

pdx|parent

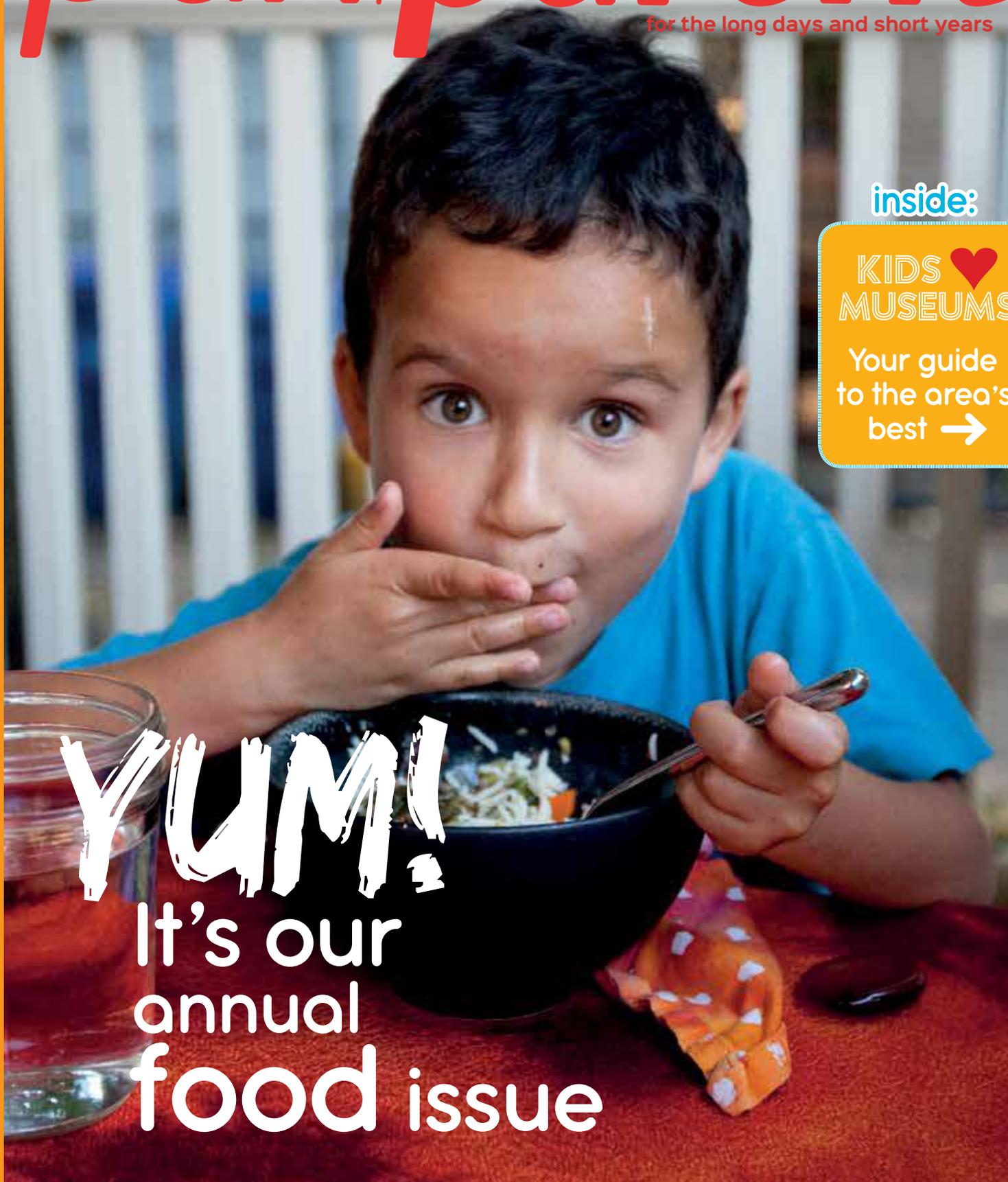
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Food Factory Tours > Turkey Day Craft > School Open Houses > Holiday Fun

inside:

KIDS  MUSEUMS

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IRENE HESS

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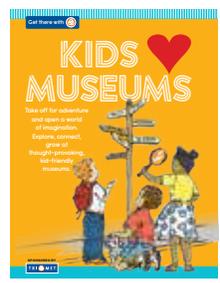
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Special Section:
Kids ♥ Museums

The littles will soak up knowledge while having a blast at these local, kid-friendly museums. Just turn to the middle of the magazine, and you're on your way!



RESOURCES

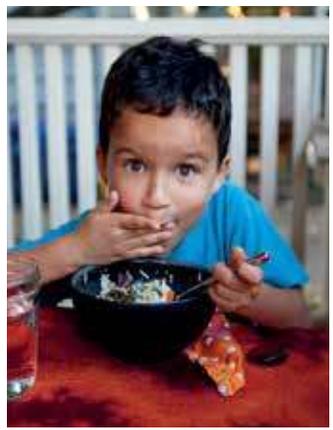
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On our cover:
This is photographer Irene Hess's third time shooting the cover of our annual food issue, and we think she's outdone herself. She captured this shot of Theo Wilson having dinner on his family's front porch on a summer night in SE Portland. Would that all our kids were such enthusiastic eaters! Check out pdxparent.com/amrons-shepherds-pie for a recipe from Theo's mom, Amron, and see more of Irene's work at irenehess.com, or on Instagram at @tejaroxy.



Editor's Note

As parents, we are definitely not supposed to play favorites. And yet, I can't help it, I do have a favorite ... issue of the magazine, that is. Spoiler alert: It's the food issue, which gets to the heart of our number one job as parents: to keep our kids nourished and healthy. This year's edition is packed with good stuff, including our attempt to consider an oft-asked question on local Facebook groups: How do you handle the night-in-and-night-outness of family dinner? Two awesome local families let photographer Irene Hess tag along on their trips to the market, then during dinner prep and the family meal, to get a bird's eye view of their approach. Plus, Portland is a paradise for kid-friendly restaurants and cafés — writer Catherine Ryan Gregory has a frank discussion with the owners of some of your favorite go-to spots, about dining-while-parenting etiquette, their advice for picky eaters and why they love their jobs. There's more — we've got best bets for first plates for new eaters, a day out with the kids at local food factories (samples included, obvs), a restaurant review of a fun new board game café on North Williams. Settle in for some good reads, and let me know which issue is *your* favorite at julia.silverman@pdxparent.com. — *Julia Silverman*

PS. Our colleagues pulled out all the stops this month with our special **Kids ♥ Museums** section. Check out the fun scavenger hunts and fresh ideas for indoor spaces to explore with the kids during the rainy season, starting after page 22. You'll want to hold on to this handy guide all year long.



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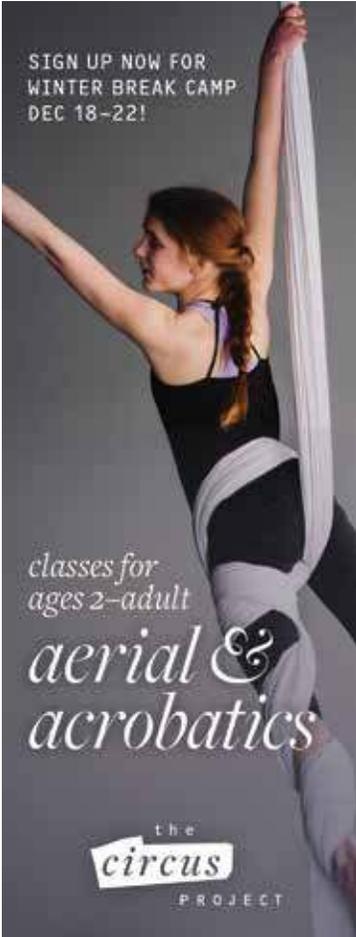

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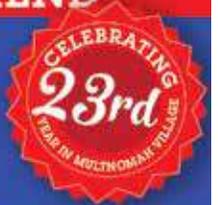
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Take Five: Amy Beacom

Amy Beacom, an inner-Southeast mom of two, knows the difficulties working parents face, particularly when they welcome a new child to the family. She founded the **Center for Parental Leave Leadership** (CPLL), a company that coaches other businesses on how to shape their policies to support working parents. Additionally, CPLL spends a quarter of its time advocating for paid leave for all.

Q: What drove you to found the Center for Parental Leave Leadership?

A: It was really a reaction to what I experienced after having my son nearly 11 years ago. I became a mother and what I now call the “transition from working person to working parent” sucker punched me. Completely. So I shifted my career from leadership development and executive coaching to creating a new field of parental leave consulting and coaching. From my personal trial came the insight that all of us in this country – parents, companies, politicians – were getting parental leave wrong. Which meant there was a big opportunity for companies who could get it right.

Q: Can you name some of the companies CPLL has worked with?

A: Usually our clients are enterprise level companies, like Microsoft, Danone or Phillips 66, but our favorite client this year has been Portland-based PAE Engineers – the first engineering company in the country to offer paid leave.

Q: Are you seeing a shift in more companies being open to paid parental leave?

A: Absolutely. Hardly a week goes by without a big announcement about a generous new paid leave policy. There’s a talent war going on and millennials, who are now the largest generation in the workforce, really



value a family-friendly workplace. We’ve seen a good number of small- to medium-sized Oregon businesses finding a way to offer some form of paid parental leave, and being very glad they did.

Q: Many small businesses say they can’t afford to offer paid parental leave. What would you say to a small business owner about the cost?

A: Small businesses are like families, so employees expect to be treated with care. Also there’s a cost to doing nothing. You’re potentially losing out on recruitment and you’re definitely losing out on retention. We’ve worked with small businesses who were surprised that when they actually crunched the numbers, paid leave was a no-brainer.

What I do, and I suggest other small business owners do, is get involved in the effort for paid leave legislation. Right now advocacy groups

are working towards a paid leave bill that will hopefully be adopted by Oregon in early 2018. It would create an insurance program based on a paid leave model that’s working well in four other states. Like car insurance, it spreads the cost across employees and employers in a statewide pool so it becomes virtually painless.

Q: What should companies be doing to support parents when they come back from leave?

A: Manager training is key. Managers need to understand both why and how to support new employees. There are two easy (and free!) things any manager can do: Ask the new parent what type of flexibility and support would be most helpful and trust that the new parent will do their best for you. Employees who feel trusted rarely let their employers down and have profound loyalty to the manager and company who supported them during complex times. – Denise Castañon



Playlist: SOCIAL JUSTICE SOUNDTRACK

The **Alphabet Rockers** want to change the world. Sounds like a tall order, but with the release of their new album *Rise Shine #Woke*, with its strong hip-hop beats and compelling, uplifting lyrics, they’ve got this. With snippets of President Obama speaking “We are the change that we seek” woven into the music, the song *Rise* is especially powerful. (And Michelle Obama’s famous quote “When they go low, we go high” becomes a lyric.) While each track from duo Kaitlin McGaw and Tommy Shepherd does an exceptional job of raising awareness as it serves up world-class hip-hop, the multi-lingual rap *Walls* is especially poignant. And with the lyrics, “I don’t look like you, but I still got your back,” the song *Stand Up for You* emerges as an unwavering kid ally anthem. Peppered between tracks are interludes of kids talking and rapping about friendship and acceptance. Want your kid to be the change? This is the album they need to hear right now. – D.C.

Listen to some of their tracks here: pdxparent.com/alphabet-rockers-playlist



TOP 5 ...

Hot Chocolates for Chilly Days

- 1 **Cacao Drink Chocolate**, SW Portland: The holy grail for hot chocolate lovers. Rich, creamy, decadent perfection. The kids won't share, so best to order your own.
- 2 **Pip's Original Donuts**, NE Portland: Try it spiked with chai, and paired with a Nutella-drizzled doughnut.
- 3 **Oui Presse**, SE Portland: Not-too-sweet, extra foamy, and in a good spot for people watching.
- 4 **Fleur Chocolatte**, Vancouver, Wash: A second-generation chocolatier makes hot chocolate in the French style. *Oui, oui, s'il vous plait!*
- 5 **Cup and Bar**, NE Portland: Small-batch, handmade Ranger chocolate as the source = an artisanal cup for you and the littles. — *Julia Silverman*

Five years ago, Oregon government officials made a bold promise: By the year 2025, every kid in Oregon would graduate from high school on time. **Oregon Public Broadcasting reporter Rob Manning** decided to fact-check them. For the past five years, he's been following a group of kids that began as kindergarteners in the David Douglas School District, documenting their lives and those of their families. For its five-year anniversary, the series has moved into podcast form, with episodes that delve into how kids learn when they don't have a home, and what happens when immigrant kids and their parents speak a different language. It's insightful, can't-miss reporting — add it to your podcast rotation via iTunes or find it at opb.org. — *J.S.*



We Recommend

Gear Guide: First Plates

The most important accessory for your baby's first solid foods is, of course, your camera. (Just make sure none of that mashed up avocado or sweet potato gets flung at the lens.) But right after that is baby dinnerware — you want something sturdy, but Insta-friendly too. Here are our favorite picks for first bites.

NumNum's Beginner Bowl gets points for its sloped walls that help guide a child's utensil to the food. And their **GOOtenzil** "pre-spoon" gets double points for its flat head design, which means there's no wrong way for little hands to grasp it. \$14 and \$9. At The Bull and the Bee, 1540 SE Bybee Blvd.



The **Avanchy Bamboo Baby Bowl** is sleek enough for any mid-century modern fan. It comes with a silicone base that easily attaches to any flat surface, and a quick-release tab at the bottom for when dinner is over. They throw in a BPA-free silicone spoon, too. Hand-wash only. \$19.99. At EcoBaby Gear, 7980 SE Stark St.



