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CONFESSIONS OF AN imperfect parent

NOT TOO LONG AGO, I apologized to one of my daughters for not being a better parent. To her credit, she assured me that I had been a great parent. When she was in elementary school, this is the kid who would say, "Well, you raised me" when she got in trouble. Hard to argue with that.

Get in a room with any number of parents, and you will hear us admonishing ourselves for any number of things: not getting the kid to the doctor when he has a full-blown ear infection (that would be me); losing your temper and yelling; forgetting to apply sunscreen and ending up with a blistered kid. There are any number of ways we can beat ourselves up, but there are more ways that we can pat ourselves on the back.

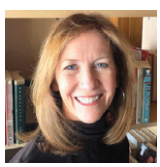
The problem is that being a parent comes with a boulder-sized portion of guilt. We love our children so much, but we also may unconsciously (or consciously) see them as extensions of ourselves. They are unique and autonomous human beings that we are responsible for guiding and nurturing. They have their own temperaments and personalities.

They also grow and develop at their own pace, so unless their development is somehow out of the range of the norm, you and your child will be less frustrated and anxious if you let the development happen at its own pace.

Exposing children to a variety of experiences can help them discover their own paths. You may be surprised as their talents and proclivities unveil themselves. Share their wonder and curiosity rather than being disappointed that they don't somehow meet your vision. Accepting your kids for who they are requires being confident in who you are and understanding your own temperament and personality.

My son wanted me to be much more structured than I was, but I don't think I met his expectations. He had to make his own chore chart with rewards. I don't know where he got that idea. Today, he has a job that requires that kind of attention to detail in the tech industry. My middle daughter listened to NPR when she was a kid and loved to discuss ideas from a young age. She is now a producer for NPR's "The 1A Show." My youngest was a reader and an artist and a gentle soul. She's finishing a PhD in Comparative Literature. All very different.

My husband and I were far from being perfect parents, but maybe not trying to be perfect isn't such a bad approach.



Betty Casey

ASSOCIATE PUBLISHER
AND EDITOR-IN-CHIEF

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NEW WEST TULSA PARK OPENS

Mayor G.T. Bynum, Chief of Culture and Parks Director Anna America, and the Tulsa Housing Authority (THA) held a ribbon cutting last month to officially open the Celebration Park at 1110 W. 20th Street.

Celebration Park features two garden-themed playgrounds, a splash pad, multi-use sports courts, a custom pavilion with picnic tables and BBQ grills, a lighted sports field, open grassy play areas and earthen and artificial turf berms.

PARENT CHILD CENTER OF TULSA HONORED WITH ABUSE PREVENTION AWARD

The Oklahoma State Department of Health (OSDH) honored five individuals and programs across the state for their outstanding commitment, dedication and leadership in child abuse prevention at an annual awards ceremony held on April 11 at the Oklahoma State Capitol.

The Parent Child Center of Tulsa was named the 2023 Outstanding Child Abuse Prevention Program.

MLK, JR. SCHOLARSHIP APPLICATION DEADLINE MAY 5

The Martin Luther King, Jr. Commemoration Society will be awarding $12,000 in scholarships to seven Tulsa-area students enrolled in a post-secondary educational institution — a college, university, or vocational technical school — for the 2023-2024 academic year. The scholarships are an annual community outreach activity associated with the Tulsa MLK Parade.

The application deadline is May 5, 2023. Scholarship recipients will be notified by June 1, 2023. The scholarship application is available at **mlktulsa.com**.

The postmark deadline for submission is May 5, 2023. Late or incomplete applications will not be accepted. For more information, visit **mlktulsa.com**.

Family & Children's SERVICES

F&CS NAMED INCLUSIVE WORKPLACE

Family & Children's Services was named a 2022 "Top Inclusive Workplace" for the first time by Mosaic. Mosaic, led by the Tulsa Regional Chamber, is a coalition of companies and nonprofit partners that celebrate diversity, champion equity and cultivate inclusion within the region's business community. F&CS is recognized for exhibiting strength in its five Key Pillars: CEO Commitment, Diverse Suppliers, Diverse People, Internal Policies and Community Outreach.

CORRECTION

In the feature article on children and hobbies in the April issue, the price of the Family Membership in the Tulsa Rock and Mineral Society was incorrect. The Tulsa Rock and Mineral Society Family Membership is $15 per year.



PHOTO COURTESY OF CITY OF TULSA

OKLAHOMA HUMAN SERVICES LAUNCHES NEW CHILD CARE LOCATOR

Oklahoma families have a brand new tool to search for quality, licensed child care programs in their area thanks to Oklahoma Human Services' updated Child Care Locator at childcarefind.okdhs.org

For the past several years, Oklahoma Human Services has been working to modernize the agency, its processes and services with new technologies to better serve its customers, providers and workforce. The new Child Care Locator provides a more user-friendly experience with a host of features to better serve Oklahoma's families and meet federal requirements such as advanced search and mapping tools that allow users to find child care programs within a certain radius of desired locations. This functionality will even map programs that exist along a route if families are searching for a child care program between their home and work locations, for example. New monitoring visit summaries show the entirety of licensing compliance checks so families can understand the entirety of a program's compliance with health and safety standards.

Like the previous Child Care Locator, this one still offers search filters for family child care homes or child care centers, Star quality rating level and acceptance of Child Care Subsidy, to name a few. The new Locator also provides details about the licensed capacity within programs, their business hours and ages accepted along with how to contact the provider and/or their Oklahoma Human Services licensing specialist.

Oklahoma families can use the updated Child Care Locator to look for child care programs in their area or to monitor their current child care program's compliance with health and safety standards.

MADD REMINDS PARENTS THAT LIFESAVING CONVERSATIONS START WITH YOU!

Mothers Against Drunk Driving® (MADD) and National Presenting Sponsor Nationwide® launched the 12th Annual PowerTalk21® campaign to remind parents that they have the power to protect their teens from the risks and consequences of underage drinking and other drug use.

Timed to coincide with planning for prom and graduation activities, this year's theme, "Lifesaving Conversations Start With You!" highlights the critical role parents have in influencing their teens to not consume alcohol before age 21 and to never get into a car with a driver who is impaired. A recent survey commissioned by MADD with IPSOS, a global research company, found that parents may be devaluing their role in preventing underage drinking. In fact, of the teens surveyed, 3 in 5 credit their parent with being most important in their decision-making. Parents by contrast put themselves as second, after their teens' friends as most impactful.

> …of the teens surveyed, 3 in 5 credit **their parent with being most important** in their decision-making. Parents by contrast put themselves as second, after their teens' friends as most impactful.

According to the Centers for Disease Control and Prevention (CDC), underage drinking is responsible for more than 4,300 deaths each year and can lead to early addiction as well as many other dangerous outcomes. In addition, marijuana is the leading cause of substance dependence other than alcohol in the United States.

MADD has designated April 1 through May 31 as PowerTalk21® Season. This time of year presents multiple milestones such as prom, graduation and the start of summer break that may bring an increased presence of alcohol and other drugs for teens and young adults under 21.

PowerTalk 21® is a part of MADD's Power of Parents® program, based on research by Dr. Robert Turrisi, that empowers parents of middle school and high school students to have ongoing, intentional conversations about the dangers and consequences of underage drinking and drug use. Parents can download free Power of Parents® handbooks for parents of middle school and high school students at **madd.org/powerofparents**.

WHAT'S GOING ONLINE?


PHOTO CREDIT: DARREN THOMAS

VOTE FOR YOUR **FAMILY FAVORITES!**

Our Family Favorites runoff ballot is open for voting May 1–15! Support your favorite local businesses and professionals by giving them your vote. The top three winners and finalists will be announced in our July issue.

One lucky voter will receive 4 tickets to *Bluey's Big Play*, coming to the Tulsa PAC in July, courtesy of Celebrity Attractions!


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CONGRATULATE A GRADUATE PHOTO CONTEST, SPONSORED BY 988 OKLAHOMA

988 Oklahoma and TulsaKids want to celebrate ALL 2023 graduates, from pre-K graduates to people graduating with a higher education degree. Submit your graduate's photo from May 1–31 for a chance to win a basket filled with Oklahoma goodies and some 988 Oklahoma swag!

TAKE ME OUT TO THE BALLGAME PHOTO CONTEST, SPONSORED BY TULSA DRILLERS

We're so excited for Tulsa Drillers' 2023 season! Show your love for the game by submitting your baseball-themed photos to our Take Me Out to the Ballgame Photo Contest, May 1–31! One winner will get the chance to throw the first pitch at a Sunday day game, four Tulsa Drillers tickets and a promotional prize pack.


PHOTO CREDIT: TULSA DRILLERS

CONTESTS & GIVEAWAYS

Find links to the following at **tulsakids.com/contests**.

TIMELY TOPICS AT **TULSAKIDS.COM**

tulsakids.com/mothers-day-in-tulsa/

tulsakids.com/a-stay-at-home-mothers-day-celebration/

tulsakids.com/ten-things-to-tell-my-daughter-on-her-first-mothers-day/

tulsakids.com/family-friendly-summer-concerts-in-tulsa/

tulsakids.com/tulsa-area-splash-pads-pools-and-water-playgrounds/

SUMMER FAMILY FUN GUIDE: COMING SOON!

Our digital Summer Family Fun Guide will be available by June 1! This is your go-to for summer concerts, movies, festivals and so much more.

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Yelp Reviews of My 4-year-old's Restaurant

By **Andrew Knott**





Let your little one "cook you dinner" this Mother's Day!

AARONAMAT/GETTY

Editor's Note: Alicia Kobilnyk is taking this month off, so I'm giving you a little parent humor for the month. This sounds like a great restaurant for Mother's Day. Enjoy.

0 STARS: DO NOT GO TO THIS PLACE! My buddies and I walked in looking for wings and some beers, and the owner didn't have pants on. And if that wasn't bad enough, he made us form a line, gave each of us a musical instrument to play and had us march around in a circle for about an hour. My buddy Mike's tambourine playing was surprisingly solid, but that's about all I can say about the experience. AVOID!

1 STAR: If you like your fish straight off the boat, complete with a googly eye staring at you, served in the pan it was cooked in, come to this place. If you like fish that tastes like — and come to think of it, might actually be made of — plastic, come to this place. If you like to eat your plastic fish while sitting on a tattered red sofa that's covered in white dog hair, come to this place. If you like having the source of the white dog hair, a molting Chihuahua, draped over your shoulders, exploring your eardrum with its tongue while you eat, come to this place. Any questions?

3 STARS: I don't know how to describe this restaurant exactly… avant-garde, perhaps? We were in the neighborhood and dropped in for breakfast. Upon arrival, we were greeted by the owner. Turns out he was also the receptionist, chef and waiter. He asked us what we wanted, and I asked for pancakes. He said, "Oh, we don't have pancakes."

When I asked what they did have, he said, "Well, we have pots and water and toys." As he was presenting our options, he gestured to each item in the kitchen, which was compact, made of plastic and located in the middle of the dining room floor. I opted for the pots and my wife went with water. We received a small pot and an empty cup, then the owner/receptionist/chef/waiter walked off and never came back.

I'm giving it three stars because I feel like there is something really challenging about the place that I haven't quite figured out yet. Will definitely give it another shot.

5 STARS: Wow! That's all I can say. My husband and I just had the most life-changing experience. I don't know who came up with the idea of a faux kid-run restaurant to scare young childless couples, but…THANK YOU!! Our visit was, without a doubt, the most hellish experience imaginable. There was this kid there…he was cute and all, but my god, are kids really like that? He literally didn't stop talking. And it was about the most boring things, like a word-by-word recounting of a TV show he just watched or something. If I want to hear about stuff like that, I'll go visit my grandma and have her tell me about what happened that day on *Little House on the Prairie*. And what is it with all the touching? Is personal space not a thing with kids? And then there was food, but we didn't get to eat anything because the kid kept asking us to do stuff for him: watch him do magic tricks, get his juice, look at this nasty red bug bite on his leg (gross!).

Anyway, long story short, my husband and I dragged ourselves out of there, slightly bedraggled, drove straight home to our immaculate, orderly house and promised each other we'd never have children! Thank you again. TK

Andrew Knott is a professional essayist, humorist, and novelist. He is a father of three and the author of *Fatherhood: Dispatches From the Early Years*. His writing has appeared in The Washington Post, McSweeney's and Parents Magazine, among others. You can most likely find him sweeping off the trampoline or emptying the dishwasher.

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Dealing with Seasonal Allergies





Q & A WITH

Dr. Weyman Lam

ALLERGY AND IMMUNOLOGY SPECIALIST

Q: Many families may be dealing with seasonal allergies right now. What seasonal allergies are most common?

A: Now that summer's approaching, tree season tends to be tapering off, so grass is probably the major pollen that families are dealing with now.

Q: What are the treatment options for seasonal allergies?

A: If you have mild allergies with a mild runny nose or itchy eyes, then try using an over-the-counter antihistamine like cetirizine (Zyrtec) or fexofenadine (Allegra). You also may try over-the-counter nasal sprays. If you have respiratory symptoms like wheezing, shortness of breath, or if the medications aren't helping, it's time to see an allergist. We can offer allergy testing to identify allergens and talk about what avoidance precautions you can take. The biggest benefit to seeing an allergist is that we can offer allergy immunotherapy to desensitize you to whatever you're allergic to, so that you will require less medication.

Q: Can children take over-the-counter medications?

A: For children younger than age 2, seek the guidance of a doctor, but typically, for kids older than 2, follow the dosing recommendations on the box.

Q: How does a parent know whether their child has a seasonal allergy or a virus?

