

summer
camps

child care and
preschool guide

school
open houses

FREE

pdx|parent

for the long days and short years

the
day care
dilemma:
too many kids.
not enough spots.
pg. 22

Feel the Love

- ♥ celebrating birthdays
- ♥ local valentine's events
- ♥ tiny house, cozy family

EXPLORERS CAMPS
9-11 years old

WATERSLIDE COOL-OFF

HONEY HOLLOW ADVENTURE CAMPS
6-9 years old

ROBOTICS

WOODSHOP CREATIONS

IMAGINATIVE PLAY

EXTENDED DAY
4-15 years old

ATHLETIC PROGRAMS
5-17 years old

PICNICS IN THE FIR GROVE

SUMMER BEEHIVE CAMPS
4-5 years old

KIDS' COOKING

ENRICHMENT PROGRAMS
5-17 years old

ADVENTURES IN MUSIC

ACTING AND IMPROV

Creative Arts Center

VIDEO GAME DESIGN

Cabell
Center
Theater

CATLIN GABEL SUMMER CAMPS

Unique learning experiences led
by Catlin Gabel teachers—with
plenty of outdoor fun!

June 26-August 10, 2018

Take a video tour at:
www.catlin.edu/summer

COLLEGE ESSAY

ENGINEERING AND TECHNOLOGY

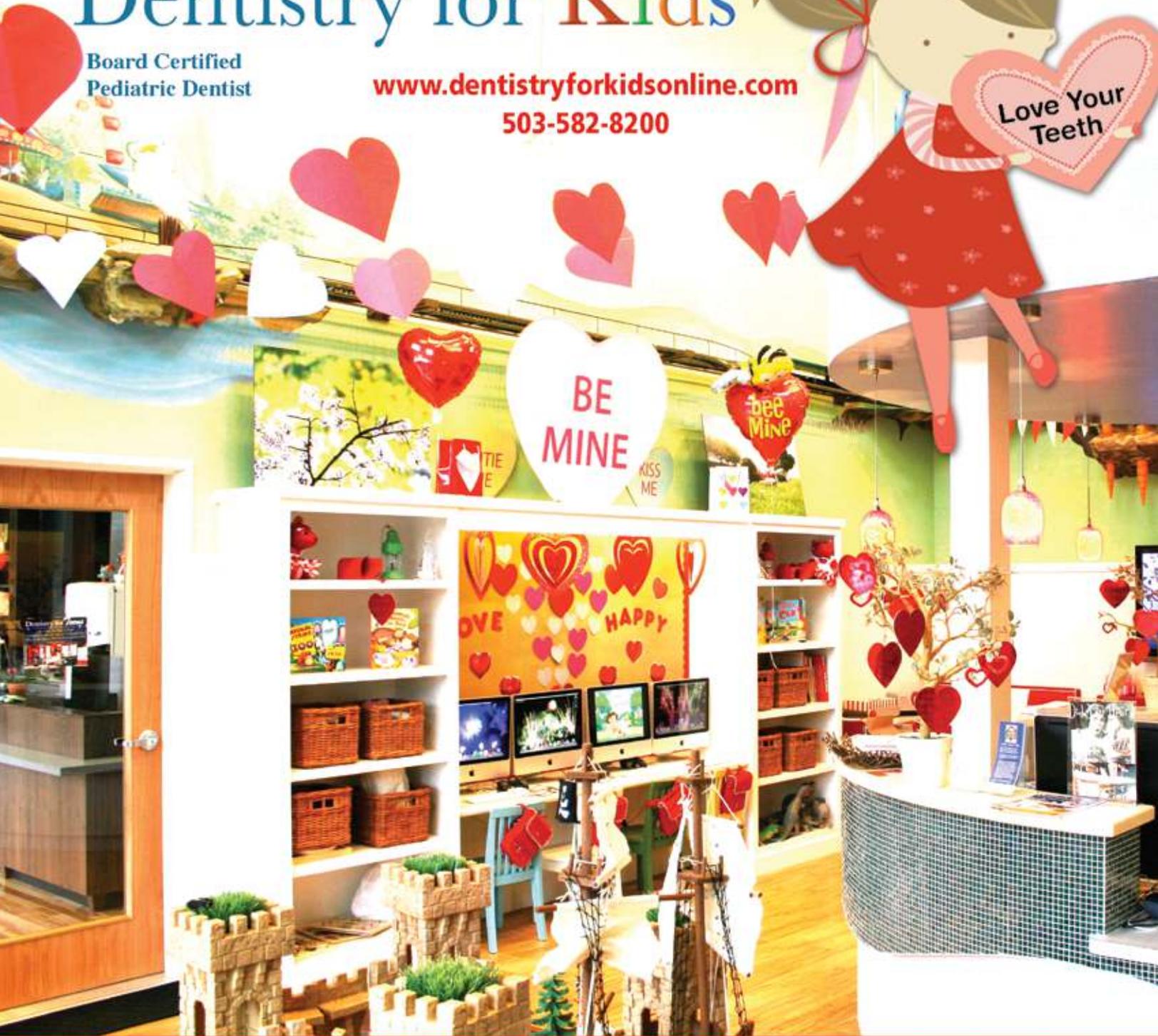
Two Amazing Offices,
One Easy Location,
One Great Experience!

Dentistry for Kids

Board Certified
Pediatric Dentist

www.dentistryforkidsonline.com
503-582-8200

Love Your
Teeth



Dustin James, DMD *Board Certified Pediatric Dentist*
Holly Okerstrom, DMD *General Dentist*

Preferred Provider With Most Major Insurances
29615 SW Park Place, Suite A, Wilsonville 97070
Conveniently Located in Wilsonville

Open Tuesday-Friday,
Saturdays and Evenings
503-582-8200



DOERNBECHER
CHILDREN'S
Hospital

**WE'RE #1 BECAUSE
THEY'RE #1**



OREGON'S TOP RANKED CHILDREN'S HOSPITAL.

Kids deserve our best — every day. So Doernbecher brings together more children's specialists than anywhere else in the region. That's made us the only children's hospital in Oregon to earn specialty rankings among the best in the country.



THE WASHINGTON BALLET ALICE (IN WONDERLAND) BY MEDIAARTISTS | THEO KOSSENAS

46

On our cover: Don't the Staley brothers (Miles, 18 months and Mitchell, 4) look extra dapper? Cover photographer **Lauren Allen** got this shot in her Lake Oswego studio — she provided the simple Valentine's themed props, but says the boys' personalities are what really make the photo pop. See more of Lauren's lovely work at laurenallenphotography.com or on Instagram at [@laurenallenphotography](https://www.instagram.com/laurenallenphotography).



Editor's Note	6
Play Room	8
Local Etsy finds for your baby's first birthday bash, a kid to watch who's schooling her peers on consent, and homeless student numbers are on the rise.	
The Birthday Whirl	14
Three kids, three birthdays, just about one month: One local mom's survival plan. By Alison Wilkinson.	
Day Care-o-nomics	22
Too many kids + too few spaces for child care in Portland = one big problem. By Niki Reading.	
Mixing It Up	31
Setting a goal — and sharing a moment — on the Oregon Coast. By Mo Sherifdeen.	
Field Trip	32
The <i>American Ninja Warrior</i> craze comes to Portland, at a new, kid-friendly gym. By Julia Silverman.	
How We Live	38
A Vancouver, Wash. family of four make themselves at home in a super-tiny house , and live to tell the tale. By Erin J. Bernard.	
Family Supper	44
Take the kids to slurp up soup dumplings at XLB in NoPo. By Julia Silverman.	
Recipe File	45
Salted, brown-butter blondies for your sweeties, for Valentine's Day or a midweek birthday. By Joanna Sooper.	
Time Out	46
Family-friendly Mardi Gras, a new show about girls who rule and Valentine's celebrations for the whole family.	
One More Thing	50
How to talk to your kids about the #MeToo moment.	

RESOURCES

Birthday Parties	18-20
Child Care and Preschool Guide	26-30
Summer Camps	34-36
School Open Houses	39-43

* **cover stories**

Editor's Note

I've been thinking a lot lately about love. Not the dopamine-fueled, romantic, butterflies-in-the-stomach kind of love that popular culture often equates with the term, the kind that's so celebrated on Valentine's Day. But the deeper, fiercer kind of love we feel for longtime friends, partners, and, of course, our kids. In a hundred tiny different ways every day, we show our kids



With my funny valentines.

we love them — in making sure their coats are zipped up against the Portland winter chill, in noticing when they're out of toothpaste and making sure there's a new tube before bedtime, in getting out of bed before the sun is up to make pancakes. For most of us, these gestures are as automatic as breathing. We don't expect to be thanked for them — we're just doing our jobs as their parents. But all these acts of caretaking, in my book, they are faithful expressions of love to the ones who are our valentines every day of the year, who we are guaranteed to love, no matter what, for the rest of

our shared lives. We're spotlighting more acts of love in this month's issue, from one local mom's tale of throwing three birthday parties in a month for her kiddos (if that's not love, what is?) to the difficulty of finding a child care provider who will love your kid almost as much as you do, in a town where there just aren't enough day care spaces to go around. Read on, and don't forget the simplest act of love — telling your kids how much you love them, on Valentine's Day and every day.

— Julia

This month, only on
pdxparent.com, you'll find:

Budget Valentine's Day ideas
for you and your sweetie



Rainy day craft ideas



Birthday planning
resources

Get social with us!

[f /pdxparentonline](#) | [t @pdx_parent](#) | [p /pdx_parent/](#) | [in /pdx_parent/](#)

PDX Parent
P.O. Box 13660
Portland, OR 97213-0660
Phone: 503-460-2774; Fax: 503-331-3445

Publisher
Rose Caudillo, 503-460-2774
publisher@pdxparent.com

Editor
Julia Silverman, 503-922-0893
julia.silverman@pdxparent.com

Managing Editor
Denise Castañon
denise.castanon@pdxparent.com

Art Director

Susan Bard

Web Editor

Alison Wilkinson
alison.wilkinson@pdxparent.com

Calendar/Newsletter Editor
Amy Conway
calendar@pdxparent.com

Web Coordinator
Michelle Carew, 503-914-6151
michelle.carew@pdxparent.com

Customer Accounts Manager
Christie Kline, 503-810-9817
christie.kline@pdxparent.com

Senior Account Executive
Ali King, 503-331-8184
ali.king@pdxparent.com

Account Executive
Kristy Olsen, 503-914-6481
kristy.olsen@pdxparent.com

Web Administrator
Casey Rhodes
casey.rhodes@pdxparent.com

President
Keith Goben, 503-460-2774
keith.goben@pdxparent.com

For distribution issues, e-mail us at
distribution@pdxparent.com

For calendar submissions,
e-mail us at calendar@pdxparent.com

PDX Parent is published monthly by Metro Parent Publishing, Inc., and is copyright 2018 Metro Parent Publishing, Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited. *PDX Parent* is distributed free of charge throughout the Portland, OR / Vancouver, WA metropolitan area.

PDX Parent reserves the right to refuse advertising for any reason. Distribution of this publication does not constitute an endorsement of the products or services advertised herein.

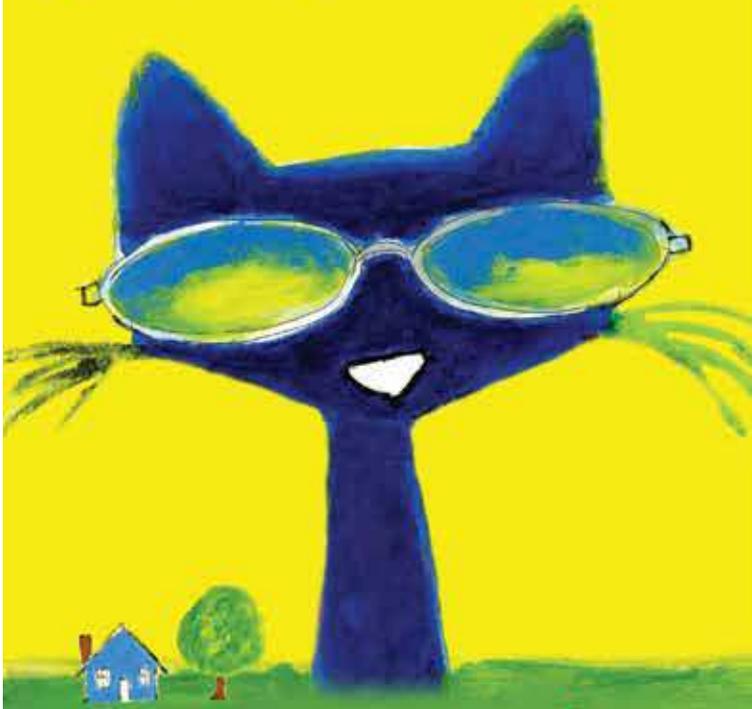
PDX Parent does not discriminate on the basis of race, color, national origin, religion, sex or sexual orientation.

Although every effort is taken to ensure the accuracy of published material, Metro Parent Publishing, Inc., and its agents and employees cannot be held responsible for the use or misuse of any information contained herein. The contents of *PDX Parent* and its website are for informational purposes only and are not intended to be a substitute for professional advice or treatment.



THE MUSICAL

Pete the Cat



**JAN 20-
FEB 18**
NEWMARK
THEATRE



Tickets start
at just \$14

503.228.9571
www.octc.org



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 TheatrworksUSA of New York City.

Here Comes the Northwest's Largest Family Expo!



Portland Expo Center: Feb 17-18, 2018

Sat 10-5, Sun 10-4

Magic Hour

Come Early! Doorbuster Prizes start at 10:00.
Magic Hour: Early 9am entry for kids with Special Needs!



MINIONS
Sat Noon-2



MOANA
Sun Noon-2



WIZARD OF OZ
Sat 2-4



SUPERHERO
Sun 2-4

Come experience an amazing weekend focusing on active & healthy family lifestyle and raising kids successfully. Non-stop entertainment, interactive exhibits for kids, teens and parents, family fun zones, special show pricing on products and services for your family!



Theme areas include; SportFest, Education & Enrichment, CampFest, Food & Family, Health & Wellness, Family Recreation & Travel, Family Marketplace, Eco-Family, Tiny-Tot Zone, Special Needs.

Fun! Entertainment Stages, Sports Demo Courts, Inflatable Fun Zones, Paint Ball Arena, Extreme Big Air Jump, Rock Wall, Mad Science, Star Wars Oregon, Exotic Animals & Petting Zoo, Arcades, Lego Nation, Iron-Kid Chef Competition & Cooking Stage, Creation Stations...

An Affordable Day of Fun for the Whole Family! Our Winter Festival offers families and active kids endless opportunities for indoor fun.



Admission:
\$6, Age 3 & under
Free, Family Pass:
\$25 (group of 5)

KidFestNW.com

@KidFestNW

Some of our amazing sponsors:

Get Tickets:
TicketsWest.com
Hurry, first 500 families receive a bonus entertainment FurPak!



