month that we just pulled out our entire calendar of events and pivoted to providing things to do at home while social distancing.

Looking at the positive side, rather than going into panic mode, we can perhaps use this as a time to hibernate and reconnect. Think of it as a long, long snow day. Settle in and take time to bond with your family. Great conversations come from playing board games together or doing puzzles. Learn a new skill. Do you know how to knit? Do yoga? Watch movies your kids like and take the opportunity to talk to them about what they do and don't like about the characters (a great way to sneak in your values).

But don't get too hibernate-y. While you can't go to your local gym, you can go outside. My yoga studio is closed (wah!), but I can still run and walk the dogs without breathing in someone else's Covid-19 germs. Walk, ride bikes, take a hike. Exercise relieves stress. We all need that right now.

It's also a good time to plan. Maybe you could plan a spring garden. Nothing says hope like putting a seed or small plant in the ground and expecting it to grow.

While we all confront this new, temporary reality, TulsaKids will be here for you online, in our TulsaKids and TulsaParents Facebook groups (let us know what you're doing and share ideas – don't be isolated. We want to hear from you!) and Instagram. Sign up for our e-newsletter. We're as close as your inbox.

Stay well!



Betty Casey
associate publisher and
editor in chief





ON THE COVER:
ASHTON DUNSTER DOES HIS BEST CLARK KENT LOOK AS HE PREPARES FOR THE
CAN SUPER HERO CHALLENGE.

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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.

GATHERING PLACE OFFERS FREE SHUTTLE SERVICE

Gathering Place announced a free shuttle program that will transport Park guests back and forth to Williams Lodge from three downtown locations. The Shuttle Program, is in partnership with Tulsa Transit.

The free Gathering Place shuttle is running every weekend through May. Shuttle hours are 4 p.m. to Park close on Fridays and 10 a.m. to Park close on Saturdays and Sundays.

The shuttle buses will run every 15 minutes from three downtown pickup locations: 4th and Denver, Tulsa Community College Metro Campus and Boston Avenue Methodist Church.

During the summer months, the free shuttle program will extend the days and hours. June 1, 2020, to August 31, 2020, the shuttles will operate Mon.-Thurs. from 4 p.m. to Park close, and Fri.-Sun. 10 a.m. to Park close.



TRAVIS GUILLORY FIRST PLACE IN VOCAL COMPETITION

Cascia Hall junior Travis Guillory is the winner of the 2020 Grady-Rayam Vocal Competition, male high school division. This competition, sponsored by the "Negro Spiritual" Scholarship Foundation, took place on the University of Southern Florida campus on February 8.

To prepare, Travis worked with teacher Candy Coonfield on a required spiritual, "Oh What A Beautiful City," and a spiritual of his choice, "Go Down Moses." Travis's final score, 318 out of 330, was the top score of any division at the competition. He was also able to visit with one of the namesake patrons of the competition and founding member of the "Negro Spiritual" Scholarship Foundation, Mr. Curtis Rayam.

As a winner, Travis will serve as an ambassador for the promotion, performance and study of the Negro-Spiritual genre of music for the coming year. His ambassador duties will include the study of new literature, numerous master classes with professional artists and several individual performances. Travis also recieved a $3,000 scholarship grant for college.



TULSA LITFEST 2020 APRIL 16-29

The Center for Poets and Writers at OSU-Tulsa, Magic City Books and PEN America announce the third annual Tulsa LitFest, is set for April 16-19, 2020 at locations across downtown Tulsa. This year's festival includes author talks, craft talks, writing workshops, a small press book fair, a poetry slam and more. All events are free and open to the public.

This year's headliners feature United States Poet Laureate Joy Harjo, Layli Long Soldier and Terese Mailhot, alongside Kendra Reynolds, Quraysh Ali Lansana, Lisa E. Wright, Lara Prescott and Andre Aciman. Harjo is an internationally renowned performer and writer of the Muscogee (Creek) Nation and lives in Tulsa. She is the author of nine books of poetry, several children's books and plays, and is the first Native American to be appointed United States Poet Laureate. Soldier is a citizen of the Oglala Lakota Nation, the author of the chapbook Chromosomory and the full-length collection Whereas, which was a finalist for a National Book Award. Mailhot is from Seabird Island Band of First Nations peoples in British Columbia, whose work has appeared in Guernica, Pacific Standard, Granta, Mother Jones, Medium, the Los Angeles Times and elsewhere.

For a full schedule of events and workshop pre-registration, visit tulsalitfest.org.

ACADEMIC ALL-STATE SCHOLARS

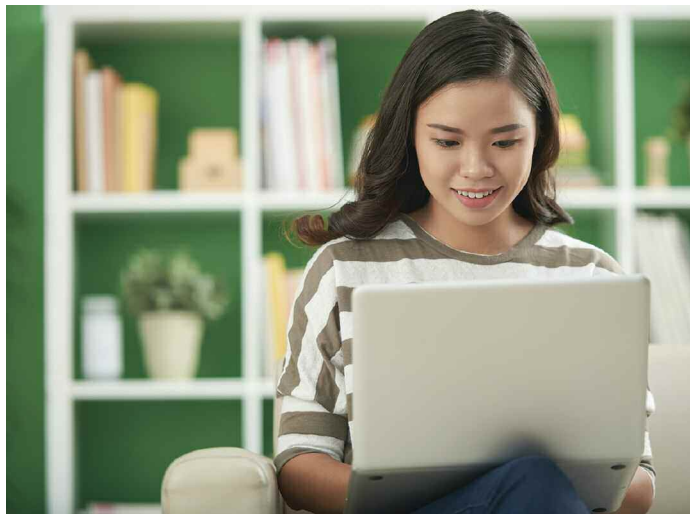
The Oklahoma Foundation for Excellence announced the winners of the 2020 Academic All-State Awards honoring 100 outstanding high school seniors in Oklahoma's public schools. Each All-Stater will receive a $1,000 merit-based scholarship and a medallion. The All-Staters will be recognized at the foundation's 34th annual Academic Awards Banquet on Saturday, May 16, at the Embassy Suites Conference Center in Norman. Academic All-Staters are selected based on academic achievement, extracurricular activities and community involvement, as well as letters of recommendation and an essay submitted by each nominee.

Tulsa-area students include: Kegan Firey, Berryhill High School; Tara Eldridge, Aiden Sudler and Jonah Wagner, Bixby High School; Michael Musa, Broken Arrow High School; Aadesh Bajaj, Michael Hwang, Jackson Jeffries and Mark Mills, Jenks High School; Christine Do and Nathaniel Ijams, Booker T. Washington High School; Xena Gehring, Edison Preparatory School; Ronan Locker and Katheryn Turner, Owasso High School; William Bouchard, Charles Page High School, Sand Springs; Keegan Knouse and Anna Claire McMullen, Union High School.

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What's Going On(line)?

CONTESTS & GIVEAWAYS

Find entry links at tulsakids.com/contests



Sign up for our eNewsletters (tulsakids.com/newsletter) to receive the latest information from TulsaKids! This includes updates on the Coronavirus situation, stay-at-home activity suggestions and more.

Plus, join our Facebook group, TulsaParents, to connect with other local parents during this time of social distancing. Ask questions, share educational resources, etc. We're all in this together!

And of course, you can always visit us online at tulsakids.com.

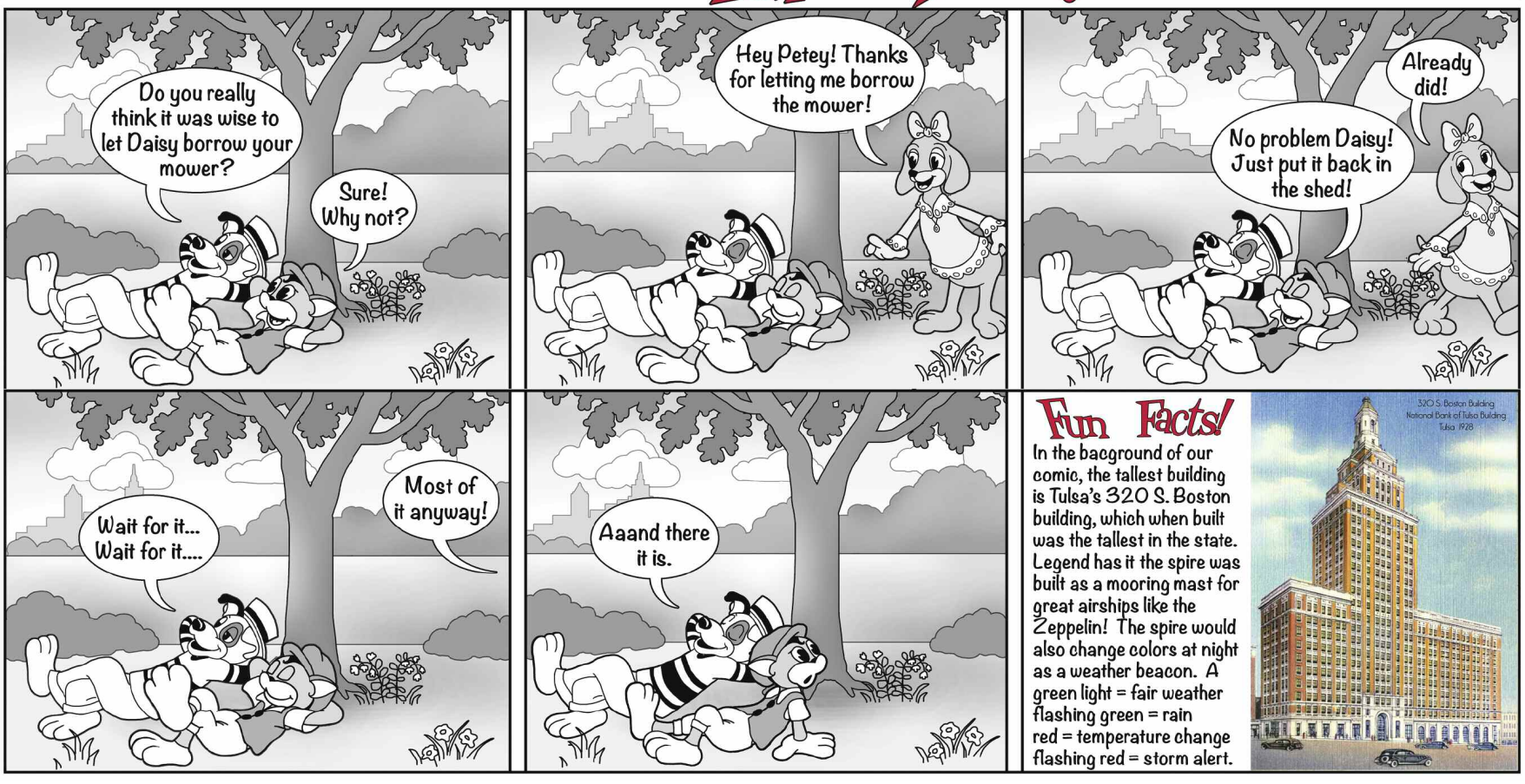
JOIN BE SMART– DON'T START ANTI-TOBACCO DAY

Blue Cross and Blue Shield of Oklahoma (BCBSOK) invites you to Be Smart-Don't Start Anti-Tobacco Day on Thursday, May 7, 2020 from 9 a.m. to 2 p.m. at Science Museum Oklahoma in Oklahoma City. The event for third through fifth grade Oklahoma students features hands-on educational activities emphasizing the dangers of tobacco use. Be Smart-Don't Start partners and BCBSOK's Mobile Assistance Center will also join in on the fun with interactive activities, trivia and prizes for children to enjoy. BCBSOK's mascot, Blaze the Braggin' Blue Dragon ®, will be there to meet kids and share his message of how great it can be to be tobacco free! The annual Be Smart-Don't Start program is an initiative to help teach school-aged children the dangers of tobacco use, and how to make smart choices to live a healthy life. Museum guests will receive free admission, courtesy of BCBSOK.

Science Museum Oklahoma is located at 2020 Remington Pl, Oklahoma City, OK.



Be Smart- Don't Start Anti-Tobacco Day



TulsaKids Media Wins Design, Digital & Editorial Honors

TulsaKids Media was honored with 13 awards at the Parenting Media Association (PMA) conference in March in St. Petersburg, Florida.

PMA received 566 entries for magazine issues and digital products this year. Reuben Stern of the University of Missouri's School of Journalism oversaw the judging by faculty members.

"This year's winning entries once again showcase the PMA publications' strength in offering practical and frank advice on tough subjects, as well as extensive suggestions for off-the-radar activities that expand children's horizons," Stern said. "Amid a sea of questionable material online, these articles are packed with reliable information from experts and primary sources. The stories also validate and inspire parents by giving a window into the lives of others dealing with similar challenges."

Congratulations to this year's winners.

Column: Child Development & Parenting Issues
Gold: *TulsaKids*; "Stages: Babies & Toddlers"; Kiley Roberson

Column: Family Fun
Gold: *TulsaKids*; "Get Cooking"; Natalie Mikles

Travel Feature
Bronze: *TulsaKids*; "Fayetteville, Arkansas: Local Charm, History and Outdoor Adventures"; Diane Tritt Eaton, writer

Personal Essay
Gold: *TulsaKids*; "Hip Mom in the Hospital"; Jill Van Trease, writer

Q & A Interview
Gold: *TulsaKids*; "Green Country Grownup: Muriel Fahrion"; Nancy A. Moore, writer

Investigative Feature
Gold: *TulsaKids*; "Is CKLA the Best Way to Teach Kids to Read?"; Betty Casey

Non-Traditional Story Form
Silver: *TulsaKids*; "Take the Family on a Route 66 Road Trip"; Tara Rittler

Interior Photography (Original)
Gold: *TulsaKids*; "I'm a Tulsa Kid"; Sheeba Atiqi

Best Blog/Bloggers
Silver: *TulsaKids*; "Grand Life"; Diane Morrow-Kondos, blogger

Bronze: *TulsaKids*; "Spaghetti on the Wall"; Tara Rittler, blogger

Best E-Newsletter
Gold: *TulsaKids*; "TulsaKids' Weekly E-Newsletter"; Tara Rittler

Best Use of Social Media
Bronze: *TulsaKids*; "TulsaKids Social Media"; Tara Rittler

Ancillary General Excellence
Bronze: *TulsaKids*; "College & Career Planner 2019-20"; Chuck Foshee, Betty Casey



BY KILEY ROBERSON

taming tattlers: a help or hurt approach

My son is a compulsive tattler. This sweet, innocent little 5-year-old has no shame when it comes to calling people out, and very often it's not just other children or his older sister. He tattles on his dad for "hurting his feelings" when he is told no, then he turns around and tattles on me to his dad for the same thing. He has even tattled on other adults – some just strangers we pass at the store – for smoking because he's heard me say that it isn't healthy for your body.