A: There are many overlapping symptoms between a viral infection and an allergy such as sneezing, stuffy nose, congestion, cough and drainage. If a child has fever, body aches and doesn't feel well, then it's probably a viral infection. Symptoms that last for a few days and then get better are probably a virus. Allergies typically last the entire season, or if it's a year-round allergen, they'll last all year.

Q: How do seasonal allergies affect children with asthma, and what do you recommend for them?

A: Any child with asthma should be allergy tested because more than 90% of children with asthma have allergies. You can address the allergens to reduce the asthmatic triggers. A child with asthma will typically need an inhaler and may need oral steroids as well, which can improve breathing, but are really not healthy for a child. Steroids can suppress growth, increase blood sugars and increase blood pressure. If we can stop the allergic triggers, we can reduce the need for steroids. Children will be healthier and require less medication.

For the complete interview, visit TulsaKids.com

If you have a question for one of the Saint Francis pediatricians to answer, please email **editor@tulsakids.com**

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Nourishing a Community for Growth and Success

By **Dr. Tamecca Rogers**, Ph.D.





Billie Parker and Jerica Wortham help students create a community garden.

PHOTOS COURTESY OF TAMECCA ROGERS.

THE ADVANTAGES OF teaching children to grow their food from a young age are well known, which is why Billie Parker and Jerica Wortham have launched a new community gardening project. The duo's goal is to encourage healthy food choices, introduce children and the community to garden care and address food insecurity and health disparities.

One of the problems in Tulsa is that there are food deserts in certain areas where people have limited or no access to healthy and affordable food and must rely on convenience stores and fast-food restaurants instead. After 10 years of not having a full grocery store in north Tulsa, Oasis Fresh Market opened its doors in 2021. While it has operated for about two years, there are still pockets of north and west Tulsa where these options do not exist.

Parker, the owner of Black Wall Street Market and Community Farmers Market, runs a community garden in partnership with Jerica Wortham, executive director of J'Parle Art Group. They wanted to equip the children in the community with skills that will help them become self-sufficient and make healthy choices.

When I visited the garden, I quickly learned that the project is more than just a garden, it's a community movement with a diverse group of children from different schools from parts of Tulsa and Osage Counties. Most students came from Flores Middle School.

"Yes, Chrissy Parker, instructor of Flores Middle School, makes sure she has a huge group of children here to help in the garden," Billie Parker said.

When the students grabbed their snacks, Wortham talked to them about the "fruit of the day." She explained that dragon fruit was chosen today because the "kids said they never tasted it before, and we want to expose them to different healthy options."

"Our partnership with Ascension St. John has afforded us the ability to get the supplies needed to start this project," Wortham explained. "We're able to feed the students weekly, purchase tools, prepare for our farmers markets and be included in a network of like-minded individuals dedicated to eradicating the health disparities within our city."

She further explained that the children were not just planting and harvesting, but also learning the skills of cooking, entrepreneurship and art.

While I visited the garden club, the students focused on three gardens. The pizza garden was of great interest. When one student asked, "Excuse me, what's a pizza garden? What does that mean?" Wortham responded, "You get to plant all the ingredients in a pizza! And then we will teach you how to make one!" Another student asked, "Please tell me we aren't planting pineapples in the pizza garden because I don't like pineapples on my pizza." Everyone laughed.

Wortham continued, "And then there will be a salsa garden." At this point, the parents also looked excited. A hand went up to ask a question, "What's the third garden for?" Wortham responded, "It's for anything you would like to plant that we didn't plant in the other gardens." The parents' and children's excitement were evident.

After the crops are harvested, the lessons of entrepreneurship and collaboration begin. Students literally take the fruits of their labor and sell them at various pop-up markets throughout the community. In collaboration







with the (B) Light Project, the students include the arts during their farmers market pop-up events. There will be local artists performing, and the artists' artwork will be displayed.

"The Lord blessed me with this land," Parker said, "so it's all for the community to come out and enjoy it together because we can't do this alone. We need volunteers and people to help each other out, and if they have thoughts we can incorporate, like Black Wall Street, we have to help each other build. My motto is, 'When one is strong, many are stronger.'"

She said it was a blessing to see her labor of love coming to fruition because she had been working on the concept since 2017. She was proud of the partnerships that had helped the project gain momentum.

She offers regular classes, welcoming everyone on Wednesdays from 4:30-7:00 p.m., and Langston University has agreed to help build a new greenhouse.

If you, a child you know or a class/school would be interested in helping in the garden, please email jaginctulsa@gmail.com. TK

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





Parents, These Are the Pictures You Should Take at High School Graduation

Parents, we should take pictures with each other at high school graduation. Wouldn't it be awesome to congratulate, honor and recognize all the parents who walked alongside us and our high school graduates to this day?

By **Katy M. Clark**



Katy M. Clark is a writer and mom of two who embraces her imperfections on her blog Experienced Bad Mom.

ONE OF THE best parts of my son's high school graduation was unexpected.

It wasn't the processional, with hundreds of young people looking dapper in their caps and gowns marching onto the football field.

It certainly wasn't the speeches — although, thankfully, the ones at my son's graduation were short and generated a few good laughs.

It wasn't the fact that I teared up. (No surprise there.)

The unexpected part of my senior's high school graduation that I came to love was what I called the "after party" — the time after the ceremony, when my son moved from friend group to friend group, hugging, shaking hands and snapping pictures.

He hugged his best friends since kindergarten, then posed with new classmates he met as a high school senior. He shook hands with teammates from all the sports he'd played over the years. Then he caught up with the gang he'd known since preschool. It was amazing to see him mark this moment with so many kids from so many different activities and parts of his life.

And it made me think.

Parents, we should take pictures with each other at high school graduation. Wouldn't it be awesome to congratulate, honor and recognize all the parents who walked alongside us and our high school graduates to this day?

I'd start with the parents I met at daycare, the ones I saw at drop off or pick up when our kids were so little. They were some of the first friends I made as a new parent. We made strides together in our early attempts to balance work and parent life.

Next, I'd want pictures with the playgroup moms who welcomed me and my messy, loud, crying tot into their homes on a rotating basis. And the summertime moms, with whom I visited the beach or pool or did anything to get the kids out of the house for a few hours. These moms made me feel less alone and sprinkled my days with the sunshine of adult companionship.

Then there were the birthday party parents. We spent dozens of weekends with each other at miniature golf, laser tag or bounce house venues, and we weathered the noise and mirth of crowded venues like Chuck E. Cheese on Saturday afternoons for what seemed like five years in a row.

I'd want pictures with the room volunteer parents. Together we manned craft tables at holiday celebrations, helped small groups with reading or spelling, and ran activities in the hot sun on Field Day.

A big shout out to the parents who chaperoned field trips. They know how hard it is to keep a group of youngsters from wandering off on your watch! I'd snap a picture of that mom who partnered with me on a middle school overnight trip. Without her, I don't know how I would have endured a rowdy group singing the Spongebob Squarepants theme song over and over, for the umpteenth time.

I'd want pictures of the church parents who greeted my family every Sunday, prayed for my child, taught his youth group and Sunday school classes, and walked alongside my child in his faith journey from tot to teen.

Also, I'd pose for pictures with the sports team parents. They cheered for my kid as I cheered for theirs. They shivered with me in the rain by soccer fields and sometimes shared blankets in the hockey rink so our butts didn't freeze.

Looking around the crowd after my son's high school graduation, there were so many more parents I didn't know and whose photos someone else might treasure. The parents who helped with scout troops, or debate, or the robotics teams. Parents who prepped for band competitions or theater performances. Parents who ran the parent-teacher organizations.

If I were to attend a high school graduation all over again, I'd snap pictures with all the people who had been part of our family's journey to this momentous occasion. I'd hug and high five these other adults. After years of trying to coordinate our schedules to hang out, we were actually all at the same event. Our gathering was something to commemorate and celebrate.

Because we did it! We helped shepherd each other's kids from toddlers into young adults. Together, we made raising our kids a little easier, less lonely and a lot more fun. TK



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NEW LIFE RANCH

Help Your Kids Develop a Positive Body Image: What to Say and Do



By **Tanni Haas, Ph.D.**



> Tell your kids that "all bodies — including yours — are good bodies."

MISS_J/GETTY

MAY IS MENTAL Health Awareness Month, a great time for parents to think about how they can help their kids feel good about themselves and their bodies. Research shows that nearly two-thirds of kids are self-conscious about some aspect of their physical appearance and that negative body image issues affect even kids as young as 3 years old. There's a lot you can say and do to nurture a positive body image. Here's what the experts suggest:

VALUE ALL BODIES

The first and most important thing is to make your kids value all bodies. Explain to them, says Sumner Brooks, a registered dietician and author of *How to Raise an Intuitive Eater,* that "bodies come in all kinds of different shapes and sizes [and that] there isn't one good way to have a body." Joslyn Smith of the National Eating Disorders Association puts it even more pointedly: Tell your kids that "all bodies — including yours — are good bodies."

LOVE THE BODY YOU'RE IN

You can inspire your kids to love their own bodies by asking them "what they like about their body and why," says Diana Chillo-Havercamp, a licensed clinical social worker who specializes in working with children. This could be anything from how their eyes, ears, and noses let them experience the world in different but exciting ways to the beauty of the color of their skin. "A regular practice of saying affirmations," notes Ana Reisdorf, a registered dietician, "can reduce negative self-talk and build your children's confidence."

FOCUS ON WHAT BODIES CAN DO

Another way to cultivate a positive body image is to "teach children to appreciate bodies for what they can do rather than how they look," says Dr. Amy Slater, a clinical psychologist and one of the leading researchers on body image issues. Instead of asking them whether they think they're too thin or too thick — and how they ideally would like to look — talk to them about all the things they can do and would like to do with their bodies, whether it's riding a bike, learning a cool dance, mastering skateboarding or becoming a better swimmer. These conversations will make them feel good about themselves and inspire them to try to stay healthy and strong.

PROMOTE A GUILT-FREE RELATIONSHIP WITH FOOD

It's also important to promote a guilt-free relationship with food. Instead of telling your kids to only eat "good" nutritious food and avoid all "bad" junk food, which isn't realistic or sustainable, teach them to listen to their bodies and don't eat any more than they need. Kids need to learn, as Dr. Renee Engeln, a professor of psychology, puts it, "to listen to their bodies' own cues about hunger and satiety." To do that, says Milda Zolubaite, a registered nutritionist, never tell your kids that they need to clean their plates. Instead, "promote eating until full versus eating until all food is consumed," says Dr. Sasha Ulrich, a family physician.

ENCOURAGE PHYSICAL EXERCISE

Encourage your kids to be active and exercise. "Physical activity, even a 10-minute walk," says Dr. Angela Celia Doyle, a clinical psychologist, "has been shown in research to improve body image." Make sure, though, that you suggest physical exercise as a way to stay healthy and strong rather than to lose weight.



"A regular practice of saying affirmations," notes Ana Reisdorf, a registered dietician, "can reduce negative self-talk and build your children's confidence."

MODEL A POSITIVE BODY IMAGE

Kids look to adults for guidance on how to feel about themselves and their bodies, and no adults are more influential to kids than their parents. Try to cultivate a positive body image yourself and project that image to your kids.

TEACH YOUR KIDS MEDIA LITERACY

Despite best efforts to nurture and project a positive body image, chances are that your kids will be influenced by the super-skinny bodies they see on TV and social media. Explain to them that many of these images are digitally altered and edited and that, even when the images are real, they don't necessarily represent healthy bodies that they should try to copy. "Help your child become a savvy media critic," says Dayle Hayes, a registered dietician, "by talking about bodies on television, in magazines and on the internet."

Also, encourage your kids to read books with a body positive message. Well-known titles include *All Bodies are Good Bodies* by Charlotte Barkla and Erica Salcedo, *Beautifully Me* by Nabela Noor and Nabi Ali, and *Love Your Body* by Jessica Sanders and Carol Rossetti. TK

Tanni Haas, Ph.D. is a professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York – Brooklyn College.

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tulsakids

Ifaseyi & Onifade: Mom & Son Cooking Duo Open New Shop

By **Nancy A. Moore**





IFASEYI AMUSAN has fond memories of growing up with a grandmother who had a big, beautiful garden despite living in south Fort Worth, Texas, an area known for high crime and gang activity. Her grandmother also enjoyed using the bountiful treasures that grew, turning them into meals for her family. The kitchen was truly the heart of her grandmother's home. Ifaseyi may have inherited her love of cooking from her grandmother, but her son, Onifade R.E. Amusan, inherited her love of baking. At a young age, Onifade was eager to be in the kitchen alongside his mother. Over the years, she has been his biggest cheerleader in fostering his passion for baking and encouraging him to progress in his craft. Now at 15, he just opened his own brick and mortar location called Onifade's Cookie Company.

We'll visit with both about their passion for providing good food and tasty treats as well as their business partnership as a mother and son duo!

TK: As a professional chef yourself, I imagine you being in the kitchen a lot with your son by your side. Tell me a little about when you first noticed your son loved to bake.

Ifaseyi: He was only a few months old when he started "helping" me in the kitchen. And when he was a little older, he could get out of his crib and make his way to the kitchen to be with me!

TK: You are a parent who has encouraged your child to make a mess in the kitchen, have fostered his love of learning and now support him as he opens a business. At what point did you decide to help him take that next step to start this business?

Ifaseyi: When he was 6, he wanted to pay his way to travel to Nigeria to see where his family came from and decided to do that through cookie sales. It took him a little while to perfect the recipes, and then he was ready for that next step. He started his small business selling cookies to friends and neighbors, and even graduated to having a Pop-Up Shop in downtown Tulsa. Then, we decided to enter the Kitchen 66 Program together. It has been a great resource for learning how to build a business and take it to the next level.