Kid to Know: The Consent Advocate

You've seen those two words washing down your feed, #MeToo. And you've probably wondered how you can keep your kids from ever having to go through the pain/shame/fear of being a survivor. So here's the good news: Things are changing for our kids — with the help of our kids. When current Micha-El Waldorf School 8th grader Irie Page listened to Nobel Peace Prize winner Malala Yousafzai speak in Portland in 2016, she took Malala's message of "everyone's voice matters" to heart and decided to throw a "philanthropy party/community lecture" to celebrate her 14th birthday. "After realizing that Emma Watson would not be coming to Portland for my birthday, I decided to host Mike Domitrz," says Irie. "I found out about Mike from my mom. We had been having many conversations about consent (among other current topics) and she had told me about him and his work with The Date Safe Project."

The Date Safe Project helps to educate teens and adults about building respectful and consensual relationships, including asking first before kissing another person.



Irie and her mom, Sarah Page, set up a GoFundMe page to raise money for the venue and speaking fees. And then her idea went viral. Portlanders responded in droves, and Portland State University provided the 220-seat Lincoln Recital Hall for free. Then the event

switched to a bigger venue because of the response. "The Lincoln Performance Hall at PSU holds 470 people. There were approximately 520 people there! There were lines to get in an hour and a half before we opened the auditorium! I never imagined it being as huge as it was!" Irie says. Domitrz donated his speaking fee of \$6,500 back to Irie for her to give to an organization that helps prevent sexual assault. So in between applying to high schools and performing in the Portland Revels, Irie is researching nonprofits, to figure out where to donate the money. And she'll continue to be an advocate for consent. Up next, she and her mom will be working with a local middle school to host another consent event. To get updates on future events, please search Facebook for "Supporting Consent/Respect: Teen Relationships." — *Denise Castañon*

For more on how to talk to kids about consent, see page 50.

Getaway: Sunriver

Sunriver, the sprawling destination resort just south of Bend, is a cherished summer tradition for plenty of Portland-area families. But as the closest lodging to the ski trails at **Mount Bachelor**, it's also a prime winter destination, especially with a long weekend and spring break on the calendar in February and March. Book a house via **Vacasa** or **Airbnb**. **Pro tip:** Make sure that the house comes with passes to the **Sunriver Homeowners Recreation and Aquatic Center**, affectionately known as



SHARC. Otherwise you'll need to pay a steep \$15 per person admission price. Once you're in, you'll have access to a fab **indoor pool** and a **winter tubing hill**. For more outside fun, you can also hit the **covered skating rink** at the **Village Mall**. Nearby, there are plenty more opportunities to play in the snow; we like the **Edison**

Sno-Park, about a 15 minute drive, for great sledding and snowshoeing with kids. Venture into Bend for dinner; our managing editor vouches for the delicious and healthy kids' menu at **Jackson's Corner**, which has locations on Bend's east and west sides. — *Julia Silverman*

For more kid-friendly coffee shops and restaurants, see pdxparent.com/25-plus-truly-kid-friendly-portland-restaurants/

- 1 **Fillmore PDX:** Tucked away in Taborville, this place serves up a winning combo of Coava Coffee and thin-crust pizza, plus a sweet little play area for babies and toddlers. 7201 NE Glisan.
- 2 **Just Bob:** A welcome haven in the hip Alberta Arts District. Come here for all-day breakfast, a well-edited kids' menu and play area, and specialty mochas. 2403 NE Alberta.
- 3 **Mocha Express Milwaukie:** A hidden gem in a hot suburb for local families. A spanking clean play area and a full range of coffee drinks, plus bonus bubble tea. 14813 SE Webster Rd.
- 4 **Wattle Tree Place:** A sweet, super-healthy Vancouver spot with kombucha as well as coffee and every alternative milk you can think of, plus an outside fairy garden for kids to explore. 306 E. 16th St., Vancouver, Wash.
- 5 **Blue Kangaroo Coffee:** A beloved and easy-going Sellwood joint with a small play area and super hot cocoa for kids; bonus points for roasting their coffee in-house. 7901 SE 13th Ave. — J.S.



Gear Guide: Birthday Props

That first birthday is a big one.

It means you've made it as a parent for a whole year! That's worth celebrating — and capturing in photos. Make those photos Insta-perfect (with less work) by ordering custom photo props from local crafting wizards.



Risa Rocks It offers made-for-you banners in all manner of color combos and styles, from pink and frothy to rock 'n roll. Starting at \$20. RisaRocksIt.etsy.com.

Sure, a birthday suit makes cleaning up smash cake frosting a breeze, but ratchet up the cute factor with a matching onesie set from **Josie and James**. \$40. JosieandJames.etsy.com.



Looking for other fun birthday decor? Check out: pdxparent.com/handmade-birthdays-sep14/



Memorialize your babe's stats and favorite things with a custom poster from **Letters and Dust**. You'll find all manner of themes, from trains to Star Wars to Alice in Wonderland. \$20. LettersandDust.etsy.com. — D.C.



Chalkboard: NOWHERE TO CALL HOME

22,541: Number of HOMELESS STUDENTS in Oregon in the 2016-2017 school year. That's 20 percent more than in the 2013-2014 school year.

4: NUMBER OF YEARS THAT NUMBER HAS RISEN.

1,522: Number of HOMELESS STUDENTS in the Beaverton school district, the largest in the state. That's 4 percent of the overall student body.

\$502,000: Amount of federal dollars Oregon received in 2016-2017 to pay for homeless student outreach staff, plus clothing, shoes and school supplies.

So much is heartbreaking about the rising tide of homelessness in Oregon, and perhaps none of it more so than the bump in numbers of homeless students statewide. That number measures students without a permanent home – so it includes those that may be living on the streets as well as those that are in motels, shelters or couch surfing with friends or relatives. In part, the increased numbers are because the state is doing a better job of keeping track of all the kids who need help, but there are also a number of familiar reasons contributing to the surge: the high cost of housing, low-wage jobs, and parental substance abuse. In Multnomah County alone, there are more than 4,000 people living in shelters or on the streets, according to a count that dates to February of 2017. For more on how your family can help, see this month's Good Deeds column. – J.S.

Good Deeds: A Clean, Well-lighted Place

The nights are cold and long this time of year, and beds at local shelters are in short supply. So congregants at Beth Israel synagogue in NW Portland decided to open their temple to 75 moms, dads and kids this winter, including hot meals served each night by volunteers, as well as a safe, warm place to sleep. There are bathrooms (but no showers), and small amounts of storage space available for each family's possessions. Staffers from Portland Homeless Family Solutions are keeping things running smoothly, and volunteers are welcome, to help cook dinner, read with kids, help with homework and to donate much-needed items. The shelter will be open every day from 6 pm-8 am, through April 30. Kids are welcome to help, so long as they are accompanied by grown-ups. Email Bethany@pdxhfs.org to volunteer or Emma@pdxhfs.org to arrange to make a donation. – J.S.





Pay Attention: Health Care Alert

From the who'd a thunk it department: Even though the Trump administration made the window for signing up for health care insurance through the federal marketplace much shorter, the number of Oregonians who enrolled in the program for 2018 actually topped last year's total. According to state figures, just over 157,000 people were enrolled when sign-ups ended in mid-December of 2017. That's 2,000 *more* people than the previous year — which means frantic, passionate outreach efforts by local nonprofits, health care advocates and coordinated care organizations, like Health Share of Oregon, must have paid off. It's not all rosy, though — thanks to the administration's elimination of the requirement that everyone needs to either purchase insurance or pay a fine in the tax plan that narrowly passed in late December, many insurance companies are planning higher premiums and scaling back services in Oregon and elsewhere. And the story's not over yet: If you are one of thousands who allowed your health care insurance to roll over, as opposed to shopping for a new plan on the marketplace, you've got until the end of this month to make changes in case your carrier is no longer providing insurance in your area. Large insurers, like Moda Health and Regence Blue Cross Blue Shield are scaling back the regions in which they provide coverage, according to a report in the *Portland Business Journal*, so read the fine print. For Oregon Health Plan members, agents at Health Share Oregon can help walk you through your options; find them at healthshareoregon.org. — J.S.

Ask Dr. Corey: All Tied Up

Q: My 2-year-old has a tongue tie. I've heard the surgery to fix it is quite painful, but that if we don't fix it, it can cause speech problems and eating disorders later in life. Any advice?

A: Tongue tie — a thicker than normal connection of tissue that attaches the underside of the tongue to the floor of the mouth — is a hugely debated topic amongst parents and health care professionals, so I'm glad you asked!

Part of the issue when it comes to researching a topic like this is that there is no "tongue-tie test." We can tell if there physically is a tongue tie present, but there's absolutely no way to prove that this tissue is the source of a given problem.

Tongue tie gets blamed for a whole lot of things, including speech problems, eating problems later in life and dental issues. The link between breastfeeding difficulties and tongue tie is pretty well established. But the links where the other problems are concerned are not as clear.

There have been a few small studies on speech problems in children with tongue tie (either treated or not). I can safely say that the data is completely unclear. Some of the studies find no increased rates of speech problems in children who have had their tongue ties clipped, compared to those who haven't. Another study (of lower quality) found that there were more problems with speech in children who did not have their tongue ties clipped.

As far as I am aware, there are no scientific studies looking at eating problems later in life due to untreated tongue tie. That's not to say that it can't cause those problems, just that no one has tried to answer that question in a scientific way.

Tongue-tie surgery shouldn't generally be that much more painful than routine dental work. It's a procedure that can be done in a dentist's office under local anesthesia, providing the child can be helped to sit still for long enough to actually get the clip done. Lasers have also successfully been used to reverse tongue ties.

While any surgical procedure carries risks, I believe clipping a tongue tie is certainly on the safer end of the spectrum. The other important thing to keep in mind is that there is probably a pretty large group of people with tongue tie that have no issues from it at all.

So where does that leave us? Unfortunately, there's no hard and fast answer. The way forward is up to each family and whomever is performing the procedure.

One piece of advice, though: I am always a little leery of anyone claiming that getting this done will "definitely help," or "definitely not help." It's not a straightforward question at all and I think it's important that as health care providers, we are honest about that.

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.

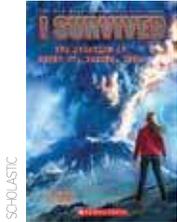


GORDON HESCH

Play Room

Bookshelf: Get Ready to Rumble

For elementary school bookworms all over Oregon, winter is Battle of the Books season, when kids form teams to read and discuss an assigned list of books, then answer questions about the books during showdowns with other teams. Our trusty book experts, **Kim Tano** and **Richard Corbett** from **Powell's Books**, Portland's beloved independent bookseller, picked their favorites from this year's list. Kiddos too young yet for the competition? These also make great (if sometimes sobering) read-alouds!



I Survived the Eruption of Mount Saint Helens, 1980
by **Lauren Tarshis**
There are plenty of

Portlanders who remember the Saint Helens eruption, and the subsequent ash raining down on the city. This entry in the popular "I Survived" series paints a vivid picture of both the eruption and the lives that were changed in its aftermath. \$4.99.



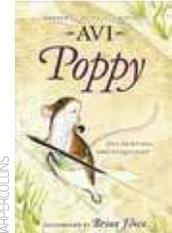
The Red Pencil
by **Andrea Davis Pinkney**
Harrowing, hopeful and beautiful, all at once. *The*

Red Pencil is the story of Amira, and what's left of her family after her small Sudanese village is attacked by the Janjaweed militia. Told entirely in verse, with poetic illustrations by Coretta Scott King award winner Shane Evans. \$8.99.



Wild Wings
by **Gill Lewis**
Unlikely friends Callum and

Iona work together to protect an osprey nest at a family farm in Scotland. A wonderful novel about overcoming odds, friendship, loss and environmental conservation. \$7.99.



Poppy
by **Avi**
The fearsome owl Mr. Ocax rules the mice

of Dimwood Forest. That is, until Poppy, a daring mouse, decides to fight back, turning the fast-moving story into an adventurous and allegorical animal tale. \$6.99. 🌈



The **Shape**
of Behavior

ABA Therapy for Kids

The Shape of Behavior is a Behavioral Health and ABA Therapy Clinic for children with Autism or a variety of special needs



- In-clinic treatment
- Communication
- Social skills training
- Self-help skills
- Shadowing
- Academics and Behavior Problems

Our Board Certified Behavior Analysts (BCBA) develop individualized programs to meet the needs of your child. We offer an array of services such as in-clinic treatment, school shadowing, social skills training, parent trainings, and sibling support. **Like us on Facebook** to stay informed of upcoming trainings, FREE community play groups, and much more.

**Now open in Portland
and Lake Oswego**

7 SE 30th St., Portland
342 B Ave., Lake Oswego
1-866-437-2165

shapeofbehavior.com

OHSU FAMILY MEDICINE



Family-centered maternity care.

Healthy babies start with healthy families.

At OHSU Family Medicine, our team supports all your family's health needs during this exciting time. From your first pregnancy test, through baby's first steps and beyond, our family is here to help yours flourish.



GABRIEL PARK
503-494-9992

RICHMOND
503-418-3900

SCAPPOOSE
503-418-4222

SOUTH WATERFRONT
503-494-8573

VISIT: WWW.OHSU.EDU/FMMATERNITY

Music Together
of Portland



musictogether-pdx.com
(503) 236-4304

BENNETT SUZUKI
VIOLIN STUDIO



PRIVATE & GROUP LESSONS
PARENT/CHILD LESSONS
BUDDY LESSONS
RECITALS

STARTING
AT AGE 2

Eddie Bennett
Certified Teacher • Masters Degree
35 years teaching experience

503-246-9945
edievioln@aol.com
www.ediebennett.com



DONATE
LOVE

Join local mothers
who lovingly
donate their milk
to NW preemies!

To learn more about milk
donation, visit our website at:

donatemilk.org

or call us at: 800-204-4444



Al's
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)

The Birthday

Five weeks.
Three kids. Three birthdays.
How one Portland mama
pulls it off, with her
sanity intact.

STORY AND PHOTOS BY
ALISON WILKINSON

I have nothing but respect for the people who do Instagram-immaculate birthday parties. The carefully constructed fondant cakes are amazing. The elaborate themes are clever. The look of joy on the birthday kid's face makes it clear the kid comes away feeling special and loved.

But here's the thing. With my three kids celebrating birthdays within five weeks of each other, those all-out parties are just not going to happen at my house. Or more accurately, if they were to happen, my kids would find me hiding in a closet, covered in a thin veneer of frosting, party hat askew, mumbling mild obscenities about Pinterest. It's really in the best interest of the whole family that we cut corners.

Here are my tips for how to have a low-stress (seriously) birthday party, no matter how many kids you've got, gleaned from years in the birthday trenches.

