September 2021 Oklahoma's Award-Winning Magazine for Parents & Families www.tulsakids.com

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Smooth Sailing in September

Create a Calm Environment During an Uncertain Time

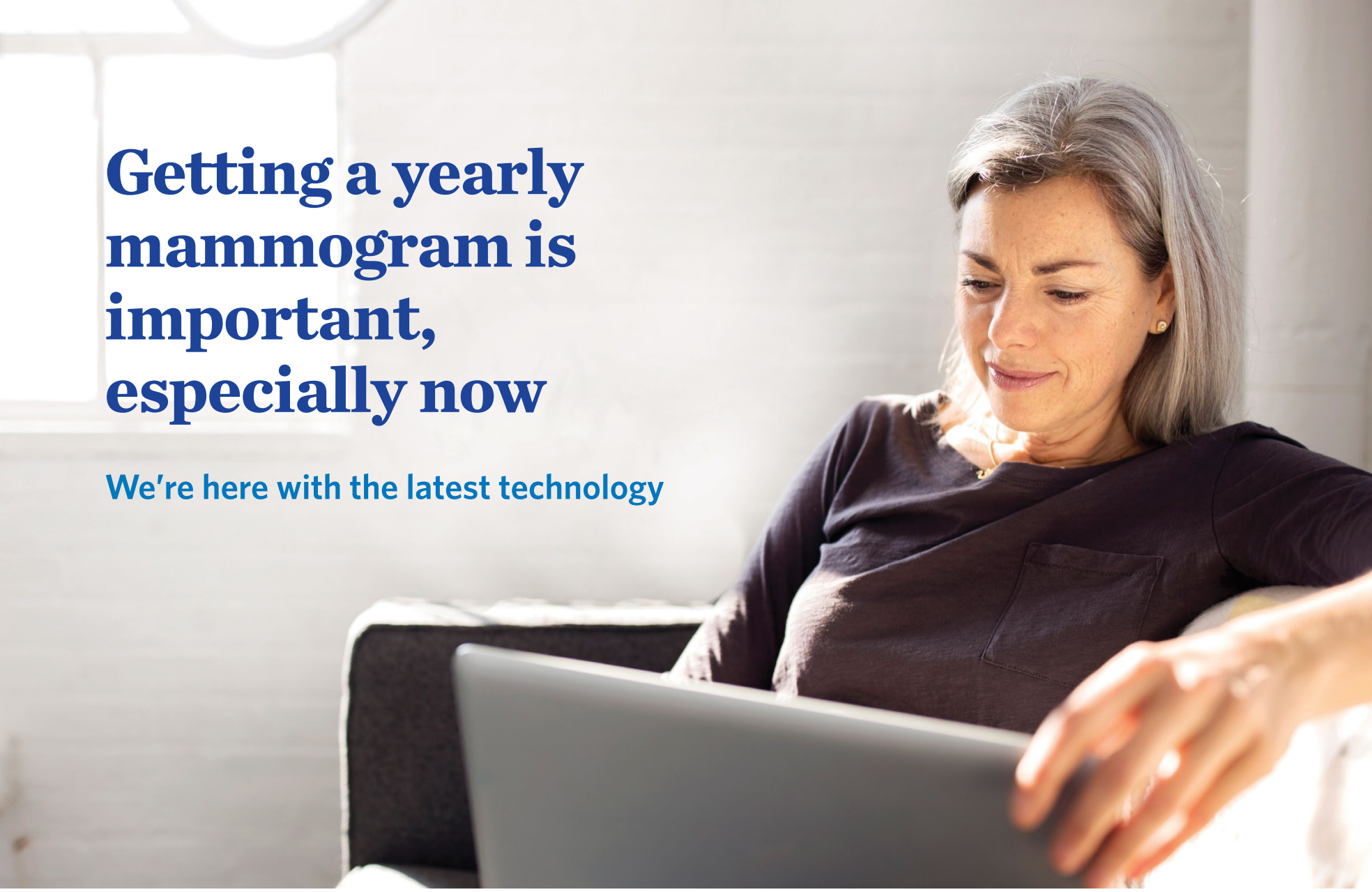
Building a Backyard Playhouse

Support Your Local Teacher

Nutritional Smoothies

Jessica Sprenkel: Double-Duty Doula

BABY GUIDE 2021



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tulsakids

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editor's note

"TERRIFIED" SHOULD NOT DESCRIBE GOING BACK TO SCHOOL

A few days prior to the first day of school, I was talking to a mom with two very young children. I asked her how she felt about school starting. "I'm terrified," she said. Her sons had already been exposed to Covid at their summer daycare. She attributes their mask-wearing to keeping them from getting sick.

I couldn't help thinking back to my own kids' first days of school. We bought the items on the school supply list, bought new backpacks and lunch boxes, and replaced outgrown uniforms. It was fun and exciting. I can remember all of us feeling a bit nervous, but never terrified.

I have another friend who is raising her grandson and was looking forward to having him go to kindergarten in person. Even though she and her husband are vaccinated, Covid spread through three people in her household, including the grandson, due to an unvaccinated, ill daycare worker coming to work. My friend has now opted to do virtual school with her grandson with the hope that he will be able to go in person after December.

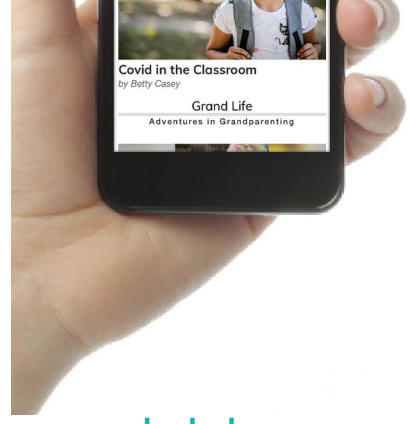
I sincerely hope that by the time you read this in September that schools have not had to shut back down due to Covid raging through classrooms, including hitting the already thin ranks of teachers, staff and substitutes.

While research has shown that a masking requirement in schools is the best way to protect children, it is illegal in Oklahoma to require masks, so you're on your own. Our feature, "Smooth Sailing in September," gives parents some ways to support children in their education. One of the best tips that you may consider implementing in your family, especially during this difficult and unusual time, is the family meeting. It's a great way to share concerns, celebrations and anxieties, figure out ways to solve problems together and to give children an opportunity to ask questions. Having a plan to check in with each other will help everyone feel valued and safe.

As you look for a break from some of the negative news, you might look to your own backyard. Writer Natalie Mikles interviews a family that created a playhouse from an old shed behind their house. It took some creativity and elbow grease, but the payoff was a place where kids could let their imaginations soar.

Also in this issue, you'll find a special section that is all about pregnancy and babies. You can find an expanded version as a digital edition at www.tulsakids.com.

As we head into a somewhat uncertain fall, may all of you be safe and well!



Betty Casey
associate publisher and editor in chief

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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.

ON THE COVER:
OUR COVER MODEL THIS MONTH IS ALYSSA MARTIN.

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CITY UNVEILS PLANS TO RENAME TWO ICONIC TULSA PARKS

Mayor G.T. Bynum announced the City's plans to rename two iconic Tulsa parks at a press conference joined by members of the Tulsa City Council, Muscogee Nation Principal Chief David Hill and members of Tulsa's Native American Community and Veterans Community.

The City plans to rename the current Veterans Park, located at 18th and S. Boulder Park Drive, to Dream Keepers Park, honoring Tulsa's rich Native American history. Veterans Park will then be relocated to the current site of Centennial Park, at 1028 E. 6th Street, an area that is at the heart of local veterans' activities and events.

City officials say the new locations could provide more opportunities for large-scale events and a wide range of opportunities for the community.

"The Park locations were chosen based on their proximity to other important entities within those constituent groups," said Anna America, chief of culture and recreation and parks director. "Dream Keepers Park is just a few hundred feet away from one of our most important Native American landmarks in the city, the Council Oak Tree. Veterans Park will be located between two of the oldest veteran's organizations in the country—the Tulsa American Legion Post 1 and the Tulsa Veterans of Foreign Wars (VFW) Post 577."

The term "dream keepers" comes from an annual award given to citizens by the Greater Tulsa Area Indian Affairs Commission who exemplify strong character and have made a difference in their dedication to public service.

Local veterans' groups will coordinate the relocation of any monuments. Joshua Starks, veterans chair for the City's Human Rights Commission says the new location will improve accessibility and provide better options for properly honoring and remembering Tulsans who served in the military.

"The new Veterans Park will provide easier access to our monuments and memorials, giving them the reverence they deserve," Starks said. "Walking along the trail will provide citizens with a visual remembrance of the service and sacrifice of our veterans and their families."





PHILBROOK CALL FOR YOUNG ARTISTS' EXHIBITION

Young artists ages 4-18 across Oklahoma are invited to submit works for The Big Show, an exhibition planned for March 11–May 8, 2022 at Philbrook Museum of Art. Young people are invited to submit one work using one of the following themes: Art that shows you or your community; Art inspired by nature or the outdoors; or Art from your imagination. Two-dimensional works must not exceed 12″ x 12″ and 3-D may be up to 12″ x 12″ x 12″.

All entries meeting the requirements will be accepted until capacity is reached.

For details and submission information, go to philbrook.org/bigshow.

DISCOVERY LAB ANNOUNCES GIZMO GUILD

Discovery Lab announced the formation of the Discovery Lab Gizmo Guild, an exclusive membership and donation level for the new children's museum opening at the end of the year at Gathering Place. (Gizmo refers to the atom in the museum's logo.)

"As a special thank you for this level of donor/member, we're opening our doors early," explained Executive Director Dr. Ray Vandiver. "As a Gizmo Guild member, your family will be the very first to experience the fun at the new Discovery Lab at Gathering Place."

In addition to the pre-opening access, Gizmo Guild members will be recognized on the new Gizmo statue outside the museum, as well as in the Discovery Lab Annual Report.

Guild members also receive limited edition Gizmo Guild membership cards, allowing access for four named adults, and up to eight children, as well as 20 guest passes annually. Gizmo Guild members also receive discounts and invitations to special events at the museum.

Other details and benefits of Gizmo Guild membership are available at www.discoverylab.org/gizmo-guild or by calling the membership line at 918.295.8144.



CDC RECOMMENDS COVID-19 VACCINE FOR PREGNANT WOMEN

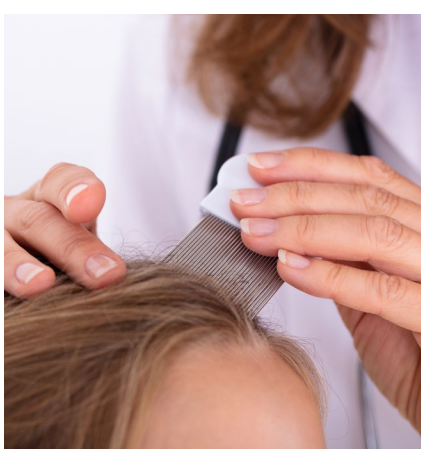
The CDC recently released new data on the safety of the Covid-19 vaccines in pregnant people and is recommending all people 12 years of age and older get vaccinated against Covid-19.

A CDC analysis showed no increased risk of miscarriage for women receiving the Covid-19 vaccine. Previous data did not find any safety concerns for pregnant people who were vaccinated late in pregnancy or for their babies.

According to the CDC, the increased circulation of the highly contagious Delta variant, the low vaccine uptake among pregnant people and the increased risk of severe illness and pregnancy complications related to Covid-19 infection among pregnant people make vaccination for this population more urgent than ever.

As kids get back together for school and other activities, they may be sharing unwelcome guests—lice. Head lice, according to the CDC, infect approximately 6 million to 12 million U.S. children ages 3 to 11 each year.

Lice Clinics of America, a lice treatment service with over 350 locations worldwide, suggests that parents remind children to avoid hair-to-hair (head) contact, avoid sharing hats, scarves, coats, uniforms, hair ribbons or barrettes as well as combs, brushes and towels in order to keep from getting lice. Lice do not jump and they do not survive more than 24-48 hours off a human scalp.



If your child does get lice, Lice Clinics of America has a treatment that can cure lice in about an hour with over 99 percent effectiveness using the FDA-cleared AirAlle medical device.

According to Lice Clinics of America, "The Journal of Medical Entomology reported that pesticide-resistant lice, known as super-lice, have rendered traditional over-the-counter treatments less than 25 percent effective."

The AirAlle treatment does not use pesticides, nor does it require hours of messy combing. AirAlle dehydrates and kills all lice and eggs in the hair and is safe for all ages and types of hair.

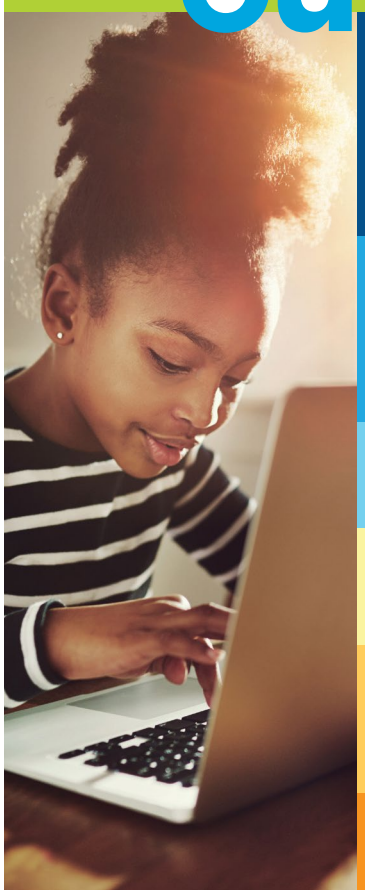
The service is often covered by health insurance, and there is a 30-day guarantee or re-treatment is free of charge.

Lice Clinics of America Tulsa
3421 E. 21st Street, Tulsa
918.779.0001
liceclinicsmidsouth.com



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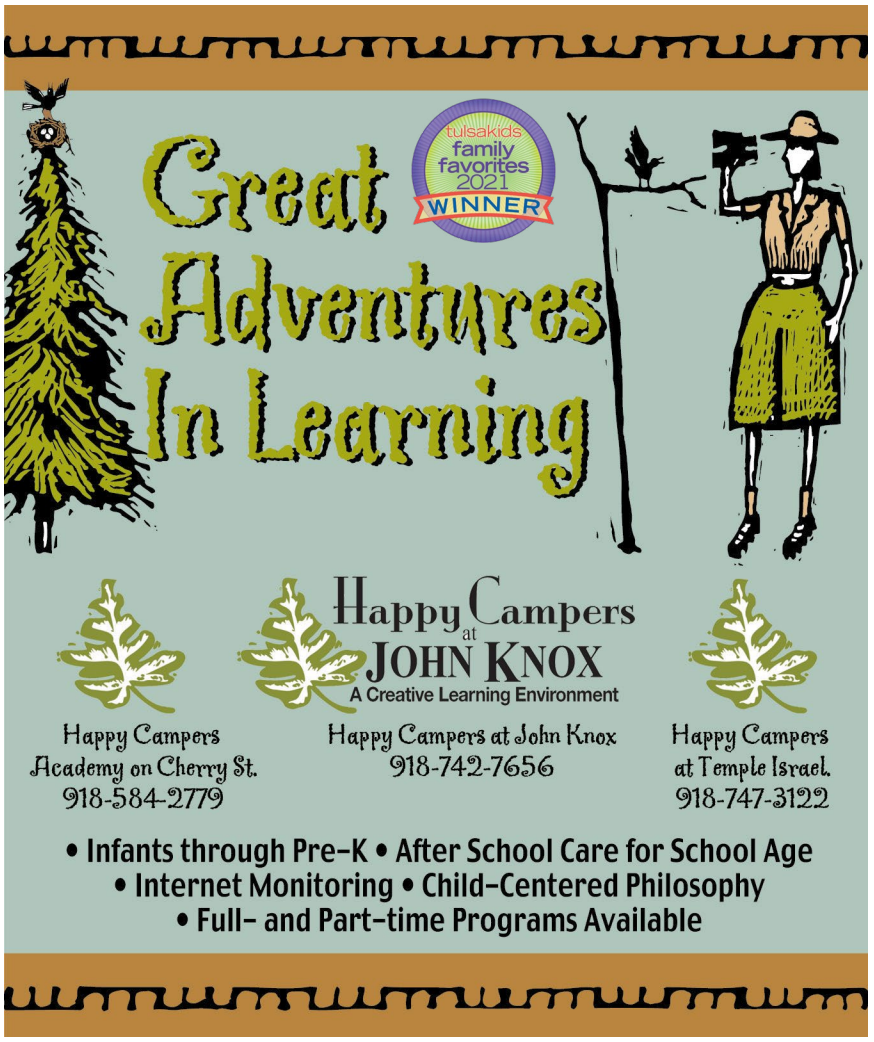
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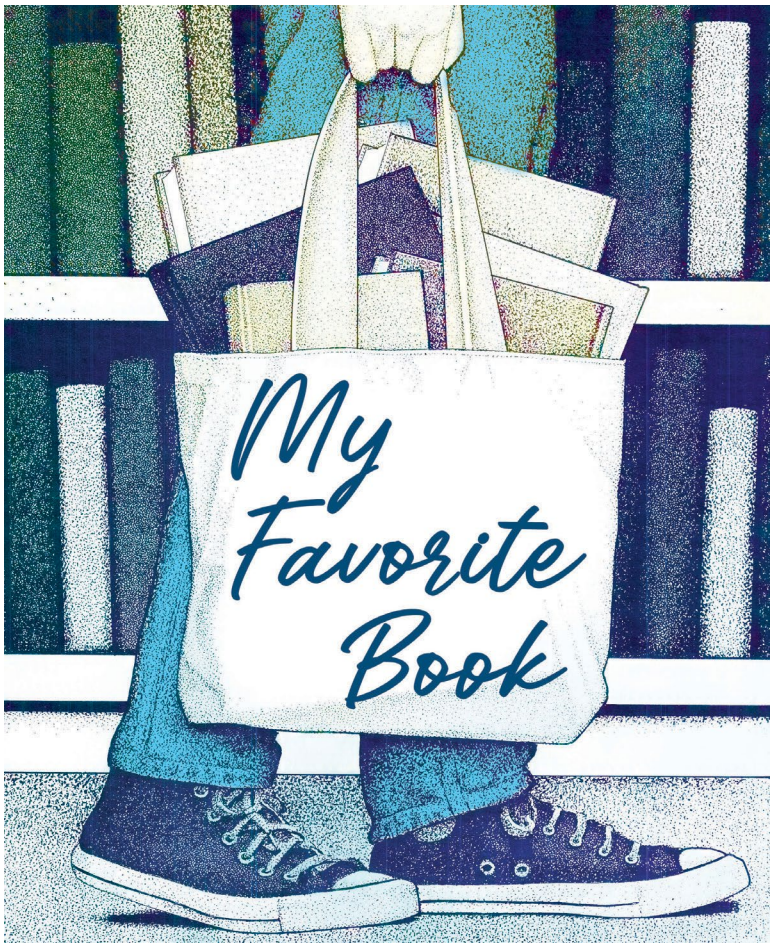
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A Contest for Oklahoma Students

This fall, readers in Grades 4–12 are invited to **write a letter to the author of a favorite book**, expressing **how the book affected them personally**.

