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**JUNE 2019** 

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- Be available to listen without judgement
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- give children less not more
  - » less unstructured and unsupervised time
  - » less spending money
  - » less stress
- be consistent
- encourage volunteering
- turn everyday experiences into teachable moments that create lasting memories

Over 50% of 6th, 8th, 10th, and 12th grade students report Opportunities of Prosocial Involvement by their Families.\*

\*taken from LCCYA 2014 results





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#### ON THE COVER

2018-19 Rhys J. is a fish out of water! She started swimming when she was still in diapers, so being in the pool for her photo shoot made her feel right at home. This summer is a special one for her because, before her surgery to correct her perforated ear drums, she had to wear ear plugs whenever she was near the water. Now, she's ready to have a splashing good time.

Rhys recently rescued a Tabby cat named Biscuit, and she also has another cat, one Betta fish, two parakeets, a hamster, and three dogs. Rhys enjoys dancing, glamping, and playing the piano, and she hopes to become a vet or animal rescuer when she gets older. She is the daughter of Jennifer J. and Angela A.

> Photo Credit: Kleinpeter Photography

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Photo Credit: David Tauzin

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SUMMER LEARNING **LOSS IS REAL** Photo Credit: Lauren Leopold



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this Summer and beyond!

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#### IN EVERY ISSUE FREEBIES

# Win Freebies!

Visit brparents.com and click "Register for Freebies." Deadline to enter is June 21, 2019.



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Keep the mosquitos off your crew with this set from PARA'KITO. Offering the ultimate protection in a stylish way, the PARA'KITO Refillable Band is waterproof, easily adjustable, can be worn around the wrist or ankle, and offers up to 15 days of protection. With the Repellent Gel, all you need is one stripe on the arms, legs, or neck for up to five hours of protection. ■ parakito.com





With Abby's Garden Planting Activity Set, your little one can sink her hands into the soil; plant three different types of seeds; and learn all about plants, growing, and gardening through unique coloring pages and engaging activities. Includes pots, seeds, soil pucks, plant markers, and sticker sheets. ■ greentoys.com

#### Last Month's WINNERS

Look who won May's Freebies: Gisele Allen won the James Avery's Mother's Love Gift Set; Linh Luong won the PLAYMOBIL Zoo 1.2.3 Set; and Angela Williams won the Buddha Board.



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Parenting Media Association Design & Editorial Awards 2019 Gold, Silver, and Bronze Award Winner









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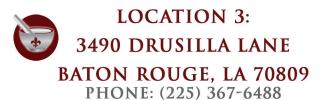
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# Summer Fun and Family Time

I recall my mother often saying that two of her favorite days of school were the day we kids got out of school—and the day we finally went back. She loved spending time with us, and lunch time was special with her home-cooked sandwiches that beat any cafeteria cooking anywhere. And, Dad loved to grill in the summer, so at least two nights a week, we had grilled hot dogs, cheeseburgers, or a steak and baked potato if we were really lucky, or if it was Father's Day.

We all got to sleep in for a few days until Mom decided we needed to get up and get going somewhere. Playing board games, going to the library, family vacations and daycations, lots of swimming, camping out, and just not having homework were all part of the summer fare. My dad had been a swimmer and diver on his college team, so he passed on many lessons, and if you learned a new dive or mastered a different task, we would all go out and celebrate.

Today, my mind fills with images of summer as much as the events created from them. Watermelons and homemade ice cream. Bug spray and ball parks. Sunscreens and swimming races. Fishing trips and family visits. Roasting marshmallows around a campfire or reading on rainy days and summer nights. And, of course, Dad's once-a-year triple flip from the diving board at the pool that thrilled everyone in the neighborhood and made me the proudest little girl around.

I hope that you will be able to make your summer one to remember with your crew this year. Whatever makes your family smile, summer gives us all a chance to make it happen. May your summertime be your time to watch the kids grow up and be a part of the fun while they do so.