In general, this type of tattling doesn't bother me as much as the constant tabs he keeps on his sister. After all, smoking is bad for you people! However, nobody likes a tattletale, and I don't want my little informant to spend his life isolated from others. So is there a healthy amount of tattling and how can I teach these tattle boundaries?

The American Academy of Pediatrics (AAP) has a plan to help tame tattletales. The AAP acknowledges that tattling is perfectly normal behavior for preschoolers. It's during these early school-age years that children begin to develop social skills, specifically in relation to their peers. Children this age also have a strong and very literal idea of what is right and wrong, and they expect everyone to abide by the same set of rules. When these rules are perceived as "broken" by others, this can lead to tattling.



CARTER, THE COMPULSIVE TATTLER, WITH HIS SISTER, THE VICTIM.

Children psychologists agree that there are many reasons why young children tattle, and before you begin working to prevent it—it's important to understand the root cause:

Are they doing it for attention? Sometimes tattlers just want some recognition and may think that they can build their own status by making someone look bad.

Is it about power? Some tattlers like to be in charge, which is often the case for my daughter when she tattles on her younger brother for eating an extra cookie and leaving his toys out. She just likes to keep him, and sometimes other kids, in line.

Are they strict on rules? Most often, though, tattling is simply children noticing that others aren't following the same set of rules as themselves. Since they hold this very literal view of the world around them, as their cognitive development cannot recognize abstract reasoning yet, they expect all rules to be inflexible.

Of course there are benefits to having kids who sing like a canary about every offense. We want our kids to report when there is a potential problem and for them to know that intervention is sometimes necessary, especially in the case of bullying or abuse. The AAP says that's the key to teaching kids about tattling—explaining when it's appropriate to blab and when it's better to keep quiet, or tattling versus telling. When explaining this difference to kids, teach them that tattling means that they are trying to get someone in trouble, while telling means that they are trying to help.

continued next page

Putting this lesson into action means talking it out. The next time my son comes to tell me something his sister did, I can simply ask "Are you telling me about what your sister did to help her or hurt her?" If he says he wants to help, we can assess whether there is really a need for assistance or how he can take control of the situation himself without my help. If he says he wants to hurt her or get her in trouble, then it's time for a talk about how tattling to hurt others isn't acceptable.

Teaching this help or hurt approach will slowly help your child learn the difference between tattling and telling on their own. Just make sure you also teach them that they can always tell you anything that makes them feel sad, uncomfortable or scared. And if they point out poorly behaving adults in the meantime, let it go…they probably deserve it.





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A Program of TSET

BY MARY BETH RITCHIE, LCSW

math is not a four-letter word

Are you one of the many parents who are finding it challenging to help your child with math? You are not alone. It can be frustrating, and even embarrassing, when you don't understand your third grader's homework! Schools around the nation have switched to Common Core math. Although Oklahoma has its own standards, Common Core permeates much of the curriculum that is available to educators, so our standards are almost identical to the Common Core standards. Textbooks present the material in new ways that are unfamiliar to many parents, so they may find the method confusing. As a 14-year veteran teacher, I sometimes find it confusing as well. The claim is that it promotes a deeper understanding of math, but this has not been my experience. The good news is that the skills you're your child needs haven't changed.



How can you help your child with math? Keep in mind that some things are taught differently than you might expect, or they may be presented in an earlier grade, but there's no material difference. For example, some of our new math textbooks have students adding and subtracting by beginning at the left, but you can still help your child with addition using the traditional method. Learning multiple approaches to solve problems is an advantage for the student. The traditional method also leads to the correct solution. However, the textbook pages may expect students to use the new method, making it more difficult to help your child. This could lead to some less-than-desirable homework grades. If you are struggling to help your child, you may want to contact your child's teacher to explain the method to you. Don't be embarrassed, as this happens more often than you would think. You can also look for YouTube videos to explain. Khan Academy and Zearn.com are both good resources to help with Common Core math. It might also be helpful to search for a copy of your child's textbook. It would be even better if it were a teacher's edition.

One of the most important things parents can do to help their children in math is to practice facts with them. Fluent fact mastery will benefit your child in almost every topic learned in math. Addition and subtraction facts should be mastered before third grade. Once students reach third grade, the focus will shift to multiplication and division.

One thing that frequently surprises parents is the complexity involved in each individual math topic to be learned. For example, parents may be surprised to learn that their child is struggling with third-grade addition and subtraction. They often don't realize the number of skills that must be mastered in order to be successful with addition and subtraction in the upper elementary grades. Many of the problems students will be expected to solve are word problems. Problem-solving skills are essential.

Elementary students frequently struggle with which operation is needed in order to solve a word problem. I teach my students to use unit bars, a strategy from Singapore Math. You may wish to explore this strategy in order to help your child solve word problems. Students also need to be able to skillfully round numbers, and they need to recognize which problems require this strategy. Students will also be ex-

continued next page

pected to filter out information which is not needed in order to solve problems. When solving complex math problems, your child should not be struggling with fact mastery at the same time.

Many parents don't stop to think how fact mastery also helps students solve problems with fractions. Students as young as third grade are expected to simplify fractions. Consider how easily the fluent multiplier can simplify 7/49. This becomes problematic for children without fluent fact mastery. Whether your child is using one of the new math programs, or a more traditional method, fact mastery is essential. Helping your child master these facts is one of the most beneficial ways you can help.

School-age children will be learning to solve problems with time and money, regardless of the curriculum being used. These problems can easily be applied to daily experiences at home. It is important that you understand the depth of knowledge needed. In the upper grades, reading a clock is not enough. Have children figure the elapsed time of situations. For example, if your family left the house at 11:14 to have lunch and see a movie, and returned home at 3:23, how long was the family gone? When helping children become skilled with money, help them count the change in your pocket. When shopping, or at dinner, have children figure out how much change you'll receive. Have them predict which coins will be received as change.

It's true that many things in the presentation of math have changed in recent years. However, the basics aren't much different. New math can leave parents feeling helpless to assist their children. In actuality, there are still many ways you can help your child be successful in math. The above tips should allow you to assist your child, no matmatter what textbook is being used.

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BY JULIE WENGER WATSON

Food Bank's Junior Ambassadors learn community advocacy

For most of us, hunger is an annoyance, something that happens when we miss an occasional meal, easily remedied with a snack or a second latte. However, for many Oklahomans, hunger is a constant. Food insecurity - not having consistent access to adequate food due to lack of money or other resources - is a real problem in our state. In Tulsa County alone, almost 22 percent of our younger residents, or around 35,000 kids, are considered "food insecure." One in four are at risk of going to bed hungry. Here in our city, the Community Food Bank of Eastern Oklahoma's Junior Ambassadors are working to find a solution, fighting hunger through activism.

Jenny Berry is the Food Bank's staff leader of the Junior Ambassadors. She starts recruiting new members in the summer, contacting teachers at different Tulsa area high schools.

"We're looking for students who want to be involved within the community and who want to make a difference," she says. "We don't want them applying just because their parents want them to apply or because it will look good on a resume. We want them applying because they really want to make a change in the Tulsa area."

The group meets about once a month during the school year,



JUNIOR AMBASSADORS LOBBY AT THE STATE CAPITOL.

advocating and volunteering to alleviate hunger in the community.

Ellie Armstrong, a sophomore, joined the group this fall with an eye toward padding her resume, but she soon found a greater motivation.

"After I actually began attending meetings, I ended up becoming super invested in the program, as well as the Food Bank itself. It was primarily the mission that really roped me in. I never really realized how immense of an issue food insecurity really is in Oklahoma," Armstrong recalls. "I also began to notice the subtle impacts of food insecurity around me, like one of my closest friends being very mindful as to how much food she buys during lunch every day, which is oftentimes nothing at all, as to not cost her parents too much money. Furthermore, being able to help those afflicted, whether it be holding fundraisers like Battle of the Bands or attending Anti-Hunger Action Day in Oklahoma City, is really such a wonderful thing to be a part of."

While Berry believes it's important to engage these teens in the fight against hunger, she also thinks the program teaches skills that can be applied for other causes, as well.

"We want to teach them how to be a good volunteer, how to advocate for people who might not have a voice. We really want to give them the tools they need to go out in their community and make a change," she says. "My goal with this program is not only to give them the tools to fight food insecurity, but to also equip them to make changes in all areas that interest them. I want them to carry the skills they've learned as a Junior Ambassador to all parts of their lives."

Armstrong has definitely learned she can make a difference.

"If I care about an issue, I want to do all I can to live that out. Being given the opportunity to, for example, go and converse with lawmakers about food insecurity really allows us as high school students to make a legitimate difference in Oklahoma's issues, which is a hundred times better than just preaching about the issue without actually doing anything," she notes.

Berry finds inspiration in the passion and perspective the teenagers bring.

"There is a fearlessness with them. I think for a lot of them, social justice issues are something they're just learning about, and they're excited to make a change and really passionate about getting out there," she says. "When you sit at your desk all day, sometimes it can be hard to remember why you're doing this. These kids help shift your perspective and you realize, 'Oh, yeah. I'm doing this because I want to help people.'"

For more information on Junior Ambassadors and this event, visit www.okfoodbank.org, or contact Jenny Berry at 918.936.4511or jberry@okfoodbank.org.



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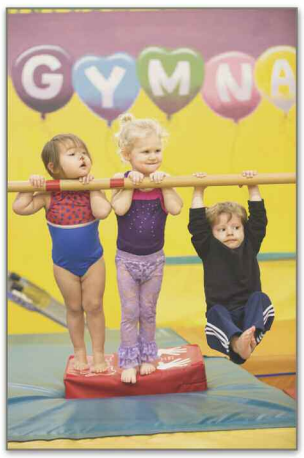
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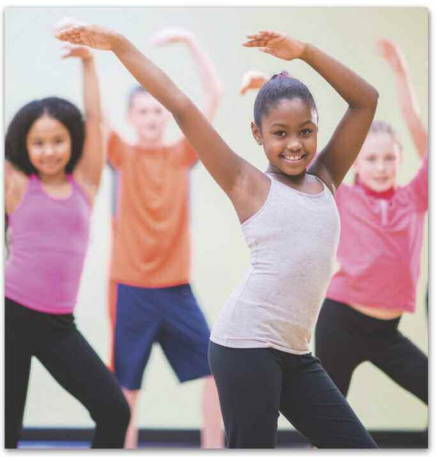
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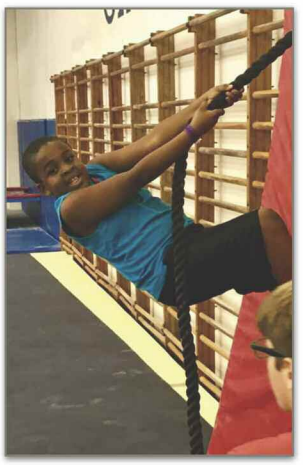
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TODD HOFFMAN, M.D., CHIEF MEDICAL OFFICER, BLUE CROSS AND BLUE SHIELD OF OKLAHOMA



Q&A with a Doc: The Dangers of E-Cigarettes

Electronic cigarettes (e-cigarettes) are a growing trend among youth, with recent news of severe lung injury tied to e-cigarettes there are still concerns and questions about the long-term health risks of using such products. Tobacco Stops with Me, a Program from TSET estimates approximately 1,500 children under the age of 18 will become new smokers each year, and kids report using e-cigarettes as early as 12 years old.

To help teach children about the dangers of smoking and using products like e-cigarettes, BCBSOK initiated the Be Smart-Don't Start Anti-Tobacco program in 2004, impacting thousands of Oklahoma students each year. The program features kid-friendly mascot Blaze, the Braggin' Blue Dragon, a smokeless dragon who makes healthy choices.

To help parents understand the dangers of e-cigarette use, Todd Hoffman, M.D., Chief Medical Officer for Blue Cross and Blue Shield of Oklahoma, answered a few questions.

1. From a physician's perspective, what are the long-term health effects of e-cigarettes?

E-cigarettes are still fairly new, and we are still learning about their long-term health effects. Most e-cigarettes contain nicotine, but e-cigarette aerosol can contain substances that are harmful to the lungs as well. This includes cancer-causing chemicals and tiny particles that can reach deep into lungs. This may result in chronic lung diseases like bronchitis, asthma and more.

2. What are the common misconceptions about e-cigarettes?

E-cigarettes use a battery to heat up special liquids into an aerosol that users inhale. It's not just harmless water vapor. The e-juice that fills the cartridge contains a chemical called propylene glycol, used as antifreeze. This is going through your lungs and can cause irritation. Vaping is not safer than cigarettes. According to the CDC, e-cigarette aerosol often contains fewer toxic chemicals than regular cigarettes, but can contain harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

3. As of January 2020, there have been 2,711 hospitalized cases reported due to severe lung injury associated with e-cigarette products from all 50 states according to the Oklahoma State Department of Health. What warning signs can parents look for if they suspect their child is vaping?

There are a few signs to look for. If your child is healthy, and suddenly begins coming down with Pneumonia more often than usual then that could be a sign. Research found nicotine exposure can cause inflammation of the lungs, and bacteria build up in the lungs causing infection. Secondly, vaping can dry out the nasal passageway causing nosebleeds. Lastly, if you find your child is thirsty all the time, vaping can cause you to lose moisture of your mouth and throat. Additionally, when the mouth is dry it loses some flavor awareness. If you see your child also adding more than normal spices or salt to their meals it can be a sign as well. This is call 'Vaper's Tongue.'

Look for odd behavior and keep up-to-date on the latest vaping products.

4. Last year, Congress passed legislation prohibiting the sale of cigarettes, e-cigarettes, cigars and tobacco products to anyone under the age of 21. Right now, Oklahoma law's minimum age to buy tobacco products is 18. Under Senate Bill 1423, the age would raise to 21 to match the federal law. How do you think this will change the vaping industry and overall health for young Oklahomans?

If raising the minimum age stops even just a handful of kids from starting e-cigarettes and using tobacco products, then it's doing its job.

5. What can we do today to help prevent young people from using e-cigarettes, vaping and tobacco products?

Talk to your child and give them the tools and facts needed to help them make the right choices. Look for signs if there are concerns.