Cash Prizes awarded to the student writers of the **top three letters** in **each** of **three levels**.

Contest Levels	Cash Prizes
Grades 4–6	First Place: $500
Grades 7–8	Second Place: $250
Grades 9–12	Third Place: $100

First place winners will also select **their school library** or **public library** to receive a cash prize of $1,000!

For **more information** please visit **libraries.ok.gov/my-favorite-book**

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INSTITUTE of Museum and Library SERVICES

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OKLAHOMA Libraries

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

CONTESTS + GIVEAWAYS

Find links for the following contests at tulsakids.com/contests.



Cutest Baby Photo Contest, sponsored by On the Cusp

In celebration of the publication of our annual Baby Guide, we're hosting a Cutest Baby Photo Contest! Entry dates are September 1–30. Submit your photo by September 15 for a chance to see your baby in TulsaKids' October magazine! All entries received by September 30 are automatically entered to win a $100 Visa gift card provided by On the Cusp!



918 Day Golden Ticket Scavenger Hunt

You can find gold in your very own neighborhood! Snap a photo of your favorite Tulsa landmark or one of the items below and share it to social media using the hashtags #CharlieMusical #TulsaBroadway #Goldenticket918.*

Four lucky participants will each win a family four pack to see the National Broadway Tour of Charlie and the Chocolate Factory, coming to the Tulsa PAC November 2–7, thanks to Celebrity Attractions!

Entries will be accepted September 16-19 on both Instagram and Facebook.

918 Day Golden Ticket Scavenger Hunt List:

- Your favorite park or playground—where Pure Imagination can take over.
- Your local library—where you can check out and read Roald Dahl's "Charlie and the Chocolate Factory"
- Your local farmer's market—they may not have snozberries, but they do have plenty of local flavor.
- Your favorite Tulsa Landmark
- Something in your area that is GOLDEN

*If you have a private account, please tag @tulsakids (IG) or @tulsakidsmagazine (FB) in your photos to make sure we see them!

Scotfest Ticket Giveaway (Last Chance!)

Scotfest returns to the Broken Arrow Events Park September 17–19, and we're giving away five general admission Scotfest tickets to five lucky families—that's 25 tickets altogether! But don't wait! This giveaway closes September 5. Learn more at okscotfest.com.





Groceries for a Year Sweepstakes

What could you buy if your grocery budget was taken care of? From September 13-October 11, enter to win $4,800 that can be used to buy groceries for a year—or anything else you'd like! This is part of a national sweepstakes, so there may or may not be a local winner.

TULSAPARENTS

We have a Facebook group! TulsaParents is the perfect place to connect with local parents. Plus, we share fun community information here that may not always make it onto our main Facebook feed. Simply go to facebook.com and search for the group TulsaParents!

FIND FAMILY FUN AT TULSAKIDS.COM/CALENDAR

If you love TulsaKids' Community Calendar, find even more events at tulsakids.com/calendar! Plus, subscribe to our mailing list at tulsakids.com/newsletter to receive our Weekend Roundup every Thursday morning, right in your inbox!

ASK THE EXPERTS

tulsakids.com/ask-the-experts

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

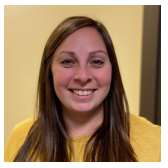


Q: I've noticed that my son sometimes writes letters backwards even though he knows them. Could this be dyslexia?

A: Letter reversals are commonly thought of as a sign of dyslexia. However, not everyone who has dyslexia will have difficulties with reversing letters or numbers, and vice versa. Dyslexia is a language processing disorder. Letter reversals are typically due to spatial awareness (knowing how to put parts together to create an image) or ocular motor dysfunction (eye muscles working together to steady an object for visual interpretation). Both of these are separate from and not associated with the language processing centers of the brain. Left untreated, frequent letter or number reversals can make reading, writing, spelling, and math challenging and frustrating. An evaluation with an occupational therapist can help identify why he is writing letters backwards and with developing a treatment plan.

Dyslexia Center of Tulsa
8988 S. Sheridan Rd #D1, Tulsa OK 74133
918.313.5518 | DyslexiaTulsa.com

HTR Pediatric Therapy | Nicole DeWitt MOTR/L, CKTP



Q: My child has been diagnosed with cerebral palsy, and I keep hearing the terms spasticity and spasticity management. What does this mean?

A: Spasticity is a form of hypertonia, or increased muscle tone. When children without cerebral palsy perform a movement, some groups of muscles turn on and some groups of muscles turn off. In children with spastic cerebral palsy, both groups of muscles may become turned on at the same time. In some instances, the wrong muscle groups may turn on. This makes movement difficult or even impossible. Spasticity can result in functional problems with daily living activities (ADL) such as gait, feeding, speech, hygiene, toileting and dressing. Over time, it can cause additional difficulties. Spasticity management should be addressed as a team, including your therapist(s) and your medical team. Forms of spasticity management include medications, surgical options, casting/splinting/bracing, and therapeutic interventions. Children with spasticity are at a greater risk of hip subluxation or dislocation. It is recommended they be monitored yearly by an orthopedic doctor, as interventions can be put in place before surgery becomes necessary. If spasticity is not addressed, it can directly affect functional gains made by the child in all areas of development.

HTR Pediatric Therapy | 6715 E. 41st St., Tulsa, OK
918.806.0106 | HTRPediatrics.com

World Travel Service | Alex Eaton, President

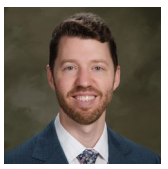


Q. What are the biggest challenges in the travel industry that I should be aware of as I gear up to take a long-overdue family vacation?

A. My advice is to use a travel advisor now more than ever. World Travel stays abreast of what is happening in the airline, hotel and car rental businesses. We keenly monitor COVID-related regulations and restrictions within the U.S. and abroad. Travel is coming back with a vengeance, and it's great to see, but be prepared for potentially longer lines checking in, getting through TSA and going through customs. Hotels and resorts are happy to have visitors back and have new cleaning protocols in place, but some spots are not fully staffed yet, so patience remains a virtue. If you plan to fly, know that airlines are working diligently to bring their fleets back and rehire furloughed pilots and flight attendants, but delays and cancellations are temporarily more commonplace than before the pandemic. It feels great knowing that the world is opening up, but we have to work together to minimize hurdles and maximize your travel experience. As always, thank you for letting us be your guide in the new age of travel.

World Travel Service
918.743.8856 | WorldTravelToday.com

Eastern Oklahoma Ear, Nose and Throat | Landon Massoth, MD



Q: My child seems to always be congested and struggles to breathe through their nose. How can I help them breathe more comfortably?

A: Nasal obstruction occurs when one or both nasal passages are blocked. This can be caused by several factors such as swelling of the nasal lining due to allergies, adenoid enlargement, a deviated septum, a foreign body, or rarely a cyst or mass. Often, the cause can be determined by a careful history and examination of the nose. In some cases, a small flexible camera can be used in the clinic to evaluate the entire nasal cavity. Treatment can be tailored based on the child's age and underlying cause of their nasal obstruction. This can include simple nasal washes, medications taken by mouth or sprayed into the nose, allergy desensitization, and in some cases, surgery. Left untreated, nasal blockage can affect general wellbeing, sleep quality, and even ear health and hearing. If congestion does not resolve on its own or with over-the-counter medication it can be helpful to visit with an ear, nose, and throat doctor. They can help to identify the underlying cause and find an effective treatment.

Eastern Oklahoma Ear, Nose and Throat
5020 E 68th St., Tulsa | 9343 S Mingo Rd., Tulsa
918.492.3636 | EOENT.com

Miller Swim School | Sarah Clavin



Q. The ultimate new parents' guide to baby swim lessons:

1. Start Early. The sooner you can introduce your child to water the better.
2. Have a Swim Diaper (or Two) Ready. Reusable ones work best!
3. Pack the Right Bag. Bring a towel and a change of clothes for you and your baby.
4. Arrive Early. Give yourself extra time for the drive, getting dressed, using the restroom or changing diapers.
5. Set Realistic Expectations. Our instructors work hard to make classes fun and productive. But keep in mind there may be challenges. If your baby is having a hard day in swim class, try to remain calm and have fun. The more relaxed you are, the more relaxed they will be.
6. Keep an Open Mind. You might be surprised by how baby swim classes are structured. It might seem like a lot of playtime, with no real swim learning taking place. But our classes and curriculum were created with milestones and skills in mind and they work!
7. Ask Questions. Instructors can provide tips for what to work on at home or let you know why we do things a certain way.

Miller Swim School
6415 S. Mingo Rd., Tulsa | 525 W. 91st St. S., Jenks
918.254.1988 | MillerSwimSchool.com

See Your Message Here!

For information, call 918.582.8504

BY KILEY ROBERSON

5 tips for raising caring kids

This summer, our family went to the Grand Canyon for vacation. After seeing the marvel in our kids' eyes at the vast beauty of this national treasure, we decided to splurge for a helicopter ride to get an aerial view of the canyon. We were all super excited to climb into the helicopter and get buckled up for our family adventure. The pilot told us where to sit based on weight distribution and my husband and I took our seat across from our two kiddos. Though we were all masked for COVID-19 precautions, you could still see the smiles and excitement on our eyes as we anxiously awaited liftoff. Suddenly, as the helicopter began to ascend, my youngest's eye went from joyful or absolute fear. It was one of those moments as a parent that you want to immediately provide comfort and protection, but with seatbelts holding us all into place and the loud noise of the helicopter drowning out our attempts to soothe, he froze with panic.

That's when something magical happened. His older sister, who was sitting closest to him and had been gleefully staring out the window at the disappearing ground, looked over and noticed the fear in his eyes. She instinctively reached for his hand and didn't let go the remainder of the flight. With big sister providing support, his fear lessened and he became much more relaxed. In the end, the helicopter ride was a big hit and we were able to see so much of the scenery and beauty this landmark has to offer. However, I still think the most beautiful thing I saw that day was two kiddos who love and care for each other.



COMFORTING A FEARFUL SIBLING MIGHT COME NATURALLY, BUT THERE ARE WAYS PARENTS CAN ENCOURAGE KINDNESS.

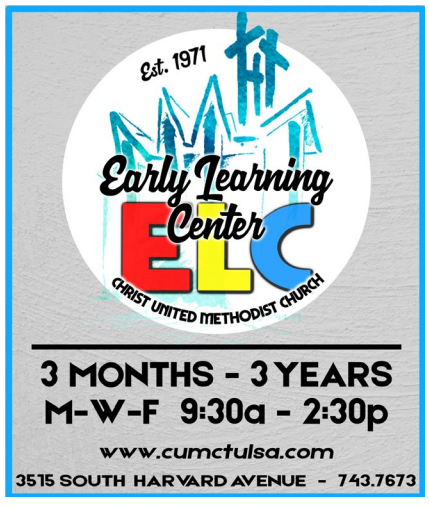
If you have kids, then you know how fleeting moments like that can be. Especially as they get older, the fighting between them can sometimes seem endless. And while it may drive us crazy, the American Academy of Pediatrics (AAP) says it's actually quite normal and healthy for siblings to fight.

However, where is the line between "normal" and "not normal"? How can we be assured that our kids will grow up and eventually get along? Here are five ways to raise kids who love and care for each other:

1. **Start early make good relationships a priority.** Make sure you teach them the importance of getting along and being kind to one another. Model that behavior yourself.
2. **Teach them to have a 'We mentality,' not a 'Me mentality.'** Tell your kids that they are a team. In fact, the whole family is a team. Everyone's actions affect everyone else's. If you remind them enough times, it will eventually sink in.
3. **Demonstrate and teach positive ways to work through arguments.** First, look at yourself. How do you work through conflict with other people? Do you yell and scream or do you sit down peacefully and work out your problems in a rational manner? Hopefully it's the latter. But if not, start working on your own conflict skills. Once you have learned how to work through arguments yourself, you can teach your kids to

do the same. Sit down with them and talk them through the process. Teach them that there are positive ways to "fight."

4. **Recognize and encourage all children when one of them accomplishes something.** Make sure that you celebrate all accomplishments. Have your kids congratulate each other, too. And even if a child isn't accomplishing as much as their sibling, you can still be positive and encourage them to try their best—and tell them that you are proud of all of them. They are all unique.
5. **Model good behavior yourself.** You might want your kids to get along and love each other more, but if you are not showing them how to do it through your own actions, then they will never learn. Children model behavior more than they listen to your words.









BY DR. TAMECCA ROGERS

children are not color blind

As America wrestles with its long history of racial injustice, children are being inundated with headlines and conversations on racism and race, and many have questions. As parents and educators, we owe it to our students and children to give them answers.

While I believe young children shouldn't be exposed to graphic information, parents and teachers should discuss racism and race openly and early. Research confirms (Aboud, 2008) that children not only recognize race from a very young age but also develop racial biases by ages three to five.

I vividly remember grocery shopping with my three-year-old son and overhearing a white child, the same age as my son, pointing at him and asking his mother, "Why is his skin brown?" Immediately, the mom's face turned red. She tried to hush her son and apologized to me. I asked the child his name, introduced my son to him, and briefly explained what melanin is and how amazing it is to live in a world with so many kinds of people in it.

While the mom was embarrassed, that was an important opportunity for a teachable moment. Sometimes as parents, when our younger children point and ask questions about people who are different from us, we tend to tell them "stop that, that's rude" without giving them explanations. Beginning in preschool, children sort people by race. Therefore, we must explain and engage, even when it is an uncomfortable topic like race, racism and injustice. Avoiding these conversations out of fear of saying the wrong thing or under the pretext of color-blindness is a missed opportunity.



THE AUTHOR'S SON, KEITH, (THIRD FROM LEFT) WITH SCHOOL FRIENDS.

Throughout my teaching career, I have had the privilege to teach in majority-Hispanic, majority-Black, and majority-white classrooms. One characteristic that's the same in all races, cultures, and backgrounds is that parents send their children to school to prepare them for a better life.

School boards, superintendents, principals and teachers face questions about teaching race, racism, inequality and the unpleasant realities of U.S. history in classrooms. How this became a political matter is beyond me, but as a Black woman descended from enslaved people with Native American ties, I grew up with a vivid understanding that our country's past wasn't all good, for all people, all the time.

Amid political controversy about teaching race and racism in the classroom, I fully agree with Oklahoma's Superintendent of Public Instruction Joy Hofmeister's statement, "Students deserve an honest understanding of our history and its episodes of both greatness and shame if we hope to learn from our past."

In order to improve our children in every aspect of life, we must teach them how to evaluate information from multiple aspects. We should continue teaching about Thomas Jefferson and George Washington; however, we should also teach about Sally Hemings, Ona Judge and others they enslaved. Not only should we teach about the Indian Removal Act, but we should also include material such as documents written from the very perspective of the indigenous people removed. When we share the deficiencies, as well as the triumphs, students get a more accurate picture of America.

Honestly, growing up and graduating from high school in Oklahoma, I feel cheated in my public-school education. To graduate from any Oklahoma school, it was mandatory to pass Oklahoma history. However, there was no mention of the 1921 Tulsa Race Massacre in our Oklahoma or American History books. For the last few years, I have continually asked myself, "How could they teach Oklahoma history, and leave out a major part of our history? Why was it left out? What else is being hidden from us?" I question everything they taught me about history.