Don't worry about invitations

Sending out an invite to the whole class? If you've got a class list, go the Evite/Paperless Post route — something where you don't need to worry about buying invitations and stamps. Just inviting the neighbors? Group text is awesome. The invitations are a lovely touch, but at least in my experience, I end up losing them/not inputting them into my calendar/realizing thirty seconds before the party that it's time to go. Save money. Save time. Go electronic.

Pick a venue that will cause you the least amount of stress

Having a party at home seems like it would be less stress. You don't have to worry about reserving a place. You don't have to put a strict limit on guests. You can't really be late if you're already there (always an important consideration with young kids). And of course, you don't have to worry about the cost of an out-of-home party.





Whirl

But there are a few drawbacks, not least that with three children under 8, it is virtually impossible to have a clean house. No sooner is one room clean than three other rooms are trashed. Not to mention the ridiculous mess that will be your house after the party – because there is truly no better party game than “throw all the toys on the floor.” Except maybe “grind the goldfish crackers into the rug.”

It also puts all the pressure on you for keeping kids occupied. When they're very young, that's not such a big deal. But once they hit about the age 2 mark, apparently more is needed than throwing some Sophie the Giraffes on the floor to chew on.

If you're going to have anything but an intimate party – more than six kids or so – outsource if you can. There are a number of affordable options for birthday parties. The community centers have lots of great party packages for kids of all ages that clock in at around \$125 and up. Mimosa Studios' pottery-painting party starts at \$15 per kid. Many venues also offer a significant discount if you can have your party on a weekday, including Bricks & Minifigs and J.J. Jump.

However, if the cost of having an out-of-house party will stress you out more than worrying about a huge mess – then have it at home! It's your party. Figure out your





Plus their parents. Plus their siblings. Our house is just not that big, folks! (Although, despite being cramped, it actually was a lot of fun – even if we did run out of cups)

For my oldest, who tends to be less of a social butterfly, we've had no issues with limiting the party to three good friends who come for a sleepover. If you can convince your kids to do the sleepover, for the love of sanity, do it! Pizza + cake + movie + pretending you don't hear them still talking at midnight + pancakes = easiest birthday party ever.

But for my daughter, narrowing it down to three friends is just not an option. It's tricky when kids are young, and their best friends aren't necessarily set, to figure out who to invite. And some schools actually require that the whole class, or all boys and all girls, be invited if there's going to be a party.

Here's my suggestion. If you don't mind a crowd, go ahead and invite the class – but be prepared for them all to come. To limit numbers, it is totally acceptable to say "no siblings allowed," particularly if you are renting a space where you pay by the guest. If the kids are older and space is an issue, you may also want to give the parents the option of doing a drop off. I'm surprised to say, it can actually be easier that way.

Don't stress about the food

In my experience, it's totally quantity over quality when it comes to kids' birthday parties. My go-tos are cheese sticks, tangerines and goldfish. Get 'em a bit of protein, fight off all the germs they're no doubt spreading all over each other, and dampen the effects of the sugar rush. If grown-ups are coming, mimosas are never a bad thing.

Keep in mind if you're having the party at a venue outside the house, they often limit the food that can be brought in, or require that you order food from them if you're having any. Check their rules before you book.

biggest stressor and work around that. You can always keep them occupied at home with some in-home entertainment. Many local kindie musicians will perform at your house for under \$150. And go all-out and let the kids (I repeat, the kids) touch some live snakes with the Reptile Man's traveling zoo (\$225).

By the way, if you're lucky enough to have kids with summer birthdays, heading to a local park is a great birthday party option. Then you don't have to worry about cost or mess! Just be sure you get there early enough to snag the picnic area of your choice.

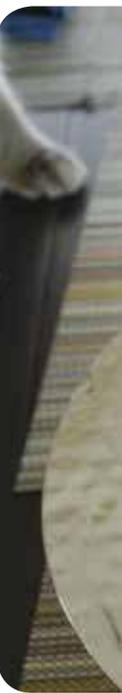
More people = more work

I used to think if you hit a certain number – say 10 kids – it didn't matter how many more kids came. This is false.

One memorable time, we invited my daughter's entire class, expecting about half the class to actually show up. Instead, we had Every. Single. Kid.

Let them eat [store-bought] cake

When my firstborn turned 1, I made a Smitten Kitchen banana cake, decorated to look like a monkey. The cake was decorated with cupcakes, cut in half, for ears, and an extra cupcake for a "smash cake." Our party would be a small affair, just the then-three of us, plus



my in-laws visiting from Delaware. I left the house for seriously 5 minutes, during which time my son smashed his head into the coffee table and my father-in-law ate the smash cake. Yes, he ate the smash cake. After valiantly holding back tears and assuring him it was no big deal (it was *suchabigdeal* you guys), I questioned whether our relationship could ever be the same again.

Here's the thing: It was a cake.

I am personally a huge fan of the elaborate cakes that look just like a snake or a princess or a Lego block, or whatever. As long as I don't make them. In my mind, if it has a candle and the kid gets to blow it out, it does the trick.

These days, I leave the elaborate cakes to the pros. When I do make the cake, I use a mix, put on some frosting and call it good. And no more smash cakes!

To party
[favor]
or not?

I am totally guilty of going to the dollar store and stocking up on every manner of plastic thing because – well – a dollar! I'm going to let you in on a secret. Parents don't like them. Kids might like them for the three seconds before they break, and then they don't like them, plus tears have been shed.

If you're going for party favors, something useful or disposable like pencils, crayons, stickers, or a glow stick works much better than \$11 worth of dollar store finds.

Also, if you are going to a venue where you are paying a significant amount for each child, I really don't think party favors are necessary. I still do them because, well, I don't know. Twelve pencils for a dollar! But you shouldn't feel like you have to.

Don't skimp
on what's
important

For me, the highlight of every birthday party is the happy birthday song. There is something magical about your kid being surrounded by the people he cares most about as they sing him into a new year. And that moment of anticipation and joy as they make a wish and blow out the candle is truly something special. No matter where the party is, or how many people are invited, or whether the smash cake gets destroyed ahead of time, this aspect of the party will always remain in our house. Is it the same for you? Maybe not. But whatever your tradition is, whatever it is that you think is really important, do it. In the end, that's what you'll really remember. And chances are, that's what your kid will remember, too. 🌈



Alison Wilkinson is the web editor for *PDX Parent*. She is probably hiding in a hole this month, conserving energy for birthday month in March.



**Great
Birthday
Party
Packages
available!**

Flying Pie Pizza
Beer • Wine
Sushi
Salads • Fresh Fruit
Organic Juices
Soda

Enjoy it all in the
comfort of your seat.
Daily family-friendly
movies!

On-site baby sitting!
Your kids enjoy our
childcare area while
you enjoy your movie!
Call for reservations
503-252-1705

7818 SE Stark St.
Portland
academytheaterpdx.com
503-252-0500



EMPOWERING YOUNG VOICES
THROUGH THE ARTS

**PRE-SCHOOL
HOMESCHOOL
AFTER-SCHOOL ART CLUB
GIRLS ART CLUB
ART & ACTIVISM CLUB
OPEN STUDIO
BIRTHDAY PARTIES**

GET ALL THE DETAILS & SIGN UP
FOR CLASSES ON OUR WEBSITE

WWW.PORTLANDCHILDART.ORG

PCAS is a 501(c)3 non-profit child
art studio dedicated to supporting
the perceptual development of
children through artistic learning.

PORTLANDCHILDART@GMAIL.COM
971.200.7554
1819 NW EVERETT ST
SUITE 204
PORTLAND, OR 97209
FREE PARKING IN ADJACENT LOT!



KIDS AGES 5 TO 12 WILL HAVE
A SUPER SCIENTIFIC TIME!

IT'S TIME TO PARTY!

- Entertaining & Educational Parties!
- Exciting Theme Parties!
- Ooey and Goopy Science Fun!
- Invite us to your home or rent our Lab!



(503) 230-8040 • portland.madscience.org



Watch our website for:

SUMMER CAMPS

**Listen
up!**

The *PDX Parent* podcast
is coming soon.

Tune in for a deep dive on
Portland's parenting scene,
hosted by our editors.

Find us on iTunes,
SoundCloud and Stitcher,
starting this month.



the
pdxparent
podcast

Vibe of Portland
art & music studio



**Creative
Birthday Parties**

studio also offers:
classes : ages 18 mo. ~ adult
workshops & family activities
summer camps :
art ~ music ~ photography



vibestudio.org

Vibe is a 501c3 nonprofit
arts & music education
organization

Pietro's Pizza®

Is The Place To Party!

Laser Tag, Mini Golf, Arcade & More!



6 Fun Themes!

- Spiderman
- Frozen
- Pirates
- Minions
- Disney Princess
- Happy Birthday (Generic)

At Pietro's The Birthday Boy Or Girl Is Always Free!

BEAVERTON 13281 SW Canyon Rd. | (503) 536-7600 | www.pietrosrestaurants.com

2 Kids Eat FREE

Purchase A Large Pizza & Get 2 Free Kids Meals, Including Drink.

Pietro's Pizza®

Limit one coupon per customer. Cannot be combined with any other offer. EXPIRES 5/31/2018

\$10 Bonus Tokens FREE

Book a birthday party for 8 or more kids & get an additional \$10 of tokens FREE!

Pietro's Pizza®

Limit one coupon per customer. Cannot be combined with any other offer. EXPIRES 5/31/2018

CELEBRATING
15 YEARS!!

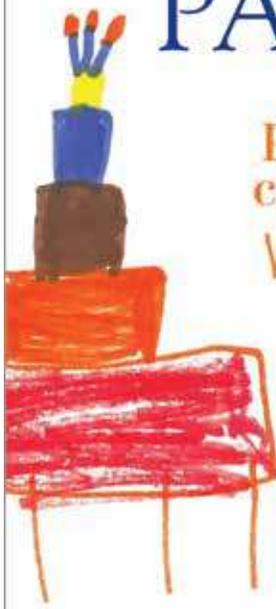
★ Fun ★ Laughter ★
★ Puppets ★

MAKING THE WORLD
A BETTER PLACE

PENNYPUPPETS.COM



BIRTHDAY PARTIES



portland children's Museum

Give them a Museum for their Birthday!

portlandcm.org

Click on *plan a party* or call 503.471.9911



NORTH CLACKAMAS
PARKS & RECREATION DISTRICT

Make sure your daughter or son's next birthday is a splash at North Clackamas Aquatic Park.

Find your birthday frame of mind at ncprd.com/birthdays



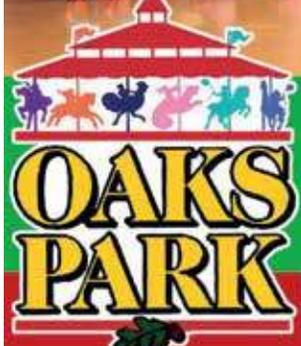

Roller Skating Birthday Party Package

Package includes:

- Open skate session admission
- Conventional skate rental
- 30-minute reserved table time
- Ice cream + Cotton candy + Soda
- Colorful place settings
- Photo with Chipper the Squirrel
- Gift for the birthday person

Book online at OaksPark.com
Reservations required

\$140 for up to 8 people
Additional guests - \$11 each



OAKS PARK

See website for full package details
7805 SE Oaks Park Way
Portland, OR 97202
503-233-5777
Subject to Change



IT'S TIME TO VOTE for your favorite spaces, places and people (and tell your friends to do the same)!

pdxparent.com/2018picks/

And celebrate the winners with us
June 16th at Oaks Amusement Park.



Concerned about your child's relationship with food?

Talk to an expert now.

Call Kartini Clinic: 503-731-7100



KARTINI CLINIC
for Children & Families

3530 N Vancouver, Suite 400
Portland, Oregon
kartinclinic.com/pdx-parent



Conveniently located near Washington Square

9370 SW Greenburg Road
Suite T
Portland, OR 97223



GREENBURG
PEDIATRIC DENTISTRY

greenburgpediatricdentistry.com

503-245-1915

Skibowl's SNOW TUBE ADVENTURE PARK

Featuring The World's Only Cosmic Tubing®

Mt. Hood's Only Two Snow Tube Conveyor Lifts!

Run Through Our Amazing 4,300 Sqft. Amaze'n Maze!

Where Memories are Made

Multiple Tube Hills • Kid's Snowmobiles • Frosty's Playland
Two-Story Indoor Play Zone • Horse Drawn Sleigh Rides

Mt. Hood SKIBOWL
Winter and Summer Resort

Located less than an hour from Portland.
www.skibowl.com • 503.272.3206



We've Got You Covered



Internist
Dr. Kelly Wright is passionate about cultivating healthy, trusting relationships with her patients.

You want the best for your family — and **you** deserve the best, too!

That's why our full staff of providers is ready to care for everyone in your household, whether it's a newborn wellness check, managing chronic issues or maintaining a healthy lifestyle at any age.

- Pediatric and family practice
- Evening and weekend hours
- Warm and friendly staff
- Welcoming atmosphere

SELLWOOD MEDICAL CLINIC
8332 and 8333 SE 13th Ave.

SELLWOOD MEDICAL CLINIC NORTH (pediatrics)
6234 N Greeley Ave.

sellwoodmd.com
503.595.9300

Day Care-

From a shortage of options to the cost, research shows what you may have already felt — finding and affording child care in Portland is difficult.

BY NIKI READING

Alida Cantor of Southeast Portland looked everywhere for a day care option for her toddler daughter, pictured here, but struggled to find her a space.

O-NOMICS

When Mary Lehmkuhle, a 36-year-old teacher who lives in the Cherry Park neighborhood in outer southeast Portland, was pregnant with her second child late last year, she planned to continue to substitute teach one or two days a week after some time off.

That is, until she realized how tough it would be to find and pay for child care for two kids.

"I called the two day cares my older son had previously attended, but they didn't have spots," she says. She put her name on the waiting list in case one day a spot opened up. Then she started looking into sharing a nanny with another family. After three failed attempts, she finally found a nanny share that she thinks will work at least until this summer, when her in-laws will be in town for an extended stay. After that, she and her husband plan to get an au pair to watch the kids while Lehmkuhle works, because it will be both cheaper than day care and more flexible.

Her story is familiar to many working parents in the Portland metro area: It can be exhausting and seemingly impossible to find child care that suits a family's needs and is affordable. The struggle causes some parents to shuffle their children from relative to friend to day care in an effort to save money, says Bobbie Weber with the Oregon Child Care Research Partnership.

"Economists will tell you that since it's a market system, child care supply and demand are in balance. Those of us who are not economists would not agree with that," she says.

She says finding preschool for a 4-year-old should be relatively easy based on supply and demand data. But: "If you have an infant or toddler, child with special needs, any kind of disability — either yourself or your child — or if you have income limitations, it's going to be harder to find child care."



MARY LEHMKUHLE

Supply and Demand

Statistics show what many local parents already know: Supply doesn't meet demand for child care in Oregon. There are 166,498 children under age 6 in the state who potentially need care because at least one parent is in the workforce, but only 119,169 slots available in licensed or registered child care options, according to the 2017 Fact Sheet by Child Care Aware of America. That means there are only enough slots for 71 percent of the children who potentially need care.