4-Moms Magnetic Magic, a super-smart, all-you'll-need-for-awhile starter set comes with magnets that keep bowls and plates in place on the company's tray. (So no spills, no matter how determined the little.) We love that this one is portable, so you can fill it up with snacks and put on the lids when you're on the go. It's dishwasher safe, too. \$39.99. At Posh Baby, 916 NW 10th Ave. — *J.S.*



Find recipes for baby food to put on those plates here: pdxparent.com/recipe-file-may-17

Follow This: *The Journey to Mom*

Portland writer/photographer [Natalie Brenner](#) was just 20 weeks pregnant when she met her son. No, this isn't a story about a micro-preemie's fight for survival. It was her other meant-to-be son, adopted at birth after a long and agonizing wait to be chosen by a birth parent, and a furious attempt to find the money to pay the adoption fees. Brenner writes movingly about her family's "match day," how it feels, nearly a year-and-a-half later, to be the mother to two boys who are just 4-and-a-half months apart in age, about the intricacies of transracial adoptions and how grief can be one of life's greatest gifts. She's collected these hard-won lessons in a new book, *This Undeserved Life*, as well as on her blog, at [nataliebrennerwrites.com](#) – a perfect read for National Adoption Awareness Month. (And for the sweetest pictures of her adorable sons, check out her Instagram at [@nataliebrenner](#).) – J.S.



NATALIE BRENNER

Good Deeds: **WASTE NOT** Salt & Straw is known for its slightly wacky flavor profiles, but their monthly specials this past June had a particular twist. All five flavors were made from food that otherwise would have been thrown away – just like the estimated (and shameful) 40 percent of food in the United States that goes to waste each day. The flavors were inspired by – and a portion of proceeds given to – **Urban Gleaners**, the Portland-based nonprofit whose mission to collect food that would otherwise go uneaten and deliver it to those in need. The nonprofit picks up food from multiple points in the metro area – organic, unsold produce from local farmers' markets, leftover chicken, ribs and briskets after a Trail Blazers game, and dairy and eggs that have just hit their sell-by dates from local supermarkets. All that bounty gets distributed to 40 plus sites in Portland, including 24 school-based pantries. They even run "mobile markets" that park in neighborhoods that are underserved by grocery stores, for residents to browse at their leisure. If you've got wheels and an extra few hours per week, they are looking for folks who can make pickups of surplus food and deliver it to organizations that feed the hungry. Pack up the kids, pop in some tunes, and go help out. More info at [urbangleaners.org](#). – J.S.



URBAN GLEANERS

Bookshelf: Rush the Stage

The West Coast's best book festival is back! **Wordstock** hits Portland this month and to celebrate, we asked our kid-lit experts, Kim Tano and Richard Corbett from Powell's Books, to pick their favorites from among those who will be appearing at the one-day author-palooza. Catch all the literati at the festival on Saturday, November 11, 9 am-6 pm at the Portland Art Museum. Tickets are \$15 in advance and \$18 at the door, but free to ages 17 and under, and include admission to the Portland Art Museum.

AGES 4 and up



LITTLE BROWN

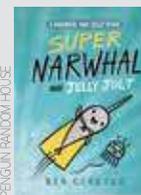
Radiant Child by *Javaka Steptoe*
This beautiful and moving biography of New York artist Jean-Michel Basquiat won the Caldecott award for the best illustrated children's book of the year. The colorful, collage-type paintings echo Basquiat's own style and prove that art doesn't need to stay inside the lines. \$9.99.



ROARING BROOK PRESS

Leave Me Alone! by *Vera Brosgol*
Local author Vera Brosgol presents this hilarious tale about a grandmother who just wants to get her knitting done. She travels to the forest, the mountains and space to be left alone to complete her sweaters. (And watch for Brosgol's new graphic novel for middle-grade readers, *Be Prepared*, coming next spring.) \$17.99.

AGES 8 and up



PENGUIN RANDOM HOUSE

Super Narwhal and Jelly Jolt by *Ben Clanton*
Opposites attract, or so the saying goes, and that proves true in this second book about Super Narwhal and his trusty sidekick Jelly Jolt, by the Seattle-based Clanton. Narwhal is devil-may-care and Jelly Jolt is exceedingly practical and together they have plenty of under-the-sea adventures. \$12.99.



PENGUIN RANDOM HOUSE

Lemons by *Melissa Savage*
After her mother's death, Lemonade Liberty Witt is sent to live with her grandma in a nondescript California town that has one claim to fame: It's the Bigfoot Capitol of the world. Our heroine joins up with an 11-year-old detective to hunt for the mysterious beast, but she'll wind up learning much more along the way. \$11.95.

We've got lots more book recommendations, right this way: [pdxparent.com/category/book-picks](#)

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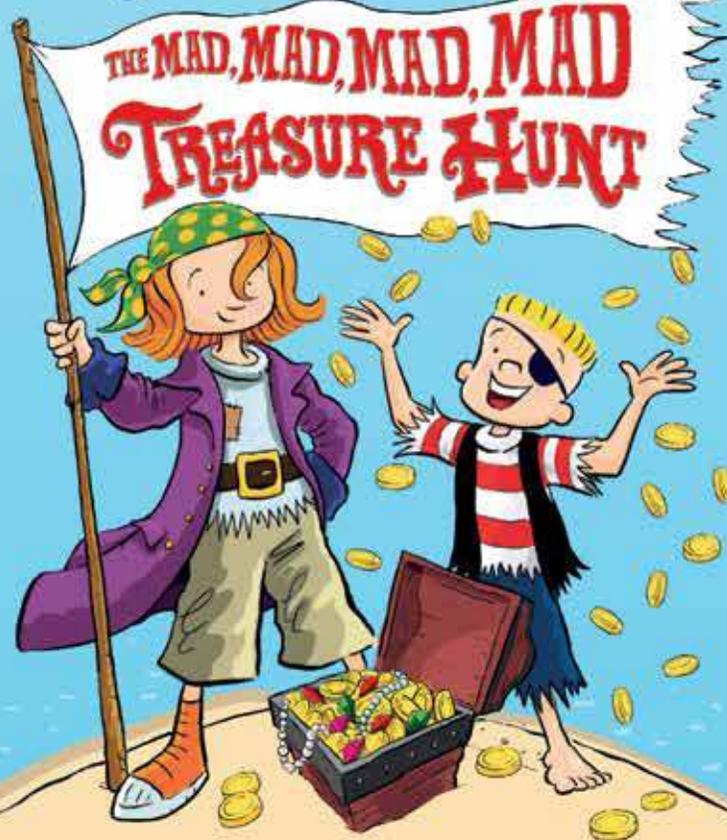
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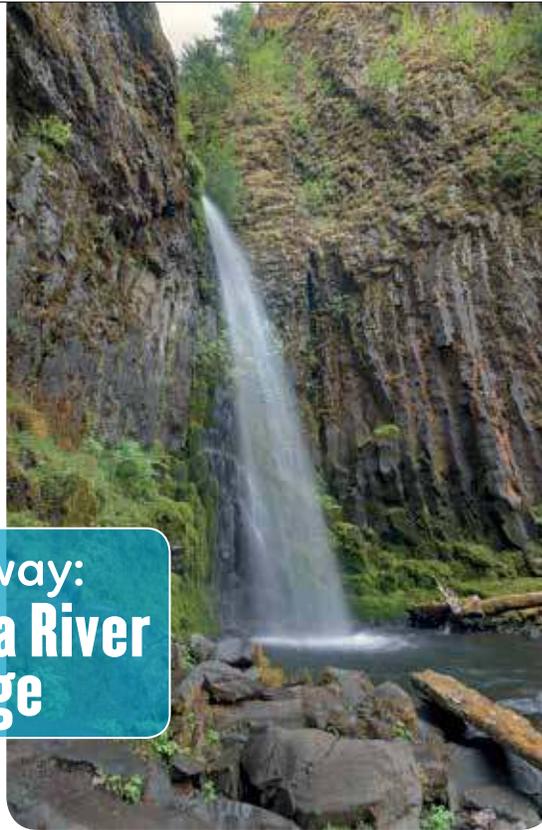


Play Room

The Eagle Creek fire this summer broke Portland's collective heart, and left many of us wondering what we could do to help restore our beloved **Columbia River Gorge**. Here's one answer: Go visit, and help out those who depend on tourist dollars. Base yourselves in the hip little burg of **White Salmon, Wash.**, just across the Columbia from Hood River, where you've got easy access to some of the region's best (and fire unaffected) trails. Our pick for late autumn is **Falls Creek**

Falls in the Gifford Pinchot National Forest, 3.4 miles out and back with minimal elevation gain and some beautiful fall color, courtesy of the resident alders and maples.

Getaway:
Columbia River Gorge



For indoor fun, the **Columbia Gorge Interpretive Center** has neat exhibits on the history of the area, or you can buy a day pass to the indoor pool and hot tubs at **Skamania Lodge**. Get a jump on holiday shopping at the friendly **G. Willikers' toy store** in Hood River, or buy books for everyone on your list at the independent **Waucoma Books**, just up the street. When it's time to eat, we like **Everybody's Brewing in White Salmon** — their kid's menu has a pick-three, build-a-plate option for \$7 and includes healthy choices like black beans, roasted sweet potatoes and red grapes; their beer selection can throw down with the best of PDX's brewpubs. Bunk down at the historic old **Inn of the White Salmon**, where the family king suite comes with bunk beds and a comfy king-sized bed for you. — J.S.

Ask Dr. Corey:

Q: We know we're short on sunshine in Oregon, but we've also seen news recently that vitamin D supplements have been overhyped. How much do we really need, what can we get from food, and is a supplement necessary?

A: Many a Pacific Northwesterner has, I'm sure, spent days during our rainy winters pining for a ray or two of warm, vitamin D-laden, sunshine.

Though rickets (a disease where the bones don't harden properly) is not a new problem, its link to low vitamin D levels wasn't figured out until the 1920s. After that, major pushes were made to attempt to fortify foods with vitamin D to prevent rickets and its complications.

For a variety of reasons, vitamin D deficiency appears to be on the rise and has come back to the fore since several studies were published between 2004 and 2011 or so. These studies all looked at bone density in otherwise healthy people and/or amounts of vitamin D in the blood. A surprising amount of people thought to be otherwise healthy had either evidence of low vitamin D levels and even some early bone changes. The percentage of people affected was between 20 and 30 percent, or even more in some studies.

Thankfully, prevention of vitamin D deficiency and rickets is pretty simple. **The American Academy of Pediatrics recommends a supplement of 400 IU of vitamin D for all babies under a year unless formula fed and consuming more than 32 ounces of formula in a 24 hour period.** In order for sufficient quantities of vitamin D to pass from mother to infant through breast milk, a mother has to take about 6000 IU of vitamin D supplement daily. For children over 1 years old, the recommended daily intake is 600 IU.

Most of us probably picture those red "Vitamin D Milk" cartons when thinking about dietary sources of vitamin D. However, in addition to fortified foods, there are several natural sources of Vitamin D.

A single serving of wild salmon can contain up to 1000 IU of vitamin D and several wild mushroom species contain significant quantities of vitamin D. Egg yolks are another good source.

Given the amount of data surrounding vitamin D supplementation, I definitely recommend that families pay attention to diet, make sure that children are getting plenty of outdoor exercise, and consider a supplement if either diet or activity level are limited. 🌈

Dr. Corey Fish is the founder of Pacific Crest Children's Urgent Care. He and his team specialize in high-quality, compassionate medical care for infants, children and adolescents. He attended the University of Washington School of Medicine and did his pediatric residency at Dell Children's Medical Center of Central Texas in Austin.



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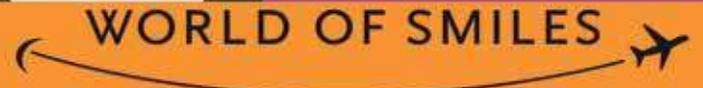
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HOW TO FE

From shopping to meal prep to gathering to eat – how two PDX families nourish their bodies and their bond.

PHOTOS BY IRENE HESS
STORY BY JULIA SILVERMAN

There are so many different ways to feed your family. You can cook from scratch, from produce you grew in the backyard. You can go through the drive-through on the way from work, or stop by the prepared foods counter after soccer practice runs late. You can eat at a restaurant or cut coupons or hit the wholesalers. You can menu plan or wing it, serve up a rotation of kid-tested favorites or experiment with new tastes and flavors. You can get pre-prepped ingredients to show up at your door in a box, or dig into your deep freeze for that pot roast you made last spring.

None of these are right or wrong, and many of us do a little of each. But we all have to eat – and so we asked two Portland-area families to show us how they do it. We wanted to know how much they spend on groceries to feed their families, and what they do with all that food once they get it home.

» **Photographer Irene Hess** started with a summertime visit with Amron Bevels-Wilson, M.D., a nutritionist/wellness coach who lives in Southeast Portland with her partner, Jeff Wilson, and their young sons, Theodore, 6, and Oliver, 3.



Q: Where do you like to shop in Portland?

A: I like to support local for a number of reasons – ecological, social, and actually, biological benefit as well – so I do almost all of my shopping at the sweet consortium of whole food purveyors housed within Providore Fine Foods Market. (2340 NE Sandy). There, I buy our fish, eggs and meats from Flying Fish/The Meat Monger and vegetables from RubINETTE. More than half of decision-making when selecting food is guided by visual cues. Food that looks better should taste better.

ED A FAMILY



Q: How do you keep costs down?

A: Because therapeutic nutrition is my profession (I am a non-practicing M.D.), I consider food my medicine. Every penny spent on quality food is a dollar saved on future health care expenses. So I make this monetary commitment to myself and my family. A grocery receipt totaling around \$120 can definitely make five good meals with leftovers. So that's food for about eight meals for two adults and two small kids.



Q: Do you meal plan ahead of time?

A: Have you heard the saying, *the plumber's house has leaky pipes*? That's me. Because I do food strategy for a living, my family meals at home are pretty spontaneous and off the cuff. I do get stuck in ruts, just like everyone else, and I generally create meals from a steady set of staples that I keep around all the time. I do a lot of getting the same basic ingredients and preparing variations of the same meals (current fall and winter staples include veggie-dense tacos, veggie-and-meat patties, cauliflower shepherd's pie, beanless meaty chili and dairy-free, gluten-free lasagna). Because I don't meal plan outright, I do have to make last-minute shopping runs every couple of days, but it's a pleasure of mine, so I enjoy it.

Q: Do you have a "philosophy" when it comes to feeding your kids?

A: Absolutely. As little processed, prepackaged food as possible.

Q: Would you consider your kids picky eaters?

A: I do. But our friends do not, which is a good thing, I guess. The rule at home, which I stole from a scientific study on templating and taste preferences, is that you must try something three times on three different occasions before demoting a food to the "do not like" list.

Q: How much time do you spend in the kitchen prepping dinner, on an average night?