I remember a history class where we were taking turns reading aloud. When the one paragraph about slavery came up, the teacher called on me, the only Black person in the class, to read it. My young, impressionable mind tried to figure out why I was being singled out, but I couldn't understand it. I felt so uncomfortable, and it left me feeling the only contribution Black people gave to America was being someone's slave, working in the field. How untrue was that? I found out later that Black people did pretty amazing things right here in my hometown. Black people created a thriving business district from the ground up, which comprised over 600 businesses which included a church, schools, libraries, theaters, clothing stores, restaurants, a hospital, ice cream and candy stores.

Black people were more than just slaves, they were business owners, doctors, lawyers, teachers, pastors, etc. Imagine what kind of influence and empowerment that knowledge could have given a young impressionable child of any race? It's important for children to see themselves and their families mirrored back to them in the world such as in school, movies, television and books. Here are a few suggestions that can help educators and school leaders teach race, racism, inequality and the realities of U.S. history in classrooms.

DIVERSIFY YOUR HOME AND CLASSROOM BOOKSHELF

Collect a variety of diverse books for your bookshelf that teach age-appropriate lessons on racial injustice and history that do not sugar-coat painful truths. Include literature about many individuals with typical childhood experiences. Include multiple races and cultures in the curriculum year-round, instead of one month out of the year. Often, subjects related to diversity become themes, rather than being incorporated into the overall curriculum. Students should learn throughout the year and in all disciplines about the experiences, perspectives and accomplishments of diverse people.

My son and I have written a few books that can help you diversify your bookshelf and several of them are bilingual (Spanish and English). These books are available on Amazon: *Momma May I Be Me, Daddy May I Decide, Cornrows: My Hair, My Roots, Girls Can Be Anything, Does My Life Matter, A Promise Deferred: The Massacre of Black Wall Street,* and *Now You're It: Journaling to Perseverance.*

CREATE AN ANTI-BIAS CURRICULUM

An anti-bias curriculum is an avenue of learning intended to teach students to recognize, understand and embrace differences. It's used to prevent and confront bias, discourage stereotyping, and address injustices in school and society. Anti-bias education includes a comprehensive curriculum that demonstrates and discusses diverse perspectives and experiences, techniques that improve learning, and strategies to create a wide ranging and inclusive community. It promotes recognizing and accepting differences. This type of teaching requires critical thinking and problem-solving skills by both children and adults. The ultimate objective is to create an environment of positive self-identity development. Students are left with a strong sense of self-awareness, pride in who they are, pride in their families and positive social identities.

The book my son and I wrote, *Now You're It, Journaling to Perseverance,* allows young children and even older ones to discover the achievements of African Americans and embrace differences, while encouraging literacy, perseverance, inclusion, diversity and critical thinking.

WALK IT LIKE YOU TALK IT

When I was a little kid, my grandma always said, "Actions speak louder than words." As an adult, I know how powerful that statement truly is. The reality is the impact of an adult's actions outweighs what they say. Teachers and school leaders who actively engage in listening, learning, and talking about race, racism, inequality, and the realities of U.S. history, may be more effective at teaching it. This could include serving on committees to reduce racial disparities in education, advocating for local equity initiatives, or supporting scholarship fundraisers for diverse organizations.

As parents and educators, we must realize children are not color blind. At an early age they notice race and differences and have valid questions. We must dig in and answer questions, even if it feels uncomfortable. Growth is never comfortable. Taking on the sensitive topics of race, racism, inequality, and the unpleasant realities of U.S. history is important work that requires humility and self-reflection. Although the above tips only scratch the surface, we have to start somewhere, and what a gift we would give to our children and students if parents and educators worked together in learning and growing from our history.

Dr. Rogers is a Tulsa native, a mother of three boys, and the Director of Diversity, Inclusion, and Equality for Tulsa Technology Center. She served five years as a hospital corpsman in the United States Navy and a combined six years as a high school instructor and college enrollment counselor.



TulsaKids' College & Career Planner helps high school students prepare for life after graduation.

Find tips for writing a stand-out college essay, FAFSA deadlines and much more at **tulsakids.com/college.**



BY JULIE WENGER WATSON

greek festival volunteering is a family affair

Gyro, baklava and spanakopita—exotic words conjure images of foreign lands with sweet and savory delicacies. For Tulsans, a taste of Greece is just a short drive away during the Tulsa Greek Festival. Celebrating its 60th year, the festival takes place over two consecutive weekends in September, Fri.17 & Sat. 18 and Fri. 24 & Sat. 25, from 11 a.m.–9 p.m. at Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave. Although originally planned as an in-person event, due to the rise in Covid-19, this year's festival will reprise 2020's The Greek Street Drive-Thru, with opportunities to safely enjoy Greek cuisine and entertainment.

"In light of rising health concerns in Oklahoma, we are combining our popular drive-thru model with the exciting entertainment of our traditional festival," says Nick Salis, the 2021 Festival Chair. "Our priority is to maintain the health and safety of our community volunteers and our valued guests. We now welcome festival-goers to experience authentic Greek food plus entertainment from your vehicle. Enjoy dancing, cooking demonstrations and more while sipping on a Frappe as you drive-thru to pick up your order. We are excited to share this unique experience of our food and culture with the people of Tulsa as we have for the past 60 years."

Salis joined the church 15 years ago when he moved to Tulsa from San Francisco. He's a seasoned festival volunteer now, having worked the "Squid Shack," where volunteers produce tasty morsels of fried squid, and assembled gyros, traditional Greek sandwiches made with pita bread and seasoned meat, for over a decade.



EMMA HUGHES, 18, AND HER FAMILY HAVE VOLUNTEERED AT THE GREEK FESTIVAL FOR MANY YEARS.

Jennifer Hughes, a mother of three and Holy Trinity member, is a calamari expert, too. Although she and her husband Steve aren't of Greek heritage, they've found a church home at Holy Trinity, where they've raised their children, Emma, 18, Frankie, 16, and Abby, 6. Steve is the official "Calamari King," having inherited that title from Constantine George "Dino" Michalopulos, who was born in Greece, eventually moving to Tulsa where he raised his own family and was instrumental in starting the Greek Festival.

Michalopulos passed away this year, but one of the innumerable ways his legacy lives on is through the Hughes family's loving preparation of 700 pounds of fried squid.

"We've got it down to a pretty good science," laughs Jennifer Hughes, whose family prepares the Greek fries, too. "We started the kids very young. Even at 2 and 3 years old, they could help us mix the flour and prepare to cook. It makes them feel important to help, and we're here 14 hours a day, so we need to keep them entertained!"

Hughes, who homeschools her children, plans around the festival each year.

"We work it into our school year and consider it a field trip because it's educational and cultural," she says.

More than a once-a-year event, the Tulsa Greek Festival has grown to be an important part of the church community.

"I think it comes from the joy and gratification we all get from sharing our culture and cuisine with everyone, and working with one another," Salis says. "I am incredibly proud of our church these last few years. In light of everything, we've had to pivot and come up with new and fun concepts to be around one another. Our support for one another has gotten stronger through this all."

It's also a meaningful event for the city.

"Tulsa is an eclectic city with a rich history. Our community has been blessed with 60 years of support from the greater Tulsa community," Salis notes. "We have guests come up to us every year saying, 'I look forward to your festival every year,' and others saying, 'I remember coming to your festival with my parents, and now I am bringing my own kids to experience the Tulsa Greek Festival.' When we hear that feedback and you see the joy on their faces, you know that what you are doing matters."

For more information, or to order food online, visit tulsagreekfestival.com.

BY NATALIE MIKLES

delicious smoothies pack in needed nutrition

Smoothies are one of the best ways to pack in nutrition when on the go or in a hurry.

And now that school is back in session, who isn't busy all the time?

A basic smoothie recipe can be found anywhere, but it's fun to try new variations and to throw in added protein or vitamins to see how the kids like it. Older kids can make smoothies themselves, and this is super helpful when you're trying to get out the door in the morning. Homeschooling kids also can be in charge of the smoothie making while moms and dads prepare for the day.

We like packing a smoothie in a lunchbox. Choose your best thermos or sealed water bottle, then pack it with an extra ice pack to keep it cool until lunchtime. This is a great option for kids who struggle to finish their lunch. They can take the smoothie with them to finish during recess or class.

And dump the sugary shakes as an after-school snack or pre-practice boost. Smoothies allow you to substitute serious nutrition that growing bodies need.

If your kids are leery of spinach or green drinks, putting the smoothie in a cup with a lid and straw is a good way to avoid whining. Or let kids pick what they want to add to the smoothie. If they pick the ingredients, they're much more likely to give it a try.



Call it something fun, like a Choose Your Own Adventure Smoothie, and watch as even the most finicky eater tries something new.

BLACKBERRY PIE SMOOTHIE

Serves 2

- ½ cup blackberries
- ¼ cup blueberries
- ½ cup spinach leaves
- ½ cup plain yogurt
- ½ cup milk
- ¼ cup old-fashioned oats
- 3 dates, pitted and roughly chopped
- ¼ cup chopped walnuts
- ½ teaspoon cinnamon
- ½ cup ice cubes

1. Blend all ingredients until smooth.

PB&J SMOOTHIE

Serves 4

- 1 frozen banana
- 4 dates, pitted and chopped
- 2 cups frozen strawberries
- 3 tablespoons peanut butter
- ¾ cup milk
- ½ cup ice cubes

1. Blend all ingredients until smooth.

SUNSHINE SMOOTHIE

Serves 2

- 1 orange, peeled
- 1 frozen banana
- 1 cup orange juice
- 1 cup plain yogurt
- ½ teaspoon vanilla extract
- ½ cup ice cubes

1. Blend all ingredients until smooth.

BERRY PURPLE SMOOTHIE

Serves 4

- 1 cup apple juice
- 4 cups baby spinach
- 2 cups plain yogurt
- 2 cups frozen blueberries
- 1 frozen banana

1. Blend all ingredients until smooth. Add more juice or water if it's too thick.

APPLE CINNAMON SMOOTHIE

Serves 2

- 1 apple, cored and chopped
- ⅓ cup vanilla yogurt
- ½ cup milk
- ¼ cup almonds
- 1 teaspoon honey
- ⅛ teaspoon cinnamon
- ½ cup ice cubes

1. Blend all ingredients until smooth. Add more juice or water if it's too thick.

SMOOTHIE PANTRY

Here are some ingredients to keep on hand for great smoothies.

- Frozen berries
- Frozen bananas (peeled, sliced and frozen)
- Baby spinach leaves or kale
- Peanut butter
- Plain yogurt
- Chia seeds
- Raw pumpkin seeds
- Chopped walnuts
- Honey

BY NANCY A. MOORE

jessica sprenkel: double-duty doula

Jessica Sprenkel, known as "Sprenk," serves her clients in two capacities; she is a birth doula who owns a gym and fitness studio. Her areas of educational expertise marry with her coaching ability for her dual roles as personal fitness trainer and doula. She is passionate about helping women during the pregnancy process through her role as doula and continues to support them through exercise classes and personalized fitness routines following their pregnancies. Her philosophy focuses on an individualized approach, helping women thrive before, during and after giving birth.

TK: Tell us a little about yourself:

Sprenk: I grew up in a small town outside of Indianapolis and attended college in Memphis, TN so I could escape the long winters. I majored in psychology and got my first fitness certification. I was lucky enough to find a gym outside of my college campus that became like a family to me and really helped shape how I coach my clients in a compassionate and understanding way. In 2012 I moved to Austin to pursue my graduate degree in kinesiology and had always planned on moving back to Memphis. That changed when one of my very best childhood friends invited me to visit her in Tulsa. I found such a friendly spirit and loved the size and affordability of the city. In 2014 I moved to Tulsa. It was a winding and undulating journey to my current role of gym owner. I worked at the YMCA, at a startup livestreaming fitness company, nights and weekends at special events, slowly piecing together my roadmap and making connections. I eventually found great success in small-group personal training with a focus on strength training for women.



PHOTO CREDIT: JESSICA SPRENKEL

TK: How did you become interested in teaching classes to pregnant and postpartum women?

Sprenk: I am a Certified Personal Trainer through the American Council on Exercise. I have my Master of Science in Kinesiology. And my prenatal and postpartum certifications include attending the Birthfit Coach Education weekend and being a Certified Prenatal and Postpartum Coach through Girls Gone Strong.

I have found that there isn't a lot of information in a general fitness certification to truly serve pregnant and postpartum populations well. These periods of life require a completely different mindset, approach and environment than the general population. I saw a giant need for this and created a community where they are the priority, not an afterthought.

TK: What is a doula?

Sprenk: A doula is many things, but I think that birth coach sums it up pretty well. They don't have medical experience or make medical decisions, but they do provide emotional and physical support, encouragement and resources during

pregnancy and labor to their clients. My goal during a birth is that mom feels supported, heard and like she is making her own choices. Between myself and her partner, she is never alone. We work together to explore decisions, ask questions and make sure there's understanding and that she is in control of decisions made.

TK: How did you become interested in becoming a doula?

Sprenk: I spent about two years working almost exclusively with women before I had clients talk about getting pregnant. I realized if I wanted to continue to serve this population well, I would need additional training. Most personal training certifications barely cover pregnancy and postpartum considerations, giving very vague guidelines.

TK: What is your training in this specific area?

Sprenk: I found a prenatal and postpartum fitness certification called Birthfit and signed up for their class in Salt Lake City. It was a three-day intensive and during training, one of the coaches mentioned she was a doula and that it only makes sense if you've been coaching and preparing your clients for labor and birth, that you would be in there for the big event. This piece of knowledge broke down a huge barrier for me. I spoke with this trainer after class, and she gave me some starting points. Three months later, I was in Boston for my doula certification course. After learning more about it to better help my clients, I was just blown away by our body's power and strength.

TK: What do you enjoy about working with pregnant and postpartum women?

Sprenk: I enjoy helping change the mindset around what they're capable of. Oftentimes my clients are far stronger than they know and just need a little encouragement to get there. I also love changing the narrative and helping women break free from the diet culture and bouncing back narrative. It is toxic and the last thing anyone who has given birth recently should be worried about. Postpartum is a time for healing, recovery and growing into your new role as a mother. Soak that in.

TK: What types of classes do you offer?

Sprenk: I own an in-person gym that hosts small-group classes at various times in the morning, at lunch and after work. There is a general fitness program available to all as well as a more specific 12-week postpartum reBUILD program and pregnancy fitness program that focuses on birth preparation. It helps to feel strong going into such a physically demanding event!

Prenatal and postpartum classes have a different plan in that there is a lot of focus on breath and posture. We work on regaining core control and focus on movements that apply to everyday motherhood. Healing comes first, then strength.

The prenatal program is offered in person and via an app year-round. It is targeted to the specific week of pregnancy you're in and you'll work directly with me. We focus on physical strength to help make pregnancy easier and more comfortable. We also focus on mindset and emotional support and preparation via habit tracking. We work together to pick daily habits that will benefit you the most.

I have a 12-week post-partum program available in person and via an app that focuses on healing and rebuilding strength and routines after pregnancy. My goal is to get you back to doing what you loved before pregnancy and feeling confident in your new life. Whether it's your first or fifth kid, there's a major adjustment physically, mentally and emotionally that happens after each.

TK: What is your philosophy of kids at the gym?

Sprenk: Kids are always welcome at the gym. I have playpens, blankets, toys and help set the expectations among members (mostly other moms) that there will be kids present some days. I never want your kids to be the reason you can't make it.

TK: What is your focus on health, nutrition and exercise for the whole family?

Sprenk: I believe, for all my clients, that small daily habits add up to big results. I don't encourage the all or nothing mentality or going all in at once. It's not sustainable, especially in motherhood. We focus on little things like drinking water before you have your coffee or taking the first five minutes of naptime to sit in quiet, that can add a lot of mental value to the days.

For more information, go to www.coachsprenkel.com.

To listen to the full interview, check out the Sharing Passion and Purpose Podcast by Nancy Moore on Spotify, iTunes, Apple Podcasts, and Amazon Music.







BY REP. JOHN WALDRON

support your local teacher

I was a teacher in Oklahoma for almost 20 years before I was elected to the Oklahoma State Legislature. My wife is still a teacher. Through her experiences and by listening to other teachers, I came to see that 2020 was one of the hardest years ever to be a teacher. While I was serving in the Oklahoma Legislature, my old colleagues all over the state were enduring trials like they had never imagined. So I polled dozens of teachers to find out what they are thinking about regarding the new school year.

2021 is already shaping up to be another challenging year. There's a perfect storm brewing. Retirements are at record levels as veteran teachers take advantage of the raises offered three years ago. Since retirement is based in part on the three highest-salary years of employment, as many as 3,800 teachers are choosing to retire this year. In addition to this pull, there are two pushes in effect: the risks and challenges associated with teaching during a pandemic, and the political controversy surrounding critical race theory. Teachers who might otherwise stay a few years are more likely to call it quits in this current climate.

At the same time, relatively few young people are entering the profession from our education programs around the state. We can anticipate only about 800 new recruits from



our professional programs. The remaining vacancies will have to be filled with teachers with alternative and emergency certifications. Now, many of them will be gifted teachers, but the high proportion of these teacher pathways indicates a profession in crisis.