TK: You mentioned that he attended classes with you at Kitchen 66. Tell us about that and why that program was beneficial.

Ifaseyi: Kitchen 66 program is great to go through because you get to play with your concept. Even from the beginning, Onifade had his cookies in the General Store at the Mother Road Market (part of Kitchen 66). Every week we had educational classes, and there were so many resources available. The test kitchen is also available to play with recipes. Everyone in the program is very helpful and wants to see you succeed.

TK: You call Onifade your Miracle Man. Why?

Ifaseyi: He came at 29 weeks. He spent two months in NICU. He's always had a great personality and spirit about him!

TK: Can you share your advice for going into business as a mother and son duo?

Ifaseyi: You have to have the right spirit to go into business together. We respect each other's talents, and we play off each other a lot. We have fun!

TK: Why did you decide to take his baking from a hobby to a business?

Ifaseyi: He was ready and wanted to do it! He is business-minded and really determined. He wanted to go through the Kitchen 66 Program, and I knew he could do it. That program provided us with some great tools to take his next step.

TK: I understand that you're going to have Mommy and Me classes in your event space. Tell us about those classes.

Ifaseyi: Since my son and I have been a Mommy and Me for a long

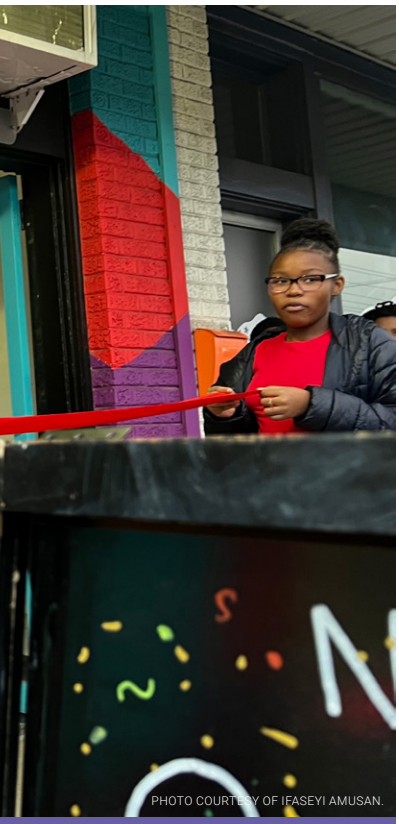


PHOTO COURTESY OF IFASEYI AMUSAN.

time, we thought this would be the perfect way to encourage the next generation of bakers. The classes will be fun, interactive, and the kids will leave with a sense of accomplishment having made their own treats. It will be open to ages 9–12. You can sign up for these workshops on our Facebook page.

TK: When do you remember first being in the kitchen? How did you gravitate toward baking?

Onifade: I was around 3 or 4 years old, and I remember making cookies and waiting for them to bake, thinking that it took forever! I loved being in the kitchen with my mom and trying different recipes.

TK: Tell us about your tag line, "Changing the world one cookie at a time."

Onifade: I came up with this when I was 8 years old. I really wanted to be able to help in my own way. I bake and sell my cookies, but my mom encouraged me to give extra cookies to the homeless, and I have seen how much this means to them.

TK: I saw a quote on your Facebook page where you said to your mother, "When you eat organic foods, Momma, you feel and act better." I also noticed Raw, Energizing Fig Bars on your menu! Also, your Maple Pecan Pie doesn't contain corn syrup or cornstarch. You also offer Gluten Free Crust. Tell us about why you wanted to make high-quality, organic baked goods?

Onifade: That's the way I was raised. I learned that from my mom. She uses high quality, organic ingredients in her products, and I know that's the best. I want the best for my customers, too!

TK: What's your favorite thing to bake?

Onifade: Sweet Potato Pie! It's amazing! Also...butter cookies. And, of course, Sock it To Me Cake, which is an updated version of a recipe that was passed down from my great-grandmother.

TK: In honor of Mother's Day this month, what do you like best about working with your mom?

Onifade: The thing I like most about working with my mother is that we get to have fun. And we piggyback off of each other and help each other when we are down.

You can find Onifade's Cookie Company at 1114 S. Yale Avenue in Tulsa and online. Instagram: @onifadescookieco; Facebook: Onifade's Cookie Company TK

You can listen to the full interview on the Sharing Passion and Purpose Podcast by Nancy Moore on your favorite podcasting platform or directly at: SharingPassionandPurpose.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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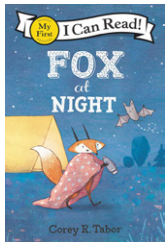


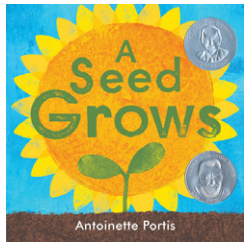
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CHILDREN'S SERVICES COORDINATOR
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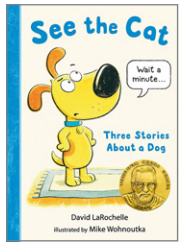
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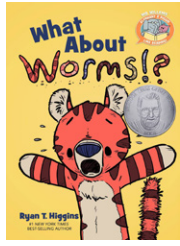
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DID YOU KNOW that the world-class librarians in the Collections Department of the Tulsa City-County Library (TCCL) order more than 2,000 EXTRA books for children every summer? (That's on top of the, oh, roughly 1 million other items in our regular collection across the system.)

Why? No surprise here — in June and July, kids flock to the library, and they need books to participate in and finish the Summer Reading Program, which runs from June 1 until July 31.

Here are some of our recent favorites that the library will be stocking up on for the summer for beginning readers:

I Did It! written and illustrated by Michael Emberley

This charming and gently humorous early reader takes the aphorism "If at first you don't succeed, try, try again" as its main theme, showing a main character attempting (and failing) at a variety of activities before an ultimate triumph in front of friends. A great encouragement for children who need to see that working hard will eventually lead to an "I did it!" victory.

Summer Reading Program EXTRA: When your child reads 8 books to complete the Summer Reading Program (thereby earning a medal and book of coupons), encourage them to say, "I did it!"

Fox At Night by Corey Tabor

Fox from *Fox the Tiger* is back! This time, he's encountering scary monsters in the woods at night — or are they friends in disguise? Try not to laugh as Fox goes about figuring out this mystery. Text that repeats and delightful drawings with lots of little surprises and jokes makes this winner one that your beginning reader will want to return to again and again.

Summer Reading Program EXTRA: Reading books again counts! You'll probably want to encourage reading of many different books, but re-reading is developmentally appropriate for beginning readers and allows them to practice fluency, an important reading skill.

A Seed Grows written and illustrated by Antoinette Portis

There are many beautiful books that show plants growing, but this one is particularly striking and quietly engaging.

Summer Reading Program EXTRA: If this book resonates with your reader this summer, be sure to check out related nonfiction books about plants in the 570s and 580s of the library. Nonfiction books are an excellent way to expand knowledge AND help your reader earn their bonus prize for Summer Reading, which they will get by reading a total of 20 books.

See the Cat: Three Stories about a Dog written by David LaRochelle and illustrated by Mike Wohnoutka

Similar to the classic Elephant & Piggie tale, "We Are In a Book!", this beginning reader starts with Max the dog, who is definitely NOT a cat, even if the book he is in keeps insisting he IS a cat and inviting readers to "see the cat." Hilarious! Also good practice for how to politely inform someone they are wrong.

Summer Reading Program EXTRA: Don't know about Elephant & Piggie? Check out Mo Willems's extensive collection of excellent early readers that feature these lovable characters.

What About Worms? written and illustrated by Ryan T. Higgins

Matching nonfiction facts about worms with an engaging story that involves tigers, this is a book that will be fun for both younger and older readers. TK



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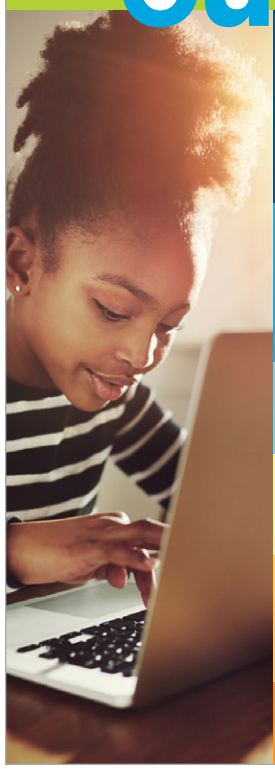
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Who Needs Brunch? Make Mother's Day Special at Home

By **Natalie Mikles**



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



JOHN HANCOCK PHOTOGRAPHY/GETTY

THEY'RE GOING TO make a mess. They might argue or fight. But letting the kids cook for mom on Mother's Day is a memory worth making.

Bringing mom breakfast in bed or setting the table for Mother's Day dinner is nearly a rite of passage — a way for kids to feel important and useful and for moms to feel loved.

It really doesn't matter if the toast is burned or the spaghetti is cold. Moms and kids will remember how special they felt when the one who is always giving becomes the recipient.

One way to prod your kids into action or just to give them a little help in their Mother's Day endeavors is to suggest a recipe or two. Kids often have good intentions but need a nudge. Don't let it feel any less special because you suggested it!

Quick recipes or recipes with just a handful of ingredients are good choices for kids to make.

Make-ahead recipes are also great for Mother's Day. Kids can do the prep the night before (with the help of Dad or another grownup), giving them more time on Sunday for making drinks and setting the table or for the family to enjoy a hike, bike ride or other fun.

Yum! We love this French toast topped with mixed berries. It's perfect for spring.

BERRY GOOD OVERNIGHT FRENCH TOAST

SERVES 8

- 6 eggs
- 1 ¾ cups milk
- 1 teaspoon sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 loaf (1 pound) French bread, cubed
- 1 (12- to 16-ounce) package frozen, unsweetened mixed berries
- 2 tablespoons butter
- ⅓ cup packed brown sugar
- Powdered sugar and maple syrup

1. Whisk together eggs, milk, sugar, cinnamon, vanilla and salt. Place bread cubes in a 9-by-13-inch baking dish coated with cooking spray. Pour egg mixture over top. Refrigerate, covered, 8 hours or overnight.
2. Preheat oven to 350 degrees. Remove berries from freezer and French toast from refrigerator and let stand while oven heats. Bake, covered, 30 minutes.
3. In a small bowl, cut butter into brown sugar until crumbly. Top French toast with berries; sprinkle with brown sugar mixture. Bake, uncovered, until a knife inserted in the center comes out clean, 15-20 minutes. Dust with powdered sugar and serve with syrup.

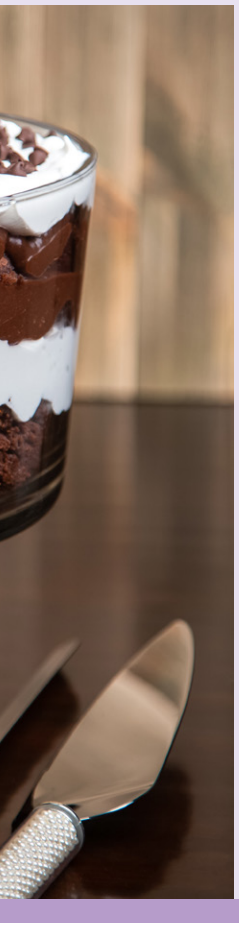
This pasta dish comes together easily. Kids and moms will like it!

RIGATONI WITH ITALIAN SAUSAGE

SERVES 4

- 8 ounces rigatoni (half of a 16-ounce package)
- ½ pound bulk Italian sausage
- 1 cup sliced fresh mushrooms
- 1 jar marinara sauce
- ¼ cup grated Parmesan cheese
- 2 tablespoons half and half
- ½ pound sliced mozzarella cheese

1. Preheat oven to 375 degrees. Cook rigatoni according to package directions; drain.
2. In a large skillet, cook sausage and mushrooms over medium-high heat until sausage is no longer pink and vegetables are tender, breaking up sausage into crumbles, about 10 minutes. Drain. Stir in marinara sauce, Parmesan cheese and half



and half. Add rigatoni and toss to coat.

3. In an 8- or 9-inch square baking dish, layer ⅓ of the rigatoni mixture and ⅓ of the mozzarella cheese. Repeat layers. Bake, uncovered, until heated through and cheese is melted, 25-35 minutes. (Cover loosely with foil if top browns too quickly.)

If you've never made this recipe for ham and cheese sliders, you're in for a treat. They're easy enough for kids to make (with a little help). For Mother's Day, suggest these sliders with a green salad, fruit salad or potato chips. If the weather's nice, pack them in a basket for a picnic.

HAM AND CHEESE SLIDERS

MAKES 12 SLIDERS

- 1 package Hawaiian rolls
- ½ pound thin-sliced deli ham
- 12 slices Swiss cheese
- ½ cup poppy seed or honey mustard dressing
- 2 tablespoons butter, melted
- 1 teaspoon coarse-ground mustard
- ¼ teaspoon poppy seeds

1. Remove rolls from package, lay flat and slice horizontally in two pieces. Separate and lay side by side. Spread insides with dressing.
2. Layer Swiss cheese slices over bread. Layer ham over the cheese. Place top section onto bottom section. Place sandwich rolls into a 9-by-13-inch pan.
3. In a small bowl, combine remaining ingredients and stir. Brush or pour over tops of sandwiches.
4. Bake in 375-degree oven, covered, for 20-25 minutes until centers are heated through and cheese has melted.

This showstopper dessert is one kids will be proud to serve mom. Be sure to take a photo of the finished product!