A: An hour or two. I know this is unusual.



Q: Are you the main cook in your house or do you share cooking duties?

A: I am the main cook. I am a bit territorial about it.

Q: Do you usually eat as a family, and if so, why is this important for you?

A: No. We often feed the kids first then eat as adults later. We are working on it. Fortunately, my kitchen is set up to be a social hub for the family so we can talk while I cook and the children eat.



» Hess also photographed the blended family of Kristen Kingsbury and Pippin Beard, who live in Camas, Wash. with seven kids – Jake, 17, Milla, 15, and MJ, 12, from Kingsbury’s first marriage, Em, 15, and Phoenix, 15 (not pictured) from Beard’s previous marriage and Pascal, 9, and Leopold, 5. (Kingsbury adds that the two have been together for 11 years, and first met on that mid-2000s relic, Myspace. These days, she blogs about their blended family life at socalledmom.com; you can also follow along with their adventures at So Called Mom’s YouTube channel.)

Q: Where do you like to shop in Portland?

A: Because of our family size we easily burn through an entire loaf of bread or a box of cereal at a single sitting. So we do a lot of baking. We also like to eat as fresh as possible. Pippin does the shopping, and he buys fresh fruits and veggies at the farmers market, bulk flour for baking bread at Costco, cereal wherever it is organic and on sale (like at Fred Meyer or the Grocery Outlet in St. Johns). He is amazing at scouting out organic and wholesome foods to make sure we have the best to eat.





Q: How do you keep costs down, especially for such a large blended family?

A: We survive by incorporating meal prep as a part of our daily chores. For example, we bake a loaf of bread just about every day, popping the ingredients into a bread machine as the kids are waking up for school. Also, the kids pitch in. Food prep is part of family time – for dinner, for lunch. In the mornings during summer or weekends, Milla is usually flipping and serving up pancakes. In the afternoon Em is baking cookies for tomorrow’s school lunch. They have a hand in the kitchen. It is just as much theirs to explore as it is ours and we believe this is what has prevented us from having a bunch of picky eaters. I would say we spend on average about \$500 per week on groceries – sometimes a little more in the summertime because of fruit.

Q. Do you meal plan ahead of time?

A: When we’re on the go, the kids are piled into our van eating bean and cheese burritos, otherwise we’ll be late. We put our foot down from time to time and slow down because a tabled dinner is important. Creating together is important. Sitting together is important. It’s like a double whammy: quality time and dinner in one sitting.

Q: Do you have a “philosophy” when it comes to feeding your kids?

A: Organic and fresh. We shop almost daily for fresh ingredients. Also we love to try something new as much as possible, like kohlrabi or padrón peppers. How can we incorporate something different and make meals interesting and experimental? What did we/didn't we like and why? It can sometimes feel like Iron Chef except with children. Put that weird ingredient in the pan and let's see what happens. Also, no waste. We rarely have leftovers and we try to keep our footprint down with regards to how much waste from packaged and processed foods gets into our home. You'd be surprised by the amount of garbage and recycling we actually don't produce for a family our size.

Q: Would you consider your kids picky eaters?

A: The kids are more apt to eat if they're involved in the process (either picking tomatoes from the garden they also helped plant or helping to roll out and dress up pizza dough, for example). Also, because our family is so big, there is no room for being picky. We're either blazing a trail out the door and you'll be hungry if you forget your burrito, or we can sit and linger around the table talking all night while you finish.

Q: How much time do you spend in the kitchen prepping dinner, on an average night?

A: On average an hour, unless there is a food fight. Then a little more plus cleanup.

Q: How much do your older kids help out on an average night? Would you consider yourself or your partner the primary meal-maker, or is it a truly shared job?

A: We are on the brink of assigning cooking nights. The kids have regular daily chores and we're close to being able to add “pick recipe, make a list of what you need and cook it” to the list. Em is always in the kitchen, Pascal is involved. Milla likes to man the griddle or stovetop, depending on what's being made. I often think that if only one of us did all the work, the food wouldn't taste nearly as good. So it's mostly a shared job.

Q: Do you usually eat as a family, and if so, why is this important for you?

A: Eight times out of ten, yes. The other times, we're on the run — to gymnastics, school functions, skateboarding in the park until the sun goes down. If we can pack everything into a picnic, we do that. If you're a regular on my blog, one of my repeat themes is how much time flies when you have so many kids. I have a high school senior ready to leave the nest and a brand new kindergartner. It all goes by so fast. Eating together buys us time. Also we have a tradition that we originally started 10 years ago as a way to keep our rapidly growing kids talking and hanging out at the table, instead of eating and running off. Whoever calls it out first goes first and picks the next person. All we do is talk about what we liked about today and what we didn't like about today. It opens the kids up to continued communication and we always feel like we know them — we're involved. Using the dinner table makes some of our conversations less awkward, especially if the topic gets uncomfortable. The kids see each other experiencing things like bullying and empathize with each other. Raising a family this size is a collective effort. Pippin and I don't always like to have the answers. We aren't always in charge. When they are out of the house, they will always be there for each other — and could it be these dinner table traditions that keep them tightly knit? 🍌

Irene Tejaratchi Hess is a photographer, video editor and mama bear. She spent her early career as a producer and editor at the PBS series *Nature*. Irene's photos have appeared in *The New York Times*, *The Brooklyn Paper* and other publications. Backpacking with her family, roaming the Oregon Coast, and eating delicious food are a few of her favorite things. Irene just completed filming and editing a video about the crows of downtown Portland.





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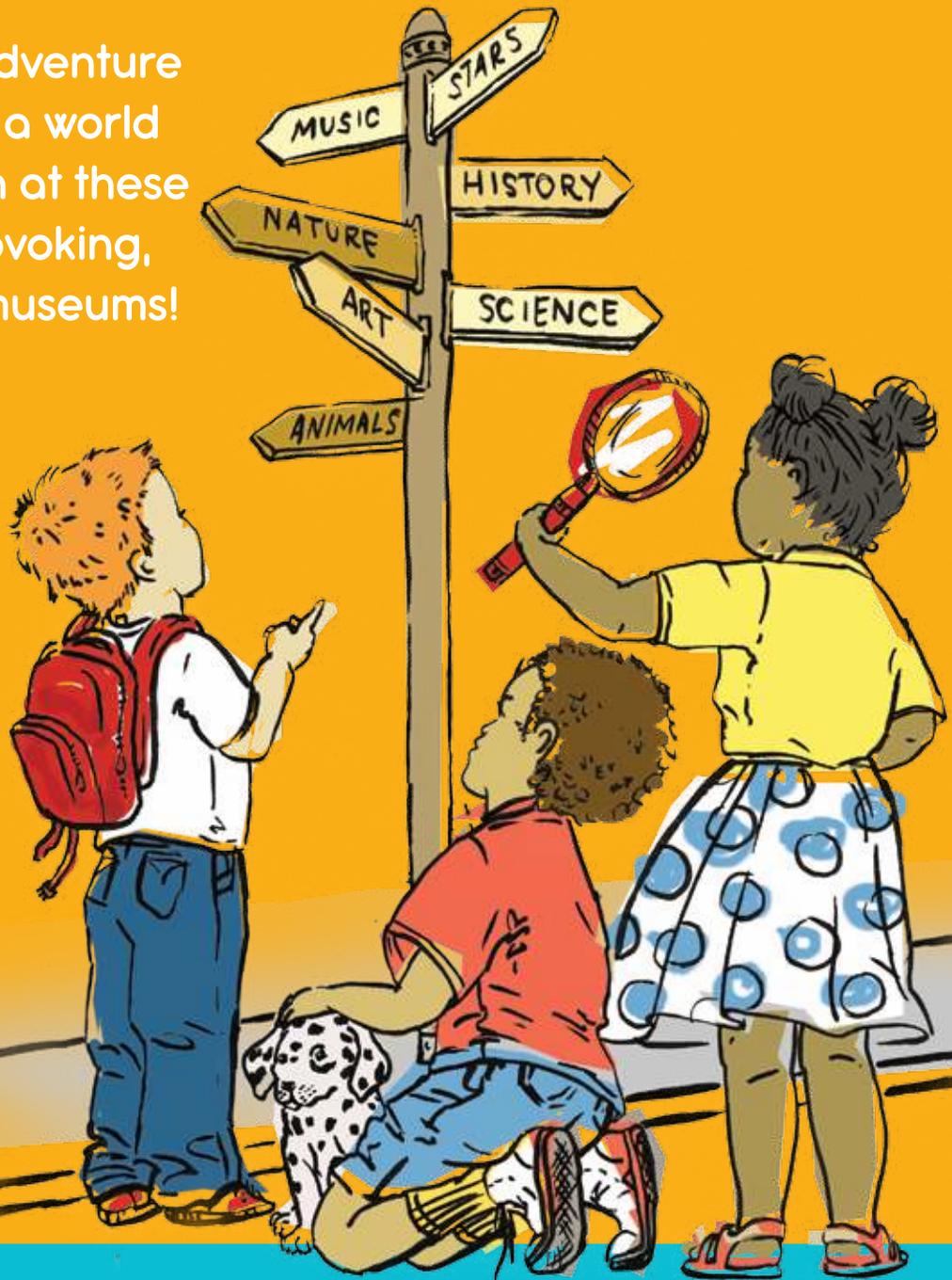


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KIDS MUSEUMS

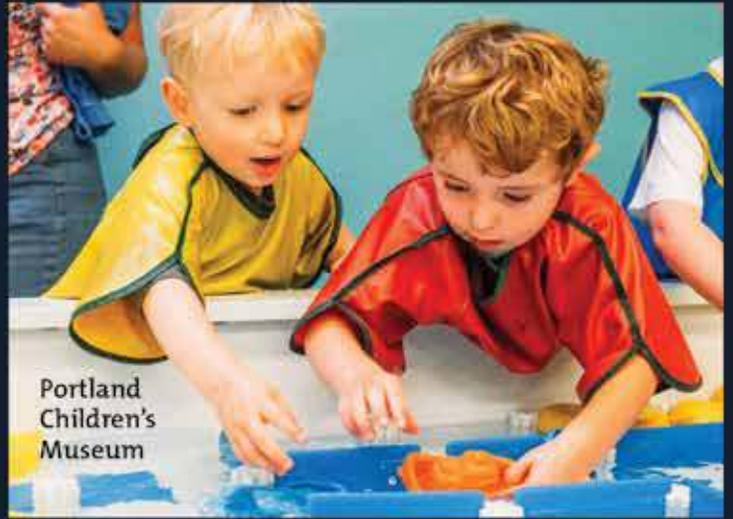
Take off for adventure and explore a world of imagination at these thought-provoking, kid-friendly museums!



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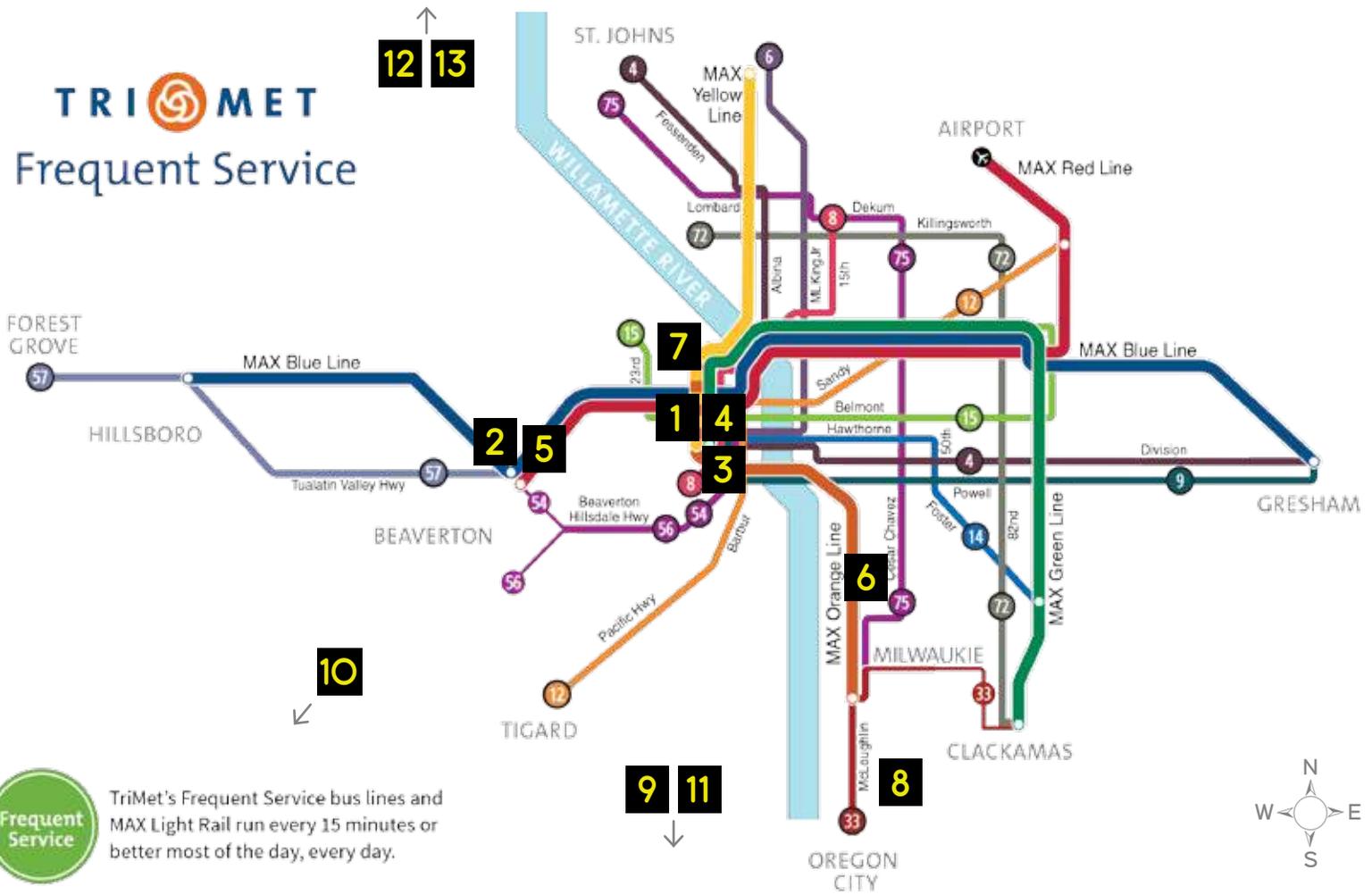


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55, 58, 68, 92, 94, 96;
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- 2** **Portland Children's
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MAX Red/Blue Lines; Bus #63.
- 3** **Wells Fargo History
Museum**.....K♥M-6
MAX Yellow/Green/Orange Lines;
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92, 96.
- 4** **Oregon Historical Society**.....K♥M-7
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55, 58, 68, 92, 94, 96;
Portland Streetcar.