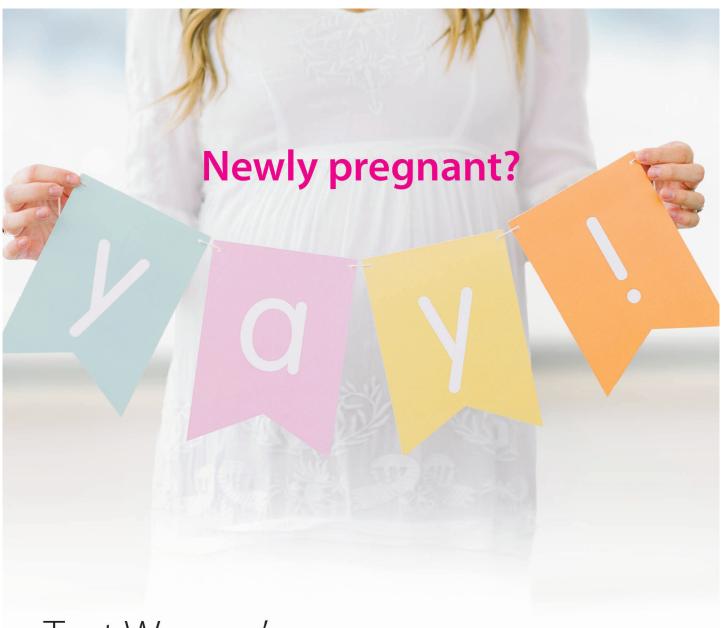
Here's to catching fireflies and curling up with little ones.

Happy Father's Day and Happy Summer!

Amy Foreman-Plaisance
Publisher/Editor in Chief

Have ideas? I'd like to hear from you.

By mail: Amy P., 11831 Wentling Ave., Baton Rouge, LA 70816 Email: amy@brparents.com. Be sure to include your name, address, and daytime phone number.



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#### IN EVERY ISSUE LAGNIAPPF

#### **Mortifying Parenting Techniques**

While we often take our mom's advice when it comes to raising our little ones, there are some things that we would rather do on our own-even if it would mortify her if she found out. We wanted to create a space where moms could share those parenting strategies. So, we reached out to our readers to find out the one parenting thing they do that would absolutely mortify their moms.

Here's what they had to say.



"Talking about the offensive behavior as a first line of defense and modeling the behaviors we want to see in our children. When I was growing up, my parents had a 'Do as I say. not as I do' mindset. I always felt that this was very unfair and confusing. My husband and I speak to our girls about their behaviors, and the reasons for them."

-Jannean D.

"I stress the importance of my children understanding that, with the exception of respect, they do not owe me anything. I further explain that being their mom is gift enough for me and that what they make of their lives is a beautiful process between them and God."

-Sherlin L.

"My mother did it to my sister when we were younger, but when Adam wouldn't listen or had tantrums and time out didn't work, a little hot sauce in the mouth did."

-Kassie W.

"My mother did my laundry, washed my dishes, and made my bed until the day I got married. I did not do for my children what they were capable of doing for themselves; I wanted to raise my children to be adults, not overgrown children. So, they washed their own dishes, did their own laundry, and made their own beds from an early age, which has proven to be useful now that they are adults and know how to do all of those things for themselves. It has provided an easier transition into adulthood for my amazing young-adult children."

- Jennifer L.

Think that it puts you in your place because it really forces you to address the issues that you claim to believe in, and if you can't stand up to those principles when you're raising a child, forget it."

—Diane Keaton

#### **Get Connected!**

You can have us sent directly to your inbox each week with our weekly newsletters.



Weekly Wakeup Start the week off right with fun holidays to celebrate, a film you won't want to miss, recipes, and must-read articles straight from our website.



#### Win Wednesday

You can be a winner! All you have to do is register for a chance to win great prizes every week. You heard that right, every week!