BROWNIE TRIFLE

SERVES 12

- 1 package brownie mix
- 1 (3.9-ounce) package instant chocolate pudding mix
- 2 cups whole milk
- 2 (8-ounce) containers Cool Whip (or fresh whipped cream)
- 1 chocolate candy bar or chocolate-toffee bar

1. Prepare brownie mix according to package directions or make your own and cool completely. Cut into 1-inch squares.
2. In a large bowl, combine pudding mix and cold milk. Beat with a wire whisk or electric mixer for 2 minutes, then fold in 1 (8-ounce) container Cool Whip or whipped cream until no streaks remain.
3. In a trifle bowl, place half of the cut brownies, half of the pudding mixture and half of the remaining container of Cool Whip. Repeat layers. Shave or chop chocolate, sprinkling on top. Cover and refrigerate 8 hours before serving. TK





Time Out For Mom:

10 Little Luxuries To Give Yourself So You Always Feel Celebrated

By **Christina Katz**

You are the best mom ever if you **let yourself feel good** about the job you are doing every day, even on the most challenging days.

ONE OF THE pitfalls of having holidays that focus on giving gifts to others is that we become a society of scorecard keepers. *How did I do? Did I get more gifts than last year? Were the gifts given with genuine sincerity or did I sense feelings of obligation? Do I measure how others treat me as proof of how worthy I am?*

Here's a little secret about gift giving and receiving on any occasion, moms. It's not a competition. You are not the best mom ever if you get the most presents. You are the best mom ever if you let yourself feel good about the job you are doing every day, even on the most challenging days. And if you want a gift, whether you feel you deserve something special or simply because you think you should always feel treasured, go ahead and give yourself one. Be generous with yourself every time of year and others will follow suit during special times.

Being a great mom means putting your needs first, instead of delegating that job to others and feeling resentful if they let you down. Here's a little secret: other people can't let you down if you don't let yourself down. So pick yourself up during the mom-gifting time of year with a little reward for yourself. You always deserve something special just for being you.

Foofy drinks. For her birthday lunch, my daughter wanted a tropical drink with a tiny umbrella in it. And you deserve a tiny umbrella, too, mom. Or maybe a dollop of whipped dream with a chocolate swirl or a little heart design atop your coffee foam.

Exposure to nature. The civilized world gallops at a breakneck pace. But nature helps us slow down to the incremental speed of life. The seeds we plant don't sprout overnight. And we can regain our patience and our pacing by frequent exposure to the earth, air, sun and stars.

Your favorite books and magazines. Few things make me cheerier than a glossy new seasonal magazine. Books inspire movies in our minds. Even the Internet with all of its diverse content cannot replace my insatiable thirst for hunkering down, one spread at a time, and escaping into artfully photographed and delightfully designed magazine pages. Don't ever deprive yourself of your daily allotment of mental escape.

Belly laughs. I was on the phone with an old friend the other day and the laughs just came cascading out. Nothing like chuckling over old antics or sharing a giggle with someone who has known you forever. Get your kicks in whatever way works for you and the cascading endorphins are an extra, feel-good bonus. Streaming sitcoms or reading comics also works well in a pinch.

Delicious food. Keep at-home copies of your favorite take-out menus. Sometimes mom needs someone else to do the meal prep, cooking and serving. Besides, sitting down to be waited on every once in a while is a great way to power up your inner chef. Bon appétit!

Self-care. A quick nap. A long bath with bath salts and bubbles. Saying no to everything that does not feel like a yes. Asking for hugs. I'd be willing to bet that moms who practice self-care live longer. For sure, they live happier.

Fresh flowers. Flowers are love. Love grows in the yard and I'm always expanding that repertoire of choices. Others come from small bouquets at the market I can mix and match. If you are feeling cynical about the gift of flowers, try a more playful approach.

Scents you love. Jasmine. Lemon. Rose. Cinnamon. Juniper. Cookies fresh from the oven! You control your environment, so make it smell wonderful to you.

Self-expression. Be your insouciant self today and every day. What does this mean to you? If you are holding your breath, biting your tongue, biding your time or practicing any other delay tactics that prevent you from living your life with the volume cranked up, seek assistance. Get around folks who lure you out of your shell and validate all the gifts you have to offer the world.

Surprises. Don't wait for others to catch you off guard. Delight yourself with little impulsive decisions that make you happy now. A surprise isn't just a big, painstakingly planned party. It's at least twenty opportunities a day to be sweeter to yourself. Go ahead, choose differently. TK

Author, journalist and writing coach **Christina Katz** definitely deserves more treats in her life. Luckily she never feels deprived because she gives herself enough to keep herself feeling fortunate.

VOTE MAY 1–15!

TULSAKIDS

Family Favorites 2023

Tell us your favorite family attractions, schools, health care professionals, places to shop, eat and more!

Find the ballot at **TulsaKids.com/2023-Family-Favorites.**

Winners will be announced in our July issue.

It's time for camp at LIVING ARTS

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June 20-23 Paper, Fiber, Stitch with Madison Williams

July 18-21 Dreams As Reality: Installation, Performance, and Film with Amber Marie Deen (Starts at 8:30 AM)

July 18-21 Youth Storytelling Workshop with OK, So Tulsa (Starts at 12:30 PM)

July 25-28 Building DIY Mushroom Lamps with Emily Simmonds

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TULSAKIDS Family Favorites 2023 VOTE

Snacks to Keep You Moving

Shape Your Future
A Program of TSET



SUMMER IS HERE! It's time for day trips, play dates at the park, afternoons at the splash pad, backyard camping or other on-the-go pastimes! Bring along these yummy, healthy snacks to keep your little ones happy, hydrated and ready for fun.

HUMMUS IS GOODNESS

Individual serving hummus packages are easy, grab-and-go snacks for your little adventurer. Pack them up with baby carrots, pita chips or crackers, and you've got a great source of fiber and protein.

FRUIT IS BERRY REFRESHING

You don't have to buy expensive fresh fruits to reap the rewards. Save money by picking up frozen fruits! Frozen berries make refreshing summertime healthy snacks for toddlers, but they can create a big, sticky mess. That makes them the perfect snack for the swimming pool or splash pad!

PEANUT (OR SEED) BUTTER IS BETTER

Of all the healthy snacks you can grab at the store, none is more versatile than peanut butter. Make a PB&J, spread it onto whole grain crackers or enjoy it as a dip for apples, celery or pretzels! Whether it's smooth or crunchy, peanut butter is rich in protein and healthy fats, which will keep your kids fuller for longer. Need a peanut-free alternative? Try a butter made from sunflower seeds, pumpkin seeds, sesame seeds or soybeans!

MIX IT UP ON THE TRAILS

Looking for a healthy snack you can eat in the middle of the action? Grab some mixed nuts! Better yet, let your kids mix and match their favorite nuts, healthy cereals, dried fruits and dark chocolate to make their own healthy blend! Need ideas? Try this easy homemade granola or some cocoa dusted almonds!

WATER YOU WAITING FOR?

Last but not least, don't forget to stay hydrated! While sugary juices or sodas might be your kids' favorites, water is a healthier choice that will keep them cool, hydrated and energized. Read more about the benefits of water here. If your little one would rather have something sweet, check out our infused water tips and recipes!

Wherever you're headed this summer, preparing your snacks in advance will save time and help you stick to healthier choices! Let your little explorers help you choose which yummy snacks to take, and they'll be having fun all summer long. TK

For more ideas for the whole family, check out ShapeYourFutureOK.com.







Vote for Us!

TULSAKIDS Family Favorites 2023 VOTE

Stephen Brownlee, MD
Cody Buchanan, DO
Jeremy Foon, MD
David Hall, MD
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THE MYTH OF THE perfect parent

WRITTEN BY NATALIE MIKLES
PHOTOGRAPHY BY ANDREA MURPHY

It's a good thing others can't hear our inner dialogues. As parents, that inner critical voice can sometimes weigh us down, telling us we're not good enough or that what we're doing for our kids isn't enough.

Even the most confident of parents occasionally has that annoying inner critic.

It's the one that says things like, "How did I not notice the kids have outgrown their shoes? Their toes are hanging over their sandals! All the other moms remembered to get new shoes for their kids for the summer."

Or how about: "Why can't I get my act together like my neighbor? They eat dinner together every night at 6 o'clock. And I never see her kids argue and fight!"

We're all going to sometimes compare our families to other families. It's human nature. But when we let our insecurities take over, it can cause further anxiety and gives us the feeling that we're not good parents.

But here's the thing – the idea of a perfect parent is a myth.

And even though we may know Teddy Roosevelt's famous quote, "Comparison is the thief of joy," it's become increasingly difficult to take to heart when comparison is all around us. We no longer have to even leave our homes to compare ourselves and our kids to others. There's the mom with the cool, minimalist style you follow on Instagram. The dad on TikTok who has trained his kids to become elite soccer players. The parents on Facebook who make parenting look not only beautiful but easy.

It's the reason social media influencers with relatable lives and real-life parenting problems can be such a breath of fresh air. But you don't have to look to parents you don't actually know for validation. Seek out those who are living out their principles, while letting their kids be themselves and trying not to worry about what others think.

It's something Jessica and Erik Block, parents of Ben, Rachael, Hannah and Marlo have given thought to. Their kids range in age from 6 to 13.

"There are many sources of pressure for perfection all around us, and we don't want our home to be another source of that," she said.

Jessica Block recognizes that her children are different, individual human beings and she treats them as such.

"So long as they are safe and healthy, we try to support the choices they make for what clothes they wear, how they want to style – or not style at all – their hair and which extracurricular activities they want to be a part of," she said.

This style of positive parenting has been shown to create healthier, kinder, more empathetic kids. A comprehensive 2014 study by a group of clinical adolescent researchers found that positive parenting actually predicts the development of adolescent brain structure.

For these researchers, positive parenting was defined, in part, by parents who show children love and warmth, with encouragement and an overall message that they are loved and good enough.

Critical parents, who send the message to their children that they aren't good enough or that the family unit isn't living up to the dreams they had conceived, are inadvertently sabotaging the positive parenting approach.

Well-intentioned parents who want the best for their kids can sometimes subvert that goodness by telling their kids (in straightforward or sometimes subtle, even unspoken, ways) that they aren't as good – in sports, in school, in morals or in looks – as their peers. In turn, these kids often find it impossible to meet the high standards set by their parents.

"It's really important to me that we place more emphasis on our kids' hearts and souls than on their physical or neurological attributes," Block said.

And concentrating on their hearts is likely to give them a better pay off than worrying about perfection.

It's an idea that's addressed in the book *Good Enough Parenting* by Timothy A. Cavell and Lauren B. Quetsch. The authors delve into the idea that parents' worries can take a toll on the parent-child relationship. There are so many ways parents feel pressure to be perfect – from what they're feeding their children to sleep schedules to kids' grades and acting out in school. It can leave a parent feeling exhausted.

The foundation of the "good enough parent" is the idea that parents learn the importance of accepting their child for who they are, while also stepping up to lead and guide the child. The authors assert that accepting that perfection is impossible and that comparison is unhealthy will ultimately help children become emotionally healthy and more successful adults. **TK**

Eileen Kennedy-Moore, Ph.D., writes in Psychology Today that being a parent has changed over the years. "In my grandmother's day, she thought she was doing a good job if her children were reasonably clean," she writes. "But nowadays, parents are told that they are responsible for fostering their children's success in a wide range of areas: academic, social, musical, athletic, spiritual, artistic, etc. Many parents are afraid to do anything less than everything possible to ensure their children's success..."

Kennedy-Moore warns that "competitive parenting puts tremendous pressure on children, because the underlying message to kids is: 'You need to achieve in order to prove that I'm a good parent.'"

Kennedy-Moore gives the following practical ways to avoid being pulled into competitive parenting:

Go to your high school reunion
Some of your former classmates who were unexceptional in high school will now have interesting and satisfying careers, whereas others who were high school stars might not have lived up to their early promise. Seeing the range of grown-up outcomes will convince you that there's no such thing as a straight and narrow life path that's right for everyone.

Resist upping the ante
When a friend brags about her child, just smile and say, "Congratulations!" or "That's great!" Know that you don't have to match or top her statement.

Allow your child to experience healthy struggles
It's hard to watch our kids suffer, but if we step in too quickly to solve problems that they could solve themselves, we steal their opportunity to learn important life skills. Offer lots of empathy and maybe some guidance, if needed, but give your child room to discover that setbacks are unpleasant but tolerable and often temporary.

Focus on building skills
Being able to work hard, communicate clearly, cope with fears and frustration, and get along with others are fundamental life skills. It takes a lot of practice to learn them. When we help children develop these, we equip them for their journey.

Trust your child
We don't know what lies ahead for our children, but one of the most generous things we can give them is our trust that they will create a life that is meaningful and satisfying to them.

source: **psychologytoday.com**

> THERE ARE MANY SOURCES of pressure for perfection all around us, AND WE DON'T WANT OUR HOME TO BE ANOTHER SOURCE OF THAT.



Jessica and Erik Block strive to treat their children, Ben, Rachael, Hannah and Marlo, as unique individuals developing at their own rate.



Family Friendly Museums & Attractions

BY STAFF

SUMMER BRAIN DRAIN, be gone! Keep your kids learning and engaged with a visit to these unique museums. Find more at **tulsakids.com/kid-friendly-museums-and-attractions-in-oklahoma-and-beyond**

TULSA AND SURROUNDING AREAS

BOB DYLAN CENTER

116 E. Reconciliation Way, Tulsa
bobdylancenter.com

The Bob Dylan Center offers a fascinating, in-depth look into the life and work of the famous songwriter.

DISCOVERY LAB

3123 S. Riverside Dr., Tulsa
discoverylab.org

Discovery Lab houses seven exhibit areas, like the HydroLab and Ballapalooza, plus three high-facilitation areas where kids can conduct their own scientific experiments. And of course, the tape tunnels are a hit! Grab a bite at Bean Sprouts Café if you're hungry.

