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## BREATHE

...the latest  
on Portland's  
air quality

+

parenting  
philosophies  
explained,  
pg. 14

it's  
school  
open house  
season,  
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Bonus: Your family's 2018 guide to absolutely everything, pg. 37

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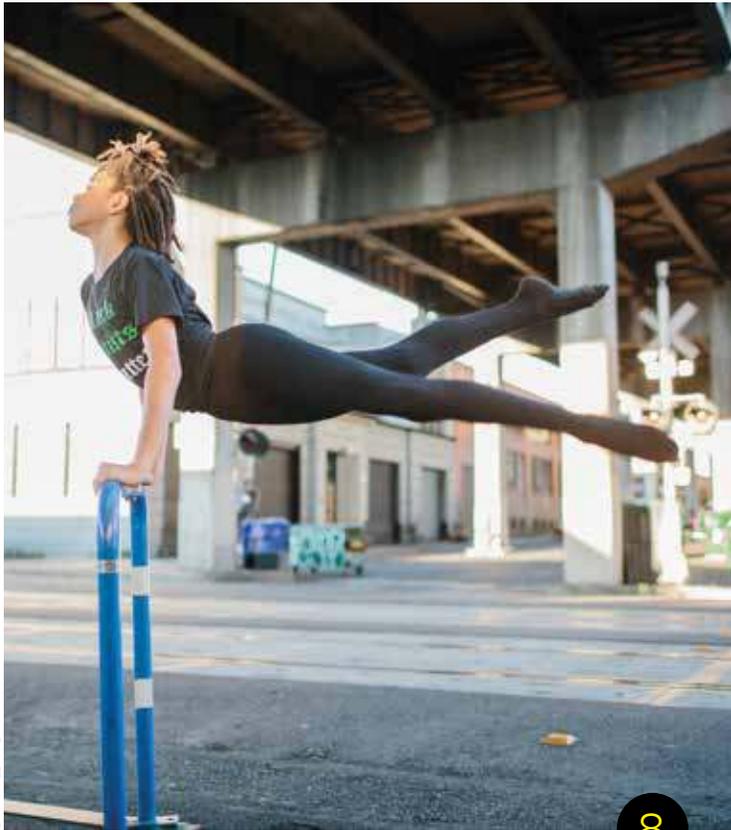
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# Contents



8

**Editor's Note** ..... 6

**Play Room** ..... 8

New options for on-demand urgent care for kids, PDX's coolest kid artist and undiscovered indoor playspaces..

**Pick Your Parenting Style** ..... 14

How to pick the parenting philosophy that's right for you (and your kid). By Kat Merck.

**The Air We Breathe** ..... 24

Sizing up Oregon's efforts to clean up the air our kids are breathing. By Alice Callahan, Ph.D.

**Field Trip** ..... 28

A kid-approved couch-to-5K training plan. By Alison Wilkinson.

**Baby Steps** ..... 30

The homelessness issue in Portland can seem insurmountable. Here's what your family can do to help. By Catherine Ryan Gregory.

**Hands On** ..... 32

DIY potato stamps to jazz up all those post-holiday thank you cards. By Leslie Tucker.

**Recipe File** ..... 33

Tasty turkey meatballs packed with greens to start 2018 off right By Joanna Sooper.

**Time Out** ..... 34

Volunteer for MLK Day, *Pete the Cat* premieres and dinosaurs at the Oregon Symphony.

## RESOURCES

Health & Wellness ..... 11-12

Open Houses ..... 17-23

\* cover stories

**BONUS: THE EVERYTHING GUIDE** ..... 37

Arts & Entertainment ..... 39      Out & About ..... 50

Birthdays ..... 40      Parenting Help ..... 54

Education ..... 40      Shopping & Services ..... 55

Food & Dining ..... 44      Sports ..... 57

Health & Wellness ..... 46      Summer Camps ..... 58

**On our cover:** Confession time: Photographer Kelly Wilde of June Lion Photography captured adorable cover kid Clover in her family's Portland-area backyard in a moment of Zen mindfulness, perfectly suited for our annual family health + wellness issue. But the rest of the tent photos? Clover and her brother were mostly hunkered down, eating ice cream sandwiches. Hey, self care comes in many forms! See more of Kelly's beautiful, natural work at [junelion.com](http://junelion.com) or on Instagram at [@kellyiswilde](https://www.instagram.com/kellyiswilde).



Our great cover image was drawn especially for us by Jasper, age 8, a student at the Portland Child Art Studio, a nonprofit organization dedicated to supporting the perceptual development of children through artistic learning. The studio offers preschool, homeschool, and after-school art classes, as well as weekend open studio times and birthday parties.



## Editor's Note

**M**y kids are changing, every day, but sometimes it takes one of those “On this day” memories on Facebook for me to stop and realize just how much difference a year or three can make. The same is true for *PDX Parent*, be it the magazine, our online presence, or our staff. Last year was one of “hey, let’s give it a shot” growth for us — we overhauled our distribution system to make sure that the magazine could be found everywhere PDX-area families might go, piloted a fun new guide to our region’s best museums (see *Kids Heart Museums*, November 2017), reimagined our annual readers’ poll and launched *PDX Parent Cares*, our regular community volunteer days for staff and readers.

And we’re not done yet — we’ve got big plans for 2018. One big change right off the bat: Please join me in welcoming our new publisher, Rose Caudillo, who lives in southeast Portland with her two daughters, ages 8 and 4, and her husband. (That’s her and her eldest with me at the most recent *PDX Parent Cares* event at the Oregon Food Bank.) Since starting at *PDX Parent* in November of 2016, Rose has been instrumental in our moonshot initiatives, and we can’t wait to see what she does in 2018.



JEFF ALBERICO



MARK NEWMAN/ROSS

Happy New Year from the *PDX Parent* crew! Bottom row, L-R: Denise Castañon, Alison Wilkinson and Rose Caudillo. Second row: Michelle Carew, Ali King and Amy Conway. Third row: Christie Kline, Susan Bard and Julia Silverman. Top row: Kristy Olsen, Keith Goblen.

Also on our list: An in-the-works podcast from the editorial team, a partnership with KGW news (watch for our regular segments on their feature program, *Portland Today*), a bonus guide to kid-friendly summer adventures around the Pacific Northwest, an online-only magazine for families with kids with special needs, coming in July and a revamp of our website, including our super-popular kids events calendar. Whew! And wait! There’s more — you can vote for your family’s favorite local people, places and spaces in our annual readers’ poll starting this month at [pdxparent.com/2018picks](http://pdxparent.com/2018picks). We’ll be rolling out the winners beginning in April, and we’re throwing a huge bash to celebrate them — and you! — at Oaks Park on June 16. Save the date — we’ll take pictures, and make some new memories.

— Julia

**PS:** Sounds like it would be fun to work here, right? We’re hiring! We’re on the lookout for a new member of our advertising/sales team, to focus on the west side and the Portland suburbs. Find more info at [pdxparent.com/jobs](http://pdxparent.com/jobs).

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- Free January events
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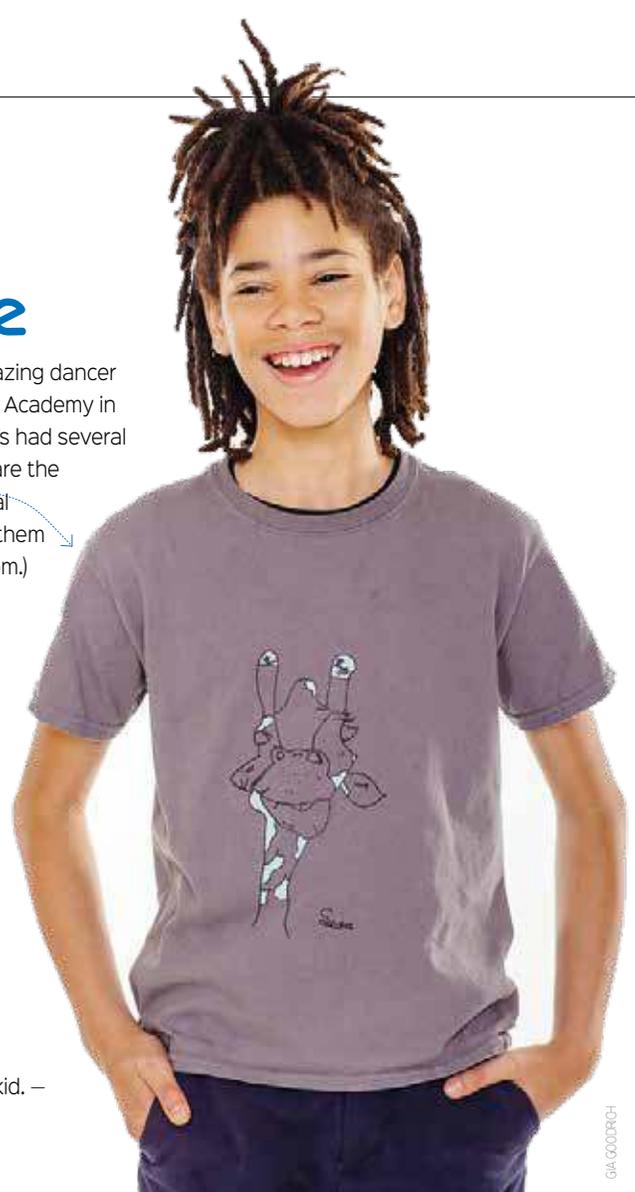
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### Kid to Know: The Ultimate Creative

I wish I was as cool as 11-year-old **Hobbs Waters**. Not only is Hobbs an amazing dancer who's been dancing since he was 5, and training formally at Classical Ballet Academy in Sellwood for the last two years, but he's also an incredible visual artist who's had several shows of his artwork around town. To help fund his dancing career (shoes are the least of the expenses that add up when you want to become a professional dancer), Hobbs started screen printing t-shirts featuring his art and selling them online at *CityTroll.com*. (The name's inspired by a family nickname for his mom.)

He has used the proceeds to help offset the cost of dance competitions, audition fees and studio fees, and is saving for the Youth American Grand Prix regionals this month. The YAGP dance competition is a huge deal, with \$300,000 worth of dance scholarships up for grabs — not to mention the priceless mentorship opportunities. He's also focused on his summer intensive program auditions and is looking at trying out for The Rock School for Dance Education in Philadelphia, The Bolshoi Ballet Academy in Moscow and The Joffrey Ballet School in New York City. But that's not all: "I have a t-shirt trunk show planned for February at Black Wagon (boutique) on North Mississippi. I am working on a social justice-inspired abstract painting series, which I plan to show and present a collection of essays about the work, hopefully in the next six months. I am also starting to plan a community clean-up day for spring because community involvement is important to me," says Hobbs. To top it off, he so politely referred to me as "Ms. Denise" during our email exchanges. (Insert smiley heart eyes emoji here.) Seriously, go buy some t-shirts to support this cool kid. — *Denise Castañon*



GIA GOODRICH

### Trend Alert: Walk-in Care for Kids

We've all been there — the kid falls off from the monkey bars or spikes a scary-high fever. You need help, and fast, but it's after hours or on the weekend, and the pediatrician's office is closed. Used to be your only option was an expensive trip to the emergency room (and that is still where you should head for the direst of situations), but a new option has been popping up around Portland of late — **urgent care clinics that are kid-specific**. The trend started with **ZoomCare**, those walk-in clinics with 20+ locations in Portland. Most of those clinics have on-demand pediatric urgent and emergency care, and one, on NE Fremont, houses a special "well-child" clinic. Newly opened is **Go To Ortho** in Lake Oswego where kids can get immediate, walk-in care for suspected broken bones and fractures. (Handy for soccer Saturdays in the fall and spring ...) And our very own Dr. Corey (see his regular column on page 10) has just opened **Pacific Crest Children's Urgent Care** in NE Portland, a brand-new facility where you can get a same-day appointment between the witching hours of 3 pm-10 pm, seven days a week. Monkey bars, do your worst. — *Julia Silverman*



STEVEN CAMPANA



## TOP 5 ... indoor play spots

- 1 Brand new **Two Sisters Play Café** opens this spring in Milwaukie and aims to bring scrumptious foods to those with sensitive diets, plus a play structure and toys and activities for the kiddos. 11923 SE McLoughlin Blvd.
- 2 **Make Do Art Studio** in the Foster-Powell neighborhood offers classes and open studio time for toddlers to middle schoolers. [MakeDoArtStudio.com](http://MakeDoArtStudio.com).
- 3 The indoor play structure at **The Wiggle Room** in Hollywood provides a great way for kids 5 and under to get their energy out. [Thewiggleroom.com](http://Thewiggleroom.com). And find our review at [pdxparent.com/pdx-wiggle-room/](http://pdxparent.com/pdx-wiggle-room/)
- 4 Beloved toy store **TinkerMaker Toys** (formerly known as Art of STEM) has moved to a new location in St. Johns, complete with a play space that helps babies and toddlers build sensory and motor skills. 7401 N. Burlington Ave.
- 5 Giant **Kids Club Fun & Fitness** in Vancouver offers a huge play structure, a ball room, six slides and more. [Kidsclub4fun.com](http://Kidsclub4fun.com). — D.C.

## Playlist: Toddler Tunes

Within 10 seconds of my playing the album, *Micah and Me Is Here*, my 2-year-old son piped up excitedly, "This is Micah and Me!" Toddlers all over the Portland metro area will be similarly pumped by the release of the trio of dads' first album. Micah and Me knows its fan base; my 2-year-old and 5-year-old are routinely singing *Dump Truck* and *Baby Shark* after listening to the album. They also have been requesting Micah and Me's version of *Itsy Bitsy Spider*, during which they take great pleasure in singing the "stinky, smelly spider" verse. And my husband can attest that Micah and Me has very accurately captured a typical "Dadurday" at our house with the song *Super Daddy Fun Day*, right down to the "jumping on Daddy's belly" to wake him up. **Catch Micah and Me at 10 am every first Friday of the month at Beanstalk Montavilla.** And find the album on iTunes or at [micahandmerocks.com](http://micahandmerocks.com). — D.C.



## Gear Guide: Baby Bike Seats

New Year's Resolution: **Bike more with the kids.** We've got you covered with our picks for the best kid bike seats on the market. (Note: We know you love your bike *and* your baby, but experts don't recommend putting bike helmets on babies until they are at least a year old, when their head and neck are strong enough to support the weight of a helmet).

Several of Portland's most family-friendly bike shops sell only the Thule line of bike seats for kids, which is a pretty great recommendation. Top of the line is the **Thule Yepp Nexxt Maxi**, which is a startingly light 5.8 pounds (before you add the kid, of course), made from easy-to-clean material, gets high marks for easy installation and has a newly redesigned safety buckle that's virtually impossible for little hands to pry open mid-ride. Designed for ages 12 months to 6 years, up to 48.5 pounds. Find it at [Clever Cycles](#) and [Sellwood Cycles](#). From \$175.



THULE

At [Bike Gallery](#), with several metro-area locations, the pick is the **TopPeak BabySeat II**, which is nice and plushy for maximum tush comfort, and features foot rests and safety straps that grow along with kids, plus double safety latches to make the ride way less tippy. Maximum weight is 48.5 pounds, best for ages 12 months to 5 years old. From \$180.



TOPEAK

Experts seem to be moving away from front-mounted bike seats, which can be a bit unstable, and expose your kid to injury in case of a crash. But there's also the undeniable joy of being able to talk with your kiddo while they are on the front of your bike. Try the **Thule Yepp Mini**, which has many of the same features as the Maxi, including a shock-absorbing seat, but do note that it's only recommended for kids ages 12 months to 3 years old, up to 33 pounds. At [REI](#). From \$150. — J.S.



THULE

Ready to hit the trail? Try one of these routes: [pdxparent.com/north-portland-bike-adventures/](http://pdxparent.com/north-portland-bike-adventures/)

## Chalkboard: The state of our kids

**31:** OREGON'S RANK (out of 50 states) in overall CHILDHOOD WELL-BEING.

**40:** OREGON'S RANK (out of 50 states) in overall education measurements.

 **1 in 5:** The number of Oregon kids living in poverty as of 2015.  
**THAT'S 171,000 KIDS OVERALL.**

 **1 in 4:** Estimated percentage of Oregon kids who did not graduate high school on time.

SOURCES: KIDS COUNT DATA BOOK, ANNIE E. CASEY FOUNDATION

Oregon's economy may seem solid, but a disturbing number of kids and families are still barely hanging on to the margins, according to a new, comprehensive report from the Baltimore-based Annie E. Casey Foundation. **The survey looks at four specific areas – health, education, economic well-being, and family and community** – crunches the numbers and comes out with side-by-side state comparisons. For Oregon, it isn't pretty. We are far behind leaders like New Hampshire, Massachusetts, Vermont and Minnesota; neighboring Washington ranks 14th overall. What's behind our poor numbers? We've got the country's third highest percentage of high schoolers not graduating on time, plus below-grade-level reading skills among nearly two-thirds of fourth graders statewide. **Pre-K attendance is also low in Oregon, with 57 percent of kids not attending any early learning programs, even by the age of 3 or 4.** How to make things better? **Children First for Oregon**, which partners with the Casey Foundation to collect data for the study, says education is the key, and that the state needs to prioritize dollars for lowering class sizes and lengthening the school year. – J.S.

## Ask Dr. Corey: Be a Sport

**Q:** Our whole family loves soccer, and our 3-year-old is excited to start playing. But I'm worried about the possibility of ligament damage (like ACL or meniscus tears) and that it could lead to juvenile arthritis. What do you think?

**A:** I grew up in a sports household. My sister and I were actively encouraged to participate in some sort of physical activity while growing up and I have fond memories of most youth sports leagues I participated in. (Though I think my youth basketball camp instructors would have allowed that I didn't have much of a future as a professional basketball player.)

Sports participation – and physical activity – in general is a great way for kids to stay healthy, both mentally and physically. These activities can also teach discipline, patience, and help kids learn to socialize and communicate.

However, in any scenario that involves children running around at high speed, especially young kids who may not have full control over their motor systems, injuries will undoubtedly happen. Thankfully the vast majority of these will be minor strains, sprains, bumps, cuts, and bruises.

There are some things you can do to both foster a culture of sport and activity as well as keep your child safe. This advice applies not only to preschoolers, but teens and young adults as well.

Just starting sports earlier probably doesn't impact your child's health very much. The bigger impact comes from early specialization in sport, leading to overuse injuries and fatigue. These factors are much more likely to negatively impact your child's risk of more severe injuries, like ligament damage and risk for arthritis later in life.

I generally recommend the following for children who play sports:

**Rest!** One to two days off per week for school-aged kids and older – and consider more for younger children.

**Eat!** A healthy snack with some protein, fat and carbohydrates within 20-30 minutes of finishing a game or practice.

**Sleep!** Getting adequate sleep at night is very important for your body to heal after activity.

**Try different sports!** Picking only one sport early on increases risk for more serious injury and problems later in life – and there's no evidence that it makes it more likely your child will get that professional sports contract.

In short, I think it's great your kiddo wants to try soccer. Keep it light, keep it fun, and they will be great! 🌈

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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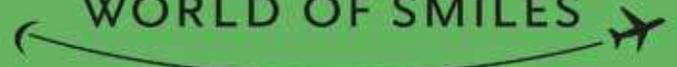
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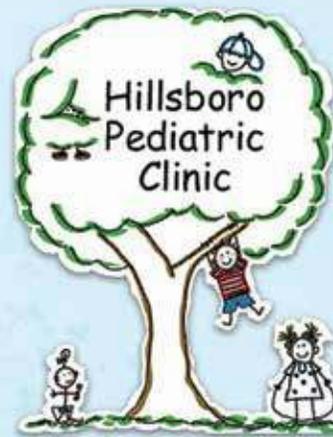


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# PICK YOUR PARENT

Got questions about how to raise your kiddo?  
These local experts have answers. BY KAT MERCK

**The scene:** A drop-in Baby Gym class at a community center in North Portland. The dramatis personae: Me (eavesdropping shamelessly), two nannies and their toddler charges.

The parents don't want me to use the word 'no' with Annie," one explained to the other, as a gleeful Annie, who couldn't have been more than 16 months, proceeded to make a break for the exit. The nanny jumped up and gently grabbed Annie's hand. "We stay in the gym, Annie," she explained patiently, as the girl cheerfully toddled off to investigate some blocks.

I was amazed. Being a first-time mom to a preternaturally strong-willed little boy, "no" was practically a mantra in our house. How on earth does one parent and maintain their sanity without using the word "no," I wondered?

Clearly, I had a lot to learn. Given that Portland is practically ground zero for lifestyle philosophies in general (goat yoga, anyone?), it's no surprise nontraditional discipline methods — and by nontraditional, we mean just about anything outside 1970s-style Go Play Outside — have considerable traction here.

From national movements like Love and Logic to local gurus like JoAnne Nordling and her Caring Discipline program, there is no shortage of classes, workshops and seminars here in the Portland metro area for those who either want to come up with a cohesive, shared parenting strategy, or just raise their kids in a way they themselves wish they had been disciplined. (Plus, most methods allow use of the word "no!") Read on for the lowdown on some of the more popular local techniques, whom they might be best for, and what you're most likely doing wrong right now.

## METHOD NO. 1: LOVE AND LOGIC

At once controversial ("highly manipulative," "coercive" and "disrespectful to a child's autonomy," detractors say) and wildly beloved, Love and Logic has been around in both homes and classrooms since the 1970s. The main premise is that kids should be allowed to take responsibility for their own choices and then let the resulting consequences be the teachers, so the parent doesn't have to be the bad guy. When painful consequences result from a poor choice, parents should show empathy so they come across as compassionate allies, not the enemy.

## METHOD NO. 2: POSITIVE DISCIPLINE

Developed by a San Diego, Calif.-based psychologist and mother of seven, Dr. Jane Nelsen, the main premise of Positive Discipline is that children require a sense of "belonging and significance" in life in order to become respectful and responsible members of the community.

## METHOD NO. 3: CARING DISCIPLINE

Caring Discipline was developed nearly 30 years ago by Beaverton teacher, parent and school counselor JoAnne Nordling. It provides tools to "help adults feel in control of the adult-child relationship so both adult and child will feel respected, secure and loved," says Kim Larson, associate director of the Nordling-founded Parent Support Center, which facilitates low-cost parenting classes around the metro area based on Caring Discipline. The method focuses specifically on "how not to sabotage your discipline efforts ... and how to tell the difference between a misbehavior and those times a child is trying to solve a personal problem."

## METHOD NO. 4: SIMPLICITY PARENTING

Developed by international family counselor Kim John Payne, Simplicity Parenting focuses primarily on balancing "the four realms" at home — environment, rhythm, scheduling and unplugging.

"Simplicity Parenting focuses on relationship rather than behavior, eschews formulas for 'what to do when' and emphasizes the role of parents as benevolent leaders of the family," says Lisa Weiner, certified Simplicity Parenting counselor, nurse practitioner and Portland-based mother of two.



# PARENTING STYLE

## WHO IS IT GOOD FOR?

### LOVE AND LOGIC

Teachers, parents who believe strongly in personal responsibility and learning through consequences.

### POSITIVE DISCIPLINE

Parents who want to see parenting as a family-wide, democratic process.

### CARING DISCIPLINE

Parents who feel they're having the same arguments with their child over and over again.

### SIMPLICITY PARENTING

Parents with more of an alternative, Waldorfian bent who may chafe at anything even remotely resembling hard-line discipline.