# The Weekender Put a stop to the, "I'm bored!" and get out of the house by checking out these local weekend events the entire

family can enjoy.

# The future of Louisiana is born at Ochsner.



The Mabry Twins, Future Musicians
Born at Ochsner Medical Center - Baton Rouge



Ochsner.org/baby

#### **CONNECT** COMMUNITY

## LOCAL FAMILY BUSINESS CELEBRATES 40TH BIRTHDAY

Is your cake decorating top notch? If so, you should enter the Party Time cake decorating contest this summer celebrating the store's 40th anniversary. The largest local party store in Baton Rouge, Party Time offers party goods, costumes, and holiday decor. JoAnn Fox founded Creative Cake in response to her need for cake decorating items. Evolving into Party Time, it now occupies a 30,000 square-foot store and is operated by Fox's daughter, Donna Travis. In addition to the contest, Party Time will release a special edition coloring book to celebrate its ruby anniversary. 

partytimebr.com



## BREC OFFERING FREE SWIM LESSONS THIS SUMMER

Make a big splash this summer with swim lessons at BREC, and save your green. The agency has partnered with the American Red Cross and Southeast Louisiana Aquatics to offer a limited number of free swim lessons at Liberty Lagoon and community pools. Entrance to the pools will be free all summer, in an effort to renew interest in water activity, especially in underserved areas. "With the significant amount of bodies of water in our parish, I am very thankful we are able to offer these critical services to our community," says BREC Superintendent Corey Wilson. ■ brec.org



#### **KEEP COOL WITH GOOD BOOKS THIS SUMMER**

Discover a "Universe of Stories" with your children at a library near you this summer. This year, the annual summer reading programs for children and teens at the East Baton Rouge Parish, Ascension Parish and Livingston Parish Libraries will follow the same out-of-thisworld theme. Along with story times, musical guests and other special events, readers of all ages are able to sign up, track their books and receive prizes for meeting reading goals throughout the summer. ■ ebrpl.com/summerreading, myapl.beanstack.org, and mylpl.info/summerreading



# POPULAR BABY SEAT RECALLED AFTER INFANT DEATHS

If you have a child under 10, chances are you're at least familiar with the Fisher Price Rock 'n Play, an inclined, rocking baby seat that allowed parents time to get things done or catch some sleep themselves. After more than 30 infant deaths were linked to use of the seat since its 2009 release, the American Academy of Pediatrics asked the U.S. Consumer Product Safety Commission to issue a recall. The Rock 'n Play manufacturer has recalled all 4.7 million seats sold, and parents are asked to stop using them, and they can receive a refund.

■ fisher-pricesafety.com



#### **LASM TO HOST DINO DAY 2019**

Make plans to bring your little dinosaurs to the Louisiana Art and Science Museum's Dino Day 2019 on Saturday, June 8 from 10 a.m. until 2 p.m. This annual event will open up a prehistoric world for all aspiring paleontologists through interactive experiences and a new planetarium show, Dinosaurs: Giants of Patagonia. The museum's authentic 65-million-year-old Triceratops skull "Jason" will also be on display for even more dino-tastic fun. General admission applies. 

