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SETTING GOALS

ARE YOU GOOD at setting goals? How about setting goals as a family? I'm not. Well, maybe I am. Let's just say I'm more of an intuitive goal-setter than a strategic one. Whatever your goal-setting language is, it does seem prudent to set some kind of path forward while building in some flexibility for those inevitable boulders along the way.

As I read Natalie Mikles' feature on goal setting, it occurred to me that our goals and the way we manage them reflect our values, and that can be a concrete way to model values to our children. Maybe rather than getting straight A's (although this was always my son's goal), your child's goal might be to talk to kids at school who seem to be left out, or to stand up for a classmate being bullied. You could then talk about strategies to achieve those goals.

When my introverted daughter went to graduate school where she didn't know anyone, one of her goals was to find ways to interact with people, even though that was out of her comfort zone. She subsequently made some close friends.

Maybe a goal could be to find a way to check in as a family once a week, whether that's over playing a game, a family meal or having a family meeting where everyone gets to share.

One of my goals these days is to take more time to paint, something I've done all my life but have had little time for. Sometimes it means saying no to other things, but I always feel good that I am getting better at pushing away the guilt and focusing on what is important to me. I think that is particularly difficult for women. You may have goals for your family, but don't forget your individual goals.

Ask your kids what their goals are. Maybe they've never been asked by anyone. It's a great way to open up a conversation, even with little kids. They may surprise you — and will probably amuse you.

Good luck with the new school year!



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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TULSAKIDS **COLLEGE PLANNER** OUT THIS MONTH

If you have children in high school, be sure to pick up a College Planner at your teen's school or go to **tulsakids.com** for the digital edition. The annual College Planner is packed with information to help high school students and parents navigate the years leading up to college or other post-graduation schools.

When do you need to fill out the FAFSA? Why is it important? What should your student be doing to prepare each year of high school? What are some ways to save money on college costs? What is Oklahoma's Promise and how can it provide tuition for eligible students?

If your teen is considering a competitive college that requires an essay, an interview and letters of recommendation, the College Planner offers tips on how to shine.

It's never too early to plan. Pick up your College Planner at local high schools, at the Tulsa City-County Library or find a digital issue at **tulsakids.com**.





REIRAVISUAL/GETTY

CORRECTION

The "What's Next" feature, Aug., 2022, incorrectly identified the OK IPSE Alliance as a non-profit. OK IPSE is a partnership between the Oklahoma Department of Rehabilitation Services, Sooner SUCCESS and the Oklahoma State Department of Education. OK IPSE Alliance works to support IPSE programs by working with key collaborators across the state and expanding opportunities for students with IDD.

TULSA HEALTH DEPARTMENT WILL ADMINISTER **NEW COVID-19 VACCINE**

The Centers for Disease Control and Prevention (CDC) endorsed the Advisory Committee on Immunization Practices' (ACIP) recommendation of the Novavax COVID-19 vaccine for primary series vaccination in adults ages 18 and older.

Novavax is a two-dose, protein-based COVID-19 vaccine, adding another option to the Pfizer and Moderna mRNA vaccines and the Johnson & Johnson viral-vector vaccine.

Protein-based vaccines have been used in the United States for more than 30 years, beginning with the first licensed hepatitis B vaccine. Other familiar vaccines used in the U.S. created with the same science include those that protect against influenza and whooping cough.

Other COVID-19 vaccines already on the market are readily available at a variety of providers throughout Tulsa County. COVID-19 vaccines are available on an appointment basis at the following Tulsa Health Department locations.

James O. Goodwin Health Center
5051 S. 129 E. Ave., Tulsa, OK

Central Regional Health Center
315 S. Utica, Tulsa, OK

North Regional Health and Wellness Center
5635 N. Martin Luther King Jr. Blvd., Tulsa OK

To make an appointment, visit **vaccinate918.com**. Those 17 and under must have parent or guardian present for consent to receive the vaccine.

LOCAL AUTHOR PUBLISHES **CHILDREN'S BOOK**

Brian Paul Cross says he splits his time between creating the world of "Basschundia" and teaching biology, painting and writing. He also has a wife and two children who "are very patient."

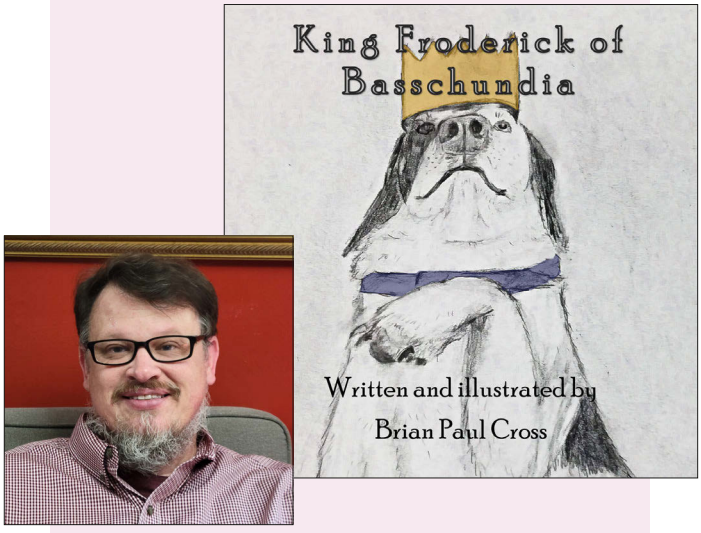
Cross wrote and illustrated the children's picture books "King Froderick of Basschundia" and "King Froderick at War," inspired by his own pets.

"We have three cats and three dogs, and we are constantly inventing personalities and backstories for them. King Froderick was born one day when I noticed that Frodo held his paw in such a way that he seemed to be inviting me to approach, bow, and kiss it. It spiraled out of control from there," Cross says.

The clueless dog, King Froderick, rules his kingdom of Basschundia (part Bassett hound and part dachshund) in a way that will make adults chuckle and children laugh. Silly predicaments involving household objects, a toilet drinking fountain, an interloper dog in the kingdom and a condescending cat all add to the fun and humor in the two books.

Cross says he started drawing and painting about 10 years ago "after decades of thinking it wasn't something I could do. I was a 'science person,' not an 'art person.' Pigeonholing yourself in that way is a mistake that I would hope to dissuade others from repeating."

Find Cross's books on his website at **kingfroderick.com**, Amazon, Artery201 and Magic City, or oder through Barnes and Noble or most bookstores.



PHOTOS COURTESY: BRIAN PAUL CROSS

OK LEGISLATURE PASSES **TEACHER INCENTIVE BILL**

Students wishing to become teachers may find a boost in the recently passed House Bill 3564. The measure creates the Oklahoma Future Teacher Scholarship and Employment Incentive Program under the State Regents for Higher Education, providing up to $25,500 in scholarships and payments to prospective teachers over the course of a four-year teacher preparation program, and five subsequent years of classroom service.

"In the midst of an unprecedented and worsening teacher shortage, it is imperative we look for long-term solutions that also ensure all students are receiving instruction from highly competent and trained teachers," said State Superintendent Joy Hofmeister. "Right now, the state's teacher preparation programs are not producing the number of teachers needed to fill the vacancies in schools, and this bill has tangible solutions for changing that."



DRAZEN ZIGIC/GETTY

WHAT'S GOING ONLINE?

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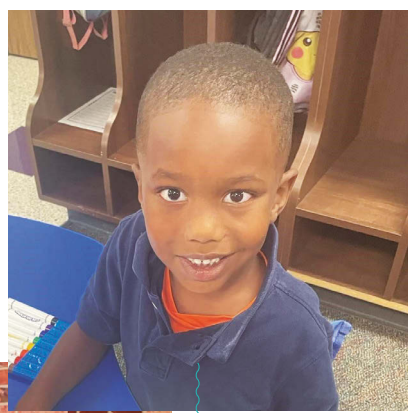
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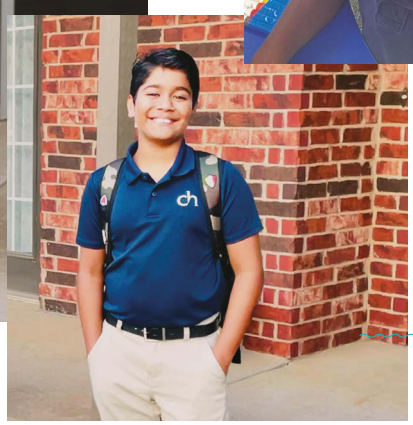
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Caila can't wait to start Kindergarten!
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Action Jaxon! Kindergarten scholar.
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Rishi Agrawal is ready for 7th grade at Cascia Hall.
PHOTO BY APURVA BHATWAL

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Play your Parenting Pains Away

By **Alicia Kobilnyk**



On days when we or our children are struggling, sometimes what is needed is **not more focused determination** but instead a determination to be **flexible, gracious and a bit silly.**

IF I'VE COME to learn anything over the course of my life, it is that inspiration comes from the most unexpected sources. As an educated and well-rounded adult who happens to cohabitate with tiny macaroni and cheese pirates, this inspiration increasingly comes from children's television. My husband and I communicate mundane thoughts around the house to the tune of "Creature Report" from *The Octonauts* so often that my children will say "Check, check, check" without missing a beat. I automatically tell anyone who expresses the need to use the restroom to "stop and go right away," vestiges of the hours spent watching Daniel Tiger's friend Prince Wednesday learn that even a block tower can wait while one voids one's bladder. And most of all, when my children whine, melt into little inconveniently timed puddles and dig in their heels, I reach deep within myself and seek my most central parenting guru. It's not Janet Lansbury. It's not even Fred Rogers. It's Bandit Heeler — and you know he lives in you, too.

As unlikely as it would seem that a cartoon dog could find himself the collective voice of a parenting philosophy transforming modern parenting, the father figure of Disney's (and Australian Broadcasting Company) titular character Bluey has found his way into the reluctant and heavy hearts of parents simply trying to navigate seasonal plagues, bad news and the dreary reality of adult life. The day I sat with my children and let them watch *Bluey* for the first time, I was amazed that as they giggled at Bluey and her sister's juvenile antics, I felt I was attending a master class in parenting and psychology.

In any given episode, our hero Bandit and his equally amazing wife Chili guide their darling, quirky and incredibly accurately depicted children as they navigate friendships, sibling squabbles, the ups and downs of daily life and even larger topics like loss and the importance of self-expression. Between the peaceful, real and respectful discussions the Heelers have with their preschool and school-age children, the children engage in elaborate and outlandish pretend play, and here is where Bandit earns his stripes. To motivate his children to brush their teeth, clean up their toys or play independently while he tries to complete a task, he creates elaborate games, cajoling his often unwilling or questioning little ones into participating in the daily duties of life. Usually, Bandit and the children find themselves in ludicrous situations, laughing heartily and, one way or another, arriving at their targeted destination. The day ends with everyone's needs met, from simple needs like nutrition and safety to more abstract needs such as acceptance, communication and mediation. It's not always perfect or even 100% happy, but it's honest, encouraging and beautiful.

This approach is referred to as Playful Parenting. Though not invented by ABC or Disney (and many people find their way to it otherwise), it cannot be overstated that *Bluey* has had a significant cultural impact on parents and caregivers who have had the pleasure of watching it.

So, in tribute to these noble Caregiver Canines, here are some real-life examples from Tulsa Parents who found that play made a way:

- Realizing her children (and likely herself) are settling into a rut, Allison looks for the bad mood hiding inside her sons, checking their hair, the bottoms of feet and even their armpits. Once found, she strains and struggles before extracting the bad mood, finding herself and her sons in reliably better states.
- When her daughters are in a mood and resisting transitions, Christi opens their back mechanical panel and accesses



FIZKES/GETTY

their robot switches, trying to see if they are stuck in Fussy Mode. Buttons are pushed with beeps and sound effects in an effort to reset mood. It often leads to play, robot voices and communication about feelings and expectations. Her children join in and make suggestions about what it will take to reboot their systems, leaning into her arms and physically melting into her as they connect.

- Maranda's children do not like to have their hair washed. At bath time one night, she had the kids throw on a swimsuit and said, "Okay! Everyone line up at the back door so we can go through the dog wash." Outside she had a "dog washing station" set up with their bath soaps and shampoos. Each one came and sat in the pool, letting her suds up their hair and rinse it out with the water hose. They barked and whimpered like their dog does every time they bathe her throughout, laughing and settling into a relaxing groove before bed. They went to bed clean, happy and peaceful.
- Kelly and her husband got laser tag vests for their three active kids during the holidays. They make a point to have occasional family laser tag nights when the sun goes down. They play on teams around the house and have lots of fun.
- Angela does "Queen of England" room checks with her two children to see if a room is clean, bestowing Royalty ratings up to 5 stars for cleanliness and organization. Accents and carriage transportation are of course required. She finds it smooths over the otherwise mundane task of tidying rooms before bed.
- When Cait's toddler isn't quite listening, she begins to talk and move like a robot. She repeats his name and states the boundary clearly, catching his attention both with the change in her manner and the wave of playful energy she lets out. It creates a shared, silly moment and often helps him pull away easily from what he'd been previously fixated on doing.

One night, I myself found that everyone in the house was in a grumpy mood and really needed to go to bed but had not gotten ready. To stave off the certain battle of wills my children would wage with me, I left the room and threw on a silly hat. I burst with flair into the living room and announced in my best Crocodile Dundee accent that I was the owner of the fanciest full-service hotel in the Australian Outback and needed a few Sheilas to put up for the night to meet my quota. The girls grinned immediately and jumped up, approaching me and studying my hat. I bowed deeply, inviting them (after seeing their passports) to sample our pajama concierge and hands-free tooth brushing services before turning in for the night. Our butler, Bruce (I indicated my smirking husband), would read them one story before bed as part of our turn-down services. Within half an hour, I was in my own bed, trying to drop the ridiculous accent and listening to the quiet whispers of my girls, giggling and falling asleep in their beds.

On days when we or our children are struggling, sometimes what is needed is not more focused determination but instead a determination to be flexible, gracious and a bit silly. You won't win an Oscar for your performance or go viral on TikTok (unless you have a really great Crocodile Dundee voice), but you will make a loving, lasting connection to your family as you navigate the day and arrive at your destinations hopefully more relaxed, confident and joyful. TK

Alicia Kobilnyk is an Early Childhood Educator who works with young toddlers. She finds joy and inspiration to write in their cheeky shenanigans, as well as those of her two daughters.

Starting the School Year with Inclusion in Mind

By **Dr. Tamecca Rogers**



Dr. Tamecca Rogers
Dr. Rogers is Director of Diversity, Equity and Inclusion at Tulsa Technology Center. She is a writer and mom to three boys who love adventures.

WHEW! FOR TEACHERS, administrators and staff, the first few weeks before school and the first few weeks after school begins can be a whirlwind. There are tons of meetings, professional development, back-to-school meet and greets, and the list goes on. And if you are part of the school staff and have children of your own, the pressure to get back on schedule is even more intense!

The good news is you made it to September! You are starting to get the hang of things, and your instincts kick into high drive. Your lesson plans are completed, you have the supplies you need and your classroom is decorated perfectly. Now that you have a minute to catch your breath, look around your classroom and ask, "Is this a welcoming and inclusive environment for all my students?" That's a question that all educators would like to say yes to immediately. I know because I have been there. As a teacher, I aimed to make sure everyone felt included.

Sometimes ensuring all students feel that they belong is easier said than done, especially if you are not used to looking through the lens of diversity and inclusion. After all, it's a fact that we tend to gravitate toward people who are similar to us.

We must realize that every child has a unique home life. Some are the children of immigrants, some have learning disabilities, some have biracial families and others may come from an LBGTQ+ family. Promoting inclusion encourages acceptance and helps prepare students to flourish in our diverse world. Here are a few tips you can use in your classroom immediately.

LET'S START WITH THE BULLETIN BOARD

I absolutely love walking into elementary teachers' classrooms. They go all out, and you can tell they have spent significant time creating their bulletin boards. And rightfully so. Bulletin boards are one of the first things a child sees in the morning.

However, on bulletin boards, families tend to be presented as white, heteronormative, nuclear families. You can display your love for all your students, including underrepresented students, by positively portraying minority, diverse and/or LBGTQ+ family units. A child seeing a representation of their family on display can make an otherwise unfamiliar environment into something more inviting and inclusive.

You can include different flags for pride month and represent gay and lesbian family units. This can also be a place to break down gender norms. Are you grouping sports images, the color blue, dogs and trucks next to the boys, and cats, flowers, the color pink and hearts next to the girls? These unconscious biases affect children even if their little brains do not notice it.

CREATING ALLIES THROUGH LESSON PLANS

A good lesson plan will do more than teach a child how to count; it can be the bedrock for creating empathy or compassion for people they may not have been exposed to at home.

Come up with snappy slogans and sayings that emphasize allyship and self-worth. It is an excellent way to keep them grounded if you see a child doubting themselves or engaging in behavior that only needs minimal correction.