Blue Cross and Blue Shield of Oklahoma is proud to present the Be Smart-Don't Start Anti-tobacco program once again. Children and their parents are invited to learn about the dangers of tobacco products at the 16th annual Be Smart-Don't Start Anti-Tobacco Day on Thursday, May 7 at Science Museum Oklahoma in Oklahoma City. Admission to the museum is free the day of the event courtesy of Blue Cross and Blue Shield of Oklahoma. Learn more by visiting bcbsok.com

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A big thanks to every kid who splashed, pedaled and ran to the finish line of the seventh annual **Health Zone Kids (mini) Triathlon.** Proceeds from the event benefit other kids through The Children's Hospital at Saint Francis.

*Visit **saintfrancis.com/healthzone** to learn about upcoming summer camps and activities at the Health Zone at Saint Francis.*

7TH ANNUAL HEALTH ZONE KIDS (mini) TRIATHLON

HealthZone at Saint Francis

Learn-at-home Resources



With events cancelled and venues closed due to the coronavirus, we have replaced the calendar and showtimes with things to do while you're social distancing. Here is a list of educational resources that you can use during an extended stay at home.

What are some of your favorites? Email them to tara.rittler@gmail.com so we can update this list online!

Also, join our Facebook group, TulsaParents, to make sure you are receiving the latest COVID-19 updates from TulsaKids.

AGRICULTURE

Oklahoma Agriculture in the Classroom has some lists of agricultural facts as well as fun activities like making applesauce oobleck, play dough, sand and more. Find them at agclassroomok.org.

ANIMAL BREAK!

Many zoos offer livestreams of some of their most popular animals. The Oakland Zoo (oaklandzoo.org/webcams) has elephant webcams, black bear webcams and more! The San Diego Zoo (animals.sandiegozoo.org/livecams) lets you observe their polar bears, koalas, panda bears, etc. Looking for something a little more creepy-crawly? Check out the Houston Zoo's Leafcutter Ant webcam at houstonzoo.org.

ART APPRECIATION: VIRTUAL MUSEUM TOURS

Travel + Leisure shared a list of twelve museums offering virtual tours. These include: The British Museum in London, The Guggenheim Museum in New York and the Rijksmuseum in Amsterdam

ART PROJECTS FOR KIDS

Taking a virtual museum tour is just one way to enhance your children's art appreciation from home. Other resources include @artprojectsforkids on Instagram, where Kathy Barbro shares simple art tutorials the whole family can do together. If you're not on Instagram, check out Art for Kids Hub on YouTube, where the Hubs family works together to create fun art tutorial videos.

Want to create your own art tutorial? Email to tara.rittler@gmail.com, and we will try to share it on social media.

EMERGENCY PREPAREDNESS: CDC'S ZOMBIE PREPAREDNESS CAMPAIGN FOR EDUCATORS

If you are looking for an engaging way to help your child through the COVID-19 outbreak, check out the CDC's Zombie Preparedness kit. Kids can help come up with items for their own emergency kit, do a "Disease Detective" activity and read a graphic novel designed to help kids understand how to be prepared for an emergency pandemic. Find it at cdc.gov/cpr/zombie/educate.htm.

SCIENCE

Mystery Doug is a website where you can sign up to receive a free educational video each week. During the Coronavirus outbreak, re-

continued next page

lated website MysteryScience (mysteryscience.com) is offering some free video content, covering questions such as "Can Animals Laugh?" "What is the Biggest Tree in the World?" and "How Can You Find Animals in the Woods?" Some of these are 5-minute lessons, while others are 15-20 minutes and include activity suggestions.
Tumble Science Podcast for Kids "is a science podcast, to be enjoyed by the entire family. We tell stories about science discoveries, with the help of scientists! Join Lindsay and Marshall as they ask questions, share mysteries, and share what science is all about." Learn more at sciencepodcastforkids.com.
NPR's Wow in the World podcast explores multiple facets of our world. Everything from "The Buzz on Bee Barf" to an exploration of why boredom can be good for you! Find the latest episodes at npr.org/podcasts/510321/wow-in-the-world.

STORYTIME
The Reading Bug's Story Podcast explores the world of story and adventure! The producers recommend that children color along to the story. (thereadingbug.com/adventures)
The popular Story Pirates podcast reenacts stories written by kids. After you have a listen, try writing your own story. (storypirates.com)
Just want to read a good book? Storyline Online features read-alouds of popular children's books. (storylineonline.net)
And of course, if you have a library account, you can browse TCCL's digital and audiobook collections at tulsalibrary.org.

ADDITIONAL RESOURCES
Scholastic.com has teaching resources for children, broken up by grade category. Looking for the perfect activity for your Kindergartener? They have day-by-day lesson plans covering topics such as plants and animals, space and more.

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BY KRISTI ROE OWEN

working from home? creating your COVID-19 school cancellation schedule

The COVID-19 pandemic has caused millions of families across the globe to adjust to a new normal, however temporary. With school out temporarily and millions of parents across the country working from home, many parents are shuffling their lives around to adapt to a new daily life.

Maintaining structure in this challenging time is important for a number of reasons. Chief among them is that keeping your kids on schedule will invariably make it easier to complete your own work. Then there's the academic side. Even when districts aren't yet requiring students to work remotely, many parents are concerned about the schooling their children are missing out on and want to help keep them on track in the meantime.

Additionally, the CDC notes that keeping up with routines can help your child better cope with the emotional challenges they may face during the COVID-19 pandemic. Under the CDC's guidelines for managing anxiety and stress related to the pandemic, the CDC recommends maintaining regular routines that include time for fun and learning.



To get advice on creating a family schedule, we turned to the experts: Tulsa parents.

Jessica Case and her husband Jeremy have been navigating the work-from-home and homeschool balance with two young children for three years. Her husband had been working from home on his own for years when the family shifted to the whole family working and schooling at home full-time.

It wasn't as easy as flipping on a switch, though. "It was an adjustment to bring three more people home all the time," Jessica said. The family relies on a structured schedule and digital communication to keep everyone in the loop.

For many families like the Cases, managing time to work is a delicate balance. Small children in particular can require a high level of interaction, making work at home tremendously challenging.

For the Case family, that means one parent works during the day while the other works intermittently during the children's daily schedule. Jessica notes, "I plug in 20-minute chunks while my kiddos are working independently, as well as working in the evenings a few days after bedtime depending on what I need to accomplish."

Although some work will necessarily require designated on-the-clock hours, for those whose work is task-oriented, working after the children are in bed or during free play time is often the most manageable approach.

Union second-grade teacher Grace Roberts' daughter isn't school-age yet, but Grace has been collecting resources to help parents manage the extended break since it started to look like school closures were on the horizon.

"I've been following everything since I figured we would eventually need it. I know I'll have parents asking me, so I wanted to be ready." She noted that in a similar "Takes a Village" mindset, teachers and parents across the country have been compiling lists, links, and countless resources at an unprecedented rate, leveraging the power of social media to share, support, and uplift each other and our children.

And we certainly need it. Until a week or two ago, most

continued next page

parents were planning spring break camps and family vacations. Instead, we're faced with extreme social distancing measures unlike anything we've ever experienced. That means not only are we struggling to keep our kids entertained, but we're doing so without ever leaving our homes.

And it's not just newly remote employees who find themselves facing a new challenge. For stay-at-home parents, the important work of keeping a home in order and managing daily responsibilities can be all but impossible with school-age children unexpectedly at home.

IMPORTANT SCHEDULE CONSIDERATIONS

Before you get started compiling your schedule, consider the following:

1. How many hours do you need to complete your workload?

If you're new to working from home, it may take some time to get a full grasp of how many hours you'll need to accomplish your workload.

2. When will you need to work?

Determine if your work requires you to work during certain set hours or if you can be more flexible with your schedule.

3. Is it possible to work with your children underfoot?

Younger children can be difficult to keep on a schedule that is conducive to work. Assess whether spacing your work out during their downtimes is possible. When it comes to working with small children in the home, getting your routine down can be a matter of trial and error, so try to stay open to change.

4. What goals do you have for your children during this time?

Determine your priorities for your kids during this time. Since no one is sure yet how long the COVID-19 crisis will last, it's a good idea to think about sustaining habits that could substitute for your kids' school schedule for an indeterminate amount of time. Are you more concerned with keeping your kids on a routine? Are you focused on making sure they stay on track academically?

BUILDING A WEEKDAY SCHEDULE

Integral to a good family schedule is a highly structured wakeup time. It may be tempting to fall into summertime habits and let your kids sleep in as late as possible, but once you lose the structure of the school week, it can be difficult to get it back. You'll also want to stick to a set bedtime.

Work in a set time for breakfast and lunch, and decide what time kids will be free to play on their own for the day. Your kids need healthy meals and exercise more than ever to help boost their immune systems. Even under quarantine, it's fine to take a walk or play outside, although you'll want to avoid letting them play with groups of other kids.

Your family schedule will depend on how old your kids are and how much interaction they need throughout the day. It's also a good idea to have a couple of back-up activities in case what you originally planned doesn't work out.

No one expects you to get the kids ready for college while school is out. At the end of the day, do what feels right for your family, whether that's giving the kids busy work so you can finish yours or helping them finally figure out the magic of exponents.

Here are a few things you may want to consider as you're building your schedule:

1. Exercise with YouTube

If you're looking for ways to get your kids moving in an organized way without exposing them to public spaces, YouTube offers a plethora of videos. Host a daily dance party: Kids love to learn dances like the Cha Cha Slide and Git Up Dance, and everyone can be as silly as they want to be in the privacy of your home. There's also a vast selection of kid-friendly yoga videos available for free on YouTube.

2. Audiobooks and Podcasts

The Tulsa City-County Library offers free online access to thousands of audiobooks, and there's never been a better time for kid-friendly podcasts, which are accessible through any number of streaming audio services.

3. Reading Time

Schedule in reading time even if your kids aren't reading yet. Young children can benefit from listening to books, and they can also benefit from spending time turning pages and checking out how books work.

4. Chores

Don't forget to schedule age-appropriate chores. Chores give kids a sense of responsibility, purpose, and routine, and having everyone throw down helps reduce the chaos in your home.

5. Electronic Devices

It's a good idea to decide how you're going to handle devices. Consider unplugged periods during the day when your kids won't be using devices to work online.

6. Educational Resources

If you visit the Tulsa Library website, you'll also find virtual lessons on a wide range of subjects including art, design and language. Additionally, many online learning resources like ABC-Mouse are offering free access to their services for a full month or more during school closures. We'll have a complete list of resources on our website at www.tulsakids.com.

7. Creative Time

Be sure to set aside time for creative thinking. One of the best ways to keep kids busy during school closures is to encourage creativity through art and storytelling. If your art supplies are pretty basic, remember that all most kids need to get super creative is a pencil or crayons and paper. Journal keeping also helps kids work through their feelings in a positive and healthy way.

8. Virtual Field Trips

Museums across the country like the Boston Children's Museum are responding to school closures by offering virtual field trips. Visit www.tulsakids.com on the web for a complete list of resources.

CONSIDER DIGITAL SCHEDULING

If your co-parent or kids use devices, digital scheduling solutions like Google Calendar can be a lifesaver. Building notifications into your kids' schedule can save you from countless "is it time for lunch yets."

Jessica and Jeremy Case share both their personal and work calendars to keep each other up to speed. In the hustle and bustle of managing work and kids, Jessica notes, "We can see what and where the other is going and doing," keeping everyone on the same page.

Sample Schedule 1

8 a.m.: Wake up, get dressed, and eat breakfast.
9 a.m.: Go for a morning walk or play in the backyard.
10 a.m.: Creative time with play centers similar to those they might use in school. In centers, kids can spend time with LEGOs, art supplies, Play-Doh, kitchen toys, or other creative play zones.
11 a.m.: Reading or audio book time
11:30 a.m.: Chores and clean up time
Noon: Lunch
12:30 p.m.: Independent play time
1 p.m.: Online academic learning
3 p.m.: Outdoor play
4 p.m.: Free screen time

Sample Schedule 2

8 a.m.: Wake up, get dressed, and eat breakfast.
9 a.m.: Reading time
10 a.m.: Free play
11 a.m.: Online math time
Noon: Lunch
12:30 p.m.: Independent play time
1 p.m.: Online language arts learning
2 p.m.: Exercise or outdoor play
3 p.m.: Free screen time
4 p.m.: Creative activities

HELP WITH SCHOOL LUNCHES

Millions of families across the country depend on school lunch assistance to give their kids a healthy meal twice a day during the week. For TPS families concerned about access to food during the school closure, Tulsa Public Schools is offering grab-and-go lunches. Visit our website to learn more. Union Schools will offer a similar program with drive-through pickup for both breakfast and lunch.

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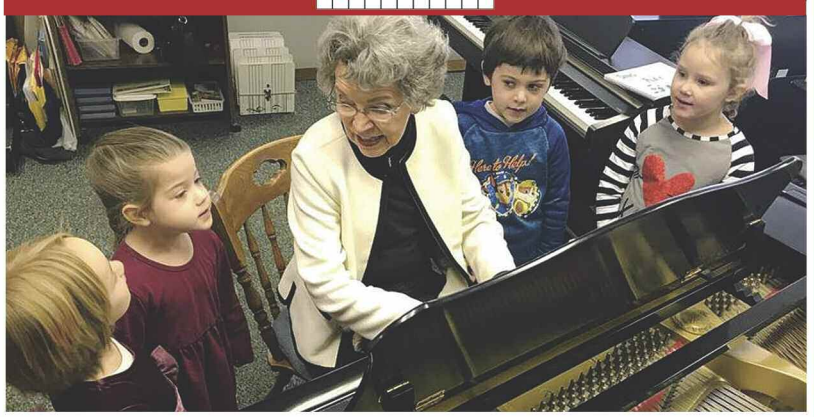
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BY NATALIE MIKLES

taking kids to the theatre? read this first

A parent's vision of taking children to their first live theater experience doesn't always meet reality.

Dressing up and taking photos in the lobby is part of the fun. But it's not so fun when your 3-year-old whispers he needs to go potty and there's still a long way to go until intermission. Or when your 6-year-old, who you thought could handle the show, is too scared to sit through "The Lion King." Or when a sibling fight over who gets to hold the box of Skittles erupts in the quiet theater.

But then there are the moments that make it all worth it. When you look to the left and see the huge smile on your child's face. When your toddler squeezes your hand because she's so excited about what's happening on stage. When your teenager announces after the curtain drops that he wants to be on Broadway one day.