- 5** **Oregon Zoo**.....K♥M-8
MAX Red/Blue Lines; Bus #63.
- 6** **OMSI**.....K♥M-9
MAX Orange Line; Bus #4, 6, 9, 10,
14, 15, 17, 291; Portland Streetcar.
- 7** **Oregon Jewish Museum
and Center for Holocaust
Education**.....K♥M-10
MAX Yellow/Green Lines; Bus #1, 4,
8, 9, 12, 17, 19, 20, 30, 35, 44, 54, 56,
77, 94, 99; Portland Streetcar.
- 8** **End of the Oregon Trail
Interpretive & Visitor
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Day Trip It!

- 9** **Old Aurora Colony
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- 10** **Oregon Coast
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- 11** **Gilbert House
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- 12** **Hands On Children's
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- 13** **Tacoma Museum
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Why Kids ♥ It

Special time with family, teachers, friends and classmates. Lots of different galleries, hidden stairwells, and a variety of art to lose yourself in.

Why Parents ♥ It

“Spending an afternoon at a museum is one of my favorite things to do ... even with all four of my kids. You can’t fall in love with art if you never see art. I love that every time I learn something a little more about myself and the world around me and I hope my kids feel the same way.”

— Christina C., via Instagram



MUSEUM INFO

Address: 1219 SW Park Ave., Portland, OR 97205

Website: portlandartmuseum.org

Hours: Tuesday-Wednesday: 10 am-5 pm; Thursday-Friday: 10 am-8 pm; Saturday-Sunday: 10 am-5 pm.

Admission: Kids under 17: free. General admission: \$19.99; ages 62+ and college students: \$16.99. Additional admission access offers available — see portlandartmuseum.org/plan-your-visit/admission-access-programs.

Free/Discounted Days: Free First Thursday: every first Thursday of the month (5 pm-8 pm); \$5 After 5 pm: every Friday; quarterly Miller Family Free Days (dates vary).

Museum Café: Museum Grounds.

Inclusivity Information: portlandartmuseum.org/plan-your-visit/accessibility

Special Events for Families/Kids: Family tours, Sundays at 12:30 pm. Baby Mornings, the first Thursday of each month from 10 am-12:30 pm.

Get Social: [facebook.com/portlandartmuseum](https://www.facebook.com/portlandartmuseum) / Instagram: @PortlandArtMuseum
Twitter: @pdxartmuseum



MAX Yellow/Green/Red/Blue Lines; Bus #1, 6, 8, 12, 14, 15, 19, 38, 45, 51, 55, 58, 68, 92, 94, 96; Portland Streetcar.



SCAVENGER HUNT:

Can you find these treasures?



Money Tree (Yao qian shu)

The Money Tree is a stunning example of the Museum’s Asian art collection. What kinds of creatures can you find hidden in the tree?

China, Sichuan province or neighboring regions, Money Tree (Yao qian shu), 2nd century CE, bronze tree; earthenware base with calcified green lead glaze, The Arlene and Harold Schnitzer Collection of Early Chinese Art.

Le gong c'est une lune (The Gong is the Moon)

Be sure to visit the Jubitz Center for Modern and Contemporary Art where this Alexander Calder mobile hangs. Can you make a similar one at home?

Alexander Calder, *Le gong c'est une lune* (The Gong is the Moon), 1953-1954, sheet metal, wire, string, objects, and paint, The Evan H. Roberts Memorial Sculpture Collection.



Raven to Sun Transformation regalia

The Museum’s Native American Art collection is internationally renowned, and the galleries are a favorite for school tours. Be sure to seek out this stunning piece by Calvin Hunt, Jr.

Calvin Hunt, Jr., *Raven to Sun Transformation Costume*, 1986, wood, paint, canvas, feathers, cloth, and string, The Elizabeth Cole Butler Collection.



Ursa Major

This sculpture by Oregon artist Rick Bartow is in the Northwest Art galleries. Be sure to look at all sides to discover new details.

Rick Bartow, *Ursa Major*, 2005, wood, metal, glass, and mother of pearl, Museum Purchase; Funds provided by the Native American Art Council and others.

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Portland Children's Museum



Why Kids ♥ It

With endless materials and activities for children to explore, the Museum is a perfect place to think, imagine, design, invent and create.

Why Parents ♥ It

Visiting Museum exhibits can help children engage deeply, feeding their love of learning. Adults can enjoy watching and engaging with their children as they learn through play.

MUSEUM INFO

Address: 4015 SW Canyon Rd., Portland, OR 97221

Website: portlandcm.org

Hours: 9 am-5 pm.

Admission: General admission (ages 1-64): \$10.75; under age 1: free; ages 65+ and military: \$9.75. Free for members.

Free/Discounted Days: Free admission on the first Friday of every month from 4 pm-8 pm.

Museum Café: Yes, 9 am-4 pm.

Programs for Homeschoolers: Customized consultations.

Camps/Classes: portlandcm.org/visit/camps-classes

Inclusivity Information: portlandcm.org/join/family-access-program

Special Events for Families/Kids: Special events every day!

Get Social: [facebook.com/portlandcm](https://www.facebook.com/portlandcm) | Instagram: @PortlandChildrensMuseum

Twitter: @portlandcm



MAX Red/Blue Lines; Bus #63.

SCAVENGER HUNT:



Can you find these treasures?



Light Bright

Place the giant color pegs to create a work of art and see the world differently

in glowing color. Can you find this giant light bright?



Garden to Table

Made by Opal School third graders, this sign shows how food makes it from garden to table. Where do you think this lives in the museum?



Maker Tools

You'll find tools like this in one of our exhibits where

children become designers as they select earth-friendly materials and create unique objects. Come find our tool collection!



Zoom Tree

You'll find this tree in an exhibit where risk-taking is essential and provides an opportunity to be daring. With countless low-slung limbs just begging to be climbed, the Zoom Tree challenges children without being dangerous.

Wells Fargo History Museum

KIDS MUSEUMS

Why Kids ♥ It

You can see a real stagecoach, be a stagecoach driver, send a message with Morse code and learn about gold in Oregon.

Why Parents ♥ It

The hands-on activities keep kids' attention and the role-play activities keep their bodies moving and their minds engaged.



MUSEUM INFO

Address: 1300 SW 5th Ave., 2nd floor, Portland, OR 97201

Website: wellsfargohistory.com/museums/portland

Hours: Monday-Friday: 9 am-5 pm.

Admission: Free.

Museum Café: Deli on 1st floor.

Programs for Homeschoolers: Yes!

Camps/Classes: wellsfargohistory.com/museums/portland

Inclusivity Information: Yes!

Special Events for Families/Kids: Events and programs all year, including Halloween and Take Your Daughters and Sons to Work Day.

WELLS FARGO



SCAVENGER HUNT:

Can you find these treasures?



Kiddie Ride

Kiddie Rides like this one were very popular during the

1950s. If you're under 6, hop on and learn to drive a stagecoach. If you're older, take the reins of our stagecoach driver's seat.



Gold

Miners looked for gold during Oregon's gold rushes. Gold was discovered in southern and eastern Oregon and ran underground in the veins of quartz.



Telegraph

The telegraph was used to communicate over long distances. It could take months for Oregonians to receive letters. When the telegraph came to Oregon, the news from New York was only 20 hours old.



Treasure Box

Wells Fargo used a treasure box to transport

gold from the mines of Oregon to the mint in San Francisco, where it was made into money.

Oregon Historical Society



Why Kids ♥ It

From holding a real beaver pelt to sitting inside a plank house, the museum exhibits make history come alive through hands-on experiences.

Why Parents ♥ It

The new History Hub permanent exhibit tells stories of the diverse people and events that have shaped Oregon history. It's designed for kids, by kids, but there's so much to learn for the history buff of any age!

MUSEUM INFO

Address: 1200 SW Park Ave., Portland, OR 97205

Website: ohs.org

Hours: Monday-Saturday: 10 am-5 pm; Sunday: noon-5 pm.

Admission: General admission: \$11; ages 6-18: \$5. Free for members, children 5 and under, and Multnomah County residents.

Camps/Classes: ohs.org/education

Reciprocal Memberships: ohs.org/join/reciprocal-membership.cfm

Get Social: [facebook.com/oregonhistory](https://www.facebook.com/oregonhistory) / Instagram: [@oregonhistoricalsociety](https://www.instagram.com/oregonhistoricalsociety)
Twitter: [@Orhist](https://twitter.com/Orhist)



 MAX Yellow/Green/Red/Blue Lines; Bus #1, 6, 10, 12, 14, 15, 19, 38, 45, 51, 55, 58, 68, 92, 94, 96; Portland Streetcar.

SCAVENGER HUNT:

Can you find these treasures?



Chinese Suitcase

This pig-skin-covered Chinese suitcase, c. 1900,

features a form-fitting conical top for storing hats.



Abigail Scott Duniway's Typewriter

This typewriter belonged to Abigail Scott Duniway, a leader in Oregon's suffrage movement that gave women the right to vote.

Oregon Trail Wagon

Pioneers used wagons like this one to travel across the country on the Oregon Trail.



Nez Perce Dress Yoke

This dress yoke from the Nez Perce tribe was handmade with deerskin and brass beads.

Why Kids ♥ It

What could be better than getting up close and personal with some of the most amazing animals on earth? From watching Lily the elephant swim in her pool to racing a cheetah to standing like a flamingo, kids never tire of interacting with their favorite wildlife.

Why Parents ♥ It

The zoo is the perfect outing! Kids can expend some energy playing in nature, and have their minds engaged while being delighted by wildlife. Parents love getting outside, the variety of food and beverage options that appeal to both kids and grown-ups (including Oregon beer & wine!). There are plenty of indoor viewing options as well, so the zoo is appealing no matter the weather.



MUSEUM INFO

Address: 4001 SW Canyon Rd., Portland, OR 97221

Website: oregonzoo.org

Hours: Opens at 9:30 am. Closing times are seasonal – see website.

Admission: Seasonal prices – see website.

Free/Discounted Days: \$5 per person admission every day for qualifying families. See oregonzoo.org/ForAll.

Museum Café: Yes, multiple.

Programs for Homeschoolers: Downloadable grade-specific field trip activity guides available.

Camps/Classes: oregonzoo.org/camp

Special Events for Families/Kids: Many! Check the schedule at oregonzoo.org/events.

Reciprocal Memberships: Limited – see website.

Get Social: [facebook.com/oregonzoo](https://www.facebook.com/oregonzoo) / Instagram: [@oregonzoo](https://www.instagram.com/oregonzoo)
Twitter: [@oregonzoo](https://twitter.com/oregonzoo)

 MAX Red/Blue Lines; Bus #63.

OREGON ZOO



SCAVENGER HUNT:

Can you find these treasures?



Log Tunnel at Eagle Canyon

The Cascade Stream habitat is a hidden jewel that many miss.

Kids will love exploring the woods from Black Bear Ridge to Eagle Canyon and down to Cougar Crossing and the Family Farm.



Nature Exploration Station

The new Education Center has plenty for both kids and adults to explore, including a pollinator garden, the Insect Zoo, puppet theater, coffee shop and outdoor nature play area. Don't miss the tiny turtles!



The Pool at Elephant Lands

Elephant Lands is hard to miss, but be sure to look for little Lily – when

she's not stealing treats from her aunties in Forest Hall, she's likely swimming with her brother Sam!



Lion Sculptures at Predators of the Serengeti

Predators of the Serengeti has lions, painted dogs, cheetah, caracal cats and mongoose throughout the

habitats. But outside, kids go wild for the life-size bronze sculptures of the lion pride.

Oregon Museum of Science and Industry [OMSI]



Why Kids ♥ It

Program a robot, design bridges and boats, explore the physics of sand, see space like never before, and tour a real submarine. Every visit is a new adventure!

Why Parents ♥ It

We ignite curiosity through hands-on science and brain-powered fun for all ages! Lots of options for exploration include several exhibit halls, a cutting-edge planetarium, submarine, giant-screen theater, laboratories, and rotating world-class science exhibits.

MUSEUM INFO

Address: 1945 SE Water Ave., Portland, OR 97214

Website: omsi.edu

Hours: Tuesday-Sunday: 9:30 am-5:30 pm. Closed Mondays.

Admission: General admission: \$14.50; youth: \$9.75; senior: \$11.25. Free for members.

Free/Discounted Days: \$2 general admission on the first Sunday of every month.

Museum Café: Theory (restaurant) and Theater Café.

Reciprocal Memberships: Association of Science – Technology Centers.

Get Social: [facebook.com/OMSI.Museum](https://www.facebook.com/OMSI.Museum) | Instagram: @omsi | Twitter: @omsi



 MAX Orange Line; Bus #4, 6, 9, 10, 14, 15, 17, 291; Portland Streetcar.

SCAVENGER HUNT:

Can you find these treasures?



USS Blueback
Get a glimpse of daily life on a real submarine! Peer through a periscope, touch a torpedo, and more on a sub tour.



Van de Graaff Generator
This giggle-inducing physics lab favorite will make your hair stand on end.

Water Play
Drip, splash, fill, swirl and spill with five hands-on water tanks perfect for little learners.



Designing Our World
Learn about aerodynamics and watch your paper creations soar as you test different wind speeds and solve design challenges.

Oregon Jewish Museum and Center for Holocaust Education

Why Kids ♥ It

Kids love OJMCHÉ for its weekly storytimes in the children's corner, hands-on exhibitions that teach important lessons, and the PBJ sandwiches in Lefty's Café. They love to explore the core exhibitions, which invite investigation, including the drawers filled with historical artifacts from the museum's collections that teach the history of Jews in Oregon.