Emphasize qualities that make every one of those children special. Kids have talents and experiences that are worlds away from perfect grades and good attendance. Organize a small talent show or a presentation day to prop up these abilities. It shows kids that worth in school does not just come out of the grade book.

Consider the books you read in class. Some teachers can fall into the trap of portraying diversity through the lens of struggle. Yes, there are inspiring tales of people of all races and ability groups overcoming adversity, but it is also validating to see them going through everyday activities.

BE PREPARED TO TAKE ON THE HARD LESSONS

In predominantly white areas, *Sesame Street* and the occasional cartoon are some of the only exposure these kids get to any minority, LBGTQ+ individual or someone with a disability. Any diversion from the "norm" can lead to bullying. If a boy likes flowers or painting his nails, he might be called "gay." Children may not include kids of other races in their games or let them play the hero because "*superman* is not Black." Neurodivergent kids may be ostracized because they do not act a certain way or are considered "annoying."

As teachers, you have an opportunity to turn these into teachable moments. If you don't, you are reinforcing the idea that this is acceptable behavior to not only the bully but the victim. The student needs to see that people with positions of authority will stand up for them, or they risk normalizing this behavior and carrying it into adulthood.

There is only so much lesson plans can do to expose children to a diverse set of backgrounds. Humanize the lesson with family events. Celebrate all families with games, different cultural foods and an environment of casual fun.

SET YOUR STUDENTS UP FOR SUCCESS

As an educator, I know the beginning of the school year can be a bit stressful. We can't forget how stressful it is for our students, and the stress level could be hard to manage if the students are from an underrepresented background. The reality is that you are one of the most important role models in that kid's life. It is a massive responsibility, but it is also a gift that not many people are afforded. Use it to create a class of compassionate children who thrive in an environment of inclusion and belonging. TK

There is nothing inherently **bad about the technology.** Just be **aware** of what your child is doing with it.

Don't Know Much About AR and VR? Read This

By **Julie Wenger Watson**



WHAT WAS ONCE the domain of science fiction is now an integral part of everyday life for modern teens. Today's adolescents literally have a world of technology at their fingertips. The ubiquitous smartphone in almost every teenaged hand is a million times more powerful than the giant computers that first guided humans to the moon. With the advent of virtual reality headsets like the popular Meta Quest 2 (formerly "Oculus Quest 2"), kids are exploring virtual worlds that Captain Kirk and the crew of the Enterprise could only dream about.

"Essentially, virtual reality is just taking somebody and putting them in a computer-generated world," explains Jakob Rendon, an AR (augmented reality) VR (virtual reality) Game Developer for Tulsa-based Engine Room VR. "It could be anything from a learning environment at a school to a historical re-creation to educational things like touring a nuclear power plant or doing science experiments."

Virtual reality has been around for years, but, until recently, the hardware required to experience it was bulky and prohibitively expensive for the casual user. With the arrival of consumer-friendly VR goggles, like Meta Quest 2, accessing the virtual world has become much more affordable. At roughly $400, cheaper than most iPhones, millions of the goggles were sold in 2021. Their primary use? Gaming, of course.

Whether it's slicing light sabers through brightly colored boxes with Beat Saber or attempting to seize a super weapon in Half-Life: Alyx, the immersive experience of VR is a powerful hook, as the headsets allow users to interact with simulated environments and experience a first-person view in a way that traditional gaming platforms don't.

Unlike Augmented Reality technology that superimposes a computer-generated image on a user's view of the real world, VR headsets effectively replace the user's natural environment with virtual reality content. This could be a movie, a game or a prerecorded 360-degree environment that allows the user to turn and look around, just like in the physical world.

"I prefer virtual reality because I enjoy being immersed in a completely fabricated world instead of just overlaying the real world," Rendon explains. "There's a lot more you can do in virtual reality that you won't be able to do in augmented reality because of real-world physical limitations."

While VR gaming for teens, with its abundance of first-person shooter scenarios and age-inappropriate content, comes with all of the same parental concerns as its "traditional" counterparts, there are many positive uses for the technology, particularly in the areas of education and training. For example, VR technology is already in use at the University of Tulsa's Oxley College of Health Sciences where nursing students, sporting VR goggles, practice dispensing medicines and providing care for their virtual patients before being turned loose on real humans.

"Beyond just gaming, I've seen studies where nature photographers go out into the world and hike up the trails, taking pictures and videos and re-creating them in 360-video experiences. They then take the headsets, with the experiences loaded on them, to nursing homes and give the older people who are wheelchair-bound the ability to still explore the world," Rendon says.

While Rendon understands the downside of VR gaming for kids and parents, he thinks the positives outweigh the negatives — especially when it comes to VR's potential for fitness. Unlike console games, VR games require a bigger physical investment as players "move" through their virtual environments.

"Most of the issue that parents have with games is that kids just sit inside all day, getting lazy and fat and rotting their brains," he says. "The rotting brain depends on what game you play, I guess, but the physical sitting inside and getting fat is definitely negated by virtual reality."

As a university student, Rendon experienced this 0first-hand. "While I was at Full Sail, I was eating McDonald's every day for lunch," he recalls. "I probably got to somewhere around 200 to 210 pounds," he recalls. "When I bought my first headset, I started playing it every day to the point where my entire body was sore, and I didn't want to go to school because I could barely move. After about three to four months, I was down to 189."

Rendon's advice to parents? There is nothing inherently bad about the technology. Just be aware of what your child is doing with it.

"There are social interaction games like VR chat. Anytime you get online, interacting with other people over the Internet, there's always the risk of seeing and hearing things that a young child shouldn't be exposed to," he says. "I would just limit what they play. I wouldn't want a 5-year-old going online and playing Pavlov, which is a military shooter game." TK

Julie Wenger Watson is a freelance writer who's worked in all aspects of music promotion. She's also Co-Director of "Live From Cain's," a public radio show pilot.

Stephanie Harris:

Creating Healthy Relationships with Food

By **Nancy A. Moore**



I often share with clients that the goal is not to raise super **healthy eaters,** but to raise **confident eaters** who have a **positive relationship** with food and their bodies, and who willingly eat a variety of foods that they enjoy.

WITH THE START of school, many people are getting back into the swing of packing lunches or having their child eat in the school cafeteria. Both options have benefits, says Stephanie Harris, a registered and licensed dietitian, but there's much more to childhood nutrition than school lunches. Childhood obesity is a growing health issue in the U.S., and National Childhood Obesity Awareness Month calls attention to the problem and solutions. We asked Stephanie Harris about what parents can do to help their kids develop healthy food relationships.

TK: How did you become interested in working in the field of nutrition?

Stephanie: Growing up I loved helping my mother prepare homecooked, Italian, family-style meals, while also assisting her in preparing for her local cooking classes. Later, in high school, I had the opportunity to participate in a career exploration program shadowing the St. John's Healthy Lifestyle dietitians. It was there that I was introduced to my passion for the field of dietetics. I embraced my interest in food and observed how dietitians were uniquely qualified to help people pay more attention to what they're eating, where their food comes from and how food can play a crucial role in health.

Before that experience, I was seriously considering a career as a physician to follow in my dad's footsteps, but discovered my interest in medical nutrition therapy to help with disease prevention and management using dietary lifestyle choices. I often joke that I am the hybrid of my parents' career passions.

TK: What is the difference between a nutritionist and a registered dietitian?

Stephanie: Great question! While some people use the terms "nutritionist" and "dietitian" interchangeably, there are distinct differences in education and legal credentialing. Registered Dietitian Nutritionists (RDNs) are food and nutrition experts who have met specific academic criteria to earn the RDN credential and have passed a national examination administered by the Commission on Dietetic Registration. RDNs complete a minimum of a bachelor's degree accredited by the Academy of Nutrition and Dietetics as well as complete a supervised practice program performed in a career-related site. Conversely, a nutritionist may practice without any formal nutrition education, training, licensing or certifications, depending on the state.

TK: Now that school is back in session, what's your top recommendation for what should be included in lunches? What is the item that they should avoid packing?

Stephanie: Involving children in planning and preparing their own lunchboxes gives them the opportunity to learn about healthy eating and to be engaged to make autonomous decisions about what they will be eating during the day.

Wondering what to pack? Try this Kids Lunch Formula: **Protein** (nut/seed butter, yogurt, cheese, meat, beans), **Fiber** (whole grain bread, crackers, tortilla, fruit, vegetable), **Fat** (nut/seed butter, yogurt, cheese, avocado), **Fruit/Vegetable** (pick 1 or 2), **Satisfying crunch** (pretzels, animal crackers, dry cereal, roasted chickpeas, crackers), a **Fun Component** (cutouts, napkin note, chopsticks, food picks), **Exposure food** (a tiny amount of food just for looking or touching), **Bonus Nutrients** (chia seeds, hemp hearts, ground flax, sesame seeds, ground nuts).

What to skip? All sweet drinks such as fruit juices, sports drinks, energy drinks, iced teas and soft drinks.

TK: Why is it important to recognize National Childhood Obesity Month, and how are you doing so?


PHOTO CREDIT: JOLIE LOPEZ

Stephanie: Childhood obesity is a growing epidemic in the United States, affecting more than 18 percent of children, making it the most common chronic disease of childhood. Today, more and more children are being diagnosed with diabetes, hypertension and other co-morbid conditions associated with obesity and morbid obesity.

With these high rates, it is certainly important for us to be talking about body weight, but how we approach it is just as important. We must keep the big picture in mind when it comes to raising kids who enjoy food and respect their bodies. It is important to remember many children grow naturally and consistently at or above the percentiles used to classify childhood obesity who are perfectly healthy. A child's weight may become a concern when the velocity or acceleration of weight-for-height changes abruptly over time.

TK: What can someone do if they are concerned about their child's weight?

Stephanie: In today's culture, weight can be a sensitive subject, especially for children and teens. Focus on *wellness over weight*. The key is to consider your child's overall picture of health and to be mindful of the conversations you have in front of them about their bodies. The number one question to ask your pediatrician if you are concerned is "How has my child's weight-for-height percentile changed over time?" You can discuss growth trajectories and referrals, if needed, versus using the phrases "losing weight" or "diets" that may invoke shame or guilt in front of them.

TK: Do you have suggestions for how to discuss health and exercise with kids?

Stephanie: Encourage open dialogue and listen as they share their thoughts and feelings about body image whenever they arise. Approach food and exercise as a way to care for and nurture your body, not to punish it or to manipulate it to look a certain way. Talk to your child about ways to give themselves *the gift* of physical activity. Explore what activities are fun and highlight that it should be a pleasure not punishment.

Food Talk: Approach food in a neutral way to create positive experiences with eating. Kids thrive in settings that are neutral, as this creates a space for them to learn and explore food and their bodies. Talk about food without using polarizing terms such as "good" or "bad" or "healthy" or "not healthy." I often share with clients that the goal is not to raise super *healthy* eaters, but to raise *confident* eaters who have a positive relationship with food and their bodies, and who willingly eat a variety of foods that they enjoy.

TK: For kids who eat in the school cafeteria, what should parents suggest that their kids look for?

Stephanie: Look for the color! I encourage kids to eat the rainbow (and I do not mean Skittles) by selecting vibrant whole foods in each category of the color wheel as they will not only provide energy but a "superpower" for the body. Examples of said superpowers: Red foods help you have a strong heart, orange foods help us see in the dark, yellow foods help us heal cuts, blue foods support a strong brain, and green foods help us fight off sickness. These foods will also provide a good source of fiber, which will stick with your kiddo longer to keep hunger at bay and their mind focused on learning.

TK: What are your top three tips for giving kids healthy food options?

Stephanie:

1. Parents who want their children to eat healthfully can benefit by focusing on being good role models. Remember it's not what we say, but what we do that matters most. Make sure you are eating regular, balanced meals yourself.
2. Make it fun and try to be creative by offering the same food six different ways.



PHOTO CREDIT: JOLIE LOPEZ

Play the food critic game as a family by appealing to all the senses:

- **Appearance:** Color, shape, cut, size. Consider how it is plated.
- **Smell:** Hot food gives off more aromas versus room temp.
- **Taste:** Raw, cooked, seasonings?
- **Texture/Touch:** For example, apple slices versus applesauce, or a baked potato instead of oven fries.

3. Avoid food bribes and rewards. Does this sound familiar? *If you eat your dinner, you can have dessert…three more bites and then you can have dessert…you have to finish everything on your plate before you can have dessert.* Any time you use a certain type of food as a reward, it makes the reward food more desirable. That means it makes them want dessert more than they did before. Not only that, it makes them want the other food LESS. What does that mean? It means, if you use dessert as a way to get your child to eat vegetables, the longer you do it, the more they will want dessert and the less they will want veggies or whatever other food there is.

TK: As a busy parent of two young kids, you understand the need for healthy, easy and delicious recipes. Can you share an easy dinner recipe with very little prep time?

Stephanie: I am a fan of *deconstructed meals.* These are meals separated into individual components but served together. I think of it as make-your-own… [tacos, potatoes, pasta]. Overall, try to serve meals in their individual components so each person can choose what they need, meanwhile serving the same meal. Another plus is that it can be prepped in advance for convenient assembly all while allowing kids to be exposed to more foods with the option to eat them.

Example of easy weekly deconstructed meals:

Serve at least 1–2 things from each of the lines below. That way, you are serving a variety of food groups and nutrients.

TACO (SALAD) BAR:

- flour tortillas, corn tortillas, hard shells, chips
- ground meat, chicken, fish, shrimp, cheese, beans
- lettuce, tomatoes, onion, cilantro, bell peppers
- avocado, guacamole, sour cream

(Your kid might only eat chips and guacamole)

POTATO BAR:

- baking potatoes, sweet potatoes
- beans, ground meat, chili, shredded chicken, eggs, bacon, cheese
- broccoli, cauliflower, tomatoes, lettuce, onion, peppers
- butter, sour cream, pesto, avocado, curry sauce, cheese sauce, salsa, BBQ sauce

(Your kid might only eat cheese and bacon)

PASTA BAR:

- any kind of pasta you enjoy, bread or rolls
- ground meat, meatballs, sausage, chicken, shrimp, cheese
- broccoli, tomatoes, green beans, lettuce/salad
- marinara, red sauce, pesto, alfredo, olive oil, butter

(Your kid might only eat pasta with butter)

TK: What are you passionate about right now?

Stephanie: I am passionate about creating customized and targeted nutrition care plans with the use of advanced technology and testing such as: the Spectra-Cell micronutrient blood test that provides the most comprehensive nutritional analysis available by measuring functional deficiencies at the cellular level; or the GI-MAP stool analysis that uses advanced DNA testing to assess levels of healthy bacteria, pathogenic bacteria, parasites, yeast, and viruses. It also uses advanced metabolic testing for inflammation, immune function, digestion, and absorption. It's truly exciting to be able to use these modern resources to provide individualized medical nutrition therapy for my clients. The latest discoveries in food science research and functional food medicine excites me to continue my education in the ever-evolving field of dietetics. TK

You can find Stephanie at NutritionTulsa.com.

Nancy A. Moore is a Public Relations Coordinator at Montereau, Adjunct Professor at Tulsa Community College, and has been writing for TulsaKids for almost 20 years.

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Holland Hall Celebrates its Centennial in September



By **Danielle Hill**



Holland Hall alumnus Kevinn Matthews pictured with his favorite teacher, the late Darlene Hyden.
PHOTO COURTESY OF KEVINN MATTHEWS.

KEVINN MATTHEWS learned all the essentials in life from his first-grade teacher at Holland Hall, Darlene Hyden.

"I got everything I needed to know from her — from sharing and being kind to one another to cleaning up after myself to living a balanced life," said Matthews, a 1988 Holland Hall graduate, Holland Hall Board of Trustees member and an attorney with The Cochran Firm.

For 100 years, Holland Hall college preparatory school for pre-K through 12th grade has prepared Tulsa-area students for life by offering educational excellence in a holistic environment.

Holland Hall Head of School J.P. Culley said the school's Episcopal approach is what makes Holland Hall unique among Tulsa's independent schools.

"Inviting a wide array of faith traditions, races, ethnicities and political perspectives into the learning environment deepens how well we can use our minds and other God-given gifts and talents in the services of others. That, alone, fosters a tremendous amount of critical and creative thinking, which is why our students perform so well academically," said Culley, who is beginning his 10th year as head of school.

Nestled in the rolling hills of south Tulsa on 81st Street, Holland Hall will celebrate a major milestone this year — its centennial.

"Sept. 21, 1922, Holland Hall opened its doors for the first time under the leadership of our first headmistress, Ms. Winnifred Schureman. Sept. 21, 2022, marks 100 years to the day! We have special activities and food planned for our community along with a ceremonial tree planting," said Culley about the school's Founding Day celebration.