Taking kids to the theater can be life changing, and creating life-long theater lovers can begin very early. The key is knowing what they're ready for and preparing them for the experience.

This spring and summer, Tulsa has many opportunities for family theater experiences, from shows for the very young to teens.



Planning for the experience, and talking to your kids about theater etiquette can go a long way to make the show a smash hit.

Kristin Dotson, CEO of Celebrity Attractions, said it's important to manage a child's expectations ahead of the show to help nurture a love of live theater.

"When the Peter Pan tour came to Tulsa several years ago, a mom requested a refund because her 3-year-old was scared of Captain Hook. She said, 'But he loves watching the movie at home!'" Dotson said. "There is a big difference between watching a movie in your well-lit living room with the characters on the screen, and bathroom and snack breaks on a whim, versus seeing a show in a dark theater, live on stage, with lighting and special effects."

Dotson said the general acceptable age for bringing children to a Broadway-style family show (such as the upcoming "Frozen" or "Charlie and the Chocolate Factory") is 6 years old, though every child is different. She says parents should find out the length of the production, look up reviews online or call the box office for additional information to make the best decision.

But you don't have to wait until age 6 to introduce children to the theater. Tulsa has many opportunities, including the PAC Imagination Series, Clark Youth Theatre, Spotlight Children's Theatre and Theatre Tulsa that offer theater experiences for younger children.

Children's ballets, offered by the Tulsa Ballet, are another great opportunity for young children. The ballet's production of "Peter and the Wolf," geared for children, has been a success since it came to the stage last year. Many children, including school groups, have attended the performance at both the Tulsa Ballet's theater Studio K in Brookside and at the Hardesty Center for Dance Education in Broken Arrow.

Colleen Lahti, education and outreach manager for Tulsa Ballet, said a children's ballet, like "Peter and the Wolf," is shorter in length, which makes it easier for children to sit for the duration. "Peter and the Wolf" also has moments throughout that encourage a visible reaction to and interaction with the dancers and narrator so that a parent or teacher

continued next page

isn't shushing kids throughout the performance.

Lahti said the age a child is ready to attend a ballet is something that varies greatly with each child.

"We see children of 2 and 3 years old attend a performance of "Peter and the Wolf" or "The Nutcracker" and sit enthralled with what they are seeing on stage," she said. "The time of the performance does make a difference in a child being successful in attending a ballet."

She said matinee performances tend to be better for young children, where elementary-age kids and older can enjoy the evening shows.

Lahti also advises parents that their children may not be engaged the entire time, and that is OK.

"Some children close their eyes and just listen to the music. Even when a child seems disengaged, you may be surprised by what they're actually taking in," she said.

UPCOMING FAMILY-THEATER PRODUCTIONS

Matilda
April 25-26 and May 1-3 and 8-10
Tulsa PAC

Frozen
June 3-7 and 9-14
Tulsa PAC

Seussical
June 5-7 and 11-14
Tulsa PAC

Charlie and the Chocolate Factory
June 16-21
Tulsa PAC

NOTE: Check for date changes resultiing from coronavirus closings.

BEFORE YOU GO...
Here are some tips for making the show a better experience for you and your kids.

- Arrive on time. Better yet, arrive early.
- Go to the bathroom before the performance begins.
- Take your seat a few minutes early and read the program aloud so kids will know what to expect.
- If you have time, walk the kids toward the front of the stage or to look in the orchestra pit before the show or at intermission.
- Remind kids not to speak – and that includes whispering – during the show.
- Keep your feet on the floor. No one likes kicks to the backs of their seats.
- Show appreciation to the performers by laughing when it's funny and clapping when the show is over.
- In the days before the show, give kids something to look forward to. Pick a short piece of music that will be played and let them listen, or explain the plot or characters so they will be familiar.
- When the production is over, talk about it on the car ride home. Ask the kids questions. What was their favorite part? What surprised them, made them sad or made them laugh?



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BY NATALIE MIKLES



lack of funding leaves vulnerable families waiting

When Christi Newendorp and her family moved to Oklahoma, she knew she would need help caring for her two sons who both have autism.

Newendorp called the Developmental Disability Services office in Oklahoma City and was told the boys, ages 7 and 4 at the time, would be put on a waiting list for services.

Thirteen years later, Evan and Schuyler are still waiting.

At ages 19 and 17, the boys need the help more than ever. Once they graduate from the special education program at Jenks High School, they will need assistance getting to work, running basic errands or possibly care at home.

Christi and her husband, Eric, both work full time – she as a special education teacher with Jenks Public Schools and Eric for the Tulsa Drillers. Unlike many families, as the boys have gotten older, things haven't gotten easier for the family.

Christi can't do simple things like get a haircut or go to the grocery store without lining up someone – a qualified someone – to watch the boys. While many parents look forward to their kids' teen years when they can run an errand or go out to dinner without worrying about hiring a babysitter, it's something the Newendorps will never experience.

And it's exactly the kind of support Developmental Disability Services funding could have been helping with all these years.

Currently 5,500 people are on the waiting list for services in Oklahoma, with about 350 applying to be on the list each year. Newendorp said she hopes people can see past the number to realize that's 5,500 real people with real families who have been waiting, in many cases, a really long time.

> Currently 5,500 people are on the waiting list for services in Oklahoma...

Why the long wait?

Lisa Turner, executive director of TARC, has helped many families deal with the complexities of care for those with special needs.

After receiving a diagnosis for a physical or developmental disability, families often turn to TARC for help. Turner said many families don't know about the funding – though limited – available to help those with special needs. So the first thing she does is help get them on the waiting list. While families wait, TARC works to connect them with services. And these aren't just services for children. TARC works with people through the lifespan, from birth to seniors.

"Right now it's about a 14-year wait, which is ridiculous," Turner said. "Some families hear that it's going to be 14 years and they decide to pass. But we tell them you never know what's down the road."

So why is the wait so long? It all comes down to funding.

continued next page

Years of flat state budgets have meant there's no extra money to support programs like the waiver program through the Department of Disability Services (DDS).

"It's like every year Oklahoma shrugs and says 'sorry we don't have the money for this,'" Newendorp said.

For the last two years, the Oklahoma Legislature has approved $2 million to DDS to use for granting waivers for access to services. That amount moves approximately 100 individuals off the wait list each year, which doesn't even make up for the 350 being added each year

In the past DHS has not requested funding, but his year, Oklahoma's new DHS director, Justin Brown, requested $16.2 million – a big jump from years past – for the program. That amount would move approximately 1,000 people off the list.

Though the $16.2 million is off the table, Gov. Stitt has proposed $6.2 million for DDS waivers in his state budget.

How do waivers help?

In-home care or group-home care with individualized assistance hasn't always been the norm in Oklahoma. The move to grant waivers, which created such a big wait list, came as institutional care began to be phased out in the 1980s and 1990s. The biggest facility impacting the Tulsa area was the closure of Hissom Memorial Center, a state-run institution for individuals with developmental disabilities.

When Hissom was built in 1963, there were little to no community services for people with developmental disabilities. Many parents were encouraged to send their children there to live out their adult lives.

Hissom officially closed in 1994, leaving hundreds of residents of those facilities to go back into the community. Some returned to live with their families and others moved to group home facilities, but nearly all required some level of assistance.

"When they closed places like Hissom, there were no agencies providing those services to support someone living in a home or group home," Turner said. "Some needs were minor, like needing help to manage money and write checks. But others need assistance with everything from toileting to getting dressed and brushing teeth."

The state's program to provide individual access to services – to develop a plan with case workers and then provide staff to deliver those services – was a result of the shift from institutional care to individualized, community care.

Today, once a family's wait is up, a case worker determines the scope of services and hours per week needed. For some, it's as little at 10 hours a week, but can be as much as 30 or 40 hours for others. No money exchanges hands between the state and the individuals. Rather, individuals receive access to waivered services, which may include in-home care, assistance with daily living activities like laundry and meal preparation, or help getting to and from appointments or work.

What are the economic costs?

Oklahoma is not alone in having such a wait list. The impact of institutional closings was felt across the country. Some neighboring states, including Texas, have waiting lists as long or longer than Oklahoma. But some states have solved the issue by appropriating more money into these special programs.

While advocates work to bring more money to these services, in the meantime, the economic cost of having individuals on the waiting list may be greater to the state than providing services, Tucker said.

That's because families are often faced with having to quit a job to help care for a family member with disabilities.

"People quitting their jobs to become caretakers is a problem," Tucker said. "If you don't have the resources to hire someone, you're forced to make the decision."

It's an issue the Newendorps are facing as they edge closer to moving into the waiver program and off the list. Their son, Evan, will likely graduate in May, and since he will not have the support and structure of the school day, he will require more assistance than Eric and Christi can provide.

"So who quits? Me? If I quit, I lose my salary, my teacher's retirement," Christi said. "There are a lot of parents who are going to have to drop out of the workforce because they have to take care of their kids. The state is just not aware or not acting with any kind of urgency to this problem."

But there's certainly a sense of urgency for the Newendorps.

"He's being kicked out of high school, getting pushed off the services cliff. But once school services are done, how are you going to catch them? Where's the soft landing. It's like `It's time to graduate and move you out to adult services,'" she said. "But those services don't exist. It's only a waiting list."

Newendorp hopes Evan will be getting off the waiting list soon. But until then, she has to have a plan for him, including a complete daily schedule.

"It's like having children who never grow up. We have to think about every minute of every hour of their days," she said. "We go straight from work to caring for our kids. We need help."

**In May, Tulsa Kids will further explore the complexities of what happens to kids with developmental disabilities once they've aged out of the school system.*



BY BETTY CASEY

protecting children from abuse

Headlines in recent months highlight an outpouring of sexual assault stories. Dr. Larry Nassar abused approximately 300 young gymnasts and other athletes at Michigan State University and USA Gymnastics. The Boy Scouts were forced to declare bankruptcy over victims bringing sexual abuse lawsuits against the organization. Many involved and caring parents were shocked to learn that their children had been victims of abuse from a trusted adult.

The Centers for Disease Control (CDC) estimates that 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18. In Oklahoma, the most recent OKDHS statistics show that 10,353 children were alleged to have been abused or neglected in Tulsa County and, of those, 2,721 were substantiated.

Shocking statistics, indeed, but they may be just the tip of the abuse iceberg.

"Statistics can be misleading," says Maura Guten, CEO of the Children's Advocacy Center, "because not all cases of abuse are reported and many victims of childhood sexual abuse never report or don't do so until they are adults. At the Children's Advocacy Center, about half of the cases we see annually are due to allegations of sexual abuse."

Parents and caregivers want to protect children, but may be at a loss to know how, especially when the abuser may be a trusted friend, coach or clergy member.

"Growing up, many of us were taught to fear strangers who may harm us," Guten explains, "but that's rarely the case with abuse and particularly with sexual abuse."

In most cases, perpetrators are people parents and children know, trust and respect. In fact, it is estimated that only about 10 percent are strangers, so a child likely has a close relationship with the abuser.

The Centers for Disease Control (CDC) estimates that 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18.

"Grooming is involved in nearly all sexual abuse - often in person, but also online," Guten says. "Perpetrators may look for vulnerabilities like a busy, single parent and make themselves useful by babysitting, transporting the child to practice or spending time with the child so the parent can take a break. Abusers will often want to spend increasing amounts of time alone with the child. They may test boundaries in front of the parent, but certainly with the child to see what they can get away with."

Being able to tell the difference between a potential abuser and someone who truly wishes to be helpful can be difficult. Guten says to be involved in your child's life and spend time with the adults and children that they spend time with. Even then, however, the most involved parents can be blindsided when their child becomes a victim of abuse, so it is important to arm children without frightening them. To help children advocate for themselves, have open and age-appropriate conversations and continue those conversations as children grow.

"Encourage kids to talk about everything!" Guten says. "When they know you care about the little things, they're more likely to talk to you about the big things. You can start talking to children about feelings, emotions and their body as soon as they're verbal, but it's never too late to start the conversation."

Parents can also teach children to set boundaries with others. Help them understand about touches that are "not ok," rather than "good vs. bad," which can be confusing to children.

"Make sure they can identify someone they'd feel comfortable talking to if something does happen, even if that someone is not you," Guten says.

"Talk openly with your child about their body parts and use the proper names," Guten says. "If they can feel comfortable using these words, it can help them feel comfortable talking if something inappropriate happens."

Having open and comfortable conversations also means that children know they will never be reprimanded or punished for talking to you. Have a "no secrets" policy with your children. Many perpetrators tell children that they will get in trouble if they tell anyone about the abuse.

Most importantly, if a child comes to you with a story about an uncomfortable situation, believe them.

"This simple act has long-term positive outcomes on the life of a child who has been victimized," Guten says. "Children very rarely lie about abuse and if they do, it's usually in an effort to protect the abuser. Don't be critical of the abuser to the child – remember 90 percent of the time it is someone they know, love and trust."

Parents should not interrogate the child, Guten advises. Instead, immediately report the incident to the Oklahoma Child Abuse Hotline, 1.800.521.3511 or

continued next page

law enforcement. Or, if the child is in immediate danger, call 911.

"Everyone in Oklahoma who has reason to believe a child has been or may be abused or neglected is required by law to report it," Guten says.

As families look forward to the summer, many children will be attending camps, clubs and activities that take them away from home. While the overwhelming majority of these groups take protecting children very seriously, Guten says that parents can and should ask questions about screening practices for coaches/staff/volunteers. Ask about safety procedures and policies and training as well as asking about how they respond to allegations and what their reporting guidelines are.

"Finally," Guten says, "something I am perpetually cognizant of: there is no need for a child to be alone with an adult or another child in a private space."

About the Children's Advocacy Center: The Child Abuse Network (CAN) has operated Tulsa's Children's Advocacy Center (CAC) for over 30 years. The multidisciplinary team of professionals center their services around the child and family, investigating abuse from one child-friendly location and eliminating the need for multiple interviews. This trauma-informed approach allows the team to immediately share information; as a result, investigations are expedited and children and their families can begin healing sooner. For more information about CAN or the CAC visit www.childabusenetwork.org where you'll also find a number of informational and educational handouts available to download from our website that can help parents navigate some of these conversations and situations with their children.