First, some basic explanations. While people may have different views about Covid-19, we must accept that teachers are facing a high degree of anxiety in this climate, either out of fear that they or their students might get sick, or because we have various pandemic protocols in our schools. These need to be enforced and are themselves the subject of great controversy. So that's a stressor. As for critical race theory, politicians have accused teachers of indoctrinating students. The state has made rules creating a process for complaining against teachers who engage in ideological indoctrination. This is also stressful. Whatever your views on these two points, you should understand that they have increased pressure on teachers significantly. And this can increase the burnout rate.

So, what can parents do? I polled teachers on this point, and here's what they said. It might serve as an etiquette guide for parents and teachers in the modern school environment. First of all, communicate with them. Read their emails and send your own questions in before you blow up your kid's school on social media. Build a relationship with your children's teachers, as they try to build relationships with your children. Then, if a problem occurs, you will be in a position to talk it out. Don't be afraid if your teacher challenges your child's thinking. That's a key part of the learning process. In fact, that's how they learn best.

And talk to your children. Make them aware of Covid, the requirements in their school district and why they were put in place. Hopefully they will not be in place too long. Keep in mind that rising Covid-19 numbers may push our schools back into virtual mode—if only because we won't have enough staff in place to man schools in-person. If that happens, understand that this makes the job of teachers harder, not easier. They will have to master complicated platforms while trying to reach their charges through a screen. Make sure your kids stay engaged in virtual mode and do what you can to support their learning.

And most of all, remember the importance of grace. Next year will be even more difficult if we become conflict prone. Understand that our teachers are doing their best and be patient. We can all get through this if we work together. I know that advice seems a bit pat, but let's face it—these are tough times. Tempers are running high, compassion seems to be in short supply, and everything works against our schools these days. We all need to show a little more understanding if we're going to get through this together.

Oh, and don't forget to ask if your teachers need hand sanitizer.

LAURA RAPHAEL, MLIS, CHILDREN'S SERVICES
COORDINATOR, TULSA CITY-COUNTY LIBRARY

question kids on the case!

HELPING YOUR KIDS DEVELOP QUESTIONS FOR READING COMPREHENSION

You know the drill, parents. When children start to talk, after declarations like "No!" and "Up!" come the onslaught of questions. What is lady doing? Where go sun? Why… EVERYTHING!

I've observed many parent-child question interactions in the library over the years, but my favorite happened in the bathroom. A young (and query-focused) child had many questions about the sink and the footstool. His parent answered them all with patience and care. And then, looking at the new paper towel contraption that spit out towels with the wave of a hand, he asked: "How do it do that?"

The parent stopped, thought about it, and instead of giving a long answer about motion sensors and other science-y things, answered, "Magic!"

I'm here to tell you there's a germ of truth in that answer: Asking questions is magic in literacy development and, later, reading comprehension.

When you help your children become "Question Kids"—open to asking questions because you patiently answer them as best you can—you are doing much more than responding to them in the moment. You are developing their capacity to think, wonder and expand their knowledge while reading.

What are some ways that you can support this question-making behavior?

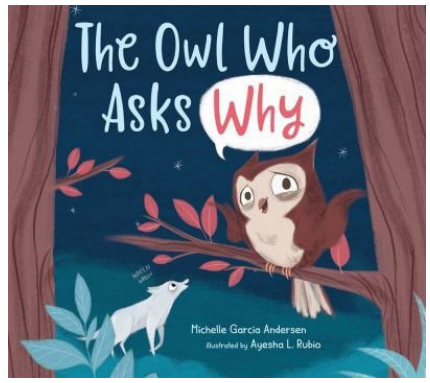
1. **Ask many questions yourself, particularly about books you are reading together.** The five main question words to use are "What?" "When?" "How?" "Where?" and "Why?" You can even write down these words on a post-it note to yourself and see how many times you can use each question word as you read.
2. **Look at a picture and write questions together.** This is particularly good when you are exploring a nonfiction topic together and already have some basic knowledge about the topic. For example, find a picture of a three-toed sloth. Questions you can write (especially if you've already read about sloths) include "Why do sloths hang upside down?" and "How often do sloths move?" and "Where do sloths live?"
3. **Give a question word and a topic and see if your child can come up with a question.** Remember those five question words? Play a game with your child and see if they can create questions with just a question word and a topic. "What/my birthday"—"What are we going to do for my birthday?" "How/Grandma's house"—"How will we get to Grandma's house?"

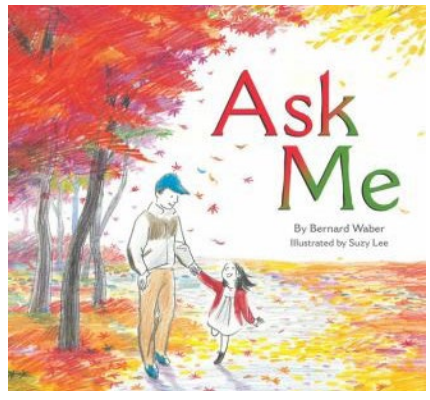
Some great question-based children's books to help:

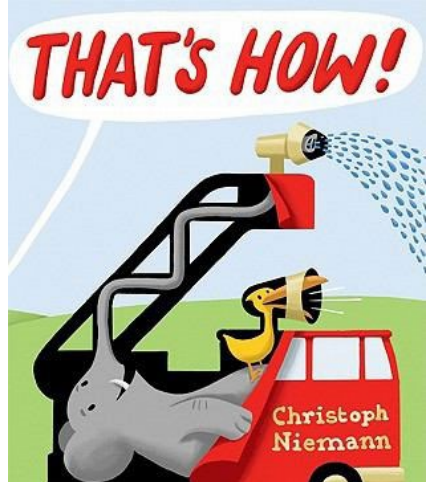
The Owl Who Asks Why written by Michelle Garcia Andersen and illustrated by Ayesha Rubio. Owls usually ask "Who?", but in this book, Little Owl actually wants to ask "Why?" while Little Wolf really wants to know "When?" This lightly philosophical story underscores that all questions are valid.

Ask Me written by Bernard Waber and illustrated by Suzy Lee. A great model for parents about the ease of asking and answering questions with children! (It's also a lovely and gentle story with beautiful illustrations.)

That's How! written and illustrated by Christoph Niemann. See if you can stop laughing at these imaginative guesses about how different vehicles work.







Build A Reader Storytimes

In-person events are currently on hold at the Tulsa City-County Library due to a resurgence of Covid-19 cases. Please check www.tulsalibrary.org to find out about virtual or drive-by experiences for all ages as well as updated TCCL information about the return of storytimes and other in-person activities.

BACK-TO-SCHOOL

Smooth Sailing in September

BY JAN PIERCE



Children have returned to in-person learning — many after a year or more of virtual school or doing school in small learning "pods." With Covid-19 cases still on the rise and mask mandates outlawed in Oklahoma, parents, teachers, school staff and students are understandably confused about how to safely attend school, not to mention the protocol for bus riding and after-school activities. While you can't control the virus or your school district's recommendations, you can control what happens at home. Here are some tips for creating a calm and stable environment during an uncertain time. Communication and flexibility are key components.

ONE. Have a family meeting

It's wise to make a clear transition from summer days to a workable fall schedule. Allow your children to express their feelings, impressions and thoughts about the new school year now that they've been back for a few days or weeks. It's very important that children know their adult family members support their learning. Each family member has input in setting expectations for such things as goals, homework times, television privileges, telephone and texting time, bedtimes and how many after-school activities will be part of the new year. If your children are expressing anxiety or worries, this is a good time to explain how you, school staff and teachers are working to take care of them. It's also a good time to discuss the importance of mask-wearing, hand-washing and social distancing. Family meetings build a foundation for open, non-judgmental communication and allow the whole family to start a new school year ready for success. Regular family meetings will give everyone a chance to express concerns, problem-solve together and keep communication open.

TWO. Create Personalized Study Spaces

Here is your chance to encourage your children in good study habits. Help them create and personalize a study area at home. Even though most students have been studying from home in the past year, invite your children to work with you to reorganize and plan new décor to fit the needs of their new classroom and new school year. It's amazing how a few contact paper-wrapped cans and some bright new pencils can perk up a work area. Buy a simple plastic organizer tray or use some recycled boxes to store rulers, erasers, scissors, glue and other necessary supplies. Add a nametag, stickers, drawings, pictures — anything that makes it a special place to settle in and get the homework done.

THREE. Do the Basics

Your family may need to get back to pre-pandemic practices and habits. In order to be **alert** and ready for the school day, it's important for children to begin each day with a healthy breakfast. It's not just the nutrition that's important—it's also a time for the family to gather strength for the day, together!

Children must be taught to **be on time.** It's a habit that will benefit them throughout life. Teach your children the importance of building a reputation for being responsible in this important way.

Encourage children to be **ready to learn.** This means sending supplies, forms, fees or whatever has been requested by the school in a timely manner. Homework should be kept in a special folder ready to turn in. If you notice problems with homework or if your children are struggling with assignments, make an appointment to speak with the teacher before things get worse.

FOUR. Engage!

Make sure a family member attends back-to-school nights and open houses. Both grandparents and parents are welcome to volunteer in classrooms. Working parents can offer to go on field trips or help teachers in other ways. Plan ahead—add school events such as music programs, PTA events and curriculum nights to your monthly calendars.

FIVE. Build a Team

Parents must stay in touch with their child's teacher. They need to know what's happening in the classroom and also inform the teacher of anything out of the ordinary at home: emotional loss, health concerns, etc. This builds a relationship with the school that supports learning. Check the school website to stay informed. Because of Covid, schools may change protocols according to the latest CDC guidance or the number of children infected in the school. Prepare to check often for school updates and be flexible. Most schools have student portals for parents to check grades and assignments. Make sure you know what technology your child's school uses and how to use it. Find out how your child's teacher likes to be contacted and how the school communicates with parents. And don't forget to regularly look for bulletins, information and newsletters in that backpack! A parent-child-teacher team builds the strongest possible support for a child's learning success.

The goal, of course, is a positive, healthy start to a new school year for the whole family. Challenges will come over the course of the year, but a solid beginning with every family member on board will do wonders to ensure smooth sailing this September.



INCLUSIVE RESOURCE GUIDE

Find pediatric therapists, inclusive activities for kids and more in TulsaKids' Inclusive Resource Guide, coming October 2021! Also available online year-round at **tulsakids.com/guides**.





Come Home to Creativity: Building a Backyard Playhouse

By Natalie Mikles | Photos courtesy of Caryn Arnold

When Caryn Arnold put an offer on her house, it was with one condition.

She and her husband asked it be written into the contract that the old gardening shed in the backyard would stay.

She laughs thinking about it now.

"I'm sure they were thinking, 'No problem,'" she said.

The shed was covered in dirt, filled with cobwebs and the inside hadn't been cleaned in years.

But Caryn had a vision. She saw past all of that to a playhouse for her kids, 10-year-old Vivi and 7-year-old Jack. She saw a fun place for their imaginations to soar, for making mudpies and for inviting friends to play.

Making that vision come to life was another thing. In between work, after-school activities and making improvements to their home, there was little time left to work on a kids' playhouse.

It was in the spring of 2020, when Caryn suddenly found herself with more time on her hands, that she could begin tackling the shed. Step one was power washing the 7-foot-by-10-foot shed and porch.

"I thought I would just power wash, paint and be done with it," Caryn said.

But after years' worth of grime and mud were washed away, it revealed a beautiful red cedar. That's when Caryn's vision went to the next level. All of a sudden this old garden shed had charm and personality.

Caryn decided to make a Facebook poll among her friends, asking them to choose a color for the playhouse door.

"Everyone had a different opinion, and everybody got really involved," she said.

Some thought she needed a bright color — like turquoise — that popped. Others thought a warm forest green fit the woodsy, log-cabin feel. She ended up with a pretty shade of juniper blue. And with that, friends and family became interested in the step-by-step process of the renovation, which she documented online.

From there, she began cleaning the inside, pulling out old birds' nests, dusting hundreds of cobwebs and pulling up the carpet from the floor.

The old garden shed became an If You Give a Mouse a Cookie project, with one thing leading to another and another.

Caryn scanned Pinterest for ideas and added peel-and-stick vinyl floor tiles, then added window boxes and guttering. Her husband, Frank, used scrap wood to create a bunting flag in shades of green and blue. The flag hangs above the doorframe.

One of her favorite additions are rain chains — an attractive way to pull water flow from the roof to a basin. This project took some time, as Caryn and Frank had to watch This Old House videos to learn how to dig a hole and then add stone to redirect the water flow toward a creek behind their home. The result is both functional and whimsical, and every time it rains, water trickles down through the chains — little metal gardening cans — that frame the sides of the playhouse.

The rain chains are reflective of Caryn's perspective in designing the playhouse.

"It has to be cute," she says emphatically. "But I want it to be functional, too."

When it came to the inside, Caryn didn't add much besides a large chalkboard and chairs. Frank created a small bar top so the kids would have a place to sit, eat and play.

Playing store and restaurant are the kids' favorite things to do in the playhouse. They take orders at the window, make pretend food and then slide it back to their "customers." She also added a red rotary phone and phone book (both relics she had to explain to her kids), plus art supplies.

Caryn, who is an elementary school teacher, said she knew the playhouse would be an opening for hours of free play for her kids.

"I'm big on imaginative play. You don't have to have a playdate in order to play," she said. "I tell my kids all the time, 'I'm giving you the gift of boredom.'"

And while that sentiment is sometimes met with an eye roll, Caryn says they often end up finding something to do or making up a game, so long as she allows the space and time for it to happen.

As for the playhouse, it has become as beloved to her as it has to the children. Working on it became an outlet — for creativity and for quiet time for herself. She has documented the process on her Instagram page (@18dollstreet).

Caryn's shed to playhouse transformation caught the eye of the editors at HGTV Magazine, where she is featured in the September issue.

5 Tips for Turning a Backyard Shed into a Kids' Playhouse

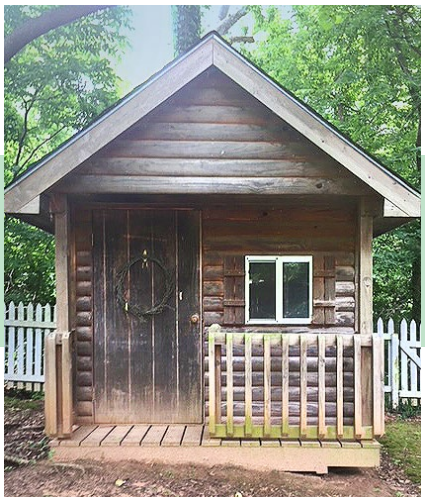
① ***Empty it.*** Remove everything to see what you're working with. Find a new spot for your wheelbarrow and old clay pots.

② ***Clean it.*** Give it a good deep cleaning. Dust the cobwebs and sweep away the dirt. Spray the inside and outside with a heavy-duty power washer. A sparkling surface gives you a clean slate.

③ ***Paint the front door.*** This simple act of painting the front door a fun color lets the kids know the garden shed is now their domain.

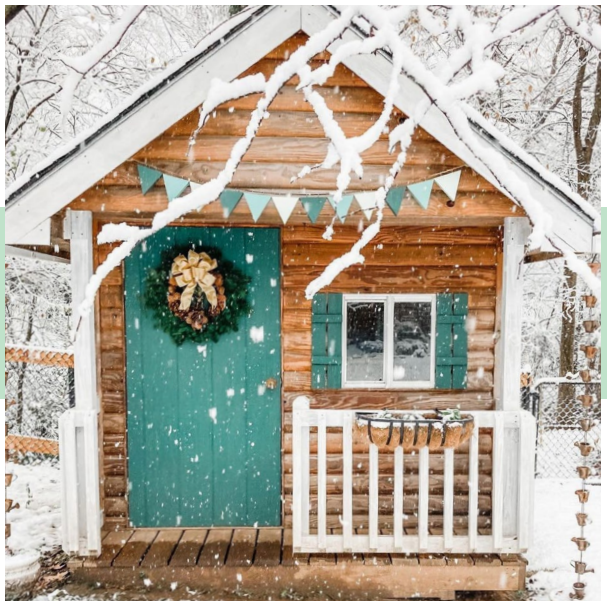
④ ***Add window boxes.*** Simple, inexpensive window boxes add loads of charm. Let the kids plant the flowers, and water and maintain them if they're old enough.

⑤ ***Add lights.*** Adding electricity wasn't a top priority for Caryn Arnold. But she found a cute chandelier, strung it with battery operated lights and hung it from the playhouse ceiling.



Before













FOOD ON THE MOVE IS HOSTING A SERIES OF COMMUNITY BLOCK PARTIES, WITH PAY-AS-YOU-CAN FRESH PRODUCE AND FAMILY FUN! PHOTO COURTESY OF FOOD ON THE MOVE

This information is correct to the best of our knowledge. However, check with the organizer before attending events, as information can change.

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

September 1 Wednesday

LITTLE GARDEN EXPLORERS [W]

Spark wonder at Little Garden Explorers, an easygoing play invitation designed for children under 5. Drop in anytime on Wednesdays between 9:30 and 11:30 a.m. to play–and let Philbrook take care of the mess! Philbrook Museum, 2727 S. Rockford Rd., 9:30–11:30 a.m. philbrook.org

BUILD A READER STORYTIME: PRESCHOOL WITH MISS TATIANA [FREE]

The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler. Join here: www.facebook.com/centrallibrary. 10:30–11 a.m. Repeats September 22.