Holland Hall "lifer" Ken Busby, class of 1985 graduate, fondly remembers his days attending the school from kindergarten through 12th grade. His finest memories include: "building a knight for a class on the Renaissance with Father Ralph Urmson-Taylor; meeting some amazing luminaries including S.E. Hinton, Gloria Swanson and John Cage; and having an incredible faculty too numerous to mention individually."

Looking back at his experiences and learning opportunities at Holland Hall, Busby, the executive director and CEO of the Route 66 Alliance, said the school helped shape him in so many ways.

"As an independent, college-preparatory school, Holland Hall celebrated community," said Busby, who has worked for several nonprofit organizations and served on numerous nonprofit boards in Tulsa over the years. "Our curriculum covered a wide range of cultures and ethnicities, and we read numerous banned books. We also used a modular system to structure our classes — and that taught us time-management skills that have been invaluable."

Holland Hall Board of Trustees member Joey Wignarajah, class of 2000 graduate, echoes Busby's sentiment.

"I've been many places all over the world in my academic, professional and personal experiences, and very few places have the sense of community that Holland Hall does. It's truly one of the school's defining features," said Wignarajah, managing partner of 19days, a venture studio in Tulsa that launches, grows and exits software ventures.

Culley said the legacy of Holland Hall "rests firmly on the hearts of our teachers. They give so much of themselves so our students can become the best version of themselves."

To learn more about Holland Hall School and its centennial celebration, visit hollandhall.org or call 918.481.1111. TK

Danielle Hill is a first-grade teacher at Eliot Elementary and a freelance writer. She loves stars, big yellow moons and opossums!

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PJ'S CORNER

Sleep and Children's Health





Q & A WITH

Dr. Lincy Varghese, DO

Pediatrics | ADOLESCENT MEDICINE

Q: As families get back into the school routine, children's sleep habits may become an issue. How much sleep do young children and school-age children need?

Dr. Varghese: This does not apply to every child, but research does show that children ages 3–5 will need about 10–13 hours of sleep daily. School-age children, those in first grade to middle school, need about 9–11 hours of sleep.

Q: What advice do you have for establishing healthy sleep routines?

Dr. Varghese: One tip is to have children go to sleep at the same time every day, even on the weekend. Maybe 30 minutes or one hour before they go to bed, say, "Let's put away our electronics, let's brush our teeth, let's close the curtains to make sure there's not a lot of light." Have them go to bed in a peaceful environment where there's not a lot of disturbance.

Q: What are some symptoms that children might exhibit if they're not getting enough sleep?

Dr. Varghese: The symptoms can vary. Some children can be drowsy, while other children may display hyperactivity, anxiousness or being depressed. One of the things that we, as pediatricians, ask [when we see these symptoms] is 'are they getting a good night of sleep?'

Q: What are some final tips?

Dr. Varghese: Being able to talk to other mothers about tips on sleep is really important. You [might] hear a good idea and want to check that idea with your pediatrician. Every child is different. You have to practice and see what works with your child. •

For the complete interview, including sleep tips for infants and teens, go TulsaKids.com

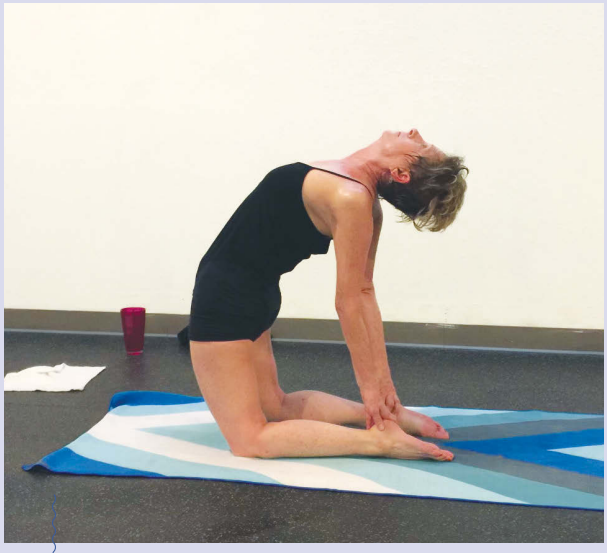
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Encouraging Yoga for Every Body

By **Betty Casey**





Dee Ann Harris, owner of YogaQuest studio in Tulsa.

PHOTO COURTESY OF DEE ANN HARRIS.

DEE ANN HARRIS, yoga instructor and owner of YogaQuest in Tulsa, spent much of her mid-30s fighting Crohn's disease. "I'm a Crohn's disease survivor because it almost killed me," Harris says. She had trouble keeping food down, was in and out of hospitals, had surgery, was bedridden and suffered the aftereffects of taking prednisone. Her health was so bad that her doctor said that she couldn't be helped. At that point, Harris traveled to Mayo Clinic, with the help of her sister, and had a second extensive surgery. Six years later, Harris trained in Bikram Yoga and learned some information about her own body and about anatomy that could have helped her had she started practicing earlier in life.

"One of the things I'm really interested in is physical health, the spine and how it affects your overall health," Harris said, adding that recognizing the benefits of spine health early on could possibly prevent surgeries later. "There are so many ways to heal."

Taking what she has learned from her own journey, Harris wants to create a wellness destination within YogaQuest, but also do more community outreach. With the help of Kathy Clarke, a fellow yoga instructor with a corporate background, Harris has outlined a series of events and workshops that incorporate her passion for body and mind wellness.

YogaQuest has participated in several community events, including being a sponsor of the Route 66 Marathon in 2019 (Clarke led a class called "Yoga for Runners" that year), community yoga at Riverparks with donations going to support Paws in Need Tulsa, Rock & Rescue at Cain's Ballroom and a community parking lot wellness event at 31st & Harvard in front of the studio.

In September, YogaQuest is participating in TulsaGo's Small Business Crawl set for Friday, Sept. 16–Saturday, Sept. 17. Participating businesses will offer savings to those who purchase a $10 ticket at tulsacrawl.com. YogaQuest will offer free mini-classes for all ages and abilities to showcase the types of classes offered.

"Our mission is educating, creating, exploring and creating community," Harris says. "And we want people to know we don't do just hot yoga. YogaQuest is known for hot yoga, but we're expanding away from that. There are many types of yoga. If people are healing from something, you may have to pull back. For example, we have a class that uses very gentle, small, precise movements. It doesn't take a lot to make the body adjust to certain things and be healthier."

"Doing yoga and embracing any kind of physical, balanced living — we're so passionate about it," Clarke says. "I think so many people look at yoga and say, 'I'm not ready for it,' or 'I'm not physically fit for it,' and then you have the other side where people think of yoga as an elitist or religious activity. It's literally for EVERY BODY."

Both women would like to see yoga incorporated into elementary schools to encourage children to practice body awareness, balance and health early in life. Harris recalls teaching yoga classes to 18- to 21-year-old Tulsa soccer players and being surprised at what their bodies could NOT do at such a young age. While sports and exercise are great, Clarke says getting parents to see the importance of balanced living, of mind/body connection in their kids, could be life changing.

To that end, Harris is looking at possibly offering discounted classes or continuing education for teachers. Harris and Clarke are also talking about offering kids' classes, parent/child classes, or possibly yoga for the kids while their parents participate in a book group or another kind of class.

YogaQuest has always offered special events and workshops with outside professionals teaching various yoga practices and will continue to do so. They currently are planning a Well Arts Show and Festival later in the year, which will be open to the public, and they will participate in the November TulsaGo event. Harris says that besides increasing classes and workshops, the interior of YogaQuest will change to reflect the community wellness mission of the business. Harris and Clarke believe that yoga can benefit everyone, regardless of age or ability. TK

Betty Casey is the Associate Publisher and Editor-in-Chief of TulsaKids Magazine. She has been with TulsaKids for over 20 years.

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Making Math Fun Through Cooking

By **Natalie Mikles**





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MAKING MATH FUN may seem like a feat.

For parents who struggled with math while in school, the idea of making math easier, accessible or practical may sound both enticing and impossible. One of the best ways to make it happen isn't through worksheets. It's through cooking!

That goes for everyone from preschoolers to teens. Kids won't even know they're learning when you're adding, subtracting, multiplying and dividing ingredients. Fractions are another concept that easily come to life while cooking.

For the smallest children, you may already be talking, reading and singing to them throughout the day. Continue doing so in the kitchen. No, they won't understand when you say you're putting one-half cup milk into the oatmeal. But narrating while you measure will familiarize kids with the concept.

PRESCHOOL

Dinosaur pizza party — How would you divide a pizza for two hungry dinosaurs so they each get a fair share? How about four hungry dinosaurs? Eight? Start by drawing a round pizza on a piece of paper and see. Then make a pizza or order a pizza and cut it up for the hungry dinosaurs.

Make muffins — Ask the kids to line a muffin pan with muffin liners. Let them count each one aloud as they put them in. Fill six muffin cups. How many muffin cups do we still need to fill? How many does that make? Explain that six out of 12 is half.

Counting grapes — Place 10 grapes in a bowl. If I eat one, how many are left? What if I eat two? This is a great — and yummy — way to explain the basics of subtraction.

ELEMENTARY

Fruit kabob patterns — Thread fruit on a kabob to make a pattern. Two strawberries and one kiwi. One banana and three blueberries. See if the kids can identify the pattern, and them let them make their own.

Watch the clock — When baking or cooking, use your kids as your timer. Put the lasagna in the oven and tell them once it's cooked for 30 minutes, you'll need to start making the salad. What time will that be?

Double it — Give your child a favorite recipe from a cookbook. Ask them to double it. Let them first do it on paper, and then double it while cooking. Kids will enjoy this if it's something they love to eat, like cookies, Rice Krispies treats or brownies.

MIDDLE SCHOOL

Cut it in half — Find a recipe with lots of fractions and ask your child to half the recipe. If your kiddo is struggling with fractions, this can be a practical way to see fractions in action. Converting and reducing fractions is typically trickier than doubling them.

Volume measurements — When your kids begin studying volume measurements, the best way to make them come to life is by heading to the kitchen. Let them tell you how many pints are in a quart and quarts in a gallon by filling them with water to see for themselves.

Let's make a budget — Give your middle schoolers a weekly budget, then let them choose groceries from a grocery store app to see if they can buy food for the family without breaking the bank. They will have to consider sales tax — a great way to include multiplying decimals.





GALITSKAYA/GETTY

Here are some recipes to try when having fun learning math in the kitchen.

Let little children count each berry as they place them in the measuring cup. Older children can practice doubling or halving the recipe.

BERRY SMOOTHIE

- 1 cup apple juice
- 1 cup vanilla Greek yogurt
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 2 tablespoons honey.

1. 1. Mix all ingredients in blender on high speed until smooth and frothy. Add more juice for a thinner consistency, if preferred.

This old-fashioned recipe gets its name from the main ingredients — 1 cup butter, 2 cups sugar, 3 cups flour and 4 eggs. Ask your kids where they think the recipe name comes from.

1-2-3-4 POUND CAKE

- 1 cup butter, softened
- 2 cups sugar
- 4 eggs
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup milk
- 2 teaspoons vanilla extract

1. Preheat your oven to 325 degrees. Grease and flour a 10-inch tube pan.
2. In a large bowl, cream the softened butter and sugar with an electric mixer at medium speed just until the mixture is smooth and fluffy, about 3 minutes.
3. Add eggs, one at a time, beating after each addition.
4. Gradually add the flour and baking powder to the butter mixture alternately with milk, beginning and ending with flour, beating just until combined after each addition. Add vanilla.
5. Pour batter into pan and bake until a wooden pick inserted in the center comes out clean, about 1 hour to 1 hour 20 minutes. Let cool in pans for 15 minutes. Remove from pan. Let cool, then frost or sprinkle with powdered sugar.

Here's another good recipe for practicing measuring, doubling and halving. It's easy enough for little kids to help with or for big kids to make themselves.

SATURDAY MORNING PANCAKES

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Mix-ins: mini chocolate chips, blueberries, sliced bananas, dried cranberries (no more than 1 cup total)

1. In a large bowl, mix together flour, sugar, baking powder and salt. Pour in the milk, egg and oil. Mix until smooth. Add mix-ins, if using, and stir gently.
2. Lightly oil griddle or sauté pan, heating over medium heat. Pour ¼ cup batter to form each pancake. Allow pancakes to cook on one side until air bubbles start to form around the edges. Flip, using a spatula, cooking until second side is golden brown. TK

Natalie Mikles is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.

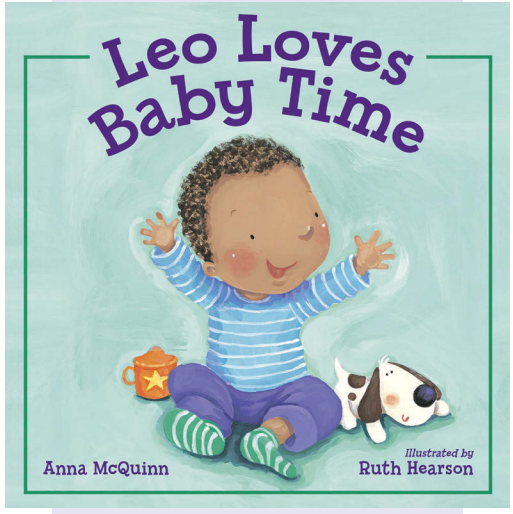
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By **Laura Raphael, MA, MLIS**

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IF YOU ASK doctors what the best exercise is for patients, they will often answer that the best exercise is the exercise that they will do. The same holds true for reading books to babies.

What are the best books for babies? The ones you will read to them!

Yes, that means if you are in the middle of reading the latest Liane Moriarty or James Patterson and cannot put it down, it's OK to read these out loud to your baby! The most important thing is to spend time reading with your baby or young child so that they hear the rhythms of the language and associate reading with happy vibes of being with you.

Beyond that, as librarians, we understand that you are probably looking for an expert-approved, curated list of the books that were created to best support your baby's language development and pure enjoyment.

Good news!

This year, with a generous grant from the Hardesty Family Foundation, the Tulsa City-County Library launched the **Build A Reader** app for parents and caregivers. One excellent component of the app is the ability to find books for different ages and stages of a baby's or young child's life. The books are organized into the Every Child Ready to Read categories of Talk, Sing, Read, Write and Play, and they are updated quarterly.

Here are just a few "librarian approved" books currently on the app. Find more by downloading the Build A Reader app in your app store (search "Tulsa City-County Library" or "Build A Reader" to find it)!

Applesauce is Fun to Wear written by Nancy Raines Day and illustrated by Jane Massey

Of course, applesauce is best when it ends up in the mouth and belly, but making a mess at mealtime has its own rewards. Rhyming lines and a jaunty pace make this particularly good for babies, who are learning language and need both to grow. Besides, any book that compares "spaghetti" to "confetti" is bound to be fun!

Lola at the Library with Mommy! written by Anna McQuinn and illustrated by Rosalind Beardshaw

The Lola books are some of the most gentle and sweet, combining everyday observations with a curious protagonist. Of course we love this one because it's all about the library! If you take your baby to the library frequently (and we hope you do!), this is a good book for growing baby brains because it will help them identify a familiar place while expanding their experiences in book form.

Sidewalk Flowers written by JonArno Lawson and illustrated by Sydney Smith

This is a wordless picture book, so you will have lots of opportunities to talk about what you are seeing to your baby. Remember — even if your baby is not talking yet, talking to them helps them learn not only words but rules of conversation. So, stop frequently to ask questions and wait for them to respond. This is one way they learn that talking is give and take.

Leo Loves Baby Time written by Anna McQuinn and illustrated by Rosalind Beardshaw

Leo is Lola's younger brother, so of course he's at the library, too! (Lola and Leo's parents get extra gold stars for their library outings.) COVID sent the library's storytimes online for a bit, but they are back. If you haven't had a chance to attend one of our storytimes with your baby, this is an excellent book to prepare them for what it's like. Songs, stories and new friends!

Animal Babies Like to Play written by Jennifer Adams and illustrated by Mary Lundquist

Learning the letters of the alphabet is a building block for learning how to read, but there's no need to sit your baby down with flash cards to do this. Reading fun books like this, that pair the letters of the alphabet with children in animal costumes (so cute!), are a great way to introduce and reinforce letters. Babies like to look at other babies, including baby animals — and babies dressed as baby animals! — so this book is especially good to keep your baby's interest while teaching letters. TK

Laura Raphael is the Children's Services Coordinator for the Tulsa City-County Library.



Utah loves greeting friends.
PHOTO COURTESY.

Utah the Therapy Dog Brings Smiles to Faces of All Ages

By **Danielle Hill**



SNOW-WHITE FUR, big brown eyes crowned with white eyelashes, four fluffy paws strolling down the sidewalk — here comes everyone's favorite Tulsa kid, er, dog. A weekly fixture in multiple area schools, nursing homes and hospitals, Utah the 12-year-old Samoyed never meets a person he doesn't like and is energized by just the thought of getting out of the house to brighten someone else's day. I sat down with Utah over a puppuccino at his favorite Starbucks and got to know a little more about him.