D.W. CORRELL MUSEUM

19934 E. Pine St., Catoosa
cityofcatoosa.org/163/DW-Correll-Museum

Honoring Catoosa resident D.W. Correll, this museum will delight rockhounds of all ages with its world-class fluorescent mineral display and other specimens. A second museum building houses an impressive collection of vintage automobiles.

GILCREASE MUSEUM

gilcrease.org/gilcrease-in-your-neighborhood

Although Tulsa's beloved Gilcrease Museum is closed for renovation, they continue to engage with the community through Gilcrease in Your Neighborhood, where a work from the Gilcrease collection is displayed around town, and other events.

GREENWOOD RISING

23 N. Greenwood Ave.
greenwoodrising.org

Greenwood Rising tells the story of Tulsa's Greenwood District, from before the 1921 Tulsa Race Massacre to the present day.

OKLAHOMA AQUARIUM

300 Aquarium Dr., Jenks
okaquarium.org

Even in land-locked Oklahoma, you can get a taste of the ocean at the Oklahoma Aquarium! Visit Sea Turtle Island, walk through a tunnel of bull sharks and learn more about key aquatic ecosystems. Book your ticket aboard the new, aquatic-themed carousel.



PHOTO COURTESY OF PHILBROOK MUSEUM OF ART

THE OUTSIDERS HOUSE MUSEUM

731 N. St. Louis Ave.
theoutsidershouse.com

Step into the home of Ponyboy Curtis and his brothers, as featured in The Outsiders movie. The museum itself is full of film and book memorabilia.

PHILBROOK MUSEUM OF ART

2727 S. Rockford Rd., Tulsa
philbrook.org

Explore the galleries and grounds of the beautiful Philbrook Museum. Outdoor nature-based activities, like a mud kitchen, will keep kids entertained for hours.

SAND SPRINGS CULTURAL & HISTORICAL MUSEUM

9 E. Broadway St., Sand Springs
sandspringsok.org

Located in the historic, art deco Page Memorial Library, the Sand Springs Museum honors the area's past, present and future.

SHERWIN MILLER MUSEUM OF JEWISH ART

2021 E. 71st St., Tulsa
jewishmuseumtulsa.org

Sherwin Miller offers a glimpse into the history and traditions of the Jewish people. The museum also features the Herman and Kate Kaiser Holocaust Exhibition.

THE MUSEUM BROKEN ARROW

400 S. Main St., Broken Arrow
brokenarrowmuseum.org

Explore the history of Broken Arrow. Notable permanent features include the Old Town Hall Jail Cell and Childers Cabin, as well as a "Made in Oklahoma" gift shop.

TULSA AIR & SPACE MUSEUM AND PLANETARIUM

3624 N. 74th E. Ave., Tulsa
tulsamuseum.org

Learn about the history and future of aviation from an Oklahoma-specific lens, through hands-on experiences like a flight simulator, aircraft you can climb aboard, and more.

TULSA BOTANIC GARDEN

3900 Tulsa Botanic Dr., Tulsa
tulsabotanic.org

Tulsa Botanic Garden features a delightful Children's Garden (complete with tree fort!), a paved walking trail and the art deco-inspired Tandy Floral Terrace Gardens.

TULSA HISTORICAL SOCIETY & MUSEUM

2445 S. Peoria Ave., Tulsa
tulsahistory.org

Located in the beautiful Travis Mansion, the Tulsa Historical Society & Museum offers an excellent way to explore Tulsa's past. Free admission for kids under 18.

TULSA ZOO

6421 E. 36th St. N., Tulsa
tulsazoo.org

In addition to visiting their favorite creatures, zoo guests can enjoy train and carousel rides, the Helmerich Behaving Like Animals Playground, animal demonstrations and plenty of dining options.

VINTAGE SEWING CENTER AND MUSEUM

5528 S. Peoria Ave., Tulsa
facebook.com/
vintagesewingcenterandmuseum

Learn about the history of sewing machines at this hands-on museum housing hundreds of sewing machines from the 1800s and later.

WILL ROGERS MEMORIAL MUSEUM AND BIRTHPLACE RANCH

Memorial Museum: 1720 W. Will Rogers Blvd., Claremore
Birthplace Ranch:
9501 E. 380 Rd., Oologah
willrogers.com

Explore the biography of the man who "Never met a man [he] didn't like." Young visitors to the Memorial Museum will enjoy the interactive children's exhibit, where they can play dress-up, create a puppet show and more.

The Birthplace Ranch is home to hiking trails, livestock and other attractions.

WOODY GUTHRIE CENTER

102 E. Reconciliation Way, Tulsa
woodyguthriecenter.org

The Woody Guthrie Center honors Woody Guthrie's legacy of music and activism. Don't miss the Dust Bowl virtual reality experience.



OKLAHOMA CITY AREA

AMERICAN BANJO MUSEUM

9 E. Sheridan Ave., Oklahoma City
americanbanjomuseum.com

This niche museum, developed by banjo enthusiasts, introduces visitors to the history of the banjo through interpretive exhibits, performance theaters and more.

FACTORY OBSCURA

25 Northwest 9th St., Oklahoma City
factoryobscura.com

An interactive, collaborative art experience that aims to "awaken wonder, build community and make the world better."

FIRST AMERICANS MUSEUM

659 First Americans Boulevard, Oklahoma City
famok.org

Dive into the histories of the 39 First American Nations living in Oklahoma.

MYRIAD BOTANICAL GARDENS

301 W. Reno, Oklahoma City
myriadgardens.org

Ride a carousel and get your wriggles out in the free gardens at Myriad. The gardens house playground equipment as well as plants and sculpture. The Crystal Bridge Conservatory has recently undergone renovation but is now open to visitors.

NATIONAL COWBOY & WESTERN HERITAGE MUSEUM

1700 NE 63rd St., Oklahoma City
nationalcowboymuseum.org

Western History comes alive through fine art, a walk-through, turn-of-the-century town and interactive spaces where kids can engage in educational play.

OKLAHOMA CITY MUSEUM OF ART

415 Couch Dr., Oklahoma City
okcmoa.com

In addition to an impressive collection of fine art, OKCMOA offers frequent fun and educational events for the whole family.

THE OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM

620 N. Harvey, Oklahoma City
oklahomacitynationalmemorial.org

The outdoor memorial gives visitors a space to reflect quietly and to honor "those who were killed, those who survived and those changed forever" by the Oklahoma City bombing. The museum offers an interactive, self-guided tour sharing the stories of those affected.

OKLAHOMA CITY ZOO

2101 NE 50th St., Oklahoma City
okczoo.org

Go to okczoo.org/rides-and-attractions to learn more about daily activities offered at the Zoo, such as Keeper Connections, Sea Lion Presentations, Giraffe Feedings and more.

OKLAHOMA HALL OF FAME AND GAYLORD-PICKENS MUSEUM

1400 Classen Dr., Oklahoma City
oklahomahof.com

Learn about famous, community-driven Oklahomans. Notable Hall of Famers include Gene Autry, Maria Tallchief Paschen and Elizabeth Warren.

OKLAHOMA HISTORY CENTER

800 Nazih Zuhdi Dr., Oklahoma City
okhistory.org/historycenter

Neighboring the Oklahoma State Capitol, the Oklahoma History Center hosts galleries full of Oklahoma memorabilia and hands-on activities. The outdoor space includes an oilfield exhibit and a journey through the Red River Valley.


A FAM PHOTO BY RYAN LINTON

OKLAHOMA RAILWAY MUSEUM

3400 NE Grand Blvd., Oklahoma City
oklahomarailwaymuseum.org

All aboard! Explore historic trains and train memorabilia, both indoors and out. Museum admission is free. Train rides available select days of the month. See website for details.

SAM NOBLE MUSEUM OF NATURAL HISTORY

2401 Chautauqua Ave., Norman
samnoblemuseum.ou.edu

This natural history museum houses 10 million specimens and artifacts in its permanent collection.

SCIENCE MUSEUM OKLAHOMA

2100 NE 52nd, Oklahoma City
sciencemuseumoklahoma.com

Science Museum Oklahoma boasts 350,000 square feet of hands-on science experiences, plus art and history exhibitions. Attractions include CurioCity, with eight "neighborhoods" that expose kids to science through fun activities.

SKELETONS: MUSEUM OF OSTEOLOGY

10301 S. Sunnylane Rd., Oklahoma City
skeletonmuseum.com

No bones about it, SKELETONS: MUSEUM OF OSTEOLOGY is sure to be a hit with kids who want to get an inside-view of the natural world.

CHICKASAW CULTURAL CENTER

867 Cooper Memorial Rd., Sulphur
chickasawculturalcenter.com

Learn about the history of the Chickasaw people through reenactments, exhibits and more.

CHOCTAW CULTURAL CENTER

1919 Hina Hanta Way, Calera
choctawculturalcenter.com

A living village, activity center, traditional food at the Campuli Café and more give visitors insight into the lives and history of the Choctaw people.

JASMINE MORAN CHILDREN'S MUSEUM

1714 W. Wrangler Blvd., Seminole
jasminemoran.com

The Jasmine Moran Children's Museum offers kids an opportunity to explore the world of work through their career-based exhibits.

LEONARDO'S CHILDREN'S MUSEUM AND ADVENTURE QUEST

200 E. Maple Ave., Enid
leonardos.org

When you're finished exploring the indoor exhibitions, head outside to Adventure Quest, a three-story wooden castle and outdoor science playground.

OKLAHOMA ROUTE 66 MUSEUM

2229 W. Gary Blvd., Clinton
route66.org

Get your kicks at Oklahoma's Route 66 Museum, and discover the history of the Mother Road, from the Dust Bowl through its heyday in the 1950s and beyond.

RURAL OKLAHOMA MUSEUM OF POETRY

416 E. Main St., Locust Grove
rompoetry.com

The Rural Oklahoma Museum of Poetry, or ROMP, invites visitors to experience poetry through exhibitions, hands-on activities and more. Find writing prompts on their website.

TOY AND ACTION FIGURE MUSEUM

111 S. Chickasaw St., Pauls Valley
toyandactionfiguremuseum.com

Toys and childhood go hand-in-hand. Kids will love this impressive collection of pop culture nostalgia.

WOOLAROC MUSEUM & WILDLIFE PRESERVE

1925 Woolaroc Ranch Rd., Bartlesville
woolaroc.org

Native and exotic wildlife, Western art and artifacts – Woolaroc has it all! Don't leave without visiting the Mountain Man Camp and Animal Barn.



COURTESY OF THE OKLAHOMA ROUTE 66 MUSEUM



COURTESY OF WONDERS OF WILDLIFE

SPOTLIGHT ON SPRINGFIELD, MO

SPRINGFIELD, MISSOURI

springfieldmo.org

From hiking through breathtaking trails in the Ozarks to shopping or savoring culinary treats, families can find something to love in Springfield, the big city with small-town hospitality. Visit the Dickerson Park Zoo (and maybe feed the giraffes), the Route 66 Car Museum and the 1984 Arcade (for the tweens and teens in the family), or take in a Cardinals game or explore Crystal Cave. Kids will love the Itty Bitty City and Discovery Center, both offering plenty of hand-on activities to spark their imagination.

WONDERS OF WILDLIFE NATIONAL MUSEUM & AQUARIUM

500 W. Sunshine St., Springfield, Missouri
wondersofwildlife.org

Special features of this jaw-dropping museum and aquarium include Great Oceans Hall, which holds a 300,000-gallon tank housing sea turtles, zebra sharks and more, and the Out to Sea Shark Dive, where guests can meet sharks face-to-face from the safety of a metal diving cage.

OKLAHOMA'S "HIDDEN GEMS"

We asked our Facebook followers (@tulsakidsmagazine) which hidden gems of Oklahoma really shine. Here's what they had to say. How many have you visited?

"We love to hike all around Oklahoma: Natural Falls, GreenLeaf, Turkey Mtn., etc." **KRISTINA M.**

J.T. Nickel Familiy Nature & Wildlife Preserve: "Three hiking trails, plus elk and black bear!" **ALERA L.**

"Our family has always enjoyed hiking in the Wichita Mountains Wildlife Refuge in southwestern Oklahoma. Many great trails and fun for the family." **STEVEN J.**

"Pops, the Round Barn (close to Pops on Rt. 66), Will Rogers home in Oologah, Tallgrass Reserve in Osage County, Will Rogers Stampede (rodeo) in Claremore Memorial [Day] weekend...The Dalton Brothers museum in Coffeyville, KS, (straight up 169 N.)" **MARILYN S.**

"Osage Hill State Park a great trip or place for an overnight. Water to play in, trails to hike, small lake to fish or canoe, and it feels like you 'got away.'" **NICOLE N.**

"The Marland Mansion in Ponca City is SO COOL!! Be sure to have lunch at Enrique's at the airport, too!" **COURTNEY A.**

"Beavers Bend State Park was amazing!" **TABITHA R.**

"McGee Creek State Park, especially at observ. point on the north end of the lake. You're in a hole with no light noise, so on a clear night, the sky is amazing." **JERRY N.**

"The Blue Hole" **AARON C.**

"Medicine Park" **ROXANNE M.**

"Gloss Mountain State Park" **LAURA Z.**

"Lake Pretty Water" **RENEE H.**

"Keystone Ancient Forest" **AMANDA B.**

"Pawnee Bills and the Marland Mansion" **TINA C.**



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5 Ways to Make Museums, Zoos and Aquariums More Fun





By **Cheryl Maguire**

WHO WANTS TO GO TO A MUSEUM? If your family is like mine, you might get a mixed reaction to this question. One child may jump up and down shouting, "ME, ME" while the other child says, "OK" and another child says, "No thanks."