## WHAT ARE YOU PROBABLY DOING WRONG RIGHT NOW?

Not giving your child enough responsibilities at home, suggests Kate Kelleher, a retired teacher who facilitates Love and Logic classes all over the metro area and through her Lake Oswego practice, Kate's Consulting for Kids. Giving even very young kids chores allows them to make meaningful contributions to the family and feel valued.

Offering bribes for good behavior and punishments for bad behavior; losing your cool.

"I teach people how to not use punishment or rewards, and how to help problem solve with their children," says Julia Tomes, a Portland-based Positive Discipline instructor and mother of two. "Rather than everybody losing their dignity for punishing kids, or rewarding kids for their behavior, Positive Discipline is about looking for solutions for problems."

As per the democratic family model, Positive Discipline advocates for kids to be involved and included in creating house rules and routines, and when they break those agreements, it's imperative for parents not to lose their temper.

"We focus a lot on if you're going to say 'don't,' turn it around and try and say what you want them to do instead," says Tomes. "Really notice being a mindful parent; notice what you're modeling. Are you modeling the qualities you want your kids to have when they're adults?"

Nagging, being inconsistent with consequences.

Keeping a cluttered home, being distracted, not hewing to a consistent dinner schedule.

"Simplicity Parenting encourages parents to identify and live out their core values," Weiner explains. "Encouraging time spent in nature, mindful scheduling, the cultivation of home rhythms and lots of family time ... in these regards, Simplicity Parenting often runs counter to prevailing cultural norms."



*Continued on page 16*

# MY CHILD IS HAVING A MASSIVE TANTRUM BECAUSE HE DOES NOT WANT TO GO TO SCHOOL, BUT WE'RE ABOUT TO BE LATE. HOW WOULD I ADDRESS THIS SITUATION USING

## LOVE AND LOGIC

Says Kelleher: "I would get myself as calm as I possibly could, look at my child and say, 'Wow, this is really a bummer.' Sometimes it helps to have an alarm on my phone or some other sound so that it's not the 'Mommy alarm' that says it's time to leave for school. I've found with an external device, sometimes the surprise of it will shift a child — they hear that sound, 'What's that?' 'Hey, that's my phone telling us it's time to get to school. I'm ready to head out the door. Are you going to carry your shoes? Do you want your shoes in a bag? Are you going to wear them?' Right away look at some choices you can give the child in that moment that allow them to have some power back. Ask a question: 'I'm heading out to the car, I'm going to put my coat on, how about you?' If you just send a statement, like: 'Hey, grab your coat and your shoes and meet me in the car, you've got two minutes,' that tone and delivery could incite a power struggle. Love and Logic also believes in delaying consequences. Maybe you're serving dessert after dinner, and the kid who was late doesn't get one. You say, 'Kids that were on time get dessert tonight; don't worry, tomorrow you'll have another chance to be on time.' Then move past it."

## POSITIVE DISCIPLINE

Says Tomes: "Recognize what's going on within the brain when somebody's having a tantrum. The thinking brain is totally offline — they're coming from their primitive brain. The goal is to get the kid to calm down. We call it 'Connect Before Correct' — kids are not open to correction or learning if they're in flight-or-fight mode, so it's all about helping them calm down and really hearing what it is they're upset about so they feel heard and validated. Also notice what led up to it: What kind of routines do you have in place? Did your child have a say in what the routine would be, or what kind of choices there were? Did the child sleep well? Does the child have sensory issues? So many things go into that, the moment where things are totally out of control. The time for prevention is over, so we suggest 'Energetic Encouragement' — just be with them in the moment. Model the calming down."

## CARING DISCIPLINE

Says Larson: "This tantrum falls under the category of a self-indulgent behavior and needs to be ignored, without sabotaging yourself. The resistance to going to school needs to be explored by the parent and the teacher to find out whether or not there is something going on at, or on the way to, school ... If the adult is satisfied that the avoidance of going to school is just a routine, not-minding behavior, it's time to make a plan to carry out a logical consequence for the child, one that causes some discomfort for the child, but not for the adult. A logical consequence is not a loss of a privilege, it's a consequence that arises directly out of the situation and the choices made by the child. An example might be that the child did not grab her coat on the way out of the door due to the tantrum. The parent would not get it for her, so the child would realize there are consequences to her actions throughout the day. A logical consequence is successful because the parent does not sabotage him/herself by reminding and scolding but instead acts as a quiet force of nature."

## SIMPLICITY PARENTING

Says Weiner: "From a Simplicity Parenting perspective, we would look at the situation with a wide-angle lens and, rather than focusing on what to do next, we'd think about what preceded the 'massive tantrum' to inform both our response and what we might do differently in the future. Things like, how did the morning go up until that point? How is our child's relationship with their teacher? Did they get enough sleep? Are they alarmed about separating from us for the day? [These] are the types of questions that will help guide our actions and bring us into closer relationship with our child."



## WANT TO TAKE A CLASS?

See [loveandlogic.com](http://loveandlogic.com) for local groups and workshops; Kelleher also offers 2-hour private and semi-private consultations for as little as \$75. See [katesconsultingforkids.com](http://katesconsultingforkids.com) for info.

Tomes offers 8-week courses three times a year for parents of younger kids and, starting in 2018, will be offering a new workshop specifically for teens; check [juliatomes.com](http://juliatomes.com) for specific times and locations.

Parent Support Center offers Caring Discipline courses in all areas of the city, from OHSU and Buckman to St. Johns and Vancouver, Wash. See [parent-supportcenter.org](http://parent-supportcenter.org) for specific locations, days and times.

**BONUS!  
METHOD NO. 5:  
YOU KIDS WATCH TV  
WHILE I DRINK WINE**

Pioneered probably back in paleolithic times by cave moms whose kids left some berries in a rock cavity for too long, today this method requires little more than a screen, a drinking vessel and a trip to the store.

**WHO IS IT GOOD FOR?**

Anyone who has a child residing at – or even near – their residence.

**WHAT ARE YOU PROBABLY DOING  
WRONG RIGHT NOW?**

Not drinking wine.

**MY CHILD IS HAVING A  
MASSIVE TANTRUM  
BECAUSE HE DOES NOT  
WANT TO GO TO SCHOOL,  
BUT WE'RE ABOUT TO  
BE LATE. HOW WOULD  
I ADDRESS THIS  
SITUATION USING  
YOU KIDS WATCH  
TV WHILE I DRINK  
WINE?**

Take a deep breath and make a mental note to stop at the store on the way home for more wine.

**WANT TO  
TAKE A CLASS?**

Come to any parent's house at 5 pm. 🍷

Kat Merck is a Portland-based freelance writer and mother of a 5-year-old who would sooner eat broccoli than leave the house on time for school.



See [simplicityparenting.com](http://simplicityparenting.com) for info. Weiner offers private Simplicity Parenting-based coaching and consultations via phone, Skype or in her Milwaukie office; see [handmadeparenting.com](http://handmadeparenting.com) for details.

OPEN HOUSES

**A Renaissance School of Arts and Sciences** - 0234 SW Bancroft; 971-221-2311; [renaissanceschoolportland.org](http://renaissanceschoolportland.org); (K/Lower School Open House) Jan 18, 7 - 8:30 PM; (Upper School Open House) Jan 25, 7 - 8:30 PM

**Brooklyn Cooperative Preschool** - 2901 SE Steele; 503-234-7103; [brooklyncoopreschool.org](http://brooklyncoopreschool.org); Feb 3, 9:30 - 11:30 AM

**Cedar Hills Kindergarten & Preschool** - 11695 SW Park Way; 503-643-9010; [cedarhillsskp.org](http://cedarhillsskp.org); Jan 17, 7 - 9 PM

**Creative Children's Center** - 2515 SW 185th, Beaverton; 503-591-0604; [creativechildrenscenter.com](http://creativechildrenscenter.com); Jan 11, 6:30 - 8 PM; Feb 1, 6:30 - 8 PM

**Dove Christian Preschool** - 7555 SW 45th; 503-246-5459; [dovepreschool.com](http://dovepreschool.com); Jan 25, 6:30 - 8:30 PM

**Franciscan Montessori Earth School** - 14750 SE Clinton; 503-760-8220; [fmes.org](http://fmes.org); Jan 9, 10 - 11:30 AM

**French American International School** - 8500 NW Johnson St.; 503-292-7776; [faispdx.org](http://faispdx.org); Jan 19, 9 AM (Lower School open house)

**German International School of Portland** - 3900 SW Murray, Beaverton; 503-626-9089; [gspdx.org](http://gspdx.org); Jan 21, 10 - 11:30 AM

**Northwest Academy** - 1130 SW Main; 503-223-3367 x104; [nwacademy.org](http://nwacademy.org); Jan 9, 10:30 - 12 PM

**Opal Beginning School** - 4015 SW Canyon; 503-471-9917; [portlandcm.org/opalbeginning-school](http://portlandcm.org/opalbeginning-school); Feb 3, 9 - 10:30 AM

**Oregon Episcopal School** - 6300 SW Nicol Rd; 503-768-3115; [oes.edu](http://oes.edu); Jan 4, 7 - 8:30 PM

**7-8:30 PM Scuola Italiana di Portland** - 1542 NW 14th; 971-270-0470; [scuola.us](http://scuola.us); Jan 27, 9 - 11 AM

**Small Friends School** - 7475 SW Oleson; 503-388-2266; [smallfriendsschool.com](http://smallfriendsschool.com); Feb 1, 7 - 8:30 PM

**The International School** - 025 SW Sherman; 503-226-2496; [intlschool.org](http://intlschool.org); Jan 30, 6 - 8 PM

**The Marylhurst School** - 1232 Linn, Oregon City; 503-650-0978; [themarylhurstschool.org](http://themarylhurstschool.org); Jan 27, 10 - 1 PM

**Trackers Forest School** - 4617 SE Milwaukie; 503-345-3312; [trackerspdx.com](http://trackerspdx.com); Jan 10, 6 - 7 PM

**Tucker Maxon School** - 2860 SE Holgate Blvd; 503-235-6551; [tuckermaxon.org](http://tuckermaxon.org); Jan 24, 4 - 5:30 PM

TOURS

**A Renaissance School of Arts and Sciences** - 0234 SW Bancroft; 971-221-2311; [renaissanceschoolportland.org](http://renaissanceschoolportland.org)

**Cedar Hills Kindergarten & Preschool** - 11695 SW Park Way; 503-643-9010; [cedarhillsskp.org](http://cedarhillsskp.org)

**Creative Children's Center** - 2515 SW 185th, Beaverton; 503-591-0604; [creativechildrenscenter.com](http://creativechildrenscenter.com)

**Dove Christian Preschool** - 7555 SW 45th; 503-246-5459; [dovepreschool.com](http://dovepreschool.com)

**Franciscan Montessori Earth School** - 14750 SE Clinton; 503-760-8220; [fmes.org](http://fmes.org)

**French American International School** - 8500 NW Johnson St.; 503-292-7776; [faispdx.org](http://faispdx.org)

**German International School of Portland** - 3900 SW Murray, Beaverton; 503-626-9089; [gspdx.org](http://gspdx.org)

**L'Etoile French Immersion School** - 5839 SW Hood; 503-715-1258; [letoilefrenchschool.com](http://letoilefrenchschool.com); Add'l Location: Elementary School: 68 SW Miles; 503-715-1258

**Northwest Academy** - 1130 SW Main; 503-223-3367 x104; [nwacademy.org](http://nwacademy.org)

**Portland Montessori Collaborative** - 4817 SW 53rd; 503-972-7100; [pdxmc.org](http://pdxmc.org)

**Sunshine Montessori Preschool and Childcare Center** - 4845 SW Murray Blvd, Beaverton; 503-644-1466; [sunshine-montessori.com](http://sunshine-montessori.com); Add'l Location: 17650 SW Alexander St Aloha, OR 97003

**The International School** - 025 SW Sherman; 503-226-2496; [intlschool.org](http://intlschool.org)

**The Marylhurst School** - 1232 Linn, Oregon City; 503-650-0978; [themarylhurstschool.org](http://themarylhurstschool.org)

**Tucker Maxon School** - 2860 SE Holgate Blvd; 503-235-6551; [tuckermaxon.org](http://tuckermaxon.org)



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**Information Night  
Feb. 1, 2018, 7pm**

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[SmallFriendsSchool.com](http://SmallFriendsSchool.com)

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**EVENING OPEN HOUSE**

Jan 30, 6-8pm For details: [intlschool.org/tours](http://intlschool.org/tours)

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Beaverton, OR 97005  
Tel: (503) 644-3400  
[sunshine-montessori.com](http://sunshine-montessori.com)

**Mayflower Montessori School**  
17000 NW Alexander St  
Alsea, OR 97006  
Tel: (503) 581-9000  
[mayflower-montessori.com](http://mayflower-montessori.com)

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January 18th and  
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**UPPER SCHOOL:**  
January 25th and  
February 22nd,  
7:00-8:30pm



Please call to schedule a visit: 971.221.2311  
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[renaissanceschoolportland.org](http://renaissanceschoolportland.org)

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**PreK Bridge to Kindergarten:** Tuesday, February 6, 8:15am  
 5202 N Bowdoin St.  
 Portland, OR 97203  
 503-289-3010 • Fax: 503-286-5006  
[www.holycrosspdx.org](http://www.holycrosspdx.org)



**Holy Redeemer Catholic School • Grades Preschool-8**  
**Open House:** Wednesday, January 31, 4-7pm  
 127 N Rosa Parks Way  
 Portland, OR 97217  
 503-283-5197  
[development@holyredeemerpdx.org](mailto:development@holyredeemerpdx.org)  
[www.holyredeemerpdx.org](http://www.holyredeemerpdx.org)



**St. Agatha Catholic School • Grades PreK-8**  
**Open House:** Thursday, February 1, 6-8pm  
 7960 SE 15th Ave.  
 Portland, OR 97202  
 503-234-5500 Fax: 503-232-7240  
[christine.pashley@stagatha.us](mailto:christine.pashley@stagatha.us)  
[www.stagathaschoolpdx.us](http://www.stagathaschoolpdx.us)



**St. Cecilia School • Grades PreK-8**  
**Open House:** Sunday, January 21, 10am-12:30pm  
 12250 SW 5th St.  
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 503-644-2619  
[www.stceciliaschool.us](http://www.stceciliaschool.us)

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 503-625-0497  
[wsummer@stfrancissherwoodschool.org](mailto:wsummer@stfrancissherwoodschool.org)  
[www.stfrancissherwoodschool.org](http://www.stfrancissherwoodschool.org)



**St. Ignatius School • Grades PreK-8**  
**Open Houses:** Sunday, January 28, 12-2:30pm;  
 Thursday, February 1, 9-10:30am  
 3330 SE 43rd Ave.  
 Portland, OR 97206  
 503-774-5533  
[office@sispdx.org](mailto:office@sispdx.org)  
[www.sispdx.org](http://www.sispdx.org)



**St. John Fisher School • Grades K-8**  
**Open House:** Monday, January 29, 6:30pm  
 7101 SW 46th Ave.  
 Portland, OR 97219  
 503-246-3234  
[mholub@sjfschool.org](mailto:mholub@sjfschool.org)  
[www.sjfschool.org](http://www.sjfschool.org)



**St. John the Apostle Catholic School • Grades PreK-8**  
**Open House:** Sunday, January 28, 9:30am-12:30pm;  
**Tours:** Tuesday, January 30 during school hours,  
 Monday, February 5, 5-7pm  
 516 Fifth St.  
 Oregon City, OR 97045  
 503-742-8230 • Fax: 503-742-8239  
[www.sja-eagles.com](http://www.sja-eagles.com)



**St. Matthew Catholic School • Grades PreK-8**  
**Open House:** Thursday, February 1, 4-7:30pm  
 221 SE Walnut St.  
 Hillsboro, OR 97123  
 503-648-2512  
[info@stmatthewschoolhillsboro.org](mailto:info@stmatthewschoolhillsboro.org)  
[www.stmatthewschoolhillsboro.org](http://www.stmatthewschoolhillsboro.org)



**St. Rose School • Grades PreK-8**  
**Open Houses:** Thursday, February 1, 6pm (PreK-8);  
 Tuesday, February 6, 6pm (middle school)  
**RSVP:** [info@strosepdx.org](mailto:info@strosepdx.org) or 503-281-1912  
 5309 NE Alameda St.  
 Portland, OR 97213  
 503-281-1912  
[www.strosepdx.org](http://www.strosepdx.org)



**St. Therese School • Grades PreK-8**  
**Open Houses:** Sunday, January 28, 12:30-1:30pm  
 Tuesday, February 27, 6-7pm  
 1260 NE 132nd  
 Portland, OR 97230  
 503-253-9400 • Fax: 503-253-9571  
[info@stthereseschool.org](mailto:info@stthereseschool.org)  
[www.stthereseschool.org](http://www.stthereseschool.org)



**St. Thomas More Catholic School • Grades K-8**  
**Open Houses:** Thursday, January 25, 9-11am  
 Sunday, January 28, 12-2pm  
 3521 SW Patton Rd.  
 Portland, OR 97221  
 503-222-6105  
[stmschool@stmpdx.org](mailto:stmschool@stmpdx.org)  
[www.stmpdxschool.org](http://www.stmpdxschool.org)



**The Madeleine School • Grades K-8**  
**Parent Info Night:** Monday, February 5, 7pm  
**School Tours:** Tuesday, February 6, 10am - 1pm  
 3240 NE 23rd Ave.  
 Portland, OR 97212  
 503-288-9197  
[ssteele@themadeleine.edu](mailto:ssteele@themadeleine.edu)  
[www.themadeleine.edu](http://www.themadeleine.edu)

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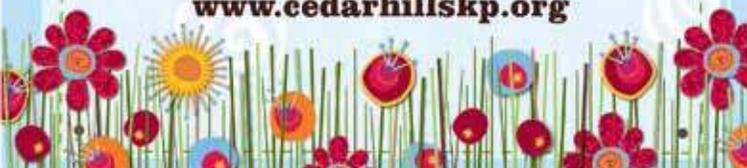
### Parent Information Night

January 17th, 2018

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& Mar. 1, 6:30-8pm.

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For more information e-mail [pcpo@pcpo.info](mailto:pcpo@pcpo.info) or visit [www.ParentChildPreschools.org](http://www.ParentChildPreschools.org)

**Brooklyn Pre-school**

2901 SE Steele St, Portland  
 (503) 234-7103  
[www.BrooklynCoopPreschool.org](http://www.BrooklynCoopPreschool.org)  
[membership@brooklyncoopreschool.org](mailto:membership@brooklyncoopreschool.org)  
 Open House: 2/3, 9:30-11:30 am

**Burlingame Preschool**

4729 SW Taylors Ferry Rd, Portland  
 (503) 244-0689  
[www.BurlingamePreschool.org](http://www.BurlingamePreschool.org)  
[info@burlingamepreschool.org](mailto:info@burlingamepreschool.org)  
 Open House: 2/10, 10 am-noon

**The Carl Parent-Child Preschool**

920 NW 25<sup>th</sup> Ave, Portland  
 (503) 226-6131  
[preschool@shaarietorah.org](mailto:preschool@shaarietorah.org)  
 Open Houses:  
 1/21, 10 am-noon  
 2/5, 9:30-11 am  
 2/6, 9:30-11 am

**Cedar Hills Kdgn. and Preschool**

11695 SW Park Way, Portland  
 (503) 643-9010  
[www.CedarHillsKP.org](http://www.CedarHillsKP.org)  
 Open House: 1/17, 7-9 pm  
 (Alternate Snow Date: 1/24, 7-9 pm)

**Creative Hands Preschool**

10445 SW Canterbury Lane, Tigard  
 (503) 413-9218  
[www.CreativeHandsTigard.com](http://www.CreativeHandsTigard.com)  
 Open Houses:  
 2/8, 4:30-6 pm  
 2/9, 10-11:30 am

**Gabriel Park Preschool**

5815 SW Gillerest Ct, Portland  
 503-244-3518  
[www.GabrielParkPreschool.com](http://www.GabrielParkPreschool.com)  
[gpps@gabrielparkpreschool.com](mailto:gpps@gabrielparkpreschool.com)  
 Open House: 1/27, 10 am-noon

**Hancock Street Preschool, Inc.**

1624 NE Hancock St, Portland  
[www.HancockStreetPreschool.com](http://www.HancockStreetPreschool.com)  
 Open House: 2/3, 9:30 am-noon

**Hawthorne Family Playschool**

2828 SE Stephens St, Portland  
[www.HawthorneFamilyPlayschool.org](http://www.HawthorneFamilyPlayschool.org)  
[info@hawthornefamilyplayschool.org](mailto:info@hawthornefamilyplayschool.org)  
 Open House: 2/3, 10 am-noon

**Hillsboro Parent Preschool + Kindergarten**

168 NE 8<sup>th</sup> Ave, Hillsboro  
 (503) 648-4781  
[www.HillsboroParentPreschool.org](http://www.HillsboroParentPreschool.org)  
 Open House: 1/23, 6:30 pm

**Irvington Preschool, Inc.**

2710 NE 14<sup>th</sup> Ave, Portland  
 (503) 287-3288  
[www.IrvingtonPreschool.org](http://www.IrvingtonPreschool.org)  
 Open House: 2/17, 10:30 am-2 pm

**Kenilworth Community Preschool**

4028 SE 34<sup>th</sup> Ave, Portland  
 (503) 235-3977  
[www.KenilworthCPS.org](http://www.KenilworthCPS.org)  
 Open House: 2/10, 9 am-1 pm

**Lee Owen Stone Preschool**

2728 NE 34<sup>th</sup> Ave, Portland  
 (503) 735-4755  
[www.LeeOwenStonePreschool.org](http://www.LeeOwenStonePreschool.org)  
[membership@leeowenstonepreschool.org](mailto:membership@leeowenstonepreschool.org)  
 Open Houses:  
 2/8, 6-8pm  
 2/24, 9 am-1 pm

**Multnomah Play School**

5500 SW Dosch Rd, Portland  
 (503) 244-9141  
[info@multnomahplayschool.com](mailto:info@multnomahplayschool.com)  
 Open House: 1/23, 6:30-8:30 pm

**Oswego Play School**

516 8<sup>th</sup> St, Lake Oswego  
 (503) 636-1345  
[www.OswegoPlayschool.com](http://www.OswegoPlayschool.com)  
[info@oswegoplayschool.com](mailto:info@oswegoplayschool.com)  
 Open House: 2/3, 10 am-noon

**The Portland Tillamook Preschool, Inc.**

935 NE 33<sup>rd</sup> Ave, Portland  
 (503) 318-2889  
[www.TillamookPreschool.com](http://www.TillamookPreschool.com)  
[portlandtillamookpreschool@gmail.com](mailto:portlandtillamookpreschool@gmail.com)  
 Open House: 2/24, 10 am-1 pm

**Rose City Neighborhood Preschool**

5830 NE Alameda St, Portland  
 (503) 753-3065  
[www.RoseCityPreschool.org](http://www.RoseCityPreschool.org)  
 Open House: 2/10, 10 am-1 pm

**SW Parent-Child Collective**

6053 SW 55<sup>th</sup> Dr, Portland  
 (503) 244-6604  
[www.SWParentChild.org](http://www.SWParentChild.org)  
[info@swparentchild.org](mailto:info@swparentchild.org)  
 Open House: 2/3, 10:30 am-12:30 pm

**Tigard Playschool, Inc.**

9845 SW Walnut Pl, Tigard  
 (503) 639-8110  
[www.TigardPlayschool.com](http://www.TigardPlayschool.com)  
 Open Houses:  
 1/19, 1-4 pm  
 4/27, 1-4 pm

**Village Preschool of Portland, Inc.**

9750 SW Terwilliger Blvd, Portland  
 (503) 245-0482  
[www.VillagePreschoolofPortland.com](http://www.VillagePreschoolofPortland.com)  
 Open House: 2/3, 10 am-noon

**Youngset Preschool**

1838 SW Jefferson St, Portland  
 (503) 221-0224  
[www.YoungsetPreschool.com](http://www.YoungsetPreschool.com)  
 Open Houses:  
 1/24, 6:30-8 pm (parents only)  
 1/27, 10:30-noon (parents & students)

*For more info on PCPO schools, please join us at our Cooperative Preschool Fairs!*

**Westside:**

**Saturday, January 13<sup>th</sup>,  
 10 am to noon**

Burlingame Preschool  
 4729 SW Taylors Ferry Road  
 Portland, OR 97219

**Eastside:**

**Saturday, January 20<sup>th</sup>,  
 10 am to noon**

Kenilworth Community Preschool  
 4028 SE 34<sup>th</sup> Avenue  
 Portland, OR 97202

# THE AIR W

## Portland's green image masks its air pollution problems. What does that mean for our kids? PDX Parent investigates.

BY ALICE CALLAHAN, Ph.D

Last fall, just as kids all over the Portland metro area packed bright, new backpacks for the first week of school, wildfire smoke and ash blanketed the metro area.