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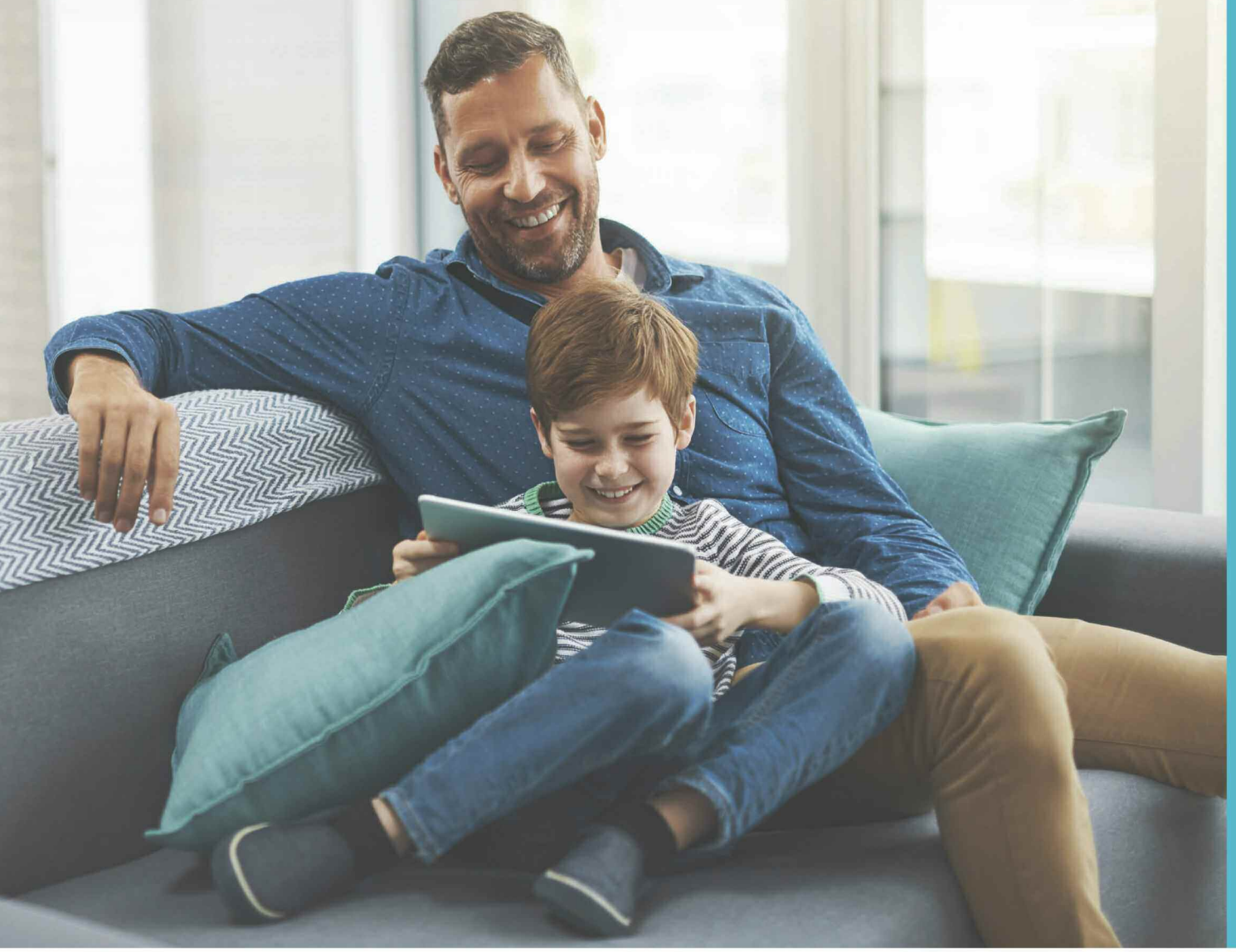
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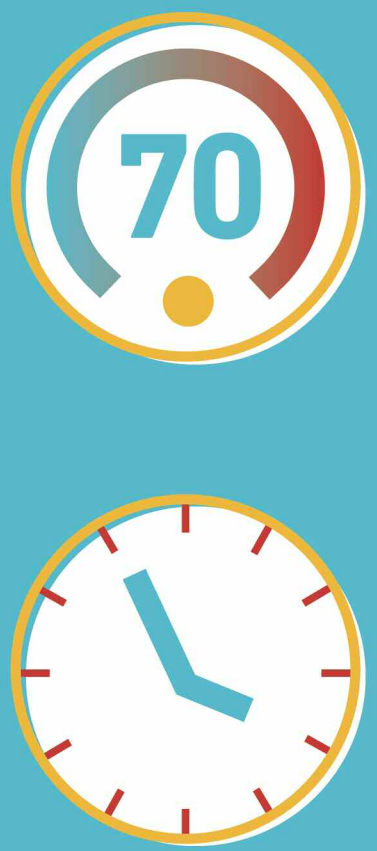
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6 Ways to Celebrate Easter with Kids



Make some egg-stra special Easter memories this year! Here are festive activities you can do at home:

HOST YOUR OWN EASTER EGG HUNT!

You know the drill: Hide a variety of stickers, candies, etc. in plastic Easter Eggs, and hide them around your home or yard!

Here's a way to step it up: Fill the eggs with slips of paper containing activity suggestions. For example, "Do Your Best Bunny Impression." "Come Up with Five Fabulous Bunny Names in 10 Seconds or Less." This way, your Easter Egg Hunt will provide entertainment beyond the seeking portion.

DECORATE EASTER EGGS

Yes, you can purchase the traditional PAAS egg-dying kits, but you can also get creative with your Easter egg decorating.

One idea is to press flowers ahead of time, and then adhere them to the surface of your hard-boiled eggs using modge podge.

Or, turn your eggs into rabbit-tempting veggies! Start by dying eggs orange. Then, using a permanent marker, draw horizontal lines across the eggs so they start to look like little carrots. Finally, gather some leaves and glue them to the top to resemble carrot stems.

You can also make some adorable chicks if you first dye one side of your eggs yellow, then use a permanent marker to add chicken features: beak, eyes, wings and legs!

MIX UP SOME EASTER BUNNY CHOW

Ingredients:
9 c. Chex™ Cereal
1 c. White Chocolate Chips
1/2c. Peanut Butter
1/4 c. Butter
1 tsp. Vanilla Extract
1 1/2 c. Powdered Sugar
Your Favorite Easter Candy

1. Put the cereal into a large bowl.
2. Put the peanut butter, butter and white chocolate chips in a microwavable bowl or Pyrex pitcher. Microwave and stir until smooth, starting at about 30 seconds. Add vanilla.
3. Pour the peanut butter mixture over the cereal, and stir.
4. Put 3/4 c. powdered sugar into a 1-gallon Ziploc. Add cereal mixture on top of that, then add the rest of the powdered sugar. Seal the bag and shake until evenly coated.
5. Dump the mixture back into the large bowl and stir in your Easter candy. Make sure it is cool first, especially if you are using chocolate.

Want to take this a step further? Decorate some clear bags to look like bunnies, and put a cup of Easter Bunny Chow in each!

GO ON A NATURE SCAVENGER HUNT

We've included a graphic you can cut out and use for your own hunt. Or, come up with your own categories! Research and talk about what you find afterwards.



MAKE AN EASTER BUNNY GARLAND

Cut out several simple bunny shapes and decorate them with markers, crayons or colored pencils. Think about the colors and patterns you want to use. What are going to look the best when put together? Use a hole punch to punch holes in each of the bunny ears. Make sure the ears are wide enough to accommodate this! Thread a ribbon through each hole. Find a place to hang your garland.

WRITE AND MAIL "HOPPY EASTER" CARDS

Everyone loves receiving snail mail. If you have friends or family you haven't seen in a while, make them an Easter card to let them know you are thinking of them!

ASK THE EXPERTS

Lice Clinics of America – Tulsa

Q: What are "Super-Lice" and how do we stop them?



A: Virtually all lice in America today are "Super-Lice," or pesticide-resistant lice. That means traditional over the counter pesticide treatments are no longer successful. In fact, the medical literature says they are less than 25% effective.

Another complication of super-lice is that because infestations last much longer, more people are exposed. This means a rapid rise in the lice population, particularly amongst school aged girls. Today, most schools allow students with head lice to attend class.

Modern science is meeting the challenge with new dehydration therapy. Dehydration kills the lice and eggs, with perfectly calibrated heat and air. Clinical testing has shown the treatment to be over 99% effective with no side effects. This is vastly more successful than either over the counter or prescription pesticides. Dehydration is also much faster. Treatments are complete in less than 90 minutes, verses several days or even weeks of combing when treating with pesticides.

Currently only one company has access to patented dehydration technology, Lice Clinics of America. Founded just 12 years ago, the company is now the largest lice treatment service in the world with over 300 locations globally.

Lice Clinics of America – Tulsa, 3421 E 21st Street, Tulsa, OK 74114
918.236.7182 • info@liceclinicstulsa.com

HTR Pediatruc Therapy | Kelli Ables, COTA/L

Q: My 2-year-old son is not hitting milestones as quickly as my daughter did. He is extremely picky about his clothing and food and has frequent meltdowns. My family says he will outgrow it and that he is just different because he is a boy. My friend said he could need occupational therapy. Is he too young for therapy?

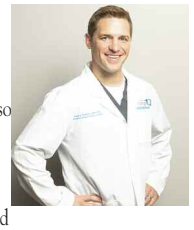


A: Your son is absolutely not too young for occupational therapy! Intervention is often more effective when implemented earlier in life. Occupational therapists are able to utilize interventions to help your child interact with the world around him. Your sensory system is the foundation to all other systems in your body. When a child's sensory system does not provide a solid foundation, it is often difficult for them to achieve milestones, including gross motor, fine motor, and speech and language. Many of these children are easily overwhelmed, display frequent meltdowns and have difficulty recovering after those meltdowns. If you are concerned about your child's development, visit with your pediatrician about an Occupational Therapy referral. Your occupational therapist can tailor a program for your child, including a sensory diet to assist with regulation and overall development.

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

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

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: My son hates going to reading tutoring and honestly isn't making much progress, but he needs the practice. Do you have any suggestions?



A: Dyslexia is so much more then reading struggles. If it were as simple as just re-teaching how to read, long-term tutoring would not be in the experiences of those who struggle with dyslexia. Tutoring focuses on the issue at hand. This could be current schoolwork or re-learning a concept to keep up with school assignments. Occupational and Speech Therapy delves much deeper to explore the "why" behind the struggles you see and your child experiences. There is always an underlying reason why someone has difficulty with reading. For some, reading difficulties are due to less-than-average ability in memory, or they may be unable to accurately process what they see or hear or unable to associate sounds with letters. Understanding the "why" is the first step to reading success. Accommodations and strategies are only a piece of what of is helpful. Without treating the "why," many children go from one reading program to the next without ever making permanent change, leaving them frustrated and often on an academic or career trajectory that does not really reflect their true potential.

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

Miller Swim School | Sarah Miller

Q. All activities are temporarily suspended due to COVID-19. We don't have access to a pool, so what are some ways my child can practice their swimming skills at home?



A. Believe it or not, there are many things your child can do while at home:

Utilize your bathtub! Hop in the tub for a mid-day "swim," and have your little ones practice their bubbles, holding their breath, and their front and back floats (SUPERVISED of course!). *Row, Row, Row Your Boat*, and *Wheels on the Bus* are fantastic interactive "swimming" songs for the bath.

Sit on the couch and have kids practice pointing and flexing their feet. Once they master that, practice straight leg kickers (flutter kicking from their hips) and then incorporate "rowing" with their arms while they flutter kick their legs. This is a GREAT bilateral brain activity, too!

Log Rolls: More advanced swimmers can practice rolling from front to back, without lifting their heads. Lie flat on the floor (arms by their side or extended straight overhead) and do a log roll from belly to back and then back to belly.

For more tips and resources, check out the Homework Suggestions on our website at www.millerswimschool.com/resources.

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



Stay in touch with TulsaKids all month long!

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

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





BY NATALIE MIKLES

helping kids understand **sustainable eating**

Introducing kids to the idea of sustainable eating isn't as hard as it sounds.

It might start with putting the baby in a stroller and heading out to the farmers' market. Or letting your toddler plant a little container garden. Then at some point, don't be surprised when your once picky 8-year-old begins loving asparagus.

"Nothing brings greater joy than watching children beg their parents for a bunch of carrots or broccoli. And yes, it truly does happen," Emily Oakley said.

And she would know. Oakley and Mike Appel, owners of Three Springs Farms, have been fixtures at the Tulsa Farmers' Market for 16 years, and have watched little customers grow up every Saturday right before their eyes.

It's given them a front-row seat to the benefits of raising kids who inherently understand the concept of sustainable eating. Kids who have been in tow with their parents at the market are much more likely to understand where their food comes from, Emily said.

For other kids, this knowledge comes from growing a small backyard garden, composting or recycling. They understand better than many adults that food doesn't come from plastic bags but from the soil. These are kids who could teach their schools' Earth Day curriculum, explaining the

continued next page

Understanding Sustainable Eating

1. Grow something. Start small with a clay pot and a seed packet. Kids will love looking at all the seed packets to pick their favorite.

2. Shop the farmers' markets. Meeting the farmers helps kids understand where their food is grown.

3. Find a you-pick farm. During berry season, load the kids to a farm to plunk berries into a pail. Then make something yummy with them when you get home.

4. Explain seasonal eating. Help your kids understand that the tomatoes you buy in the grocery store in the winter aren't grown locally. Buy lots of local, seasonal produce to help them love those foods.

5. Use less packaged foods. Teach your kids that though they may like the individually packaged bags of crackers and cookies, reusable bags and containers are better for the planet.





concept of eating and choosing foods healthy for our bodies – and for the environment.

It's no surprise that Emily and Mike's 7-year-old daughter, Lisette, has a deep understanding of where food comes from. Lisette has been in the fields, watching food grow from seed to harvest, since she was a baby.

Last year, she spent many days huddled over a farm puddle watching frogs' eggs hatch into tadpoles and then to little frogs.

"All kids can find wonder and excitement in nature, and the greatest gift to us as parents is that they help remind us to celebrate the everyday joys of the world around us," Emily said.

And Emily said that's something kids can experience no matter where they live. Though she now spends her days on a remote farm, her first experiences with the outdoors came as a kid, walking to Zink Park or carrying a jar to Woodward Park to fill with water from the pond. Once home, she would look to see if she had captured anything interesting.

Conversations about sustainable living are more likely to come up around Earth Day, but the practices are something families can do year-round. It starts with letting your kids know of the natural wonders all around them. And kids of all ages can understand the responsibility we have to nourish our bodies without harming the planet.