Why Parents ♥ It

Last June OJMCHÉ re-opened in the heart of Portland's cultural district and the new space includes a children's corner with free admission for caregivers and children for our weekly storytime and a delicious café. Families will find much to explore in exhibitions that illuminate Jewish contributions to world culture and ideas, teach the lessons from the Holocaust and examine Oregon's history of discrimination and resistance.

MUSEUM INFO

Address: 724 NW Davis St., Portland, OR 97209

Website: ojmche.org

Hours: Monday: closed; Tuesday-Thursday: 11 am-5 pm; Friday: 11 am-4 pm; Saturday-Sunday: noon-5 pm.

Admission: General admission: \$8; students and seniors (+62): \$4; 12 and under: free.

Free/Discounted Days: Free on each First Thursday of the month from 5 pm-8 pm.

Museum Café: Lefty's Café is proud to offer traditional Jewish deli sandwiches, salads, and pastries sourced from local artisans and farmers. You do not need to pay admission to the museum to visit Lefty's Café!

Programs for Homeschoolers: Our programs are designed to meet your needs, whether you are visiting as a group new to Jewish traditions and culture, or have first-hand experience. Additionally our education staff welcomes inquiries about your needs for custom programs.

Camps/Classes: ojmche.org/visit#about

Special Events for Families/Kids: Join OJMCHÉ for storytime in Anne and Goldie's Children's Corner every Tuesday at 11 am. Rotating story readers. Caregivers with children are invited to attend free of charge.

Get Social: [facebook.com/OregonJewishMuseum](https://www.facebook.com/OregonJewishMuseum) / Instagram: [@_ojmche_](https://www.instagram.com/_ojmche_)
Twitter: [@ORJewishMuseum](https://twitter.com/ORJewishMuseum)



MAX Yellow/Green Lines; Bus #1, 4, 8, 9, 12, 17, 19, 20, 30, 35, 44, 54, 56, 77, 94, 99; Portland Streetcar.

SCAVENGER HUNT:

Can you find these treasures?

Candelabra

Candles and light are very important in Jewish tradition and there are many candle holders in the museum. Can you find this candelabra with the lions' heads?



George Washington

Our nation's first president George Washington has an important quote in the museum — can you find his name? (Hint — the letters are pretty big.)



Celebrate



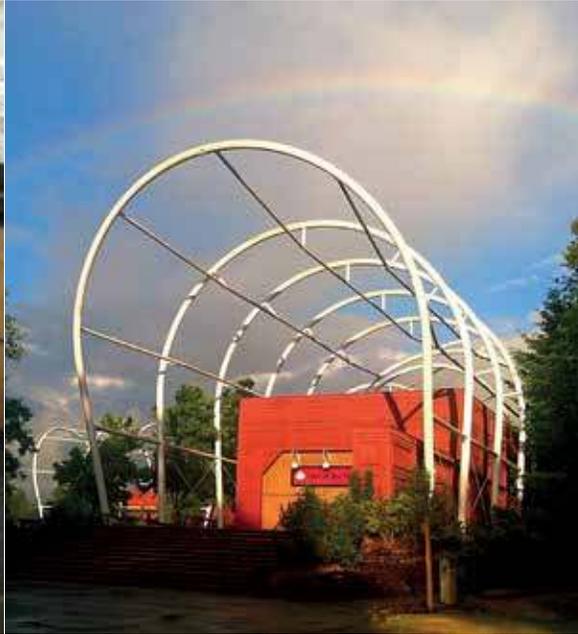
There is much to reflect on and celebrate at OJMCHÉ and as you explore the museum look for the word **celebrate** somewhere in our exhibitions. (It's in a hot pink block — so that may help!)

Mahjong

Mahjong is a game that originated in China that uses a set of small tiles. Can you find the exhibition where the mahjong tiles are?



End of the Oregon Trail Interpretive & Visitor Information Center



Why Kids ♥ It

Hands-on activities bring the Oregon Trail to life. Kids can pack a wagon, dress up in pioneer clothes, sign a land claim, and make candles, butter, rag dolls, and other crafts they are welcome to take home!

Why Parents ♥ It

Historically clothed interpreters and the 25-minute feature film *Bound for Oregon* help visitors experience history for themselves. Exhibits made in partnership with Oregon Black Pioneers and the Confederated Tribes of the Grand Ronde share the authentic stories of diverse Oregon Trail pioneers. An on-site state and county welcome center can help parents plan their next outing with lots of information on other interesting sites in Oregon City and beyond.

MUSEUM INFO

Address: 1726 Washington St., Oregon City, OR 97045

Website: historicoregoncity.org

Hours: Monday-Saturday: 9:30 am-5:00 pm; Sunday: 10:30 am-5:00 pm. Last admission at 4 pm.

Admission: General admission: \$13; seniors (60+): \$9; youth (13-18): \$9; children (4-12): \$7; children 3 and under are free, as well as active military personnel (with ID).

Free/Discounted Days: Use the Clackamas County Library Cultural Pass for free admission for up to two adults and six children.

Museum Café: Gift shop includes a variety of local snacks and beverages.

Programs for Homeschoolers: Customized packages available.

Special Events for Families/Kids: Heartstrings musical duo performances monthly; check website for details and other events.

Reciprocal Memberships: Clackamas County Heritage Council sites, such as Philip Foster Farm, Museum of the Oregon Territory, and more.

 Bus #32, 79, 154.



SCAVENGER HUNT:

Can you find these treasures?



Hank the Buffalo

Just how big are buffalo? And why on earth would children on the Oregon

Trail gather their poop? These are questions Hank the Buffalo can answer for you, if you pet him nicely!



Prairie schooner

The wagons that brought the pioneers across the Trail had to be sturdy to survive the

2,000-mile trip! See for yourself in the exhibit and consider what you would have packed in them.



Land claim office

This is where pioneers had to complete the paperwork to receive 640 acres of

free land — 1 whole square mile! This is the main reason people decided to cross the Oregon Trail.



Heritage garden

This heritage garden grows the kinds of plants many pioneers brought with them as seeds or clippings. It is maintained by the Master Gardeners

and has the official End of the Oregon Trail marker.

Old Aurora Colony Museum

Why Kids ♥ It

Hands-on fun – an indoor play space with pioneer games, toys, and things you can touch. Outdoors kids can grind grain and ring a church bell while they see a real log cabin and other pioneer buildings.

Why Parents ♥ It

“We could relax with our kids and let them explore games from an unplugged era. There’s something for kids and grown-ups alike, and the Aurora Colony story is unique.” “Loved the quilts. Be sure to see the music boxes!”



MUSEUM INFO

Address: 15018 Second St. NE, Aurora, OR 97002

Website: auroracolony.org

Hours: Tuesday-Saturday: 11 am-4 pm; Sunday: noon-4 p.m. Closed Monday. (Museum is closed all of January.)

Admission: General admission: \$6; students, seniors and AAA: \$5; family pass: \$20.

Free/Discounted Days: Aurora Colony Day in August.

Programs for Homeschoolers: Group tours by appointment; interactive activities can be arranged.

Camps/Classes: bit.ly/2xwxRdG

Special Events for Families/Kids: Aurora Colony Day in August.

Get Social: [facebook.com/oldauroracolonymuseum](https://www.facebook.com/oldauroracolonymuseum)



SCAVENGER HUNT:

Can you find these treasures?



Hoop Toss
When the weather is nice, toss hoops in the museum courtyard, or grind wheat

flour using real millstones. You can also try your hand at the schnitzel-bank – a bench for shaving wood.



Colony Church Bell

Out in the shed, gently ring one of the 1849 bells from the Aurora Colony Church. You'll see tools for making

wagon wheels, boots, and shoes, plus tools for woodworkers and blacksmiths.



3D Stereoscope

Stereoscopes became popular about the same time Aurora Colony

members traveled the Oregon Trail in the 1850s. Peer into these earliest 3D viewers, and play checkers, make a pew baby, or try the Jacob's ladder.



Steinbach Log Cabin

A dad, mom and five kids lived in this pioneer log cabin – and then grandpa moved in! Check out the peeled, hand-

hewn cedar timbers and the chinking made of mud, straw and manure.

Oregon Coast Aquarium



Why Kids ♥ It

The Oregon Coast Aquarium provides a unique opportunity to engage kids in science-learning through hands-on activities and presentations that bring the ocean to life. Kids have so much fun getting face-to-face with our mischievous sea otters, receiving “hugs” from urchins in the touch-tank, and watching our pelican Jojo during training sessions that they don’t even realize they’re learning.

Why Parents ♥ It

Parents appreciate the emphasis the Aquarium places on working together as a family to engage with our activities, such as discovering the clues of “Secrets of Shipwrecks” or documenting their visit with our camouflage photo backdrops. One of the best aspects of the Aquarium is that it doesn’t cater exclusively to the kids – parents always comment on the tranquility of our underwater walkways in “Passages of the Deep.”



SCAVENGER HUNT:

Can you find these treasures?

MUSEUM INFO

Address: 2820 SE Ferry Slip Rd., Newport, OR 97365

Website: aquarium.org

Hours: Winter: 10 am-5 pm; summer: 10 am-6 pm.

Admission: Adults: \$22.95 (18-64); seniors: \$19.95 (65+); young adults: \$19.95 (13-17); children: \$14.95 (3-12); infants & toddlers: free (0-2).

Museum Café: Yes! Ferry Slip Café.

Programs for Homeschoolers: Yes! aquarium.org/education/home-school-programs

Camps/Classes: aquarium.org/education/on-site-school-programs

Special Events for Families/Kids: aquarium.org/events-calendar

Get Social: [facebook.com/OregonCoastAquarium](https://www.facebook.com/OregonCoastAquarium) | Instagram: @OregonCoastAquarium

Twitter: @Orcoastaquarium



Giant Pacific Octopus

When visiting the Giant Pacific Octopus habitat at the Aquarium, be patient and

look carefully. This shy animal will often hide in the dark nooks and crannies of the exhibit.



Common Murre

Male and female Common Murres look alike, with a distinctive dark, slender bill and a black-and-white

color pattern that makes many people mistake them for penguins.



Broadnose Sevengill Shark

These large sharks are

common to Oregon coastal waters and are the largest shark species to reside in the Oregon Coast Aquarium’s Passages of the Deep exhibit.



Horned Puffin

Like Common Murres and Pigeon Guillemots, the Horned Puffin is an auk, a type of bird characterized by short wings

and thick beaks with excellent swimming and diving abilities.

Gilbert House Children's Museum



Why Kids ♥ It

With 15 diverse exhibits to explore and an Outdoor Discovery Area to roam, kids are allowed to be kids! Suit up for a day in our Vet Clinic, build a castle with life-sized blue blocks, perform a dance or play in our Center Stage Theater, or visit the bank in Main Street. There's a little something for everyone!

Why Parents ♥ It

"We live in the Orlando area and regularly visit the theme parks. My kids (ages 6-9) enjoyed this museum just as much as going to Disney!"

— Parent Visitor

A short hop from Portland, Gilbert House offers a safe and comfortable family experience while providing hands-on learning and discovery through exhibits that inspire creative play in areas of science, technology, engineering, art and math.



MUSEUM INFO

Address: 116 Marion St. NE, Salem, OR 97301

Website: acgilbert.org

Hours: Tuesday-Sunday: 10 am-5 pm; Summer Hours: Monday-Sunday: 10 am-5 pm.

Admission: General admission (ages 3-59): \$8; seniors (60+): \$6; toddlers (ages 1-2): \$4; children under 1: free. Free for members.

Free/Discounted Days: Free admission on February 19, Legacy of Play; June 25, Summer Block Party.

Camps/Classes: acgilbert.org/summer-camps

Special Events for Families/Kids: "Noon Year's Eve" celebration, December 31. Check our event calendar for seasonal activities: acgilbert.org/events/

Reciprocal Admissions: Association of Science – Technology Centers. Travel Passport Program.

Get Social: facebook.com/gilberthouse / Instagram: [@gilbert_house](https://instagram.com/gilbert_house)
Twitter: [@Gilberthouse](https://twitter.com/Gilberthouse)



Gilbert House
Children's Museum



SCAVENGER HUNT:

Can you find these treasures?



Up, Up and Away

Explore our wind tunnel, pilot an airplane, and take off in this aviation-

inspired room filled with hands-on learning about aerodynamics!



All About Me

It's your turn to be the doctor! Suit up in your lab coat and stethoscope, and learn about the human body through interactive

role play, while tending to babies in the nursery and analyzing X-rays.



Farm to Table

Plant and harvest your own crops, gather your own eggs, serve up a

farm fresh meal, and milk Annabelle, the Gilbert House cow!



Outdoor Discovery Area

Explore 20,000-square feet of outdoor fun! Climb the world's largest Erector Set tower, learn about

paleontology, create an adventure in our Discovery Campground, or crawl through the inside of Earth's Core!

Hands On Children's Museum



Why Kids ♥ It

150 interactive exhibits including Emergency!, Ballcano, art studio, MakeSpace and two-story climber. Wonder awaits in the Outdoor Discovery Center featuring Lighthouse Lookout, Trike Loop, Children's Garden, Northwest Naturalist Cabin and more! Don't miss spring break weeks, Boo Bash and "Noon Year's Eve" Party.

Why Parents ♥ It

Washington's award-winning museum on Olympia's waterfront, adjacent to WET Science Center and plaza with a 250-foot interactive stream. Near Farmer's Market, Percival Landing and the downtown. Beautiful, clean facility featuring yummy fresh food in the café. Trip Advisor Certificate of Excellence and top 5 in the Best of Western Washington!

MUSEUM INFO

Address: 414 Jefferson St. NE, Olympia, WA 98501

Website: hocm.org

Hours: Tuesday-Saturday: 10 am-5 pm, Sunday-Monday: 11 am-5 pm.

Admission: General admission (ages 2-64): \$12.95; seniors (65+): \$10.95; military/first responders/foster (with valid ID): \$10.95; babies (0-23 months): free. Free for members.

Free/Discounted Days: Free 1st Friday Nights 5 pm-9 pm, see hocm.org for more.

Museum Café: Yes! hocm.org/cafe

Programs for Homeschoolers: Yes! hocm.org/field-trips

Camps/Classes: Yes! hocm.org/camps

Inclusivity Information: hocm.org/sensory-friendly-events

Special Events for Families/Kids: Summer Splash! (June-August), Boo Bash (Saturday before Halloween), Noon Year's Eve (December 31).