It rolled in from the Columbia Gorge's Eagle Creek fire and beyond and lingered for days, stinging little eyes, burning small lungs, and trapping kids inside with pent-up energy and nowhere safe to play. Eventually, the smoke cleared, but the fires were an unwelcome taste of life in a city choked with pollution.

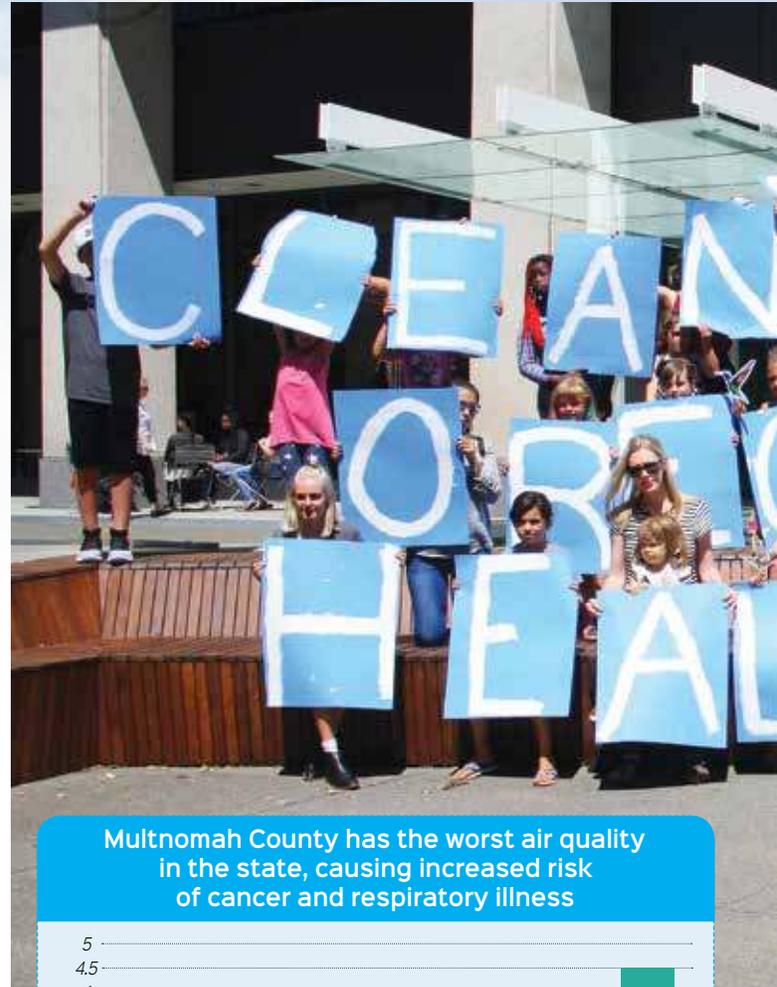
But many Portland residents have been worried about air pollution for some time, and they know that it often comes in a more insidious form, less visible but just as dangerous over the long term.

Residents of Southeast Portland learned in 2016 that their air was high in cadmium and arsenic, thanks to the Bullseye Glass factory in their neighborhood; in North Portland, residents have complained about the effects of the Daimler Plant on Swan Island for years. In Northwest Portland, industrial air pollution from ESCO's metal foundry made clean air activists out of local parents and eventually led to a "good neighbor" agreement with the plant.

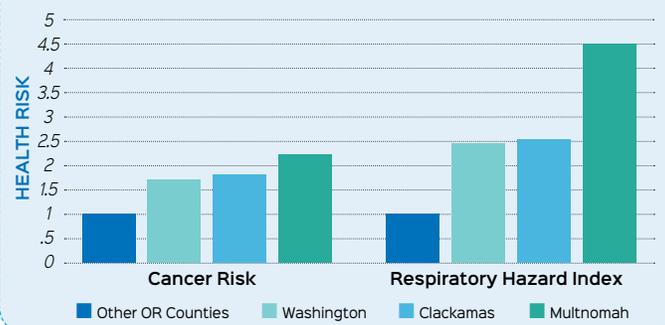
"I used to call myself an accidental activist," says Mary Peveto, president and co-founder of Neighbors for Clean Air, a local advocacy group that was involved in the effort to get ESCO to clean up their emissions. "I had no background in environmental health or any of this, except I'm a parent, and that's our background in everything. Honestly, as a parent, it's not accidental. If something is threatening or a risk to your children, you are going to do something about it."

### How Bad Is Portland's Air?

EPA data indicates that Multnomah County has the worst air quality in the state and the largest population affected, with Clackamas and Washington Counties close behind. Based on their



Multnomah County has the worst air quality in the state, causing increased risk of cancer and respiratory illness



SOURCE: EPA 2015

estimates, Multnomah County residents have double the risk of cancer and quadruple the risk of respiratory disease from air pollution compared to the state average, and kids are especially vulnerable to these health effects.



# LET'S BREATHE



Kids and families gather at a rally for clean air in downtown Portland in summer of 2017.

USA FRACK

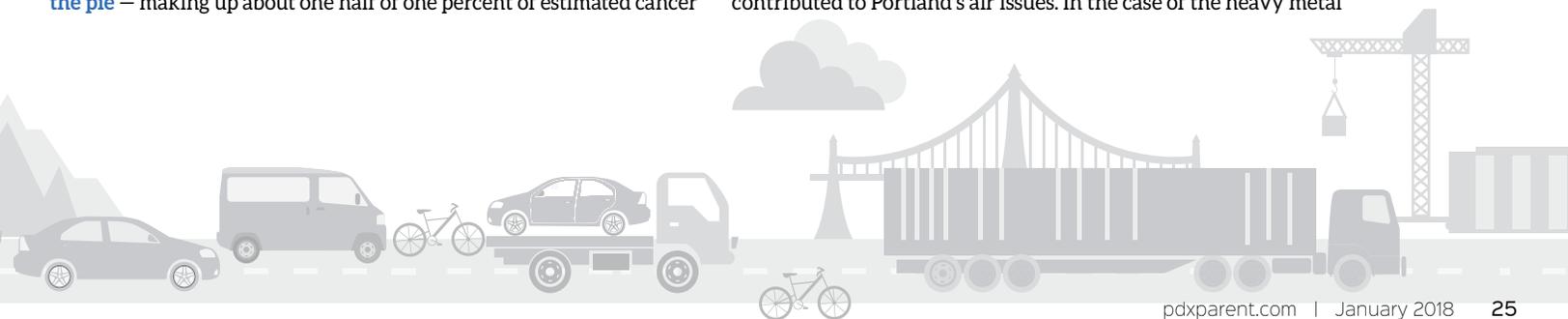
In 2011, the Oregon Department of Environmental Quality (DEQ) released estimates of concentrations of 19 potentially toxic air pollutants in the Portland area. Of these, 14 were found in concentrations higher than the benchmarks set by the state to protect the health of residents (some more than ten times higher). Among these were arsenic and cadmium, the heavy metals eventually linked to glass manufacturing in 2016.

For neighbors of glass factories and other industrial sources of toxic emissions, that's a real concern. **But county-wide, air pollution that can be tied to industrial point sources is just one very small slice of the pie** – making up about one half of one percent of estimated cancer

risk from air pollution. **The biggest culprits? Emissions from gas and diesel-burning engines and smoke from wood-burning stoves.**

Many factors contribute to Portland's air pollution problem, says Matt Hoffman, policy analyst at Multnomah County Environmental Health Services. Emissions come from the major highways, Port of Portland and the many rail lines running through Portland, as well as industry clustered along the Willamette River. And our location in the center of the Willamette Valley means pollutants tend to settle into the air we breathe, rather than dissipating into the atmosphere.

But there's no doubt that regulations – or lack thereof – have also contributed to Portland's air issues. In the case of the heavy metal



## HOW CAN YOU HELP CLEAR PORTLAND'S AIR?

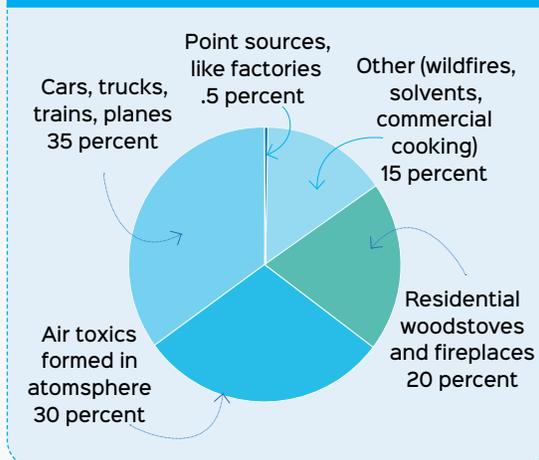
Walk, bike, carpool, use public transit – whatever steps you can take to reduce your family's contribution to traffic emissions.

Plant trees. They make our city more beautiful and help clean the air.

If you can, consider replacing wood stoves with cleaner sources of heat, like gas, pellet, or EPA-certified wood stoves.

Advocate for cleaner air. "The most important thing you can do for your kids and your future grandchildren is to be strong advocates for limits on air pollution as soon as possible," says Paul Lewis, M.D.

### Many sources add to cancer risk from air pollution in Multnomah County



SOURCE: EPA 2015

emissions from southeast Portland's Bullseye Glass, Hoffman says two factors allowed that crisis to happen: "It was a product of, one, a lack of rules that were health-protective of people living in proximity to the facility; and two, of zoning and land use and where we place our industry."

Hoffman says that while the Clean Air Act has done a very good job of cleaning up the air in terms of six major pollutants that cause smog and ozone, rules governing other pollutants are much more permissive, allowing large amounts of emissions without consideration for how close facilities may be to residential neighborhoods.

### How Does Air Pollution Affect Children's Health?

Paul Lewis, M.D., Multnomah County Health Officer and Associate Professor of Pediatrics at OHSU, points to several reasons to worry about long-term exposure to air pollutants for children. "Kids are more vulnerable because their engines rev at higher speeds than adults. Kids would rather run than walk, their hearts beat faster, and pound for pound they breathe far more than grown-ups. This makes air pollution a bigger deal for them," he says.

Kids are also still developing, and they "have decades in front of them," Dr. Lewis says. "Exposure to chemicals might not cause disease for many years so exposure early in life is more dangerous." Study after study shows that kids exposed to more air pollution have a harder start in life, with effects that can last a lifetime.

For example, research from California and Florida found that greater exposure to fine particulate matter pollution during pregnancy – primarily from gas and diesel traffic – is associated with a higher risk of preterm birth. Early life exposure to these pollutants also increases a child's risk of developing asthma and allergies.

Air pollution affects brain development, too. Several studies have found that exposure to air pollution during pregnancy increases the risk of autism in the baby. In Texas, researchers found that more exposure to air pollution was correlated to lower school performance in fifth graders. Heavy metals, like the ones in the air near Bullseye, are linked to negative effects on brain development and behavior, as well as cancer risk. According to the CDC, there is no safe level of lead exposure for children; it can cause brain damage, slowed growth and development, and problems with learning, behavior, hearing and speech.

Some children bear the burden of air pollution more than others. For example, Multnomah County's 2014 Report Card on Racial and Ethnic Disparities found that while pollution from diesel emissions is too high across Multnomah County, kids in census tracts with

at least 15 percent of the population identifying as Black/African American, Asian/Pacific Islander or Latino are breathing two to three times more diesel particulate matter than kids in predominantly white neighborhoods.

"If you're a kid on a tricycle, how can you get away from a polluted neighborhood?" asks Lewis. "Kids – even less than adults – don't choose where they live and don't choose the air they breathe."

Fourteen of 19 air toxics across the Portland metro area had higher levels than health standards, according to the Oregon DEQ. Eight were more than 10 times higher.

SOURCE: DEQ 2012

## A Path to Cleaner Air for Oregon?

If anything good came out of the Bullseye Glass situation, it was greater awareness of the problem. Bullseye installed new pollution control systems, and their emissions are now down to acceptable levels. And Governor Kate Brown made a commitment to step up air quality regulations so that, for the first time, industrial emissions standards would be based on protecting human health.

Draft rules for the new program, called Cleaner Air Oregon, were released in October. Following in the footsteps of California and Washington state, the new rules would require industrial facilities to report their emissions and meet limits based on health risks to neighboring residents, neither of which are part of current regulations. Lewis, who was part of an advisory committee for the new rules, says, "The best thing about Cleaner Air Oregon is that the system is transforming from basically arbitrary to one that has a basis in biology and health. It's a fantastic step and essential foundation for the future."

But Lewis is still pushing to make the rules better, saying he'd like to see faster implementation and stricter health-based standards than are in the current draft of the rules. Cleaner Air Oregon also only addresses pollution from industrial point



Halle Peveto addresses the crowd at a rally for cleaner air.

**SAVE THE DATE:**  
Clean Air Rally in Salem  
February 14, 2018

sources like factories; it won't reduce the impact of sources like diesel emissions.

In the coming year, the draft rules will be revised in response to public comments and then considered for approval by the state's Environmental Quality Commission in July 2018. Funding for the new program is dependent on the state legislature approving in their 2018 session

a one-time fee on polluting companies, a proposal that failed in 2017.

"The reality is our state doesn't fund our Department of Environmental Quality's air program adequately, and so it won't matter what the rules look like if the legislature doesn't fund the agency," Mary Peveto says. And so, she sees plenty more work to do. She urges parents to get involved in organizations like Neighbors for Clean Air and keep letting their elected officials know they care about air quality in Portland. "Every child deserves a fair shot at living in a clean, safe environment. We have a moral imperative to do better," she says. 🌈

### ADVOCATE FOR CLEANER AIR WITH THESE ORGANIZATIONS

Neighbors for Clean Air  
[whatsinourair.org](http://whatsinourair.org)

Eastside Portland Air Coalition  
[eastsideportlandair.org](http://eastsideportlandair.org)

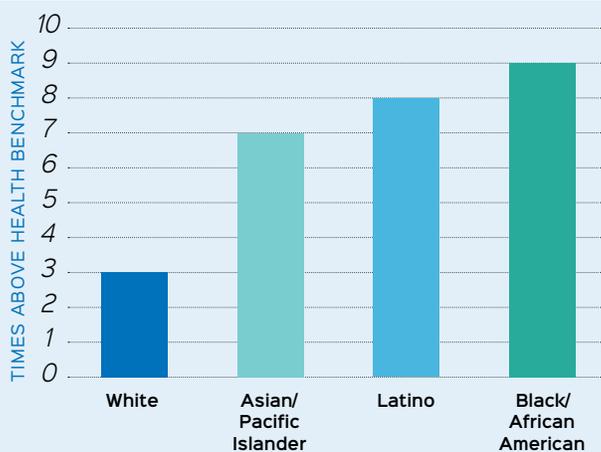
South Portland Air Quality  
[southportlandairquality.org](http://southportlandairquality.org)

OPAL Environmental Justice Oregon  
[opalpdx.org](http://opalpdx.org)

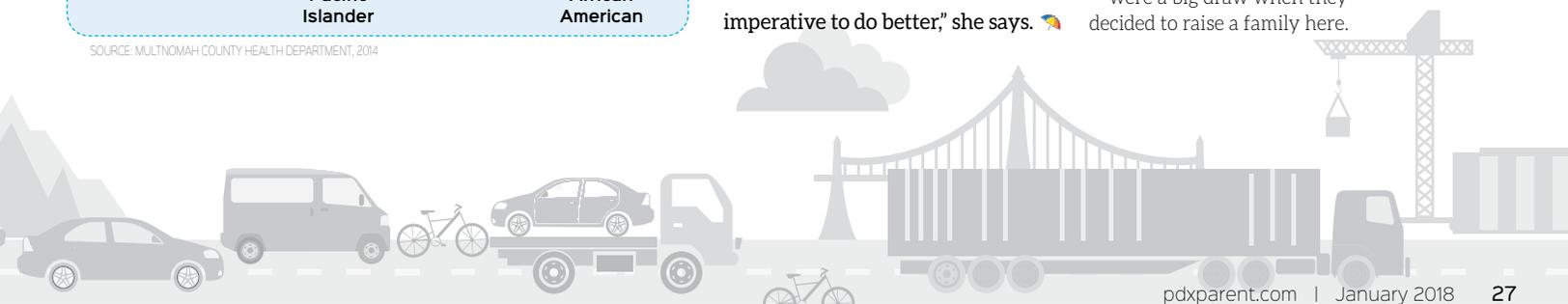
Beyond Toxics  
[beyondtoxics.org](http://beyondtoxics.org)

Alice Callahan, Ph.D., is a health and science writer living in Eugene with her husband and two young kids. Oregon's many opportunities to play and explore outdoors – in fresh, clean air – were a big draw when they decided to raise a family here.

### Levels of diesel particulate matter are too high across Multnomah County, but people of color are disproportionately affected



SOURCE: MULTNOMAH COUNTY HEALTH DEPARTMENT, 2014



## Field Trip



**M**y husband and I are both runners – it's a visible part of our daily routine, and our kids take notice. So perhaps it's only natural that they are interested in lacing up their sneakers and hitting the trail, especially my oldest, age 7.

As part of my son's school fundraising efforts, he has run the Shamrock 5K on St. Patrick's Day in downtown Portland twice now. Both experiences have been fun, if a bit soggy. But we never really trained for them, and they ended up being a 3-minute sprint followed by more walking breaks than running.

This fall, we decided to do something different and actually train together for a 5K. Here's what we learned.

### Have a Schedule

When I ran my first marathon, I relied on a beginner training program. Even though my longest run leading up the race was 6 miles short of the actual marathon distance, I felt prepared knowing that I had followed a plan.

Having a plan to follow helped my son, too. My husband came up with a three-day-a-week plan for us, consisting of a longer run (max of 2 miles), short hill or speed drills, and runs around the block.

Despite missing a few training sessions, my son felt prepared for the race. The biggest morale booster was getting in a 2-mile run before race day. He knew he could run most of the distance, which left the actual race distance feeling less daunting.

# Training Day

## Our step-by-step guide to conquering a 5K with kids.

STORY AND PHOTOS BY ALISON WILKINSON

### Allow for Flexibility

No, not just hamstring stretches – though those are great, too – but flexibility in your schedule, since life with kids is unpredictable. The day after we signed up for our race – the Reed 5K – the

organizers moved the date of the race up two weeks, cutting our training time to six weeks. Okay, that might be an unusual hurdle, but it did call for a little rejiggering.

And speaking of training efforts, while we tried our best to stick to the schedule laid out by my husband, we did hit some roadblocks. The poor air quality in August derailed us for about a week. The start of school made everything fall by the wayside for a few days. And summer camping trips also got in the way. We probably ended up hitting about 80 percent of the training schedule, prioritizing the longer runs.

Week of Monday	#1	#2	#3
Aug 14	4x1	1	1 mile
Aug 21	2x2	1	1.5 mile
Aug 28	5x1	1-2	1 mile
Aug 28	2x2	1-2	2 mile
Sep 4	6x1	2-3	1 mile
Sep 11	3x2	1	Sep 16 RACE

Around Sporting (the block physical, =1.)  
 Hills  
 Non-sport Running

### Make a Plan for Race Day

It never hurts to get to a race early. It helps you avoid the porta-potty lines, ensures that you have your packet picked up and number fastened without rushing around, and gives you time to stretch before heading out on the course. We arrived about 45 minutes early, which ended up being the perfect amount of time to do all those things.

My other two kids came along and stayed with my husband to cheer us on. The race we ran had kids' activities, which was helpful – especially for my 5-year-old daughter who was unexpectedly devastated that she wasn't going to be

Alison Wilkinson is the online editor for *PDX Parent*. She loves to run for fun, and to run after her three kids – ages 3, 5 and 7. She's tentatively planning to run her eighth marathon in June.

## « Upcoming Fun Runs »

**Shamrock Run** The race has a 5K course, longer courses and a kids' fun run. It's a festive run with lots of crowd support and crazy costumes, plus it's cool to run through downtown Portland to the sound of bagpipes. March 18. [motivrunning.com/shamrock-run-portland/](http://motivrunning.com/shamrock-run-portland/)

**Run Mama Run** This annual run/walk takes place every Mother's Day at Mount Tabor. Kids can run a loop at the top of the caldera, or challenge themselves with a hilly 5K. May 13. [runmamarunpdx.org](http://runmamarunpdx.org)

**Starlight 5K Run** This race is different because it takes place at night! It's also the area's largest fun run, so be prepared for costumes and crowds. June 2. [motivrunning.com/starlight-run/](http://motivrunning.com/starlight-run/)

**Portland Parks & Recreation \$5 5K series** The races take place at parks across Portland, and include shorter fun runs for smaller kids. \$5 for adults, kids run free. Dates vary. [portlandoregon.gov/parks/61144](http://portlandoregon.gov/parks/61144)

running with us. ("She's passionate about fitness!" said one awesome fellow mom to me at the start line.) **Pro tip:** There's very little a balloon sword can't fix. You can check ahead to see if there will be activities for non-racing siblings, or if you should plan to bring some stuff from home.

You can also check ahead to see where the best viewing spots are. Our race circled around a field, which meant that we got to see our family for the last mile or so of the race, and my daughter ran with us for the last quarter mile.

It's also a good idea to know a little about the course ahead of time, including where the hills and water stops are, if any, so you know when to dread/look forward to them.

Our plan for the actual race was to run a mile, walk a minute, run a mile, walk a minute, run to the finish. Again, going back to flexibility, it's okay to change that plan. The end of the first mile was downhill, and my son was feeling great, so we ended up skipping our first walk break. We also ended up speeding up a bit at the end to get him in just under the 40-minute mark – a big 6-minute personal record!

### Celebrate!

My son knew he had a bottle of Gatorade with his name on it waiting for him at the finish line as a reward for his hard work. We were also psyched to learn that there were medals at the end for all runners. He beamed as he put it around his neck and said to me, "I think I really deserve this medal!"