If you include school-aged children who need summer or before and after school care, the picture is even bleaker. There are 400,000 total children in Oregon who potentially need care at some point during the year.

There are only enough slots for 71 percent of the children who potentially need care.

In Portland proper, there is capacity in the registered and licensed child care system to serve about 30,000 children. Most of those slots — about 22,240 — are in child care centers, which are significantly more expensive than home-based childcare.

Alida Cantor felt that mismatch of supply and demand when she began looking for care for her 16-month-old daughter. She called day care centers and child care providers near her home in Foster-Powell, but was only offered a spot on a wait list. She posted about her need for child care on a Facebook group for Portland moms, and was given some leads, but

nothing worked out.

"We're currently on a wait list for one near our house, but still figuring out a 6-week gap between when my husband starts work and when the day care anticipates a slot," she says.

Full-time care for a 4-year-old at an accredited child care center is still about \$11,000. Tuition and fees for a full-time undergraduate student are about \$11,500 at University of Oregon, the most expensive public institution in the state.

Costs keep rising

Between 2004 and 2014, the cost of child care in Oregon increased 24 percent faster than wages in households with children under age 13, according to Weber's research, published in the Oregon Childcare Market Price Study. Between 2014 and 2016, rates continued to rise for most types of care. Currently, it costs an average of \$15,000 a year for an infant to receive full-time care at an accredited child care center, according to the Child Care Aware report. The cheapest full-time option, in a home-based setting, is \$8,824 – still out of reach for many families, particularly those with other children.

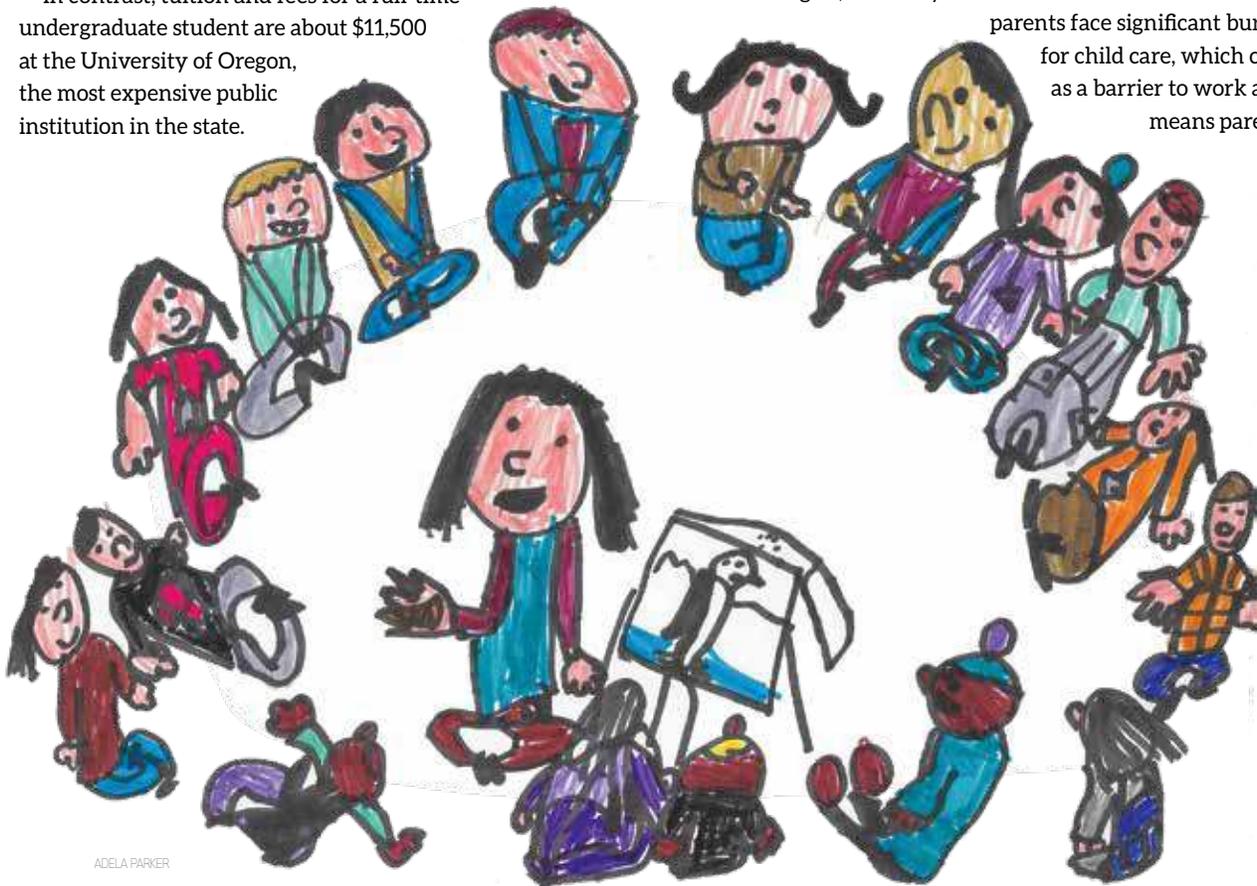
Generally, cost drops slightly for toddlers, and parents of 4-year-olds see another price drop. But full-time care for a 4-year-old at an accredited child care center is still about \$11,000 a year.

In contrast, tuition and fees for a full-time undergraduate student are about \$11,500 at the University of Oregon, the most expensive public institution in the state.

Weber says the high cost means many families simply cannot afford to pay for care. "When we're talking about child care, it's always important to point out that there's a whole group of people for whom this system is totally unavailable," Weber says.

The current nationwide benchmark for affordable childcare is under 7 percent of a family's income, according to the U.S. Department of Health and Human Services. But for low-income families with no relatives or friends to care for children, the cost often ends up being drastically higher than 7 percent, according to a data snapshot released in December from the Casey School of Public Policy at the University of New Hampshire and the Center on Poverty and Social Policy at Columbia University.

In fact, nationally, poor working families often spend more than 25 percent of their income on child care if they have children under age 3, the study found. "Low-income families with working parents face significant burdens paying for child care, which can function as a barrier to work and often means parents must



ADELA PARKER

rely on child care arrangements that are less formal and less stable,” according to the Casey research.

In other words, rather than pay for care, many families must choose between one parent leaving the workforce or having to shuffle kids between friends and relatives. And while the care from family members and friends is free, there's often a psychological cost that comes with it, Weber says. “It's a terrible thing for the parent and child to not have a reliable, steady routine,” she says.

What can be done?

Part of the problem is that the state hasn't invested enough in high quality child care, says Miriam Calderon, director of the Oregon Early Learning Division. “Oregon families need access to quality, affordable child care. This is critical for a growing economy and for setting up our children for success in the future,” she says.

But despite the high cost of child care to parents, “child care providers still face tight margins and low pay,” Calderon says. There are about 6,000 day care workers in Oregon and their average annual salary is about \$24,460, according to the Child Care Aware report.

Calderon sees the economic disconnect as something the state can help address.

“Building on Oregon's public investment in child care that delivers higher quality at a cost that parents can afford is a critical priority,” she says, and the division is working with stakeholders and partners to create a strategy for achieving that. A spokesperson for Calderon says they aren't planning to advocate for any big policy changes in the 2018 Oregon legislative session, which is a short session, only one month long. Instead, they're focusing on strategies for the 2019 session, which is a longer session where lawmakers have more time to consider larger policy issues.

Some options for achieving more affordable child care are through expanding existing programs, like the Employment Related Day Care Subsidy, commonly referred to as ERDC, or Preschool Promise. Both are relatively small programs in Oregon that subsidize care for young children from low-income families. Oregon also has a child care tax credit, as does the federal government. The recent tax bill doubled the child tax credit from \$1,000 per child to \$2,000 and made it a refundable credit, meaning you can receive up to \$1,400 even if you don't pay federal income tax.

“Any of those can be tweaked and families will be better off,” Weber says.

Tips for searching for child care

Take your time

If you plan to return to work after the birth of your child, you should start looking at child care options while you're pregnant. This will allow time to assess your options and get on the wait list, which is often necessary for newborn care. Even for older children, it's a good idea to start looking a few months in advance. You can call 211 for child care referrals or search for licensed providers near you by visiting OregonEarlyLearning.com. You can also visit our child care database at pdxparent.com/childcare-preschool/.

Visit and interview

Once you've identified a few options, it's important to visit the provider and ask a lot of questions. Some common questions: How long have you been providing care? What type of training, education and certification do the provider(s) have? How many children are under care and what is the ratio of children to adults? What are sick policies? Is the child care area (either in-home or day care) clean, friendly and welcoming? Is it OK to visit your child at any time? Many of the same questions about safety, engagement and experience also apply to an in-home provider like a nanny or au pair.

Check them out

Search a licensed child care provider's record by visiting OregonEarlyLearning.com and selecting Child Care Safety Record from the drop-down menu under “Parents and Families.” There, you can search complaint history or request compliance history. If you're hiring a babysitter or nanny, you can conduct a background check, which can be done through many online services.

You can read more about researching child care at:

pdxparent.com/child-care-may16/

And find more about the costs of child care at:

pdxparent.com/child-care-expensive-april17/

Stay engaged

Once you make a decision, view your child care provider as a partner. That means checking in, volunteering when needed, being there for special events and scheduling regular meetings to discuss any issues.

Sources: Find Child Care Oregon (findchildcareoregon.gov) and Care.com. 🐾

Niki Reading lives in Sellwood with her husband, two kids and a dog.

Adela Parker, age 5, spends several hours a day at her drawing desk. She once described her creative process as “I dream about it. I tell a story. Then I draw it. Dream. Tell. Draw.” Her mom is *PDX Parent's* managing editor.



3030 SW 2nd Ave.
Portland, OR 97201
cedarwoodschool.org
503-245-1477

Cedarwood Waldorf School

When your child leaves the warmth of your home to go to our school for the first time, you can rest assured they will be greeted with kindness, simplicity and a well-rounded experience. They will be able to fully immerse themselves in the work of childhood, which we believe is play.

Every aspect of our classrooms is intentionally chosen and carefully prepared to meet the developmental needs of the young child. Handcrafted dolls, pieces of wood, colorful beeswax for modeling, and toys that encourage wonder, competence and curiosity.



FRANCISCAN
MONTESSORI EARTH SCHOOL
AND SAINT FRANCIS ACADEMY
REMARKABLY DIFFERENT

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

Franciscan Montessori Earth School

The Franciscan Montessori Earth School/St. Francis Academy offers a remarkably different education for children age 2.5 to 14 years on 10 picturesque acres. Students are empowered to become confident, self-motivated learners for life.

- Montessori curriculum
- Small class size
- Foreign language programs
- Gardening program
- Before and after care
- On campus extracurricular activities

**Please attend an open house
or schedule a tour!**



L'Etoile
FRENCH IMMERSION
SCHOOL

5839 SW Hood Ave
Portland, OR 97239
letoilefrenchschool.com
503-715-1258

L'Etoile French Immersion School

L'Etoile French Immersion School is an independent school accredited by the French Ministry of Education for students aged 2.5 years through grade 5. Located in the heart of Portland in John's Landing, our approach to learning prepares children to be capable, confident students who are empowered to achieve in both French and English. Our nurturing teachers engender a lifelong passion for learning and instill a respect for cultural traditions around the world.

We welcome you to visit our school and experience this vibrant community.



2617 NW Savier St
Portland, OR 97210
friendlyhouseinc.org/preschool
503-228-4391

Friendly House

Play-based curriculum tailored to meet your child's needs and community-building opportunities for the whole family.

We provide an environment for children to grow and learn with a gym, playground, garden, and homemade meals.

Our sliding-scale tuition allows us to serve families from all walks of life! Half- and full-day options.

Give us a call to schedule a personal tour.



7475 SW Oleson Rd.
Portland, OR 97223
smallfriendsschool.com
503-388-2266

Small Friends School

Small Friends provides developmentally appropriate programs to children, ages 3 - 5. We believe children are active, capable, willing participants in their education for life. Our classrooms provide ample opportunities for children to explore, create, observe, experiment and collaborate to construct a deeper understanding of their world. Our play-based curriculum emphasizes four broad areas of growth: critical/investigative thinking, relationship building, emotional well-being and academic skill proficiency.



1305 NE 52nd Ave
Portland, OR 97213
heartwoodpreschool.com
503-235-0631

Heartwood Preschool

Heartwood Preschool is a child-centered educational community that provides for the development of the whole child while fostering curiosity, creativity, confidence, and empathy.

Highlights include:

- Art, yoga, language, gardening, pets, collaboration, thematic learning
- A 5-Star rating through Oregon's QRIS
- Eco-healthy facility and state-certified since 2003
- Licensed Music Together Preschool



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

Portland Jewish Academy

PJA values each child as an individual who learns in a multitude of ways. PJA programs provide welcoming and inclusive settings that recognize children's diverse abilities, interests, needs, and learning styles. Full and half day options available.



4817 SW 53rd Ave
Portland, OR 97221
pdxmc.org
503-972-7100

Portland Montessori Collaborative

A Montessori Community for infants, toddlers, preschoolers and families in the Bridlemile neighborhood of SW Portland. Founded in the spirit of environmental sustainability, and inspired by the schools of Reggio Emilia. We serve organic and locally sourced home cooked snacks and meals, use cloth diapers, and educate for peace and ecological intelligence.

Our mission is to provide a loving and nurturing space for children to explore, grow, learn, and connect with other children and adults in the context of the Montessori philosophy and pedagogy. We offer an adaptive approach to early childhood education; an authentic Montessori program inspired by the schools of Reggio Emilia and moved by the philosophy and teachings of Magda Gerber.



Oregon Metropolitan Elite
Gymnastics Academy
OMEGA Gymnastics
9700 SW Harvest Ct, Ste. 180
Beaverton, OR 97005
omega-gymnastics.com
503-466-4872

OMEGA Preschool

OMEGA's Preschool Program begins September 2018. We believe every child is a champion and we have a role in setting children up for success. Gymnastics training starts children on that path by providing for full range of physical and mental development. OMEGA's instructors will guide children through gymnastics lessons that encourage gross motor skill development as well as providing educational activities that encourage fine motor skills, cognitive development, and problem solving. Call today to schedule your tour of our facility and meet our teachers.



1855 South Shore Blvd.
Lake Oswego, OR 97034
caisoregon.com
503-348-3028

Chinese American International School

Learning and Thriving in a Multicultural World

CAIS offers a developmentally appropriate Chinese Immersion education and culture program for preschool and kindergarten students and after school programs for 1st grade and above. CAIS teachers appreciate each student's unique approach to learning by providing a well-rounded curriculum in a fun and nurturing environment.