This recipe, from the OU Culi-

nary Medicine's Healthy Cooking Basics class is a great way to use fresh, local produce. You can serve it as a bowl, or put the mixture into corn tortillas for taco night.

Sweet Potato, Black Bean, Brown Rice, Corn, and Mustard Green Bowl

Serves 6

- 2 sweet potatoes, scrubbed and diced
- 1 tablespoon olive oil plus 2 teaspoons, divided
- 4 teaspoons ground cumin, divided
- Zest of 1 orange
- Pinch of cinnamon
- 1 teaspoon dried oregano leaves
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon ground black pepper, divided
- 1 cup brown rice
- 2 cups low-sodium vegetable stock (or water)
- 1 teaspoon chili powder
- 1 cup frozen corn kernels
- 2 14-ounce cans black beans, drained and rinsed
- 2-3 cloves minced garlic
- 2 bunches mustard greens, rib removed, washed and chopped
- Juice of 1 lime
- 1/2 bunch cilantro, chopped

1. Preheat oven to 400 degrees. Line a baking sheet with aluminum foil.

2. Toss sweet potato cubes with 1 tablespoon olive oil, 2 teaspoons cumin, orange zest, cinnamon, oregano, ½ teaspoon salt and ¼ teaspoon black pepper. Place sweet potatoes on foil-lined baking sheet and roast for 25 minutes or until beginning to turn golden and soften. Set aside and keep warm.

3. Combine rice and stock in a medium saucepan. Bring to a boil, then stir in 2 teaspoons cumin, chili powder and corn. Reduce heat to low, cover with a lid and simmer about 25-30 minutes or until water is absorbed and rice is tender. Stir in beans, cover and set aside.

4. Add remaining 2 teaspoons olive oil to a medium sauté pan and place over medium heat. Add garlic and sauté 1-2 minutes but do not brown. Add greens a handful at a time until wilted and bright green. Add ½ teaspoon salt and ¼ teaspoon black pepper. Add ½ cup of water and continue cooking until greens are tender – about 10 minutes. Remove from heat.

5. For each serving place rice mixture in a bowl or on a plate, top with greens, top with sweet potatoes. Squeeze lime juice over the top of each portion. Garnish with chopped cilantro. Serve immediately.







BY JOY CARR, MLIS, YOUTH LIBRARIAN, SCHUSTERMAN-BENSON LIBRARY

explore! conserve! read!

MEET KATHERINE APPLEGATE, WINNER OF THE 2020 ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE AND CHAMPION OF ANIMALS, ON FRIDAY, MAY 1ST

A shopping mall gorilla who attempts to rescue a baby elephant from his own fate. (*The One and Only Ivan*)

A clever crow, friend of the old red oak tree, and other woodland animals navigate the nasty world of human hatred. *(Wishtree)*

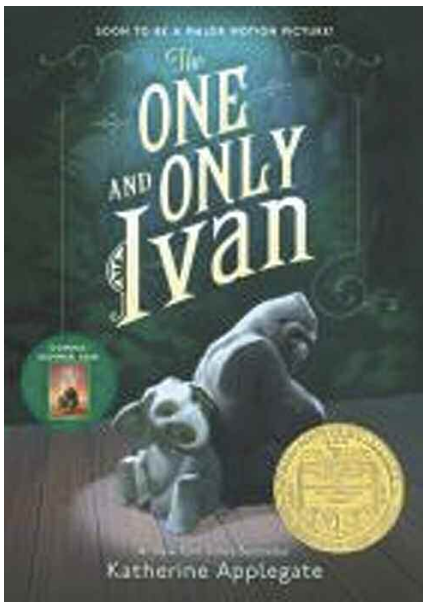
A dog-like creature in a fantasy world who discovers she is the last of her species. (*Endling the Last*)

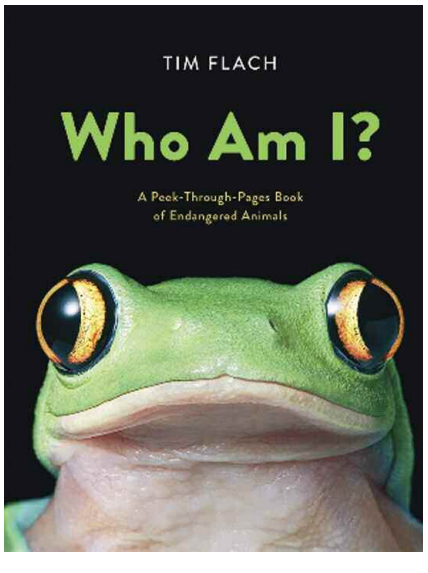
All are characters created by prolific children's author Katherine Applegate, and all show the depth of her love for animals.

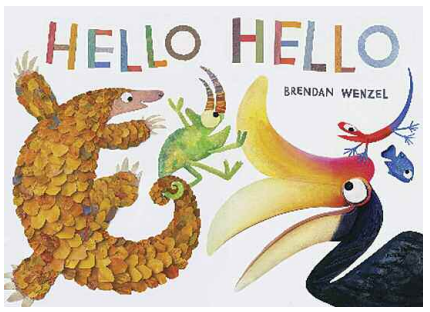
Tulsa area children will have the opportunity to meet Katherine Applegate on Friday, May 1 at the Hardesty Regional Library as she receives the 2020 Anne V. Zarrow Award for Young Reader's Literature.

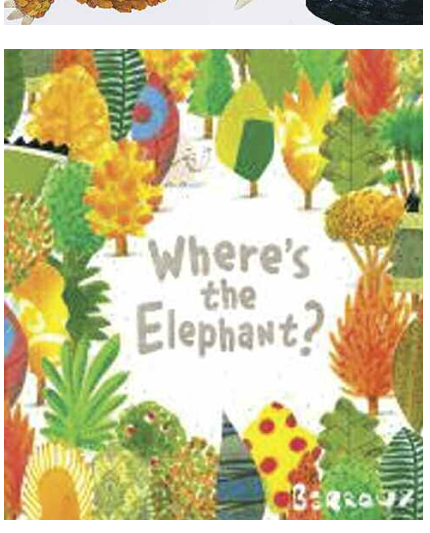
In a perfect coincidence, National Endangered Species Day will be celebrated just a few weeks later on May 15. Both Katherine Applegate's visit and this day represent an excellent opportunity to introduce your child to the topic of endangered species and conservation.

The first step is pretty easy. Simply introduce your child to as many different animals as possible as early as possible.









One way to do this is to read books that contain a variety of animals. This lays a foundation for children to care about endangered species as they get older.

In a recent children's program at the Schusterman-Benson Library, Katie Girvin, education manager at the Tulsa Zoo, explained that simply learning about and appreciating animals is the first step in teaching kids about conservation.

"It is a natural progression," she shared. "They learn about wildlife, they start appreciating wildlife, they learn to help wildlife."

Girvin explained that when discussing these issues with younger children, it is imperative to focus on the positive. She urged parents to "celebrate nature and wildlife instead of telling them all the bad things that are happening."

What does that look like at home with, say, toddlers or preschoolers? She recommends using language like, "Let's turn off the water when we brush our teeth so our fishy friends have more!" instead of, "Let's not waste water, our fishy friends might die."

One marvelous tool that parents can use to begin to share a knowledge and love of animals is Explore.org, a free website with dozens of live streams of animals in their natural habitats around the world. Watch hippos, zebras and elephants visit the watering hole in Africa or polar bears roughhousing in the snow in Canada.

For a more hands-on experience, check out Zoo Buddies, a quarterly program at the Tulsa Zoo for kids ages 2 to pre-K or

continued next page

summer camps at the zoo.

Finally, the next best way to learn about animals, at least according to this librarian?

Books, of course!

Check out all the quality animal books available at the 24 branch locations of the Tulsa City-County Library. Here are some of my personal recommendations that are both entertaining and informative:

"Who am I?" by Tim Flach

Use clues to guess which endangered animal is peeking through the pages. The full-color, close-up photographs offer readers an unparalleled view of each animal, with information about how each one is special.

"Hello Hello" by Brendan Wenzel

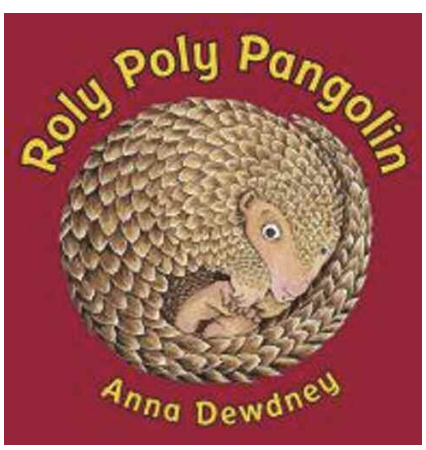
Author-illustrator Wenzel treats readers to strikingly vibrant animals in 92 varieties. Use the illustrations to spot the similarities and differences between the animals on each spread. This interactive book begs to be read again and again.

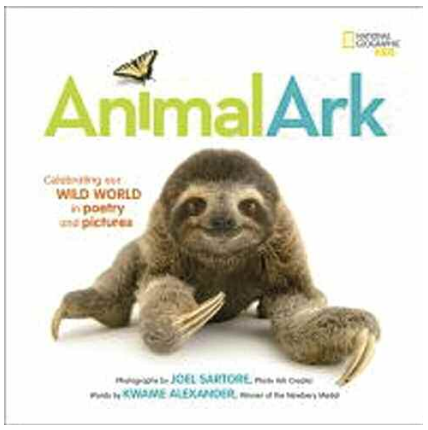
Where's the Elephant? by Barroux

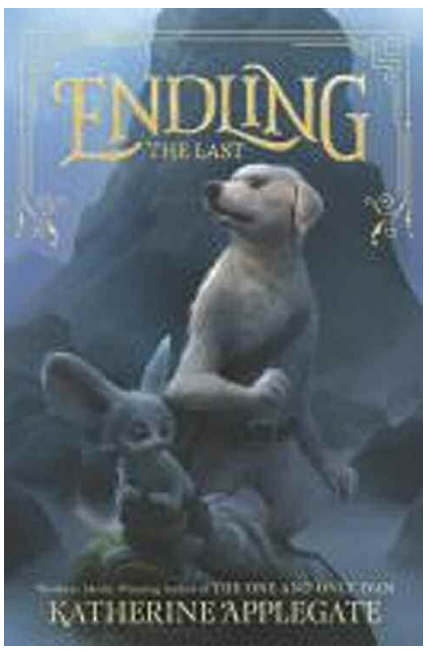
Perfect for little ones, the illustrations are the star of the show in this interactive book. With sparse text, Barroux cleverly introduces the topic of deforestation and allows readers to draw their own conclusions about what is happening from one page to the next.

Roly Poly Pangolin by Anna Dewdney

The story of a young pangolin learning to face the new and unfamiliar. Dewdney gives voice to the endangered pangolin through her universal storytelling



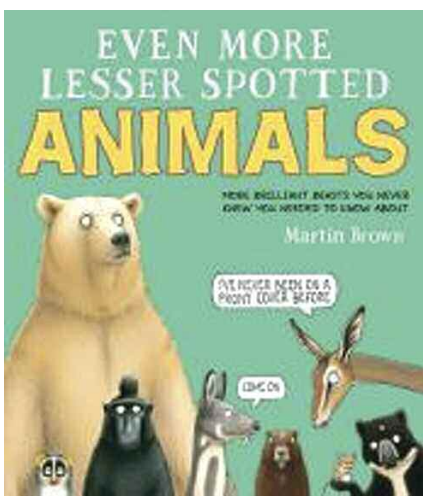


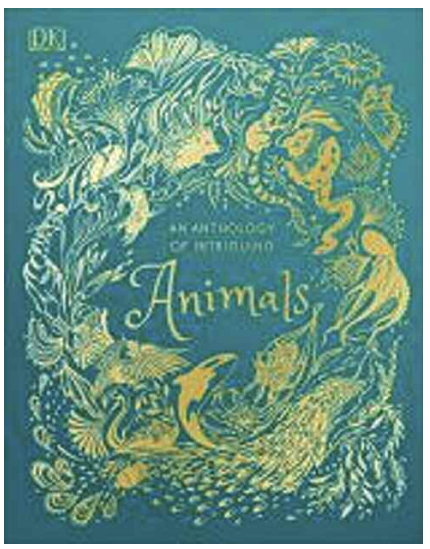


and beloved illustrations.

Animal Ark - Celebrating our Wild World in Poetry and Pictures. Poetry by Alexander Keane and photographs by Joel Sartore

Exquisite images of endangered animals from wildlife photographer Joel Sartore paired with haiku from Alexander Kwame make this a delight for animal lovers and readers.





For readers ages 8-12:

Endling the Last and The One and Only Ivan by Katherine Applegate

Both of these beautifully written novels expresses the necessity of caring for animals and our world.

Anthology of Intriguing Animals by Ben Hoare

A stunning collection of animals, complete with facts, photographs, and illustrations. Reminiscent of a volume of old fairy tales, the striking outer design makes it feel even more like a treasure.

Even More Lesser Spotted Animals by Martin Brown

"How can we save animals if we've never heard of them?" Brown entices readers to learn about the rarely spotted creatures in the animal kingdom with his humor and clever, yet realistic illustrations. **For readers ages 7-10**

Meet the 2020 Anne V. Zarrow Award winner Katherine Applegate! Friday, May 1 at 7 p.m. Hardesty Regional Library – Connor's Cove

New York Times best-selling author Katherine Applegate is the winner of the Tulsa Library Trust's 2020 Anne V. Zarrow Award for Young Readers' Literature. Applegate's books will be for sale, and a book signing will follow her presentation.

For more information, call the library at 918-549-7323 or visit www.tulsalibrary.org.



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PRE-TEEN AND TEEN ADOPTION SUPPORT GROUPS

ABOUT OUR GROUPS

These support groups are a place for adoptees to come together and share their feelings about adoption.

WHO IS THIS GROUP FOR?

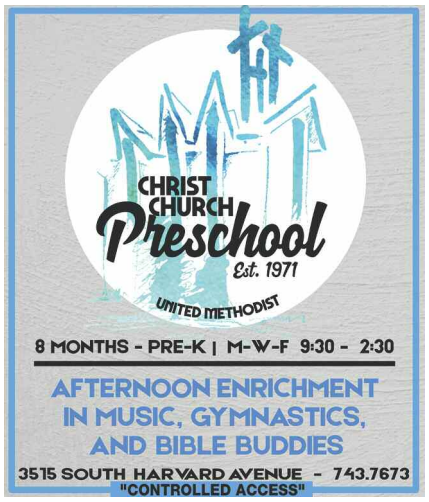
The group is open to all domestic and international adoptees regardless of placing agency.