You do, buddy. You definitely do. 🍀



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## OaksPark.com

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# Food, Shelter, Comfort

Homelessness is on the rise in Portland. Here's how your family can help.

BY CATHERINE RYAN GREGORY



Lucas Corona started a coat and blanket drive for the homeless during last year's snowstorm. In 2017, he met his goal of helping 1,000 people. (1 pound of help per person.)

The girls and I were walking to a park recently when we passed a tent set up on the sidewalk. “Mommy, is that person a refugee?” asked Edie, 4. We had been talking a lot about people who are forced to leave their homes and go someplace safer, so her guess wasn’t completely out of the blue.

“No, honey,” I started, though the real answer is somewhat more complicated: After all, many of our country’s houseless citizens are like refugees, displaced because of domestic violence or economic injustice. “The person who lives in this tent is homeless. They don’t have another place to go, so they sleep here.”

The encampment we passed was far from unique in our community. Last year, more than 13,000 Oregonians didn’t have a stable, safe place to sleep every night and so ended up staying in a shelter, in a vehicle, on the street or at a friend or relative’s house. And nearly 60 percent of homeless families slept in a car or on the street – the highest rate in the nation in 2016, according to the U.S. Department of Housing and Development. Increases in homelessness mirror the increase in housing costs: Rent in Portland rose 20 times faster than median household income over the last two years.

The numbers are staggering, and chances are, you and I know an adult, child or family who has lived through homelessness, said Brandi Tuck, executive director of the nonprofit Portland Homeless Family Solutions (PHFS). “It’s not fair that someone can work full time, but still not make enough money to afford rent,” she says. “But we can do something to help. That’s the message to give to young children.”

### How to talk about homelessness

When my girls became old enough to begin asking questions about the world around them, I promised myself I would always do my best to answer honestly – within age-appropriate boundaries, of course.

Shushing their curiosity or pretending a problem doesn’t exist only reinforces stigma against vulnerable groups, like those living on the street.

Still, I sometimes struggle with how to explain a complicated issue like homelessness, which is tied into skyrocketing housing costs, domestic abuse, mental illness, substance abuse, systemic racism and a whole host of other thorny topics.

So I explain in terms even my 2-year-old can understand. “Sometimes people have nowhere else to go. It might not be safe where they used to live, or they don’t have enough money to buy a house,” I say.

Then I ask questions: Would it be warm or cold to live in a tent on the sidewalk in winter? How would it feel to not have a place to sleep? These questions encourage empathy, and they show that someone living on the street is just like them: A person who might feel hungry, cold or afraid.

### How families can help the homeless

I always follow up a tough conversation like that with an opportunity to show my kids that even though they are little, they can make a difference. Here are some ideas for you and your children to help our neighbors who experience homelessness.

#### Collect supplies.

The girls and I make a special date at least once a year to buy the most-needed supplies for someone living on the street. It’s not a huge investment – I spend about \$25 at the Dollar Store for one person, plus about \$10 monthly to keep a stock of basics baggies (peanut butter pouch, socks, travel pack of Kleenex, hand warmers) in my car. While the girls help me select shaving cream, hats, snacks and other in-demand goods, we talk about how each item will help someone. One

time Edie asked me, “Can we buy a tent?” If ever I had any doubt that our efforts to teach her and Maxine, 2, how to care about the world, that one question proved they’re helping these two grow into compassionate givers.

**Hold a drive.**

My friend Kristin’s two kids, then 6 and 3, started the **Share the Warmth Club** last year when Portland was snowed in. Her son Lucas initially wanted to give away his bed to people sleeping out in the cold, but he and his younger sister collected coats and blankets from neighbors instead. They ended up delivering nearly 100 pounds of cold weather gear to the Portland Rescue Mission.



**Make a care package.**

Edie and I have made care packages for a child living in an emergency shelter through Little Loving Hands, a monthly subscription service that mails kids projects to help them do good. Edie made a hand-tied pillow, a memory game and a card, which gave my craft-loving preschooler a concrete way to help “children with no houses,” as she says. (Find them at [littlelovinghands.com](http://littlelovinghands.com).)

**Cook – and share – dinner.**

Another way we can chip in together is cook dinner for Portland Homeless Families Solutions, which has shelters in Northwest and Southwest Portland. Every night of the year, volunteers cook, serve and sit down to eat with the emergency shelter residents – even with young children. The in-person interaction is a great way to counteract myths about the homeless, Tuck adds: “A child who is homeless is just another kid who doesn’t want to eat his broccoli!”

**Raid the hotel.**

My family teases me because I live by the no-shampoo-left-behind rule: I bring home all the travel-sized toiletries from hotels and, once I have a bag full, donate them to a food pantry, program for foster children or emergency shelter. Tuck suggests I let Maxine and Edie collect them instead, then bring them directly to the office of a nonprofit serving the homeless so the girls can better understand the impact of their gift. “It’s just one simple way kids can learn to give to those who need help,” she says. 🌈

Catherine Ryan Gregory is a full-time writer who lives in West Linn. She blogs about trying to be a good mother, including kid-friendly ways to give back, at [TenThousandHourMama.com](http://TenThousandHourMama.com).



# CHITRA THE GIRL PRINCE

**Feb 3-25**

*Most Enjoyed by Ages 6 & Up*

**TICKETS**

**503-222-2190 • [nwcts.org](http://nwcts.org)  
1819 NW Everett St, Portland**



For more art projects for kids, visit [pdxparent.com/hands-on](http://pdxparent.com/hands-on)

# Stamp It Up

Help your child make one-of-a-kind potato stamps to adorn handmade greeting cards.

STORY AND PHOTOS BY LESLIE TUCKER

## Materials

- Cutting board
- Sharp metal knife (for adult use only)
- Potatoes
- Pencil
- Plastic knife with a serrated edge
- Paintbrushes
- Washable tempera paint
- Scrap paper
- Assorted pieces of cardstock

What better way for your child to show appreciation for the holidays gifts he or she received than with a handmade thank you card? This fun and easy art project lets your child create a custom stamp to decorate those thank you notes, for an extra personal touch.

Once you get the hang of making one stamp, you and your child can get creative:

- Make multiple designs on more pieces of potato and combine potato 'stamps' on one piece of paper.
- Use wedge pieces of potato to print additional shapes on your card.
- Create a border potato stamp by cutting a potato in quarters and make a design to go around the edge of your paper.
- Use multiple colors on one stamp or on one card.
- To make hand-printed wrapping paper simply stamp in all directions, filling a large piece of craft paper with your design.
- Instead of a note card, use cardstock to make bookmarks.

## Instructions

1. Have a grown-up use a sharp metal knife and cutting board to cut a potato in half. Use a pencil to draw or indent a design onto the flat area of the potato. Use a knife (plastic for a child) to cut around the lines, pushing down and then at an angle to carefully remove areas of the potato that are not part of the design.

2. After you have created an indent in the potato approximately 1/8-inch deep around your design, test how your potato will print on a piece of scrap paper. Using a paintbrush, paint the flat area of the potato and press with even pressure on a scrap piece of paper. If your design does not print clearly, work on cutting a cleaner edge around your design.

3. Choose a piece of cardstock to make your first print. Load a paintbrush with a contrasting color of washable tempera, and paint the flat area of your design. Stamp your potato on your card stock, taking care not to let the potato slide around and smear the paint. To clean paint off of potatoes, simply wash with water and dry with a paper towel. Repeat! 🌈



Leslie Tucker is a teaching artist at Vibe. Founded in 2007 by local musician and parent, Laura Streib, Vibe is a visual arts and music educational nonprofit aimed at making the arts accessible to all. Vibe offers programming at schools, studio classes, workshops, and events for ages preschool through adult, and summer camps for preschool through high school age artists and musicians. More info about Vibe can be found at [vibepdx.org](http://vibepdx.org) or [vibestudio.org](http://vibestudio.org).



New Year's resolution, meet healthy take on classic kid comfort food.

# Have a Ball

BY JOANNA SOOPER

**A**h, January, where everyone you know is now on some sort of diet or cleanse. Maybe you are, too. Or you can be like me, and pretend you aren't attempting to make up for a month and a half of decadent dining, but calling it "not a diet." January is a month-long reset where I re-teach my body that Prosecco and scoops of warmed brie is not the ideal dinner. I push myself through the post-holiday slump by trying a handful of new recipes a week, replacing latkes with slow simmered beans, and cinnamon rolls with roasted veggies.

This dinner is the perfect balance between "not a diet" and a family meal. Kid-friendly, greens-packed, turkey meatballs can be enjoyed over a pile of fresh zucchini or butternut squash "noodles" (pictured above). Dip them in your favorite pasta sauce or drizzle with some of that pesto you tucked in the freezer last September.

Happy 2018!

## Green Meatballs

2 cloves garlic, peeled and smashed  
 5 green onions, roughly chopped  
 ¼ cup fresh cilantro leaves, roughly chopped  
 1 bunch Swiss chard or kale, leaves removed from stems, roughly chopped (about 2 cups)  
 2 eggs  
 1 teaspoon salt  
 1 teaspoon black pepper  
 2 pounds ground turkey

## Directions

1. Preheat oven to 350° F.
2. In the bowl of a food processor, combine garlic, green onions, and cilantro. Process until chopped and uniform.
3. Add the Swiss chard or kale, a handful at a time, and process until chopped and uniform.
4. Transfer mixture to a large mixing bowl and add remaining ingredients. Use your hands to create a uniform mixture.
5. Roll meat mixture into 1-inch balls. Refrigerating the meatballs for an hour or two will help them set, but isn't necessary if you're in a hurry. Lay them, without touching one another, on top of a roasting pan or a baking sheet with a cooling rack fitted on it.
6. Bake meatballs for about 20 minutes, turning them over halfway through, until no longer pink in the interior. A meat thermometer inserted into a meatball should read 165° F. 🍴

Looking for more kid-friendly recipes? Visit [pdxparent.com/recipe-file](http://pdxparent.com/recipe-file)

## Time Out



### owl we're saying

Got kiddos who are fascinated by the owl kingdom? Join a naturalist from the **Tualatin National Wildlife Refuge** on a twilight hike to learn more about these stealthy and majestic hunters, their natural habitat and their nocturnal journeys, including how they have adapted to a life lived in the dark. Flashlights provided. **Tuesday, January 9** and **January 23**, 6 pm-7:30 pm. Sign up at [friendsoftualatinrefuge.org](http://friendsoftualatinrefuge.org). Free.



### give pete a chance

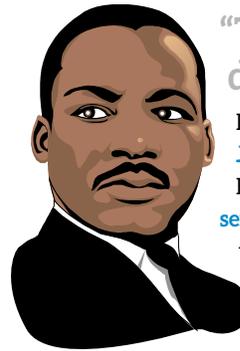
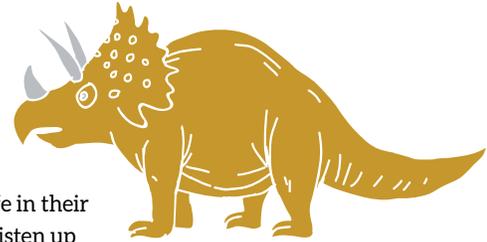
The Biddle family are your average, everyday sort of folks — until hipster beatnik feline **Pete the Cat** moves in and steals the show. The family's Alex P. Keaton-esque second grader, Jimmy, is unmoved — until he needs help on an art project, and Pete takes him under his paw for an unforgettable road trip. **Oregon Children's Theatre's** latest production brings the beloved storybook to life. Opens on **January 20** and runs through President's Day weekend. **Shows are Saturdays** at 2 pm and 5 pm, **Sundays** at 11 am and 2 pm; check [octc.org](http://octc.org) for exact showtimes and ticket prices. The running time is 1 hour, and it is best for ages 4 and up.

## go. play. explore.

January 2018

### here come the dinosaurs

Who says the **dinosaurs** are extinct? **The Oregon Symphony** brings them to life in their latest 1- hour kids' concert. Listen up for music from the beloved *Jurassic Park* films, and other dino-inspired sources. Narrated by local treasure Pam Mahon, and featuring performances from the Pacific Youth Choir and Dance West. **Sunday, January 7**, 2 pm. Arlene Schnitzer Concert Hall. Tickets and more info at [orsymphony.org](http://orsymphony.org).



### "The time is always right to do what is right"

Honor the legacy of the great **Martin Luther King, Jr.** by giving back to our community, with the kids. Hands On Portland has a wealth of available **service projects** for the long weekend, many of which are kid-friendly. Your family can help restore habitat and maintain trails at Forest Butte, keep the Tualatin Library looking spick-and-span, knit warm quilts for vulnerable babies in Beaverton or pull invasive ivy at Blandford Canyon in Vancouver, Wash. Events take place **January 12-15**. See [handsonportland.org](http://handsonportland.org) for details. **Pro tip:** Don't wait, as spots fill quickly.

### dog days

Come one, come all to the 22nd annual celebration of the **Japanese New Year** at Portland State University, also known as Mochitsuki. 2018 is the year of the dog, so expect dog-themed crafts and storytelling, plus musical performances, delicious food and much more. **Sunday, January 28**, 11 am-4 pm. Smith Memorial Student Union. Check out [mochipdx.org](http://mochipdx.org) for more info.

**MOCHITSUKI 2018**  
22nd Annual Japanese American New Year Celebration

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## a winter's tale

Go back in time to the 1920s to learn about little-known American inventor, W.A. "Snowflake" Bentley and his groundbreaking snowflake photography at [Puppetkabob's The Snowflake Man](#). The show weaves together art, science and history. Your kids will be enthralled by the Czech-style marionettes and pop-up book scenery. **Three Saturdays** this month on **January 6** at 1 pm at North Portland Library; **January 13** at 11 am at Central Library and **January 20** at 11 am at Sellwood-Moreland Library. First come, first served. Free.

## make art

Kids love art projects, the messier the better. You love art projects, when you don't have to clean up the mess. Enter [Blow Paint Creatures](#) at [Multnomah County Libraries](#).



Joeanally Gonzalez with Creative Minds will help your kiddos blow brightly colored paint out of a straw, then help give those colored splotches some personality. Is this how Jackson Pollock got his start? **Saturday, January 13**, 11:15 am-12:45 am at Gregory Heights Library and **Saturday, January 20**, 3 pm-4:30 pm at Kenton Library. Free.



## train fix

Model train enthusiasts always look forward to the [Great Train Show](#). More than 50 vendors from across the country will be selling model trains, tracks and display pieces like buildings and figurines. But the kids will probably be most interested in the LEGO train display or hopping on the train ride. **Saturday and Sunday, January 27-28**, 10am-4pm. Portland Expo Center. Kids 11 and under free. Tickets for 12 and older: \$10 on Saturday and \$9 on Sunday. Visit [trainshow.com](#) for discount tickets and more. 🚂



# ALICE (in wonderland)

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WEST COAST PREMIERE | TICKETS START AT \$29



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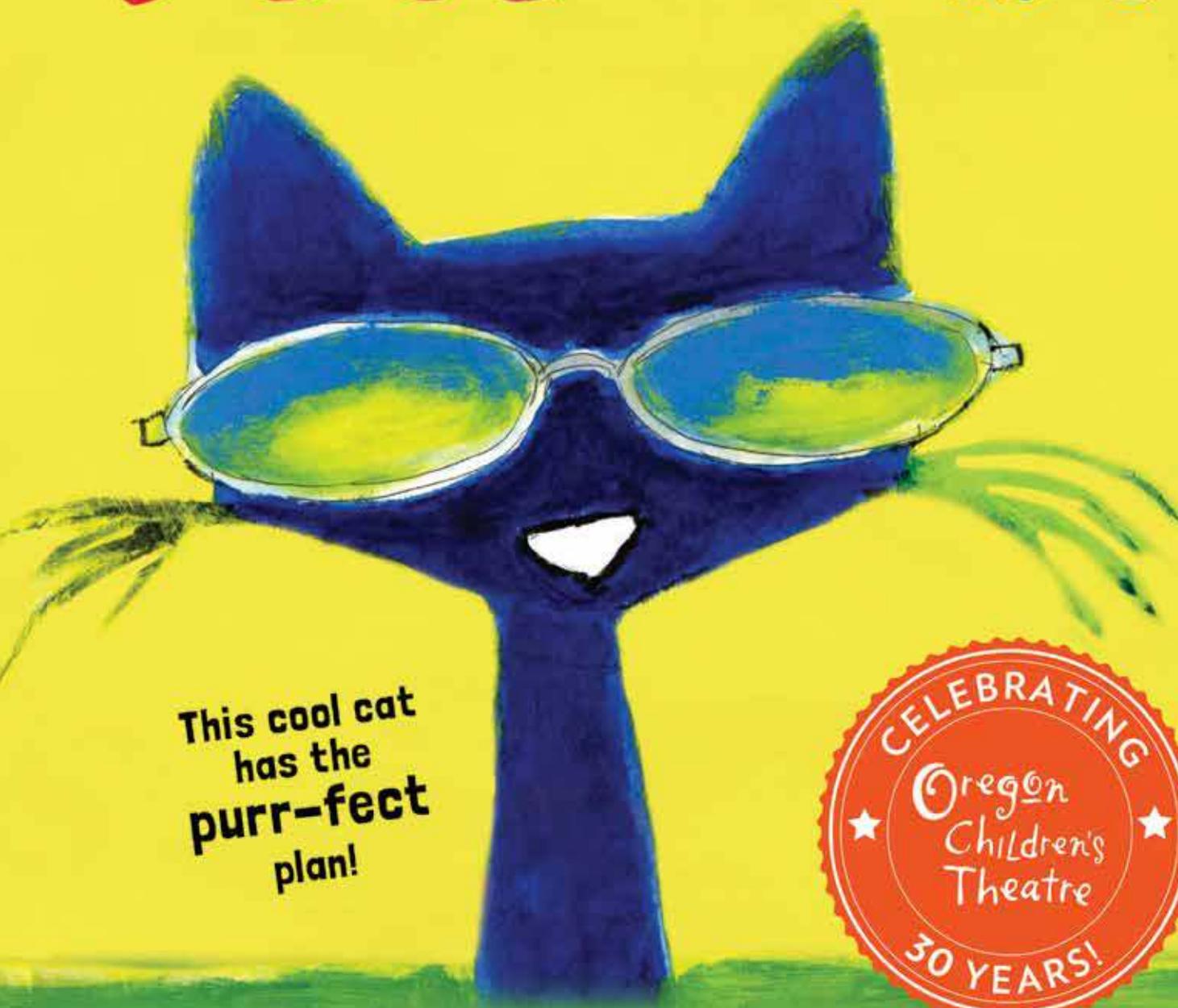
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# Pete<sup>the</sup> Cat



This cool cat  
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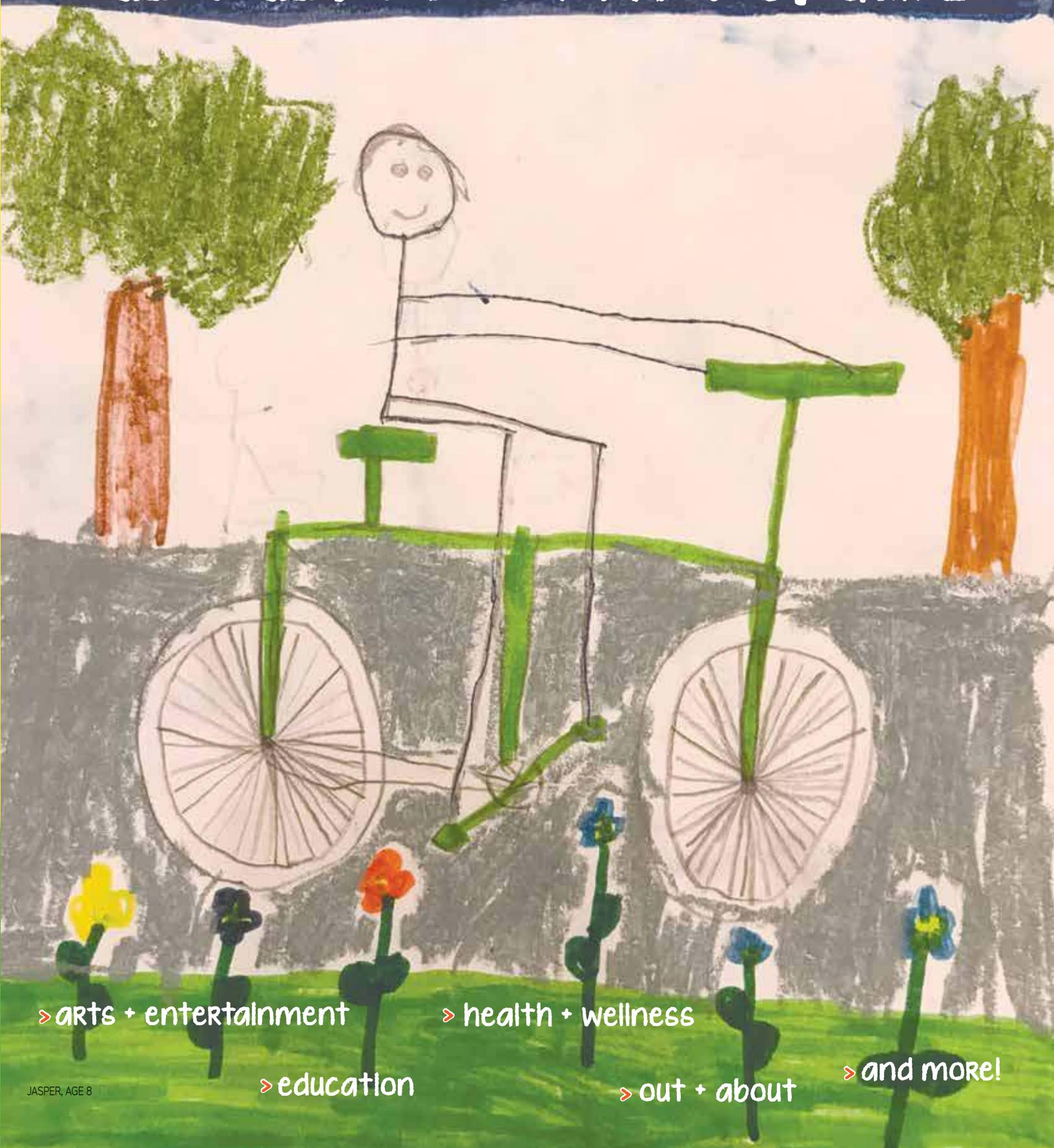
Regional Arts & Culture Council

SHUBERT FOUNDATION



Book and Lyrics by Sarah Hammond. Music by Will Aronson. Based on the popular book series by Kimberly and James Dean. PETE THE CAT was originally commissioned and produced by TheatreworksUSA of New York City.

# THE 2018 EVERYTHING GUIDE



> arts + entertainment

> health + wellness

> education

> out + about

> and more!



# Discover your nature.

With 18 Metro parks and natural areas to explore, there's a lot to discover. Get out there.



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Parks and nature  
Arts and conference centers  
Garbage and recycling  
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Oregon Zoo

[oregonmetro.gov/parks](https://oregonmetro.gov/parks)



## < ARTS & ENTERTAINMENT >

### ART GALLERIES & EXHIBITS

#### Oregon Historical Society

Visit our new permanent exhibit History Hub where families can explore the topic of diversity through fun, hands-on interactives. With puzzles, touch screen activities, and board games, History Hub asks students to consider questions like "Who is an Oregonian?" and "How can you make Oregon a great place for everyone?"