lasm.org

#### **BABYANDTODDLER**

#### UNSAFE BABY TOYS ON AMAZON

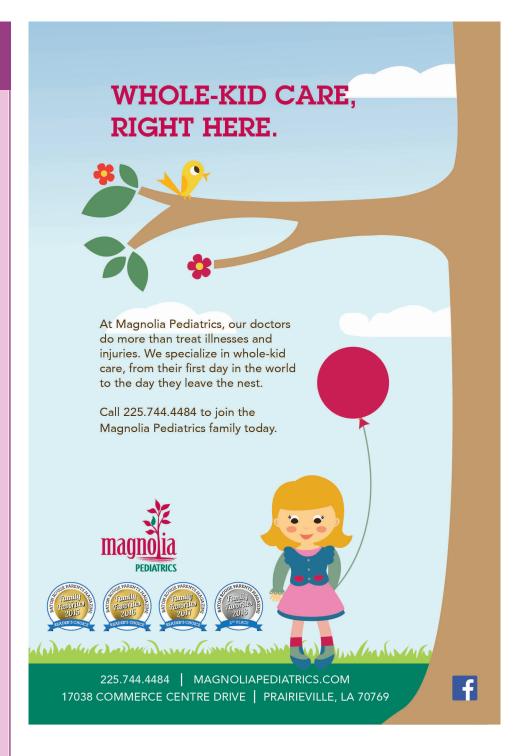
Sometimes a good deal is actually far from good, they can be terrible, and that's definitely the case for some cheap toys sold on Amazon. Many of these toys that are sold on Amazon are actually dangerous knockoffs. One example, Mustachifiers, baby pacifiers with an attached mustache, became best sellers in 2014, and a slew of similar pacifiers that were considered choking hazards flooded Amazon via its third-party seller feature. Another example, generic Magformers have tiny magnets that can come loose. When it comes to getting toys for your little one from Amazon, carefully consider the items, and be sure to look for goods that are sold and shipped by Amazon. This will help you to be more likely to receive genuine products. The higher cost is surely worth the peace of mind.

# WHO SCREEN TIME RECOMMENDATIONS

Little kids need to sit less and play more to grow up healthy is the message from the World Health Organization, which released new guidelines on physical activity, sedentary behavior and sleep for children five and younger. According to the international group, screen time should be nonexistent for children under two, and older toddlers and preschoolers should watch no more than an hour per day. • who.int

#### NEW MOBILE TECH COMES TO WOMAN'S HOSPITAL

Woman's Hospital has implemented a new technology to allow nurses more time to engage with patients. Using Meditech's Expanse Point of Care system, nurses can use a smartphone or handheld mobile device to access patient charts and administer medication with barcode scanners. "As a hospital that delivers 8,000 babies a year, finding innovative approaches to enhance the postpartum care we provide is always a priority," says Cheri Johnson, chief nursing officer.



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#### **CONNECT** COMMUNITY

# KIDS BOWL AND SKATE FREE THIS SUMMER

If you're looking for an inexpensive way to keep your little ones active this summer instead of spending hours on the couch, check out Kids Skate Free and Kids Bowl Free. These two programs are offering fun all summer long. In our area, free skating is available at Skate Galaxy for kids ages 12 and younger. At All Star Lanes, Circle Bowl, and Quarters Endless Entertainment, little strikers from ages 2-15 can bowl two free games per day. Skate and bowling shoe rental will cost extra, and Kids Skate Free charges a \$4 setup fee. 

kidsskatefree.com and kidsbowlfree.com



## YOUTH BALLET PRESENTS ADVENTURES IN NEVERLAND

Head off to Neverland with Peter Pan, Tinkerbell and the Lost Boys at a free dance performance this summer. Baton Rouge Ballet Theatre's Youth Ballet will present Adventures in Neverland, a 30-minute rendition of the classic tale, Peter Pan, as its annual outreach program tour. Fundraising performances will take place at the Dancers' Workshop on Saturday, June 8 at 11 a.m. and 12:45 p.m. Admission for those shows are \$5-10. ■ batonrougeballet.org



#### LIVINGSTON PARISH LIBRARY'S NEW MOBILE LIBRARY

Books are on the move as the Livingston Parish Library cut the ribbon and officially opened the Discovery Mobile, its new mobile library. Serving as a moveable library branch, the vehicle offers access to many services and resources offered at the more traditional branches across the parish. Discovery Mobile is operated by the library's outreach department, and scheduled community stops will include daycares, nursing homes, and rural areas. The Discovery Mobile can carry more than 1,200 books, and patrons are invited to visit other branches to learn all the library system has to offer. 

mylpl.info/outreach

# SCIENTISTS DISCOVER WORLD'S HEAVIEST T-REX

Big news for the dinosaur lovers in your life. Paleontologists have discovered the heaviest Tyrannosaurus Rex, and it is on display at the Royal Saskatchewan Museum in Regina, Canada. Nicknamed "Scotty," the 42-footlong and 19,400-pound T-Rex lived in prehistoric Canada 66 million years ago, and its status as the world's heaviest T-Rex was established by a study published in the scientific journal, The Anatomical Record. Scotty was first discovered in 1991, but he has only recently been able to be studied in detail. Road trip to Canada, anyone?