Visiting a museum, zoo or aquarium is a fun, educational way to entertain your child. It can be challenging though if your children are of different ages and interests. Once you get there, you may encounter long lines or crowds, which can cause your kids to lose interest or become frustrated. One way to engage all of your children with different personalities and developmental levels is to play a game. Here are a few games that I have found helpful to use in museums, zoos and aquariums:

SCAVENGER HUNTS

A great way to involve all your kids at a destination is to offer them a scavenger hunt. I first saw this used when I volunteered to go on my child's school field trip to Plimoth Plantation. The teacher gave a scavenger hunt list to all the students. Even though I have visited Plimoth Plantation many times, I learned new things from participating in the scavenger hunt and the kids loved it. It was a way for them to learn and have fun at the same time.

To design your own scavenger hunt, before you visit the museum, zoo or aquarium, go to the website. Most websites have the information you can use to create an appropriate scavenger hunt based on your child's age and interests. Write a list of items your child needs to find while visiting the spot. For example, one museum website has historical information and pictures. An item on the list could be as simple as "find a baby cradle."

PASSPORT STAMPS

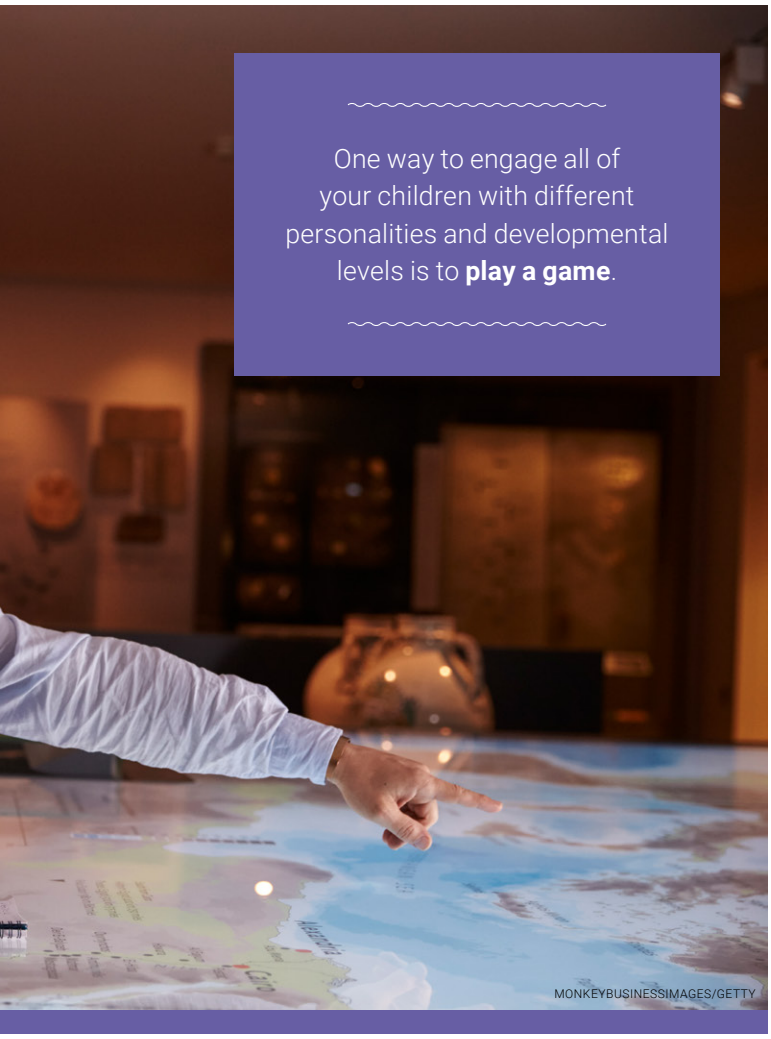
Everyone loves to get their passport stamped, right? I have seen this idea used at the Boston Harbor Islands and Disney World. My kids love getting a stamp and then they feel a sense of accomplishment when their book is filled with stamps at the end.

Similar to creating the scavenger hunt, you can visit the places' websites before you visit. Create a passport book by stapling together some white pages of paper. On each page write either a place to visit such as, "See the lions at the zoo" or a challenge or question such as, "Who is the mayor of the 17th-Century Village in Plimoth Plantation?" When your child has completed the task on the page, give them a stamp (you can bring one with you).

BINGO

My kids love playing Bingo and they have played it almost everywhere. This game is easy enough for young children to play and also entertaining for older children. By using the game at an educational location, you are helping your child to interact with their surroundings.

Before you go to the site, create Bingo game boards for the whole family. Each square could be either a picture or a written word of something you plan to see during your visit. For example, if you are going to the aquarium you could have pictures (you could even print pictures from



One way to engage all of your children with different personalities and developmental levels is to **play a game**.

MONKEYBUSINESSIMAGES/GETTY

the website or online) of a shark, octopus and sea turtle. The first person to spot the shark marks off the square using a pencil with the shark in it. You win Bingo when you get five squares in a row.

ABC GAME

The ABC game is when you write down all the things you can think of that start with the letter A in one minute. If two people have the same word that word gets crossed out. Whoever gets the most words wins. You then go on to the letter B and so on. This is a fun, easy game you can play anywhere, and you only need some pens and paper (or you could use the notepad on your electronic device).

You can play this game in the car if you drive a long distance to the place you are visiting and try to think of topics related to the place for each letter. Or you could modify the game at the location by saying whoever sees something that starts with the letter A first wins one point and then continue to B, etc.

ISPY

Even though my twins are 12 years old they still like to play iSpy. And the great thing about this game is young children can play it as well. This is a fun waiting game, if there are long lines or you have to wait to enter an exhibit. You can also play iSpy while you are at the museum, zoo or aquarium. This game is a fun way to increase your child's observational skills. TK

Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter.



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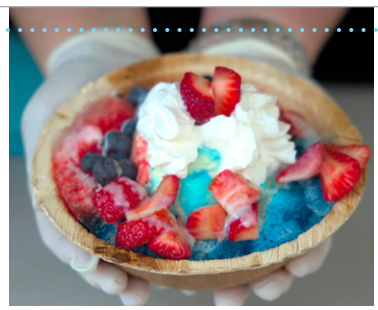
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Tulsa Botanic Garden
ONEOK Field
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Sequoyah State Park
Tenkiller State Park

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Society Burger

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Elgin Park
Hideaway Pizza
Mazzio's Pizza
Savastano's

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Sugar Llamas Tulsa Hills

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Pink Pouf Cotton Candy
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Tulsa Balloons

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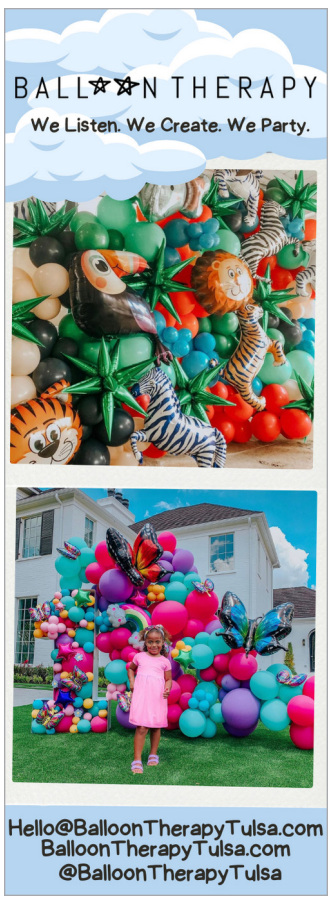
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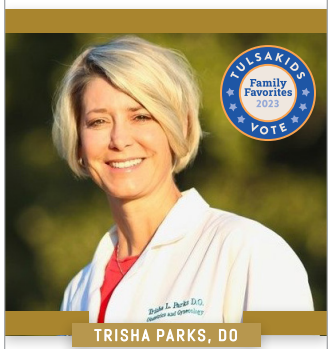
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Dr. Jeff Long — Dr. Jeff Long's Children & Family Eye Care

Dr. Monte Harrel — Harrel Eyecare

Dr. Stephen Groves — His Vision Eye Care & Eye Wear

Dr. Ken Merchant — Vision Source

FAVORITE KID-FRIENDLY DENTIST

Dr. Jenni Burkitt — Tulsa Children's Dentistry

Fox/Broermann

Lewis Park Family Dentistry

Morrow, Lai & Kitterman

On the Cusp Pediatric Dentistry and Orthodontics

FAVORITE ORTHODONTIST

Carter and Higgins

Cooper & Misner Orthodontics

Dr. Clint Emerson — Emerson Orthodontics

Dr. Kevin Duffy — Duffy Orthodontics

On the Cusp Pediatric Dentistry and Orthodontics

FAVORITE ALLERGIST

Dr. James Love — Allergy Clinic of Tulsa

Dr. Lodie G. Naimeh — Allergy Clinic of Tulsa

Dr. Lynn Wiens — Warren Clinic Allergy and Immunology

Dr. Weyman Lam — Warren Clinic Allergy and Immunology

Eastern Oklahoma ENT

FAVORITE ENT

Dr. Atul Vaidya — Eastern Oklahoma ENT

Dr. Evan Moore — Eastern Oklahoma ENT

Dr. Scott Reeder — Utica Park Clinic

Dr. Steven Dyer — Warren Clinic Otolaryngology

Dr. William Hawkins — Ear, Nose and Throat Specialists of Tulsa

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Dr. Jacob Duvall — Inside Out Chiropractic

Free Spirit Chiropractic

Dr. Jannell Zimmerman — The Birth Chiro

Dr. Sonda Powell — Optimal Health & Wellness

FAVORITE ORTHOPEDIST

Dr. Caleb Nunley — Tulsa Bone & Joint

Dr. Brian Chalkin — The Orthopaedic Center

Dr. Mark Schwartz — Warren Clinic Pediatric Orthopedic Surgery

Dr. Tony Jabbour — Tulsa Bone & Joint

Dr. Jason Griffin — Tulsa Bone & Joint

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PreK - 8th grade

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BUNDY LAW OFFICE



Danya 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

HTR PEDIATRIC THERAPY



Kelly Williams
HTR Pediatric Therapy

What is a sensory diet, and how can it help my child?

Sensory diets are meaningful, strategic movement activities that are planned and implemented throughout the day to address the sensory needs of the child. The goals sensory diets can address include sleep difficulties, sensory seeking/avoiding behaviors, attention difficulties, emotional and behavioral regulation and transitions.

A strong sensory diet will contain vestibular input (movement of the body against gravity), proprioceptive input (movement impacting the joints and muscles of the body) and tactile input (interactions based on touch).

Examples of vestibular input: swinging, spinning, being upside down, bouncing on ball or trampoline and scooter board.

Examples of proprioceptive input: animal walks, pulling a wagon, carrying groceries, monkey bars and pushing weighted objects.

Examples of tactile input: gardening, sensory bins such as rice and kinetic sand, food play, finger painting and fidgets such as spinners and stress balls.

Occupational therapy practitioners are skilled in providing the resources for sensory diet implementation across a variety of environments. OTs can assist with finding the "just right" sensory supports for the child's individual sensory needs and creating visual schedules to implement throughout the day.

6846 S Canton Ave Suite 120,
Tulsa, OK 74136
918.806.0106
HTRPediatrics.com

HTR PEDIATRIC THERAPY

RIDDLE LAW, PLLC.



Trevor Riddle

What is a durable power of attorney?

A durable power of attorney (DPOA) is a legal document that grants a designated individual, called an agent or attorney-in-fact, the authority to make financial, legal, and healthcare decisions on behalf of the principal (the person creating the DPOA) if they become incapacitated or unable to make decisions themselves. It is a crucial component of a comprehensive estate plan, as it ensures the principal's wishes are honored, even if they cannot communicate those wishes.

The DPOA can be customized to grant specific powers, such as managing investments, paying bills, or making healthcare decisions. It helps avoid costly and time-consuming court proceedings, like guardianship or conservatorship, when an individual is incapacitated. Establishing a DPOA provides peace of mind, knowing that a trusted person will be in charge of your affairs in the event of incapacity, ultimately preserving your dignity and maintaining control over your life choices.

110 S. Hartford Ave., Suite 2548
Tulsa, OK 74120
918.779.1446
trevor.riddle@riddle.law

RIDDLE LAW

MILLER SWIM SCHOOL



Sarah Clavin

We just built a pool. Besides a pool gate, what are some things I can teach my twins to keep them safe?

Remember "Reach, Throw, Never Go!"

We practice fire drills, we teach traffic safety, but how often do we talk about pool safety?

Just as we teach our children not to chase their ball out into the street, we must teach them to not jump into the pool after a toy or a friend.

Drowning victims, especially adults, can be dangerous. Someone who is panicking will instinctively clutch at anything and use it to push themselves up. This means pushing the rescuer down, which is easy to do if the rescuer is a child, or if they are pinned in their rescuer's arms.

Teaching our children and loved ones to "Reach, Throw, Never Go!" is a life-saving skill to help save someone in danger while keeping you safe.

We can REACH our hands, noodle, broomstick or something else that's long to help them.

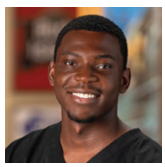
We can THROW a noodle, an inner-tube, life jacket or something that floats to them.

But we should NEVER go in to help them.

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

Miller swim school

DENTAL DEPOT



Dr. Seun Olaniran
General Dentist

At what age should we begin to think about orthodontics?

Orthodontics are treatments that include traditional braces, clear aligners and removable retainers in an effort to straighten teeth. At Dental Depot, we always ensure orthodontics are suited for our patients, and we always talk them through the entire process to determine if it's the right fit.