Reciprocal Admissions: Yes! hocm.org/membership

Get Social: facebook.com/handsonchildrensmuseum | Twitter: @HandsOnMuseum



SCAVENGER HUNT:

Can you find these treasures?



Eagle's Nest
 Challenge yourself! Explore a 2-story climber and enter a life-sized eagle's nest 20 feet in

the air! Spot the eagle flying in, and then come swirling down the stream slide into Puget Sound Gallery.



Giant Light Bright
 Explore the magic of colored lights! Use brightly colored pegs to form

words and create your own original art at this larger than life exhibit.



Ballcano
 This favorite indoor water feature gets kids engaged by launching balls into an 8-foot-tall

vortex and moving mist created by ultrasonic waves through pipes.



MakeSpace

Let's make something! Children and their parents can design, tinker, experiment and create using hot glue guns, hand tools, electric scissors, circuits, silk screen presses, and more!

Tacoma Museum District



Why Kids ♥ It

Kids love Tacoma Museum District's active and varied experiences! At the Museum of Glass, watch glassblowers in the Hot Shop and create art in the studio. At Washington State History Museum, push the button to operate the biggest model railroad in the state! Climb a fantastical playscape at Children's Museum of Tacoma. Get inspired and make a masterpiece in Tacoma Art Museum's studio. In Foss Waterway Seaport's big historic building, gaze up in awe at a suspended Humpback whale skeleton. And take the driver's seat at the racing simulators or slot car and Pinewood Derby tracks at LeMay — America's Car Museum.

Why Parents ♥ It

You'll love that you can walk, stroll, or easily take transit around the Tacoma Museum District. With six unique museums, you're sure to please every member of your family! Learn, explore, and spark curiosity and imagination while you take in the scenic waterfront and historic downtown of Tacoma. Nearby hotels offer welcoming accommodations (some are pet-friendly too), and local restaurants offer a range of flavorful dining experiences.

MUSEUM INFO

Contact: Tacoma Museum District is comprised of *six* world class museums, centered along Pacific Avenue in Tacoma's lively downtown. Try all six museums at a discounted price with the **Tacoma Museum District Pass:** One discounted price for a Pass good for one visit to each museum, valid for one year!

Website: Go to TacomaMuseumDistrict.org for more info about the Pass. Check each museum's website for addresses, exhibitions and activities:

- WashingtonHistory.org
- MuseumOfGlass.org
- TacomaArtMuseum.org
- AmericasCarMuseum.org
- PlayTacoma.org
- FossWaterwaySeaport.org

Hours: Check each museum's website; generally 10 am- 5 pm, closed Mondays.

Admission: Save 25 percent with the **Tacoma Museum District Pass.** Check museum websites for individual admission rates. Family, senior, military, student and child discounts available, varies per museum.

Free/Discounted Days: Free admission at most museums on Third Thursday evenings. Other discounts available, check each museum's website.

Museum Café: Tacoma Art Museum, Museum of Glass, LeMay — America's Car Museum and Washington State History Museum have cafés.

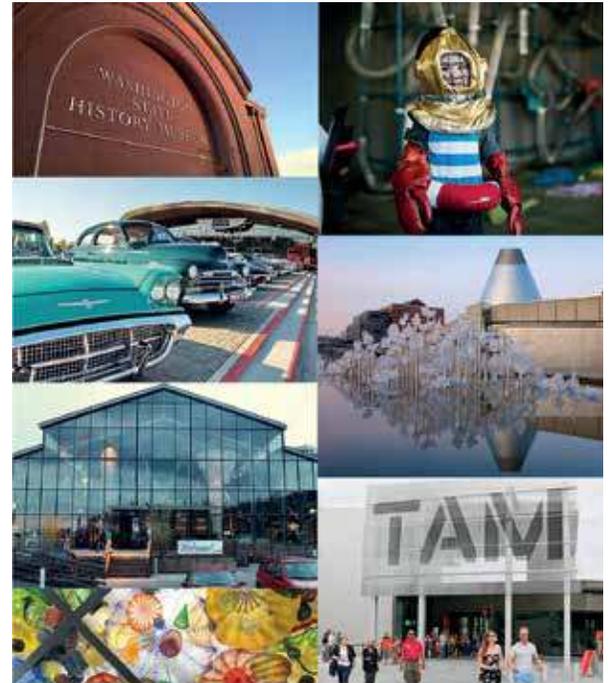
Programs for Homeschoolers: Vary by museum.

Camps/Classes: Yes!

Special Events for Families/Kids: Yes!

Reciprocal Admissions: Vary by museum.

Get Social: Yes! Each museum has Facebook, Instagram, and Twitter. Check websites for links to follow our social feeds.



SCAVENGER HUNT:

Can you find these treasures?

Foss Waterway Seaport

Find Exploration Backpacks for your journey through the Seaport! They're full of kid-oriented tools and filled with questions and discovery ideas for the whole family.



LeMay — America's Car Museum: The "Flintmobile" included in our collection is Fred Flintstone's car, custom built by designer George Barris for the 1994 movie, *The Flintstones*.

Washington State History Museum: Don your conductor's cap and climb aboard our permanent **model railroad!** Can you find the wheelhouse? In December, visit the Annual



Model Train Festival for even more trains!



Museum of Glass What's this strange gooey

gob? It's **hot glass!** Can you see the artists in the Hot Shop use this spectacular material? They'll take it out of a furnace that's 2400° F.



Tacoma Art Museum: Leroy, *The Big Pup* by Scott Fife, based on his real-life puppy, stands 10-feet tall,

and is made of cardboard!



Children's Museum of Tacoma: Imaginations will soar on and around **Voyager.** The playscape lets children set sail and journey by land, air, water or space.





TRAVEL TACOMA + PIERCE COUNTY, WA

Plan your trip to Tacoma
at traveltacoma.com

Get Social: facebook.com/TravelTacoma
Instagram: @TravelTacoma / Twitter: @TravelTacoma

Why Kids ♥ It

Kids will love the hands-on activities in Tacoma's Downtown Museum District, and Tacoma is also close to Mount Rainier, where kids will love KidsTrek, the new playground at NorthwestTrek Wildlife Park, the Mount Rainier Railroad and Logging Museum and kid-friendly wooded walks.

Why Parents ♥ It

Parents will love the savings and value they'll find at a stay in Pierce County, with hotel prices much lower than in neighboring Seattle, which is only a short drive north. Mount Rainier's year-round attractions and tours make it easy for families with kids of different ages to enjoy their time together.

CANDID KITCHEN

Peek behind the scenes at some of Portland's favorite kid-friendly restaurants and play cafés.

BY CATHERINE RYAN GREGORY

Bringing your kids out to eat or to bop along to live musicians in a play café is a near-essential part of parenting in Portland, especially during the long, rainy winters. But as beloved as family-friendly eateries are in this gastro-first city, many of us can't fathom everything that goes into running a family-first establishment.

So we gathered the owners of three of our favorite local family-focused joints to get the behind-the-scenes lowdown on running a business that welcomes some of the industry's toughest customers: parents and kids.

Pull up a chair with three of the city's pillar businesswomen and nibble on their insights, from how they really see your kids to what you should do about the giant mess under the table. (The answer might surprise you!)

Our experts: **Lisa Schroeder**, founder and head chef at Mother's Bistro in downtown Portland; grandmother to Bella, 14; Taylor, 13; and fraternal twins Julian and Oliver, 5



LISA SCHROEDER

Kayla Husen: Co-owner of Roseway Play Cafe in North Portland, mom of two young children.

Kelley Peake: Founder of The Play Boutique in Lake Oswego, mom of three kids, ages 16, 13 and 8.



KELLEY PEAKE

PDX Parent: Kids don't necessarily make the best customers: They're messy, loud, picky. Why center your business around families with young children?

Kayla Husen: [Husband and cofounder Bryan Husen] and I were finding as our children started toddling that there really weren't many places that allow children to be a functional part of our everyday life. The big indoor play structures are fun, but that's really more of a special occasion thing for our family, and traditional coffee shops don't exactly welcome screaming and running toddlers. We wanted something that is both affordable and welcoming to the whole family.

Lisa Schroeder: The name of my restaurant is Mother's. If I didn't make it family friendly I don't deserve to be in business! I wanted to be a place where families can eat any day, not only on special occasions. It also makes good business sense. My goal is to feed as many people in my lifetime as I humanly can, and this was a way to get the families, too.

PP: Did you grow up eating out or playing in public spaces? Did you have a kid-friendly café nearby when you were a child?

Kelley Peake: No, not at all. Creating a public space for the whole family started after I had my first child. Being a full-time working mom, I was always looking for fun memories to make for me and my family.

Kayla: I didn't either. I think the times have really changed since we were children, and how we safely allow children to explore community is no exception.

Lisa: I was raised going out. I'd go downtown [in Philadelphia] and go out to dinner with my mom and dad. I've been surrounded by good food since I was very young.



LISA SCHROEDER

PP: That brings up the topic of good food: Mother's doesn't have a kid's menu of items that are all beige and deep-fried.

Lisa: People have been clamoring for better kid menus. We have the requisite grilled cheese and peanut butter and jelly sandwich, but we also have half-portions of pot roast and chicken and dumplings. I want my kids to eat healthy and for them to get their greens and proteins, so I make sure we have that for everybody.

PP: Is there anything you wish families would do differently, like tip better or take care of the mess under the table?

Lisa: We have the expectation that kids are going to drop food everywhere. If you have a 2-year-old in a high chair, it's going to be chaos down there. If you welcome children, you welcome their mess, and we happily deal with that.

Kelley: Many parents are guilty of focusing all of their attention on their most prized possessions in life, their children, without really seeing the big picture. They tend to forget there are rules in place to take care of everyone and when something is an inconvenience to them, it might be very helpful to others. For example, we have a rule of no strollers inside the building. It is a major health and safety hazard. But what a pain it can be to have to unload the stroller!

PP: How does your family inspire your work – both its opening and its evolution?

Kelley: In my family we joke, Play Boutique is our third of four children. It started as a creative outlet for me to fulfill a need I was craving for my own family and 10 years later it has become a career I am so passionate about. All of my children have taken classes and have gone to preschool at PB over the years. I have lost count of how many parties we have had! And now, my 16-year-old daughter works in the café and is one of our best party specialists.

PP: What do you wish families knew about visiting your café or restaurant?

Kayla: I wish they knew that this is what we are here for. Children will be children, and our space was made for them just the way they are. We hope parents can let their guard down and relax a little bit, knowing that everyone here gets it.

Lisa: I would hope parents wouldn't ignore children at a restaurant and include them in the meal and experience rather than try to keep 'em busy so you don't have to deal with them. I've been guilty of not doing that. But there are so many teaching moments in a restaurant: how to talk to a stranger, how to say please and thank you, how to hold a knife and fork, how to have a conversation. Parents could take advantage of it.

PP: The restaurant industry runs on notoriously small margins, and it's hard not to notice some of the beloved play cafés that have closed in Portland recently, like Pied Piper and Café au Play.



Plenty of room for kids of all sizes at Play Boutique.

PLAY BOUTIQUE

Kelley: Parents are willing to pay \$20 for a spin or yoga class but do not see the same value in what places like these offer. That, combined with the fact that parents are the pickiest customers around, makes for a very tough situation to manage. Many parents want extremely high quality, yet pay very little for it. In this field, there is no financial wiggle room.

Kayla: Ultimately all businesses are run by real people, and at some point those people have to make decisions that are best for them personally. I have so much respect for the hard choices that those owners had to make, and we at Roseway will continue pushing forward.



Kids have free run at Roseway Play Café.

ROSEWAY PLAY CAFÉ

PP: Aside from the food and drink, what are the challenges of running a family-friendly business that patrons might not consider?

Lisa: Having enough high chairs! Keeping the crayons sharp. And stroller parking! So many people have strollers that it's a parking lot out there.

Kelley: Getting families to remember the rules we have in place to keep all kiddos and parents safe and healthy. Like, everyone wear socks! And no outside food allowed. There are too many of our littlest guests that have varying food allergies.

PP: How do you balance running a small business with family life?

Kayla: We don't see them as two separate things. Our business is a piece of our family and our values that we extend to our community, and in turn our family is an integral part of running our business. Our children work with us daily, helping where they are willing and capable.

Kelley: For me, I have found that balance is not about doing multiple things at the same time. Balance is about giving yourself the freedom to let go of the guilt when certain areas of your life feel like they are failing.

Some days, work will win and your kids will lose; other days, your kids will win and work will lose. Most days your marriage will take a back seat, and pretty much every day your own needs are neglected. Balance is when you let yourself be okay with all this. For me, that acceptance is balance.

Lisa: The only way I've been able to balance it is to promote a new general manager at Mother's to free up my time. That way during the afternoon lull I can run errands or take my grandkids to a doctor's appointment.

PP: Running any business, but especially a restaurant or café, demands long hours and boundless energy. What keeps you going?

Lisa: I now have six mouths to feed [my four grandchildren, their father and their other grandmother]. What really keeps me going is I have to keep them going. I also love feeding people, I love making people happy, I love seeing happy kids and families. That's enough juice to get me out of bed in the morning.



Having fun in the play area at Roseway Play Café.

ROSEWAY PLAY CAFÉ

Kayla: For me, it is incredibly humanizing and empowering to see families just like ours all day long. We see that no matter how different people are, we are truly so similar, and we're all in the trenches of parenting just doing the best we can. 🌈

Catherine Ryan Gregory is always on the hunt for Portland restaurants and cafés where she can take her two picky eaters, ages 2 and 4, without having a nervous breakdown. She blogs about parenting at tenthousandhourmama.com and writes *PDX Parent's* "Baby Steps" column every other month.

Check out even more Thanksgiving crafts here: pdxparent.com/thanksgiving-crafts-for-kids

Turkey Time

Use all those pinecones your kids collect to make a darling Thanksgiving centerpiece.

BY JULIE JETTON

We've all been there. You're on your way home from the park and your little one insists on bringing home all the pinecones he's collected. If you are lucky, you can wheedle him down to just one or two. Either way, there's probably more than a few pinecones rolling around your house. Put them to

good use with this adorable project. You can make one and use it as a stand-alone decoration or create a posse of turkeys for a centerpiece. Or write names on small pieces of construction paper, insert them into the pine cones and use them as place settings on Turkey Day.