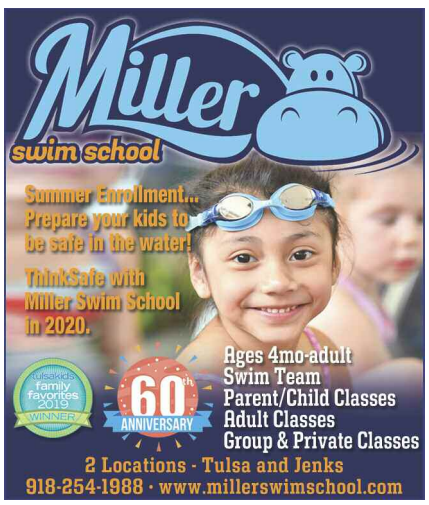
WHAT ARE THE AGES FOR THE GROUPS?

Pre-teen Group: ages 8-12
Teen Group: ages 12-17



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BY NATALIE HANSON

let's talk about unit studies

Let's talk about unit studies. Unit studies are a method of teaching in which you focus on a single area of interest and try to rope in as many subjects as possible to tie back to that particular topic. For instance, the study of red pandas could involve reading books on the subject, working on math problems related to food intake, and writing and editing a paper on red pandas. Or taken even further, a study of the Himalayas and a visit to the Tulsa Zoo. Unit studies can be a great way to parley the natural zeal of your child's interest into productive learning.

In theory, this should be the method for me. When a visit to a historical landmark leads to impromptu lessons on architecture, social class, farming and accounting, I am in my homeschool glory! That feeling of discovery and adventure is what enables me to continue homeschooling even through the rough days. Seeing school subjects come to light in living ways can open up learning to even the most distracted students. The truth is, though, I sometimes get nervous indulging in interest-led rabbit holes. I find myself in a panic that we might be missing out on the basics. Back to the workbooks kids! I need some proof of our progress!

Recently though, one of my children was in a learning rut, and I felt we needed to switch gears. So, we began doing things a little differently. We hunkered down together and dove deep into something she was interested in, while I snuck in work with the skills I knew she needed.



VISITING LOCATIONS SUCH AS THE OUTSIDERS HOUSE MUSEUM CAN BRING LEARNING TO LIFE.

This model looks a little different, and requires a different energy from me to stay on top of, but I like what we've come up with, which I dare say, just might be a unit study!

Our latest study started with reading S.E. Hinton's classic *The Outsiders* together. It took us more time than we normally would spend to finish a book, but we read at a pace that allowed us to delve into subject after subject that tied back to the novel. We explored topics such as social class, economics, technology and fashion of the '60s, as well as the genre of YA fiction. We wrote together, edited together, talked together and explored together, all while taking the sting out of learning in a big way.

Also, this particular unit study culminated in a fun visit to The Outsiders House Museum. If you are a fan of the book, or just enjoy local history, there is a tour you can take which picks you up downtown, and then takes you for a ride past different filming locations around town before dropping you at the museum. The museum is a newly renovated house near Crutchfield Park which was used as the home of Ponyboy Curtis in the film. We enjoyed driving down the same streets we drive all the time, but looking at them from what felt like a different time.

This little pivot has helped me feel like I can be a little braver with my unit studies. I think this way of looking at learning works particularly well for kids who don't need to check off a list. Cross-disciplinary teaching is a great approach for kids who desperately need that spark of inspiration to get moving on things. Following their interests, and yours, can open up stifled learning and take away some of the frustration that can come with the more traditional, linear approach to education.

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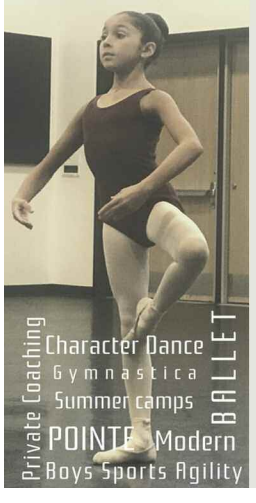
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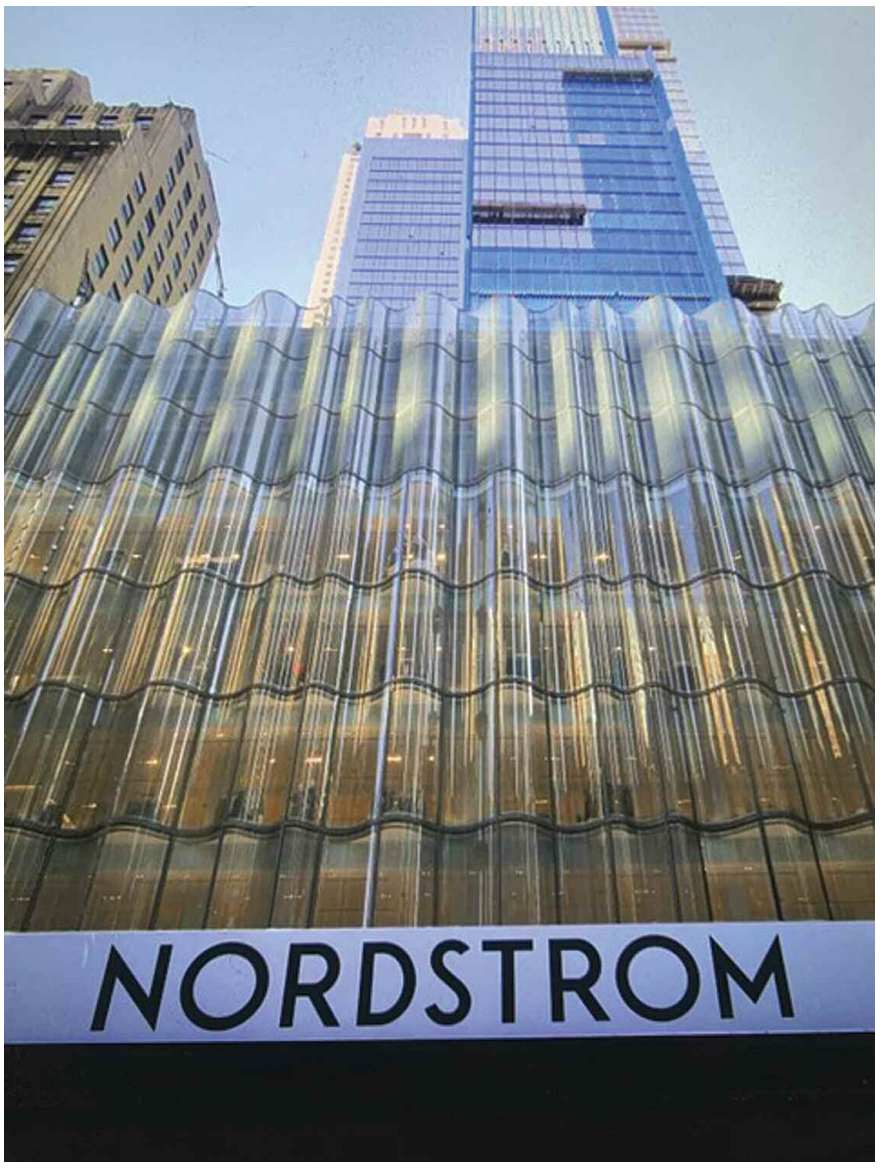


The Hip Mom Reconnects with Nordstrom, Her Shopping Soulmate: Part I

BY JILL VANTREASE

If you have read my columns for a while, you might know (I drop this ad nauseum) I hail from Seattle, Washington - home of Boeing, Amazon, Starbucks, Microsoft - and most importantly, NORDSTROM. In fact, when my Okie husband and I decided to move here, I was shocked and chagrined to discover there were no Nordstroms in Oklahoma! (My younger, cuter self even set up a petition area for signatures to bring a Nordstrom to Utica Square.) While shopping has vastly improved in Tulsa in the 13 years I've lived here - and yes, we have a Nordstrom Rack, which is a great step in the Nordstrom direction - there's nothing quite like Nordstrom. The shoes, the customer service, the chi chi brands to oogle at mixed with the chi chi stuff most mortals like me can afford - well, it's a magical place. So imagine my euphoria when my beloved PVT arranged a birthday trip after a rough fall season to go to the newly minted brick and mortar Nordstrom - NYC!! EEEEECK!

Nordstrom has been hovering around the NYC shopping scene for years, but the time never seemed right. Ironically, when online shopping seems to be the ne plus ultra of retail, Nordstrom decided now was the time to open a showcase brick and mortar store in a city famous for its sky-high (ha!) rents. But the jewel-like, seven-story store, at the base of the world's tallest residential building right off Central Park West, is an investment in the store's name and brand - and will attract both locals and tourists with its strategic location.



So I call two of my besties, Brooke and Jennie, and we settle on a weekend - off on a Southwest Flight (or two) we go! We get in late and taxi to the Parker Meridien, a relatively affordable hotel not even a block away from Nordstrom (there are tons of hotels right in this area just off Times Square). After quaffing a nightcap and noshing on some (rooftop) bar food, we collapse into the beds in our svelte suite (there may have been some dancing) and get ready to hit the pavement for my 10 a.m. personal stylist appointment. What, what's that you say? Well! It's a free service provided by Nordstrom - you fill out a little form online, asking you what you'd like to accomplish - just a little wardrobe help, or aid with a specific event - then note what brands you like, your size, your preferences. The form itself is brief - and a lot of fun!

In the morning, we ladies



continued next page

are stunned we sleep in past 9 a.m. - this NEVER happens in Tulsa - is it the blackout curtains? The lulling sounds of taxis, horns and garbage trucks? - but I have to scurry down the street to make my appointment while my friends get ready. Oh, friends, the entrance is beautiful: a stunning, open glamfest with a Fendi rainbow to greet me - and then escalators to the right which serve all SEVEN levels of this retail paradise. I sprint downstairs for a Mexican Mocha from the Nordstrom coffee bar, and then scoot to the third floor where the "Styling Services" are found. I check in with a lovely lady who escorts me into a bright, huge, beautiful dressing room - and it's here I first lay eyes on my clothing selections...and Giovanni.

Ah, Giovanni. He floats in to meet me, and to my delight, his background is as romantic as his name implies: He hails from Rome, is half-Italian, half-Aremnian from a large family. He emigrated to the US to go to Fordham on scholarship, and since then has been working for fancy NYC clothing companies like Etro; he just started working at Nordstrom. Initially, Giovanni seems a bit reserved, but he quickly figures out this mom from Oklahoma gets a little high from time alone, shopping, and the occasional mimosa Brooke and Jennie bring me from the "Shoe Bar" (more on that later).

In my dressing room, there's a glorious selection of about 15 pieces for me to try on - some I would have picked, some I would not have picked - but as I start trying things on, I'm almost universally thrilled with what he has chosen. Everything fits; everything looks fabulous - are these skinny mirrors? He grabs me leather (ish) leggings when I mentioned I saw a lady in the store wearing them and picks the perfect pair - and of course couples it with the perfect leather jacket. Now that he knows a bit more about me, he runs to get me workout gear, jewelry and shoes….yeeeeeeee! Again, some things I would never have chosen, but a Nike half shirt actually is cute coupled with some really wild Junya Wantanabe workout leggings.



And booties! He finds some beautiful, buttery Alexander Wang boots with a steel heel cut out - they are sublime. Coincidentally, a jewelry lady with sorceress-like intuition appears with a variety of baubles. I'm not a big jewelry person - I feel like I'm too short to pull off a crazy amount of bling - but I gravitate towards some chic, dangly earrings that I immediately put on. Then Giovanni proposes we take a tour around the store; I want to check out the children's offerings. So we meander down to the first floor - I'm still wearing my new leather leggings, a cute top and those earrings. I find some darling Zella pieces for my girls, check out the shoes, and then realize I'm starting to suffer from low blood sugar. I tell Giovanni to keep my loot while I find my friends for lunch at the Nordstrom bistro on the top floor. Alas! The bistro is near the extensive loungewear/lingerie department, where I buy a few new winsome things, and Brooke finds some "Commando" leggings - which are Spanx-like but comfier! And then we have to walk through Top Shop, where I spot a darling sweatshirt for my oldest daughter.



Finally, we collapse and have a lovely lunch. Something to note: Every single Nordstrom employee is polite to a fault, helpful and attractive. They are all just happy to be there, unlike some stores where some employees seem to resent your very presence. While we're eating, Giovanni texts me - he's started to ring things up for me. When I realize the value of the unpaid things I'm wearing - and the earrings! - I can't believe I'm not being shadowed by burly bodyguards. Maybe I am! I guess I won't try to run out the door. The service is impeccable; our lunch light and delicious.

Then we're off to navigate the denim department, where we search through the oodles of beautiful jeans. We stop by "The Shoe Bar" for a quick cocktail - it's strategically situated by the vast women's shoe department. Brooke has a delightful concoction christened "Husband Daycare," with bourbon. Then Giovanni texts me with my total - EECK! But it's within the very generous budget PVT set for me, so we wander back to the stylist lounge for me to pay. Giovanni is not quite through with me; he wants to know if I need help with makeup brands - but I'm thinking that I don't need makeup advice from a heterosexual male. Suddenly it's almost 4 p.m. - time for my appointment at the Face Gym!

Friends, I hate to keep you in suspense, but this is a two-part series: Coming next, you'll hear about our night out after shopping, our return to Nordstrom in the morning where we explore purses and handbags, the Glossier display, Nordstrom X Nike boutique, the "See You Later" resale boutique, Jennie's quest for a cute hat to shade her face at lacrosse games, a lovely lunch at Wolf, my thoughts on personal stylists and my tips and tricks for your own trip to Nordstrom NYC! Stay tuned!

BY NANCY A. MOORE

PHOTO: SHEEBA ATIQI

Dr. Michael Baxter: providing help and hope to children

Without hope, children who have suffered from child abuse can become mired in a difficult past. Without hope, caregivers who want to help may find themselves similarly stuck. Dr. Michael Baxter, OU College of Medicine, is an expert in the field of child maltreatment and Adverse Childhood Experiences (ACEs), and works closely with the Hope Research Center at OU-Tulsa. He uses his expertise in ACEs and "hope" research to help children and families at the Child Advocacy Center.

The Child Advocacy Center houses the Child Abuse Network (CAN), a non-profit that uses a centralized approach to give children and families a single, child-friendly location to access a team of agencies that work on child abuse cases. We talked with Dr. Baxter about his work.