# SOCIAL MEDIA USE LINKED TO RISE IN ADOLESCENT MOOD DISORDERS

New research from the American Psychological Association links the rise of social media use with an increase in mood disorders reported by adolescents. Tom Davis, PhD, professor of psychology at LSU and private clinician, says although the study doesn't show cause and effect, its conclusions are unsurprising. Dr. Davis says social media use and lack of sleep are two things he increasingly runs up against with his young patients. He recommends keeping phones out of bedrooms to safeguard sleep and advises parents to know what their children are doing online. Dr. Davis says, "I always tell parents, if you're concerned and you don't know if you should seek help, that's reason enough to seek help." The Baton Rouge Crisis Intervention Center is a good place to start. 

brick.org

#### YOUTH

#### ONLINE TREASURE TROVE OF CHILDREN'S BOOKS

Feeling nostalgic or have a little history buff in the house? Check out the UCLA Children's Book Collection, which is a digital archive of nearly 1,900 books published between 1728 and 1999. Books written specifically for children didn't begin to be published until the 1700s. The illustrated collection includes favorite fairy tales, nursery rhymes, and many other classics that can be downloaded in several formats. Sounds like a fun summer reading project!

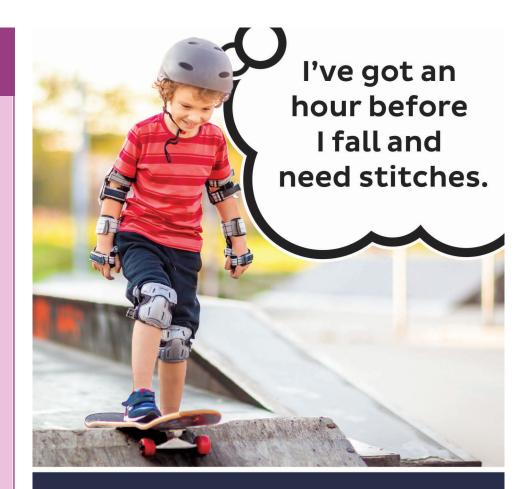
# MANNERS OF THE HEART TO RELEASE NEW CURRICULUM

Teaching children about manners and striving for excellence is crucial, and Manners of the Heart is doing just that. An updated and expanded curriculum to help elementary students learn respect and reach for excellence will be released by Manners of the Heart. The second edition of Heart Education Curriculum will be used in East Baton Rouge Parish elementary schools and beyond. "Data proves that schools using this curriculum are showing increases in test scores and decreases in disciplinary issues, leading to better outcomes for the students," says Jill Rigby Garner, founder and executive director of the local nonprofit.

#### MOVIE TAVERN SUMMER FILM SERIES

A trip to the movies is always a treat for everyone in the family, and it's even sweeter when the price is right. Getting the entire crew out and about isn't always the easiest either, but with this deal, it's worth it. This summer, Movie Tavern will present its Summer Kid's Dream Film Series. The 10 a.m. shows on Sundays, Mondays, and Wednesdays from mid-June through mid-August will include recent favorite kid-friendly releases such as Lego Movie 2, Smallfoot, Despicable Me, Wonder Park, and How to Train Your Dragon 3. Tickets are \$3.