- Full and Part time
- Before and after care
- Ages 3 and above
- After School Programs
- Summer Camp



1024 NW Gilson St
Portland, OR 97209
wevillage.com
503-999-02221

WeVillage

Flexibility is WeVillage's founding principle. So, not only is childcare accommodating to your schedule, Preschool and Afterschool care is too! Want full-time care or date night care? We have that as well! Give any of our four locations a call: The Pearl, NE Portland, Orenco Station and Happy Valley.

Highlights include:

- Full-time and Part-time
- Drop-in
- Before and after care
- Infants to 12 years



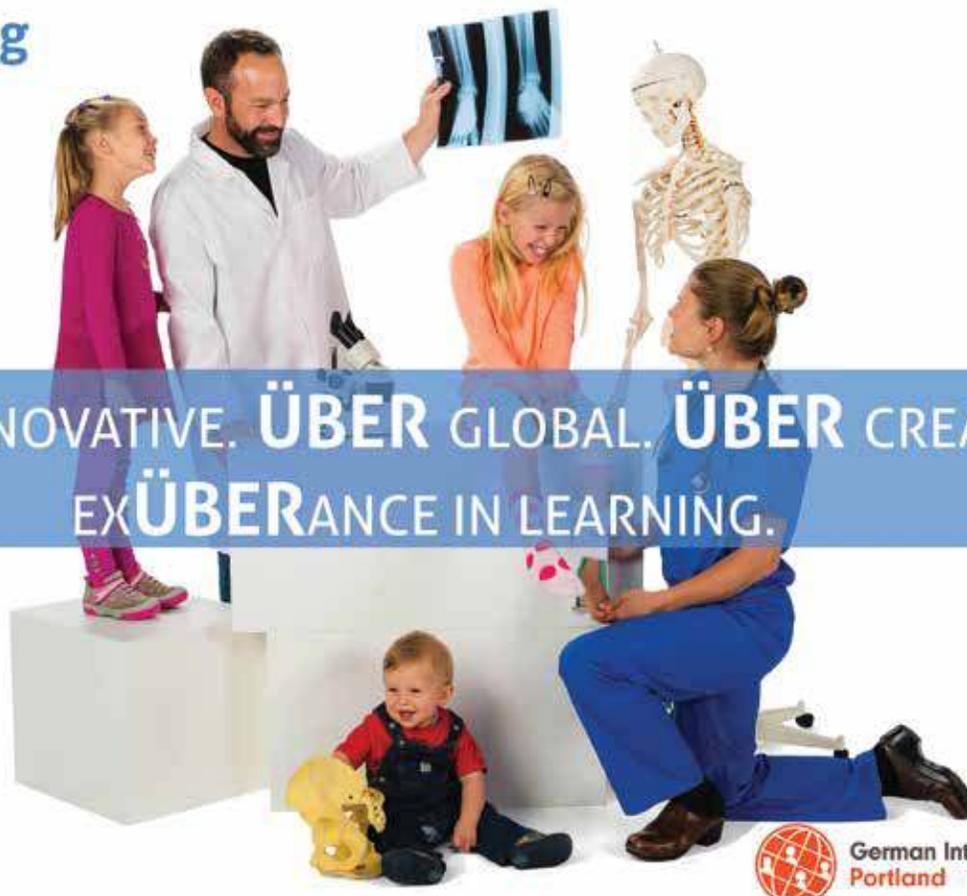
6318 SW Corbett Ave.
Portland, OR 97239
sunstonemontessori.org
503-768-3847

Sunstone Montessori

Our world doesn't need more test takers, memorizers or followers. Now, more than ever, we need critical thinkers, entrepreneurs, and do-ers. Welcome to Sunstone Montessori! We nurture your child's natural curiosity, empower him to make his own discoveries, cultivate his higher-cognitive brain functions critical for advanced problem solving, and actively develop and refine the social skills necessary for confident, compassionate, and responsible human beings. At Sunstone children are guided to their highest potential; academically, socially, and emotionally.

Schedule your visit at sunstonemontessori.org.

Now enrolling
Preschool



 German International School
Portland

ÜBER INNOVATIVE. ÜBER GLOBAL. ÜBER CREATIVE.
EXÜBERANCE IN LEARNING.



4235 SE Salmon St.
Portland, OR 97215
childswork.org
503-234-3611

Childswork Learning Center

Childswork Learning Center is a non-profit preschool and kindergarten located in SE Portland. Since 1984, our play-based early childhood center has served children ages 3-6 years old, focusing on the development of the whole child with respect and compassion. Childswork is a safe place for children to explore, take chances, make messes and learn through play. At Childswork we nurture wonder, embrace joy and foster discovery.



support@urbansitter.com
urbansitter.com

UrbanSitter

Meet the sitter network you didn't know you had! UrbanSitter unlocks your personal network to find sitters and nannies through the people you know and trust—friends, co-workers, neighbors, mom groups, and parents from your kid's school.

Check out detailed sitter profiles including reviews, experience, background checks, languages spoken, repeat families and more—then, book jobs or pay sitters with a quick tap.

- Find, book and pay Portland's favorite sitters — all in one place
- Date night sitters, full-time nannies, back up care & more
- Sign up free!

**Check out
more
neighborhood
child care
offerings at
[pdxparent.com/
childcare-
preschool](http://pdxparent.com/childcare-preschool)**



FRENCH AMERICAN INTERNATIONAL SCHOOL



Unlock the world! Research shows that bilingualism equals academic success, and the earlier, the better. At FAIS, we foster multi-language ability, develop global citizens, and shape active learners through the IB framework of academic excellence. Enroll your child in Portland's longest-established and best-known language immersion school.

Apply today to Preschool, Prekindergarten, and Kindergarten!

8500 NW Johnson St., Portland, OR 97229 • admissions@faispdx.org • 503.292.7776 • www.faispdx.org

An Education for Life School

LIVING WISDOM SCHOOL
Education centered in the heart

Preschool Openings

Pre-K to Grade 8
4855 SW Watson Ave
Beaverton, OR 97005
p 503-671-9112
livingwisdomportland.org

Cookie Cutters
haircuts for kids

Discover How Much Fun a Haircut Can Be

at Nyberg Woods in Tualatin
Book online www.haircutsarefun.com
Like us on facebook @CookieCuttersTualatin

*Mention this ad for \$3 off your first cut

PD/P3/OFF *one coupon per service Expires 3/31/18 7013

BURLINGAME PRESCHOOL

At Burlingame Preschool, we believe in a play-based curriculum and for good reason. Drawing from Gardner's Theory of Multiple Intelligences and the Reggio-Emelia Educational Philosophy, our nature-based curriculum integrates concepts from science, technology, engineering, music, arts and math to truly celebrate the holistic development and different learning styles of each child!

Enrollment for 2018-2019 begins in February. We have classes available for children 2.5 to 5 years old. Please join us at our **Open House: Saturday February 10th from 10am-Noon!**

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



Sunshine Montessori school

Since 1995
Owner operated

We Offer

- ❖ Infant, (Only At Mayflower) Toddler, Preschool, all day Kindergarten programs.
- ❖ Open from 6.30AM to 6.00PM (Mon to Fri)
- ❖ Meals prepared on premises.
- ❖ Weekly music classes.
- ❖ Large fenced play ground with Tennis (Sunshine only) Basketball and play structures.
- ❖ Gardening (Spring/Summer only)
- ❖ Qualified, caring, consistent Teaching staff

Sunshine Montessori school
8840 NW Murray Blvd
Beaverton, OR 97005
Tel: (503) 624-3100
www.sunshine-montessori.com

Mayflower Montessori School
17000 NW Mayflower St
Alsea, OR 97006
Tel: (503) 582-9500
mayflower-montessori.com

For your convenience in two locations

Nationally Accredited!
Full Day Preschool & PreK
Ages 2 1/2 to 6
Balanced, Caring Program
Safe, Eco-Healthy
Fresh Organic Meals
Low Ratio, Educational
Master's Trained Teacher



503-925-3919
www.BlueFrogsJump.com



Portland CHILDREN'S DENTISTRY

EXCEPTIONAL DENTAL CARE
from infancy through adolescence

David Raphael DDS
Patricia Peirano Franklin DDS
Board Certified Pediatric Dentists

Call to Schedule an Appointment!
Saturday appointments available
Se habla Español

Free exam for children under 3
Free Sonicare or welcome gift for children 3 and older



NEW LOCATION!
2323 NW Westover Rd Portland, OR 97210 (503)893-2889
5216 SE Woodstock Blvd Portland OR 97206 (503)489-8355
www.portlandchildrensdentistry.com
info@portlandpedo.com

Announcing
PDX Parent's 3RD ANNUAL

VIRTUAL Ed Fair

2017-18

pdxparent.com / VEF

Let's face it — researching all of the opportunities for our children's education can be **overwhelming**. We also know your lives are busy and full and your time is valuable. Visit our Virtual Education Fair and find all the information you're looking for at your fingertips.

You can search anytime it's convenient to get the facts about over 80 schools and programs in the Portland metro area, including FAQs, photos, videos and more. We also make it easy to contact the school or visit their website for additional information.

Major Presenters





Searching is easy!
Use our **map interface** to see what's available in the areas near you.
Search for **keywords** or **metrics** that fit your family's needs.




Scaling a massive sand dune on the Oregon Coast turns into a life lesson for our columnist and his kids.

To Infinity and Beyond

STORY AND PHOTO BY MO SHERIFDEEN

The climb was slow, deliberate and numbing. Despite being exhausted after a full day of sandcastles, beach tag and jumping into the cold Pacific under the summer sun, my daughter and I were on our hands and knees, slowly trudging our way up the “Great Dune,” a 230-foot pile of sand at Cape Kiawanda that was 18 million years in the making. It’s unique on the Oregon Coast, as it’s one of the only major headlands not made of black basalt rock from an ancient lava flow.

“Let’s take a break,” my 7-year old old daughter, Anaya, huffed.

“OK,” I agreed with relief.

We rested on the sand, looking at each other, then turning our heads to Haystack Rock off in the distance. Looking back down towards the beach, I saw our 3-year old, furiously crawling up. After initially wanting to hang out with my wife down at the beach, he’d apparently changed his mind and was now desperate not to let his big sister or dad beat him to the top.

“You can do it, Zane! Come join us!” we screamed. When he finally made it, he collapsed next to us, red-faced and panting. I wanted both kids to get to the top, but knew it would take all my skills of persuasion to get them moving again.

One of my favorite outdoor writers, James Edward Mills writes that mountains are like “a three-dimensional relief map that illustrates the heights of our aspirations and depths of our despair.” But no such eloquence came to me in the moment. Instead, I told the kids: “Let’s keep climbing so we can see what’s on the other side, sweeties.”

This seemingly simple exhortation was enough for my daughter. Flashing a brave, toothy smile at me, with wind whipping her black curls all over her face, she looked at me with determination and said, “OK, let’s go!”

Feeling a sudden burst of energy in our togetherness, we plodded, crawled and walked the last 100-or-so vertical feet to the top of the cape, all while fighting a steady wind blowing sand on our faces.

“Whoooa” they both exclaimed as they took in the landscape in front of them.

Our curiosity and persistence were rewarded with breathtaking views from the summit. Sweeping views of Nestucca Bay and Cape Lookout were punctuated by sandstone cliffs, caves and bowls carved into intricate shapes by wind and water. These tannish-brown structures are picturesque because they look just like hand-carved furniture, complete with wood grain-like swirls etched into them.

I was trying to point out these geographic wonders to Anaya and Zane when something more urgent caught their attention.

“Hey look, I can see Mommy on the beach. She looks like an ant!” They giggled uncontrollably at their own joke and started waving and screaming at my wife, Jessica, below them.

“Mommy is ant, Mommy is ant,” Anaya sang, entertaining her howling brother.

“Dad, can we go see Mommy now?”

“Sure. Let’s go get her!”

The journey down the soft sandy slope was much faster. We laughed and giggled as we slipped, rolled and chased each other down to the beach below.

Thanks to erosion and our ever-evolving planet, the next time we scramble up the Great Dune, this area will look different – perhaps imperceptibly, but different it will be. And that’s okay – the kids will be different too. But I hope that the lessons of the day – be curious, don’t give up, keep trying your best to make it to the top – will stick with them. 🌈

Mo Sherifdeen lives in Southeast Portland and loves to hike the forests and mountain trails of Oregon with his family. He has been known to get lost inside Powell’s and loves to seek out hoppy IPAs and the best fish ‘n chips along the Oregon Coast. He spends his days promoting tourism in Oregon at Travel Oregon and can be reached on Twitter at @mosherifdeen.



Ninja-Go

The super-charged
obstacle course craze
comes to Portland,
at a new kid-friendly
venue.

STORY AND PHOTOS BY JULIA SILVERMAN

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

The Olympics start this month, and no doubt my kids and I will catch some feats of athletic derring-do, paired, if we're lucky, with stirring documentary-style vignettes about the athletes and the obstacles they've overcome to land in South Korea.

It will be a somewhat familiar formula, considering the recent craze among my third grader son and his friends for a TV series called *American Ninja Warrior*, which features super-ripped super athletes conquering a series of ever more elaborate and tricky obstacles, intercut with their own come-from-behind-to-conquer-all backstories.

So when we caught wind of a new, indoor *American Ninja Warrior*-style gym that opened up in Milwaukie and has extended hours where kids are welcome, no experience necessary, we had to check it out.

The friendly owner of **Urban Warrior** told us he was inspired to open his place by his son, who one day, while watching *American Ninja Warrior*, dreamily said, "Dad, I want to do that someday." Me too, his father thought — and voilà.

Because it was our first time, my son Ben, his buddy Isaac and his twin sister Elly were taken through a series of warm-ups by staffers/trainers — some time on the rowing machines, then a series of jumping jacks, push-ups and sun salutations, just enough to get the blood pumping. Then, staffers took them to the back of the gym to check out the intro obstacle course, which starts with a kid-friendly swing onto a rope ladder (don't touch the floor!), continues to a series of suspended climbing walls with handholds and toeholds that kids need to crab-crawl across, and leads to a spider wall, where kids can squeeze themselves into a small crevice, and shimmy themselves across using their arms, legs and core muscles.

There's more — playground-style swing rings, placed just a touch far apart enough to make it more challenging, ziplines and pulleys to work on sticking the landing, strength training ropes to climb and haul, and even a rope platform for kids to sit on while their friends work together to haul them up into the air. (All somewhat oddly backlit by disco lights.) The kids broke a sweat within 10 minutes and kept it up for the full two hours that we spent there.

Eventually, I started wishing I'd brought my athletic gear along. It looked like an awesome workout (and the gym's trainers do run personal sessions and classes for adults, as well as the usual array of kid birthday parties and camps.) But especially since it was our first time, it was good to have a grown-up on the ground to spot my more tentative daughter, or keep an eye out for my son, to make sure he didn't get stuck in

a tough spot. There are thick, cushy, padded mats everywhere (as opposed to the pools of water into which contestants on the show drop when their muscles give out), so I wasn't too concerned about any bones getting broken.



In Training

More obstacle courses around Portland to sample with kids.