September 2 Thursday

SAFE KIDS TULSA CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly! Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, 10 a.m.–12 p.m. safekidstulsa.com

September 3 Friday

OH! TULSA BIENNIAL [FREE]

Join Living Arts of Tulsa for the exhibition opening of the Oh! Tulsa Biennial on First Friday. This exhibition is intended to highlight the unique talents that the Tulsa arts community has to offer and encourage the community to come together to share what they love about Tulsa. This exhibition is about Tulsa, for Tulsa and by Tulsa! Living Arts of Tulsa, 307 E. Reconciliation Way, 6–9 p.m. livingarts.org

ONE BOOK, ONE TULSA: "MEXICAN GOTHIC" WITH SILVIA-MORENO GARCIA [FREE]

Silvia Moreno-Garcia will discuss her novel "Mexican Gothic" and answer questions from the audience. "Mexican Gothic" is a mesmerizing feminist Gothic fantasy in which a glamorous young socialite discovers the haunting secrets of a beautiful old mansion in 1950s Mexico. Register at www.tulsalibrary.org/events to receive Zoom link. Questions? Email cas@tulsalibrary.org. Sponsored by the Tulsa Library Trust. For adults. 6–7 p.m.

September 4 Saturday

SATURDAY MORNING TINY TOTS
Kids ages 6 and under are invited to Wheels and Thrills for a special time just for them! Activities include roller skating, riding toys, inflatables and more. Don't forget your socks! Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 9–11 a.m. wheelsandthrills.com

SUPERFUN SATURDAY: THE MUSIC LIVES ON
Join Philbrook for a can't-miss SUPERFUN Saturday. Inspired by artist Lonnie Holley's sculpture of broken musical instruments, featured in Philbrook's exhibition "From The Limitations of Now," the day will include hands-on explorations of both art and music in celebration of the exhibition's themes of hope, joy, and resilience. Philbrook Museum, 2727 S. Rockford Rd., 9:30 a.m.–2 p.m. philbrook.org

THE GUYS
Presented by Theatre Tulsa and written by Anne Nelson, "The Guys" tells the story of a fire captain who must present eulogies for the men he lost during the September 11 attacks. Tulsa PAC, 110 E. 2nd St., 8 p.m. Repeats Friday, September 3 at 8 p.m. and Sunday, September 5 at 2 p.m. tulsapac.com

September 5 Sunday

SENSORY SKATE AT WHEELS AND THRILLS
For their Sensory Skate events, Wheels and Thrills suspends the arcade and laser tag, and makes sure that there are no flashing lights or loud noises. $7 admission includes skate rental, a skate mate and the playzone. Wheels and Thrills, 10637 N. Garnett Rd., Owasso, 10:30 a.m.–12:30 p.m. wheelsandthrills.com

September 6 Monday

TULSA BOTANIC GARDEN: OPEN FOR LABOR DAY
Tulsa Botanic Garden will offer free admission to first responders and healthcare workers and half-price admission for accompanying family. Purchase tickets on website. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.–5 p.m., tulsabotanic.org

Looking for more things to do? Go to tulsakids.com/calendar!

September 7 Tuesday

YOGA FOR EVERY BODY [FREE, W]
Join via Facebook Live for a free beginner-friendly yoga class taught by certified yoga instructor Beth Richmond. Join here: www.facebook.com/tulsalibrary. For all ages. 6–7 p.m.

NOS APOYAMOS! [FREE]
This is a support group for Spanish-speaking parents of children with developmental disabilities. For more information, contact Hannah Chaboya at TARC, at 918-582-8272. Catholic Charities of Eastern Oklahoma, 2450 N. Harvard Ave., 6–7:30 p.m. thearcok.org

September 8 Wednesday

STORY TIME AT TULSA ZOO [W]
Enjoy a story time and meet an animal ambassador every Wednesday at the Tulsa Zoo! Storytime will begin at 10 a.m. at the elephant pavilion. Tulsa Zoo, 6421 E. 36th St. N., 10 a.m. tulsazoo.org

BUILD A READER STORYTIME: BABIES & TODDLERS WITH MISS KENA [FREE]
Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading. Join here: www.facebook.com/centrallibrary. 10:30–11 a.m.

CLAY DAY AT AHHA TULSA
Air dry clay will be your new favorite material during Clay Day. Included with regular admission. Ahha Tulsa, 101 E. Archer St., 12–9 p.m. ahhatulsa.org

September 9 Thursday

KIDS CONNECTION [FREE]
This is a social group designed for children, grades K–5, with high-functioning autism. For more information, contact Sherilyn Walton or Steve Pitts at 918.582.8272. 4:30–5:30 p.m. thearcok.org



IT'S MONARCH MIGRATION SEASON! CELEBRATE THIS EXCITING TIME AT TURKEY MOUNTAIN'S ANNUAL MONARCHS ON THE MOUNTAIN EVENT! PHOTO COURTESY OF RIVER PARKS AUTHORITY

CREATIONS IN STUDIO K
Tulsa Ballet's Creations in Studio K features world premieres from some of the most in-demand choreographers in the world. Studio K, 1212 E. 45th Pl., 7 p.m. Additional showtimes available through September 19. tulsaballet.org

CHAPTERS: FEATURING MATEO ASKARIPOUR, BENEFITTING TCCL'S RUTH G. HARDMAN ADULT LITERACY SERVICE
Meet Mateo Askaripour, whose debut novel "Black Buck" was an instant New York Times bestseller. Chapters is a casual evening helping raise money and awareness for TCCL's Ruth G. Hardman Adult Literacy Service. Watch on TCCL's YouTube channel: www.youtube.com/TulsaLibrary. Visit www.tulsalibrary.org/Chapters for more details or to make a donation to the literacy service. Sponsored by TCCL and the Tulsa Library Trust. For adults.

OK, SO STORY SLAM: LOCKDOWN
Once a month, Tulsans come together and hear people tell TRUE (funny, serious, sad, harrowing, interesting) stories about their lives. These events are organized by Ok So Tulsa. Living Arts of Tulsa, 307 E. Reconciliation Way, 7:45 p.m. livingarts.org

September 10 Friday

JURASSIC QUEST
Back Indoors and better than ever at the Cox Business Convention Center, September 10–12 ONLY! See over 100 realistic, life-size dinosaurs, RIDE enormous dinosaurs, experience a great fossil dig, face painting, bounce house, games and more! Get your tickets now at JurassicQuest.com! Cox Business Center, 100 Civic Center, September 10–12.

FAMILY GAME NIGHT
Play any and every board game you can imagine! $4 admission fee includes two slices of pizza. Register by September 8. For more information, call 918.366.4841. Bixby Community Center, 211 N. Cabaniss Ave., 6–8 p.m. parks.tulsacounty.org

September 11 Saturday

THE BIG SHOW: MAKE AT THE MUSEUM
Philbrook is hosting an exhibition in spring 2022 that will feature the work of young Tulsa-area artists! On this day, visit Philbrook to use the museum's artmaking supplies, and submit your finished work to The Big Show before you leave! Philbrook Museum, 2727 S. Rockford Rd., 10 a.m.–2 p.m. philbrook.org

CHEER FOR THE TULSA DRILLERS BEFORE THE 2021 SEASON ENDS!

All games take place at ONEOK Field, 201 N. Elgin Ave. Purchase tickets at tulsadrillers.com

9/1, 12:05 p.m. vs. Springfield

9/2, 7:05 p.m. vs. Springfield
(My41 Thirsty Thursdays)

9/3, 7:05 p.m. vs. Springfield
(Fox23 Friday Night Fireworks and Hearing Loss Awareness Night)

9/4, 7:05 p.m. vs. Springfield
(NewsChannel 8 Grand Slam Saturday—Labor Day Weekend Fireworks)

9/5, 6:06 p.m. vs. Springfield
(Labor Day Weekend Fireworks)



PHOTO COURTESY OF TULSA DRILLERS

JUNIOR NATURALISTS (AGES 8–12)

Join the Junior Naturalists at Oxley Nature Center for a morning of adventure and nature connection! Guided by the changing seasons and participants' own curiosity, activities include hiking, journaling, games, crafts, and learning wilderness skills. Junior Naturalists meets each month; come to all meetings or the one that fits your schedule Please bring exact cash ($5 for non-members). Oxley Nature Center, 6700 Mohawk Blvd., 10:30 a.m.–12:30 p.m. oxleynaturecenter.org

September 12 Sunday

VISIT GILCREASE GARDENS [FREE, ONGOING]

Gilcrease Museum may be closed, but the Gilcrease Gardens and neighboring Stuart Park are open daily, 6 a.m.–11 p.m. Gilcrease Museum, 1400 N. Gilcrease Museum Rd., gilcrease.org/gardens

September 13 Monday

SCARECROWS IN THE GARDEN REGISTRATION DEADLINE

Deadline to register for Tulsa Botanic Garden's Scarecrow contest. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

September 14 Tuesday

STORYTIME "BITES" WITH MISS DANA! [FREE, W]

No biting, we promise! It's just a shorter-than-usual storytime. There will be a book, a song and a finger play! Join here: www.facebook.com/brooksidelibrary. For ages 0–5. 10:15–10:30 a.m.

September 15 Wednesday

GRAB-AND-GO HISPANIC HERITAGE CRAFT [FREE]

Drop by the Kendall-Whittier Library and pick up a Mexican art project to take and make at home to celebrate Hispanic Heritage Month. For all ages. Kendall-Whittier Library, 21 S. Lewis Ave., 10 a.m.–3 p.m. tulsalibrary.org

VISIT THE STUDIO AT AHHA TULSA [ONGOING]

Get creative at ahha Tulsa! This month, The STUDIO's featured material is everything you need to make your own puppet, and the featured technique is puppet show storytelling! ahha Tulsa, 101 E. Archer St., 12–9 p.m. Wednesday–Saturday, 12–7 p.m. Sunday, closed Monday and Tuesday. ahhatulsa.org

IN CONVERSATION WITH FELICIA ROSE CHAVEZ: HISPANIC HERITAGE MONTH [FREE]

Join Tulsa City-County Library for an afternoon with award-winning educator Felicia Rose Chavez, author of "The Anti-Racist Writing Workshop: Decolonize the Classroom" and "The BreakBeat Poets Volume 4: LatiNEXT." Hosted by TCCL's Hispanic Resource Center. The event will be conducted through Zoom and broadcast live to the Hispanic Resource Center Facebook Page: www.facebook.com/TCCLhispanicresourcecenter. For adults. 2–3 p.m.

September 16 Thursday

SAFE KIDS TULSA CAR SEAT CHECK [FREE]

Make sure your child's car seat is installed correctly! Tulsa Fire Department Station 22, 7303 E. 15th St., 10 a.m.–12 p.m. safekidstulsa.com

TREEFORT STORYTIME

Enjoy a story read by Garden staff in the Children's Discovery Garden. Free with general admission. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10:30 a.m., tulsabotanic.org

FOOD ON THE MOVE COMMUNITY BLOCK PARTY [FREE]

Food on the Move's Community Block Parties offer fresh produce and resources from community partners as well as a DJ, food trucks and other fun activities. Food On The Move provides produce through a 'Pay-As-You-Can' model, which allows guests of every background to participate and support the initiative, while ensuring families in need of assistance are given access to fresh produce, hot meals and community resources in a way that treats all guests equally. TCC Northeast Campus, 3727 E. Apache St., 11:30 a.m.–1:30 p.m. foodonthemoveok.com

GUTHRIE GREEN MOVIE NIGHT: "SOUL" [FREE]

Movie nights are back at Guthrie Green! Bring a lawn chair and blanket. Food trucks will be on site for the event. Guthrie Green, 111 E. Reconciliation Way, 7–10 p.m. guthriegreen.com

September 17 Friday

COMMUNITY MURAL PROJECT: CELEBRATE HISPANIC HERITAGE MONTH [FREE]

Help Tulsa City-County Library create a large community mural honoring the legacy and culture of our Latinx artists. Visit your local library and pick up a community mural kit, beginning Sept. 15. Each kit will come with the history of a Latinx artist and invite you to recreate one of their masterpieces. Return your finished canvas to your local library by Oct. 15. For all ages. September 15–October 15. tulsalibrary.org

September 18 Saturday

ART START [FREE]

Expand your creativity and make a one-of-a-kind masterpieces during a visit to Gathering Place! Art Start highlights the gift of imagination and offers visitors a chance to meet and work with a local visual artist. Each month, a new teaching artist provides facilitation of a focused art activity for kids and families to enjoy. Gathering

Place (The Reading Tree), 2600 S. Riverside Dr., 10 a.m.–12 p.m. gatheringplace.org

MONARCHS ON THE MOUNTAIN—MIGRATION CELEBRATION [FREE]

Celebrate the vital role eastern Oklahoma plays in the amazing Monarch butterfly migration!

Join Turkey Mountain for great activities and presentations including educational activities and crafts, tagging and releasing of Monarch butterflies, and native pollinator plants and milkweed available for purchase. Turkey Mountain, 6850 S. Elwood Ave., 10 a.m.–2 p.m. facebook.com/turkeymountain

MAIN STREET BASH FESTIVAL AND CAR SHOW [FREE]

Celebrate the end of summer at Jenks's new Main Street Bash Festival and Car Show! The event features classic cars, food trucks, a kids zone and more. Main Street Jenks, 10 a.m.–5 p.m. facebook.com/jenkschamber

FAMILY DAY AT WILL ROGERS MEMORIAL MUSEUM

Join Will Rogers Memorial Museum's team of Hands-on Historians to explore life in the early 1900's with corn grinding, butter churning, 19th-century games, candle dipping, wool spinning, cornhusk dolls, and more! Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, 1–3 p.m. willrogers.com

September 19 Sunday

STUDIO SUNDAY: FAUX TAXIDERMY

One Sunday out of the month at The STUDIO, a local artist will demonstrate a special artistic technique that visitors can then try on their own. This month's technique is faux taxidermy! Ahha Tulsa, 101 E. Archer St., 1–5 p.m. ahhatulsa.org

September 20 Monday

FULL HARVEST MOON WALK

Head to Oxley Nature Center to hike beneath the beautiful full moon! Registration is required by 4:30 p.m. two days before the walk. Register by calling 918-596-9054. Please bring exact change with you ($3/members, $5/non-members). Oxley Nature Center, 6700 Mohawk Blvd., 7–8:30 p.m. oxleynaturecenter.org

September 21 Tuesday

DOG DAY AT TULSA BOTANIC GARDEN [W]

Four-legged family members can join you on a walk in the Botanic Garden. Purchase tickets on website. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 10 a.m.–5 p.m., tulsabotanic.org

FOOD ON THE MOVE COMMUNITY BLOCK PARTY [FREE]

Food on the Move's Community Block Parties offer fresh produce and resources from community partners as well as a DJ, food trucks and other fun activities. Food On The Move provides produce through a 'Pay-As-You-Can' model, which allows guests of every background to participate and support the initiative, while ensuring families in need of assistance are given access to fresh produce, hot meals and community resources in a way that treats all guests equally. Chamberlain Park, 4940 N. Frankfort Ave., 5:30–7:30 p.m. foodonthemoveok.com

September 22 Wednesday

TEEN CONNECTION [FREE]

This is a social group for middle and high school students with high functioning autism. Activities include board and video games where they can practice positive social skills with others that have similar interests. For more information, contact Sherilyn Walton or Steve Pitts at 918-582-8272. 4:30–6 p.m. thearcok.org

September 23 Thursday

STORYTIME IN THE GARDENS [W]

Enjoy imaginative stories geared towards kids 10 and under each Thursday in the Philbrook Gardens! Philbrook Museum, 2727 S. Rockford Rd., 10–10:30 a.m. philbrook.org

AUTUMN IN THE GARDEN

Tulsa Botanic Garden will ring in fall with a pumpkin patch, including the Bank of Oklahoma Photo Stop, a hay maze, and their annual scarecrow display and contest along with plenty of activities to get outside during the season. Pumpkins will be available for sale. Check their website, tulsabotanic.org, for details and ticket information. The Garden will be open Tuesday–Sunday, 10 a.m. to 5 p.m. with late hours on Thursdays with music and food truck. Advance tickets are required via their website or by calling 918-289-0330. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., September 23–October 31.

MISTAKES TO MASTERPIECES: FAMILY-FRIENDLY PAINT-ALONG PROGRAM [FREE]

Join on Zoom to paint along or create your own original work of art! Pick up or reserve your paint kit at Pratt Library (3219 S. 113th Ave. W., Sand Springs). Supplies include one canvas, paints, two brushes and visual instructions. Register at www.tulsalibrary.org/events to receive Zoom link. For all ages. 5–6:30 p.m.

September 24 Friday

OUT-LIT: YA BOOK CLUB [FREE]

Do fun activities and chat about "You Asked for Perfect" by Laura Silverman. Register at www.tulsalibrary.org/events to receive Zoom link. For ages 12–18. 4:30–5:30 p.m.