■ movietavern.com



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#### **CONNECT** COMMUNITY

#### **TEAMING UP TO ADVANCE PEDIATRIC SURGICAL HEART CARE**

A new pediatric cardiovascular partnership will improve health care for young heart patients across Louisiana. Children's Hospital New Orleans and Our Lady of the Lake Children's Health are partnering to provide families even more access to innovative and quality care. "This collaboration allows us to do more together for Louisiana's children," says Alston E. Dunbar, III, MD, president of OLOL Children's Health. "This means pediatric heart patients in Louisiana have more access points to highly complex and state-of-the-art procedures."



#### **ELECTRONIC MUSIC MAY THWART MOSQUITOES**

Swat, scratch, scratch! As the temperature and humidity rise in south Louisiana, this refrain becomes all too familiar as we slap mosquitoes. A new study found that Aedes aegypti mosquitoes bit less and reproduced less frequently when exposed to electronic music, specifically, Skrillex's "Scary Monsters and Nice Sprites." If this music isn't your style, you can always contact Baton Rouge Mosquito Abatement, which will come treat your yard for free. ■ brla.gov



#### **BIRTH CENTER OF BATON ROUGE OFFERS 2VBAC**

The Birth Center of Baton Rouge is now able to offer secondary vaginal births after cesarean (VBAC). "We're excited," says Elizabeth Fontenot, APRN, MSN, a certified nurse-midwife at the center. To have a VBAC at the birth center, a mom must have had at least one successful vaginal birth. "For a first VBAC, a mom can still receive prenatal care at the birth center for a planned hospital birth with a midwife," Fontenot says. "Anyone who wants a natural birth and is healthy, the birth center is a good option. We really minimize the interventions." Each client is assessed individually. ■ birthcenterbr.com

#### **BREC ZOO HON-ORED FOR FROG CONSERVATION**

Ribbit! Ribbit! The sound of frogs croaking continues at BREC's Baton Rouge Zoo as its FrogWatch USA Chapter was recently named the Louisiana Wildlife Federation's Conservation Organization of the Year. The award, which is part



of the Governor's State Conservation Achievement Recognition Program, honors BREC's Baton Rouge Zoo's significant contributions to the cause of conservation and wise use of Louisiana's natural resources. FrogWatch USA was created by the US Geological Survey and allows volunteers to register wetland sites and record amphibian observations. ■ brzoo.org



#### MILLION-WORD GAP FOR KIDS WHO AREN'T READ TO AT HOME

Reading to our littles improves their language skills, and a recent study from Ohio State University discovered that children are exposed to 1.4 million more words than kids who are not read to. "I could tell the difference between children who had been read to and those who had not," says Erin M. Casey, PhD, LSU School of Education assistant professor of early childhood education. She recommends that parents find examples of diverse literature that represents different ethnicities, religions, and perspectives.

#### TWEENANDTEEN

#### AIRDROP DANGERS

Teens and tweens who have iPhones can share files and images with their friends when they're physically together using AirDrop, but it may mean anyone nearby can also send them messages. A small thumbnail is always visible, even explicit photos. It can also be hard to tell who sent an unsolicited message, and strangers could eventually match your child's face with his or her profile. Talk to your Mac-lovers, and change the settings to ensure that only their contacts can AirDrop images to them. Remind them that anything they send, via AirDrop or otherwise, can become public later, so tell them to take a moment to think before sharing.

#### PROXIMITY TO GREEN SPACE BOOSTS TEENS' MENTAL HEALTH

A green-filled view can be a mental health booster. A new study from the UCLA Center for Health Policy Research has found that to be especially true for teens. Using satellite data to determine "greenness" within two blocks of home and health interview survey data. researchers found that teenagers who live near green spaces are more likely to have better mental health than those who don't live near green spaces. In our area, we have no shortage of greenness thanks in part to BREC, which offers 6,624 acres in 182 parks. Visit their website to locate the park that is closest to you and your tweens and teens. ■ brec.org

#### APPLY TO YOUNG ENTREPRENEURS ACADEMY

The Young Entrepreneurs Academy of Baton Rouge (YEA BR) is now accepting applications for its fall class. Its inaugural year saw 18 high school students launching 15 new companies. Throughout the academic year, 8-12th graders from the greater Baton Rouge area will be transformed into confident entrepreneurs. YEA BR graduates may qualify for LSU credit. The deadline to apply is Thursday, August 15.