TK: Tell us a little bit about yourself.

Utah: I'm a 12-year-old therapy dog who likes to get up and go. I like everybody except squirrels and opossums. I like all kinds of people.

TK: What do you do as a therapy dog?

Utah: If you're a new English speaker or if you're learning to read, I sit next to you and give you confidence, because I can't read so well myself and I'm not going to judge anybody. If you're having a "ruff" day like some of the kids at the schools I visit, I'm there just to make you feel better and give you somebody to whisper to. If you're a senior adult, I'm there because you miss your grandchildren, and I can help you feel a little bit better. I'm not particularly trained to do anything, but I love people.

TK: How did you learn to be a therapy dog? What did you do?

Utah: That's the odd thing. My type of dog is usually very relaxed, easy-going and wants to be around people. And that's basically what a therapy dog is. With the group of therapy dogs that I'm a part of, it's basically you don't jump, you don't lick, you stay beside your owner and listen to what they say, and when people come up to pet you, you just lean into them and let them know, "Hey, I'm your friend." My person filled out eight pages of information on herself and three pages on me. We go to a lot of schools, so I have to prove that I haven't bitten anybody, that my owner is a nice person and that we agree to follow the rules at each school.

TK: What is the best thing about being a therapy dog?

Utah: I think the best thing is when you can be there to help somebody who is having a bad day or somebody who is learning something. I helped a little girl at Little Light House who had never said a full word. And they got her on video saying "doggie." That's the first full word they had heard her say in two years.

TK: What is the most difficult thing about being a therapy dog?

Utah: Getting measured and being told, "Quit moving your ear," "Quit moving your tail," and "Quit rolling your tail up!" (Utah was measured by students at Eliot Elementary for a math activity.)

TK: What are your favorite places to go in Tulsa?

Utah: Well, I really like to go to restaurants that have outdoor dining. That way I can look at what everybody's having, and they don't feel like I'm going to steal the bacon on their plate. I also like to go to the Gathering Place and walking with my people. And I especially like to go for walks off leash so I can really sniff.

TK: Do you ever get anything when you go out to eat?

Utah: I look at them with my big brown eyes and white eyelashes and I usually get a snack or two during the meal.

TK: Do you get haircuts?

Utah: No. I have really baby pink skin, and sunlight will make me sunburned. It will also cause allergies. The only thing they ever trim is the hair on my feet because sometimes it gets so long that I look like the Grinch who stole Christmas.

TK: What fears do you have?

Utah: I'm afraid of fireworks, thunderstorms and the Goodyear blimp! And if the food runs out...

TK: How much sleep do you get?

Utah: A lot. Like today, my people and I got up at 4:30 in the morning. I came home by 7 and have had at least five naps between then and noon. So, I can go really fast and hard for a while, and then I have to take a little bit of a nap.

TK: What are your favorite foods and treats?

Utah: The favorite thing that I have every night after my last walk outside is a medium Greenie, which is a small green bone that looks like a toothbrush on one end and a bone on the other. It gives me minty-fresh breath. I like just about anything that doesn't bite me first. Well, I do not like pickles. I do not like sauerkraut. But I like hotdogs and hamburgers. Mom and Dad will occasionally give me a steak bone. So, I pretty much like anything.

TK: What is one fun fact about you?

Utah: That I'm able to con anybody out of any treat by just batting my big white eyelashes at them. TK

Danielle Hill is a first-grade teacher at Eliot Elementary and a freelance writer. She also is Utah's friend and enjoys his classroom visits. Danielle loves stars, big yellow moons and, unlike Utah, opossums!

Pistol Pete and Boomer may not see eye to eye on all things, but there's one thing we can all agree on:

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SETTING GOALS FOR A SUCCESSFUL SCHOOL YEAR AT EVERY AGE

Feature by Natalie Mikles

Alexandra Kondos and her partner John Calvert have a son, Callister, who is entering kindergarten at Carnegie Elementary this year. “Cal’s biggest expectation is reading a lot of stories,” Alexandra said. Callister wants to read on his own, so Alexandra encourages that goal by telling Callister that they’ll read lots of stories together in school, and they will also work on learning letters and words so that he can learn to read on his own.

Callister went to preschool at Carnegie, which is also their neighborhood school, so Alexandra feels that the familiarity will make the transition easier. “He knows there’s a wall of lockers,” she said, “and he’ll have his own locker again. He knows he’ll get to do older kid things like play more games in the gym. He knows the librarian, the art teacher and the gym teacher.”

Besides working on literacy skills, one of Alexandra’s goals for Callister is to help him become more independent at school and at home. Alexandra and John will support this at home by giving Callister increased responsibilities for things such as getting himself ready in the morning.

They look forward to meeting his teacher a couple of days before schools starts. “He’s going to get to know his teachers and make new friends,” Alexandra said. “He’ll learn school rules and classroom rules.”

Alexandra says she plans to maintain good communication with his teacher and to attend parent/teacher conferences to make sure that Callister is on track with his goals. She also wants to find ways to support the teacher. “We’re hoping to be more involved like we were in the spring semester,” she said. COVID kept parents out of the classroom in the fall. “I look forward to chaperoning field trips.”

“He enjoyed last year,” Alexandra said. “I’m excited for him to have another good year!"

Even though Callister is only 5 years old, he and his parents have specific and positive expectations for kindergarten. They have a plan for staying supportive, involved and on track at home, which will make it easier to head off any potential problems.

An important part of planning for the new school year is setting goals. For kids, the process of making goals and knowing their parents’ expectations can be just the kick start they need to begin a successful school year.

Setting goals gives kids independence and a sense of autonomy over their academic and social lives when it comes to school. Plotting the school year will look different depending on the ages of your kids. But it’s a great way to begin the year, no matter a child’s age or whether they go to a school building or are home schooled.



Callister achieves his (small, concrete) goal of becoming more independent.

PHOTO: ALEXANDRA KONDOS

WELL-CRAFTED GOALS CAN ALSO MAKE LARGE EXPECTATION ACHIEVABLE THROUGH SMALL, CONCRETE BEHAVIORS.

Planning and goal setting can be as simple as a conversation around the dinner table or while driving to soccer practice. Or make it fun with popcorn and lemonade and giant sticky notes attached to the kitchen wall. Children from preschool to high school can write those goals—sometimes amended with parents' expectations—on paper and then check back in with them after the first nine weeks of school.

Whether the goal is learning to tie shoes, memorizing multiplication facts, finding college scholarship opportunities or making a new friend, when kids and parents are on the same page, parents can encourage and support kids' goals.

We talked to Dr. Bea Keller-Dupree, professor of psychology and counseling at Northeastern State University, to ask how families can plan for a successful school year. Keller-Dupree is a licensed professional counselor who owns Enrichment Counseling and Consultation in Tulsa. She is also a certified preK-12 school counselor and the mom of a 2-year-old.

Q: How does goal setting prepare a child for a good school year?

A: Goals give direction and focus toward desired outcomes. In many ways, well-crafted goals can also make large expectations achievable through small, concrete behaviors. When individuals pursue a goal, they promote opportunities for self-mastery, improvements to self-esteem and feelings of accomplishment, all of which can impact well-being and academic outcomes.

Q: Should parents set expectations for their children before the school year begins? Or should they let their children set them themselves? For instance, "Last year you got a C in English. This year we would like you to work for an A or B." Is that a reasonable thing for a parent to ask?

A: Parents can show enthusiasm and support for children and teens academically, socially and beyond the school scene by participating in conversations with their kids about their child's self-defined goal(s). Notice the word selection of "participating" versus "leading" in these conversations. Achievements and accomplishments are often personally defined, meaning what feels like success to one person may not to another. It's not uncommon for children and teens to have goals that differ from their parents, and the last thing we want in these conversations is for goal-setting discussions—which can be an opportunity to explore change, hope, values and positive outcomes—to become a tug-of-war about priorities. I often encourage parents to enter these conversations with more of a listening ear (participating) and less of a talking mouth (leading).

Q: Can you give an example?

A: Begin with an open-ended question like "What excites you about this school year?" or "What do you think may be extra challenging this school year?" and then listen—truly listen. With SMART goals in mind, parents can participate through open-ended questions that also assist with concreteness. Questions may sound like "How would you know if you were successful with X?" or "What's a reasonable timeline for meeting that goal?" This conversational participation shows the child that their goal matters and that their parent is invested in their success toward their goal.

Q: What are other ways parents and children can plan for a successful school year?

A: There are many ways that parents can help kids plan for a successful school year. But one less talked about way puts the onus of responsibility directly on the parent. Parents can benefit by paying attention to how they (the parent) talk about challenges, struggles and even failures within their own lives and their kids' lives. Failure is a really unattractive F word for most people, and because of this, we tend to create family cultures where conversations of failure do not exist or are entirely explosive.

But healthy and productive conversations about failure, challenge and missed opportunities are the birthplace for resilience and grit. Dr. Carol Dweck has changed the landscape of resiliency conversations by pioneering a concept called Growth Mindset. In brief, growth mindset is a belief that hard work and dedication toward goals can improve achievement and abilities. Conversely, fixed mindset is a belief that abilities are stable/set traits and hard work will not likely measurably improve an outcome. People with fixed mindsets shy away from challenges out of fear of failure and detriments to their self-concept when an experience does not come "naturally" to them.

If a person has a fixed mindset, they will often see challenge and struggle as failure, and ultimately an extension of their own limited abilities. But if a person can begin to see challenge and struggle as an opportunity to review the goal, assess what worked and what didn't, and then make changes to try again, failure no longer feels threatening or shame-inducing. Parents can help support both their child's successes and struggles by checking their language around failure.

Q: Should parents make a point of meeting the school counselor at the beginning of the year? In general, what resources can a school counselor provide for parents who are concerned about the school year?

A: Meeting school staff is always a great way to participate in a child's school experience, and these greetings can be in-person or through email/phone call. Particularly if a child is new to a school community or has experienced academic/social challenges previously, brokering those relationships with the school counselor and teachers early can help create pathways for future conversations that may be needed.

School counselors are a great resource for children. They are uniquely trained to promote the academic, career and social/emotional well-being of children. They are also helpful allies to children who may need referrals to mental health support within or outside of the school setting, special education services or other resources that help support the overall betterment and success of all students that they serve.

Q: Is there anything else you would like to add?

A: As a therapist, I often sit across from kids and teens who appear checked-out or jaded, but in hearing about their academic struggles, I almost always hear tangential concerns that bear similar weight. I hear about friendships that are shifting (and not always for the better). I hear about family stressors. I hear about anxiety due to incomplete college and career plans. I hear about low self-esteem. I hear a little bit about a lot of things. And when we listen really closely to why kids and teens are struggling, we also often hear exactly what is needed to help them recalibrate toward success. It may be making and establishing one new friendship in a class that feels intimidating. It may be getting a tutor instead of (or in addition to) a mental health therapist when a specific grade is lower than ideal.

In essence, every challenge is an opportunity for insight, growth, and change. I encourage parents to not become discouraged, even if their child seems to be. TK



Natalie Mikles is a mom of three. She writes about food, sharing recipes for busy families and picky eaters.



Callister looks forward to a fun year in kindergarten.
PHOTO: ALEXANDRA KONDOS

Dr. Bea Keller-Dupree says the SMART acronym can help goals become better actualized. SMART goals are:

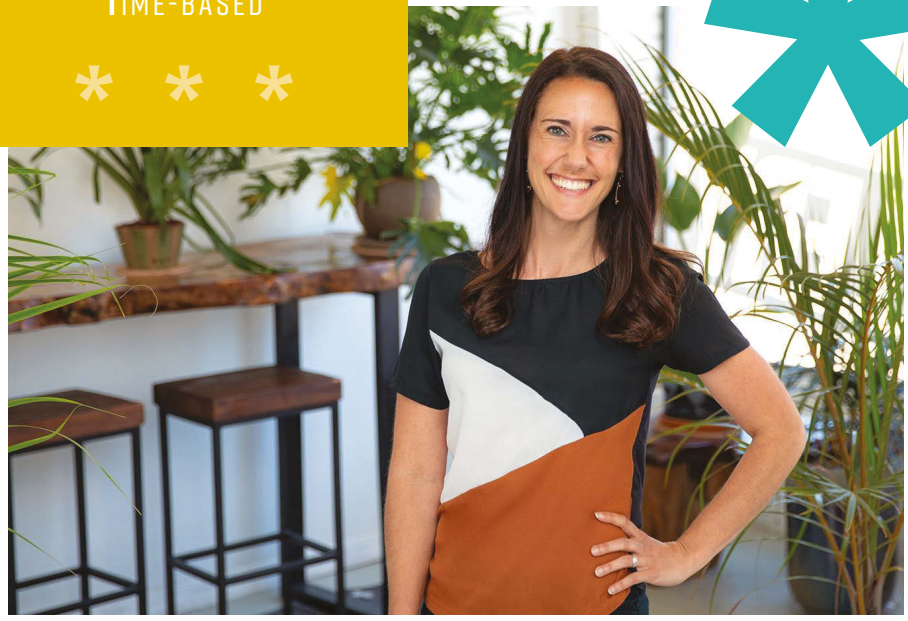
SPECIFIC

MEASURABLE

ATTAINABLE

RELEVANT / REALISTIC

TIME-BASED



Dr. Bea Keller-Dupree, professor of psychology and counseling at NSU.
PHOTO PROVIDED.

University School Celebrates 40 Years of Educating Gifted Kids

By **Betty Casey**



Dr. Pat Hollingsworth, former director and teacher at the **University School,** is shown with some students. She will be honored at a gala celebrating the school's 40th anniversary.



PHOTO COURTESY OF PAT HOLLINGSWORTH

WHILE IT MAY not be true that you learn everything you need to know in kindergarten, Elizabeth Frame Ellison, chair of the board of Lobeck Taylor Family Foundation, recalls some valuable lessons learned at the University School from her kindergarten teacher, Dr. Pat Hollingsworth.

"I can still remember the process she developed for creative thinking," Ellison says. "The first step was thinking of many varied and unusual ideas. I still start my projects that way."

Dr. Pat Hollingsworth founded the University School as a preschool with five students on the campus of The University of Tulsa. This month the school is celebrating 40 years at its gala on Saturday, Sept. 24 at the Tulsa Country Club. They are honoring Dr. Hollingsworth for her many years as a teacher and director of the school.

The part-time preschool grew due to entreaties from parents to add grades. As the school expanded, it was scattered in six different buildings on TU's campus. After a capital campaign in 1995, a new building was constructed, and the school now occupies a facility that educates nearly 200 children in grades pre-K through middle school.

"Pat was all about gifted education," Debbie Price, University School director, says. "Her vision was that the school be a place where bright children could learn to use their gifts and talents. And that everything shouldn't be easy. Every mistake was an opportunity."

Ellison says she is grateful for the way she was treated by teachers at the school.

"They really treated the kids like they were capable of doing what they set their minds to," she says. And she recalls an experience that highlighted turning a mistake into an opportunity. "I had a big research project in my fifth-grade year, and I got a bad grade on it. But it was a very nurturing environment. I had an opportunity to redo it and understand it wasn't my best work. It was an important lesson as I went into middle school that served me well."

That nurturing, respectful attitude toward students is embraced by teachers and staff today.

"Gifted kids need to be in a unique environment," Price says. "Sometimes they can feel very different — they have unique interests. They often have a large vocabulary. Having a peer group who accepts or shares those quirks can be really important. And our teachers are experienced in working with gifted kids."

Often, especially in middle school, girls can feel pressure to underperform academically. University School teachers are careful to make sure girls don't feel that kind of negative pressure. It's OK to be smart. Dr. Hollingsworth laid a foundation for all children to have a growth mindset, to know that it's OK to struggle, persevere and to feel proud of making it through. Price explained that a growth mindset helps children begin to see the connection between effort and outcome.

Ellison says she is thankful for the teachers at University School inspiring her to be a creative thinker, or as she put it, "a creator and not a consumer."

As an artist, Dr. Hollingsworth incorporated that talent into her lessons. Ellison says that one of her favorite memories of kindergarten was taking walks through campus with paper and a black pen to draw what they saw. They also learned about architecture through the prism of shape. When they learned about triangles, they also learned about pyramids and the Egyptians. Cones were Roman and gothic. "As I've traveled through the world," Ellison says, "those are lessons I still draw upon."

Above all, Price says that Dr. Hollingsworth wanted kids to use their gifts and talents to make the world a better place.

"Kids were number one," Price says. "Whatever was best for the kids. And she had a heart for teachers. She wanted the school to be a place that teachers would love to be. She set it up so there's lots of support. She loved teaching. She loved the classroom. This was her happy place." TK

Betty Casey is the Associate Publisher and Editor-in-Chief of TulsaKids Magazine. She has been with TulsaKids for over 20 years.