CHARLIE CHAPLIN MOVIE NIGHT [FREE]

Join Will Rogers Memorial Museum for Movie Night in the newly renovated Will Rogers Theatre for a fun night of classic movies. This month's feature is The Kid, starring Charlie Chaplin. Admission is FREE, but tickets must be reserved as seating is limited. Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., 6:30 p.m. (Movie starts at 7 p.m.) willrogers.com

FOWLER AUTOMOTIVE FILMS ON THE LAWN: HOOK

Philbrook's 2021 Films on the Lawn season ends with a screening of "Hook"! Enjoy special activities before the movie, Burger Night, and more. Purchase tickets in advance. Philbrook Museum, 2727 S. Rockford Rd., 6–10 p.m. (Film starts at 7:15 p.m.) philbrook.org



IT'S A FEEDING FRENZY AT OKLAHOMA AQUARIUM'S 3RD ANNUAL FOOD TRUCK FRENZY ON SEPTEMBER 25! PHOTO COURTESY OF OKLAHOMA AQUARIUM

September 25 Saturday

ST. JUDE RUN/WALK TO END CHILDHOOD CANCER

September is Childhood Cancer Awareness Month. Support the mission of St. Jude by participating in the St. Jude Run/Walk to End Childhood Cancer. Both virtual and in-person options available. Sign up at fundraising.stjude.org. ONEOK Field, 201 N. Elgin Ave.

CARIBBEAN VIBES—A REGGAE CARNIVAL [FREE]

Gathering Place is bringing the island state of mind to Tulsa with Caribbean Vibes—A Reggae Carnival! Catch tropical waves with a weekend packed full of live dancing, Caribbean music, food and more dancing. Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

PEPPA PIG LIVE! PEPPA PIG'S ADVENTURE

Peppa Pig and her friends are going camping! Dance and sing along with Peppa in this 60-minute live show. BOK Center, 200 S. Denver Ave., 2 p.m. bokcenter.com

FOOD TRUCK FRENZY

Join Oklahoma Aquarium for the third annual Food Truck Frenzy on September 25, from 5–8 p.m., and taste a variety of delicious cuisines from food trucks located in the Aquarium's riverfront backyard. Families can enjoy live music, outdoor games, and kids can play on our coral reef playground. Don't miss out on tasty food, live entertainment, and all our fish friends for a fun evening at the Oklahoma Aquarium! Guests are encouraged to bring blankets, lawn chairs, and bug spray. Oklahoma Aquarium, 300 Aquarium Dr., Jenks, 5–8 p.m. okaquarium.org

September 26 Sunday

9TH ANNUAL DIG: DAY IN THE GARDEN

Tulsa Botanic Garden's ninth annual D.I.G. will be Sunday, September 26. Families are encouraged to bring a blanket or chairs to spread out on lawn areas for eating lunch (picnic-style) and enjoying live music from Gregory Fallis & The Green Horns and Hot Toast Music Company. Families can decorate mini-pumpkins to take home, visit giant bubble stations, talk to costumed characters strolling the Garden, go on a scavenger hunt and get family snapshots at a photo booth. Purchase tickets in advance. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., 11 a.m.–3 p.m. tulsabotanic.org

MAPLE RIDGE GARDEN TOUR AND FAMILY PARTY

The annal Maple Ridge Garden Tour returns for its 21st year! Tour 5+ beautifully landscaped lawns and gardens from 12:30–5 p.m. Following the tour, enjoy a free Family Party from 5–7 p.m., complete with food trucks, refreshments, and kid-friendly entertainment. Reserve your tickets in advance and find more information at mapleridgeneighborhood.com.



DINOSAURS ARE ROARING INTO THE COX BUSINESS CENTER SEPTEMBER 10–12! PHOTO COURTESY OF JURASSIC QUEST



SCOTFEST, COMING TO BROKEN ARROW SEPTEMBER 17–19, WILL DELIGHT WEE BAIRNS AND ADULTS ALIKE! PHOTO COURTESY OF SCOTFEST.

September 27 Monday

Find more kid-friendly events at tulsakids.com/calendar!

September 28 Tuesday

FOOD ON THE MOVE COMMUNITY BLOCK PARTY [FREE]

Food on the Move's Community Block Parties offer fresh produce and resources from community partners as well as a DJ, food trucks and other fun activities. Food On The Move provides produce through a 'Pay-As-You-Can' model, which allows guests of every background to participate and support the initiative, while ensuring families in need of assistance are given access to fresh produce, hot meals and community resources in a way that treats all guests equally. Greenwood Cultural Center, 322 N. Greenwood Ave., 5:30–7:30 p.m. foodonthemoveok.com

September 29 Wednesday

BUILD A READER STORYTIME: ONE-ON-ONES [FREE, W]

Talk, sing and read with Ms. Haley on Zoom for a 15-minute, one-on-one storytime session. The focus of this session will be on activities that help with language development and early literacy skills. Before your booking, stop by Rudisill Regional Library to pick up a FREE book you can read together during your storytime! For children ages 1–4. Registration is required. Register at www.tulsalibrary.org/events to receive an email with your time slot. Are you interested but can't make the event time? Email rr@tulsalibrary.org to learn about other booking options.

September 30 Thursday

GUTHRIE GREEN MOVIE NIGHT: "CRUELLA" (PG-13) [FREE]

Movie nights are back at Guthrie Green! Bring a lawn chair and blanket. Food trucks will be on site for the event. Guthrie Green, 111 E. Reconciliation Way, 7–10 p.m. guthriegreen.com

Family Friendly Fall Festivals

ROOSTER DAYS

When: September 2–5
Where: Central Park, 1500 S. Main St., Broken Arrow

Celebrate Labor Day Weekend at Rooster Days, now celebrating its 90th year! This three-day festival includes entertainment, food, carnival fun, vendors and more. Don't miss the Rooster Days Parade on Saturday, September 4! roosterdays.com

ROCKLAHOMA

When: September 3–5
Where: Pyror, Oklahoma

If you love rock music, outdoor concerts, camping…this is the festival for you! Find this year's lineup, including performances by Rob Zombie, Puddle of Mud and Slipknot, at rocklahoma.com.

TULSA GREEK FESTIVAL

When: September 17–18 and 24–25
Where: Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.

Tulsa Greek Festival is excited to celebrate its 60th year and will be a hybrid of its 2020 drive-thru event and the traditional festival celebrating Greek heritage with traditional food, dancing and more! tulsagreekfestival.com

SCOTFEST

When: September 17–19
Where: Broken Arrow Events Complex, 21101 E. 101st St., Broken Arrow

Scotfest Oklahoma is an authentic celebration of Scottish and Celtic Culture, featuring live music, a Kids Glen, Highland and Irish dance, whisky tastings, Heavy Athletics as part of the Highland Games and much more! okscotfest.com

MUSCOGEE NATION FESTIVAL

When: September 23–25
Where: Claude Cox Omniplex, 555 Tank Farm Rd., Okmulgee

The Okmulgee (Creek) Nation Festival is a weekend of family fun! Activities include a 5K Walk/Run, an All-Indian Rodeo, Parade, Traditional Games and much more. creekfestival.com

TULSA STATE FAIR

When: September 30–October 10
Where: Expo Square, 4145 E. 21st St.

"Our State Fair is a great State Fair"—and it's BACK for 2021! Featuring all your favorites—carnival rides, deep-fried foods, livestock shows, a kids area, live entertainment…there's endless fun to have at the fair! tulsastatefair.com









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Tickets and details:
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BABY GUIDE

WARREN CLINIC PEDIATRICS.



With office locations throughout eastern Oklahoma, Warren Clinic Pediatrics is a partner in your child's health. From well-child checkups to care for acute illnesses, management of chronic conditions, treatment of injuries and more, our pediatricians and staff are dedicated to providing comprehensive healthcare for infants, young children and adolescents. And as a part of Saint Francis Health System, Warren Clinic also offers the support of pediatric services and specialists provided through The Children's Hospital at Saint Francis.

*To schedule an appointment with any Warren Clinic physician, please call one of the locations below or **918-488-6688**.*

WARREN CLINIC PEDIATRICIANS:

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918-502-4210

Linda Murphy, M.D.

Springer Building
6160 South Yale Avenue
3rd Floor
918-497-3004

Rowena Baumgartner, M.D.
Jean Feghali, M.D.
Tammi Lahr, D.O.
Jeffrey Rice, D.O.
Kyle Rock, M.D.
Pratibha Shah, M.D.

10506 South Memorial
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Noel Gattenby, D.O.
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- **Orthopedic Surgery**
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INFANT HEALTH

RSV SPIKE CAN BE DANGEROUS FOR INFANTS

BY BETTY CASEY

The Centers for Disease Control and Prevention (CDC) recently issued a health advisory due to an unseasonable increase in cases of interseasonal respiratory syncytial virus (RSV) across parts of the United States.

RSV is a respiratory virus with cold-like symptoms that can be dangerous to infants. Cases normally peak in winter months, but healthcare professionals across the United States have seen a spike during the summer months this year. According to the CDC, hundreds of RSV detections have occurred weekly since April. The alert noted that "RSV leads to on average approximately 58,000 hospitalizations with 100-500 deaths among children younger than 5 years old."

Dr. Roopa Thukaram with the Children's Hospital at Saint Francis says she has rarely seen RSV cases in the summer. This year, however, from the first week of May to mid-July, the number of in-patient RSV cases at the children's hospital ranged from 7 to 15 per day. The Saint Francis lab reported 570 positive RSV cases.



Healthcare professionals attribute the unseasonably high numbers of RSV to a relaxation in the protective Covid prevention practices such as social distancing, hand-washing and mask-wearing, which also lessened the spread of other viruses, including RSV. As more people began to get the Covid-19 vaccine, they dropped other protective protocols, resulting in children being exposed to viruses that they were previously protected from.

Dr. Thukaram emphasizes that it is important to identify RSV early since infants can quickly end up hospitalized.

Symptoms, which come in stages, include a runny nose, decrease in appetite, fever, wheezing and respiratory distress.

"Symptoms could be just that they're irritable and not as active," Dr. Thukaram says.

Since young children may quickly become dehydrated, Dr. Thukaram encourages parents to monitor ill children and make sure they're drinking enough to stay hydrated.

"If parents see decreased wet diapers, irritability and crying with no tears, dry lips, pale skin or tugging at their chest or the base of their neck, seek medical care immediately," Dr. Thukaram says.

While there is no vaccine to prevent RSV, a doctor can do a nasal swab to diagnose whether the child has RSV or another infection such as Covid-19. Besides testing and reporting cases of RSV, Covid-19 or flu, Dr. Thukaram says that it's important for physicians to educate parents about typical symptoms of RSV. Symptoms of RSV overlap with those of Covid-19, so if your child tests negative for Covid-19 and the doctor doesn't test for RSV, parents can request a test from their doctor. The CDC recommends that childcare workers and caregivers should also be aware of the clinical presentation of RSV in different age groups.

What can parents do to prevent RSV? Adults who are ill should avoid going to work and, as much as possible, distance themselves from other family members.

"Avoid others when you're sick," Dr. Thukaram says. "If you have a runny nose, fever or cough, stay home."

Don't touch a child's face if you are ill. Wash your hands and clean/disinfect surfaces often.

"RSV can survive many hours on a surface," Dr. Thukaram says. "If you do have a virus, including RSV, do not go to gatherings. Keep infants at home, advise family members not to visit if they're sick, and provide supportive care with hydration if your child is ill."

If symptoms worsen or you child is having respiratory problems, seek medical help immediately.

To help protect children, Dr. Thukaram also recommends that those who can should get the Covid-19 vaccine, especially with school being back in session.



YOUR BABY

EARLY DENTAL CARE GIVES BABIES A HEALTHY START

BY HANNAH MARSHALL

Oral health is so important for infants, but it is often overlooked in the wake of other appointments and doctor visits. The truth is that oral health can affect the overall well-being of a child, so it is best to start on a path to healthy teeth and gums in infancy.

Dr. Ryan Roberts, a board-certified pediatric dentist since 2011 and founder of On the Cusp Pediatric Dentistry, emphasizes that a child's earliest dental check should happen by either their first tooth or their first birthday. His office follows these guidelines in order to have the opportunity to educate parents in how to prevent tooth decay and cavities as well as have the ability to identify early issues and treat them before the toddler phase begins.

"To avoid dental problems, be aware of the frequency and exposure of sugars you are giving to your children," Dr. Roberts said. "Even if you are great brushers morning and night, if the child is allowed to snack all day long on food containing carbohydrates it can cause cavities. Don't let your kids snack all day at home — three meals a day with two or three snack times."

"...a child's earliest dental check should happen by either their first tooth or their first birthday."

Though most parents are guilty of filling their child's cup with apple juice, Dr. Roberts advises against this saying these sugary juices are the worst culprits when it comes to cavities. "The bottle is not for juice. Juice is only valuable when your child is constipated and not for nutrition or vitamins. Even if it is diluted, it is not a healthy choice."

Dr. Roberts is one of only a few pediatric dentists in the Tulsa area trained in how to identify and treat tongue tie and lip tie in infants. Tongue tie is a condition where an excessive amount of tissue is located underneath the tongue restricting movement. Similarly, lip tie is an excessive amount of tissue located between the upper lip and the gum. This tissue is called frenulum, and the procedure to treat tongue tie or lip tie by removing the excessive tissue is called a frenectomy. In Dr. Roberts' experience, this is a very impactful procedure and can help children affected by tongue tie or lip tie tremendously.

Research has shown that tongue tie and lip tie happen to be present in approximately 20 percent of the population. Thankfully, there are signs that parents can look for to determine if this is a condition their child might be dealing with. If your baby is having a challenging time nursing or feeding, tongue tie or lip tie could be the reason as these conditions often inhibit the child's ability to transfer milk effectively. This can cause low weight gain, slow weight gain, and even weight loss in extreme cases. Parents are also encouraged to examine their child's mouth to see if there happens to be a band of tissue connecting the upper lip and the gum or by rubbing underneath the child's tongue to see if there is a bump or what feels like a very tight string.

If a frenectomy is necessary for the child's well-being, Dr. Roberts typically does a scissor release and/or a laser release for infants. The laser release is preferable because of its precision as it cauterizes the tissue so there is little to no bleeding post-procedure. It is recommended that tongue tie or lip tie be treated while the child is under the age of 12 months. It becomes significantly more difficult to treat it in the toddler age because the children are bigger, they have teeth, and they will bite! The wound care following the procedure is also extremely important. In order to manage the site and the wound, the tissue has to be physically stretched open so that it does not reattach. This process is not advisable to do in the mouth of a very angry, screaming 2-year-old with teeth.



Though he has never seen a child outgrow tongue tie or lip tie, each child's experience is different. "We treat according to the symptoms," Dr. Roberts said. "If a child has a tongue tie, but they are physically healthy and transferring milk extremely well with no specific issue — do we want to take care of it? And the answer is that it all depends on the child."

If you would like to learn more about pediatric dental care, Dr. Roberts and his team recently published a new book, "The Essential Guide to Children's Oral Health." It contains an assessment tool for tongue tie, lip tie, and cavity risk as well as age-appropriate tips and tricks for promoting oral hygiene habits that they will take with them for the rest of their life.

BABY GUIDE

6 TIPS FOR BALANCING WORK AND FAMILY LIFE

SPONSORED BY PRIMROSE SCHOOLS

BY: MANISH AND GIA PATEL
OWNERS, PRIMROSE SCHOOL OF BROKEN ARROW



As parents, it can be challenging to balance a busy schedule full of family needs, work obligations and countless other demands. Typical family schedules are already packed full of activities, appointments and responsibilities. When you pair these demands with a career, it's easy to feel overwhelmed and overscheduled.

Finding a healthy work-life balance is difficult, but the following tips can help you gain more control over your busy schedule for the sake of yourself and your family.

GET ORGANIZED. Even if it doesn't come naturally, establish routines to help organize and plan your day. Not having to think about what comes next will make all the difference in the world. From laying out your child's clothing the night before to keeping a family calendar so that everyone's activities and schedules are in one place, pre-planning will help keep everyone on track.

START PLANNING YOUR MEALS. If you find yourself consistently worrying about what to serve for dinner after a long day of work, meal planning can help take the weight off your shoulders. Taking time to plan, shop and possibly make some meals in advance will alleviate a daily stressor and allow you to enjoy dinner more as a family, rather than worrying about what to put on the table.