■ yeabr.org

# THE COVER KID EVENT

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#### **CONNECT** EDUCATION

## BELAIRE STUDENTS TO REDESIGN BREC PARK

At Belaire Magnet High School, students will make an impact through a partnership with BREC by redesigning Tams Drive Park with a \$200,000 budget. The students hosted a public forum, created surveys, analyzed data, made schematics and models, and wrote a proposal for the BREC commission. "This partnership will help establish our amazing new magnet program, and it will give our students something that they can say they built, and something they can say they did to improve their neighborhood," says Principal Angela Jones. "It will be a great legacy for all of the students involved."



#### U-HIGH PHYSICS STUDENTS MAKE CARDBOARD BOATS

When cardboard gets wet, it turns to mush, but add a little duct tape and a lot of physics knowledge and cardboard can become a boat. The annual University Lab School Cardboard Boat Challenge saw senior physics students integrate science, technology, engineering, art and math by building passenger-bearing, buoyant boats using only cardboard and duct tape. The top design set a new school record, holding 13 passengers, and was created by Micah Sparks, Colin Raby, Bijan Arabi, Michael Morris and Brad Baudin.



#### FARM DAY AT ST. JEAN VIANNEY

Squawking, oinking, baaing, mooing, gobbling and even barking were some of the sounds that took over the St. Jean Vianney School campus when the Red Barn Farm Tour came to visit from Tangipahoa Parish. The traveling petting zoo brought chickens, pigs, goats, a cow, turkeys and even some adorable puppies to meet students who learned about farm life and the animals by interacting with them. The mobile barn, which is wheelchair accessible, provides children the chance to see, hear, touch, learn about and fall in love with farm animals.



#### MAYFAIR THIRD GRADERS SAVE SPORKS FROM TRASH

Breakfast may be the most important meal of the day, but third graders at Mayfair Laboratory School noticed it was also the most wasteful. A spork-straw-napkin packet was included in every breakfast bag each day, but most breakfast foods served didn't require utensils. The students' "Save Our Sporks" project, organized by ecoSTEM coordinator Emily Hand, has saved more than 10 pounds of unused plastic sporks from the landfill. In the U.S. Green Building Challenge's Louisiana Green Schools Challenge, Mayfair's project won second place based on Facebook likes. Students are working with the cafeteria on better solutions and will use the rescued sporks for art and STEM projects.

#### PARKVIEW'S GARDEN CONTINUES TO GROW

School-grown veggies will soon be on the menu for Parkview Baptist School (PBS) elementary students. With their new handson gardening project, PBS students have created a raised bed vegetable garden in a small outdoor area at the school. This powerful environmental tool allows the students to engage in agricultural practices and learn while also having fun together. As students prepare, plant, and maintain the garden, they will develop a greater understanding of the natural world around them. Best of all, the students will get to taste the delicious foods that come from all of their hard work once their crops come in and are fully grown.





Kalyee Freiberger is known for her incredible volunteer work. The 18-year-old recent graduate from Runnels High School received the 2018 Outstanding High School Volunteer Award at last year's Greater Baton Rouge State Fair. The award includes a \$500 scholarship, which Kalyee will use at Louisiana State University. "I'm looking at pre-med track, either biology or biochemistry major," Kalyee says,

A member of Woodlawn Baptist Church in Baton Rouge, Kalyee says she has always been encouraged to give back to her community. Her service includes food drives, a Hurricane Maria relief project, the Salvation Army Angel Tree program, homeless and at-risk youth outreach, and helping at a nursing home.

"It was just what I wanted to do," she says.
"I'm really active in my school and church, and there is an encouragement from that, too, and to not make it always about myself, but instead about others."