Skyhook Ninja Fitness
Go big at this 12,000-square-foot facility in Tigard, which has classes for kids as young as 5 years old.
12008 SW Garden Pl.;
skyhookfitness.com.

Forge Parkour
Conquer the elements at this newly opened temple of free-running at 311 SE 97th Ave.;
forgeparkour.com.

Age-wise, the owners say it's best for kids ages 6 and up, but we ran into friends there with a limber, gymnastics-trained 4-year-old who was more than keeping up with the big kids. Other things to bring along: water and even rock-climbing chalk to help little hands get the best possible grip.

When I finally tore the kids away, (though to be fair, they spent the last 15 minutes of the outing watching the

American Ninja Warrior reruns that appear to

be playing in a continuous loop in the entry hall) there were loud requests to come back soon. A few more times, and maybe they'll be ready to conquer their own personal Mount Midoriyama. 🌈

IF YOU GO:
Urban Warrior is at 6104 SE King Rd., Milwaukie.
urbanwarrior.fit

Check out the video proof at pdxparent.com/ninja-go-video.

Julia Silverman is the editor of *PDX Parent*. She would definitely touch the floor if she tried to launch herself off the rope swing onto the climbing wall.

Trackers Earth
AWARD WINNING
SUMMER CAMPS

All Ages » Grades K - 10

Real skills such as archery, wilderness survival, fishing and more. Original themes like **Wizards Academy** or **Secret Agent Camp**.

TrackersPDX.com/summer

4 Convenient Drop Off Locations

South East Portland North East Portland West Portland Happy Valley

celebrating  of **STEM** education!

summer camps enrolling now

We're not just on Saturdays!

saturdayacademy.org
In affiliation with University of Portland



Look for our **HUGE** Summer Camps Guide in the March issue and online at pdxparent.com/portland-summer-camps-guide/ starting March 1st.

River Ranch Summer Equestrian Day Camp

The oldest & best riding camp for young people
Horse camp ages 7-14
Pony camp ages 5-7

Weekly Sessions beginning June 11th
Moderate Price • Safe & Fun • Small Groups
16000 NE Eilers Rd., Aurora, OR 97002
25 minutes from downtown Portland
503-678-5478 • RiverRanchHorses.com

Ask us about our Fabulous Summer Programs and Day Visit Programs.

OMF is a nonprofit organization providing hands-on, opportunities to children and youth using farm animals, agriculture, gardens and natural resources as educational tools.

 Old McDonald's Farm, Inc.

Check out our 'Farmer For A Day' Program

OldMcDonaldsFarm.org • 503.695.3316



YOUR ZOO CONNECTS KIDS TO WILDLIFE

Spring break and summer campers explore little-known areas of the zoo, learn about animals by meeting them face-to-face, and leave inspired to care for the natural world. Register at oregonzoo.org/camp

OREGON ZOO | CAMP

Presented by  Banfield
PET HOSPITAL

TUCKER ARTS CAMP 2018!
JUN 25 - AUG 17

EIGHT WEEKS OF ART, MUSIC, & CULTURE FROM AROUND THE WORLD!
 AGES 3 TO 5TH GRADE



TUCKER ARTS CAMP

EARLY REGISTRATION ENDS APRIL 15
TUCKERMAXON.ORG/TUCKERARTSCAMP



SUMMER SPORTS CAMPS



TENNIS **GOLF**

BOYS & GIRLS AGES 4-17
 1 HR TENNIS • 1 HR TENNIS & ALL DAY SESSIONS GOLF AND TENNIS
 Develop Skills • Make Friends • Have Fun

Register Online
K-Leans.com
 503-701-4408



14015 NE Glisan St.
 Portland, OR 97230

SUMMER at OES

Registration opens Feb. 15: summer.oes.edu



JUNE 25–AUGUST 17 
 GRADES PRE-K–12 • FULL & PARTIAL DAY CAMPS Oregon Episcopal School
 6300 SW Nicol Road | Portland, OR 97223 | 503-416-9500 ALWAYS OPEN

FRIENDS, FITNESS AND FUN



ALL ROLLED INTO ONE!

 WWW.OGAGYM.ORG
 503-531-3409
REGISTRATION OPENS MARCH 12, 2018

What do you dream of this Summer?



Overnight Camps | Horse Camps
 Day Camps
 Adventure Camps | Paintball Camps
 Don't miss out!
360-686-3737

Get more info & register
www.royalridges.org



Filmmaking + Animation Camps

Spring and Summer Break 2018
 Ages 8-18



REGISTER BY 3/30 FOR DISCOUNTS
opensignalpdx.org


 Portland Community Radio Center

SUMMER CAMP

June 18–June 29, 2018
 and July 9–August 24, 2018
 Ages 4+

at OMEGA Gymnastics



Fun-filled gymnastics camp with structured class time, open play, crafts, games, and off-site field trip for full day campers.

Half Day: 8:30AM-12:00PM \$38
 Full Day: 8:30AM-5:30PM \$69
 Registration: \$25 Camp Shirt: \$15
 Register early Camps fill quickly

 Oregon Metropolitan Elite Gymnastics Academy
 9700 SW Harvest CT, STE 180 | Beaverton OR 97005
 503.466.4872 | www.omega-gymnastics.com

BROADWAYROSE
THEATRE COMPANY

2018 SPRING BREAK MUSICAL THEATRE CAMP

MARCH 26 - 30

In this exciting spring break musical theatre camp, students in 3rd, 4th, and 5th grade will gain experience in theatrical performance, vocal harmonies and solos, basic choreography, and more with Portland musical theatre maestro Jeffrey Childs!

SCHOLARSHIPS
AVAILABLE

**REGISTER
TODAY!**

AT C.F. TIGARD ELEMENTARY SCHOOL • ACROSS FROM THE BROADWAY ROSE NEW STAGE
Learn more at www.broadwayrose.org/spring-break



* CHILDREN * LIFESTYLE * DAY IN THE LIFE
* STORYTELLING * MOTHERHOOD

LaurenAllenPhotography.com
972.768.4306

YOUR DREAM IS OUT THERE. MAKE IT A REALITY.

Top-ranked degrees
ONLINE



Eric Broadfoot
B.S. in Economics

 **Oregon State
University**

ecampus.oregonstate.edu

Journey
theater
arts group
Seussical

February 16-25

Disney
Aladdin

March 2-11

Tickets starting at \$10! journeytheater.org 360.750.8550

Small Wonder

Is 300 square feet enough room for a family of four? One Vancouver family sounds off on the joys (and trials) of going tiny.

STORY BY ERIN J. BERNARD

From capsule wardrobes to miniature smart cars to teensy yet impeccably designed living spaces, minimalism is having a moment.

But Tove and Gwen Papenfuse have news for you: It ain't easy going tiny.

In fact, says this Vancouver family, every single aspect of tiny living is trickier than you think it'll be.

Yeah, it's cozy.

Sure, it's satisfying.

But you might end up sharing a bedtime with your baby. Certainly, you'll have to adjust your definition of "personal time." And going to the bathroom? Even that could take some doing.

Dare to downsize, though, and you'll reap profound lessons, they promise, on having less, sharing more and loving what you've got.

The Papenfuse family's minimalist adventure began in 2015 when Tove and Gwen cast off most of their belongings and relocated themselves and their toddler son, Iver, into a 300-square-foot home parked on family property near downtown Vancouver.

It had been a difficult year. The couple had lost twin girls, born prematurely at 21 weeks, and in that season of transition, going tiny provided a gentle space for starting fresh.

"It was kind of a whirlwind," recalls Tove. "We were ready to do something new, and we were kind of looking around. We saw the tiny house on Craigslist and went and looked at it and just bought it."

Downscaling from an 1100-square-foot rental meant parting with clothes and kitchen gadgets and a lifetime of mementos. It also



Iver and Dagney playing in the kitchen/living room.

meant scrutinizing every item that came in the front door — not easy in a culture so flush with stuff, says Gwen: "[Tiny living] is cute, and it's nice to be close to your family, but there are also times when it's hard. You have to change your mindset."

But they adapted, even as their family grew: Shortly after the relocation, Tove got pregnant again, and a daughter, Dagney, was born right in the tiny bathtub.

The house was a steal at \$36,000, and that low price tag has allowed them to live comfortably on a single income (Tove's a teacher) while Gwen stays home with the kids. Again, that's not

to say it's been easy. Take, for example, the bathroom situation: Iver started out sleeping in a Pack 'n Play in the (surprisingly large) bathroom, and when he moved into his own loft bedroom, baby Dagney took his place in the crib. If nature calls at naptime or at night, Tove and Gwen have two options: Hold it, or scamper across the yard to a cousin's neighboring home.

Consider, also, downtime, or lack thereof: "Normally [a kid's bedtime] is when a mom would clean up the house and do whatever you want to do," say Tove. "But Iver can see us, and he's asking, 'What you are doing Mommy?' To get him to sleep, we have to be in bed, too."





GWEN PAPERFUSE

Gwen and Tove Papenfuse with baby Iver shortly after they moved into their tiny house in 2015.

Going tiny has helped the Papenfuse family live simpler, closer and more authentically, but it won't work forever. The kids are getting bigger, the space is feeling smaller, and Gwen soon hopes to rejoin the workforce. When she does, they'll likely purchase something more spacious.

Not too spacious, though, and not too cluttered, either, vows Tove: "I hope that we don't feel like we have to fill it up with stuff again. I hope we can keep in mind we don't need something just because we like it or we want it. And I hope we keep this sense of closeness, even when we get into a larger house."

To read more about the Papenfuse family's tiny house adventures, visit their blog at: tinyhousemamas.com. 🌈

Erin J. Bernard is a freelance writer and editor living the dream in Northeast Portland, where she resides with her husband and their bossy 16-month-old daughter. She spends her (nonexistent) free time eating tamales, scoping out garage sales, and blogging about the creative life at ejbwritingstudio.com.

REMARKABLY DIFFERENT



FRANCISCAN
MONTESSORI EARTH SCHOOL
— AND SAINT FRANCIS ACADEMY —

OPEN HOUSES: Tuesday mornings from 10-11:30am.

Feb 13 / Mar 13 / Apr 10 / May 8

- Montessori curriculum
- Foreign language programs
- Small class size
- Before and after care
- 2 1/2 yrs. to 8th grade
- Large campus with extensive gardens

Franciscan Montessori Earth School | St. Francis Academy
Portland, Oregon, 97236-2316 | 503-760-8220

INFO@FMES.ORG WWW.FMES.ORG

Portland Kids. Global Citizens.



Please contact us for a personal tour!

For details: intlschool.org/tours

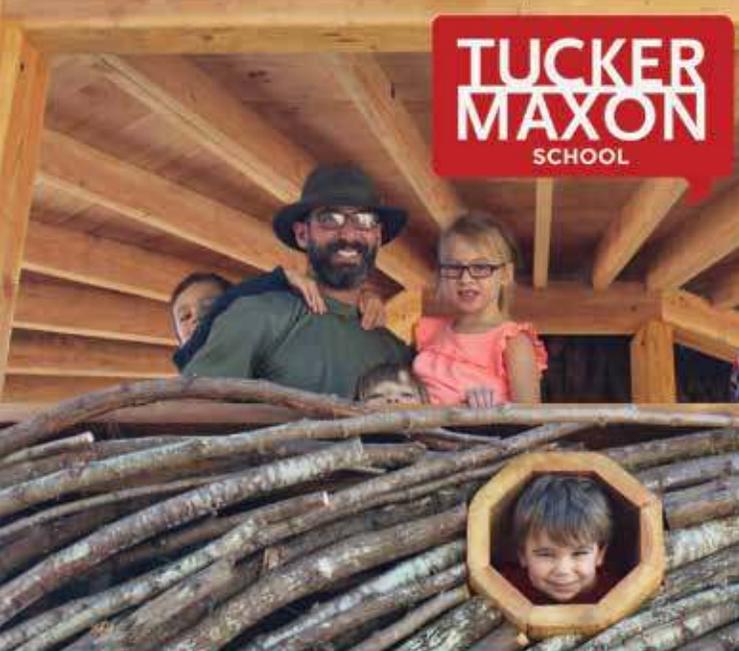
- Full Immersion in Chinese, Spanish, or Japanese
- International Baccalaureate World School
- Professional faculty from 17 countries
- Educating future global citizens since 1990



**The
International
School**

PreK-5th
intlschool.org
503-226-2496

OPEN HOUSES
FEB. 28 | MAR. 10 | APR. 25
 9:00 AM 12:30 PM 5:00 PM
 REGISTER AT TUCKERMAXON.ORG/OPENHOUSE

**COME SEE OUR NEW TREEHOUSE CLASSROOM!
 PRESCHOOL TO 5TH GRADE**
 2860 SE HOLGATE BLVD, PORTLAND, OR

*Imagine
 Explore Inspire*
 OPEN HOUSES
 Feb. 1 &
 Mar. 1, 6:30-8pm.



Creative Children's Center
Celebrating Childhood since 1990

Toddlers, Preschool, PreK, Kindergarten - Third Grade
 Enriching programs in arts, science, music, nature, & building community

- A Co-op with Flexibility
- Reggio Inspired Approach
- Nationally Recognized Educators

Come, tour the possibilities...



The idea is simple — place trust in their born abilities, provide resources and adult support, and children will thrive.
"You just gotta trust kids"
 — Joshua age 5



503-591-0604 • www.creativechildrenscenter.com



MICHA-EL SCHOOL
www.Micha-el School.org
 Bringing Learning to Life with Waldorf Education



Open House!
 Feb 10th, March, 10th, April 21st
 503 882-3322



**Chinese Immersion
 Preschool**
 Saturday Mandarin Classes
 After-school Chinese club
 Ages: 2.5 and up



俄勒冈希望中文学校
OREGONHOPECHINESE SCHOOL

971-226-7240 www.oregon-hope.org



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

- Stimulating environment
- Knowledgeable, enthusiastic staff
- Creative, engaging curriculum
- Collaborative community

For information
 call Rebecca Hicks, 503-388-2266
smallfriendsschool@gmail.com
SmallFriendsSchool.com

7475 SW Oleson Rd, Garden Home



CATHOLIC SCHOOLS

The Choice that Makes a Difference!