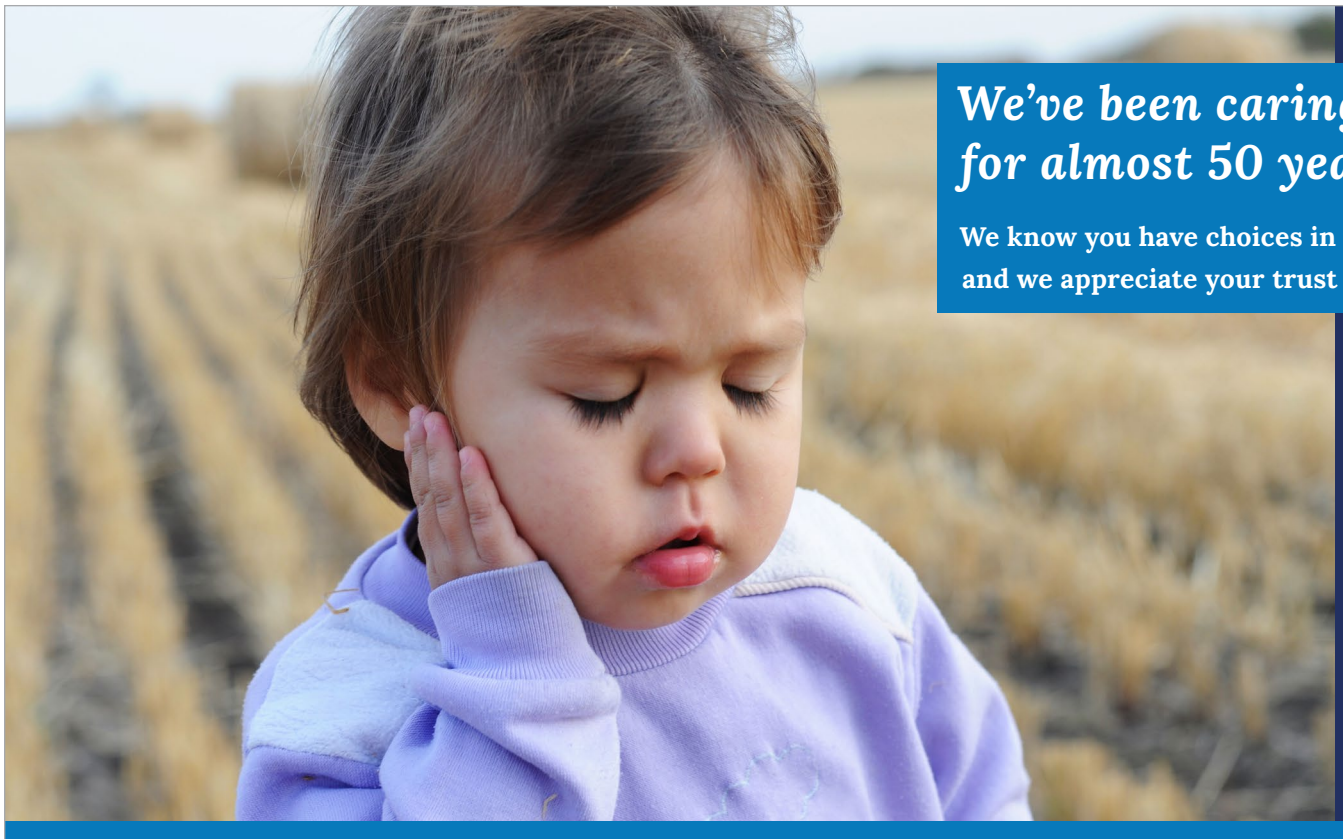
SCHEDULE "FUN TIME" FOR THE FAMILY. Consider adding things like weekend trips to the park, quality time together at home or a game night to your family calendar. It may seem silly to schedule family time, but with hectic schedules, it is often the best way to ensure you make time for family fun!

BE PRESENT. Avoid distractions like emails, phone calls and the television when spending time with family. Consider instituting a no-phones-after-dinner rule. Time together is precious, so make a conscious effort to be present in the moment.

MAKE "ME" TIME. If you're like most parents, the last items to get scratched off the to-do list are those centered on you. Quality "me" time can translate to a happier family and a happier you. Take the time to take care of yourself, so that you can continue to take care of others.

FIND TRUSTED, QUALITY CHILD CARE. While high-quality child care alone is not a solution to all parental worries and fears, parents can find comfort in the fact that their child is in a safe, happy and nurturing environment during the workday. Juggling family and a career is difficult enough — finding a trustworthy child care provider will make dropping your children off in the mornings a little easier. When you choose a school that adheres to the highest of standards, both you and your children will reap the rewards.

To learn about Primrose School of Broken Arrow, visit www.PrimroseBA.com or call 918-355-6827. For more helpful parenting tips and information, visit our blog at www.PrimroseSchools.com/blog and sign up for the Pointers for Parents newsletter.



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YOUR BABY

COMMON BREASTFEEDING QUESTIONS ANSWERED

DR. COURTNEY SAULS WITH ASCENSION ST. JOHN MEDICAL CENTER ANSWERED THE FOLLOWING QUESTIONS ABOUT BREASTFEEDING.

Q: What do infants gain from being breastfed?
A: Infants get a lot of benefits from breastfeeding. Breast milk is tailored nutrition to each individual baby and mom dyad. Breast milk provides antibodies and multiple immune complexes to boost a baby's immune system. It also supplies a baby's body with good gut bacteria for healthy growth and digestion and helps reduce the risk of multiple illnesses like ear infections, asthma, eczema and obesity.

Q: What benefits do moms get from breastfeeding their babies?
A: Women who breastfeed recover from childbirth more quickly and easily. It increases oxytocin, a bonding hormone. It also provides benefits of decreased breast and ovarian cancer rates. Some studies have shown that breastfeeding decreases cardiovascular disease, type 2 diabetes and rheumatoid arthritis.

Q: What is the recommended amount of time that infants should be breastfed? Do infants benefit from a shorter amount of time?
A: The American Academy of Pediatrics and CDC recommend breastfeeding to a goal of one year, and the World Health Organization recommends until age 2 or longer if desired.

However, there are benefits to breastfeeding in shorter amounts of time or even if a baby gets a breast milk and formula combination.

Q: Can infants be given formula as well as breast milk?
A: Infants can be given both formula and breast milk at the same time. This is often the reality for a lot of baby and mother dyads. Formula can also be a helpful tool if a baby has a metabolic illness, jaundice or low blood sugar.

Q: How do you know if your baby is getting enough milk?
A: In the early days of an infant's life, they will have several pediatrician appointments where their weight will be measured. A good indication that a baby is getting enough breast milk is if they are gaining weight (usually one ounce per day on average) and if they are making several wet and dirty diapers per day.

Q: What are the top tips you can give a new mom for successful breastfeeding?
A: Advice I would give, having nursed two children myself, is get help early if you are struggling or having pain. Your pediatrician and a lactation consultant can be great resources to troubleshoot. Breastfeeding can often be challenging both physically and emotionally and is sometimes very hard for mothers to achieve. Regardless of if a mother can breastfeed, formula feed, or a combination of both, they should feel supported in their journey by their medical team and should know that they are strong and worthy of compassion.







PREGNANCY

SHOULD YOU CONSIDER HIRING A DOULA?

BY KRISTI ROE OWEN

Doulas are specially trained to provide emotional, physical and informational support to women throughout their pregnancy, birth and early postpartum period. They do not have medical training and do not deliver babies. They primarily focus on the needs of the mother.

Bringing a new baby into your home can be just as transformative an experience whether that new baby is a first child or a fifth child. In a world where the childbirth experience can often feel sterile and hands-off from a healthcare perspective, more families are hiring doulas to support their journey through that transition.

A POSITIVE BIRTHING EXPERIENCE

According to Brigid Vance and Shannan Williams of Doula Craft, each doula brings a unique set of experiences and training to the childbirth journey. Like many doulas, both Vance and Williams were drawn to doulaship because of their experiences.

After a long childbirth education series and delivering within a hospital midwife setting, Vance explained, "I felt very prepared and was also very fortunate that most of what I was hoping to have I was able to have for my birth. It was a really empowering experience."

Due to her son's small size, Vance needed extra postpartum support. The community support she found inspired her to pursue a path as a childbirth educator and doula.

Her business partner Shannan Williams was led to doulaship by a less positive birthing experience. Like many new parents, her birth plan didn't go as expected.

When she needed an emergency cesarean section, Williams said, "It was emotionally traumatic. The birth class I had taken took the approach that if you do all of these things and have all of your steps lined out, you can get the birth you want. I felt really jaded."

Doulas, Williams explained, can demystify the experience, assure clients they are supported, and let them know they're not alone while helping them understand, navigate and process changes—even the unexpected ones—during pregnancy and birth.

Cheryl Wood with A Mother's Strength Doula Services explained that knowing what she knows now, she could have used a doula for her five births. "While a doula would not have been responsible for my medical care, she would have likely educated me on good questions to ask when 'standard procedures' were suggested that, in retrospect, were probably not in mine or Baby's best interest."

Although doulas can't speak to providers on a client's behalf, they help birthing families understand what's happening and empower them. This can mean interpreting information from a provider, encouraging clients to ask questions, and teaching clients to ask for more time to make decisions.

For Sharon Salazar, having a doula present during labor meant having someone there in addition to her midwife, who had just finished a 26-hour labor moments before attending hers. "They were a fantastic tag team," she explained.

For her fourth pregnancy, Karissa Booze decided to work with a team of doulas that included Williams as her sibling/postpartum doula and birth photographer/doula Taryn Starkey of Photo Doula as her birth doula.

"My experience with a doula was dramatically different from my first three births," Booze explained. "I had support from the beginning." Starkey provided Booze with pain relief education, advocacy, comfort and care during pregnancy and labor, while Williams cared for her then-17-month-old during labor and helped him meet his new sibling.

"I remember so many more details from my birth with a doula than the previous three without," Booze said.

Renee McBay also used Starkey. "The experience was fantastic. During birth, she was amazing, suggesting things to help the labor nurses didn't. I also had her support when I needed a recommendation on a non-hospital lactation consultant."

"It's almost impossible to list all that a doula brings to the table because it is so varied," Wood explained. For Wood, this includes things like holding hands and emesis bags, compressing hips, giving sips of water or broth, guiding partners, taking pictures and even combing hair.

"Each family has different needs, and each family's need changes from visit to visit. But it really starts with caring for the mother and extends out to the entire family."

Doulas can also support partners so they're fully present when the baby's born by making sure they get a break when they need it.

ONGOING PREGNANCY SUPPORT

Doulaship isn't just about the moment of birth. Doulas perform a wide range of services all aimed at offering support throughout pregnancy and the transition into parenting.

"The transition from being not a parent happens no matter which child you're on, and it's a complete paradigm shift in your world," Williams said.

Clients hire doulas at any stage in the process. "I've had someone hire me as late as 38 weeks," Vance explained.

One of the benefits of working with many doulas is the ability to call or text anytime a question comes up. Clients might text for anything from clarification on an issue that came up in their obstetrician appointment or to ask for car seat recommendations.

"It's a person you can ask those types of questions to who is unbiased and will take the time to do the research," Vance explained.

Besides on-call support, Vance and Williams meet with clients together twice during the prenatal period, tailoring appointments to each client's needs. Since every client comes to the birth experience with a different set of experiences and knowledge, topics may also include issues like what to expect during the birthing process or what it's like to give birth in a hospital.

Besides these in-person learning sessions, doulas will also use appointment time to cover issues like comfort measures, allergies and personal preferences.

Doulas also provide postpartum support. For Karissa Booze, this meant everything from making sure she had eaten and helping her get a necessary nap to helping her navigate the challenges of a tongue-tie revision.

Desiree Martin of Heart and Soul Doula, who is currently working on her postpartum doula certification, hopes to focus on helping parents form a special relationship with their babies while looking for signs that they may need more help.

"Postpartum depression is something I am very passionate about," Martin explained.

MEETING FAMILIES' NEEDS

While there is no legal training required to become a doula, doulas typically participate in ongoing training based on their own professional style and interests. This often includes hands-on training, lectures, and discussions with different focuses.

Some doula specializations include cesareans, natural births, bereavement care, adoption, Kangaroula services for NICU babies as well as other types of care.

And in a time when birth outcomes among underrepresented groups show increasing disparities, doulas are among those leading the charge to make birth more equitable for all families.

As more gender diverse and BIPOC people move into the field, their perspectives and experiences are helping to shape the profession. According to experts, positive birth outcomes



from doulas are increased among socially disadvantaged groups.

"One of the things I've been so excited to see is that the birth world in general is moving toward a social justice framework," Williams said. "Toward understanding that those aspects of a person's life dramatically impact their experience of birth."

Many doulas also offer programs to make services more economically accessible for everyone. "Most have payment plans or a system they can set up so family members can donate toward the cost as a baby gift," Booze explained. "If you can work it out, it's worth every penny."



THE BABY GUIDE TO (ALMOST) EVERYTHING

A DIRECTORY FOR NEW AND EXPECTANT PARENTS

BREASTFEEDING

La Leche League of Tulsa
Meetings are informal discussions and are open to all women interested in breastfeeding. Children of all ages are welcome. Currently meetings are virtual. llloftulsa.org

Coalition of Oklahoma Breastfeeding Advocates
Information and support, including workplace rights.

24-hour assistance with certified lactation consultants. okbreastfeeding.org/oklahoma-breastfeeding-hotline.html

Area hospitals offer breastfeeding information and classes (see hospital information).

CHILDBIRTH INFORMATION

(See hospital information for childbirth classes)

American College of Obstetricians and Gynecologists
Includes current information and practices regarding COVID-19 and pregnancy. acog.org

American College of Nurse-Midwives
Provides names and numbers of area nurse-mid-wives. midwife.org

Find a midwife in your area: midwife.org/find-a-midwife

Birthright of Tulsa
A non-profit crisis pregnancy service to help "every pregnant woman and mother struggling with a troubled pregnancy or parenting concerns, regardless of age, race, religion, marital standing or economic status." Pregnancy testing, counseling, prenatal care, parenting classes, maternity and baby clothing, diapers/wipes, medical referrals, agency referrals, select financial assistance.

24-hour hotline: 1.800.550.4900 918.481.4884; 6600 S. Yale, #1307, Warren Clinic Tower; birthright.org/tulsa; Tulsa@birthright.org

Bradley Method of Husband-Coached Natural Childbirth
Information on natural, un-medicated childbirth. 818.788.6662; bradleybirth.com

Tulsa Doulas Inc.
A non-profit support, resource and referral group supporting doulas in Tulsa and the surrounding area. tulsadoulas.com or dona.org

Lamaze International
Teaches parents birth practices for childbirth and labor. 202.367.1128; info@lamaze.org; lamaze.org

International Childbirth Education Association (ICEA)
919.674.4183; icea.org

PLAYGROUPS, PROGRAMS, SUPPORT, CLASSES AND INFORMATION

American Academy of Pediatrics
Information for parents on a wide range of child development and health topics. aap.org

Catholic Charities of Eastern Oklahoma
Prenatal care clinic. Other services include counseling, education, immigration, care for homeless mothers and children, residential program for pregnant women, adoption, and help with Soonercare applications. 2450 N. Harvard Ave.; P.O. Box 580460, Tulsa; 918.949.HOPE (4673) ; cceok.org

Community Action Project (CAP) of Tulsa
Early Childhood Education, income tax assistance, Home-based Early Childhood Education, ESL classes, CareerAdvance ®. 918.382.3200; captulsa.org

Community Service Council of Greater Tulsa
Operates Tulsa 2-1-1 Helpline and online site www.211 tulsa.org, and online site www.211tulsa.org, which provide referrals to a wide range of community services and resources as well as information, referral, and crisis intervention for Eastern Oklahoma. Also provides the Child Care Resource and Referral Service 918.834.2273 to help parents find childcare. csctulsa.org/ccrc; 918.834.2273

Tulsa Educare
A state-of-the-art early childhood center and Head Start that provides education and care for children (birth to age 5) and their families with full-day, year-round early childhood education, family support services and ongoing medical care. tulsaeducare.org

Emergency Infant Services
Provides formula, milk, blankets, clothing, medicine, etc. to meet the basic human needs of infants and children under age 5 whose families are in crises or emergency situations. 1110 S. Denver, Tulsa; contact@eistulsa.org; eistulsa.org

Family & Children's Services
Offers a variety of parenting, counseling and family life education classes and workshops. Educare and Early Head Start for children birth–age 4 are offered through F&CS; 918.587.9471; fcsok.org

International Cesarean Awareness Network (ICAN)
ICAN gives support and information to mothers who have experienced Cesarean births. For newsletter or information call 1.800.686.4226. ICAN-online.org

ICAN Tulsa
Cesarean awareness and support. 1.800.686.4226 EXT 237; tulsa.ok@ican-online.org; ican-online.org/tulsa

National Association for the Education of Young Children (NAEYC)
Nation's largest organization of early childhood professionals with a wide range of resources for adults who work for and with children. 800.424.2460; naeyc.org

Parent Child Center of Tulsa
Education and treatment aimed at preventing child abuse. Includes crisis/respite services, prevention program, resource library and parenting classes. 1421 S. Boston; 918.599.7999; parentchildcenter.org

Planned Parenthood
Offers a full range of reproductive healthcare services. 1007 S. Peoria Ave.; 918.858.4661; plannedparenthood.org

Postpartum Support International (PSI)
Support for new mothers suffering from postpartum depression or those who may have questions about it. Includes a "warm line" for support. 1.800.944.4773 (English and Espanol); postpartum.net

SoonerCare (Oklahoma Medicaid)
A health coverage program jointly funded by the federal and state government to help pay some or all medical bills for many people who can't afford them. Qualified children get free medical, vision, hearing and dental check-ups and services. SoonerCare Helpline: 800.987.7767; www.okhca.org ; Oklahoma Department of Human Services: okdhs.org



Sprouts Child Development
Take a free online child-development screening questionnaire to see if your child is progressing on track. Find local resources for help and information. 918.699.4250; sproutsdevelopment.com

Tulsa City-County Health Department Child Guidance
A statewide program that promotes and supports healthy family relationships and child development. Provides prevention, education, screenings, diagnostics and short-term treatment to children and families, and classes and workshops for parents and professionals. Services are provided in group settings or on an individual family basis. Child Guidance's staff of masters and doctoral degree-level professionals include: audiologists, child development specialists, speech/language pathologists and behavioral health specialists. Many of the services and classes are for a minimal fee. 918.594.4720; .tulsa-health.org/personal-health/child-guidance

Tulsa Health Department Children First
Uses home-based services by registered nurses (RNs) to help first-time mothers and their families prepare for parenthood. No cost. 918.779.6949; tulsa-health.org

WIC Women, Infant and Children's Nutrition Program
WIC is a supplemental nutrition program that serves to safeguard the health of income-eligible women, infants and children up to age five who are at nutritional risk. 918.582.WELL (9355); tulsa-health.org/personal-health/maternal-child-health/wic

INFANT LOSS

Tristesse Grief Center
Support for bereaved parents who have suffered the loss of an infant. 2502 E. 71st St.; 918.587.1200; thegriefcenter.org

The Compassionate Friends
Offers support to bereaved parents who have experienced the death of a child. Monthly local meetings. 877.969.0010 or 918.693.1914; compassionatefriends.org

First Candle
Assistance in dealing with a loss from crib death.Works to eliminate SIDS "and other sleep-related infant deaths through education and research, while providing support for grieving families who have suffered a loss." 1.800.221.7437; firstcandle.org

American Sudden Infant Death Syndrome (SIDS) Institute
A nonprofit health care organization that works to prevent sudden infant death while promoting infant health through research, education, and family support. 239.431.5425; sids.org

SAFETY & HEALTH

American Association of Poison Control Centers
24-hour information. 1.800.222.1222; aapcc.org

American Red Cross
CPR, babysitting courses, swimming instruction, safety information, first aid and more. 918.831.1100; redcross.org/local/oklahoma/about-us



Auto Safety Hotline
Information on infant car seats and recalls. 888-327-4236

How to file a safety issue: www-odi.nhtsa.dot.gov/recalls/recallprocess.cfm

Check for car seat recalls: https://www.nhtsa.gov/recalls

Car seat safety info: nhtsa.gov/equipment/car-seats-and-booster-seats

Car Seat Inspection
Certified Child Passenger Safety Technicians will inspect car seats for parents and caregivers. For a schedule of monthly car seat check-up events, call 918.494.SAFE (7233) or go to safekidstulsa.com.