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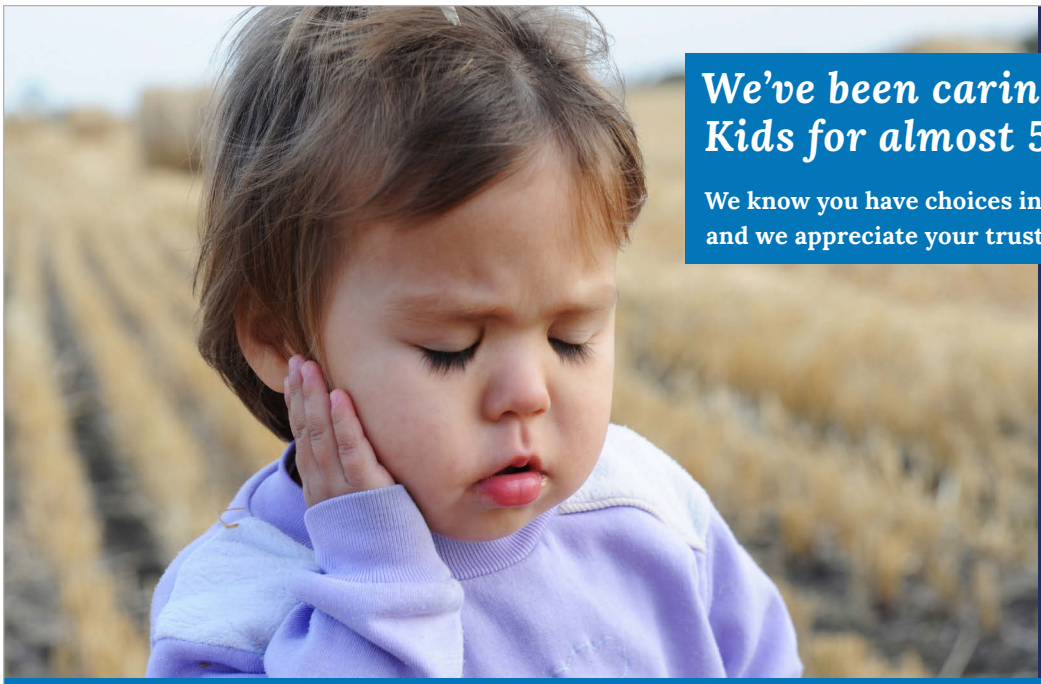
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Weighing in on Weight Gain

The adage that pregnant women are eating for two is a myth. In fact, it can cause you to gain too much weight, which isn't good for you or your baby. Conversely, not gaining enough weight can put you at risk as well. If you are uncertain, talk to your doctor. For general information and guidelines on pregnancy weight gain, the CDC provides some basics. A CDC study found that only about one-third of women gained the recommended amount of weight during pregnancy, while 48% gained too much and 21% gained too little.

The CDC recommends that you start with calculating your Body Mass Index (BMI). You can find a calculator at cdc.gov.

Once you know your BMI, the CDC recommends the following for women who are pregnant with one baby: If you are underweight, plan to gain 28–40 lbs.; if you are normal weight, 25-35 lbs.; if you are overweight, 15–25 lbs.; if you are obese (BMI greater than or equal to 30.0), plan to gain 11–20 lbs.

Tips to Meet Your Weight Gain Guidelines

Know your caloric needs. In general, the first trimester (or first three months) does not require any extra calories. Typically, women need about 340 additional calories per day during the second trimester (second three months) and about 450 additional calories per day during the third trimester (last three months).

Work with your health care provider on your weight gain goals at the beginning of and regularly throughout your pregnancy.

Track your weight gain at the beginning and regularly throughout pregnancy and compare your progress to recommended ranges of healthy weight gain.

Eat a balanced diet high in whole grains, vegetables, fruits, low-fat dairy and lean protein. Most foods are safe to eat during pregnancy, but you will need to use caution with or avoid certain foods. Talk with your health care provider for more information about food safety in pregnancy.

Limit added sugars and solid fats found in foods like soft drinks, desserts, fried foods, whole milk and fatty meats.

Work up to or maintain at least 150 minutes of moderate intensity aerobic activity (such as brisk walking) per week. 150 minutes may sound overwhelming, but you can achieve your goal by breaking up your physical activity into 10 minutes at a time. Physical activity is healthy and safe for most pregnant women. Talk to your health care provider to determine if you have any physical activity restrictions. •

For more information, visit cdc.gov



PEOPLEIMAGES/GETTY

Sample Snacks

FIRST TRIMESTER
NO ADDITIONAL CALORIES NEEDED

SECOND TRIMESTER
ADDITIONAL 400 CALORIES/DAY

THIRD TRIMESTER
ADDITIONAL 400 CALORIES/DAY

Hardboiled egg and English muffin topped with fruit (140 calories)
- ½ of a 100% whole wheat English muffin
- 1 medium strawberry, sliced
- 1 large hardboiled egg

Cereal and milk (263 calories)
- 1 ¼ cup of high fiber cereal
- 1 cup of skim milk

Yogurt with fruit (131 calories)
- 1 6 oz. container of plain, fat free Greek yogurt
- ½ cup of blackberries

Edamame, grape tomatoes, and carrots with hummus (264 calories)
- ½ cup edamame
- 1 cup grape tomatoes
- 4 carrot sticks
- ¼ cup hummus

Oatmeal and a glass of milk (226 calories)
- 1 cup cooked regular oatmeal, made with water
- 8 oz. glass of skim milk

Crackers and string cheese (170 calories)
- 5 100% whole grain crackers
- 1 part skim string cheese stick

Berry smoothie (211 calories)
- 1 cup of frozen unsweetened blueberries
- ½ cup of skim milk
- ½ cup fat free plain yogurt
- 1 teaspoon honey

Apple and cottage cheese (207 calories)
- 1 large apple, sliced
- ½ cup low fat cottage cheese



BASILICO STUDIO STOCK/GETTY

Pregnant Women Should Get Vaccinated for COVID-19

COVID-19 vaccination in pregnancy helps protect infants from needing hospital care for COVID-19

In a recent study sponsored by the Centers for Disease Control and Prevention and published in the New England Journal of Medicine, researchers provide additional evidence that COVID-19 vaccination during pregnancy helps protect babies younger than 6 months from being hospitalized due to COVID-19. The risk of COVID-19 hospitalization among babies was reduced by about 80 percent during the Delta wave (July 1-December 18, 2021) and 40 percent during the Omicron wave (December 19-March 8, 2022).

"Our results reinforce the importance of COVID-19 vaccination during pregnancy to protect both the women and their babies from COVID-19," said co-author Bria Coates, MD, Critical Care physician at Ann & Robert H. Lurie Children's Hospital of Chicago and Assistant Professor of Pediatrics at Northwestern University Feinberg School of Medicine. "Although protection was lower during the Omicron period, compared to the Delta period, even a moderate reduction in risk is important because COVID-19 vaccines are not likely to be available for babies younger than 6 months old in the foreseeable future."

The study included infants younger than 6 months of age who were admitted to 30 pediatric hospitals in 22 states from July 1, 2021, to March 8, 2022.

Dr. Coates and colleagues found that most infants (90 percent) who needed intensive care due to COVID-19 infection were born to mothers who were not vaccinated during pregnancy.

Infants aged younger than 6 months old are at high risk for complications of COVID-19, including severe respiratory failure or death and account for a disproportionately high percentage of hospitalizations among those aged 0-4 years. This study included data on 537 babies who were hospitalized with COVID-19. Of those, 21 percent were admitted to the intensive care unit and 12 percent required mechanical ventilation, or extra help getting enough oxygen to the body, or vasoactive infusions. Two babies died because of COVID-19 and two required advanced life support that helps the body get enough oxygen; mothers of these babies were not vaccinated.

Researchers also found that effectiveness of maternal COVID-19 vaccination against COVID-19 hospitalization for babies was higher among women vaccinated after 20 weeks of pregnancy, versus early in pregnancy.

"While protection for the baby is important, it is critical to remember that COVID-19 vaccines protect women against severe illness during pregnancy and reduce complications from COVID-19," said Dr. Coates, who is also the Crown Family Research Scholar in Developmental Biology.

When considering the timing of COVID-19 vaccination during pregnancy, the CDC and professional medical organizations, like the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine, recommend COVID-19 vaccination as soon as eligible and at any point in pregnancy. The CDC recommends that women who are pregnant, breastfeeding, trying to get pregnant or might become pregnant in the future get vaccinated and stay up to date with their COVID-19 vaccines. •

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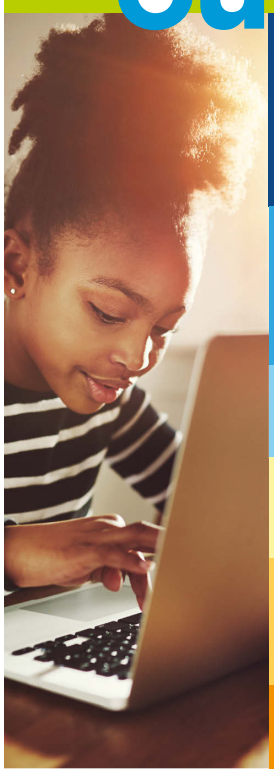
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Baby HANDBOOK

Helpful Newborn Tips from a Pediatrician

Parents can sometimes feel overwhelmed with inadequacy once they are home with their baby. Unfortunately, we can't bring the nurses home with us, so we asked **Dr. James Ross,** a Tulsa pediatrician, to answer some common questions about newborns and newborn care. Here is his advice about some of new parents' common concerns.



PHOTO COURTESY OF DR. JAMES ROSS

Sleeping

Newborns sleep a lot. In fact, they sleep more than they are awake in a 24-hour day. However, they don't sleep or stay awake for long stretches at a time. It varies, but on average, a newborn will sleep a total of 14-18 hours in a 24-hour time frame. Every parent prays their child will sleep through the night as soon as possible, but there is much variability here, depending on the baby and parenting (sleep training) approaches. Newborns will eat around the clock. Some babies will maybe get a 3-4 hour stretch at a time. I have seen babies start sleeping through the night (a 5-6 hour stretch) as early as 2 months, but most will take longer. Honestly, it is rare before 4-6 months.

Developing a routine and schedule can be helpful to get them used to falling asleep at desired times. The sooner a parent can help a baby learn to fall back to sleep (self-soothe) on their own, the easier the transition will be.

Eating

Newborns eat all the time. Breastfed newborns will eat every 2-3 hours and nurse anywhere from 15-30 minutes at a time (anywhere from 10-20 minutes per breast). The first few weeks of life, babies should be fed on demand. As they get older, they will nurse less often and won't take as long to feed. Bottle-fed newborns can go a little longer stretch, like every 3-4 hours or so. In the first two days of life, they often take in 1/2-1 ounce per feeding, then start taking in about 1-2 ounces per feeding. By 2 weeks of age, they can increase to 2-3 ounces per feeding.

Babies typically let you know when they are hungry or when they have had enough. If babies are fed too much, they often can spit up excessively. As long as they are making wet and dirty diapers and growing, you know they are getting what they need. A little spit-up is common, but spitting up large amounts after every feed or projectile vomiting can be a sign of an underlying problem, and your baby should be checked out by their doctor.

Crying

Babies cry for different reasons, but it is their way of communicating with us to make their needs known. Crying is normal. Parents can begin to differentiate their baby's cries. For example, when they are hungry, when they have a wet or dirty diaper, are gassy/colicky or when they are overstimulated. When the baby is crying for an excessively longer time than is normal for them, is inconsolable, has a change in the quality or sound of the cry, or if the baby has other symptoms associated with the crying such as poor feeding, decreased activity, fever or cough, then it would be advisable to call your doctor.

Pooping

Babies should have at least 6-8 wet diapers per day. The way a newborn baby's stool looks will depend on if they are breast- or bottle-fed. All brand-new babies have the dark greenish-black and tarry meconium stools in the first 24 hours. The newborn stools then begin to look different after 24 hours when the meconium has passed. We call these transitional stools, and they can look dark, greenish-yellow, loose and seedy.

After 3-4 days or so, the stool will vary based on breast or bottle feeding. Breastfed babies will often have stools that are mustard looking, loose or watery appearing and have a seedy texture. Formula-fed babies can vary more but their stools are usually more formed, but still soft, and colors range from yellow to brown or brownish-green.

Bathing

Bathing a newborn is often a very sweet experience. I recommend sponge bathing until the umbilical cord falls off and is healed, which can take 1-3 weeks or so. I also recommend sponge bathing for at least one week after a circumcision as well to allow time for healing. Babies don't need to be bathed every single day. Too many baths can dry out a baby's skin. So, I recommend tub baths about 2-3 times a week in the first year of life. •



PHOTO COURTESY OF MILLER SWIM SCHOOL

Sponsored Content

The Importance of Swim Lessons for Babies and Toddlers

Swim lessons are not only fun for babies and toddlers, but also provide so many benefits. Swimming lessons can reduce the risk of childhood drowning by 88%. The American Academy of Pediatrics (AAP) recommends that all children learn to swim. By starting your children early, you can help them build confidence, create positive experiences, learn ways to protect themselves and nurture their swimming skills. Here's why you shouldn't wait to get started!

Swimming lessons promote safety. During swim lessons, students learn how to feel comfortable in and around the water. Good swim lessons will teach the basics of water safety and how to prevent accidents from occurring. And, they will learn a valuable skill that will be helpful throughout their entire life. Drowning is one of the leading causes of accidental death for children 4 years and younger, and many young children don't have the swimming skills to save themselves from drowning. Participating in swim classes can help prevent these tragedies from happening.

Swimming lessons are fun. During classes, kids have fun! Classes for infants give parents a developmentally appropriate, hands-on way to have fun, learn basic water safety and to bond with their baby. Older children get to make friends and meet new people, but they play games and participate in activities that are equally fun and important in gaining swimming skills.

Swimming lessons help build confidence. Learning and mastering skills is an important part of development in children and swim lessons help build those skills. Participating in swim lessons allows kids to learn new skills, strokes and water safety tips. And, it allows them to use critical thinking and fine motor skills.

Swimming lessons help set up healthy habits. It is recommended that children participate in physical activity daily for their development. Swimming is a great way to improve fitness, especially because it is a low impact sport, meaning it produces less stress on joints.

Miller Swim School is now enrolling for fall and winter of 2022. Sign your child up by visiting this link: millerswimschool.com. •

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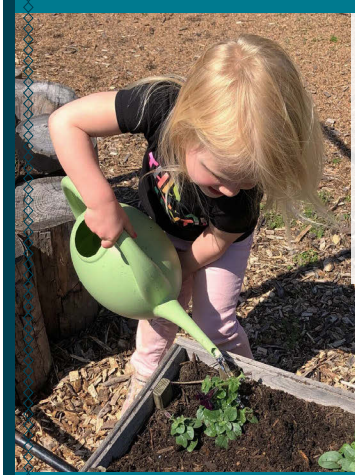
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Baby HANDBOOK

YOUR INFANT

Positive Parenting Tips

The CDC offers the following advice on things you, as a parent, can do to help your baby's development:

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



As a mom of four and neonatal nurse, Tricia Smith has had a front-row seat to the newborn years. One tip she offers is to be sure not to let babies get overtired. Even though you want to play with them and pass them around when they're awake, **you don't want to overstimulate them** in the newborn days. Pictured are her daughters Locklyn, Karter, Gentry and Shay.

PHOTO: COURTESY OF TRICIA SMITH

Parent Tips

Mom Hacks from Moms Who Have Been There

BY NATALIE MIKLES

You've read the books. You've taken the advice of doctors. You've listened to the well-meaning wisdom from your aunties. And all of that is important! But so is the real talk you hear from a friend just coming out of the sleepless nights of newborn-dom.

New moms need gentle anchors to offer encouragement and knowledge. But they also often need straight talk. A little of both may just be the perfect balance.

What they often need are mom hacks — advice from moms who have been through the trenches of babyhood.

We asked moms what they couldn't live without when they had infants and what they found completely unnecessary. Think of these mom hacks as advice from your no-nonsense best friend.

Tricia Smith, a Tulsa neonatal nurse and mom of four girls, was quick to respond to our request for advice to new moms. She's just the person we had in mind for real talk. Smith has given birth four times, plus she has a front seat to the beauty, tears and — sometimes — confusion that comes with those first days of having a newborn.

Her first piece of advice? How important it is to not let a newborn get overtired.

"They should only be awake 45 minutes at a time for the first couple of months. It's so easy to miss the window of getting them back to sleep easily because you want to enjoy them being awake," she said. "But they get overstimulated and overtired easily, and then it makes nap times and bedtime so much more difficult."

Everyone has their preferences for equipment, like swings, carriers and swaddles — and Smith says that's a good thing.