- Academic Excellence
- Faith Formation
- Rich Co-Curricular Activities
- Before and After School Care
- Registered and Recognized by the State of Oregon
- Accredited by the Western Catholic Educational Association (WCEA)



Holy Cross Catholic School • Grades PreK-8
Open House: Sunday, January 28, 11am-2pm
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



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
www.holyredeemerpdx.org



ST. AGATHA
 Est. 1911
 Catholic School

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
www.stagathaschoolpdx.us



St. Cecilia School • Grades PreK-8
Apply online today!
 12250 SW 5th St.
 Beaverton, OR 97005
 503-644-2619
www.stceciliaschool.us

HOME
 PARISH
 SCHOOL
 PLAYGROUND

St. Francis School • Grades K-8
Open House: Sunday, January 28, 12-2pm
 15643 SW Oregon St.
 Sherwood, OR 97140
 503-625-0497
wsummer@stfrancissherwoodschool.org
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
www.sispdx.org



St. John Fisher

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
www.sjfschool.org



ST. JOHN
 THE APOSTLE
 CATHOLIC SCHOOL
 est. 1914

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



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
www.stmatthewschoolhillsboro.org



St. Rose School

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

OPEN HOUSES

A Renaissance School of Arts and Sciences - 0234 SW Bancroft; 971-221-2311; renaissanceschoolportland.org; (Upper School Open House) Feb 22, 7:00 PM - 8:30 PM (K/Lower School Open House) Feb 15, 7:00 PM - 8:30 PM

Brooklyn Cooperative Preschool - 2901 SE Steele; 503-234-7103; brooklyncoopreschool.org; Feb 3, 9:30 AM - 11:30 AM

Burlingame Preschool - 4729 SW Taylors Ferry Rd; 503-244-0689; burlingamepreschool.org; Feb 10, 10:00 AM - 12:00 PM

Creative Children's Center - 2515 SW 185th, Beaverton; 503-591-0604; creativechildrenscenter.com; Feb 1 and Mar 1, 6:30 PM - 8:00 PM

Franciscan Montessori Earth School - 14750 SE Clinton; 503-760-8220; fmes.org; Feb 13, 10:00 AM - 11:30 AM

Micha-el School - 13515A SE Rusk, Milwaukie; 503-882-3322; micha-elschool.org; Feb 10, 10:00 AM - 12:00 PM

Milwaukie Academy of the Arts - 2301 SE Willard, Milwaukie; 503-353-5843; academyofthearts.org; Mar 1, 4:00 PM - 8:00 PM

Opal Beginning School - 4015 SW Canyon; 503-471-9917; portlandcm.org/teaching-and-learning/opal-school/opal-beginning-school; Feb 3 and Mar 3, 9:00 AM - 10:30 AM

Small Friends School - 7475 SW Oleson; 503-388-2266; smallfriendsschool.com; Feb 1, 7:00 PM - 8:30 PM

Trackers Forest School - 4617 SE Milwaukie; 503-345-3312; trackerspdx.com; Feb 7, 6:00 PM - 7:00 PM

Tucker Maxon School - 2860 SE Holgate Blvd; 503-235-6551; tuckermaxon.org; Feb 28, 9:00 AM - 11:00 AM

TOURS

A Renaissance School of Arts and Sciences - 0234 SW Bancroft; 971-221-2311; renaissanceschool-portland.org

Cedar Hills Kindergarten & Preschool - 11695 SW Park Way; 503-643-9010; cedarhillskp.org

Creative Children's Center - 2515 SW 185th, Beaverton; 503-591-0604; creativechildrenscenter.com

Dove Christian Preschool - 7555 SW 45th; 503-246-5459; dovepreschool.com

Franciscan Montessori Earth School - 14750 SE Clinton; 503-760-8220; fmes.org

French American International School - 8500 NW Johnson St.; 503-292-7776; faispx.org

German International School of Portland - 3900 SW Murray, Beaverton; 503-626-9089; gspdx.org

L'Etoile French Immersion School - 5839 SW Hood; 503-715-1258; letoilefrenchschool.com; Add'l Location: Elementary School: 68 SW Miles St Portland 97239; 503-715-1258

Oregon Hope Chinese School - 4010 NW Kaiser; 971-226-7240; oregon-hope.org

Portland Montessori Collaborative - 4817 SW 53rd; 503-972-7100; pdxmc.org

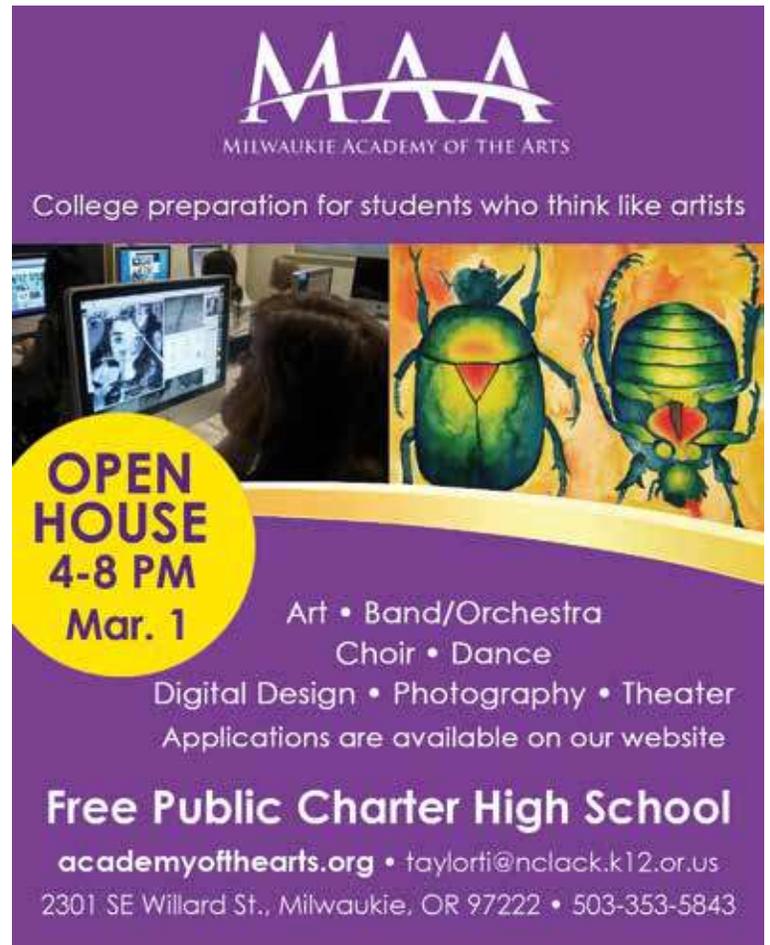
Small Friends School - 7475 SW Oleson; 503-388-2266; smallfriendsschool.com

Sunshine Montessori Preschool and Childcare Center - 4845 SW Murray Blvd, Beaverton; 503-644-1466; sunshine-montessori.com; Add'l Location: 17650 SW Alexander St. Aloha 97003

The International School - 025 SW Sherman; 503-226-2496; intlschool.org

The Marylhurst School - 1232 Linn, Oregon City; 503-650-0978; themarylhurstschool.org

Tucker Maxon School - 2860 SE Holgate Blvd; 503-235-6551; tuckermaxon.org



MAA
MILWAUKIE ACADEMY OF THE ARTS

College preparation for students who think like artists

OPEN HOUSE
4-8 PM
Mar. 1

Art • Band/Orchestra
Choir • Dance
Digital Design • Photography • Theater
Applications are available on our website

Free Public Charter High School
academyofthearts.org • taylorli@nelack.k12.or.us
2301 SE Willard St., Milwaukie, OR 97222 • 503-353-5843

For schools and classes of all kinds,
visit pdxparent.com/education/



Asian Health & Service Center 華人服務中心

YU MIAO Chinese Immersion Preschool
First Certified Chinese Preschool in Oregon • Big classrooms, safe playground and a large gym
育苗學前雙語融入學校



Lessons taught in Mandarin Chinese, focusing on language, culture, music, art & games

Visit www.ahsdpdx.org or call (503)775-3767
5239 SE Woodstock Blvd., Portland, OR 97206





TRACKERS FOREST SCHOOL

» A FULL-TIME OUTDOOR SCHOOL «

**NOW ENROLLING
GRADES K, 1, 2 & 6-9**



We are a school of community and nature. The forest is our classroom. Kids go outside every day. School becomes an adventure, blending academics with hands-on learning.



EXPLORING



LEARNING



GROWING

Learn More at
TrackersPDX.com/Forest-School

» **QUESTIONS? COME TO OPEN HOUSE ON APRIL 4TH!** «

OPEN HOUSES:

Elementary is April 19th @ 6:30 pm • Middle is April 18th @ 6:30 pm



**MLA K-8 Public
Charter School**

MLA will provide a safe, caring, learning community that allows children to reach their educational and personal potential while nurturing their self-confidence.

Openings in the Middle School for 2017-2018 school year.

TUITION FREE

Elementary Campus: 22565 NE Halsey St. Fairview OR 97024 503-405-7868

Middle School Campus: 3240 S. Troutdale Rd. Troutdale OR 97060

www.mla.k12.or.us

Winter Open Houses

K / LOWER SCHOOL:

February 15th,
7:00-8:30pm

UPPER SCHOOL:

February 22nd,
7:00-8:30pm



Please call to schedule a visit: 971.221.2311
0234 SW Bancroft Street, Portland 97239
renaissanceschoolportland.org

Family Supper



Little Dumpling

Lightning-fast soup dumplings at NoPo's XLB.

CHRISTINE DONG

BY JULIA SILVERMAN

Who doesn't love a dumpling? Every culture has their own version, from kreplach in Israel to pelmeni in Russia, empanadas in Argentina and gyoza in Japan. Stuff wrapped in dough? The entire world is on board.

But soup in dumplings? That's a whole new level — a level that until recently, Portland was largely without, at least for those of us without a grandma from Shanghai or an insider's knowledge of the metro area's far-flung Chinese dining spots.

Enter **XLB**, the bright and airy newish spot on a hip, ever-expanding stretch of North Williams Street. The name stands for Xiao Long Bao, which translates as (you guessed it) soup dumplings, pockets of dough filled with a punchy bite of pork, ginger and garlic, plus a hit of warming, steamy pork stock. I went first on a date night with my husband, and couldn't stop thinking about those dumplings, which come with a bracing vinegar and pickled ginger dipping sauce. At the first possible opportunity, we went back, this time with the kids in tow.

It didn't begin auspiciously — we rolled in at 5:45 pm, and found a longish line, nearly stretching out the door, and every table full. We almost bailed, but the kids were salivating over the menu, so we stuck it out. We made it to the front of the line by 6 pm, just a minute or two too late for the nifty happy hour menu, which slashes some prices on the main menu, and adds kid-friendly options like spring rolls. (**Pro tip:** If you too encounter a wait, there's a bottomless tub of fortune cookies at the register. Let the kids indulge.)

By the time we had put in our order, a table had opened up, which was lucky as the food comes *fast*, like not-quite-but-almost fast food level fast. Maybe that's why there were kids at every second table

(plus high chairs stacked by the register); waiting a long time for food with hungry kiddos is excruciating so places where the food is a) good and b) fast are in high demand.

First to arrive were our two orders of the namesake soup dumplings, which were just as out-of-this-world-good as the first time we'd tried them, but required a little tutelage with the kids. You scoop them up with a spoon (carefully, so the broth doesn't spill before it even gets to your mouth), then use a chopstick to pierce the dumpling skin. Blow on the broth to cool it down, then slurp it all up. Repeat. Yum, all around.

The rest of the food doesn't come close to those heights, unfortunately. The sesame noodles with tofu we ordered for my vegetarian daughter were gloppy and too tahini-heavy, and the mushroom-chive steamed buns were limp and not particularly flavorful (though the accompanying ginger/garlic/soy dipping sauce packed a wallop.) The \$5 portion of popcorn chicken we'd ordered for my son felt too heavy on the five-spice powder even for an adult palate, and the stir-fry udon noodles with pork and shrimp left us feeling greasy and overfull. Instead, just order more soup dumplings — all the soup dumplings — and a simple side of sauteed Chinese greens, rice and housemade pickled cucumbers — and chow down.

Other nice touches: bottomless and free jasmine tea refills, the aforementioned fortune cookies, and the gold-leaf Chinese zodiac characters on the wallpaper — I'll take any excuse to remind my twins that they were born in the year of the rat (which is why I've always lovingly referred to them as "ratfinks.")

The bottom line: Go early for happy hour, and don't skimp on the soup dumplings.

XLB: 4090 N Williams Ave., xlbpdx.com. 🍴

DIVINE DUMPLING
Other places in PDX to get your soup dumpling fix.

↳ **Taste of Sichuan:** This suburban mainstay was one of the first in the Portland area to offer up dumplings. 16261 NW Cornell Rd., Beaverton.

↳ **Wei Wei: A Taste of Taiwan:** At this small Sellwood storefront, the soup dumplings are panfried for a Taiwanese twist. 7835 SE 13th Ave., Ste 102.

Julia Silverman is PDX Parent's editor. She is too intimidated to try making soup dumplings at home, but her matzo ball soup is on point.

For more kid-friendly restaurant reviews visit: pdxparent.com/family-supper



Celebration Blondies

Browned butter + brown sugar give a decadent edge to these easy-to-make treats.

BY JOANNA SOOPER

Sometimes we all need a little celebration in the middle of the week, whether it is a birthday, a Hallmark holiday, a successful test score or just because. These browned butter, brown sugar “blondies” are perfect for celebrating on a Tuesday night! The batter is made on the stovetop and then popped in the oven. If you have a 10-inch ovenproof skillet you can prep it all in one pan, in just 5 minutes!

The secret to the flavor of these bars is the browned butter. After the butter melts, swirl it with a wooden spoon, watching carefully. You’ll know it is almost ready when a foam develops on top of the melted pool of butter. I have found that just about the time the bubbles die down, the butter begins to brown and take on a delicious nutty smell. As soon as this happens, turn off the heat. The smell is the key, so keep your nose close to the pan.

Browned Butter and Brown Sugar Blondies

- 6 tablespoons butter, divided
- 2 cups brown sugar
- 2 eggs, beaten
- 2 tablespoons vanilla
- 2 teaspoons kosher salt
- 2 teaspoons baking powder
- 1 cup flour
- optional: ¼ cup finely chopped semisweet chocolate or chocolate chips

Directions

1. Preheat oven to 350° F.
2. Heat a medium saucepan or 10-inch ovenproof skillet over medium-high heat. Melt 4 tablespoons of the butter in pan. The butter will bubble, and as the bubbles die down, the milkfat will start to brown.
3. Turn off heat once butter is nutty-smelling and browned. Add the additional 2 tablespoons of butter and brown sugar. Stir to combine.
4. Let this mixture cool for a few minutes, then stir in eggs, vanilla and salt.
5. Stir in baking powder and flour. Stir in semi-sweet chocolate, if using.
6. If you are using an ovenproof skillet, place directly into preheated oven. Otherwise pour into a greased 9-inch-by-9-inch baking pan.
7. Bake 30-35 minutes or until edges are set, but the middle is still slightly gooey. Let rest at least 20 minutes before eating. (These are excellent with a scoop of vanilla ice cream!). 🍌

Joanna Sooper is a Portland native, mom to a great little boy, and owner of Turnip the Heat Cooking School. Learn more at turniptheheatcooking.com.