1200 SW Park Ave  
Portland, OR 97205  
503-222-1741  
orhist@ohs.org  
ohs.org

Please see ad on page 43

### ARTS & CRAFTS / VISUAL ARTS / FILMMAKING

**The Craft Factory** - 7832 SW Capitol Hwy, Ste B; craftfactorypdx.com.

**Portland Child Art Studio** - 1819 NW Everett, Ste 204; portlandchildart.org.

**SCRAP** - 1736 SW Alder; scrappdx.org.

**Smartyants** - 5512 N Montana; smartypantspdx.com.

**Spark Arts Center** - 1805 NE Cesar E Chavez; sparkartscenter.com.

**Vibe of Portland** - 5633 SE Division; vibestudio.org.

**Collage** - 1639 NE Alberta; collagepdx.blogspot.com.

**Confection Crafts** - 3936 N Williams; confectioncrafts.com.

**Mimosa Studios** - 1718 NE Alberta; mimosastudios.com.

**Multnomah Arts Center** - 7688 SW Capitol Hwy; multnomahartscenter.org.

**My Masterpiece Art Studio** - 7905 SW Cirrus 27G, Beaverton; mymasterpieceartstudio.com.

**Vine Gogh Artist Bar & Studio** - 11513 SW Pacific Hwy, Tigard; vinegogh.com.

**Young Art Lessons** - 7461 SW Bridgeport; youngartusa.co.

### DANCE PERFORMANCES & INSTRUCTION

**BodyVox** - 1201 NW 17th; bodyvox.com.

**Classical Ballet Academy** - 7970 SE Milwaukie; classicalballet.net.

**Dance With Joy Studios** - 7981 SE 17th; dancewithjoystudios.com.

**Echo Theater Company** - 1515 SE 37th; echotheaterpdx.org.

**Northwest Dance Project** - 211 NE 10th; nwdanceproject.org.

**Oregon Ballet Theatre** - 0720 SW Bancroft; obt.org.

**The Portland Ballet** - 6250 SW Capitol Hwy; theportlandballet.org.

**Center for Movement Arts** - 1734 SE 12th; cmdance.com.

**Columbia Dance** - 1700 Broadway, Vancouver; columbiadance.org.

**Hollywood Dance Studio** - 4419 NE Sandy Blvd; hollywooddancepdx.com.

**Northwest Dance Theatre** - 19318 SW Mohave Court, Tualatin; nwdt.org.

**Oregon Ballet School** - 1017 SW Morrison; oregonballetschool.com.

**Portland Youth Ballet** - 7901 SW Cirrus Bldg 27, Beaverton; pybdance.com.

**Tualatin Dance Center** - 8487 SW Warm Springs, Tualatin; facebook.com.

### DRAMA / THEATER

#### Christian Youth Theater Portland

Christian Youth Theater is a nationwide theater training company helping youth become the best they can be. CYT offers quarterly classes in Portland & Vancouver in drama, voice, dance for students ages 5-18. Students, 8-18, are eligible to audition for quarterly Broadway-style productions. CYT—Changing Lives. One Stage at a time!

20500 SW Boones Ferry Rd  
Tualatin, OR 97062

503-272-6600  
mschelske@cytportlandvancouver.org  
cytportlandvancouver.org

Please see ad on page 56

#### Northwest Children's Theater and School

NWCT's mission is to educate, entertain and enrich the lives of young audiences. NWCT produces five Mainstage shows per year; administers one of the largest theater schools on the west coast; and offers access performances, which includes audio-described, sign-interpreted, and sensory-friendly performances, so every child has access to the magic of theater.

1819 NW Everett St  
Portland, OR 97209

503-222-2190  
info@nwcts.org  
nwcts.org

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#### Oregon Children's Theatre

For nearly three decades, Oregon Children's Theatre has been creating extraordinary theater for young audiences. We bring great stories to life on stage, with productions distinguished by their professional polish and awe-inspiring staging. For many children,

attending an OCT production is their first experience with professional performing arts.

1939 NE Sandy Bl  
Portland, OR 97232

503-228-9571  
info@octc.org  
octc.org

Please see ad on page 36

#### Penny's Puppet Productions

Penny's Puppet Productions is a professional one-woman puppet company dedicated to making the world a better place, one puppet show at a time! Offering joyful programs that ignite the imagination and fill the room with excitement and laughter, Penny's live performances use puppets, story, and song to inspire and entertain children of all ages.

PO Box 220238  
Milwaukie, OR 97269

503-282-9207  
Penny@pennypuppets.com  
pennypuppets.com

Please see ad on page 54

**Tears of Joy Theatre** - 323 NE Wygant, Ste 201; tojt.org.

**Corbett Children's Theater** - corbettchildrenstheater.com.

**El Centro Milagro** - 425 SE 6th; milagro.org.

**Imago Theatre** - 17 SE 8th; imagotheater.com.

**Krayon Kids Musical Theater Co.** - 817 12th, Oregon City; krayonkids.org.

**Ladybug Theater** - 8210 SE 13th; ladybugtheater.com.

**Lakewood Theatre Company** - 368 S State, Lake Oswego; lakewood-center.org.

**Shakespeare in the Parks** - portlandactors.com.

**Shaking the Tree** - 823 SE Grant; shaking-the-tree.com.

**Stumptown Stages** - Brunish Theatre, 1111 SW Broadway; stumptownstages.com.

### KID-FRIENDLY MOVIE THEATERS

**Academy Theater** - 7818 SE Stark; academytheaterpdx.com.

**Bagdad Theater & Pub** - 3702 SE Hawthorne; mcmenamins.com.

**Hollywood Theatre** - 4122 NE Sandy Blvd; hollywoodtheatre.org/education/summer-film-camps/

**Laurelhurst Theater** - 2735 E Burnside; laurelhursttheater.com.

**McMenamins Kennedy School** - 5736 NE 33rd; mcmenamins.com.

**Regal Bridgeport Village** - 7329 SW Bridgeport, Tigard; regmovies.com.

**Clinton Street Theater** - 2522 SE Clinton; cstpdx.com.

**Moreland Theater** - 6712 SE Milwaukie; morelandtheater.com.

**Valley Cinema Pub** - 9360 SW Beaverton Hillsdale Hwy, Beaverton; valleycinemapub.com.

### MUSIC INSTRUCTION

#### Bennett Suzuki Violin Studio

Age 2 to adult. Private lessons, group lessons, parent/child lessons, sibling lessons, recitals. Learn by listening with a gradual transition to note-reading. Edie Bennett is a certified teacher with a Masters Degree, and has over 35 years of teaching experience, specializing in teaching young children. Your first appointment is FREE.

8628 SW 50th Ave  
Portland, OR 97219

503-246-9945  
edieviolin@aol.com  
ediebennett.com

Please see ad on page 56

#### Music Together of Portland

Join Music Together of Portland for classes in your neighborhood! Music Together® is an internationally recognized, research based music program for infants, toddlers, preschoolers, kindergartners and the adults who love them. Shake eggs, dance with scarves, sing, play instruments and experience the most talked about early childhood music program in town!

1234 SE 53rd Ave  
Portland, OR 97215

503-236-4304  
musictogether-pdx.com

Please see ad on page 51

**Artichoke Community Music** - 3130 SE Hawthorne; artichokemusic.org.

**Ethos Music Center** - 2 N Killingsworth; ethos.org.

**Music Seeds** - 15080 SE Laurie, Milwaukie; musicseeds.com.

**MusikWerks Studio** - 4518 NE 28th; musikwerksstudio.com.

**Oregon Music Teachers Assn.** - omta-portland.org.

**Portland Piano Lab** - 711 SW 14th; portlandpianolab.com.

**Rock 'n' Roll Camp for Girls** - girlsrockcamp.org.

**Rose City Music Academy** - 7905 SW Matheny, Beaverton; rosecitymusicacademy.com.

**Sound Roots School of Music** - 11517 SW 58th Ct; soundrootsmusic.com/music2

### MUSIC PERFORMANCES

#### Blueprint Ensemble Theatre Arts Initiative

Blueprint Ensemble Arts Theatre Initiative is a Portland-based performing arts and choral



**NORTH CLACKAMAS**  
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### Program Highlights

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- Chef on site, organic snacks and meals provided
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- Outdoor environment, curriculum and the cultivation of ecological intelligence
- Cloth diapers, potty training
- Engaged and active parent community
- Founded in the spirit of environmental sustainability

503-972-7100 | 4817 SW 53rd Ave., Portland 97221 | [www.pdxMC.org](http://www.pdxMC.org)



**Portland Montessori Collaborative**  
A learning community for infants, toddlers, children and their families

organization with numerous ensembles under its banner, each rooted in harmonic fusion, musical versatility, and unity. Blueprint engages youths and adults through the appreciation of music and performing arts, and promotes these mediums through accessibility for all.

2120 NE Tillamook St  
Portland, OR 97212  
503-222-3284  
[info@BlueprintArts.org](mailto:info@BlueprintArts.org)  
[blueprintarts.org](http://blueprintarts.org)

*Please see ad on page 57*

**Oregon Symphony** - Performances at Arlene Schnitzer Concert Hall; [orsymphony.org](http://orsymphony.org).

**Bravo Concerts Northwest** - 601 Main STE 301, Vancouver; [bravoconcerts.com](http://bravoconcerts.com).

**Junior Symphony of Vancouver** - 9503 NE 86th, Vancouver; [oregonchamberplayers.org](http://oregonchamberplayers.org).

**Metropolitan Youth Symphony** - 4800 SW Macadam, Ste 105; [playmys.org](http://playmys.org).

**Oregon Repertory Singers** - 5319 SW Westgate, Ste 134; [orsingers.org](http://orsingers.org).

**Pacific Youth Choir** - 620 SW Main, Ste 203; [pacificyouthchoir.org](http://pacificyouthchoir.org).

**Portland Boychoir** - 1819 NW Everett; [portlandchoirs.org](http://portlandchoirs.org).

**Portland Columbia Symphony Orchestra** - [columbiasymphony.org](http://columbiasymphony.org).

**Portland Youth Philharmonic** - 9320 SW Barbur Blvd, Ste 140; [portlandyouthphil.org](http://portlandyouthphil.org).

## VENUES

### North Clackamas Aquatic Park

Surf's up at North Clackamas Aquatic Park! Catch a ride in Oregon's largest indoor wave pool, zip down thrilling water slides and scale a 29-foot rock wall. This water park is perfect for birthday celebrations with plenty of party packages to choose from.

7300 SE Harmony Rd  
Milwaukie, OR 97222  
503-557-7873  
[aquaticpark@ncprd.com](mailto:aquaticpark@ncprd.com)  
[ncprd.com](http://ncprd.com)

*Please see ad on page 40*

### Pietro's Pizza & Pirate Adventure



Pietro's Pizza has been a Northwest family favorite since 1957. Our menu features Pietro's famous original thin crust pizza and much more. Pietro's is the perfect place for your next birthday party or family gathering. Great Food & Beverages combined with great Fun & Games will make Pietro's a hit with the entire group. Milwaukie, Beaverton, Salem & Hood River

13281 SW Canyon Rd  
Beaverton, OR 97005  
503-536-7600  
10300 SE Main St  
Milwaukie, OR 97222  
503-659-7770  
[beaverton@pietrosrestaurants.com](http://beaverton@pietrosrestaurants.com)  
[pietrosrestaurants.com](http://pietrosrestaurants.com)

*Please see ad on page 58*

## < BIRTHDAYS >

### ENTERTAINERS

#### Party Animals NW

Interactive animal shows for birthday parties, events, and educational programs! We bring our zoo to you!

Portland Metro Area  
503-714-6339  
[info@partyanimalsnw.com](mailto:info@partyanimalsnw.com)  
[partyanimalsnw.com](http://partyanimalsnw.com)

**Circus Cascadia** - 8563 SE 257th, Gresham; [circuscascadia.com](http://circuscascadia.com).

**Dragon Theater Puppets & Princesses** - [dragontheater.com](http://dragontheater.com).

**Party Animals NW** - Portland Metro Area; [partyanimalsnw.com](http://partyanimalsnw.com).

**PegStilts.com** - Peg Stilts for Kids and Adults - 8123 NE Skidmore; [pegstilts.com](http://pegstilts.com).

### PARTY SUPPLIES

**Hattie's Sweet Shop** - 7828 SW Capitol Hwy; [hattiesweets.com](http://hattiesweets.com).

**Parties Inc.** - [partiesinc.com](http://partiesinc.com).

**Portland PartyWorks** - 15521 SE For Mor Ct, Clackamas; [portlandpartyworks.com](http://portlandpartyworks.com).

**Mad Science of Portland and Vancouver** - 1522 N Ainsworth; [portland.madscience.org](http://portland.madscience.org).

**Oaks Amusement Park** - 7805 SE Oaks Park Way; [oakspark.com](http://oakspark.com).

**OMSI - Oregon Museum of Science & Industry** - 1945 SE Water; [programs.oms.edu/camps-and-classes](http://programs.oms.edu/camps-and-classes)

**Portland Children's Museum** - 4015 SW Canyon; [portlandcm.org](http://portlandcm.org).

**CeramiCafe Art Lounge** - 12056 SE Sunnyside, Clackamas; [ceramicafenw.com](http://ceramicafenw.com).

**The GameRoom** - 1926 SE Scott, Milwaukie; [gameroompx.com](http://gameroompx.com).

**Jim Parsley Community Center** - 4100 Plomondon, Vancouver; [vansd.org/jpc](http://vansd.org/jpc).

**Metro Gymnastics Center** - 18084 SW Lower Boones Ferry, Tigard; [metrogymanastics.com](http://metrogymanastics.com).

## < EDUCATION >

### CHARTER & PUBLIC SCHOOLS

**Lewis & Clark Montessori Charter School** - 15600 SE 232nd, Damascus; [lcms.org](http://lcms.org).

**Oregon Virtual Education** - 5825 NE Ray Circle, Hillsboro; [orved.org](http://orved.org).

## CHILDCARE / DAYCARE NANNIES

### Creative Children's Center

Creative Children's Center is a learning community for Elementary and Preschool students, (toddlers to third grade). We hold true to an image of the child as a gifted learner; creative, intelligent, and engaged in the process. Our curriculum is grounded in constructivist philosophy and inspired by the Reggio Emilia Approach. Our days are filled with STEAM experiences, innovative ideas, and creative ways to learn! Full and half day programs are offered year round.

2515 SW 185th  
Beaverton, OR 97003

503-591-0604  
info@creativechildrenscenter.com  
creativechildrenscenter.com

*Please see ad on page 22*

### Portland Montessori Collaborative

Montessori Preschool for children 3 months through Kindergarten. Located in the Bridle-mile neighborhood of SW Portland. Founded in the spirit of environmental sustainability, and inspired by the schools of Reggio Emilia. In house chef prepares organic snacks and meals. We use cloth diapers, and educate for peace and ecological intelligence.

4817 SW 53rd Ave  
Portland, OR 97221

503-972-7100  
info@pdxmc.org  
pdxmc.org

*Please see ad on page 40*

**A Brilliant Nanny LLC** - 4110 SE Hawthorne Blvd, Ste 157; abnanny.com.

**Providence Wee Care Child Development Center** - 830 NE 47th; oregon.providence.org.

**Spilt Milk Nannies** - Greater; spiltmilknannies.com.

## CLASSES / CAMPS

### Blueprint Ensemble Theatre Arts Initiative

Blueprint Ensemble Arts Theatre Initiative is a Portland-based performing arts and choral organization with numerous ensembles under its banner, each rooted in harmonic fusion, musical versatility, and unity. Blueprint engages youths and adults through the appreciation of music and performing arts, and promotes these mediums through accessibility for all.

2120 NE Tillamook St  
Portland, OR 97212  
503-222-3284  
info@BlueprintArts.org  
blueprintarts.org

*Please see ad on page 57*

### Saturday Academy

Founded in 1983, Saturday Academy offers hands-on classes and camps in science, technology, engineering, math, the arts and college prep to students in grades 2-12. Classes are taught by professionals in their fields and are held throughout the Portland Metro area

on weekends, after-school and during school vacations. Follow your curiosity!

5000 N Willamette Bl  
Portland, OR 97203

503-200-5858  
info@saturdayacademy.org  
saturdayacademy.org

*Please see ad on page 49*

**Camp Blue Spruce** - Located near Banks, Oregon, ; campbluespruce.org.

Leach Botanical Garden - 6704 SE 122nd;  
leachgarden.org.

**Little Engineers** - 9585 SW Washington Sq,  
Tigard; little-engineers.com.

**MetroArts Inc.** - 0240 SW Canby;  
metroartsinc.org.

## FOREIGN LANGUAGE INSTRUCTION

### German International School of Portland

GIS is a collaborative community with a student-centered environment that encourages growth into bilingual world citizens. We strive for academic and creative excellence, embrace healthy behavior, and value lifelong learning. Schedule a tour today to learn more about our über global curriculum!

3900 SW Murray Bl  
Beaverton, OR 97005

503-626-9089  
admissions@gspdx.org  
gspdx.org

*Please see ad on page 59*

### The International School

Picture your child: fluent in another language, at home in other cultures, and engaged in math, science, social studies and the arts! Children acquire Spanish, Chinese, or Japanese language and culture as they learn to pursue knowledge beyond the classroom and throughout life. Inquiry-based International Baccalaureate World School. Founded 1990.

025 SW Sherman St  
Portland, OR 97201

503-226-2496  
admissions@intlschool.org  
intlschool.org

*Please see ad on page 53*

### Oregon Hope Chinese School

Oregon Hope Chinese School is a public benefit nonprofit organization founded in 2005. OHCS provides Chinese Preschool and Kindergarten, Summer Camp, Saturday Chinese lessons, and After-School Chinese classes. Children as young as 2.5 years old can enroll. Our instructors make the learning fun, entertaining, and educational for everyone.

4010 NW Kaiser Rd  
Portland, OR 97229

971-226-7240  
info@oregon-hope.org  
oregon-hope.org

*Please see ad on page 57*

### Scuola Italiana di Portland

Scuola Italiana provides authentic Italian language and culture classes for children, ages 1 to 12 years; 6:1 student-teacher ratio maintained. Native and native-fluent teachers engage students in dynamic, student-centered classrooms. Programs include a Reggio Emilia preschool, weekend and after-school classes, summer camps, and a Mommy and Me Playgroup.

1542 NW 14th Ave  
Portland, OR 97209

971-270-0470  
info@scuola.us  
scuola.us

*Please see ad on page 56*

**Portland Early Learning Project** - 4330 NE  
37th; portlandearlylearning.com.

## HOMESCHOOLING RESOURCES

### Portland Child Art Studio

PCAS homeschool classes for ages 4-12 provide children with a studio immersion experience in drawing, painting, sculpting, clay, and printmaking. While children learn to use different techniques and mediums, PCAS nurtures their unique creativity and curiosity with open-ended projects, fostering independence and confidence within a creative studio environment.

1819 NW Everett St Ste 204  
Portland, OR 97209

971-200-7554  
portlandchildart@gmail.com  
portlandchildart.org

*Please see ad on page 51*

### The Reading Toolkit, LLC

The Reading Toolkit, LLC, provides private tutoring for reading and spelling remediation to the school-age population using a phonemic awareness program to treat the weak skill areas. This instruction does not constitute a complete and integrated reading program, but serves to move your child forward to the next steps.

3004 SE 57th Ave  
Portland, OR 97206

971-207-6600  
jean@thereadingtoolkit.com  
thereadingtoolkit.com

*Please see ad on page 54*

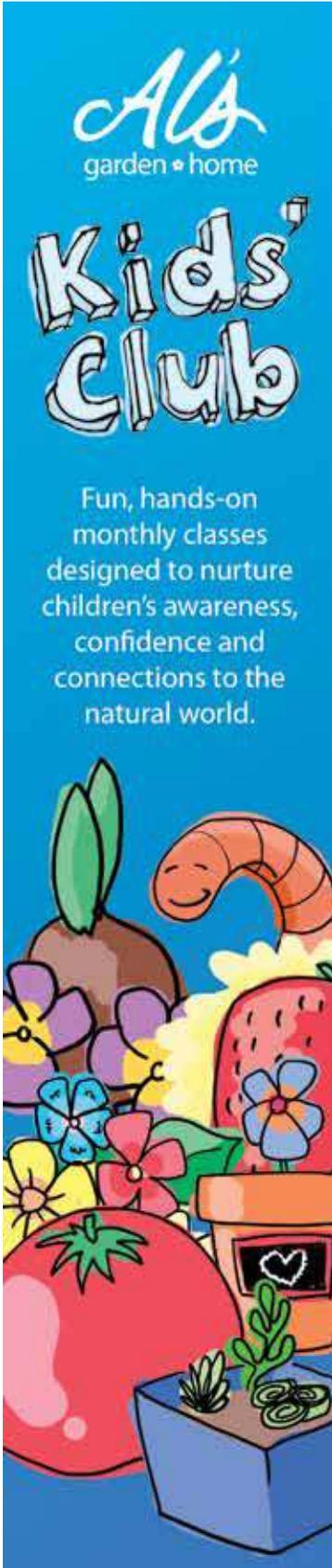
### Village Home Education Resource Center

Village Home is a progressive learning community designed for family-directed learners. We provide classes, community, field trips, and more in a family-friendly environment. Learners choose from more than 200 classes per week in every subject area for ages preschool through high school. Discover the joy of learning!

5150 SW Watson Ave  
Beaverton, OR 97005

503-597-9100  
info@villagehome.org  
villagehome.org

*Please see ad on page 56*



**Als**  
garden • home

# Kids' Club

Fun, hands-on monthly classes designed to nurture children's awareness, confidence and connections to the natural world.

Learn more and register today at  
[als-gardencenter.com/kidsclub](http://als-gardencenter.com/kidsclub)



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Are you ready to get more from your energy?  
Visit [www.energytrust.org](http://www.energytrust.org) or call us at  
**1.866.368.7878.**

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### PRESCHOOLS

#### AHSC Yu Miao Chinese Immersion Preschool

Students at Asian Health & Service Center (AHSC)'s Yu Miao Chinese Immersion Preschool embrace multiculturalism by learning Mandarin and Chinese cultures and customs. We enable growth through an integrated language immersion program. We spark interest in multiculturalism by teaching children Chinese cultural dance, martial arts, poetry, literature, music, and more.

5239 SE Woodstock Bl  
Portland, OR 97206  
503-775-3767  
tyang@ahscpxd.org  
ahscpxd.org/yumiao.html

*Please see ad on page 50*

#### Burlingame Preschool

At Burlingame Preschool, we believe in a play-based curriculum. Our nature-based curriculum integrates concepts from science, technology, engineering, music, arts and math to truly celebrate the holistic development of each child! We have classes available for children 2.5 to 5 years old. Open House: Saturday February 10th from 10am-Noon!

4729 SW Taylors Ferry Rd  
Portland, OR 97219  
503-244-0689  
info@burlingamepreschool.org  
burlingamepreschool.org

*Please see ad on page 53*

#### Childsworld Learning Center

Childsworld has a play-based, emergent curriculum where learning develops from the ideas and creativity of children. Childsworld is a non-profit licensed facility and has been awarded 5 stars from the State of Oregon's Quality Rating Improvement System (QRIS). We are also certified as an Eco-Healthy Childcare facility. Childsworld offers classes for children from 2 years through Kindergarten, with a broad choice of days and hours. Extended care, enrichment classes and camps are also offered throughout the year.