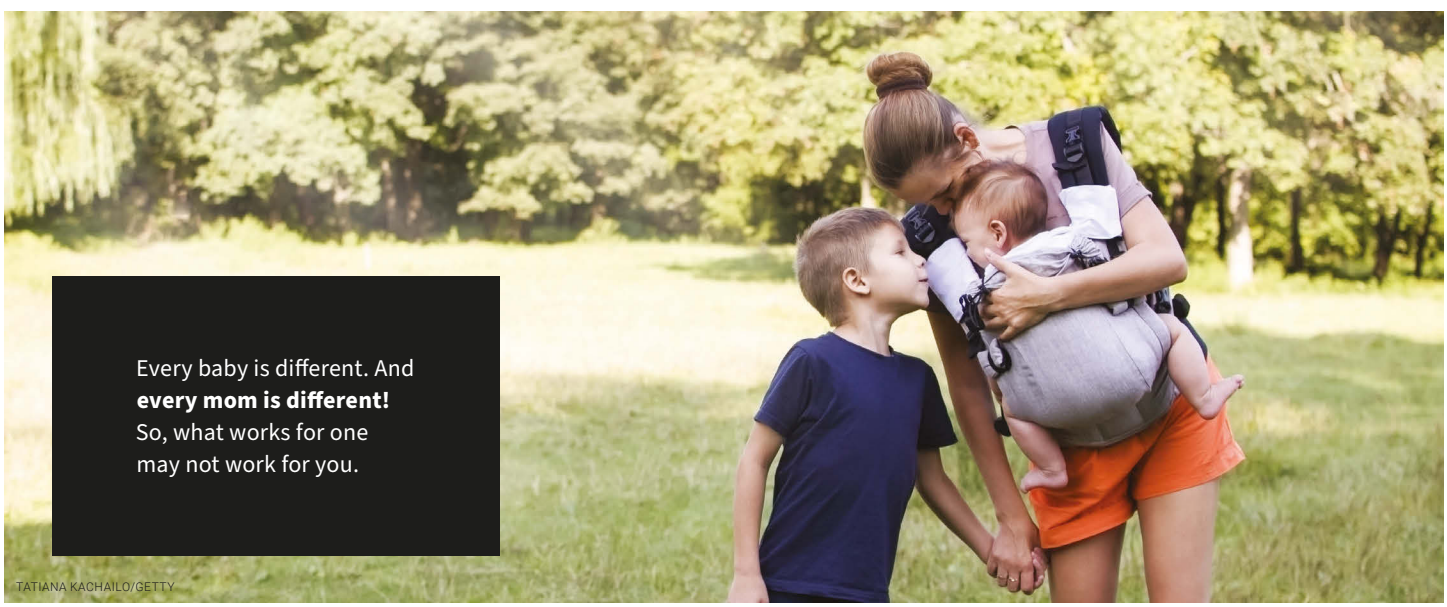
"Every baby really is different. Some may like swings, some may like swaddles, some may like pacifiers. While another baby likes none of them," she said.



Baby HANDBOOK

It's true — every baby is different. And every mom is different! So, what works for one may not work for you. Take this advice as just that, then see for yourself what works. New moms — remember that one day you'll be the seasoned mothers sharing your own wisdom.

1. Invest in a good baby carrier. Choose one that's comfortable for baby and ergonomic for your back, shoulder and hips. If you plan on doing a lot of baby wearing, start with a high-quality carrier. One of our TulsaKids readers suggests the Tula carrier.
2. If your baby sleeps better with a noise machine (and many do), then buy one that either charges or has battery back-up so it will stay on if the power goes out.
3. Reconsider registering for or buying things you can't be consistent with. For instance, a wipe warmer may be nice to have at home, but if you'll often be out and about with baby, or if baby will be going to day care, they will be used to the cold wipes.
4. Double up when making baby's bed. Layer a mattress pad and sheet, then another mattress pad and sheet, so that if baby has an accident in the middle of the night, you can pull off one set and have a clean set underneath. This prevents a search through the linen closet in the middle of the night.
5. Most of us know to pack extra diapers and a change of clothes for baby in the diaper bag, but it's not a bad idea to include a clean shirt for mom. One mom told us she learned this the hard way. After multiple times of her baby throwing up on her, she realized she too needed to pack a change of clothes.
6. Make a portable baby basket. If you and your newborn will be in multiple rooms of the house or going upstairs and downstairs during the day, keep a basket with a handle handy and grab it each time you leave the room. Fill it with diapers, wipes, pacifier, blanket, bib and anything else you need right at your fingertips.
7. Consider a NoseFrida. The NoseFrida — also known as a snot sucker — is the kind of thing that might make a new mom's stomach turn. But after a few times using this nasal aspirator, it's no biggie. It's a great, painless way to clear out baby's nose.
8. Wash baby's socks in a laundry bag. We all know the washing machine eats socks — and baby socks are its favorites. Those teeny tiny, adorable baby socks are so easy to get lost in the washing machine. Throw them in a laundry bag to keep them together.
9. A TulsaKids reader said on nights when you've tried everything to get baby to sleep, place a heating pad on baby's bed. It's important to do this while you're holding baby. Never place the baby directly on the heating pad. Let it heat up and warm the bed, then remove the heating pad and place baby on the warm spot left from the heating pad.
10. We love this pro tip! Don't wake a sleeping baby is easier said than done. Use furniture pads on the inside of your door frames so baby isn't awoken with the closing of the bedroom door. Remove the backing, and place the pad right where the door hits the frame. •



Every baby is different. And **every mom is different!** So, what works for one may not work for you.

TATIANA KACHAILO/GETTY



JORDI MAGRANS/GETTY

There are 3,500 sleep-related infant deaths in the United States each year. **Many of those deaths are preventable,** and the authors of the new guidelines are urging parents to take simple steps to help keep their children safe.

Safe Sleep

New Safe-Sleep Guidelines Aim to Reduce Infant Deaths

FROM: UNIVERSITY OF VIRGINIA HEALTH SYSTEM

The American Academy of Pediatrics has updated its safe-sleep guidelines for infants for the first time in more than five years, emphasizing that babies should sleep on their backs on flat, level surfaces to reduce their risk of Sudden Unexpected Infant Death Syndrome (SIDS).

It's estimated that there are 3,500 sleep-related infant deaths in the United States each year. Many of those deaths are preventable, and the authors of the new guidelines are urging parents to take simple steps to help keep their children safe.

"The best way to protect your baby while they are asleep is to follow these guidelines," said UVA Children's Rachel Moon, MD, the lead author of the new guidelines, which come from the AAP's Task Force on Sudden Infant Death Syndrome and the AAP's Committee on Fetus and Newborn. "When you place your baby for sleep, they should be on their back in a crib, portable crib or bassinet that meets Consumer Product Safety Commission standards, and there should be nothing but the baby in the crib."

Keeping Babies Safe

The United States made great progress in preventing infant deaths during the 1990s, after a public-education campaign urged parents to put their babies to sleep on their backs. But the decline in deaths has been stalled for more than 20 years. Safe-sleep experts say more can be done, and hope the new guidelines spur fresh action.

The recommendations, published online in the scientific journal Pediatrics, include:

- Babies should sleep on their back on a firm, flat, non-inclined surface free of soft goods, such as blankets and toys. These items, while appealing to many parents, can pose suffocation hazards.
- The sleep surface should, at minimum, comply with all federal safety standards.
- Any inclined surfaces, including car seats, strollers, infant carriers and infant slings, should be avoided for routine sleeping, especially for infants younger than 4 months.
- Swaddling has not been shown to reduce the risk of SIDS. If babies are swaddled, they should always be placed on their back. Weighted swaddles or weighted objects within swaddles are unsafe. Swaddling should be stopped when a baby starts trying to roll over, usually at 3 or 4 months or earlier, as the swaddle can pose a suffocation hazard.
- Parents should avoid devices marketed to reduce the risk of SIDS or other sleep-related deaths. There is no evidence for such claims, and they may lull parents into a false sense of security.
- While there is no contraindication to using home cardiorespiratory monitors or wearable monitors, there is no evidence that using them will prevent SIDS. Families who decide to use these monitors should still follow the safe sleep guidelines.
- Parents should sleep in the same room as baby, but not in the same bed.

Other recommendations include breastfeeding, when possible; any breast milk, experts say, is better than none. Both breastfeeding and pacifier use are associated with reduced risk of SIDS. Parents should also avoid using drugs and alcohol or exposing babies to drugs and alcohol.

In addition, parents are advised that awake "tummy time" is important to facilitate infant development. Babies should not be left to sleep on their stomachs, however.

"These recommendations are consistent with prior guidelines, with some updates based on new information. We want to reach new parents, grandparents and other infant caregivers so that everyone is aware about how best to keep their baby safe," said UVA Health's Fern Hauck, MD, MS, a member of the AAP's Task Force on SIDS. "We also want parents to know that it is important to speak to your baby's doctor about the guidelines and have an open discussion so that you can share your thoughts and make the best choices in caring for your baby." •



Baby HANDBOOK

A Tulsa Baby Bucket List

ANDRII ZORII/GETTY

Tulsa offers some unique adventures for little ones. Here are a few of our favorites, plus recommendations from local parents! So pack up the diaper bag, strap baby into their car seat and start exploring!

Take a Stroll.

It can be hard to find time to exercise with an infant. Taking a walk is a good way to get moving while doing something fun together.

- **Oxley Nature Center** — Oxley has wide trails, making it a good option if you're hiking with a stroller. Just be aware that trails can get muddy. oxleynaturecenter.org
- **Riverside** — Tulsa's River Parks boasts miles of divided trails. Cyclists can stay on one side and pedestrians on the other. There are plenty of shaded areas if you need to cool down. riverparks.org

Play Outside!

Most babies love spending time outside — and you'll grow to love these local treasures, too!

- **Gathering Place** — Don't miss Chapman Adventure Playground's "Volcanoville," the sandy beach area and Charlie's Water Mountain (open seasonally). gatheringplace.org
- **Philbrook Museum** — Whip up mud pies in the mud kitchen and stroll through the gardens. When you're ready, head inside for more creative fun. philbrook.org
- **Tulsa Botanic Garden** — There's so much to see at Tulsa Botanic Garden, especially in the Children's Discovery Garden. Animal statues, colorful blooms — what will you discover? tulsabotanic.org
- **Tulsa Zoo** — It doesn't matter how young your child is, the zoo is a magical place! The Ascension St. John Family Den offers a quiet space for nursing mothers. tulsazoo.org

Play Inside!

Whether you're trying to beat the heat or avoid the freeze, here are some fun, temperature-controlled places to play.

- **Adventure Avenue** — Reserve your spot to play at Adventure Avenue! Activities are intended to encourage imagination and learning through play. adventureavenue.com
- **ahha Tulsa** — THE STUDIO at ahha Tulsa is not only full of recycled art supplies, it also has picture books, building blocks, magnatiles and more. ahhatulsa.org
- **Discovery Lab** — Discovery Lab's Little Lab is a special area for kids 4 and younger. Don't miss Monday Morning Programming from 11–11:30 a.m. for this age range. discoverylab.org
- **Fun4Kidz Playground** — Take a break when shopping at Promenade or Woodland Hills Mall to swing, slide, etc. funforkidsplayground.com
- **Oklahoma Aquarium** — The shark tunnel and Sea Turtle Island will captivate your little one! okaquarium.org

Sign Up for Swim Lessons.

Starting swim lessons early can help your baby acclimate to the water, so they are more comfortable with it later.

- **Miller Swim School** — Little Otters Splash & Play Class (4–6 months); Diaper Dolphins (6–15 months). millerswimschool.com
- **YMCA of Greater Tulsa** — Classes for parents and children (6 months–3 years). ymcatulsa.org

Sit for Storytime.

Encourage baby's literacy development while socializing. Some of these events may be seasonal, so confirm details before heading to an event.

- **Eleanor's Bookshop** — Daily storytime in the morning. (excluding Mondays). eleanorsbookshop.com
- **Gathering Place** — Weekly storytime at 4 p.m. on Thursdays. gatheringplace.org/events
- **Philbrook Museum** — Weekly storytime at 10 a.m. on Thursdays. philbrook.org
- **Tulsa Botanic Garden** — Periodic Tree Fort Storytime. tulsabotanic.org
- **Tulsa City-County Library** — Weekly storytimes at most branches. tulsalibrary.org/events.
- **Tulsa Zoo** — Weekly storytimes at 10 a.m. on Wednesdays. tulsazoo.org

Celebrate Baby's First Birthday.

When it's time to celebrate this milestone event, you'll need a special treat!

- **Merritt's Bakery** — Voted Favorite Place to Buy Party Treats in TulsaKids' Family Favorites contest. merrittsbakery.com
- **OK Cookie Momster** — The talented decorators can make custom sugar cookies to fit any theme. okcookiemomster.com
- **Nothing Bundt Cakes** — There's nothing better than Nothing Bundt Cakes! And their Bundtinis® are adorably baby-sized. nothingbundtcakes.com
- **All Things Cake** — For a cake that truly takes the cake, get a custom cake from All Things Cake! allthingscakeshop.com •

Baby HANDBOOK

Resources

BREASTFEEDING

LaLeche League of Tulsa

Meetings are informal discussions and are open to all women interested in breastfeeding. Children of all ages are welcome. In-person meetings are beginning again. Check the meetings page link on La Leche League's website for more information. There are also are many resources for breastfeeding families who are not able to make it to meetings, including a breastfeeding hotline, leader-provided support via call, text, or email; and an array of helpful information on LLL's Facebook page.

llloftulsa.org;

facebook.com/lalecheleagueoftulsa

Coalition of Oklahoma Breastfeeding Advocates

Information and support, including workplace rights. 24-hour assistance with certified lactation consultants.

okbreastfeeding.org/breastfeeding-help/oklahoma-breastfeeding-hotline

1.877.271.6455 or text OK2BF to 61222

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 and addresses a wide range of other topics such as breastfeeding and gestational diabetes. **acog.org**

Helpful, patient-centered information about a wide range of women's health topics can be found on the "For Patients" tab or at:
acog.org/womens-health

American College of Nurse-Midwives

Provides information about certified nurse-midwives and their support of women's health through all stages of life, including pregnancy.

midwife.org

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

Birthright of Tulsa

With an emphasis on helping all women facing unplanned pregnancies, Birthright of Tulsa is a nonprofit 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." Services include pregnancy testing, counseling, prenatal care, parenting classes, maternity and baby clothing, diapers/wipes, medical referrals, agency referrals and select financial assistance. 24-hour hotline: 1.800.550.4900; 918.481.4884; 6600 S. Yale, Suite 1307, Tulsa

birthright.org/tulsa; Tulsa@birthright.org

Bradley Method of Husband-Coached Natural Childbirth

Information on natural, un-medicated childbirth. 1.818.788.6662; **bradleybirth.com**

International Childbirth Education Association (ICEA)

Supports and advocates for prenatal professionals providing families with education and care with regards to prenatal care and childbirth options. 919.674.4183; **icea.org**

Lamaze International

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

Tulsa Doulas Inc.

A nonprofit support, resource and referral group supporting doulas in Tulsa and the surrounding area. Find a local doula and/or discover how a doula can help expecting families.

tulsadoulas.com; dona.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; healthychildren.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, OK 74115; 918.949. HOPE(4673); **cceok.org**

Community Action Project (CAP) of Tulsa

Early Childhood Education, home-based Early Childhood Education, ESL classes, Career Advance®, income tax assistance. 918.382.3200; **captulsa.org**

Community Service Council of Greater Tulsa

Operates Tulsa 2-1-1 Helpline and online site csctulsa.org/211eok, 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 Center to help parents find childcare. 918.834.2273; **csctulsa.org/ccrc**

Tulsa Educare

A state-of-the-art early childhood center and Head Start that provides education and care for children (birth to age 4) 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 needs of infants and children under age 5 whose families are in crisis or emergency situations. 1110 S. Denver Ave., Tulsa; 918.582.2469; **eistulsa.org**

Family & Children's Services

Offers a variety of parenting counseling and family life education classes and workshops. Make an appointment: 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

Local 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; **help@naeyc.org; 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, Tulsa; 918.599.7999; **info@parentchildcenter.org; parentchildcenter.org**

Planned Parenthood

Offers a range of reproductive health services. 1007 S. Peoria Ave., Tulsa; 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 helpline for support, information on a range of perinatal mood and anxiety disorders and sources for help and care. 1.800.944.4773 (English and Español); **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 those who can't afford them. Qualified children get free medical, vision, hearing and dental check-ups and services. SoonerCare Help Line: 800.987.7767; oklahoma.gov/ohca.html. Oklahoma Department of Human Services: **oklahoma.gov/okdhs.html**

Sprouts Child Development

Offers families a free online child-development screening questionnaire to help identify both children whose development is on track as well as those who may be experiencing developmental delays. For children who may have delays, Sprouts advocates for early intervention and helps families 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. 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-and-family-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 at no cost. 918.779.6949; **tulsa-health.org/personal-and-family-health/child-health/children-first**

WIC Women, Infants 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. 918.582.9355; **tulsa-health.org/WIC**

INFANT LOSS

The Tristesse Grief Center

Support for bereaved parents who have suffered the loss of an infant. 2502 E. 71st St., Suite A, Tulsa; 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 bereavement 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**

Baby HANDBOOK

Resources

SAFETY & HEALTH

American Association of Poison Control Centers

24-hour poison emergency information. 1.800.222.1222; **aapcc.org; poisonhelp.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: **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 checkup 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.

infantsee@aoa.org; infantsee.org

Juvenile Products Manufacturers Association (JPMA)

Informs consumers about the safe use of juvenile products.

jpma.org

Miller Swim School

Year-round infant and toddler classes for children ages 6 months to 3 years, Prenatal 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, Owasso and Jenks. 918.254.1988; **millerswimschool.com**

Oklahoma Caring Van

Provides all immunizations required by Oklahoma law for enrollment in schools or childcare 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. 918.551.3397;

oklahomacaringfoundation.org/caring-van; 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, Safe Kids Tulsa Area offers 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. Children through age 18 years are eligible to receive vaccines at no charge through the Vaccines for Children program if they are uninsured, Native American Indian, 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**

DISABILITIES

Ability Connection Oklahoma

Provides programs and services for Oklahomans with physical disabilities and their families. 800.827.2289; **acok.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 (ADHD). 301.306.7070; 866.200.8098; **chadd.org**

Down Syndrome Association of Tulsa

The Down Syndrome Association of Tulsa (DSAT) is a nonprofit organization that exists to enhance the lives of individuals with Down syndrome, their families and communities. 918.804.3728; **dsat.org**

Little Light House, Inc.