TK: Tell us about your background.

Dr. Baxter: My educational background includes medical school at OSU and a pediatric residency through OU. Following my residency, I chose further study through a child abuse pediatric fellowship. I am a pediatrician subspecializing in pediatric child abuse.



TK: How did you become interested in subspecializing in pediatric child abuse?

Dr. Baxter: I knew I was interested in pediatrics and after learning more from Dr. Robert Block, a pioneer in this field, I felt a connection to what they were doing here at the center (Child Advocacy Center). This is a good fit for me.

TK: Talk about the Hope Research Center. Why is having hope essential for everyone?

Dr. Baxter: Hope is a powerful feeling – it only takes a little to grow into something much larger. Hope is different than resiliency or grit – there is more science behind hope.

TK: What is "hope" research and why is it important?

Dr. Baxter: Hope research has been expanded over the past six to seven years by Dr. Chan Hellman, the founding director of the Hope Research Center with OU-Tulsa. Hope research sets a level, or agency, of hope a person has which directly correlates with what resources, or pathways, need to be taken to get to that hopeful place. This research is important because when we have children who have experienced adverse or traumatic situations, we need to teach them that it will get better.

TK: What have you identified through this research?

Dr. Baxter: Through years of study, the research established a Hope Theory, which quantifies a person's level of hope. With this in mind, we can administer a vali-

continued next page

dated survey to someone and identify their level of hope. This measurable result can help the Child Advocacy Center team members identify the proper channels, resources and referrals to guide the individual through treatment and ultimate healing process.

TK: Can you provide an example of how this research works at the Child Advocacy Center?

Dr. Baxter: A person's level of hope can be identified and measured. Recognizing that each person's level of hope is different, we identify their level and then analyze the next steps to take. There can be healthy outcomes for children who have experienced trauma if they have a protective caregiver who believes in them and they seek trauma-focused therapy. For example, if a child experiences maltreatment but has a hopeful caregiver whose goal is to give that child a truly better life, but the caregiver might have a low hope pathway in providing the solution. Hope is different than a wish in that hope is about taking action to achieve our goals. That's where the Child Advocacy Center can help educate the caregiver on ways to obtain necessary resources to provide actionable steps they can take towards that solution.

TK: What are ACEs (Adverse Childhood Experiences)?

Dr. Baxter: ACEs are potentially traumatic events that can impact a child (ages 0 – 17) causing negative behaviors that can last into adulthood if they are not addressed. The more ACEs a person experiences correlates to the risk of suffering negative behaviors as an adult. Examples of ACEs include (such events as) experiencing violence in the home, or physical abuse, and a parent who is incarcerated. Extreme lifelong effects of ACEs can include chronic health problems, substance abuse and mental illness.

TK: How do ACEs and hope research relate to what children experience at CAN?

Dr. Baxter: We know from our research that caregivers who have experienced both physical and sexual abuse have statistically lower levels of hope. This is important because they may lack the agency and/or pathways to help their children. We must work with the caregiver to improve their hope so we can provide the child with an optimal resource for recovery.

TK: How does CAN help children through the process of investigating abuse without retraumatizing them?

Dr. Baxter: All of the services children and families need are co-located. Families receive multiple services in a single visit to the Child Advocacy Center with most kids in and out in a few hours. We focus on the safety and wellbeing of the child and then branch off to immediate family and caregivers.

TK: What do you find most challenging about your job?

Dr. Baxter: I know, as a society, we have the wealth and capabilities to help everyone, but the system is stretched thin. I would love to see more resources and funding targeted towards child abuse prevention. To this point, I am becoming more active in the American Academy of Pediatrics and hope to influence legislation to eventually secure more funding and resources in this area.

TK: What aspect of your job do you find most rewarding?

Dr. Baxter: When I'm able to educate others in the field of children's maltreatment and services. I enjoy educating families, child protective services, colleagues and medical students to help them understand child maltreatment so they can go out and help others.

TK: What else would you like to mention?

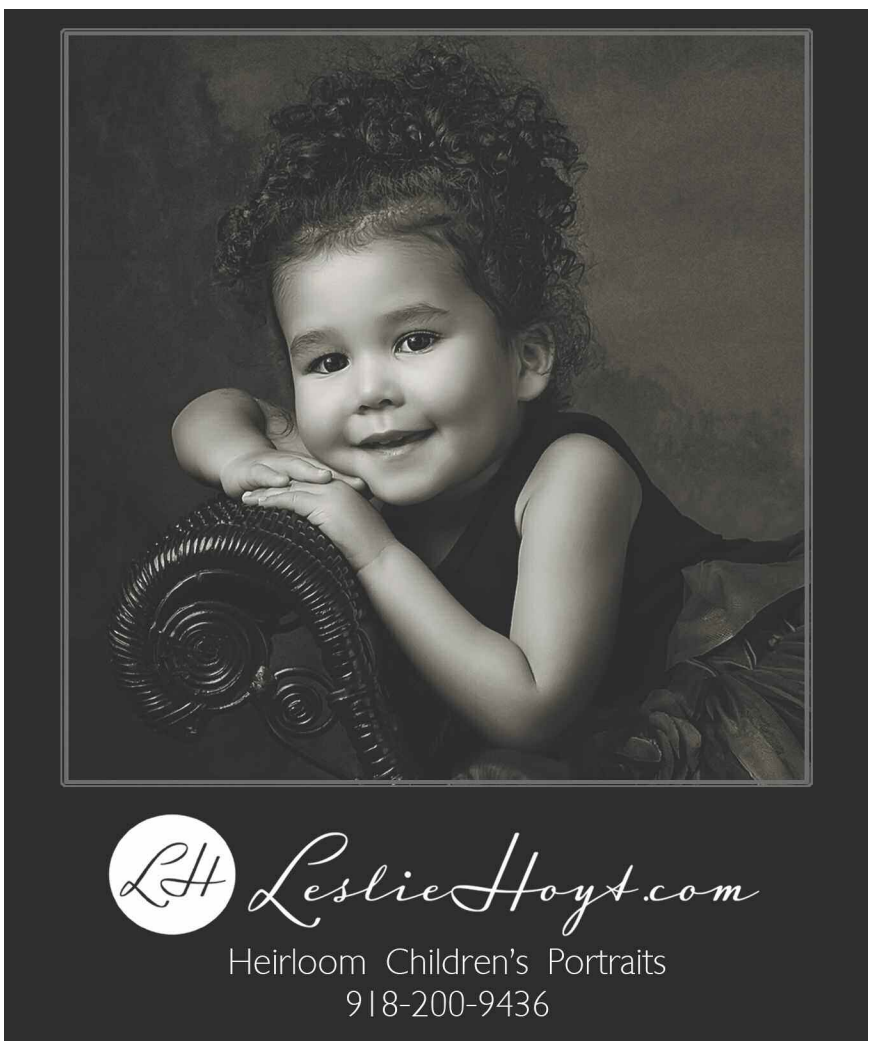
Dr. Baxter: My ultimate career goal is to put myself out of business. We are trying to break cycles and decrease the number of kids who are victimized. Everyone has to have hope that we, as a society, can do this together.

How CAN you help this community resource? Participate in the 7th Annual Superhero Challenge! Not a race, but a family-friendly obstacle course where participants crawl, swing, jump and move towards the finish line at Superhero Village where they will enjoy food, music and a wide-variety of children's activities. Two courses designed with children in mind – The Superhero Challenge is designed for ages 6 and older and the Sidekick Challenge is designated for ages 5 and younger. Visit www.cansuperherochallenge.org for more information and to register.

For more information on CAN and the Child Advocacy Center: www.childabusenetwork.org

NOTICE:
The Superhero Challenge has been postponed. Check the website for updated information.

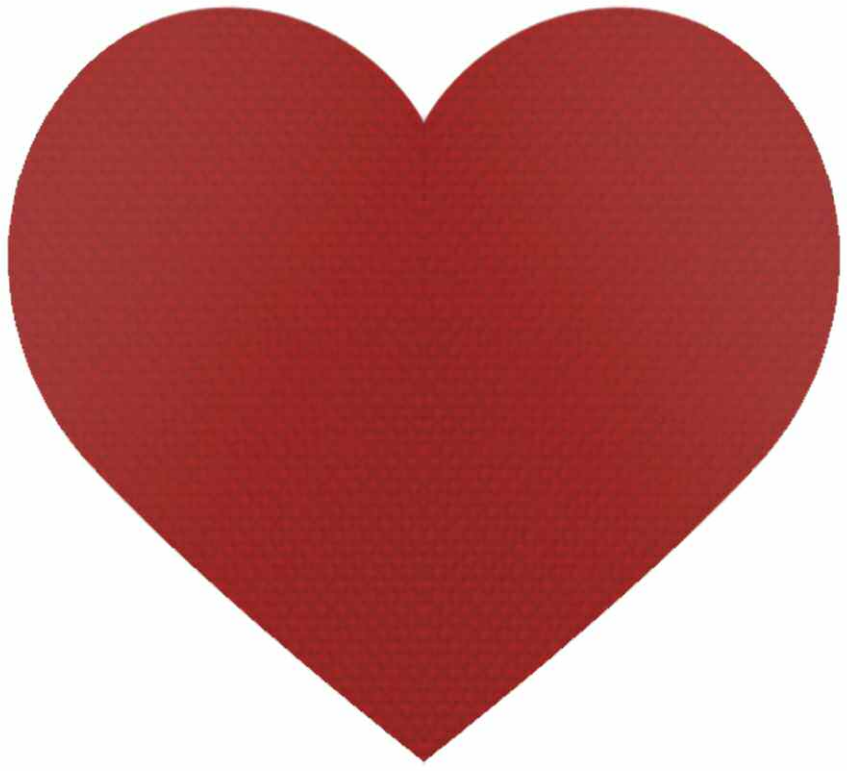




SUPPORT PLACES YOUR FAMILY LOVES THROUGH MEMBERSHIPS

Even though we're physically apart, we're all in this crazy Coronavirus struggle together. It takes social distancing from all of us to flatten the curve and try to weaken a powerful pandemic. Closing restaurants, gyms, schools, venues and canceling events is beyond disappointing. To many, it may mean lost jobs and lost paychecks. To some small businesses, it may mean shutting their doors for good. As we consider ways to help one another, don't forget to order out from your favorite local restaurant if that is available to you. Call the owner of a local shop for personalized curbside service. And, think about those nonprofits who may be struggling when visitors aren't coming. There would never be a better time to donate to a cause that is close to you, or to support a local museum or other nonprofit that has meant much to your family over the years. Consider purchasing a family membership or an individual membership so that you can take a fun outing when this is over!

Here are some ideas:



THE TULSA ZOO

Zoo memberships helps support exhibit improvements and provides essential items for the animals. You'll get special discounts on purchases and special events, express entry during peak times and discounted admission to hundreds of zoos and aquariums nationwide.
https://tulsazoo.org; 918.669.6630

OKLAHOMA AQUARIUM

Unlimited admission, discounts on special events, savings for additional guests, discounts in the gift shop and sneak previews.
https://okaquarium.org

TULSA BOTANIC GARDEN

Discounts and special offers at Garden Partners around Tulsa, newsletter, invitations to special days, gift store discounts, discounts on program/class registration and more. **https://tulsabotanic.org**

PHILBROOK MUSEUM OF ART

Children 17 and younger always get in free at Philbrook. With a membership, free adult admission, discounts on classes and workshops, invitations to special members-only events, discounted admission rates for member guests and more.
https://Philbrook.org

WOODY GUTHRIE CENTER

Free admission, VIP invitation to special exhibit openings and programs, discounts at the museum store and more.
woodyguthriecenter.org

ahha TULSA

Discount on most classes, free admission and more!
https://ahhatulsa.org

DISCOVERY LAB

Unlimited Discovery Lab admission; express entry at peak times; free admission to members-only events; discounts on camps and classes, facility rentals and birthday parties; invitations to special events; admission at participating ASTC Passport Program museums.
https://discoverylab.org

GILCREASE MUSEUM

Opportunities for special access to events, discounts on programs for families and adults, lectures, dinners and special member perks.
https://gilcrease.org; 918.596.2780

OXLEY NATURE CENTER

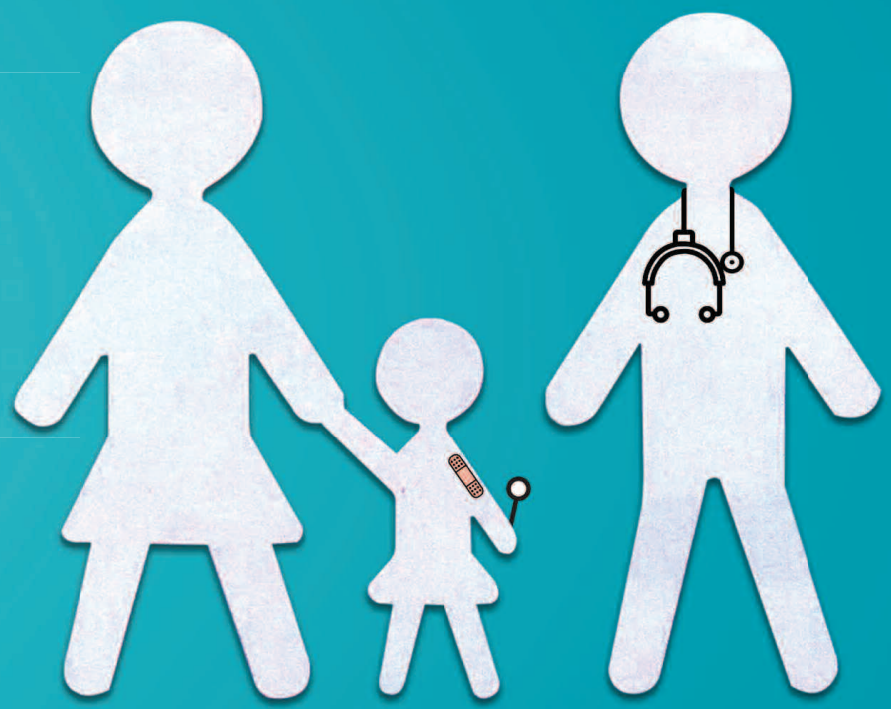
You'll receive a newsletter; enrollment in programs and workshops at no cost or reduced rate; discounts in the gift shop; invitations to members' only events such as the Fall Hayride; free admission year 'round to Mohawk Park.
www.oxleynaturecenter.org

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