Consumer Product Safety Commission
Information on safety standards for cribs, toys and other children's accessories. 800.638.2772; cpsc.gov

InfantSEE
A Public Health Program for Infants. Optometrists on the list will give a free eye exam to infants between 6 and 12 months of age. 888.396.3937; infantsee.org

Juvenile Products Manufacturers Association (JPMA)
Informs consumers about the safe use of juvenile products. jpma.org

Miller Swim School
Year-round Diaper Dolphin classes for children ages 6 months to 3 years, pre-natal water fitness classes for expectant mothers, swim lessons, CPR and First Aid certifications and safety instruction for parents and children in and around the water. Locations in Tulsa and Jenks. 918.254.1988; millerswimschool.com

Oklahoma Caring Van
Provides all immunizations required by Oklahoma law for enrollment in schools or child- care facilities. Services provided at no charge to children, 6 weeks to 18 years, who qualify; includes children who are uninsured, Medicaid eligible or American Indian. Oklahomacaringfoundation.org; Text TULSAVAN to 33633 to receive a van schedule

Oklahoma Mothers' Milk Bank
405.297.5683; okmilkbank.org



Save Babies Through Screening Foundation, Inc.
A parent-run, nonprofit foundation dedicated to making sure every newborn baby in the U.S. undergoes comprehensive and effective screening for a variety of diseases that are usually hidden at birth. Find out about screening in Oklahoma. 1.888.454.3383; savebabies.org

Text4baby
Women who text BABY (or BEBE for Spanish) to 511411 receive free text messages three times per week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. Text4baby sends personalized messages directly to you. There is also an app that provides additional information about baby's development, pregnancy, childcare tips, and more. text4baby.org

Tulsa Area SAFE KIDS
Safe Kids Tulsa Area works to eliminate unintentional injuries. Affiliated with the Safe Kids Worldwide, Car seat checks, information on water safety, car safety, and much more. 918.494-SAFE (7233); safekidstulsa.com

Tulsa Health Department Immunizations
Information about immunizations and vaccines for children through age 18 years may receive vaccines at no charge if they are uninsured, Native American, Native Alaskan, or their insurance policy does not cover vaccines. THD currently accepts Cigna, Community Care, Blue Cross Blue Shield, Health Choice, Medicare and SoonerCare Medicaid for immunizations. Fee for clients with private insurance (other than those listed) to be immunized at THD clinics to cover cost of vaccine. 918.582.9355; tulsa-health.org/vaccines

Mary K. Chapman Center for Communicative Disorders
Speech, Language and Hearing Services

We offer evaluation and therapy services for children, specializing in:

- Articulation/speech
- Voice
- Language
- Dysphagia
- Fluency/stuttering
- Tongue thrust
- Hearing
- Craniofacial clinic team assessments
- Floortime-based therapy for children with autism
- Free speech-language and hearing screenings by appointment
- Augmentative and Alternative Communication (AAC)
- Spanish interpreters available
- Scholarships available
- Medicaid accepted

THE UNIVERSITY OF TULSA
Mary K. Chapman Center for Communicative Disorders
918-631-2504 • healthsciences.utulsa.edu/communication-disorders

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www.MillerSwimSchool.com
918-254-1988



BABY GUIDE

DISABILITIES

Ability Connection Oklahoma
Provides programs and services for Oklahomans with physical disabilities and their families. 918.794.4655; okabletech.org

AutismTulsa
AutismTulsa is a parent-led support group where families and community members can gain valuable resources and support. autismoklahoma.org

CHADD
Organization for children and adults with attention-deficit hyperactivity disorder 1.800.233.4050; chadd.org

Down Syndrome Association of Tulsa
918.804.3728; dsat.org

Little Light House, Inc.
Christian child-development center for children with disabilities, birth–6 years. 5120 E. 36 St.; 918.664.6746; littlelighthouse.org

March of Dimes
Information about pregnancy, breastfeeding, birth defects, nutrition and more. marchofdimes.org

The Arc of Oklahoma
The Developmental Disabilities Advocacy Network is a place to find information about disabilities, learn about available programs and services, and connect with others.
2516 E. 71st St., Suite A; 918.582.8272; thearcok.org

Total Source for Hearing-loss and Access (TSHA)
Information, referrals, support and help for individuals or families dealing with hearing loss. 888.211.3523; tsha.cc

ADOPTION & SUPPORT

DHS (Oklahoma Department of Human Services)
Find foster care and adoption information and resources, including post-adoption resources. 6128 E. 38th St., Ste. 300, Tulsa; 918.794.7575; www.okdhs.org

Oklahoma Fosters Resource Center for New Foster Care & Adoption Families Hotline
800.376.9729; okfosters.org

AdoptUsKids
The mission of AdoptUsKids is to recruit and connect foster and adoptive families with waiting children throughout the United States. National photo listing.
888.200.4005 (English); 877.236.7831 (Español); espanol@adoptuskids.org; adoptuskids.org

Dillon International, Inc.
Specializes in adoptions of children from other countries. Offers parenting and adoption workshops, heritage events, adoption awareness programs and other post-adoptive support. 918.749.4600; dillonadopt.com

Eastern Oklahoma Catholic Charities Adoption Services
918.508.7131; 918.949.4673 (For pregnant women looking into adoption for their baby) adoptioninfo@cceok.org; cceok.org/adoption

Gladney Center for Adoption
Support, socialization, and information for adoptive parents and their children. 800.452.3639; adoptionsbygladney.com

HOSPITAL CLASSES & INFORMATION

Saint Francis Health System
6161 South Yale Ave. 918.494.BABY (2229); saintfrancis.com
South Campus: Hwy 169 & 91st Street; 10501 E. 91st St., Tulsa
Saint Francis Childbirth Classes include a Childbirth Series, Grandparenting, a Sibling class and Weekend Childbirth. Labor and Delivery tours, childbirth, parenting, and breastfeeding information. For more information about classes, community events or for printed materials, at Saint Francis, visit saintfrancis.com or call 918.494.BABY.

Oklahoma State University Medical Center
744 W. 9th St. 918.599.1000; osumc.com; tulsalifesavers.com

Peggy V. Helmerich Women's Health Center
Women's Center @ Hillcrest
1120 S. Utica Ave. 918.579.8000
Women's Center @ Hillcrest South
8801 S. 101st E. Ave. 918.294.4000
helmerichwomenscenter.com
For a current listing of childbirth education classes, visit helmerichwomenscenter.com.

Ascension St. John Medical Center
Tulsa: 1923 S. Utica Ave., Tulsa
Owasso: 12451 E. 100th St. North,
Classes include Childbirth Education, Breastfeeding Basics, Dads Basic Training, Maternity Orientation Class, Grandparenting Class and Newborn 101. For more information and a complete, current list of classes, visit healthcare.ascension.org

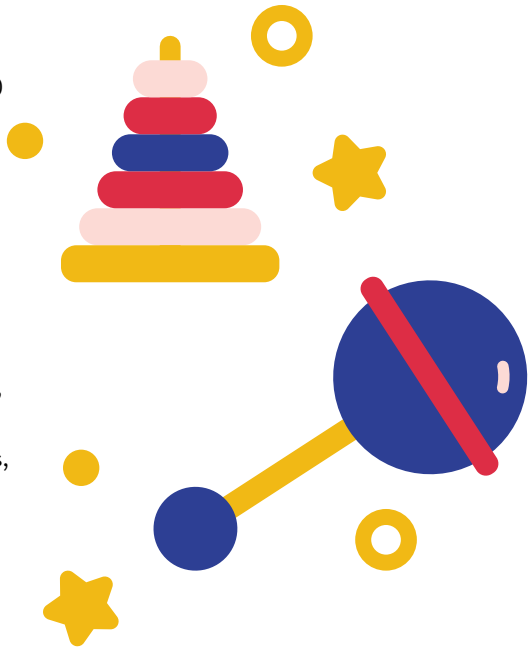
CHILD CARE HELP

Community Service Council Child Care Resource Center
Resources and referrals for parents seeking licensed childcare options in the Tulsa area. Resource center for early childhood educators and home care providers. 918.834.2273; For child care referrals:800.438.0008; csctulsa.org/ccrc

E-Nanny
E-Nanny can provide long-term and short-term placements, and additional services. 918.973.3885; enannyok.com

National Association of Early Childhood Programs (NAEYC)
800.424.2460; naeyc.org

Seeking Sitters
Offers professional, prescreened babysitters for part-time, fulltime or last-minute care. 918.749.3588; seekingsitterstulsa.com



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Brain Balance of Oklahoma City
3545 W Memorial Rd
(405) 492-6800

Call 800-877-5500 or visit BrainBalance.com

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OK Oklahoma 529 College Savings Plan

Go to ok4saving.org/newborn for Smart Steps $50 Promotion details and official rules. Void where prohibited or restricted by law. Promotion ends 12/31/21. Sponsored by the Oklahoma 529 College Savings Plan. TIAA-CREF Individual & Institutional Services, LLC, Member FINRA, distributor and underwriter for the Oklahoma 529 College Savings Plan. 1752292

2021 COLLEGE DIRECTORY



COLLEGE OF THE MUSCOGEE NATION

Contact: Samantha Lackey

2170 Raven Circle, Okmulgee, OK

918.549.2833

Slackey@cmn.edu

cmn.edu

The College of the Muscogee Nation is the institution of higher education for the Muscogee Creek Nation emphasizing native culture, values, language and self-determination. The College will provide a positive learning environment for tribal and non-tribal students as citizens of a tribal and global society supported by teaching excellence and will offer exemplary academic programs that meet student, tribal, and societal needs. Through instructional quality and visionary leadership, the College of the Muscogee Nation will encourage lifelong learners for personal growth, professional development, and intellectual advancement.

NORTHEASTERN STATE UNIVERSITY

Contact: Dan Mabery

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1701 W. Will Rogers Blvd., Claremore, OK

918.343.7777

BARTLESVILLE CAMPUS
401 S. Dewey Ave., Bartlesville, OK

918.338.8000

PRYOR CAMPUS
2155 Hwy 69A, Pryor, OK

918.825.6117

rsu.edu

Rogers State University is a dynamic, regional four-year university in Claremore, Oklahoma, with branch campuses in Bartlesville and Pryor. RSU provides the complete college experience, including NCAA Division II athletics, and is the only Tulsa metro public university with on-campus housing.

Offering bachelor's and associate degree programs, students can earn degrees in Oklahoma's top 10 fastest growing industries, including health care, criminal justice, counseling, Esports and environmental conservation. Students interested in medical school can complete their undergraduate studies through medical/molecular biology. Students interested in this program also pursue industries including dentistry, physician's assistant, pharmacy, optometry and physical therapy. RSU's online RN2BSN program is among the best in Oklahoma. RSU also offers two graduate degree programs through its Master of Business Administration and Master of Community Counseling. RSU's small class sizes, attentive professors, hands-on learning and community service opportunities attract high achieving students. The university has been a leader in distance learning and was the first Oklahoma university to offer degree programs entirely online. RSU is consistently recognized as one of the region's most affordable colleges, with more than half of last year's graduates earning their degree without taking out a student loan. Take the next step! Apply now, visit campus or get in touch with us. Call 800.256.7511 or visit www.rsu.edu.

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WEATHERFORD CAMPUS
100 Campus Drive, Weatherford, OK

SAYRE CAMPUS
409 E Mississippi Ave, Sayre, OK

580.774.3777

registrar@swosu.edu

swosu.edu

By any measure, Southwestern Oklahoma State University, with campus locations in Weatherford, Sayre and Yukon, is considered by many to be one of Oklahoma's best universities.

- SWOSU boasts one of the most diverse selections of academic college course options, and the university is top rated in affordability. As always, SWOSU is dedicated to providing its students with a quality education while preparing them for the career of their dreams.
- SWOSU is known for its quality programs. The university has 14 nationally-accredited academic programs—the most among all Oklahoma regional universities.
- SWOSU has the feel of a traditional campus in a relatively small city.
- SWOSU has students from all 77 Oklahoma counties, 39 different states and 35 countries.
- SWOSU is affordable. Compared to U.S. colleges similar in size and mission, it costs almost $3,000 less per academic year to attend SWOSU.
- SWOSU is home to the impressive Pioneer Cellular Event Center, which features a variety of activities including concerts, conferences, athletic events and more. The center also serves as home for the SWOSU men's and women's basketball teams and women's volleyball squad.
- SWOSU is very accessible, located on Interstate 40, less than one hour west of the Oklahoma City metro area.

I'M A TULSA KID

WORDS & PHOTOGRAPHY BY SHEEBA ATIQI

FERNANDO ROBLES ALVARDO: RUBIK'S CUBE MASTER



The Rubik's Cube was invented in 1974 by Hungarian sculptor and professor Erno Rubik. The iconic cube is a 3-D combination puzzle that starts with a randomized and shuffled configuration of the cube, which is solved by rotating the pieces to create solid-color sides. Solving a Rubik's cube is mathematically difficult and is often touted as a game that makes users smarter. Business Insider says, "It will improve your concentration, allow you to process your own thoughts faster, and improve your hand-eye coordination… and improve your short-term memory." It's so difficult that it took inventor Rubik a month to solve his own puzzle!

On a hot summer day, I got to witness 9-year-old Fernando Robles Alvardo, a 4th grader at Boevers Elementary, solve one in under three minutes. Fernando's favorite hobby is solving all the different types of Rubik's Cube puzzles and showing off his skills to others.

TK: What is a Rubik's Cube?

Fernando: A Rubik's Cube is a cube with six colors, 12 edge pieces and 8 corner pieces. The most common is a 3 x 3 x 3 Rubik's Cube, but there are also other types of cubes like Pyraminx (tetrahedron) and Megaminx (Dodecahedron).

TK: At what age did you discover them?

Fernando: 7.

TK: What is the fastest you have completed a Rubik's Cube?

Fernando: I have completed a 2 x 2 x 2 in about 15 seconds. I have completed a Pyraminx in about 20 seconds (sometimes I have done it in 12 seconds). I have completed a Skewb in about 23 seconds. (The World Record time is 0.93 seconds.)

TK: Who inspires you?

Fernando: I could have chosen a YouTuber, but my mom is my inspiration because she always says "never give up," and she encourages me.

TK: What type of Rubik's Cube is your favorite?

Fernando: The Skewb. (The Skewb Cube is one of the types of cubes modified after the success of the Rubik's Cube.)

TK: What other hobbies do you have?

Fernando: Legos, K'nex and all kinds of building toys. Also, I have a keyboard, and I am still learning how to play it.

TK: What do you want to be when you grow up?

Fernando: An engineer.

TK: What advice do you have for others who want to learn to solve the Rubik's Cube?

Fernando: I would say practice and don't give up.

TK: What is a fun fact about you?

Fernando: I like to joke around with family.



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TulsaZoo

HALLOWZOOEEN

day

RESERVATIONS REQUIRED

1PM-4PM

SATURDAY	SUNDAY
10/23	10/24
10/30	10/31



&

night

6PM-9PM

FRIDAY	SATURDAY
10/22	10/23
10/29	10/30



tulsazoo.org/boo

Andy B's Bowl Social — ARACHNID ARCADE

Bank of Oklahoma N.A. — HAUNTED TRAIN

Switchgrass Management — Burger King — Verity Family — ROYAL CASTLE

INSURICA — PUMPKIN PATCH PLAYROOM

QT — PIRATE ISLAND

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*Savings vary by customer and program.