4235 SE Salmon St  
Portland, OR 97215  
503-234-3611  
info@childsworld.org  
childsworld.org

*Please see ad on page 50*

#### Creative Children's Center

Creative Children's Center is a learning community for Elementary and Preschool students, (toddlers to third grade). We hold true to an image of the child as a gifted learner; creative, intelligent, and engaged in the process. Our curriculum is grounded in constructivist philosophy and inspired by the Reggio Emilia Approach. Our days are filled with STEAM experiences, innovative ideas, and creative ways to learn! Full and half day programs are offered year round.

2515 SW 185th  
Beaverton, OR 97003  
503-591-0604  
info@creativechildrenscenter.com  
creativechildrenscenter.com

*Please see ad on page 22*

#### Franciscan Montessori Earth School

At FMES, our mission is to provide students the skills to acquire individual fulfillment, academic excellence, moral and spiritual development, confidence and independence for lifelong learning. We utilize a Montessori curriculum emphasizing independence, freedom within limits and thoughtful guidance to match each student's developmental needs. Experiential learning activities compliment classroom academics with field trips, cultural activities and biannual Earth Experiences. Celebrating 40 years of service, our school is home to over 300 students, ages 2 1/2 to 14. Call or visit us today!

14750 SE Clinton  
Portland, OR 97236  
503-760-8220  
info@fmes.org  
fmes.org

*Please see ad on page 48*

#### French American International School

FAIS is a preschool-grade 8 independent school authorized by the International Baccalaureate Organization and committed to preparing students with the intellectual, personal and social skills to live, learn and work in a rapidly globalizing world. A wooded 15-acre campus offers playgrounds, gymnasiums, library, science labs, and creative arts center.

8500 NW Johnson St.  
Portland, OR 97229  
503-292-7776  
admissions@faispdx.org  
faispdx.org

*Please see ad on page 49*

#### The International School

Picture your child: fluent in another language, at home in other cultures, and engaged in math, science, social studies and the arts! Children acquire Spanish, Chinese, or Japanese language and culture as they learn to pursue knowledge beyond the classroom and throughout life. Inquiry-based International Baccalaureate World School. Founded 1990.

025 SW Sherman St  
Portland, OR 97201  
503-226-2496  
admissions@intlschool.org  
intlschool.org

*Please see ad on page 53*

#### MSB

MSB is where academics come alive, boundaries to success and progress are lifted and children love to learn! In our 4th decade, MSB continues to provide Montessori education for children 3 through 12 years of age. Our students integrate academics with explorations in nature throughout their school day on a private campus located in the west hills of Portland.

11065 NW Crystal Creek Lane  
Portland, OR 97229  
503-439-1597  
info@msb.org  
msb.org

*Please see ad on page 45*

### Portland Child Art Studio

PCAS preschool classes for ages 3-6 provide children with a studio immersion experience in drawing, painting, sculpting, clay, and print-making. While children learn to use different techniques and mediums, PCAS nurtures their unique creativity and curiosity with open-ended projects, fostering independence and confidence within a creative studio environment.

1819 NW Everett St Ste 204  
Portland, OR 97209  
971-200-7554  
portlandchildart@gmail.com  
portlandchildart.org

Please see ad on page 51

### Portland Jewish Academy

PJA's early childhood programs offer a warm and stimulating environment that encourages learning through exploration, play, and the arts. We value each child as an individual who learns in a multitude of ways. We provide welcoming and inclusive settings that recognize children's diverse abilities, interests, needs, and learning styles.

6651 SW Capitol Hwy  
Portland, OR 97219  
503-244-0126  
office@pjaproud.org  
pjaproud.org

Please see ad on page 52

### Schoolita Alegria

Schoolita Alegria, a bilingual (Spanish) preschool, ages 3-5yrs, focuses on bilingual education with Spanish as a second language. The structure and discipline follows the Montessori philosophy. We encourage creativity and exploration through play, movement, music, and art. Our goal is to provide a safe environment in which the children experience self worth, confidence, and respect for others.

1814 NE 33rd Ave  
Portland, OR 97212  
503-288-5574  
alegria@schoolita-alegria.com  
schoolita-alegria.com

Please see ad on page 54

### Tucker Maxon School

Tucker Maxon is the preschool for parents who want education, not just daycare, for their child. We offer an 8:1 average student-to-teacher ratio. Masters-level teachers focus on academics, communication, and emotional intelligence, with art, music, PE, rock-climbing, organic gardening, a treehouse-classroom and goats. Where Every Child Has a Voice. Come visit!

2860 SE Holgate Blvd  
Portland, OR 97202  
503-235-6551  
info@tuckermaxon.org  
tuckermaxon.org

Please see ad on page 48

### Young Wonders Preschool

We provide a positive, nurturing, space to have fun, try new things and explore. We encourage self-initiative, resourcefulness, a sense of community and respect for each other. Our students thrive in a safe and supportive environment where they can play, discover and

engage in open-ended activities and structured group explorations. Contact us for a visit.

4324 NE 17th Ave  
Portland, OR 97211  
503-281-3819  
youngwonderspreschool@gmail.com  
youngwonderspreschool.com

Please see ad on page 49

**Albina Head Start** - 911 N Skidmore; albinahs.org.

**Child's View Montessori School** - 4729 SW Taylors Ferry; childsvie.net.

**Lakeshore Montessori** - 4803 NE 15th, Vancouver; lakeshoremontessori.com.

## PRIVATE SCHOOLS

### A Renaissance School of Arts and Sciences

Welcome to an environment for children, 4-14, where questions lead learning, innovation is integral to daily work, and collaboration taps into the developing expertise of each child. Depth, application, and craftsmanship are hallmarks of our school. Your child will encounter small classes for personal attention, powerful strategies and curriculum, multiple forms of assessment, civic engagement and service opportunities, specialized classes, mentorships, and travel. We offer a life-safe building, air conditioning, clean water, extended year and extended day schedule with aftercare until 6:00 pm, and a caring community.

0234 SW Bancroft St  
Portland, OR 97239  
971-221-2311  
castleattheedge@gmail.com  
renaissanceschoolportland.org

Please see ad on page 58

### Bridges Middle School

Bridges Middle School is an independent nonprofit school that provides a highly creative and focused school setting for 5th - 8th grade students with learning differences. In our small classes, Bridges' students flourish in a community of supportive teachers and peers. We strive to maintain a student-teacher ratio of 9:1 and often even lower.

2510 SW 1st Ave  
Portland, OR 97201  
503-688-2922  
info@bridgesms.org  
bridgesms.org

Please see ad on page 55

### Creative Children's Center

Creative Children's Center is a learning community for Elementary and Preschool students, (toddlers to third grade). We hold true to an image of the child as a gifted learner; creative, intelligent, and engaged in the process. Our curriculum is grounded in constructivist philosophy and inspired by the Reggio Emilia Approach. Our days are filled with STEAM experiences, innovative ideas, and creative ways to learn! Full and half day programs are offered year round.

2515 SW 185th  
Beaverton, OR 97003  
503-591-0604  
info@creativechildrenscenter.com  
creativechildrenscenter.com

Please see ad on page 22

# Visit History Hub

An exhibit made for kids, by kids exploring the many people and events that have shaped Oregon history *Now Open!*



## FAMILY SATURDAYS

The Oregon Historical Society is hosting six free Family Saturday events in the spring and fall of 2018! These all-ages programs focus on diversity in Oregon and include hands-on activities and special performances by community groups.

### Spring Family Saturdays:

January 13 – American Indian Cultures in Oregon

February 24 – Latinos in Oregon

May 19 – African Americans in Oregon

Learn more at [ohs.org/events](http://ohs.org/events)



When is it more than picky eating?

If you're concerned about your child's eating habits, call us today.

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**KARTINI CLINIC**  
for Children & Families

[kartinclinic.com/pdx-parent](http://kartinclinic.com/pdx-parent)  
3530 N Vancouver, Suite 400  
Portland OR 97227

### The International School

Picture your child: fluent in another language, at home in other cultures, and engaged in math, science, social studies and the arts! Children acquire Spanish, Chinese, or Japanese language and culture as they learn to pursue knowledge beyond the classroom and throughout life. Inquiry-based International Baccalaureate World School. Founded 1990.

025 SW Sherman St  
Portland, OR 97201  
503-226-2496  
admissions@intlschool.org  
intlschool.org

Please see ad on page 53

### Living Wisdom School

LWS serves children from preschool through 8th grade through the lens of Education for Life, a holistic educational model that seeks to bring out the best in each child through a balanced curriculum and a supportive, nurturing environment. Our aim is to bring universal spiritual principles into the daily lives of our students through direct experience and practical skills for living.

4855 SW Watson Ave  
Beaverton, OR 97005  
503-671-9112  
office@livingwisdomportland.org  
livingwisdomportland.org

Please see ad on page 45

### Micha-el School

The Micha-el School offers a complete K-8 Waldorf education with a full array of academics, and subject classes. Micha-el's Waldorf certified teachers offer a balanced, comprehensive curriculum that weaves academics with creativity to inspire joyful learning. Blending language arts, math and sciences with music, foreign languages, practical crafts and movement, we fully engage children at every developmental age. Micha-el School's affordable tuition makes us one of the most accessible and inclusive private schools in the Portland area.

13515A SE Rusk Rd  
Milwaukie, OR 97222  
503-882-3322  
michaelschooloffice@gmail.com  
micha-elschool.org

Please see ad on page 57

### Portland Jewish Academy

PJA students, 6 weeks through 8th grade, thrive in an academically rich environment that inspires positive Jewish engagement, respect, and responsibility for all. PJAs unique curriculum integrates project-based learning with Jewish studies and values, providing the foundation for success in high school, college, and life.

6651 SW Capitol Hwy  
Portland, OR 97219  
503-244-0126  
office@pjumproud.org  
pjumproud.org

Please see ad on page 52

### Tucker Maxon School

Tucker Maxon is a parent's first choice for outstanding private education for children preschool to 5th grade. Masters-level teachers focus on academics, communication, and emotional intelligence, plus STEM, art, music, PE, rock-climbing, robotics, organic gardening, a treehouse-classroom and goats. 8:1 average student-to-teacher ratio. Where Every Child Has a Voice. Come visit!

2860 SE Holgate Blvd  
Portland, OR 97202  
503-235-6551  
info@tuckermaxon.org  
tuckermaxon.org

Please see ad on page 48

**Cedarwood Waldorf School** - 3030 SW 2nd;  
cedarwoodschool.org.

**L'Etoile French Immersion School** -  
5839 SW Hood; letoilefrenchschool.com.

### SPECIAL NEEDS

**Earthtones Music Therapy Services** - 5441 SE  
Belmont; earthtonesmusictherapy.com.

**HELP Eliminate Learning Problems, Inc.**  
(HELP) - 17600 Hwy 43, Marylhurst University  
Campus, Davignon Hall #326, Marylhurst;  
helpadd.com.

### TUTORING / EDUCATION SERVICES

#### The Reading Toolkit, LLC

The Reading Toolkit, LLC, provides private tutoring for reading and spelling remediation to the school-age population using a phonemic awareness program to treat the weak skill areas. This instruction does not constitute a complete and integrated reading program, but serves to move your child forward to the next steps.

3004 SE 57th Ave  
Portland, OR 97206  
971-207-6600  
jean@thereadingtoolkit.com  
thereadingtoolkit.com

Please see ad on page 54

**Oregon Connections Academy** -  
833 NW Santiam Blvd, Mill City;  
oregonconnectionsacademy.com.

**Pacific Academic, LLC** - 3900 Douglas Way,  
Lake Oswego; pacificacademic.org.

**Successful Learning Educational Services, LLC** - 10000 NE 7th, Ste 120, Vancouver;  
successfullrng.com.

### < FOOD & DINING > COOKING CLASSES

**Kids Central Kitchen** - 7327 SW Barnes #501;  
kidscentralkitchen.com.

**The Merry Kitchen** - 5202 NE 72nd;  
themerrykitchen.com.

**Portland's Culinary Workshop** - 807 N Russell;  
portlandsculinaryworkshop.com.

**Sur La Table** - Multiple Locations; surlatable.com.

### GROCERS & FARMERS MARKETS

**Costco** - 4849 NE 138th; costco.com.

**Fred Meyer** - fredmeyer.com.

**Market of Choice** - 5639 Hood St., West Linn; marketofchoice.com.

**New Seasons Market** - Multiple locations throughout Portland; newseasonsmarket.com.

**Trader Joe's Portland SE** - 4715 SE Cesar Chavez Blvd; traderjoes.com.

**WinCo Foods** - 3025 SW Cedar Hills Blvd, Beaverton; wincofoods.com.

**Alberta Co-op Grocery** - 1500 NE Alberta; albertagrocery.coop.

**Green Zebra Grocery** - 3011 N Lombard; greenzebragrocery.com.

**Peoples Food Coop** - 3029 SE 21st; peoples.coop.

**Portland Farmers Market** - 1717 SW Park; portlandfarmersmarket.org.

**Whole Foods Market** - Multiple Locations; wholefoodsmarket.com.

### NEIGHBORHOOD FAVORITES

#### Pietro's Pizza & Pirate Adventure



Pietro's Pizza has been a Northwest family favorite since 1957. Our menu features Pietro's famous original thin crust pizza and much more. Pietro's is the perfect place for your next birthday party or family gathering. Great Food & Beverages combined with great Fun & Games will make Pietro's a hit with the entire group. Milwaukie, Beaverton, Salem & Hood River

13281 SW Canyon Rd  
Beaverton, OR 97005

503-536-7600  
10300 SE Main St  
Milwaukie, OR 97222  
503-659-7770  
beaverton@pietrosrestaurants.com  
pietrosrestaurants.com

Please see ad on page 58

**Annie's Donuts** - 3449 NE 72nd  
**Baker & Spice** - 6330 SW Capitol Hwy;  
bakerandspicepdx.com.

**Batter Griddle and Drinkery** -  
4425 NE Fremont; batterpdx.com.

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info@portlandpedo.com

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Family and Child Nutrition Expert

katharine@pdxpn.com | 971-319-1288  
www.portlandpediatricnutrition.com  
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- Welcoming atmosphere



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 SELLWOOD MEDICAL CLINIC NORTH | 6234 N Greeley Ave.  
 (pediatrics)  
 sellwoodmd.com | 503.595.9300

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 11632 SW Pacific Hwy,  
 Tigard, OR 97223



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 westsideacademy.com

An Education for Life School



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 Beaverton, OR 97005  
 p 503-671-9112  
 livingwisdomportland.org

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**NWCT**  
nw children's  
theater & school



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1819 NW Everett St, Portland

**Bipartisan Cafe** - 7901 SE Stark;  
bipartisancafe.com.

**Blue Star Donuts** - 3549 SE Hawthorne  
Blvd; bluestardonuts.com.

**Cloud City Ice Cream** - 4525 SE Wood-  
stock; facebook.com.

**Coco Donuts and Coffee** - 4790 SE  
Milwaukie; cocodonuts.com.

**Cultured Caveman** - 8233 N Denver;  
culturedcavemanpdx.com.

**Eb & Bean** - 1425 NE Broadway;  
ebandbean.com.

**FAT Cupcake** - 6011 SE 72nd;  
fatcupcake.com.

**Fifty Licks Ice Cream** -  
2021 SE Clinton; fifty-licks.com.

**Hopworks Urban Brewery** - 2944 SE  
Powell; hopworksbeer.com.

**Hot Lips Pizza** - Multiple Locations;  
hotlipspizza.com.

**JaCiva's Bakery & Chocolatier** -  
4733 SE Hawthorne; jacivas.com.

**Jam on Hawthorne** - 2239 SE Haw-  
thorne; jamonhawthorne.com.

**Jim and Patty's Coffee People** -  
4951 NE Fremont; jimandpattys.com.

**Know Thy Food Cooperative** -  
3434 SE Milwaukie; knowthyfood.coop.

**Laughing Planet Cafe** - SW Jefferson;  
1755 SW Jefferson; laughingplanetcafe.com.

**Laurelwood Public House and  
Brewery** - 5115 NE Sandy;  
laurelwoodbrewpub.com.

**Maplewood Coffee and Tea** - 5206  
SW Custer; maplewoodcoffeeandtea.com.

**Nectar Frozen Yogurt Lounge** -  
7847 SW Capitol Hwy; nectarfroyo.com.

**Off the Waffle** - 2601 SE Clinton;  
offthewaffle.com.

**Oregon Public House** - 700 NE  
Dekum; oregonpublichouse.com.

**The Original Pancake House** -  
8601 SW 24th; originalpancakehouse.com.

**Papaccino's Coffee** - 4411 SE Wood-  
stock Blvd; facebook.com.

**Piece of Cake Bakery** - 8306 SE 17th;  
pieceofcakebakery.net.

**Pizza Jerk PDX** - 5028 NE 42nd;  
pizzajerkpdx.com.

**Pizzicato** - Multiple Locations;  
pizzicatopizza.com.

**Roseway Play Cafe** - 7135 NE Fremont;  
rosewayplaycafe.com.

**Ruby Jewel Scoops** -  
3713 N Mississippi; rubyjewel.com.

**Saint Cupcake** - 1138 SW Morrison;  
saintcupcake.com.

**Salt & Straw Ice Cream** - 2035 NE  
Alberta; saltandstraw.com.

**Scottie's Pizza** - 2128 SE Division;  
scottiespizzaparlor.com.

**Sesame Donuts** - 6990 SW Beaverton  
Hillsdale Hwy; sesamedonuts.com.

**Sizzle Pie** - 624 E Burnside; sizzlepier.com.

**Slappy Cakes** - 4246 SE Belmont;  
slappycakes.com.

**Tin Shed Garden Cafe** - 1438 NE  
Alberta; tinshedgardencafe.com.

**Toadstool Cupcakes** - 3557 SE Haw-  
thorne Blvd; toadstoolcupcakes.com.

**Voodoo Doughnut** - 1501 NE Davis;  
voodoodoughnut.com.

**Zoiglhau Brewing Company** -  
5716 SE 92nd; zoiglhau.com.

**Bob's Red Mill Natural Foods, Inc.** - 5000 SE  
International Way, Milwaukie; bobsredmill.com.

**Hopworks Bike Bar** - 3947 N Williams;  
hopworksbeer.com.

**John's Incredible Pizza** - 9180 SW Hall,  
Beaverton; johnspizza.com.

**Laurelhurst Cafe** - 4611 E Burnside;  
laurelhurstcafe.com.

**Miss Zumpstein Bakery & Coffee Shop** -  
5027 NE 42nd; misszumstein.com.

**Mississippi Pizza** - 3552 N Mississippi;  
mississippipizza.com.

**Munchkin Playland** - 18335 NW West Union;  
munchkinplayland.com.

**Out of this World Pizza and Play** - 6255 NW  
Century, Hillsboro; outofthisworld.net.

**Pastini Pastaria** - Multiple Locations;  
pastini.com.

**Poa Cafe** - 4025 N Williams; poacafe.com.

**Porque No?** - 3524 N Mississippi;  
porquenotacos.com.

**Posies Bakery & Cafe** - 8208 N Denver;  
posiescafe.com.

**Stacatto Gelato** - 232 NE 28th;  
staccatogelato.com.

**Sugar Cubed Cakes** - 101 N Main, Gresham;  
sugarcubedcc.com.

**Vita Cafe** - 3023 NE Alberta; vita-cafe.com.

## < HEALTH & WELLNESS >

### ADULT / YOUTH FITNESS

**24 Hour Fitness** - Multiple Locations;  
24hourfitness.com.

**Alma Midwifery** - 1608 SE Ankeny;  
almamidwifery.com.

**Baby Boot Camp** - 1145 NW Jericho;  
babybootcamp.com.

**Cascade Athletic Clubs** - 19201 SE  
Division, Gresham; cascadeac.com.

**Club Sport** - 18120 SW Lower Boones  
Ferry, Tigard; clubsports.com.

**Fit4Mom** - 8327 SW 62nd; fit4mom.com.

**Healthy Muhm Bootie Camp** -  
4580 NE 35th Pl; healthymuhm.com.

**Hike it Baby** - 7046 N Mobile; hikeitbaby.com.

**Imagination Yoga** - 12755 NW Dogwood; imaginationyoga.com.

**Mittleman Jewish Community Center** - 6651 SW Capitol Hwy; oregonjcc.org.

**Root Whole Body** - 2526 NE 15th; rootwholebody.com.

**Roseway Yoga & Movement** - 6529 NE Sandy Blvd; rosewayyoga.com.

**Southwest Community Center** - 6820 SW 45th; portlandonline.com/parks/finder/index.cfm?PropertyID=1132&action=ViewPark.

**VillaSport Athletic Club and Spa** - 13900 SW Meridian, Beaverton; villasport.com/bv.

**Woodstock Wellness Center** - 4629 SE Woodstock Blvd; woodstockwellnesscenter.com.

**Yoga Playgrounds** - Multiple schools in Portland.; yogaplaygrounds.com.

**Yoga Shala of Portland** - 3808 N Williams; yogashalapdx.com.

**Yoga Union** - 2305 SE 50th; yogauioncwc.com.

Barre3 - 2523 SE 22nd; barre3.com.

Northwest Women's Fitness Club - 2714 NE Broadway; nwwomensfitness.com.

## COUNTY HEALTHY START PROGRAMS

Clark County SELF (Support for Early Learning & Families) - 13504 NE 84th, Ste 103-137, Vancouver; selfwa.org.

Healthy Families Oregon of Clackamas County - 13455 SE 97th, Clackamas; healthyfamiliescc.org.

Multnomah County Early Childhood Services - ddouglas.k12.or.us.

Washington County Healthy Start - co.washington.or.us.

## DENTISTS & ORTHODONTISTS

### Dentistry for Kids (Dustin James DMD PC)



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503-582-8200  
dentistryforkidsonline.com

Please see ad on page 3

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2323 NW Westover Rd  
Portland, OR 97210

503-893-2889  
info@portlandpedo.com  
portlandchildrensdentistry.com

Please see ad on page 44

### World of Smiles Pediatric Dentistry



At World of Smiles we partner with families to provide education and motivation for healthy dental habits. We strive for excellent patient care with a holistic, integrative approach. Our hope is to inspire children through a positive dental experience by creating an atmosphere of imagination, travel and adventure.