Tuition-free, Christian education and therapeutic services for children age birth to 6 with special needs and their families. 5120 E. 36 St., Tulsa; 918.664.6746; **littlelighthouse.org**

March of Dimes

Information about pregnancy, breastfeeding, birth defects, nutrition and more.

marchofdimes.org

Oklahoma ABLE Tech

Connects Oklahomans with disabilities to assistive technology. 800.257.1705; **okabletech.org**

The Arc of Oklahoma

Find information about disabilities, learn about available programs and services, and connect with others. 2516 E. 71st St., Suite A, Tulsa; 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. 918.832.8742; 888.311.3523; **tsha.cc**

ADOPTION & SUPPORT

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 (Spanish); **info@adoptuskids.org; espanol@adoptuskids.org; adoptuskids.org**

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; **okdhs.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

Adoption services for pregnant women looking into adoption for their baby and for adopting parents; pregnancy care resources; post-adoption search. 405.524.0969; 918.949.4673; **adoptioninfo@cceok.org; cceok.org/adoption**

Gladney Center for Adoption

Support, socialization and information for adoptive parents and their children. 405.477.1063; 817.922.6000; **adoptionsbygladney.com**

Oklahoma Fosters Resource Center for New Foster Care & Adoption Families Hotline

800.376.9729; **okfosters.org**

HOSPITAL CLASSES & INFORMATION

Ascension St. John Medical Center

Tulsa: 1923 S. Utica Ave.; 918.744.3131

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 list of current classes, visit **healthcare.ascension.org**

Oklahoma State University Medical Center

744 W. 9th St. 918.599.1000; **osumc.com**

Peggy V. Helmerich Women's Health Center

Women's Center @ Hillcrest:
1120 S. Utica Ave., Tulsa; 918.579.8000

Women's Center @ Hillcrest South:
8801 S. 101st E. Ave., Tulsa; 918.294.4000

helmerichwomenscenter.com

For a current listing of childbirth education classes, visit **helmerichwomenscenter.com**

Saint Francis Health System

Main Campus: 6161 South Yale Ave, Tulsa

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(2229).

CHILDCARE 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 childcare referrals: 800.438.0008; **csctulsa.org/cccrc**

E-Nanny

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

National Association for the Education of Young Children (NAEYC)

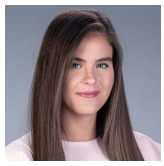
NAEYC is a professional membership organization that works to promote high-quality early learning for all young children, birth through age 8, by connecting early childhood practice, policy and research. 800.424.2460; **naeyc.org**

Seeking Sitters

Offers professional, prescreened babysitters for part-time, full-time or last-minute care. 918.749.3588; **seekingsitterstulsa.com**

For more details, visit:
TulsaKids.com/Baby

BUNDY LAW OFFICE



Dayna Bundy
Trial Lawyer

Who can access our child's academic and medical records?

It may seem obvious that a parent may access their child's private academic and medical records, but this is a frequent question for parents who are separated or divorced. Oklahoma has at least two powerful statutes ensuring access to child-related information by both parents. The "Parents' Bill of Rights" in title 25 reserves all parental rights to a parent of a minor child, including the right to make healthcare decisions for the child and the right to access and review all medical records of the minor child. Another statute, 43 O.S. § 109.6, ensures access to information and records by both custodial and noncustodial parents. Family courts have authority to limit or restrict access in extraordinary circumstances, but the default rule is that each parent should have unlimited access to their child's files, regardless of their custodial status.

2509 E. 21st Street,
Tulsa, OK 74114
918.208.0129
BundyLawOffice.com

BUNDY LAW OFFICE

LICE CLINICS OF AMERICA – MIDSOUTH



Wade Huntsman
Owner

Why do schools let kids with lice back in school?

Most Tulsa area schools allow children with lice to attend, but grant local administrators the ability to remove children with the most severe cases. Sadly, most of these cases are ineffectively treated at home with over-the-counter medications and the children are returned to class only to become severe cases again within weeks. It is not uncommon for children to have lice for months or even years.

While this may be shocking to parents, this policy is in line with both state guidelines and the American Academy of Pediatrics, who advocate leaving lice positive kids in school. Student outcomes are better when they are in class, so every school district crafts a policy with that in mind.

Reduce Lice in Schools:

Be open with other parents about lice, everyone has the same secret.

Thoroughly check your child's hair once per month, especially if they brush their own hair.

Over-the-counter treatments are less than 25% effective, seek professional treatment.

3421 E. 21st Street
Tulsa, OK 74114
918.779.0001
LiceClinicsMidsouth.com

Lice Clinics OF AMERICA®

MILLER SWIM SCHOOL



Sarah Clavin

I really want my little one to be comfortable in the water, but I'm not sure what to do for babies his age?

Babies as early as 4 months old can willingly accept water acclimation, sometimes even more so than their preschool-aged counterparts! While babies as young as 4 months old can begin swim lessons, there ARE some activities you can do at home to help familiarize them with the water beforehand!

Start by introducing simple toys to your child in the bath. Show them how to use the toys, and sing songs as you play. This creates a positive association with the water from the get-go!

Next, help them prepare for submersions. Start slowly, by introducing a light trickle of water on their head. Then, gradually increase the amount of water until you can wet their entire head.

Finally, make a point to keep bath time fun. Be silly, make up games and keep your infant laughing.

Remember, the earlier you can make your little one feel at ease in the water, the easier it'll be to get them swimming and enjoying water throughout their childhood.

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

Miller swim school

GREENHOUSE PEDIATRIC THERAPY



Kassie Allison, MOT, OTR/L

My daughter was just diagnosed with Autism. I have no idea where to start! Does she need OT and Speech Therapy? I want to do everything I can for her. Help!

Being Autistic does not automatically mean therapy is necessary. If she does not have struggles that impact her function or quality of life, help her connect with other Autistic peeps and skip the therapy. If she does struggle with communication, friendships, meltdowns, motor skills, feeding or most other daily activities, give us a call. When evaluating, we look at what the child struggles with most, and we try to help those things not be so tricky. Occupational Therapy helps a kiddo figure out how to process and respond to their sensory world, engage with others around them, build motor skills, identify and express emotions, expand foods that are tolerated and so much more. Our OT staff is particularly good at supporting kids who struggle with meltdowns. Our Speech Therapists delight in finding ways for kids to communicate, whether with words, gestures or signs, pictures or a device that assists in communication. Together, our therapy team hopes to help your child experience joy, build relationships and realize just how cool they are.

2033 W. Houston, Broken Arrow
11211 N. Garnett, Ste. B, Owasso
918.994.7799
GreenHousePeds.com

GREENHOUSE pediatric therapy

SEPTEMBER 2022

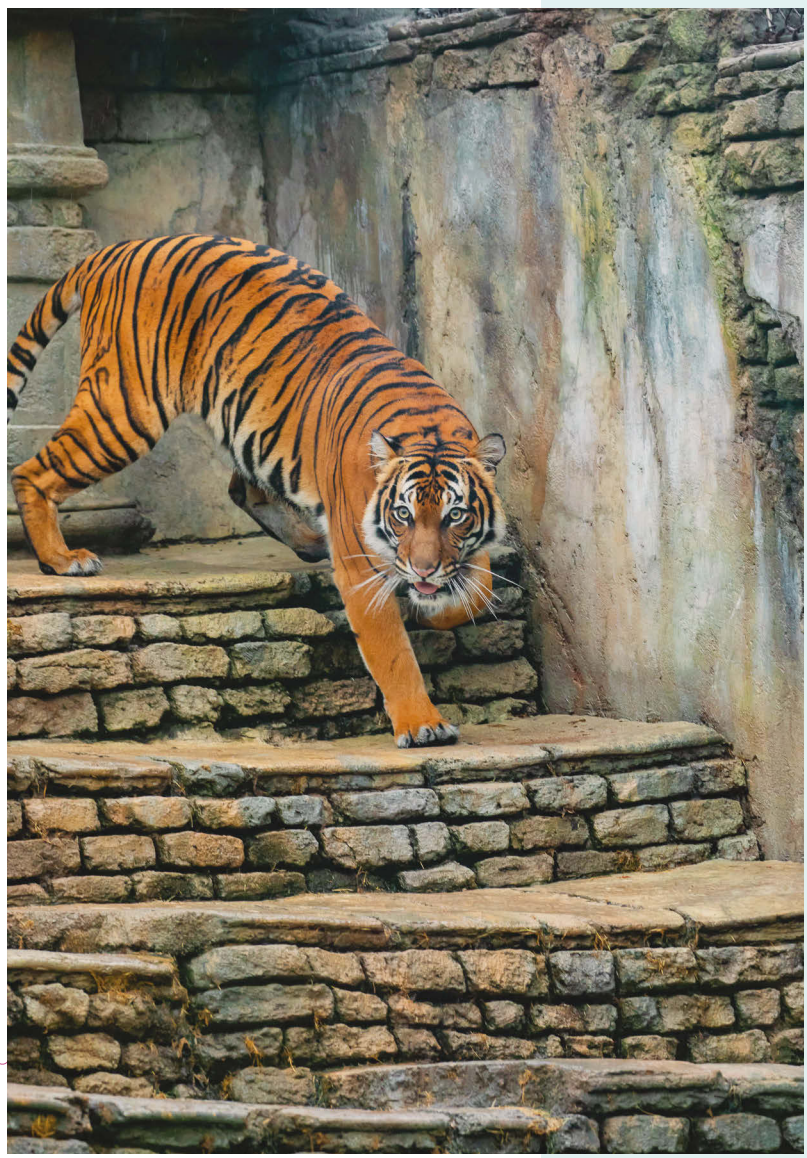
SCAN THE QR CODE
to find more events at
tulsakids.com/calendar!



SCARECROW REGISTRATION DEADLINE
SEPTEMBER 5
Details p. **52**

Registration for **Tulsa Botanic Garden's** annual scarecrow show closes September 5!

PHOTO COURTESY TULSA BOTANIC GARDEN



WALKING TOUR AT TULSA ZOO
WEEKLY
Details p. **54**

Meet Batari, the newest female tiger, in the Lost Kingdom at **Tulsa Zoo.**

PHOTO COURTESY OF TULSA ZOO

BROUGHT TO YOU BY
TULSA ZOO



Drake loves playing with bubbles! If you do, too, don't miss **Hardesty Library's 'Bubble Fun'** event September 14!

PHOTO BY OF KATE COFER.

September 1 Thursday

STORY TIME IN THE GARDENS (W)

Ages 0-10, 10-10:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Drop in for imaginative stories each week in the Philbrook gardens!

ALTERED: TEEN MAKER CLUB (F)

Ages 10-18, 4-5 p.m., Brookside Library, 1207 E. 45th Pl., tulsalibrary.org

Explore crafting, writing and DIY culture! Check out facebook.com/brooksidelibrary for this month's project!

September 2 Friday

HORTICULTURE TOUR

All ages, 1 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Join a horticulturist for a tour of the Garden. Free with admission

LEMON-AID KICK-OFF EVENT (F)

All ages, 3-8 p.m., Mother Road Market, 1124 S. Lewis Ave., thelemonaidproject.org

Sign up for a Lemon-Aid stand while enjoying music, games, arts, crafts and more. This is an annual way for kids to raise funds for other kids!

ART MARKET AFTER DARK (F)

All ages, 6-10 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

The Green will transform into a nighttime art market with tents decorated in string lights and light projections.

September 3 Saturday

ZOORASSIC WORLD WALKING TOUR (W)

All ages, 9-10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Take a guided tour through Tulsa Zoo's Zoorassic World. This is your final chance, as the dinos go extinct September 5!

KIDS TAKE OVER THE COWBOY: TALL TALES WITH LITERATI

All ages, 10 a.m.-12 p.m., National Cowboy Museum, 1700 Northeast 63rd St., Oklahoma City, nationalcowboymuseum.org

Learn about the heroes and legends of American West folklore-through fun, including a scavenger hunt and storytime.

TREE FORT STORYTIME: "WIGGLY WORMS"

All ages, 11 a.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Join Garden staff for a story and get a close up look at worms! Free with admission.

September 4 Sunday

SENSORY SKATE SUNDAY

All ages, 10:30 a.m.-12:30 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

There will be no flashing lights, loud music or arcade games at this sensory friendly event. Admissino includes skate rental, a skate mate, the Playzone and sensory activities.

September 5 Monday

MONDAY MORNING PROGRAMMING (W)

Ages 0-4, 11 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

The youngest Discovery Lab visitors are invited to enjoy special programing in the Little Lab!

TULSA BOTANIC GARDEN IS OPEN

All ages, 10 a.m.-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Free admission to first responders and healthcare workers and half-price admission to accompanying family members

SCARECROW REGISTRATION DEADLINE

All ages, Tulsa Botanic Garden, tulsabotanic.org

Deadline to register to enter the annual Scarecrow contest for Autumn in the Botanic Garden. Drop-off dates are Sept. 16, 17, 19.

September 6 Tuesday

BUILD A READER: BILINGUAL STORYTIME (F) (W)

11-11:30 a.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Enjoy stories, songs and activities in English and Spanish. // Disfruta de cuentos, canciones y actividades en inglés y español.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (F)

For adults, 2-3 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research, available treatments and more.

September 7 Wednesday

LITTLE GARDEN EXPLORERS (W)

Ages 0-5, 9:30-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., Philbrook.org

Drop in for imaginative, easygoing play!

RÉSUMÉ WRITING 101 (F)

For adults and teens, 3-4 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Learn how to construct a basic résumé and more.

GRAPHIC NOVEL CLUB (F)

Ages 10-17, 4:45-5:45 p.m., Nathan Hale Library, 6037 E. 23rd St., tulsalibrary.org

Enjoy a tea party while discussing *The Tea Dragon Society* by Kay O'Neill. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

September 8 Thursday

CHAPTERS: A CASUAL EVENING OF BOOKS, BARDS AND BITES BENEFITING THE RUTH G. HARDMAN ADULT LITERACY SERVICE

For adults, 6-8 p.m., Hardest Regional Library, 8316 E. 93rd St., tulsalibrary.org/chapters

Enjoy entertaining authors and sample food provided by some of Tulsa's finest restaurants and businesses. Tickets are $50.

MOVIE ON THE GREEN (F)

7 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Head to the Green for a special presentation by OKPOP with Danny Boy O'Connor, owner of The Outsiders House Museum, and Dylan Brodie, a producer for Reservation Dogs. After, enjoy a free screening of the newest episode of *Reservation Dogs* and *The Outsiders*.

September 9 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAY (W)

All ages, 10-11:30 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join a Philbrook horticulturist for a Family Nature Walk at 10 a.m., then stick around for an exciting hands-on nature exploration!

WALT DISNEY ANIMATION STUDIOS: A DECADE IN CONCERT

All ages, 7:30-9 p.m., ONEOK Field, 201 N. Elgin Ave., tulsasymphony.org

Tulsa Symphony presents a live concert of iconic musical moments from Walt Disney Animation Studios films.

September 10 Saturday

SATURDAY MORNING CARTOONS (F)

All ages, 10 a.m.-2 p.m., Guthrie Green, 111 E. Reconciliation Way, guthriegreen.com

Wear your pjs, lounge on the lawn and watch a mix of classic and current Saturday morning cartoons.

MID-AUTUMN FESTIVAL CELEBRATION (F)

All ages, 3-5 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Join Central Library and AAPI Tulsa for a free film screening, crafts, mooncakes and more.