Time Out

let it shine

One of our favorite new winter traditions, the **Portland Winter Light Festival**, is back for its third installment down near OMSI and the Eastbank Esplanade. The days are still short and light is scarce, but the festival lets some brightness back in with illuminated art installations, performances, kinetic fire sculptures and more. **Pro tip:** Take MAX or the streetcar to the OMSI stop to avoid parking headaches. Starts at dusk, **Thursday, February 1, and continues February 2 and February 3.** Free.



go. play. explore.

February 2018

move over xena

We can always count on **Northwest Children's Theater** to present the unexpected. This time, their big winter show, **Chitra the Girl Prince**, is the story of a warrior princess who must stay true to her own spirit, while balancing her responsibilities to those under her protection and the tug of true love. Watch for "epic" martial arts sequences and a host of globally inspired dance moves. Performances start on **February 3 and continue on weekends through February 25**, with shows at noon and 4 pm. Visit nwcts.org for tickets and more information.

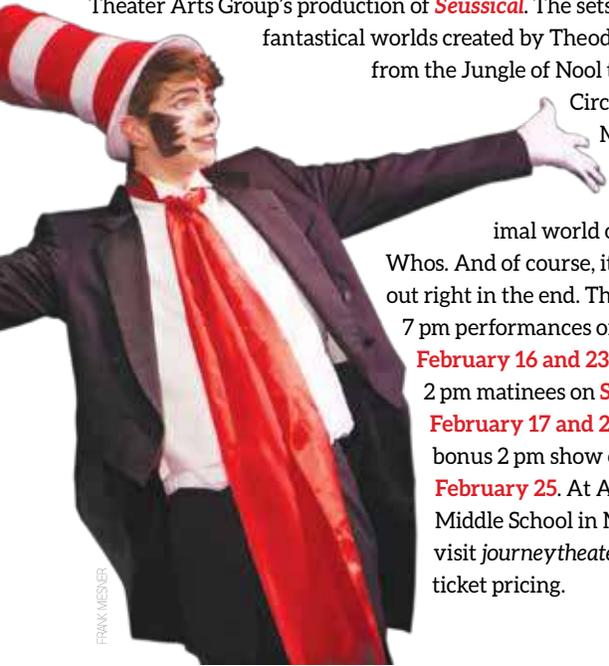


good morning, vietnam

Portland's got a vibrant Vietnamese community, but if your kids don't already know about the beauty of Vietnamese culture, you'll definitely want to head to the **Portland Children's Museum** this month for the opening of their new exhibit, **Voyage to Vietnam: Celebrating the Tet Festival**. The interactive exhibits bring to life the sights and sounds of Vietnam — and allow kids to discover similarities and differences between their lives and the lives of children in the Southeast Asian nation. In the marketplace, children can shop for traditional flowers and faux food items to prepare for Tet. In the home section of the exhibit, families can dress up in customary *Ao Dai* and pose for family photos. Children can also try on a giant lion dance mask. And finally in the courtyard, where it is perpetually midnight, kids can create fireworks to light up the night sky and signal the coming of the New Year. *Voyage to Vietnam: Celebrating the Tet Festival* opens at Portland Children's Museum **Friday, February 9** and runs to Sunday, May 6. Included in the price of admission.

su-su-seussical

Come see all your kiddo's favorite Dr. Seuss characters, including our hero, Horton the Elephant, the Cat in the Hat, lazy Mayzie La Bird and loyal Gertrude McFuzz, in Journey Theater Arts Group's production of **Seussical**. The sets recall the fantastical worlds created by Theodore Geisel, from the Jungle of Nool to the Circus



FRANK MESNER

McGurkus to the infinitesimal world of the Whos. And of course, it all comes out right in the end. There are 7 pm performances on **Fridays, February 16 and 23**, and 2 pm matinees on **Saturdays, February 17 and 24**, plus a bonus 2 pm show on **Sunday, February 25**. At Alder Creek Middle School in Milwaukie; visit journeytheater.org for ticket pricing.



library love

Help your kids make a valentine for someone extra-special, with **valentine-making parties at the Multnomah County Library**. They provide all the bits and bobs you need to make a super-sparkly and sweet card, for free. **Saturday, February 10** at 2 pm at the Belmont Library and Central Library branches. First come, first served. Later in the month, hit the Fairview-Columbia branch on **Saturday, February 17** for a workshop led by local artist Maria Alvarado, who will show you how to **make a stunning quinceañera doll**, traditionally made in Latin American culture to celebrate a girl's coming of age. All materials provided, first come, first served. 3:30 pm-5:30 pm.

ducks vs. beavers

Oregonians are *very* familiar with the saga of the Ducks versus the Beavers. But what about the non-sportsball-kind? Come see for yourself at a Metro nature walk through **Blue Lake Regional Park's** wetlands, which are inhabited by both ducks and beavers, and learn cool facts about both species. **Saturday, February 10**, 9:30 am-noon. Cost is \$6 per person, \$11 per family. Register at oregonzoo.org/events.



laissez les bon temps rouler

It might not be on St. Charles Avenue in New Orleans, but the **Portland Mardi Gras Parade** along North Albina gives Oregonians a chance to "let the good times roll" in a totally fun and kid-friendly way. The kid's costume contest starts at 5:30 pm at Luke's Frame Shop (4703 N Albina Ave.), then at 7 pm, the parade starts groovin' down the street. Whether you join the parade or watch from the sidelines, there are beads to be had for all. And if you're lucky, you'll catch one of the 100 festively decorated umbrellas tossed by members of the Mysti Krewe of Nimbus. The parade ends at Cook and Mississippi. **Pro tip:** Many of the neighborhood restaurants will

be having food and drink specials on Fat Tuesday before and after the parade. **Tuesday, February 13.** Free.



PORTLAND MARDI GRAS PARADE

Time Out

down the rabbit hole, en pointe

Here's a chance to introduce the youngest ballet fans to a performance beyond *The Nutcracker*. **Oregon Ballet Theatre** will stage the west coast premiere of **ALICE (in Wonderland)** this month. Watch for your favorite characters from Lewis Carroll's classics. Kids will dig the surrealist sets, wacky costumes, guest turns by puppets and, of course, the lyrical dancing, backed up by the OBT Symphony Orchestra. Eight performances only, **Saturday and Sunday, February 24 and 25**, and again the first few days of March. Visit obt.org for tickets and showtimes.



THE WASHINGTON BALLET ALICE (IN WONDERLAND) BY MEDIAARTISTS | THEO KOSSENAS

tea for two

Get those pinkies up to help celebrate Valentine's day and preserve Oregon's history at the **East County Historical Organization's annual Valentine's tea**. The yummy menu includes scones with sweet cream, assorted savories, fresh fruit and desserts. Proceeds help fund the preservation of the turn-of-the-century Zimmerman House Museum in Gresham. **Saturday February 17**, 1 pm. Quail Hollow Clubhouse, 21100 NE Sandy Blvd., Fairview. **Pro Tip:** Spots fill quickly, register before February 5 at 503-618-0946 or through email at info@echohistory.org. Adults, \$25; kids under 10, \$12.50.



year of the dog

Lan Su Chinese Gardens always throws one of the year's best parties to celebrate **Chinese New Year**, and 2018 is no exception. Head down to Old Town to help celebrate the Year of the Dog with lion dances, cultural performances, martial arts, calligraphy, traditional Chinese-inspired crafts and much more. **Pro tip:** The party lasts two weeks, but if you come on opening day, February 16, you can help roll oranges and gold coins through the garden's front door, a traditional activity thought to bring good fortune and prosperity to participants. Or, get a sitter and go to the lantern viewing evenings in late February, when the garden is illuminated with colorful floating lanterns. **Friday, February 16-Sunday March 4**. Head to lansugarden.org for more info, including tickets.



LANSU CHINESE GARDEN

kid movers and shakers

The word is out, the **Not-So-Secret Family Show** series features the who's who of Portland kindie musicians. Bonus: The Sunday afternoon showtimes allow working parents to join in on the fun of our kids' music scene. Artists performing this month include Red Yarn, Tallulah's Daddy, Mo Phillips, Pointed Man Band, Mr. Ben and Johnny & Jason. **Sundays in February** at 4 pm. (Doors at 3:45 pm.) The Secret Society, 116 NE Russell St. \$8 per person. Visit secretsociety.net/events for more details.



MO PHILLIPS



PANTIZED PRODUCTIONS

meet me at the expo

Portland hosts a ginormous kid expo this month. With everything from laser tag to cooking demos to character meet 'n greets, **Kidfest NW** at the Portland Expo Center offers two days of over-to-top entertainment for families.

Saturday, February 17, 10 am-5 pm and **Sunday, February 18**, 10 am-4 pm. **Pro tip:** For families with sensory needs, check out the early entry “magic hour” from 9 am-10 am. Visit kidfestnw.com for tickets and more info.



FELDER ENTERTAINMENT

monster machines

The giant, souped up trucks of **Monster Jam** are back! The 2018 Triple Threat series features three kinds of vehicles that battle head-to-head to take home the crown. Think this loud, adrenaline-packed show is just for children of the male persuasion? You should know that Monster Jam features two female drivers, including Krysten Anderson, who expertly operates the most recognizable truck: Grave Digger. **Saturday, February 24** at 1 pm and 7 pm, and **Sunday, February 25** at 1 pm. Moda Center. Tickets start at \$20. Visit monsterjam.com for more information. 🎉

Voyage to Vietnam
 Celebrating the **Tết Festival**
February 9-May 6, 2018

Đón Tết Cùng Chúng Tôi Trong
 Một Hành Trình Đến Việt Nam

Sponsored by

Children's Discovery Museum of San Jose

Freeman Foundation Asian Culture Exhibit Series

portland children's Museum

portlandcm.org
 4015 SW Canyon Road
 Portland, OR 97221

VISITWORLD OF SMILES.COM

BRUSH FLOSS

SMILE!

WORLD OF SMILES
 Pediatric Dentistry

Parenting in a #MeToo World

Recent events may have your kids asking some big questions. Here's how to talk to them about consent and sexuality. BY DARCI WALKER, PSY.D.

It's impossible to turn on the television or log into social media these days without seeing or hearing about rape culture. While this onslaught can be overwhelming, triggering and infuriating, it is also a time of great hope, optimism and movement.

And that's where we come in as parents: How we talk with our kids about sexism, misogyny, and assault matters. How we talk with them about consent, respect, healthy sexuality, and boundaries can not only help them understand what they are seeing and hearing in the media, but helps create a next generation that treats each other differently.

First, we need to get rid of the idea that we gear up for a one-time sex talk and then hope for the best. Rather, sex and sexuality need to become everyday dinner table conversations, creating a culture of open communication and dialogue with our kids. It's never too early (and it's also never too late!).

Preschool: Introduce the concept of consent often and frequently. There is no reason why all kids can't learn about consent in play, consent with sharing toys and consent in touching other people's bodies. There are so many opportunities to practice this concept with our little ones. "You want to hug your friend? Did you ask first? Did you get consent?" "You want to wrestle with your brother! Did you get consent?" "Can you check in with your friend and make sure that game works for everyone?"

Helping kids at this age understand that they have autonomy over their body, and other people have the same right, is the main goal. And that means we also need to honor a child's right to say no. "Looks like you don't want to give Grandma a kiss goodbye. That's okay. Would you like to wave instead?"

Elementary: Kids this age may have more access to media, hear things from other kids at school and have more direct questions about what they are seeing or hearing. As with all hard topics (death, religion, sex) "drop by drop" is a good rule of thumb. That means offering small amounts of true and digestible information to them, and then waiting. Kids will ask for more, and stop asking when they have had enough. Follow their lead.

Use the same language around consent: "Sexual harassment is when someone touches or makes comments to another person when they didn't get consent." When conversations about sex and sexuality are frequent, open and comfortable, then neither we nor our children have to feel the awkward pressure of explaining it all at once.

It's helpful to talk about these dynamics in terms of your kids' own lives. This stuff happens on the playground all the time. So, when your daughter complains about a boy teasing her on the playground, understand that saying "Well, he probably likes you!" is actually supportive of rape culture. Instead we need to say "I bet that doesn't feel good. He didn't ask for your consent. Let's talk about your options ...". Parents of boys can have similar conversations.

Teens: Teens these days are experiencing a totally different world of media and sexuality than we did. We do not have the luxury of passively standing by and letting them figure out sex on their own. We need to create spaces in which they can feel comfortable asking us hard questions about sex and relationships, and learn that healthy sexual relationships should feel good physically, mentally and emotionally. This means helping them understand what healthy sexuality means and what expectations they can have for themselves and for others.

The #MeToo movement and constant media coverage of unhealthy or power-motivated sexual scenarios gives us lots of opportunities to open up conversations about what teens are experiencing. Sit down to watch just about any television show with your teen and you will have the opportunity to say, "What do you think of that?"

The rule with teens is don't assume that because you haven't told them, they don't know. Don't assume they haven't already had some experience with it, and don't assume they aren't thinking about it. Ask them their opinion. They have one – guaranteed! And then be open to the discussion, wherever it goes. 🌈

Darci Walker, Psy.D. is a clinical psychologist specializing in parenting and families. She is the author of the blog Coreparentingpdx.com and lives with her two children in Portland.



ALONG THE OREGON TRAIL

SUNDAY, MARCH 4, 2 PM

Norman Huynh, conductor
 Pam Mahon, narrator
 Pacific Youth Choir and Dance West
 Jim Crino, costume designer

FOR THE KIDS!

Young travelers head out on a musical journey that spirits them on an adventurous musical tour of the Wild West and the great Northwest.

Tickets start at \$10



OREGON SYMPHONY

orsymphony.org | 503-228-1353

ARLENE SCHNITZER CONCERT HALL



CHITRA THE GIRL PRINCE

Feb 3-25

Most Enjoyed by Ages 6 & Up

TICKETS

503-222-2190 • nwcts.org
 1819 NW Everett St, Portland

ARE YOU READY FOR A SHOW?



Sherwood Center for the Arts
 Sherwood, OR
 Mar 2 - Mar 10

New Hope Foursquare Church
 Vancouver, WA
 Mar 9 - Mar 17



MORE INFORMATION & TICKETS AT
 (503) 272-6600

WWW.CYTPV.ORG/PDXPARENT



Adventure Club

FOR KIDS

IT'S
FREE!

1st TUESDAY of EVERY MONTH • 9AM - 10AM

Inside the Food Court

**Kids will enjoy meeting a new character each month,
fun activities, dress up, snacks and more!**

**2018
SCHEDULE**

Events are best
suited for kids up
to 8 years of age.

February 6th
Hawaiian Princess

March 6th
Animal Safari Guide

April 3rd
Easter Bunny Hunt

May 1st
Tinky the Fairy - Movie
Release Celebration

June 5th
Cars!

July 3rd
4th of July Fun

August 7th
Pirates and Fairies

September 4th
Super Hero Play

October 2nd
Circus Fun

November 6th
Snow Queen

December 4th
Elf Workshop

COLUMBIA GORGE
OUTLETS

Exit 17 off I-84 • Troutdale • (503) 669-8060 • ShopColumbiaGorgeOutlets.com