11790 SW Barnes Rd Ste 280  
Portland, OR 97225

503-626-9700  
4548 N Albina Ave  
Portland, OR 97217

503-626-9711  
north@visitworldofsmiles.com  
west@visitworldofsmiles.com  
visitworldofsmiles.com

Please see ad on page 54

**Greenburg Pediatric Dentistry** - 9370 SW Greenburg Rd., Ste T; greenburgpediatricdentistry.com.

**Hollywood Children's Dentistry - Dr. Krista Badger and Dr. Sheena Kansal** - 3839 NE Tillamook; hcddpx.com.

**Little Smiles Pediatric Dentistry** - 8708 SE 17th; portlandlittlesmiles.com.

**Sprout Pediatric Dentistry** - 1401 SE Morrison, Ste 120; sproutpediatricdentistry.com.

**Must Love Kids Pediatric Dentistry** - 601 SE 117th #150, Vancouver; mustlovekids.com.

**Providence Specialty Pediatric Dental Clinic** - 830 NE 47th; providenceoregon.org.

**Vancouver Pediatric Dentistry** - 300 SE 120th, Vancouver; vancouverpediatricdentistry.com.

**Young Kidz Dental** - 14210 SE Sunnyside, Ste 100, Clackamas; youngkidz dental.com.

## DOULAS, MIDWIVES & BIRTH CENTERS

**Alma Midwifery** - 1608 SE Ankeny; almidwifery.com.

**Kaiser Permanente - Sunnyside Medical Center** - 10180 SE Sunnyside, Clackamas;

**Legacy Health Systems** - Multiple Locations; legacyhealth.org.

**OHSU** - 3181 SW Sam Jackson Park; ohsu.edu.

**Women's Healthcare Associates** - Eastbank Office - 502 N Graham, Ste 525; whallc.com.

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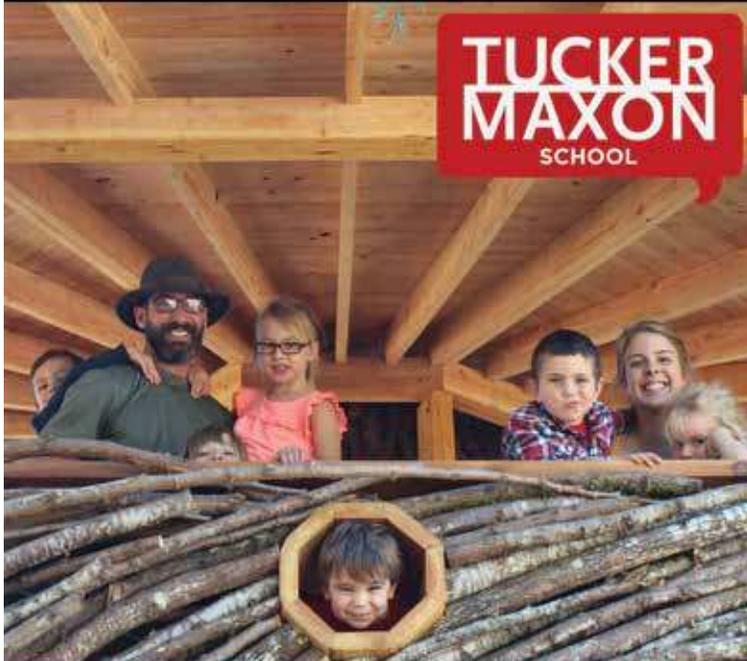
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 2121 SW Broadway Dr Ste 200  
 Portland, OR 97201  
 503-416-8090  
[info@healthshareoregon.org](mailto:info@healthshareoregon.org)  
[healthshareoregon.org](http://healthshareoregon.org)

*Please see ad on page 60*

**OPTOMETRY / VISION SERVICES**

**Alberta Eye Care** - 2021 NE Alberta;  
[albertaeyecare.com](http://albertaeyecare.com).

**Child Eye Care Associates** - 9735 SW Shady Ln, Ste 203, Tigard;  
[childeyecare.net](http://childeyecare.net).

**EyeHealth Northwest** - 10819 SE Stark #200; [ehnpc.com](http://ehnpc.com).

**Hawthorne Vision Center** - 4704 SE Hawthorne Blvd;  
[hawthornevisionsource.com](http://hawthornevisionsource.com).

**OHSU Casey Eye Institute** - 3181 SW Sam Jackson Park; [ohsu.edu](http://ohsu.edu).

**PEDIATRICS / HEALTH FAMILY MEDICINE**

**Kartini Clinic for Children & Families**

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 Portland, OR 97227  
 503-249-8851  
[help@kartiniclinic.com](mailto:help@kartiniclinic.com)  
[kartiniclinic.com](http://kartiniclinic.com)

*Please see ad on page 43*

**Neurotherapeutic Pediatric Therapies - Oregon City**

Specialists in outpatient Occupational and Physical Therapy for children and adolescents, and Mental Health Therapy for children, individuals, couples, and families. Our team provides individualized, person-centered, treatment programs which address the unique needs of each individual we serve.

610 High St  
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 503-657-8903  
[info@nt4kids.org](mailto:info@nt4kids.org)  
[nt4kids.org](http://nt4kids.org)

*Please see ad on page 47*

**Pacific Crest Children's Urgent Care**

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 Portland, OR 97213

503-963-7963  
[info@pacificcrestchildrens.com](mailto:info@pacificcrestchildrens.com)  
[pacificcrestchildrens.com](http://pacificcrestchildrens.com)

*Please see ad on page 51*

**Portland Pediatric Nutrition**

Katharine Jeffcoat, owner and founder of Portland Pediatric Nutrition, is a Registered Dietitian with over 20 years of experience working in nutrition with families, teens, and young children. She works with ADHD, vegetarians, pregnancy nutrition, eating disorders, food allergies and all families needing support to improve their overall health with nutrition.

1730 SW Skyline Blvd, Ste #226  
 Portland, OR 97221

971-319-1288  
[katharine@pdxpn.com](mailto:katharine@pdxpn.com)  
[portlandpediatricnutrition.com](http://portlandpediatricnutrition.com)

*Please see ad on page 44*

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503-595-9300  
 Sellwood Medical Clinic-North  
 6234 N Greeley Ave  
 Portland, OR 97217  
[sellwoodmd.com](http://sellwoodmd.com)

*Please see ad on page 45*

**Broadway Medical Clinic** - 4212 NE Broadway; [broadwaymedicalclinic.com](http://broadwaymedicalclinic.com).

**Hillsboro Pediatric Clinic** - 6125 NE Cornell Road,, Ste 240, Hillsboro;  
[hillsboroped.com](http://hillsboroped.com).

**Metropolitan Pediatrics, LLC - Gresham Office** - 25050 SE Stark STE 300, Gresham; [metropediatrics.com](http://metropediatrics.com).

**OHSU** - 3181 SW Sam Jackson Park; [ohsu.edu](http://ohsu.edu).

**Pediatric Associates of the Northwest** - 2701 NW Vaughn, Ste 360; [portlandpediatric.com](http://portlandpediatric.com).

**Adventist Medical Center** - 10123 SE Market; [adventisthealth.org](http://adventisthealth.org).

**Evergreen Pediatric Clinic** - 2101 NE 139th, Ste 370, Vancouver; [evergreenpediatrics.com](http://evergreenpediatrics.com).

**Kaiser Permanente** - Multiple Locations; [kaiserpermanente.org](http://kaiserpermanente.org).

**OHSU Center for Women's Health** - Multiple Locations; [ohsuwomenshealth.com](http://ohsuwomenshealth.com).



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4235 SE Salmon St.  
503-234-3611  
[www.childsworld.org](http://www.childsworld.org)



Oregon City Pediatrics - 14279 S Glen Oak,  
Oregon City; [ocpedcs.com](http://ocpedcs.com).

Providence Health System - Multiple  
Locations; [providence.org](http://providence.org).

Vilhauer Rosenberg Pediatrics - 5920 NE Ray  
Circle, Ste 220, Hillsboro; [vrpediatrics.com](http://vrpediatrics.com).

Westside Pediatrics Clinic - 9555 SW Barnes  
Rd., Ste 270; [westsidepediatrics.com](http://westsidepediatrics.com).

## SPAS / WELLNESS CLUBS

**Blooming Moon Wellness Spa** -  
1920 N Killingsworth; [bloomingmoonspa.com](http://bloomingmoonspa.com).

**Common Ground Wellness Center**  
- 5010 NE 33rd; [soakandsauna.com](http://soakandsauna.com).

**Loyly Sauna** - 3525 NE Martin Luther  
King Jr Blvd; [loyly.net](http://loyly.net).

**Luna Wellness** - 333 NE Russell, Ste  
200; [lunachiropractic.com](http://lunachiropractic.com).

**VillaSport Athletic Club and Spa** -  
13900 SW Meridian, Beaverton;  
[villasport.com/bv](http://villasport.com/bv).

**Zenana Spa and Wellness Center**  
- 2024 SE Clinton; [zenana-spa.com](http://zenana-spa.com).

# < OUT & ABOUT >

## AMUSEMENT PARKS, ARCADES, ATTRACTIONS

**Big Al's Vancouver** - 16615 SE 18th, Vancouver;  
[ilovebigals.com](http://ilovebigals.com).

**The GameRoom** - 1926 SE Scott;  
[gameroompxd.com](http://gameroompxd.com).

**Ground Kontrol** - 511 NW Couch;  
[groundkontrol.com](http://groundkontrol.com).

**Portland Underground Tours** -  
[shanghaiatunnels.info](http://shanghaiatunnels.info).

**Tree to Tree Adventure Park** - 2975 SW Nel-  
son, Gaston; [treetotreeadventurepark.com](http://treetotreeadventurepark.com).

**Ultrazone Laser Tag** - 16074 SE McLoughlin,  
Milwaukie; [ultrazoneportland.com](http://ultrazoneportland.com).

**Y Not Have Fun** - 6540 SW Fallbrook Pl,  
Beaverton; [ynothavefun.com](http://ynothavefun.com).

## BOATS, TRAMS & TROLLEYS

**Columbia Gorge Sternwheeler** -  
[portlandspirit.com](http://portlandspirit.com).

**Portland Aerial Tram** - 3303 SW Bond;  
[gobytram.com](http://gobytram.com).

**Portland Spirit** - 110 SE Caruthers;  
[portlandspirit.com](http://portlandspirit.com).

**Willamette Jet Boat Excursions** -  
1945 SE Water; [willamettejet.com](http://willamettejet.com).

**Willamette Shore Trolley** - 311 N State,  
Lake Oswego; [wst.oregonrolley.com](http://wst.oregonrolley.com).

## EVENTS & VOLUNTEERING

**Butterfly Boxes** -  
[butterflyboxespxd.org](http://butterflyboxespxd.org).

**Children's Book Bank** - 1915 NE 7th;  
[childrensbookbank.org](http://childrensbookbank.org).

**Children's Healing Art Project** -  
8065 SE Grand, Ste 160; [chappdx.org](http://chappdx.org).

**Friends of Trees** - 3117 NE ML King Jr  
Blvd; [friendsoftrees.org](http://friendsoftrees.org).

**Oregon Food Bank** - 7900 NE 33rd;  
[oregonfoodbank.org](http://oregonfoodbank.org).

**SOLVE Oregon** - 2000 SW 1st, Ste 400;  
[solveoregon.org](http://solveoregon.org).

## FARMS

**Baggenstos Farm** - 15801 SW Roy Rogers,  
Sherwood; [baggenstosfarms.com](http://baggenstosfarms.com).

**Draper Girls Country Farm** - 6200 Hwy 35,  
Parkdale; [drapergirlscountryfarm.com](http://drapergirlscountryfarm.com).

**Fazio Farms** - 8433 NE 13th; [faziofarms.com](http://faziofarms.com).

**French Prairie Gardens** - 17673 French Prairie,  
St. Paul; [fpgardens.com](http://fpgardens.com).

**Heiser Farms** - 21425 SE Grand Island Loop,  
Dayton; [heiserfarms.com](http://heiserfarms.com).

**Moonridge Farms** - 25113 S Ridge, Beavercreek;  
[moonridgefarms.com](http://moonridgefarms.com).

**Sauvie Island Farms** - 19818 NW Sauvie Island;  
[sauvieislandfarms.com](http://sauvieislandfarms.com).

**Wooden Shoe Tulip Farm** - 33814 S Meridian,  
Woodburn; [woodenshoe.com](http://woodenshoe.com).

**Zenger Farm** - 11741 SE Foster; [zengerfarm.org](http://zengerfarm.org).

## FOUNTAINS & SPLASH PADS

**Children's Fountain** - 410 NE Second, Gresham;  
[greshamoregon.gov](http://greshamoregon.gov).

**Columbia Park** - N Lombard & Woolsey;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Director Park** - 815 SW Park; [portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Earl Boyles Park** - SE 112th & Boise;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Elizabeth Caruthers Park** - 3508 SW Moody;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Farragut Park** - N Kerby & Farragut;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Irving Park** - NE 7th & Fremont;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

**Jamison Square** - 810 NW 11th;  
[portlandoregon.gov](http://portlandoregon.gov).

**Magnolia Park** - 1810 NW 192nd, Hillsboro;  
[hillsboro-oregon.gov](http://hillsboro-oregon.gov).

**Max Patterson Memorial Park** - 400 E Exeter,  
Gladstone; [ci.gladstone.or.us](http://ci.gladstone.or.us).

**Murase Plaza** - 8300 SW Memorial, Wilsonville;  
[wilsonvilleparksandrec.com](http://wilsonvilleparksandrec.com).

**Raymond Park** - SE 118th & Raymond;  
[portlandoregon.gov/parks/](http://portlandoregon.gov/parks/).

Rivercrest Park - 131 Park, Oregon City; orcity.org.

Robinwood Park - 3600 Fairview Way, West Linn; westlinnoregon.gov.

Snyder Park - 15527 SW Sunset Blvd, Sherwood; sherwoodoregon.gov.

Tualatin Commons - 8325 SW Nyberg, Tualatin; tualatinoregon.gov.

### GARDENS

#### Al's Garden & Home

Al's Garden & Home is a third generation owned and operated local family business. Four retail stores offer an extensive selection of plants, plant care essentials, garden accessories, outdoor living, home decor, and women's apparel. Al's Kids' Club provides fun, educational classes designed to nurture your child's awareness, confidence, and connections to the natural world through a hands on planting project.

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Sherwood, OR 97140

503-726-1162  
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7505 SE Hogan Rd  
Gresham, OR 97080

503-491-0771  
lhammond@als-gardencenter.com  
als-gardencenter.com

Please see ad on page 41

Portland Japanese Garden - 611 SW Kingston; japanesegarden.com.

Columbia Springs Environmental Education Center - 12208 SE Evergreen Hwy, Vancouver; columbiasprings.org.

Crystal Springs Rhododendron Garden - 6015 SE 28th; portlandoregon.gov.

Lan Su Chinese Garden - 239 NW Everett; lansugarden.org.

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3995 Brooklake Rd NE  
Brooks, OR 97303

503-393-2424  
office@antiquepowerland.com  
powerlandheritagepark.com

Please see ad on page 49

Fort Vancouver National Historic Site - 1501 E Evergreen, Vancouver; nps.gov.

Hoover-Minthorn House - 115 South River, Newberg; newbergoregon.gov.

Jenkins Estate - 8005 SW Grabhorn, Beaverton; thprd.org.

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**McLoughlin House / Memorial Association** - 713 Center, Oregon City; [mcloughlinhouse.org](http://mcloughlinhouse.org).

**Phillip Foster Farm National Historic Site** - 29912 SE Hwy 211, Eagle Creek; [phillipfosterfarm.com](http://phillipfosterfarm.com).

**Pittock Mansion** - 3229 NW Pittock; [pittockmansion.com](http://pittockmansion.com).

**Pomeroy Living History Farm** - 20902 NE Lucia Falls, Yacolt; [pomeroyfarm.org](http://pomeroyfarm.org).

**Stevens-Crawford Heritage House** - 603 6th, Oregon City; [clackamashistory.org](http://clackamashistory.org).

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*Please see ad on page 50*

**Portland Art Museum** - 1219 SW Park; [portlandartmuseum.org](http://portlandartmuseum.org).

**Portland Children's Museum** - 4015 SW Canyon; [portlandcm.org](http://portlandcm.org).

Clackamas County Library - [clackamas.us/lib/](http://clackamas.us/lib/).

**Evergreen Aviation & Space Museum** - 500 NE Capt Michael King Smith Way, McMinnville; [evergreenmuseum.org](http://evergreenmuseum.org).

**Fort Vancouver Regional Library District** - [fvrl.org](http://fvrl.org).

**Multnomah County Library** - [multcolib.org](http://multcolib.org).

**Museum of the Oregon Territory** - 211 Tumwater, Oregon City; [clackamashistory.org](http://clackamashistory.org).

**Ping Pong's Pint Size Puppet Museum** - 906 SE Umatilla; [puppetmuseum.com](http://puppetmuseum.com).

**Rose City Astronomers** - 1945 SE Water; [rosecityastronomers.org](http://rosecityastronomers.org).

**Washington County Library** - [wccls.org](http://wccls.org).

## INDOOR PARKS & PLAY GROUPS

**G6 Airpark** - 10414 SE Washington; [g6portland.com](http://g6portland.com).

**Lumberyard Indoor Bike Park** - 2700 NE 82nd; [lumberyardmtb.com](http://lumberyardmtb.com).

**The Play Boutique** - 464 1st, Lake Oswego; [playboutique.com](http://playboutique.com).

**Playdate PDX** - 1434 NW 17th; [playdatepdx.com](http://playdatepdx.com).

**Portland Children's Museum** - 4015 SW Canyon; [portlandcm.org](http://portlandcm.org).

**Portland Parks & Recreation** - 1120 SW 5th, Ste 1302; [portlandparks.org](http://portlandparks.org).

**Camas-Washougal Indoor Play Park** - 2436 NW Astor, Camas; [meetup.com/cwindoorplaypark/](http://meetup.com/cwindoorplaypark/).

**Noah's Ark Indoor Play Park** - 4300 Main, Vancouver; [1stpresvanc.org](http://1stpresvanc.org).

**Northeast Indoor Park** - 1820 NE 21st; [facebook.com](http://facebook.com).

**Open Arms Play Group** - 1700 NE 132nd; [nwdsa.org](http://nwdsa.org).

**Pump It Up** - 9665 SW Allen, Ste 110, Beaverton; [pumpitupparty.com](http://pumpitupparty.com).

**Southeast Indoor Park** - 3915 SE Steele; [playinside.org](http://playinside.org).

**Tigard Indoor Play Park** - 9845 SW Walnut Pl, Tigard; [tigardumc.com](http://tigardumc.com).

## MUSEUMS & LIBRARIES

**OMSI - Oregon Museum of Science & Industry**



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503-797-4000  
[register@omsi.edu](mailto:register@omsi.edu)  
[omsi.edu](http://omsi.edu)

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## Water Resources Education Center

Overlooking the Columbia River, the City of Vancouver's Water Resources Education Center offers exhibits, events and educational

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### Metro Parks and Nature

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[parksandnature@oregonmetro.gov](mailto:parksandnature@oregonmetro.gov)  
[oregonmetro.gov/metro-parks-and-natural-areas](http://oregonmetro.gov/metro-parks-and-natural-areas)

*Please see ad on page 38*

**Broughton Beach** - 4356 NE Marine; [oregonmetro.gov](http://oregonmetro.gov).

**Camille Park** - Access off of west end of Marjorie / south end of 105th, Beaverton; [thprd.org](http://thprd.org).

**Canemah Bluff Nature Park** - 815 4th, Oregon City; [oregonmetro.gov](http://oregonmetro.gov).

**Engleman Park** - 29987 SW Montebello, Wilsonville; [wilsonvilleparksandrec.com](http://wilsonvilleparksandrec.com).

**Hyland Woods Natural Area** - Access off 135th or Sexton Mountain, east of Murray, Beaverton; [thprd.org](http://thprd.org).

**Mason Hill Park** - 16377 NW Johnson, Hillsboro; [oregonmetro.gov](http://oregonmetro.gov).

**Mount Talbert Nature Park** - 10945 SE Mather, Clackamas; [oregonmetro.gov](http://oregonmetro.gov).

**Nadaka Nature Park** - 17550 NE Pacific, Gresham; [friendsofnadaka.org](http://friendsofnadaka.org).

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Oxbow Regional Park - 3010 SE Oxbow Pkwy, Gresham; oregonmetro.gov.

Pioneer Park Natural Play Area - Corner of 152nd and Pioneer, Clackamas; ncprd.com.

Roger Tilbury Memorial Park - 965 NW 93rd Avenue; thprd.org.

Scouters Mountain Nature Park - SE Boy Scout Lodge and SE 147th, Happy Valley; oregonmetro.gov.

Spring Garden Park - 3332 SW Spring Garden; portlandoregon.gov.

Trillium Creek Park - 16803 SE Anderregg Pkwy, Damascus; ncprd.com.

## PARKS & PLAYGROUNDS

### North Clackamas Park

This 47-acre park located in Milwaukie includes a playground, picnic shelter, walking trails, baseball fields, natural area, off-leash dog area, restrooms and parking.

5440 SE Kellogg Creek Dr  
Milwaukie, OR 97222

503-742-4348  
info@ncprd.com  
ncprd.com

*Please see ad on page 40*

**Harper's Playground at Arbor Lodge Park** - N Bryant & Delaware; harpersplayground.org.

**Khunamokwst Park** - 5200 NE Alberta; portlandoregon.gov.

**Marshall Community Park** - 1009 E McLoughlin, Vancouver; cityofvancouver.us.

**Peninsula Park** - 700 N Rosa Parks Way; portlandoregon.gov/parks/article/512467

**Washington Park International Rose Test Garden** - 400 SW Kingston; portlandoregon.gov.

**Westmoreland Park** - SE McLoughlin Blvd and Bybee Blvd; portlandoregon.gov.

**Columbia Park/Imagination Station** - 1900 SW Cherry Park, Troutdale; ci.troutdale.or.us.

**Cook Park** - 17005 SW 92nd, Tigard; tigard-or.gov.

**George Rogers Park** - 611 S State, Lake Oswego; ci.oswego.or.us.

**Ibach Park** - 10455 SW Ibach, Tualatin; tualatinoregon.gov.

**Laurelhurst Park** - SE Cesar E Chavez & Stark; portlandoregon.gov/parks/.

**Memorial Park** - 8100 SW Wilsonville, Wilsonville; wilsonvilleparksandrec.com.

**Mt. Tabor Park** - SE 60th & Salmon; portlandoregon.gov.

**Salmon Creek Park** - 1112 NE 117th, Vancouver; clark.wa.gov.

**Sellwood Park** - SE 7th & Miller; portlandoregon.gov/parks/.

**Tualatin Hills Nature Park Interpretive Center** - 15655 SW Millikan Way, Beaverton; thprd.org/nature/programs/natureparkinterpretivecenter.cfm.

**Willamette Park** - 1100 12th, West Linn; westlinnoregon.gov.

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503-557-7873  
aquaticpark@ncprd.com  
ncprd.com

*Please see ad on page 40*

**Beaverton Swim Center** - 12850 SW Third, Beaverton; thprd.org/aquatics/beaverton/home.cfm.

**Creston Outdoor Pool** - SE 44th & Powell; portlandonline.com/parks/

**Firstenburg Community Center** - 700 NE 136th, Vancouver; cityofvancouver.us.

**Glen Otto Community Park** - 1102 E Historic Columbia River Hwy, Troutdale; ci.troutdale.or.us.

**Grant Park** - NE 33rd & US Grant Pl; portlandonline.com/parks

**Harman Swim Center** - 7300 SW Scholls Ferry, Beaverton; thprd.org/aquatics/harman/home.cfm.

**Jim Parsley Community Center** - 4100 Plomondon, Vancouver; vansd.org/jpc.

**Mt. Hood Aquatic Center** - 26000 SE Stark, Gresham; mhcc.edu.

**Pier Outdoor Pool** - N Seneca & Johns; portlandonline.com/parks/finder/index.cfm?action=ViewPark&PropertyID=1126.

**Shute Park Aquatic & Recreation Center** - 953 SE Maple, Hillsboro; hillsboro-oregon.gov.

**Somerset West Swim Center** - 18300 NW Park View; thprd.org/facilities/aquatics/somerset.

**Tualatin Swim Center** - 22380 SW Boones Ferry, Tualatin; ttadpools.com.

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### Oregon Zoo

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info@oregonzoo.org  
oregonzoo.org

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The Audubon Society of Portland - 5151 NW Cornell; audubonportland.org.