ROCK AND READ BENEFITING GAINING GROUND LITERACY

For adults, 7-11 p.m., Bar 473, 2224 E. Admiral Blvd., gaininggroundliteracy.org

This fundraising event includes outdoor karaoke, a silent auction and a delicious dinner!

September 11 Sunday

MONTHLY MATINEE CLASSICS (F)

All ages, 2-4 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Watch a classic PG film at Central Library.

September 12 Monday

BACK-TO-SCHOOL FUN: SIGHT WORDS AND MATH! (F)

For preschoolers and kindergartners, September 12-17, Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, tulsalibrary.org

Your little one can participate in fun activities to help develop their literacy and math skills!

September 13 Tuesday

PAWS FOR READING (F)

Ages 5-12, 4:30-5:30 p.m., Broken Arrow Library/South, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Kids are invited to read to a therapy dog! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.





Celebrate Peace, Love and Pets at **Woofstock** on September 17!

PHOTOS COURTESY OF ANIMAL ALLIANCE

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

SEWING 101 FOR TEENS (F)

Ages 10-18, 6-7 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Learn basic sewing techniques! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

September 14 Wednesday

BIKES AND BALLS (W)

Ages 1-5, 9:30-11 a.m., Whiteside Park, 4009 S. Pittsburg Ave., cityoftulsa.org

This is an open gym time for toddlers and preschoolers. It meets weekly.

STORY TIME AT TULSA ZOO (W)

10 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Listen to a story and meet an animal ambassador inside the Cox Nature Exchange.

BUBBLE FUN (F)

All ages, 5-7 p.m., Hardesty Library, 8316 E. 93rd St., tulsalibrary.org

Blow bubbles using a variety of implements and techniques to learn about surface tension, air pressure and light diffraction.

KIDS CONNECTION (F)

Grades K-5, 4:30-5:30 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, thearcok.org

Social group for students in kindergarten through 5th grade with high-functioning autism. Contact Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org for more information.

September 15 Thursday

SAFE KIDS TULSA CAR SEAT CHECK (F)

10 a.m.-12 p.m., Tulsa Fire Department Station 22, 7303 E. 15th St., safekidstulsa.com

Experts will make sure your child's car seat is installed correctly.

TEEN ADVISORY BOARD (F)

Grades 6-12, 4-5 p.m., Owasso Library, 103. W. Broadway St., Owasso, tulsalibrary.org

Come see what the Teen Advisory Board is all about! Have fun, eat snacks, earn community service hours and help make the library a better place for teens!

September 16 Friday

THE ADVENTURE OF TORTOISE & HARE: THE NEXT GEN

All ages, 6:30-7:30 p.m., McKnight Center, 705 W. University St., Stillwater, mcknightcenter.org

The classic fable of the slow and steady Tortoise and the nimble but overconfident Hare comes to dazzling life in this performance geared toward young kids.

WALTZ ON THE WILD SIDE

Ages 21+, 6-11 p.m., Tulsa Zoo, 6421 E. 36th St. N., waltzonthewildside.org

Mingle among snow leopards, binturongs, and Komodo drag-ons as you enjoy an array of heavy hors d'oeuvres from Tulsa's finest restaurants, plus drinks and dancing!

September 17 Saturday

WOOFSTOCK 2022 (F)

All ages, 10 a.m.-2 p.m., Jenks Riverwalk, 300 Riverwalk Terrace, Jenks, animalallianceok.org

This super groovy adoption event features rescues from all over Oklahoma, plus fun activities for the whole family.

WALKING TOUR AT TULSA ZOO (W)

All ages, 10 and 11 a.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Learn about Tulsa Zoo's animals and global conservation efforts. Tours are take place at 10 and 11 a.m. beginning September 10.

Q&A WITH A BEEKEEPER

10:30 a.m.-12 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org



The classic fable of The Tortoise and the Hare comes to dazzling life on stage at **The McKnight Center for the Performing Arts** on September 16!

PHOTO COURTESY OF THE MCKNIGHT CENTER

Meet a beekeeper and learn more about beekeeping, see bees close up in an observation hive, and taste some honey. Members: $5: Non-members: $15 for ages 16+; $10 for ages 3-15, includes Garden admission.

FAMILY DAY (F)

All ages, 1-3 p.m., Will Rogers Birthplace Ranch, 9501 E. 380 Rd., Oologah, willrogers.com

Enjoy 19th-century activities, crafts and games.

September 18 Sunday

918 DAY AT TULSA BOTANIC GARDEN

All ages, 10 a.m.-5 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Admission for two adults is $9.18 (plus tax). Take a photo at our Tulsa photostop.

OPEN SWIM (W)

All ages, 4-6 p.m., Miller Swim School, 4-6 p.m., 6415 S. Mingo Rd., millerswimschool.com

Have fun swimming with friends and family!

September 19 Monday

YUCHI LANGUAGE CLASS (F)

All ages, 6:30-7:30 p.m., Zarrow Regional Library, 2224 W. 51st St., tulsalibrary.org

Any and all skill levels are welcome to join this language revitalization class, led by Yuchi language instructor Brent Deo from the zOyaha School of Language. Repeats Sept. 12 and 26.

September 20 Tuesday

PAINT SCRAPER ART FOR KIDS (F)

Ages 8-12, 4-5 p.m., Schusterman-Benson Library, 3333 E. 32nd Pl., tulsalibrary.org

Experiment with shapes, texture and color mixing using the simple yet fun technique of paint scraping.

September 21 Wednesday

LEGO FUN! (F)

Preschool-Elementary, 3:30-4:30 p.m., Charles Page Library, 551 E. 4th St., Sand Springs, tulsalibrary.org

Build with LEGO or Duplos!

September 22 Thursday

TEEN THURSDAY (F)

Ages 10-18, 4-6 p.m., Jenks Library, 523 W. B St., Jenks, tulsalibrary.org

Hang out, play games, create art or study with other teens and tweens.

September 23 Friday

ENCANTO: COX MOVIE NIGHT (F)

All ages, 7-9 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Bring a lawn chair or blanket and gather around the QuikTrip Great Lawn for a FREE film! Pre-show activities begin at 5:30, the movie starts at 7.

September 24 Saturday

HOBBIT DAY PARTY! (F)

All ages, 10 a.m.-1 p.m., Central Library, 400 Civic Center, tulsalibrary.org

Celebrate Hobbit Day with riddles, snacks, crafts and more. Costumes are encouraged!

COMICS WITH CARL (F)

Ages 10+, 1-5 p.m., Nathan Hale Library, 6038 E. 23rd St., tulsalibrary.org

Join Tulsa Artist Fellow Carl Antonowicz to learn the basics of comics storytelling! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

KIDS TAKE THE STAGE (F)

All ages, 2-5 p.m., Gathering Place, 2600 S. Riverside Dr., gatheringplace.org

Watch local kids perform at this talent showcase! There will also be a Youth Vendor Market featuring young entrepreneurs and an art showcase.

WILL ROGERS MOVIE NIGHT: *ANIMAL CRACKERS* (F)

All ages, 6-9 p.m., Will Rogers Memorial Museum, 1720 W. Will Rogers Blvd., Claremore, willrogers.com

Play games and do crafts from 6-7, then watch this fun movie! Admission is free and includes popcorn.

BIXBY FATHER/DAUGHTER DANCE

All ages, 6-9 p.m., Bixby Community Center, 211 N. Cabaniss Ave., Bixby, www2.tulsacounty.org

Fathers and daughters are invited to a fun evening of dancing. Tickets available at the door, cash or check only.

September 25 Sunday

CREATIONS IN STUDIO K

2:30 p.m., Studio K, 1212 E. 45th Pl., tulsabalet.org

See new works from some of the most world-renowned choreographers. Additional showtimes starting September 16.

Kids Take the Stage at **Gathering Place** on September 24!

PHOTO COURTESY OF GATHERING PLACE



September 26 Monday

BUILD A READER STORY-TIME: FAMILY (F) (W)

Ages 0-5, 11-11:30 a.m., Bixby Library, 20 E. Breckenridge Ave., Bixby, tulsalibrary.org

There's something for everyone at this 0-5 storytime!

September 27 Tuesday

TEEN TUESDAY: PUMPKIN SPICE LATTE EMBROIDERY (F)

Ages 10-18, 4:30-5:30 p.m., Broken Arrow Library/South, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Learn to embroider a kawaii pumpkin spice latte or mug of cocoa and add flair to your clothes with a few basic stitches! Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

September 28 Wednesday

TEEN CONNECTION (F)

Grades 6-12, 4:30-6 p.m., The Arc of Oklahoma, 2516 E. 71st St., Suite A, thearcok.org

Social group for middle and high school students with high-functioning autism. For more info, call 918.582.8272 or email Sherilyn at SWalton@TheArcOK.org or Steve at SPitts@TheArcOK.org.

September 29 Thursday

EARS TO THE GROUND DISCUSSION: THE POWER OF STORIES (F)

All ages, 6:30-8:30 p.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

This discussion with Tulsa Artist Fellow Francheska Alcantara and others focuses on this question: How do our stories influence narrative?

DISNEY ON ICE PRESENTS ROAD TRIP ADVENTURES

All ages, 7:30 p.m., Expo Square Pavilion, 4145 E. 21st St., tulsastatefair.com

Hit the road with Mickey Mouse and his pals for a high-octane ride in Disney On Ice presents Road Trip Adventures. Additional showtimes through October 2.

September 30 Friday

FOWLER AUTOMTIVE FILMS ON THE LAWN: STAR WARS: *THE RETURN OF THE JEDI*

5-9:45 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

In addition to the feature film, there will be a massive Tie Fighter, costume contest and special guests!

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









FAMILY FRIENDLY FALL FESTIVALS

Opa! Enjoy Greek food, dancing and more at **Tulsa Greek Festival.**

PHOTOS COURTESY OF TULSA GREEK FESTIVAL

Barrett enjoys a corn dog at the **Tulsa State Fair!**

PHOTO BY DUSTI JOHNS

ROUTE 66 BLOWOUT CAR SHOW AND FESTIVAL

September 10, 9 a.m.–4 p.m.

Sapulpa Main Street

Sapulpa Main Street presents their annual Car Show, also featuring a food court, arts and crafts vendors, shopping, a children's zone and more! sapulpamainstreet.com

ROGERS COUNTY FREE FAIR

September 15–18

Claremore Expo Center, 400 Veterans Parkway, Claremore

This annual fair includes carnival rides, children's activities, fair food, live music and more. Better yet, admission is FREE! rogerscountyfair.com

SCOTFEST

September 16–18

Broken Arrow Event Complex, 21101 E. 101st St., Broken Arrow

Celebrate all things Scottish at this annual festival, featuring live music, a Kids Zone and plenty of Scottish food! okscotfest.com

PUMPKIN PATCH AT SHEPHERD'S CROSS

September 20–November 5; Tuesday–Saturday, 9 a.m.–6:30 p.m.

Shepherd's Cross, 16792 E. 450 Rd., Claremore

Shepherdscross.com has a list of 64 activities to do at their annual pumpkin patch, most of which are free/donation-based. These include a veterinary exhibit, the opportunity to see farm animals, a coloring contest and more. shepherdscross.com

AUTUMN IN THE BOTANIC GARDEN

September 22–October 30

Tulsa Botanic Garden, 3900 Tulsa Botanic Dr.

Visit the Garden decorated with thousands of pumpkins, a hay maze, and scarecrows created by our community. Each Thursday the Garden will be open late with live music from 6 to 8 p.m. See website for details. tulsabotanic.org

TULSA GREEK FESTIVAL

September 22–24

Holy Trinity Greek Orthodox Church, 1222 S. Guthrie Ave.

Eat authentic Greek food — like gyros, Loukoumades and lamb dinners — while enjoying traditional dancing and live folk music. tulsagreekfestival.com

FESTIVAL AMERICAS

September 24, 2–8 p.m.

Guthrie Green, 111 E. Reconciliation Way

Celebrate the rich culture of Tulsa's Hispanic and Latino Community at this annual event, featuring food from across Latin America, live music, dance performances and more. festivalamericas.org

OKLAHOMA HERITAGE FARM ANNUAL FALL FESTIVAL

September 24–October 31; Monday–Thursday, 9 a.m.–6 p.m.; Friday and Saturday, 9 a.m.–7 p.m.; Sunday, 1–4 p.m.

Oklahoma Heritage Farm, 38512 US 75 Hwy, Ramona

Head to the pumpkin patch, and while you're there, get lost in a corn maze, play games, take photos, visit the petting zoo and so much more! okheritagefarm.com

TULSA STATE FAIR

September 29–October 9

Expo Square, 4145 E. 21st St.

The Tulsa State Fair is back, with an incredible fairway, livestock competitions, live music and so much more! tulsastatefair.com

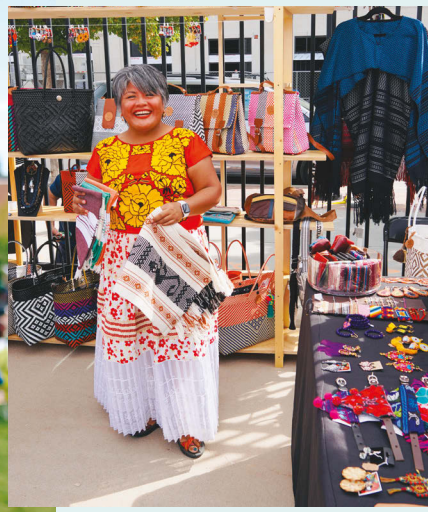
BROKEN ARROW ROSE FESTIVAL/CHALK IT UP/ROSE KITES OVER BROKEN ARROW

September 29-–October 2

Broken Arrow

It's three festivals in one! Friday (5–8:30 p.m.) and Saturday (9 a.m.–6 p.m.) are the Rose and Chalk It Up Festivals on Broken Arrow Main Street. There will be street performances, a Kids Zone on Friday and other fun. Sunday (10 am.–4 p.m.), head to the Broken Arrow Event Park (21101 E. 101st St.) for Kites over Broken Arrow! facebook.com/rosedistrict





Festival Americas returns to **Guthrie Green** on September 24!

PHOTOS COURTESY FESTIVAL AMERICAS

CHEER FOR THE TULSA DRILLERS!

The following games take place at **ONEOK Field,** 201 N. Elgin Ave. September is your final chance to watch the Drillers play ball before the season ends! Learn more and purchase tickets at **tulsadrillers.com**

9/1, 7:05 p.m. vs. NW Arkansas
9/2, 7:05 p.m. vs. NW Arkansas*
9/3, 7:05 p.m. vs. NW Arkansas*
9/4, 6:05 p.m. vs. NW Arkansas*
9/13, 6:05 p.m. vs. Springfield
9/14, 11:05 a.m. vs. Springfield
9/15, 7:05 p.m. vs. Springfield
9/16, 7:05 p.m. vs. Springfield*
9/17, 7:06 pm. vs. Springfield
9/18, 6:05 p.m. vs. Springfield*
*Fireworks nights!



TIME TO TEXT THE BABYSITTER

...AND MAKE RESERVATIONS FOR RESTAURANT WEEK!

TulsaPeople's
16TH ANNUAL
RESTAURANT WEEK
SEPT 9-18, 2022

STEP UP TO THE PLATE AND FIGHT HUNGER BY JOINING TULSA'S BEST RESTAURANTS FOR THIS 10-DAY CELEBRATION OF TULSA'S CULINARY SCENE BENEFITTING THE FOOD BANK OF EASTERN OKLAHOMA'S FOOD FOR KIDS PROGRAMS!

40 local restaurants have joined in to help fight hunger during Tulsa's 16th annual Restaurant Week. These participating restaurants will offer special prix fixe menus with an automatic donation to the Food Bank or their standard menus with a 3% donation. Plus, some restaurants are offering a specialty cocktail with an automatic donation, and all donations will be matched up to $25,000 by the George Kaiser Family foundation.

2022 Prix Fixe Menu Options:

Brunch 2-3 courses $25 *includes $3 donation*	**Lunch** 1 course $15 *includes $2 donation*	**Lunch** 2-3 courses $18 *includes $2 donation*	**Dinner** 1 course $17 *includes $2 donation*
Dinner 2-3 courses $25 *includes $3 donation*	**Dinner** 3 courses $35 *includes $5 donation*	**Dinner** 3-4 courses $45 *includes $7 donation*	**Specialty Cocktail** at participating restaurants *includes $1 donation*

PRESENTED BY: TulsaPeople

BENEFITTING: Food Bank of Eastern Oklahoma — Fighting Hunger. Feeding Hope.

VIEW MENUS:

SPONSORED BY: Curtis Restaurant Supply; George Kaiser Family Foundation — A supporting organization of Tulsa Community Foundation

SPECIAL THANKS TO: tulsakids — For Parents. For Families. For Life.

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WE'RE A SOCIAL SPECIES
TULSAZOO
VISIT THE
RAINFOREST
TulsaZoo