Materials

Scissors
Red pipe cleaner
Pinecone
Colored feathers
Googly eyes
Bottle cap (milk jug or sports-drink caps will work)
White glue
Hot glue gun and sticks, optional

Instructions

1. Cut approximately 2 inches off of the pipe cleaner and set aside.
2. Form a loop on the larger piece of pipe cleaner to create the head and twist to hold in place.
3. Take the smaller piece of pipe cleaner and twist it around the top part of the loop so that it hangs down on one side to form the wattle.
4. Twist the end of the pipe cleaner around the narrow end of the pinecone.
5. Adjust the turkey neck and head to the length and shape you want. Set turkey inside the bottle cap to steady it.
6. Dribble white glue into the empty spaces toward the fat end of the pinecone and stick in as many feathers as you want. You can use traditional fall colors or go with bright colors for a festive look! *(Note: Use white glue for feathers, not hot glue. There is always a risk of burns with hot glue, but feathers make it worse.)*
7. Glue on googly eyes to the pipe-cleaner head. A grown-up can use hot glue, which works best. But you can use white glue and press eyes into place until the glue grabs. Pro tip: Whether using hot glue or white glue, squeeze some onto a paper plate and carefully apply with a toothpick. 🦃



Julie Jetton is a co-owner of Spark Arts Center in Northeast Portland's Hollywood District. She believes that creative expression is a pathway to learning. Spark Arts has classes and open studio time for kids ages 2 to 12. Find out more by visiting: sparkartscenter.com.

Nose to the Grindstone

I've been cooking since I was a kid, and I've been teaching my kids to cook since they were able to hold a spoon. They aren't under the impression that food just magically appears before them. But they really don't know where that flour we're using to make pizza dough or the cheese they're grating to put on top of it comes from. Enter the food factory tour – several local companies offer a chance for grown-ups and kids to get a behind-the-scenes peek into how food is processed and packaged before it lands on grocery store shelves. Here's a look at two of them.

Great Grains

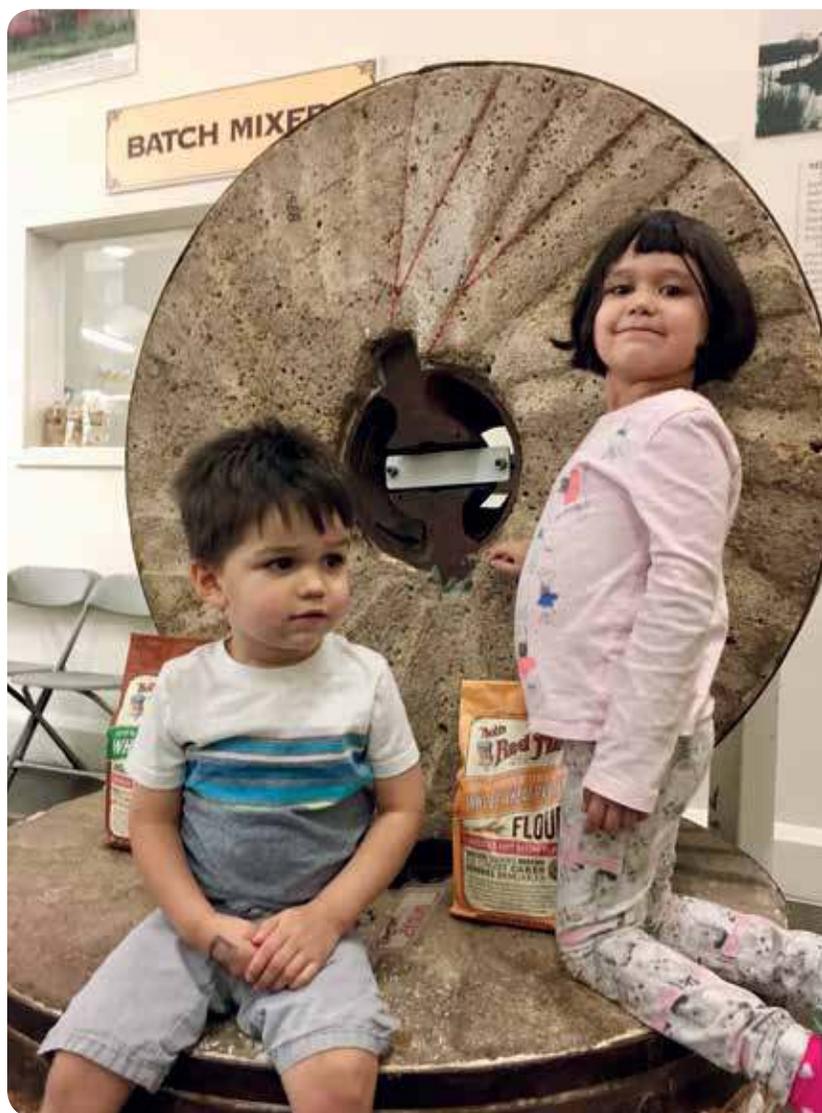
I had fully intended to get to the [Bob's Red Mill Factory tour](#) 10 minutes early. But I coasted in with my 2-year-old son, Cruz, and 5-year-old daughter, Adela, after the introductory video had already started. It did not faze our cheerful tour guide, Christie, who instantly started engaging with the kiddos. My kids get limited TV time, so even a video of flour being milled grabbed their attention.

We started in the factory's gluten-free section, peering into windows where oats were being processed. Since the window to the factory was too high for my kids, I planned to take turns holding them up, but Christie helpfully offered to hold Cruz. (He was semi-okay with it and clung to the package of oat groats she passed him.)

Our next stop, the corn-grinding section, thankfully had a raised viewing stand for kids. Two other kids in the tour group needed the extra height to see in, too, but they all managed to squish in. As the corn poured out of the grinder and into a giant bag, it was like the pages of Richard Scarry's *What Do People Do All Day?* had come to life before our eyes. **Pro tip:** The kids loved this section because busy forklifts zoomed around moving giant white bags filled with (literally) a ton of grains.

I definitely appreciated that Christie kept the stops short, herding us over to get our hands on some of the grains Bob's Red Mill processes, including red sandy teff, chunky sorghum, and small yellow millet. Christie put the bucket of 15-bean soup mix on one of the chairs so Cruz and Adela had easy access to it. She asked them to pick out the red and white beans, which kept them occupied while she imparted baking wisdom about different types of flours.

By the time we started wrapping up the 75-minute tour, Cruz was done, but he perked up when he got a free oatmeal cup to take home. (The next day's breakfast, check.) Christie complimented me on how well-behaved the kids had been and gave each of them a wooden token for a free cookie down the road at the Bob's Red Mill Factory Store. We drove over to redeem



those tokens and eat some lunch, with Cruz opting for pancakes, Adela choosing a grilled cheese and a French dip sandwich for me – plus oatmeal chocolate chip cookies for all. We talked about which parts of our lunch came from the grains we had just seen processed. As she started eating her cookie, Adela issued her common endorsement of a fun activity: “This is the best day ever!”

For more ideas for fun outings, visit: pdxparent.com/field-trip

Find even more local factory tours
here: [pdxparent.com/
8-oregon-factory-tours](http://pdxparent.com/8-oregon-factory-tours)

Food factory tours offer a chance to learn where food comes from – and often end in a tasty treat.

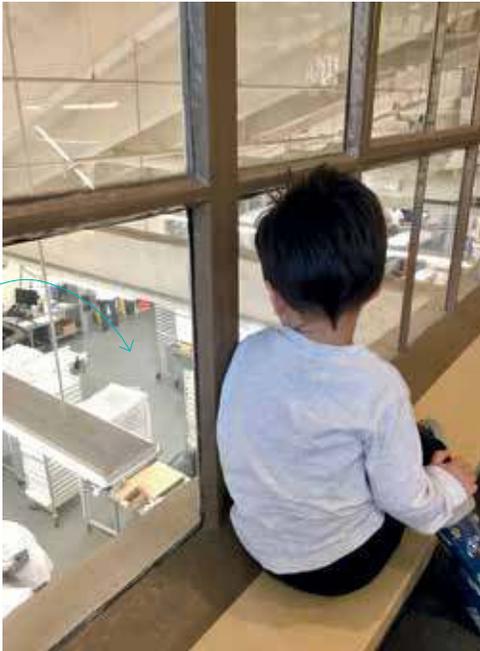
STORY AND PHOTOS BY DENISE CASTAÑON

Cruzie and the Chocolate Factory

If your kids (or you) love the book or movie versions of *Charlie and the Chocolate Factory*, the **Moonstruck Chocolate Co. Factory Store** is the place for you. The store doesn't offer an actual tour, but you can peer through giant windows overlooking the factory floor and watch all the work.

Cruz and I arrived around 10:30 on a Wednesday morning. The friendly receptionist told us we were there at a great time because the floor was so busy. Sure enough, as we looked through the windows we spied bustling workers decorating seasonal Frankenstein candies, wrapping up bars of chocolate, carefully placing cushioning paper inside the blue Moonstruck boxes, and then putting them in cardboard boxes to ship out. I felt a little like Veruca Salt's dad in his nut factory, as I watched the crew doing their jobs. The receptionist said she still loves just peering through the windows and watching all the chocolate magic happen, but waves at the crew so they don't feel self-conscious. We smiled and waved, too.

As enthralling as watching the candy makers do their stuff was, the most fun part of our trip to Moonstruck was eating the chocolate. Whoever is working at the office will happily let you try some of the beautifully decorated varieties from the display case. Cruz knew he wanted a milk chocolate pumpkin, so we just bought one that he could eat part of there. (I didn't want him to sample a bunch of different chocolates and get too hyped up.) We also took home a crème brulee werewolf for Adela, who was at school, and a peanut butter ghost ... for me, I'm not gonna lie. If you think your little one does not have the patience to last on a full-length factory tour, and you both have a sweet tooth, the Moonstruck Factory Store is a perfect option.



TOUR DE FACTORY

The **Franz Bakery** offers 30-minute factory tours to groups. The tour ends with snacks of bread and butter and a little something to take home. Children must be 7 and older, and reservations must be made in advance. Visit franzbakery.com for more details.



No trip to the coast is complete without an ice cream stop at the **Tillamook Cheese factory**. This coming summer, the brand new Tillamook Cheese Visitors Center will open. The temporary visitors center is still serving up cheese samples and dishing out scoops of Oregon strawberry and chocolate peanut butter, but you'll need to wait for the new center to be able to see the cheesemakers at work. Get more info at tillamook.com.



IF YOU GO

Bob's Red Mill Tour: 13521 SE Pheasant Ct., Milwaukie. Tours Monday through Friday at 10 am. Bob's Red Mill Whole Grain Store, Restaurant and Bakery: 5000 SE International Way, Milwaukie.

Moonstruck Chocolate Co. Factory Store: 6600 N Baltimore Ave. If you want to view the factory workers, get there Monday through Friday, 8:30 am-2:30 pm. 🌈

Cooking and baking since she was a kid, managing editor Denise Castañon loves all things food related. She lives in Southeast Portland with her husband and their 5-year-old daughter and 2-year-old son, who are budding food critics and eager kitchen helpers/mess makers.

Feeding Hope

Even if your kids they can make a



PHOTOS COURTESY OF CATHERINE RYAN GREGORY



Hunger is far from unknown at my house: We struggle to get both girls — Edie, 4, and Maxine, 2 — to eat, so many evenings are filled with stubborn, hangry kids.

I've known other kinds of hunger, too: It wasn't so long ago that I had to ask the grocery checker to put back a box of cereal because I'd miscalculated how much I had left in the month's food stamps.

When I was pregnant with Edie and when she was a baby, I worked for a nonprofit through AmeriCorps, and then as a freelance writer; my husband, Eric, was working two jobs and going to graduate school. We could barely afford our apartment in Tigard and relied on WIC (Women, Infants and Children) vouchers for staples like infant oatmeal and soy milk, as well as the debit-version of food stamps, the Oregon Trail Card. I once cried

in the checkout line, mortified, because I'd chosen the wrong size jars of baby food, which didn't qualify for WIC, and I could feel the impatient, judgmental gaze of the customers behind me as a manager fixed my mistake.

We are fortunate that we no longer struggle to fill our fridge, but 20 percent of Oregonians face food insecurity, and nearly a quarter-million kids in Oregon don't have enough to eat, according to the Oregon Food Bank.

Hunger is a social ill that's relatively easy for kids to grasp: Some people don't have enough food.

Yet I wanted my girls to get a more complete sense of the issue, so I organized a trip to the Oregon Food Bank headquarters in North Portland.

are too young to volunteer at a soup kitchen, difference in battling hunger. BY CATHERINE RYAN GREGORY



A handful of my friends and their kids joined us for a tour. The kids watched, wide-eyed, as volunteers packed thousands of onions into mesh bags for distribution, and they poked in the dirt that grew green beans, thyme and jalapeños for emergency food centers across the Portland metro area. The littles were especially excited that they got to pick a tomato of their own, and they ran around the garden with seeds stuck to their chins.

On the drive home from the food bank, we talked about families that have to skip meals. “How would you feel if you didn’t get lunch?” I asked. From her car seat, Edie thought. “Hungry,” she said.

For me, it’s important that I discuss not only social problems with my kids, but also how we can all help. So after Edie imagined what it would be like to contend with an empty stomach, I asked, too, what she thought we could do about it.

“We can give them food,” she said. We talked about how our donations to the food bank that day would get delivered to people who needed it.

The food bank visit was just one entry point in an ongoing conversation I have with Edie and Maxine. Another example: I keep zippered baggies in my car filled with individual portions of peanut butter, granola bars and other snacks, plus tissues and new socks. When we pause at a highway exit where someone’s cardboard sign is asking for help, I offer a baggie. “What did you give him, Mama?” Edie always asks – a natural conversation starter.

The baggie is such a small gesture – a few items we stock up on at the dollar store – but I hope we’re giving a something more than a snack. At the least, I’m giving my kids a sense that they’re not powerless in the face of such a huge problem.

The other day, the girls and I were at the grocery store. I asked Edie and Maxine if they wanted to pick out some items to donate to our town’s food drive.