Camassia Nature Preserve - 5000 Walnut, West Linn; westlinnoregon.gov.

Elk Rock Island - SE 19th and Sparrow, Milwaukie; portlandoregon.gov/parks/.

Forest Park - NW 29th and Upshur to Newberry; portlandoregon.gov.

Graham Oaks Nature Park - SW Wilsonville (adjacent to CREST Env. Ed. Ctr.), Wilsonville; oregonmetro.gov.

Hoyt Arboretum - 4000 SW Fairview; hoytarboretum.org.

Jackson Bottom Wetlands Preserve - 2600 SW Hillsboro Hwy, Hillsboro; jacksonbottom.org.

Kelley Point Park - N Marine & Lombard; portlandoregon.gov/parks/.

Magness Memorial Tree Farm - 31195 SW Ladd Hill, Sherwood; worldforestry.org.

Marquam Nature Park - SW Marquam & Sam Jackson Park; fmpnp.org.

Out to Pasture Sanctuary - 33190 SE Regan Hill, Estacada; outtopasturesanctuary.org.

Powell Butte Nature Park - 16160 SE Powell; portlandoregon.gov/parks/finder/index.cfm?action=ViewPark&PropertyID=528.

Sauvie Island Wildlife Management Area - 18330 NW Sauvie Island; dfw.state.or.us.

Smith & Bybee Lakes Wetlands Natural Area - 5300 N Marine; oregonmetro.gov.

Tryon Creek State Park - 11321 SW Terwilliger; tryonfriends.org.

Tualatin River National Wildlife Refuge - 19255 SW Pacific Hwy, Sherwood; fws.gov/tualatinriver.

Waterfront Renaissance Trail - 115 Columbia Way, Vancouver; cityofvancouver.us.

Wildwood Recreation Site - 39 miles east of Portland off Hwy 26, Welches; recreation.gov.

## PARENT SUPPORT GROUPS

Attachment Parenting of Portland - attachmentparenting.org.

Baby Blues Connection - babybluesconnection.org.

Clackamas Parenting Together - clackamasparenting.com.

Families with Children From China - fcc-oregon.org.

Full House MOMs (Mothers of Multiples) & Dads - fullhousemoms.com.

La Leche League of Oregon - lalecheleagueoregon.webs.com.

Lake Oswego Mother's Club - 16869 SW 65th #280, Lake Oswego; lomoms.com.

MOPS (Mothers of Preschoolers) - mops.org.

Neighborhood House - Multiple Locations; nhpd.org.

New Father's Meetup/Workshop - 5633 SE Division; samstevensmft.com.

Nursing Mothers Counsel - nursingmotherscounsel.org.

Parents Anonymous of Oregon - Multiple Locations; morrisonkids.org.

Renaissance Childbirth & Postpartum Professionals - 4311 NE Alberta; renchildbirth.com.

Washington County Breastfeeding Circles - co.washington.or.us.

## PARENTING CLASSES & INFORMATION

Immigrant and Refugee Community Organization - Multiple Locations; irco.org.

Impact NW - 7211 SE 62nd; impactnw.org.

Lead Poisoning Prevention Workshops - 422 NE Alberta; communityenergyproject.org.

My Child's Future - mychildsfuture.org.

Northwest Family Services - 6200 SE King; nwfs.org.

Oregon Environmental Council - 222 NW Davis, Ste 309; oeonline.org.

Oregon Impact - oregonimpact.org.

Parent Support Center PDX - Locations around Portland Metro, Beaverton; parentsupportcenter.org.

Portland Community College - 17705 NW Springville; pcc.edu.

Tuality Health Education Center - 335 SE 8th, Hillsboro; tuality.org.

## RESOURCES FOR FAMILIES WITH SPECIAL NEEDS

### Autism Society of Oregon

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## < PARENTING HELP >

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info@nt4kids.org  
nt4kids.org

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official diagnosis to access. See our website at [www.AutismSocietyOregon.org](http://www.AutismSocietyOregon.org) for a wealth of helpful information.

5100 SW Macadam Ave Ste 400  
Portland, OR 97239

503-636-1676  
[info@AutismSocietyOregon.org](mailto:info@AutismSocietyOregon.org)  
[autismsocietyoregon.org](http://autismsocietyoregon.org)

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503-657-8903  
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[info@shapeofbehavior.com](mailto:info@shapeofbehavior.com)  
[shapeofbehavior.com](http://shapeofbehavior.com)

*Please see ad on page 59*

**Albertina Kerr Hearing Services** - 1675 SW Marlow, Ste 200; [albertinakerr.org](http://albertinakerr.org).

**ARC of Oregon** - 2405 Front NE, Ste 120, Salem; [thearcoregon.org](http://thearcoregon.org).

**CHADD - Children and Adults with Attention-Deficit/Hyperactivity Disorder** - [chadd.org](http://chadd.org).

**Chehalem Mountain Therapy Riding Center** - 23185 SW Jaquith, Newberg; [horsebacktherapy.com](http://horsebacktherapy.com).

**Children's Developmental Health Services (Albertina Kerr)** - 1675 SW Marlow, Ste 200; [albertinakerr.org](http://albertinakerr.org).

**Decoding Dyslexia Oregon** - 3346 NE Clackamas; [decodingdyslexiaor.org](http://decodingdyslexiaor.org).

**Defeat Diabetes Foundation** - [defeatdiabetes.org](http://defeatdiabetes.org).

**Disability Rights Oregon** - 620 SW Broadway, Ste 200; [disabilityrightsoregon.org](http://disabilityrightsoregon.org).

**The Dougy Center for Grieving Children and Families** - 3909 SE 52nd; [dougy.org](http://dougy.org).

**Down Syndrome Network of Oregon** - 12884 Rogers Road, Lake Oswego; [dsno.org](http://dsno.org).

**FACT Oregon** - 13455 SE 97th, Clackamas; [factoregon.org](http://factoregon.org).

**Happy Trails Riding Center** - 20560 Fernview, West Linn; [happytrailsridingcenter.org](http://happytrailsridingcenter.org).

**Me, Too Grief Support Groups** - [oregonhospice.org](http://oregonhospice.org).

**National Alliance on Mental Illness** - [nami.org](http://nami.org).

**Oregon Family Support Network** - 1300 Broadway NE, Ste 403, Salem; [ofsn.org](http://ofsn.org).

**Oregon R.I.S.E. Center** - 5331 SW Macadam; [riservicesinc.org](http://riservicesinc.org).

**Portland Aspergers Network** - [pdxaspergers.org](http://pdxaspergers.org).

**Swindells Resource Center** - 830 NE 47th; [providenceoregon.org](http://providenceoregon.org).

**United Cerebral Palsy of Oregon and SW Washington** - 305 NE 102nd, Ste 100; [ucpaorwa.org](http://ucpaorwa.org).

## < SHOPPING & SERVICES >

### BIKE STORE / REPAIR

**Bike Gallery** - 1001 SW 10th; [bikegallery.com](http://bikegallery.com).

**Bikes for Humanity** - 3354 SE Powell; [b4hpx.org](http://b4hpx.org).

**Community Cycle Center** - 1700 NE Alberta; [communitycyclingcenter.org](http://communitycyclingcenter.org).

**Isla Bikes** - 2113 SE 7th; [islabikes.com](http://islabikes.com).

**River City Bikes** - 706 SE Martin Luther King Jr Blvd; [rivercitybicycles.com](http://rivercitybicycles.com).

**Sellwood Cycle Repair** - 7953 SE 13th; [sellwoodcycle.com](http://sellwoodcycle.com).

### BOOKSTORES

**A Children's Place Bookstore** - 1423 NE Fremont; [achildrensplacebookstore.com](http://achildrensplacebookstore.com).

**Annie Bloom's Books** - 7834 SW Capitol Hwy; [annieblooms.com](http://annieblooms.com).

**Books with Pictures** - 1100 SE Division, Ste 103; [bookswithpictures.com](http://bookswithpictures.com).

**Bridge City Comics** - 3725 N Mississippi; [bridgecitycomics.com](http://bridgecitycomics.com).

**Cosmic Monkey Comics** - 5335 NE Sandy Blvd; [cosmicmonkeycomics.com](http://cosmicmonkeycomics.com).

**Excalibur Books and Comics** - 2444 SE Hawthorne Blvd; [http://](http://http://)

**Green Bean Books** - 1600 NE Alberta; [greenbeanbookspdx.com](http://greenbeanbookspdx.com).

**Mudpuddles Toys & Books** - 16420 SW Langer, Sherwood; [mudpuddletoys.com](http://mudpuddletoys.com).

**Other World Games & Comics** - 6350 SW Capitol Hwy; [otherworldsgames.com](http://otherworldsgames.com).

**Powell's City of Books** - 1005 W Burnside; [powells.com](http://powells.com).

**Things from Another World** - 2916 NE Broadway; [tfaw.com](http://tfaw.com).



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## CONSIGNMENT STORES / SALES

**Baby's Bottom Dollar Sale** - 11875 SW Beaverton Hillsdale Hwy, Beaverton; [bbdsale.com](http://bbdsale.com).

**Beanstalk Children's Resale** - 3527 NE 15th; [beanstalkpdx.com](http://beanstalkpdx.com).

**Bella Stella** - 2751 NE Broadway; [bellastellaresale.com](http://bellastellaresale.com).

**Hazel & Pear** - 3434 SE Milwaukie; [facebook.com](http://facebook.com).

**Hoot-N-Annie Children's Boutique** - 6308 SW Capitol Hwy; [hoot-n-annie.com](http://hoot-n-annie.com).

**Just 4 Kids Consignment** - 1925 NE 42nd; [facebook.com](http://facebook.com).

**Just Between Friends - Portland** - Portland Expo Center, Hall A; [portland.jbfsale.com](http://portland.jbfsale.com).

**Pass It On Sales** - 18000 NW Evergreen Pkwy, Hillsboro; [passitonsales.com](http://passitonsales.com).

**Piccolina Upscale Resales** - 2700 SE 26th; [piccolinaresale.com](http://piccolinaresale.com).

**Super Kids Resale** - 10546 SE Washington; [superkidsresale.com](http://superkidsresale.com).

**ThriftMouse** - [thriftmouse.com](http://thriftmouse.com).

**Twice Around the Block** - [tatbsale.com](http://tatbsale.com).

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**Kids Castle Cuts** - 6000 SE 41st; [facebook.com/Kids-Castle-Cuts-116541765074139/](http://facebook.com/Kids-Castle-Cuts-116541765074139/).

**Kuts 4 Kids & Adults** - 4423 SE Hawthorne Blvd, Ste 3; [facebook.com/pages/Kuts-for-Kids-Adults/175672682502842](http://facebook.com/pages/Kuts-for-Kids-Adults/175672682502842).

**Lil' Snippers Hair Care 4 Kids** - 3000 SE 164th, Ste 103, Vancouver; [lilnippers.com](http://lilnippers.com).

**Pigtails and Crewcuts** - 2219 NW Allie, Ste 1430, Hillsboro; [pigtailsandcrewcuts.com/hillsboro/](http://pigtailsandcrewcuts.com/hillsboro/).

**Sit Still Salon** - 5656 Hood, Ste 105, West Linn; [sitstillkids.com](http://sitstillkids.com).

## FAMILY SERVICES

### Energy Trust of Oregon

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*Please see ad on page 42*

## TOY STORES

**Finnegan's Toys & Gifts** - 820 SW Washington; [finneganstoy.com](http://finneganstoy.com).

**Grasshopper Store** - 1816 NE Alberta; [grasshopperstore.com](http://grasshopperstore.com).

**Hammer + Jacks** - 6416 SE Foster; [hammerandjacks.com](http://hammerandjacks.com).

**Kids at Heart Toys** - 3445 SE Hawthorne; [kidsathearttoys.com](http://kidsathearttoys.com).

**Seahorses PDX Children's Clothing** - 4029 SE Hawthorne Blvd; [seahorsespdx.com](http://seahorsespdx.com).

**Thinker Toys** - 7784 SW Capitol Hwy; [thinkertoysoregon.com](http://thinkertoysoregon.com).

**Bricks & Minifigs Beaverton** - Multiple Locations; [bricksandminifigs.com](http://bricksandminifigs.com).

**Child's Play Toys** - 2305 NW Kearney; [childsplayportland.com](http://childsplayportland.com).

**Cloud Cap Games** - 1226 SE Lexington; [cloudcapgames.com](http://cloudcapgames.com).

**Kazoodles Toys** - 13503 SE Mill Plain Blvd B-3, Vancouver; [kazoodletoys.com](http://kazoodletoys.com).

**Lakeshore Learning** - 16901 SW 65th, Lake Oswego; [lakeshorelearning.com](http://lakeshorelearning.com).

**Let's Play Toy Store** - 263 E Main, Hillsboro; [facebook.com](http://facebook.com).

**Oodles 4 Kids** - 7727 SE 13th; [oodles4kids.com](http://oodles4kids.com).

**Piccolo Mondo Toys** - 4768 NW Bethany C-5; [piccolomondotoys.com](http://piccolomondotoys.com).

**Spielwerk Toys** - 3808 N Williams #12; [spielwerktoys.com](http://spielwerktoys.com).

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## KIDS CLOTHING / SHOES

**Black Wagon** - 3964 N Mississippi; [blackwagon.com](http://blackwagon.com).

**The Bull and the Bee** - 1540 SE Bybee Blvd; [bullandbeebaby.com](http://bullandbeebaby.com).

**EcoBaby Gear** - 7980 SE Stark; [cobabygear.com](http://cobabygear.com).

**Hannah Andersson** - 327 NW 10th; [hannahandersson.com](http://hannahandersson.com).

**Posh Baby** - 916 NW 10th; [poshbaby.com](http://poshbaby.com).

**Treehouse Children's Boutique** - 3954 N Williams; [treehousechildrensboutique.com](http://treehousechildrensboutique.com).

**Polliwog** - 234 NE 28th; [polliwogportland.com](http://polliwogportland.com).

**Presents of Mind** - 3633 SE Hawthorne Blvd; [presentsofmind.tv](http://presentsofmind.tv).

# < SPORTS >

## CHILDREN'S GYMS

**Gym-Nest** - 1414 SE 18th #100, Hillsboro; thegym-nest.com.

**Gymboree Play and Music** - 17400 SW Upper Boones Ferry, Ste 290; gymboreeclases.com.

**Gymstars** - 2016 NW Birdsdales, Gresham; gymstarkids.com.

**JJ Jump** - 9057 SE Jannsen, Clackamas; jijump.com.

**Kids Club Fun and Fitness** - 13914 NW 3rd Ct, Vancouver; kidsclubfunandfitness.com.

**The Little Gym of Lake Oswego** - 17890 SW McEwan, Lake Oswego; tlglakeoswego.com.

**Naydenov Gymnastics** - 5313 NE 94th, Vancouver; ngyrnastics.com.

**Oregon Dream Teams** - 11000 SW 11th, Ste 420, Beaverton; oregondreamteams.com.

**Oregon Gymnastics Academy** - 16305 NW Bethany Ct, Ste 109, Beaverton; ogagym.org.

**Precision Elite Gymnastics & Dance** - 15507 SE For Mor Ct, Clackamas; precisionelitegymnastics.com.

**Rose City Gym** - 6880 NE 79th Ct; usagym.club.

**Vancouver Elite Gymnastics Academy** - 840 NW 10th, Camas; vegagym.com.

## GYMNASTICS / DANCE

### Westside Dance & Gymnastics Academy

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11632 SW Pacific Hwy  
Tigard, OR 97223

503-639-5388

info@westsideacademy.com  
westsideacademy.com

*Please see ad on page 45*

**The Children's Gym** - 1625 NE Sandy; childrensgym.com.

**The Circus Project** - 1420 NW 17th, Ste 388; thecircusproject.org.

**Omega Gymnastics** - 9700 SW Harvest Ct, Ste 180, Beaverton; omega-gymnastics.com.

**The Playground Gym** - 505 NE Grand; theplaygroundgym.com.

**Upper West Side Play Gym** - 1509 SW Sunset Blvd, Unit 1-G; upperwestsideplaygym.com.

**VillaSport Athletic Club and Spa** - 13900 SW Meridian, Beaverton; villasport.com/bv.

**Jewart's Gymnastics Northwest** - 9750 Wilsonville, Ste 330, Wilsonville; jewartsgymnasticsnw.com.

**Sky High Sports** - 11131 SW Greenburg, Tigard; por.skyhighsports.com.

## INDOOR ROCK CLIMBING

### North Clackamas Aquatic Park

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7300 SE Harmony Rd  
Milwaukie, OR 97222  
503-557-7873  
aquaticpark@ncprd.com  
ncprd.com

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**The Circuit Bouldering Gym** - 6050 SW Macadam; thecircuitgym.com.

**Club Sport** - 18120 SW Lower Boones Ferry, Tigard; clubsports.com.

**Planet Granite** - 1405 NW 14th; planetgranite.com.

**Portland Rock Gym** - 21 NE 12th; portlandrockgym.com.

**Source Climbing Center** - 1118 Main, Vancouver; sourceclimbing.com.

## LESSONS / CAMPS INSTRUCTION

**Cascade Athletic Clubs** - 19201 SE Division, Gresham; cascadeac.com.

**Children of the Sea Swim School** - 10170 SW Nimbus STE H7; childrenofthesea.com.

**DoFUN SWIM Academy** - 12029 NE Ainsworth Circle; dofunswimacademy.com.

**Farber Swim School** - 9470 SW Beaverton Hills Hwy, Beaverton; farberswimschool.com.

**Glendoveer Golf & Tennis** - 14015 NE Glisan; K-Leans.com

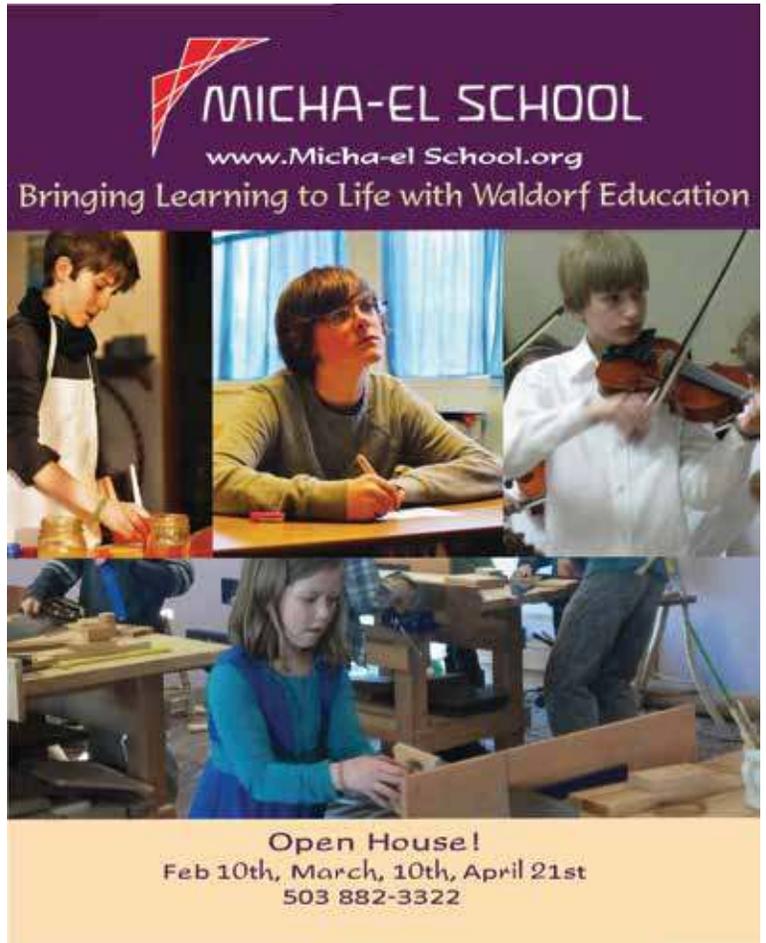
**Portland Lil' Kickers** - 418 SE Main; pdxillkickers.com.

**Portland Parks & Recreation** - 1120 SW 5th, Ste 1302; portlandparks.org.

**Rose City Futsal** - 5010 NE Oregon; rosecityfutsal.com.

**Soccer Shots** - 2705 SE Ash Unit 1; pdx.soccershots.org.

**Swimbabes** - 10552 SE 52nd, Milwaukie; swimbabes.com.



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## Tualatin Hills Parks & Recreation District - Multiple Locations; thprd.com.

**Archers Afield** - 11945 SW Pacific Hwy, Ste 121; archersafield.com.

**Latitude 45 Lacrosse** - 22300 SW Boones Ferry, Tualatin; latitude45lax.com.

**Northwest Fencing Center** - 4950 SW Western, Beaverton; nwfencing.org.

## WINTER SPORTS

**Cooper Spur Ski Area** - 11000 Cloud Cap, Mt. Hood; cooperspur.com.

**Little John Snow Play Hill** - 11 miles north of the Hwy26/Hwy35 junction, Hood River; fs.usda.gov.

**Mt. Hood Meadows** - 14040 Hwy 35, Mt. Hood; SkiHood.com/YouthCamps

**Mt. Hood Skibowl Winter & Summer Resort** - 87000 E Hwy 26, Government Camp; skibowl.com.

**Northwest Discoveries** - nwdiscoveries.com.

**Snow Bunny Sliding Area Sno Park** - Hwy 26, 2.5 Miles East of Timberline Road, Government Camp; fs.usda.gov.

**Timberline Lodge and Ski Area** - 27500 E Timberline, Mt. Hood; timberlinelodge.com.

**Trillium Lake Sno-Park** - Hwy 26, ~2.5 miles east of Timberline, Mt. Hood; fs.usda.gov.

## Oregon Zoo



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Portland, OR 97221  
503-226-1561  
info@oregonzoo.org  
oregonzoo.org

Please see ad on page 4

**Camp Namanu** - 10300 SE Camp Namanu, Sandy; campfirecolumbia.org.

**Portland Children's Museum** - 4015 SW Canyon; portlandcm.org.

**Portland Parks & Recreation** - 1120 SW 5th, Ste 1302; portlandparks.org.

**Camp Tilikum** - 15321 NE North Valley, Newberg; camptilikum.org.

**Catlin Gabel School** - 8825 SW Barnes; catlin.edu.

**Girls Build** - 5000 N Willamette Blvd; girlsbuildpdx.org.

**Junior Achievement of Oregon and SW Washington** - 7830 SE Foster; jaorswwa.org.

**Trinity Lutheran Christian School** - 5520 NE Killingsworth; trinityportland.org.

## < SUMMER CAMPS >

### DANCE / GYMNASTICS / SPORTS

**BaxterSports** - SE + NE Portland; baxtersports.com.

**Aim High Academy of Martial Arts** - 16205 NW Bethany Court, Ste 100, Beaverton; aimhighma.org.

**The School of Oregon Ballet Theatre** - 0720 SW Bancroft; schoolobt.org.

### DAY CAMPS

#### North Clackamas Parks and Recreation District

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Oregon City, OR 97045  
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### SCIENCE / NATURE / OUTDOORS

#### OMSI - Oregon Museum of Science & Industry

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omsi.edu

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