The first factor in determining whether a patient is a candidate for orthodontics is whether they have lost all of their primary teeth. This normally occurs around the age of 12 or 13, sometimes sooner, sometimes later, depending on the individual. Since they are hopefully going to have their secondary teeth for the rest of their life, it only makes sense to wait until this time.

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APRIL 2023

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



TULSA BOTANIC GARDEN D.I.G.
MAY 13
Details p. **58**

PHOTO COURTESY TULSA BOTANIC GARDEN



FESTIVAL OF KITES
MAY 13–14
Details p. **58**

PHOTO COURTESY TULSA WIND RIDERS



TULSA ZOO'S DISNEY'S THE LION KING
JUNE 11
Get Tickets Now

Get your tickets today for Tulsa Zoo's Disney's The Lion King experience. Details at **tulsazoo.org/zoo-events/lionking**. Pictured are lions Kalu and Shatari.

PHOTO COURTESY TULSA ZOO

BROUGHT TO YOU BY

TULSA ZOO



Spend a beautiful Day in the Garden at the annual D.I.G. fundraiser May 13.

PHOTO COURTESY OF THE TULSA BOTANIC GARDEN.

May 1 Monday

MONDAY MORNING PROGRAMMING (W)

For early learners, 11-11:30 a.m., Discovery Lab, 3123 S. Riverside Dr., discoverylab.org

Early learners and their caregivers can participate in educational activities taught by experienced educators.

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.

May 2 Tuesday

ZOO SCHOOL: HABITATS OF THE WORLD: OCEANS

Grades K-2, 9 a.m.-12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Zoo School teaches children about animal, life and physical sciences. Each session includes classroom learning, an educational activity, an adventure in the zoo and a visit from an education ambassador animal. Must pre-register. Repeats May 16.

SPRING FITNESS SERIES: ZUMBA WITH ARIANE (F) (W)

All ages, 6-7 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Head to the QuikTrip Great Lawn every Tuesday in May for a Zumba class led by Ariane Betancourt.

BEYOND WOMEN'S HISTORY MONTH: CELEBRATION AND SUPPORT YEARLONG (F)

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

Enjoy a night of painting and mocktails as local organizations provide information about their services for women and families around Tulsa. There will also be activities for children.

May 3 Wednesday

LITTLE GARDEN EXPLORERS (W)

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

Spark wonder at this easygoing play invitation designed for children under 5.

STORYTIME WITH PHILBROOK

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

Join Tulsa Zoo for story time. Philbrook will provide free arts and crafts following the story.

May 4 Thursday

ZOO SCHOOL: HABITATS OF THE WORLD: OCEANS

Grades 3-5, 9 a.m.-12 p.m., Tulsa Zoo, 6421 E. 36th St. N., tulsazoo.org

Zoo School teaches children about animal, life and physical sciences. Each session includes classroom learning, an educational activity, an adventure in the zoo and a visit from an education ambassador animal. Must pre-register. Repeats May 18.

SAFE KIDS TULSA CAR SEAT CHECK (F)

All ages, 10 a.m.-12 p.m., Broken Arrow Fire Department Station 6, 3151 N. 9th St., Broken Arrow, safekidstulsa.com

Make sure your child's car seat is installed correctly!

STORYTIME WITH TULSA ZOO

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

Join Philbrook for a special animal Storytime and a visit from the Tulsa Zoo! Stories geared toward kids 10 and under.

MAY THE FOURTH (F)

Ages 5-15, 4:30-6:30 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Test your Jedi abilities and learn to use your power to defend the galaxy…or perhaps you will choose a darker path? Various activities will be available. Cosplay encouraged.

BANDS & BLOOMS: PILGRIM

All ages, 6-8 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Enjoy a family-friendly spring evening in the Garden with live music and food and drink for sale. Regular admission. Free for members.

May 5 Friday

ART BABIES

For babies, 9:15-10:15 a.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join Philbrook educators for creative sessions that spark wonder and promote bonding between babies and their grownups. Space is limited; purchase tickets in advance. Repeats May 6.

GERMANFEST (F)

All ages, 10 a.m.-9 p.m., GAST Event Center, 2301 E. 15th St., gastulsa.org

Enjoy authentic German food, music and fun. Repeats May 6, 10 a.m.-9 p.m., and May 7, 11 a.m.-5 p.m.

2023 ANNE V. ZARROW AWARD FOR YOUNG READERS' LITERATURE HONORING STEVE SHEINKIN (F)

All ages, 6-8 p.m., Hardesty Regional Library, 8316 E. 93rd St., tulsalibrary.org

Meet author Steve Sheinkin as he accepts the award, speaks about his life and works, signs books, and helps present awards to winners of the 2023 Young People's Creative Writing Contest.

May 6 Saturday

SATURDAY MORNING BIRDING (F)

All ages, 8-9:45 a.m., Oxley Nature Center, 6700 Mohawk Blvd., oxleynaturecenter.org

Enjoy early morning birding at Oxley. Bring binoculars if you have them.

FREE COMIC BOOK DAY (F)

For elementary schoolers to teens, 10 a.m.-5 p.m., Judy Z. Kishner Library, 10150 N. Cincinnati Ave., Sperry, tulsalibrary.org

Pick up a free comic book! Mask making and a photo booth will be available all day.

CAMP BANDAGE (F)

All ages, 12-4 p.m., Broken Arrow Events Park, 21101 E. 101st St., Broken Arrow, campbandage.org

Local safety professionals and exhibitors will teach tips and tricks to keep your family safe, all in a fun, carnival type atmosphere.

EDUCATION FAIR (F)

For teens and adults, 1-4 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Explore traditional and unconventional ways to reach your educational goals. Visit with representatives from local schools and universities, attend workshops and find out about all the free resources TCCL offers students of all ages.

May 7 Sunday

SENSORY SKATE SUNDAY

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

Sensory Skate Sunday means no loud noises or flashing music, and the arcade and laser tag are suspended.

SPRING SERENADE

All ages, 3-5 p.m., VanTrease PACE, 10300 E. 81st St., tulsayouthsymphony.org

Tulsa Youth Symphony presents their spring concert.

May 8 Monday

TULSA ROCK AND MINERAL SOCIETY CLUB MEETING

All ages, 7 p.m., 712 S. Columbia Ave., tulsarockandmineralsociety.org

Visitors and chaperoned kids are welcome to TRMS's monthly club meetings. Kids 18 and under can participate in the Pebble Pups program at 6:15 p.m.



PHOTO COURTESY OF TULSA DRILLERS

TULSA DRILLERS HOME GAME SCHEDULE

Cheer for Tulsa Drillers at ONEOK Field, 201 N. Elgin Ave.! Don't forget to sign up kids 14 and under for Hornsby's Bullpen, to receive free tickets to Sunday day games, discount packs of Hornsby's Hangout wristbands, a birthday package discount and discounted parent ticket packages. **tulsadrillers.com**

5/2, 6:05 p.m. vs. San Antonio
5/3, 11:05 a.m. vs. San Antonio
5/4, 7:05 pm. vs. San Antonio
5/5, 7:05 p.m. vs. San Antonio*
5/6, 7:05 p.m. vs. San Antonio*
5/7, 1:05 p.m. vs. San Antonio**
5/9, 7:05 p.m. vs. Springfield
5/10, 12:05 p.m. vs. Springfield
5/11, 7:05 p.m. vs. Springfield
5/12, 7:05 p.m. vs. Springfield*
5/13, 7:05 p.m. vs. Springfield
5/14, 1:05. p.m. vs. Springfield**
5/23, 7:05 p.m. vs. NW Arkansas
5/24, 7:05 p.m. vs. NW Arkansas
5/25, 7:05 p.m. vs. NW Arkansas
5/26, 7:05 p.m. vs. NW Arkansas*
5/27, 7:05 p.m. vs. NW Arkansas*
5/28, 6:05. p.m. vs. NW Arkansas*

*Fireworks **Kids Eat Free

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

May 9 Tuesday

WATCH THE BOOK (F)

Ages 8-12, 4-6:15 p.m., Herman and Kate Kaiser Library, 5202 S. Hudson Ave., tulsalibrary.org

Watch a book come to life as a movie! Enjoy bookish activities to accompany the special movie screening.

LITERACY TUTOR TRAINING (F)

For adults, 5-8 p.m., Literacy, Outreach, and Volunteer Services, 2901 S. Harvard, tulsalibrary.org

Volunteer as an adult literacy tutor and learn what you can do to change someone's life. Participants must attend both sessions for workshop completion. The second session is May 11, 5-8 p.m. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

May 10 Wednesday

BUILD A READER STORYTIME: FAMILY/ DOLLY PARTON'S IMAGINATION LIBRARY ENROLLMENT (F)

Ages 0-5, 10:30-11:30 a.m., Rudisill Regional Library, 1520 N. Hartford Ave., tulsalibrary.org

After storytime, learn all about Dolly Parton's Imagination Library and register your children under age 5 for this free book-gifting program

STRENGTH AND CONDITIONING AT THE PARK (F) (W)

6:30-7:30 p.m., Redbud Festival Park, 109 N. Main St., Owasso, facebook.com/redbudfestivalpark

Join Connor Strength and Conditioning for dynamic/static exercises to help improve your physical fitness.



Broken Arrow's **Rooster Days festival** features a 5K/Fun Run, parade and more.

PHOTO COURTESY OF BROKEN ARROW CHAMBER OF COMMERCE.

May 11 Thursday

STORYTIME IN THE GARDENS (W)

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

Drop in for imaginative stories geared toward kids 10 and under.

TINY TOTS (W)

Ages 0-6, 10 a.m.-1 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Skate, play, ride and jump! Don't forget your socks!

May 12 Friday

MAYFEST (F)

All ages, May 12-14, Tulsa Arts and Greenwood Districts, tulsamayfest.org

Celebrate the arts at this popular downtown festival! There are local and national art vendors, a Mayfest Youth Art Gallery, food trucks and more.

A NIGHT WITH REMBRANDT TO MONET

All ages, 5:30-9:30 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Join in an evening of art, music, and activities inspired by the exhibition *Rembrandt to Monet.*

STUDIO C: TEEN ART HANGOUT

Ages 14+, 5:30-9 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Hang out, try out new art or craft ideas, or play a game with friends.

SIGNATURE SERIES

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaballet.org

Tulsa Ballet closes its season with an unforgettable evening featuring works by three superstar choreographers. Additional showtimes May 11-14.

May 13 Saturday

BOOKED UP FOR SUMMER CELEBRATION (F)

All ages, 10 a.m.-12 p.m., Guthrie Green, 111 Reconciliation Way, bookedupforsummer.org

Join Reading Partners for a free event featuring a story read-aloud, food for purchase, live music by Hot Toast Music Co. and more.

FESTIVAL OF KITES (F)

All ages, May 13-14, 10 a.m.-5 p.m., Tulsa Wind Riders, E. 43rd St. and S. Garnett, facebook.com/tulsawindriders

Join Tulsa Wind Riders for two days of kite flying, kite demonstrations and kite making for kids.

101 DALMATIONS: KIDS EDITION

All ages, 2 p.m., Tulsa PAC, 110 E. 2nd St., theatretulsa.org

A fur-raising adventure of kidnapping villains and courageous puppies. Presented by Theatre Tulsa Academy. Additional showtimes May 12-14.

FIESTA DE MAYO (F)

All ages, 2-9 p.m., Broken Arrow Rose District, facebook.com/rosedistrict

Celebrate Hispanic culture at this fun event featuring authentic food, shopping, dancing, a car show and more.

DIG: DAY IN THE GARDEN

All ages, 3-6 p.m., Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

This annual fundraiser for Tulsa Botanic Garden features a kid-friendly concert, bubble-making stations, face painting and so much more.

2023 PIECEWALK RESOURCE FAIR (F)

All ages, 6:30 p.m., River West Festival Park, 2100 S. Jackson Ave., piecewalk.org

Browse and gather information from a variety of professionals, businesses and organizations that help families affected by autism.

May 14 Sunday

Happy Mother's Day!

SENSORY-FRIENDLY FAMILY TIME

All ages, 9:30-11 a.m., Discovery Lab, 3123 S. Riverside Rd., discoverylab.org

Guests who need a quieter, less crowded place to play will be able to enjoy the Museum with their families.

INTO THE WOODS

2:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsaopera.com

Stephen Sondheim's classic musical interweaves timeless fairy tales and explores the consequences of its characters' wishes and quests. Repeats May 12, 7:30 p.m.

May 15 Monday

2023 BETTER ME: ENTREPRENEURSHIP (F)

For adults and older teens, 6:30-7:30 p.m., South Broken Arrow Library, 3600 S. Chestnut Ave., Broken Arrow, tulsalibrary.org

Local entrepreneur Holly will share the benefits and pitfalls of creating a business.

May 16 Tuesday

MONTHLY MACRAMÉ

Ages 16+, 12-1 p.m., Owen Park Community Center, 560 N. Maybelle Ave., facebook.com/owenparkcentertulsa

Take a monthly macramé class at Owen Park. The cost is $5 for supplies.

CHAMBERLAIN PARK COMMUNITY FOOD AND RESOURCE FESTIVAL (F)

All ages, 5:30-7:30 p.m., Chamberlain Park, 4940 N. Frankfort Ave., foodonthemoveok.com

Purchase fresh food on a pay-as-you-can model while enjoying a festival-like atmosphere.



Head to Martin Regional Library May 20 for TCCL's annual **Asian American Festival.**

PHOTO COURTESY OF TULSA CITY-COUNTY LIBRARY

May 17 Wednesday

STORY TIME AT TULSA ZOO (W)

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

Join Tulsa Zoo for story time - and meet an Animal Ambassador - every Wednesday morning.