They were excited: They zipped down the aisles, picking up boxes of pasta and cans of soup. “This, Mama?” Maxine asked. “This? This?”



For more essays on parenting visit: pdxparent.com/first-person

Oregon Food Bank’s list of most needed food items:

- Peanut butter and almond butter (low or no sugar)
- Rice
- Tuna
- Beans (canned or dried)
- Pasta
- Whole-grain cereal
- Shelf-stable milk
- Cooking oil
- Canned tomatoes
- Other nutritious foods (preferably healthy, whole-grain, low-fat, low-sodium and low-sugar products)



I made a visual checklist of food banks’ most-needed food items that even pre-readers can use as a sort of shopping list. (See sidebar and make your own at home!) Kids can search for items like canned tuna and spaghetti sauce as if they’re in a scavenger hunt for cupboard staples. We’ll be using it this holiday season and beyond when we go grocery shopping. I know that food pantries can do more with cash – they can buy food 20 times more cheaply than you or I, by some estimates – but we shop for donations in addition to giving money so my kids also learn real-world applications of sharing and empathy.

Three-quarters of a million Oregonians will deal with hunger this year, a far-reaching problem that requires systemic change in policy, employment, housing and the cycles of poverty. But my kids are too little to understand how lobbying for, say, more inclusive health care can lower rates of food instability.

What they can understand is that food feeds the hungry. We’ll work on that – the simple help that even a child can offer. 🍷

Family Supper

One of my favorite things to do with my kids is play board games. Another one is to eat a meal together that I haven't cooked and don't have to clean up.

So basically I was a sitting duck for **Game Knight Lounge**, a newish board game café on a bustling, built-out strip of North Williams Avenue. All the board games we could ever play plus a tasty food menu? Sold.

My son and I went to check it out on a sleepy Saturday afternoon, getting there soon after they opened at noon. There's a \$4 charge per person to access their massive game library (the shelves of board games cover a floor-to-ceiling wall when you enter), but it's free for kids under 12 and once you've paid the fee, you can play for as long as you like.

There were so many great games that food felt secondary, but we were hungry. I was pleased to note their kids' menu: the "Connect Four" is a PB and J on toasted sourdough; the "Goopy Louie" is a melty grilled cheese. Both will run you \$6 and come with chips (though you could probably sub in the healthier, housemade cucumber slaw, which has a nice zing to it.)

The named-after-games theme continues on the adult menu — there's a Cuban-style "Clubano" with pork shoulder, pickles and "Colonel Mustard," and a loaded "Battleship" club sandwich. I tried a "dice bowl" for \$11, with jasmine rice, cilantro, kimchi, sesame seeds, cucumber slaw and some-ever-so-slightly-mushy lamb-basil meatballs. The whole bowl was simple and tasty, but could have used a sauce of some kind to bring it all together. Next time, I'd go for a big salad (\$8) and maybe a charcuterie board, with pickles, mustard, olives and toast points, though those who are looking for something shareable should give the "Hungry Hungry Chippos" a try — \$12 gets you a loaded platter of nachos, easily big enough for 3 or 4. There's a full bar menu too, though I didn't partake on this visit.



A cool new board game café on North Williams, just in time for the rainy season.

STORY AND PHOTO
BY JULIA SILVERMAN

The food came quickly — we'd barely had a chance to try out their vintage-y version of Rock 'Em, Sock 'Em Robots — but Game Knight invites lingering. We stayed for two hours, trying out the eclectic board games that the friendly owners had recommended from among their stacks and stacks of choices. Their picks were spot-on for an 8-year-old, and new to us; we particularly liked Niya, a Japanese-inspired strategy game that takes tic-tac-toe to a whole new level and Ghost Blitz, a test-your-reflexes game from Germany. (For the record, the former was a draw, and I pulled

out a win on the latter.)

I also dug the mix of discovering new games and finding old favorites. We finished out our day with a rousing game of LIFE, which has been somewhat updated from the version I remember playing as a kid, though it still has

its quirks. For example, when I landed on the Have Twins square and got to pick two LIFE cards, those two cards turned out to be worth \$40,000 at the end of the game. (As the mother of twins, I attest from personal experience that the exact opposite is true.)

The overall vibe is mellow and friendly — there were serious gamers playing marathon strategy games while we were there, but also plenty of games available for the very youngest players, from Strawberry Shortcake the Game to Hungry Hungry Hippos to the Goodnight Moon Game.

The café could be a great birthday party locale or a spot for an afternoon playdate hang. I know we'll be back, to play some of the games that we didn't get to that looked intriguing. (Though spoiler alert — that Trump: The Game in the photo? The proprietor says "A lot of the pieces are broken and no one ever makes it to the end." Draw your own conclusions to that one.)

3037 N Williams Ave. Visit pdxgameknight.com for hours. 🍴

» **GAME DAY** » Plenty of other restaurants around town have a few board games in stock to while away the time whilst you wait for your food. Our picks include **Junior's Café** on SE 12th Avenue in Ladd's Addition, which has Exploding Kittens for the brunch-craving hordes, while **Leisure Public House** in St. Johns has an appealing menu of pressed sandwiches to go with a shelf-full of board game favorites, including Connect Four.

Julia Silverman is PDX Parent's editor. She never "lets" her twins win at board games, not even in the days of Chutes and Ladders and Candyland. Cold, but true.

One Potato, Two Potato

BY KAYLA PETERSEN

Shake up the family breakfast routine with this sweet potato latke + applesauce combo.

On these chilly late fall mornings, rather than cold cereal for breakfast, try a warm, cozy meal that celebrates the flavors of autumn with simple, wholesome ingredients. Sweet potato pancakes are a great way to use up leftover baked sweet potatoes and make for a balanced breakfast – the sweet potatoes deliver a nutrient-dense carbohydrates and eggs provide protein, healthy fat and brain-boosting choline. Don't have any leftover baked potatoes? Try cooking them the day before in a slow cooker or pressure cooker, or put a few in the oven when you're already using it to roast veggies for dinner. (They usually take about an hour, start to finish, at 375° F.)

Sweet Potato Pancakes

- 2 eggs
- 1 medium sweet potato, baked and with skin removed
- ¼ teaspoon sea salt
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon or pumpkin pie spice*
- Ghee or coconut oil for cooking

Directions

1. Beat eggs in a bowl. Stir in sweet potato, salt, cinnamon and vanilla, and mix thoroughly. (You can also mix the ingredients in a blender, if desired.)

2. Heat a skillet over low-medium heat, and grease with ghee or coconut oil. Once skillet is warm, pour or scoop a few tablespoons of batter onto pan. Allow to cook 3-5 minutes or until golden brown and set. Flip and cook another few minutes until cooked through and lightly browned.

* For a savory twist, omit the vanilla and cinnamon/pumpkin spice and use pepper and curry seasoning instead of, or in addition to, salt. Stir in chopped spinach and sautéed onions for more flavor and texture.

Top with applesauce or one of these choices:

Hemp or chia seeds, unsweetened flaked coconut, sour cream, or nut butter.



Looking for more kid-friendly recipes? Visit pdxparent.com/recipe-file

Easy-as-pie Slow Cooker Applesauce

Not only is this recipe easy as pie, it kinda tastes like pie! This treat is also a source of filling fiber. Put a scoop on top of yogurt, pack it in a lunchbox, or warm it up and spoon it over vanilla ice cream. We love using a mixture of sweet and tart apples, like Swiss Gourmet and Granny Smith, but you can select any combo.

Ingredients

- 3 pounds apples – that's about 3 unpeeled, chopped, cored Swiss Gourmets and 3 peeled*, chopped, cored Granny Smiths
- ½ cup water
- 2 teaspoons butter or coconut oil
- 1½ teaspoons lemon juice
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla
- ¼ teaspoon sea salt

1. Place all ingredients in your slow cooker and cook on low for 6 hours or until apples are very tender.
2. Mash with a fork or puree with an immersion blender until applesauce reaches your preferred consistency. We like it warm, a little chunky, and with cream or canned coconut milk drizzled on top.

*Peeling is optional. We found the Swiss Gourmet apple peels give this applesauce a lovely red hue. 🍏

Kayla Petersen is a registered dietitian who works as a nutritionist at New Seasons Markets. She originally wanted to be a lion tamer when she grew up, but her current job is good, too!

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stronger together

The Black Parent Initiative's mission is to build community and support African American families — both will be happening at the organization's 8th annual **Parent Symposium**. Parent workshops will focus on the theme of "today's black parents." Meanwhile, kids ages 3-18 can participate in STEM-related activities. Child care and lunch provided. **Saturday, November 4**, 9 am-1 pm. Concordia University. Free.

the railroad is coming

Many families rank the **Columbia Gorge Model Railroad Club's** open house as one of their must-see events of the year. Be sure to get your kids to help you spot the dinosaurs, flying saucer and other hidden gems listed on the scavenger hunt sheet. And there's also a LEGO train display in the back room. **Pro tip:** Show up early or spring for \$15 VIP tickets that allow you to reserve a behind-the-scenes tour before the show officially opens; register for VIP tickets at columbiagorgemodelrailroadclub.com. **Every Saturday and Sunday in November**. 10 am-5 pm. \$8 for adults; \$3 for kids ages 3-11.



she'll be coming 'round the mountain

Local indie superstar **Red Yarn** welcomes Los Angeles-based musician **Jazzy Ash** to his November **Fambly Ramble** concert. Her great big voice and swinging style will get your little ones groovin'. **Saturday, November 11**. Doors at 10 am; show at 10:30 am. McMenamins Mission Theater and Pub, 1624 NW Glisan St. \$10 advance per person; \$12 day of the show. Babes in arms free. Tickets available at mcmenamins.com.



light sabers, activate!

What kid can't hum along to the *Star Wars* theme song? They can hum in stereo at the **Oregon Symphony's first kids concert** of the year. *Princess Leia's Theme* kicks things off, and the rest of John Williams' epic score follows. Narrator Pam Mahon is there to connect the dots for those who are less *Star Wars* conversant, and the Pacific Youth Choir and Dance West will also be performing. May the force be with them! **Sunday, November 12**, 2 pm. Arlene Schnitzer Concert Hall. Tickets are at orsymphony.org.



» (give back) to school shopping

Get a jump start on your holiday gift shopping, and benefit your kid's school at the same time. On **Thursday, November 2** and **Friday, November 3**, 15 percent of your purchase at **Thinker Toys** goes to your kiddo's school — just tell them which school you'd like the money to go to, and they'll take care of the rest. Free gift wrap, too! «

go. play. explore.

November 2017

musical bikes

Bikes are magic. Just ask spoken word poet, songwriter and theater artist

Evalyn Parry, who uses bikes to tell a family-friendly story of how early feminists saw cycling as a key to self-expression and independence. Kid audience members will get to noodle around on bicycles-turned-musical instruments. **Sunday, November 12**, 2 pm. 1785 NE Sandy Blvd. Tickets at boomarts.org.



Time Out



now you see it ...

OMSI's latest blockbuster exhibit opens this month — *or does it?* Dubbed **Illusion**, kids can burrow into the mind-bending world of optical, perceptual and audio illusions, and explore the science behind the intersection of magic and logic. Opens **November 18**.

fire works

When the apocalypse comes, you can hide behind your kids, after you've taken them to **Metro's "learn how to make fire with no matches" class** at Oxbow Regional Park. Best for ages 7 and up (at least), participants will carve their own "bow drill" friction fire kit, learn to use it and take it home to keep. **Saturday, November 18**, 10:30 am-3:30 pm. \$6 per person or \$11 per family, with advanced registration required via oregonmetro.gov.



harvest-fest

Celebrate harvest all month at **Portland Children's Museum**, which is hosting a daily rotation of concerts, storytimes, puppet shows and art-making opportunities all dedicated to the fruits of the earth. Your kids can play with clay using gardening tools to create a communal pea patch; over in the neighboring maker studio, you can use recycled materials to make fruits and veggies for a "community garden." And give back while you're having fun by bringing a new or gently used child's coat for the museum's coat drive. There will be a collection bin in the lobby all month.



the running of the turkeys

Stretch your legs before tucking into your Thanksgiving feast with the Oregon Road Runners Club's **Turkey Trot at the Oregon Zoo**. The 4-mile course zips between the Zoo and the International Rose Test Garden. They've also got a ½-miler for kiddos 11 and under. **Bonus:** Kids' registration includes a race tee. **Thursday, November 23**. 4-mile run/walk begins at 8 am and the kids' race at 9:30 am. Visit orcc.net to register. Race fees vary.

tall timber

It's that time of year again! Welcome a giant 75-foot tall tree as it arrives in **Pioneer Courthouse Square** on **Thursday, November 9** from noon to 1 pm. **Pro tip:** Kiddos who love construction vehicles will get a kick out of watching a tall crane move the massive tree into place; pack a lunch and watch them work. That same tree will be officially lit in Portland's living room on **Friday, November 24**, with tree-lighting festivities starting at 5:30 pm.

bubble magic

With a name like **The Amazing Bubbleman**, you better deliver a pretty spectacular show. But with a mixture of soap solution, ingenuity and humor, bubble master Louis Pearl lives up to his self-dubbed moniker. **Friday to Sunday, November 24-26**. Shows at 11 am and 2 pm each day. Clinton Street Theater. Visit cstpdx.com to purchase tickets. **Pro tip:** Doors open half an hour before the show and seats are first come, first choice, so be prepared to arrive early! 🌈



This month only on PDXParent.com:

- » Kid-friendly restaurants + recipes
- » Holiday festivities » Rainy-day nature walks

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THE PORTLAND BALLET & PSU ORCHESTRA PRESENTS JOHN CLIFFORD'S
THE ENCHANTED TOYSHOP
 THANKSGIVING WEEKEND
 Lincoln Hall • PSU

Photo by Blaine Truitt Cover

ALSO FEATURING
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or call 503-233-1156

Hours:
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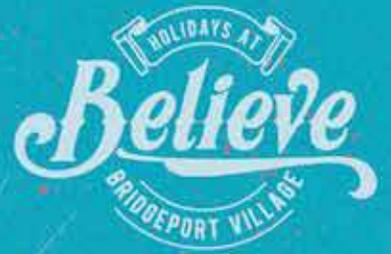
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