CONVERSATION CIRCLES IN ENGLISH (F)

For adults, 12-1:30 p.m., Virtual, tulsalibrary.org

Join Fatima Zehra, English language learning specialist, and other adult English language learners for a fun and relaxed conversation class! Pre-register at tulsalibrary.org/events to get the Zoom link.

May 18 Thursday

ROOSTER DAYS (F)

All ages, May 18-21, Central Park, 1500 S. Main St., Broken Arrow, roosterdays.com

This four-day festival is filled with carnival rides, food trucks, an indoor/outdoor vendor marketplace, cornhole tournament, 5K and Fun Run, a parade and more.

SAFE KIDS TULSA CAR SEAT CHECK (F)

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

Make sure your child's car seat is installed correctly!

NATURE CRAFT DROP-IN (F) (W)

Ages 2+, 2-3 p.m.,. Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Drop in for a fun and educational, nature-based craft.

May 19 Friday

NIGHT MARKET (F)

All ages, 5-9 p.m., Nam-Hai Oriental Food Market, 11528 E. 21st St., facebook.com/tulsaglobal

AAPI and Tulsa Global District celebrate Asian American/Pacific Islander Heritage Month with food, vendors, entertainment and other family-friendly activities.

COX MOVIE NIGHT: *RAYA AND THE LAST DRAGON* (F)

All ages, 5:30-9 p.m., Gathering place, 2650 S. John Williams Way, gatheringplace.org

Lounge on the QuikTrip Great Lawn and enjoy a free showing of Disney Pixar's *Raya and the Last Dragon!* Participate in pre-show activities and experiences that bring the film to life.

FOWLER AUTOMOTIVE PRESENTS: *MEAN GIRLS*

All ages, 6-10:10 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Enjoy picnicking, live music and other activities before the special feature begins at 8:45 p.m.

May 20 Saturday

SUPERFUN SATURDAY: CAMP PHILBROOK

All ages, 9:30 a.m.-2 p.m., Philbrook Museum, 2727 S. Rockford Rd., philbrook.org

Art and nature come together in a feel-good day of summer camp-inspired fun.

ASIAN AMERICAN FESTIVAL

All ages, 11 a.m.-3 p.m., Martin Regional Library, 2601 S. Garnett Rd., tulsalibrary.org

Celebrate the many Asian American cultures and traditions that enrich and vitalize our community through live performances, local vendors, arts, crafts and more.

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

DIRT TO DESIGN: KID'S CERAMIC WORKSHOP

Ages 6+, 11 a.m.-2 p.m. Tulsa Botanic Garden, 3900 Tulsa Botanic Dr., tulsabotanic.org

Kids can see clay dug straight from the ground, see the stages of how Native Americans processed clay to make beautiful pottery for centuries, and create their own artwork with modern clay.

LUMINOUS: BEETHOVEN'S SYMPHONY NO. 3 EROICA

7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsasymphony.org

Enjoy an evening of classical music by Ravel, Neruda and Beethoven.

ART & MENTAL HEALTH

8 p.m., Living Arts of Tulsa, 307 E. Reconciliation Way, livingarts.org

Hear from musicians, poets, rappers and others as they explore topics of mental health and mental illness through their art forms.

May 21 Sunday

IF THE SHOE FITS

All ages, 2 p.m., Spotlight Theater, 1381 Riverside Dr., tulsaspotlighttheater.com

Enjoy a playful twist on a classic fairy tale, performed by Spotlight Children's Theatre. Additional showtimes May 12-14, 19-20.

OPEN SWIM (W)

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

Have fun and practice your swim skills while swimming with friends and family! Open to all swimmers.

May 22 Monday

TINY TOTS WITH ARIEL

Ages 0-6, 6-8 p.m., Wheels and Thrills, 10637 N. Garnett Rd., Owasso, wheelsandthrills.com

Skate, play, ride and jump! Don't forget your socks!

May 23 Tuesday

GREENWOOD COMMUNITY FOOD AND RESOURCE FESTIVAL (F)

All ages, 5:30-7:30 p.m., Greenwood Cultural Center, 322 N. Greenwood Ave., foodonthemoveok.com

Purchase fresh food on a pay-as-you-can model while enjoying a festival-like atmosphere.

May 24 Wednesday

STORYTIME WITH MS. HOLLY (F)

All ages, 10:30-11 a.m., Ray Harral Nature Center, 7101 S. 3rd St., Broken Arrow, facebook.com/rayharralnaturecenter

Ms. Holly will sing songs and read interactive stories to all who wish to listen.

TEEN CONNECTION (F)

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

This is a social group for middle and high school students with high-functioning autism.

May 25 Thursday

G.R.O.W. MOBILE LIBRARY (F) (W)

All ages, 9:30-11 a.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Browse hundreds of books for all ages, read as a family, and even checkout books to take home using their library cards.

DISCOVERY AWARDS

All ages, 7:30 p.m., Tulsa PAC, 110 E. 2nd St., tulsapac.com

Presented in partnership with Celebrity Attractions, the Discovery Awards highlight and award excellence in high school musical theatre.

May 26 Friday

FAMILY NATURE WALK + NATURE FUN FRIDAYS (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.

FINAL FRIDAY ARCADE! (F)

For tweens and teens, 4-5 p.m., Maxwell Park Library, 1313 N. Canton Ave., tulsalibrary.org

Play games on the library's Nintendo Switch and Xbox. Taking turns is a must.

May 27 Saturday

CHUCK WAGON FESTIVAL

All ages, 10 a.m.-4 p.m., National Cowboy & Western Heritage Museum, 1700 NE 63rd St., Oklahoma City, nationalcowboymuseum.org

Celebrate Western and Native American history, art and cuisine and this fun family event.

RENAISSANCE FESTIVAL (W)

All ages, 10:30 a.m.-6 p.m., Castle of Muskogee, 3400 W. Fern Mountain Rd., Muskogee, okcastle.com

Castle of Muskogee's annual Renaissance Festival runs Saturdays and Sundays through June 4, plus Monday, May 29.

JUST WRITE (F) (W)

For teens and adults, 10:30 a.m.-12 p.m., Jenks Library, 523 W. B St., Jenks, tulsalibrary.org

Work on your writing project with fellow creatives.



Castle of Muskogee's Renaissance Festival transports visitors back in time each weekend through June 4.

PHOTO BY KRISTI ROE OWEN.

May 28 Sunday

YOGA IN THE PARK (F)

All ages, 3-4 p.m., Redbud Festival Park 109 N. Main St., Owasso, facebook.com/redbudfestivalpark

Enjoy a free family yoga class presented by the Melting Spot Yoga Studio.

May 29 Monday

SKILLS & DRILLS: VOLLEYBALL (F) (W)

All ages, 6-8 p.m., Gathering Place, 2650 S. John Williams Way, gatheringplace.org

Looking to learn new sports skills to get your blood pumping? Head to the Energy Transfer Sports Courts for Skills & Drills: Volleyball, presented by OU Health!

MEMORIAL DAY

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

The Garden will be open with free admission to active and retired military personnel.

May 30 Tuesday

JOB LAB (F) (W)

For adults, 2-3 p.m., Central Library, 400 Civic Center, tulsalibrary.org

The library will help you set up an email account, create or update a resume, and search and apply for jobs. Must pre-register at tulsalibrary.org/events or by calling 918.549.7323.

May 31 Wednesday

INTRODUCTION TO 3D PRINTING AT THE LIBRARY: LEARN TO BE A MAKER (F)

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

Learn the basics of 3D printing and how this service works through the library.



When shopping at the **Tulsa Farmers' Market,** keep an eye out for this vibrant mural by Roger Peet and Kathleen Neeley.

Shop Local, Eat Local: Tulsa-Area Farmers Markets

GREENWOOD FARMERS AND ARTISANS MARKET

Saturdays, 8-11 a.m.

N. Greenwood Place between E. Pine and E. Queen St. (behind Rudisill Library)

sites.google.com/view/greenwoodfarmersartisansmarket

OWASSO FARMERS AND ARTISANS MARKET

Saturdays, 9 a.m.-1 p.m.

Redbud Festival Park, 109 N. Main St., Owasso

owassofarmmarket.wixsite.com/ofam

ROGERS COUNTY FARMERS MARKET

Saturdays, 7-11 a.m.

Rogers County Courthouse, 200 S. Lynn Riggs Blvd., Claremore

facebook.com/rogerscountyfarmersmarket

ROSE DISTRICT FARMERS MARKET

Saturdays, 8 a.m.-12 p.m.; Tuesdays, 4-8 p.m.

Broken Arrow Rose District

brokenarrowok.gov

SAPULPA FARMERS MARKET

Saturdays, 7:30-11 a.m.

Sapulpa Courthouse, 222 S. Dewey, Sapulpa

sapulpamainstreet.com

TULSA FARMERS' MARKET

Saturdays, 7-11 a.m.

Kendall-Whittier Square, Lewis and Admiral

tulsafarmersmarket.org

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

Laboratory for the Adolescent Brain
PROJECT REY

NOW ENROLLING!
Teens and Parents for OSU Brain Research Studies in Tulsa

Teens and moms will each be paid up to $240 for completing initial procedures.



REQUIREMENTS FOR TEEN PARTICIPANTS:
No orthodontic braces
Not currently taking antidepressant or antianxiety meds

What? 3 research sessions (2–3 hours each) and online surveys
Who? Teens ages 14–16 & their mothers
Where? Oklahoma State University Biomedical Imaging Center 1013 E 66th Pl, Tulsa, OK
When? We work with your schedule! Evening and weekend appointments are available.

Scan here to take our short screening survey!

Questions? Email **tulsalab@gmail.com**
or text or call **405-332-6746**

For more information or to sign up, visit us at **thelabtulsa.org/getinfo**

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AGES 8-12
JUNE 21,22 10-12
JUNE 23 10-1
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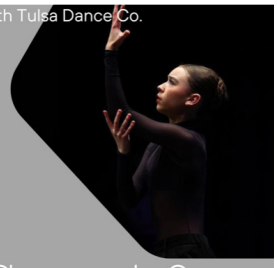
Located at 101st and Yale in Shoppes of Seville

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Choreograghy Camp
Tell Your Story.

July 17: 10-11:30am
July 18: 9-10:30am
July 19: 10-11:30am
July 20: 9-10:30am
July 21: showcase @ 6:30pm

Age 10 and up
$179

Celebrate Mother's Day at

DIG DAY IN THE GARDEN

SATURDAY, MAY 13, 3-6PM

Hot Toast Music · Bubble-making stations · Face painting · Garden crafts plus food, snow cones and more!



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Kids free with adult ticket.
Tickets: TULSABOTANIC.ORG
Purchase by May 10.

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registrar@camploughridge.org
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JUNE 13-16
JUNE 20-23
JUNE 27-30
JULY 11-14
JULY 18-21
JULY 25-28
AUGUST 1-4
AUGUST 8-11
Register at campninjawarrior.com
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Erica Lambrecht:

Cascia Student Sleep Study Going International

By **Betty Casey**





PHOTO CREDIT: ERVIN PHOTOGRAPHY

SENIOR ERICA Lambrecht's regional science fair project on sleep has advanced to the International Science Fair. The Cascia Hall Preparatory School student talks about her research, her mentors and her inspirations.

TK: Tell us about the science fair and your project.

Erica: My project competed at the Tulsa Regional Science Fair that took place at the University of Tulsa. I ended up advancing straight to the International Science Fair.

My project aimed to determine if there is a statistically significant difference in heart rate variability, sleep efficiency and percentage of time spent in deep non-REM sleep due to daily exercise. My participants wore an Oura ring for 20 nights, exercising for only 10 of the days in order to provide data for comparison. I performed statistical analysis on each data set, and I concluded that there is a general increase in all three variables following a day of exercise, but only heart rate variability proved to be statistically significant for each participant. Therefore, only a correlation between increased heart rate variability and daily exercise can be stated.

TK: Why did you choose this particular subject to research?

Erica: I was inspired by a podcast on health and wellness with Dr. Peter Attia and Matt Walker. They made it clear that there is a strong difference in quality of sleep between those who exercise on a regular basis and those who don't. I wanted to amplify this to see if there is a statistically significant change in quality of sleep depending on day-to-day exercise, rather than simply exercise in general.

TK: Who helped you shape your project or helped provide guidance?

Erica: Our (Cascia) science research advisor, Mrs. Steen, pushed me to find a topic that I truly felt passionate about. Once I found my topic, she helped me turn the idea into a realistic project for the science fair. Also, my statistics teacher, Mrs. Foster, helped me a great deal to ensure my statistical calculations were accurate. Without them, my project would not have reached this point.

TK: Have you always been interested in science? As a young woman, do you feel that girls and young women are encouraged to go into careers in the sciences?

Erica: I was exposed to science from an early age at University School. I learned about geology, chemistry and biology through discussions and lab work all throughout grade school. This piqued my curiosity as a young girl.

In high school, at Cascia Hall, the teachers always encouraged me to explore my interest in STEM. The numerous opportunities that were presented to me, such as science research and challenging STEM courses, elevated my commitment to a path in science. I've also been extremely lucky to have a family that supports me regardless of what academic path I follow.

TK: What are your future plans?

Erica: I will be attending Colorado State University in the fall to study mechanical engineering with an aerospace concentration.

TK: Do you have any role models?

Erica: My father has been my biggest role model. I've always admired his discipline and work ethic. He graduated with a degree in chemical engineering and pursued further interests in science by attending medical school. His work influenced me from a young age, as he always spoke with my brother and me about medicine and science around the dinner table.

TK: What are some of the things you like to do?

Erica: I love running, hiking, biking and all things outdoors! These interests greatly influenced my decision to attend Colorado State University!

TK: Do you have a fun fact or something that might surprise people that you can share?

Erica: I am a huge hockey fan! Go Pens! 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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