Kalyee's volunteer work has taken her to many places, including Vancouver and Chicago, where she helped with camps for kids, and Atlanta where she helped prepare and distribute lunches for people living under interstate overpasses. She also volunteers in many local projects through her church and school.

The daughter of Michael Freiberger and the late Sarah Freiberger, Kalyee is also a musician who likes singing and playing the piano. She's played tennis and soccer, and she enjoys math and science.

With her giving spirit and dedication to those around her, Kalyee is certainly one amazing kid.

Do you have One Amazing Kid? Email education@brparents.com.



#### This year, our 138 St. Michael Graduates:

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- Recognized 55 academically honored students
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- Volunteered over 5,700 service hours
- Signed 8 college athletes in 6 different sports

"As I think back to the incredible high school memories I've gained, I know now that St. Michael has been more than a school to me, it's been a home."
- Beau Saucier, SMHS 2019 Salutatorian

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#### **CONNECT** EDUCATION

# RUNNELS PRESENTS SPRING ART SHOW

More than 1,000 pieces of original artwork that were created by students in preschool through high school were recently on display at Runnels School for its annual Spring Art Show. The Spring Art Show is part of the school's newest event, Festival of Arts. Included in the Festival of Arts event is an awards ceremony and reception; harp, orchestra, and band concerts; and special events and displays in the libraries. The Jazz Souls provided live music throughout the event. Also, many of the award-winning works of art from the event will be on display for the next school year and beyond.



# HIGH SCHOOLERS GEAUXHACK, CODE APPS

Forty EBR high school students competed in Geaux Hack 2019, a new coding event. Teams were judged on their projects' creativity, impact, if it worked, and team skills. The top three winners were MediCAB, a ride-sharing app for medical appointment transportation; BASS, a blind assistance light using Alexa in case of an accident; and Cash 4Trash, an app to pay people to recycle. Sponsor Cox Communications provided Chromebooks for the first place winners.



Student-athletes, coaches, trainers and families in Ascension have a new tool to enhance their high school athletic experiences. The high schools are implementing Healthy Roster, an online and mobile app system to process medical records for the more than 2,500 high school athletes. "This is a one-stop-shop for our athletic programs," says Mia Edwards, APS director of secondary education. "The best part about this platform is the communications piece. When an athlete is injured, everyone involved in their care-parents, coaches, athletic trainers and physicians-will have real-time, secure access to information."

#### LSU EDUCATION STUDENTS GET REAL WORLD PRACTICE AT KNOCK KNOCK

LSU education juniors recently put their teaching skills to the test at Knock Knock Children's Museum when the Big Backyard became a classroom with science stations for the young museum-goers



to explore. The future PreK to third grade teachers gained real classroom experience in a relaxed, fun setting. "These are the exact children that the students will be teaching in the very near future," says Jennifer Baumgartner, PhD, LSU associate professor. "At Knock Knock, they can go from teaching a third grader one minute to a four-year-old the next. It forces them to be able to adjust quickly and vary their teaching methods to accommodate children who have different levels of understanding."



#### ST. MICHAEL HOSTS WALK WITH A WARRIOR

Picking a high school in Baton Rouge is a big decision for students, and being able to tour the school ahead of time can be a crucial part of the selection process. Seventh grade students from eight different middle schools in our area recently spent a morning at St. Michael the Archangel High School for its spring shadow day, Walk with a Warrior. During Walk with a Warrior, guests toured the campus, met teachers, attended classes and had lunch with current St. Michael students. These shadow days provide students an opportunity to see the school and see what a normal school day is like before their first day of high school. "Shadow days give our visitors an opportunity to see St. Michael the Archangel High School through the eyes of our current students and ask questions among their peers," says Leighann King, the public relations coordinator for St. Michael the Archangel High School.



#### **EBR LEADER NAMED MSA** SUPERINTENDENT OF THE YEAR

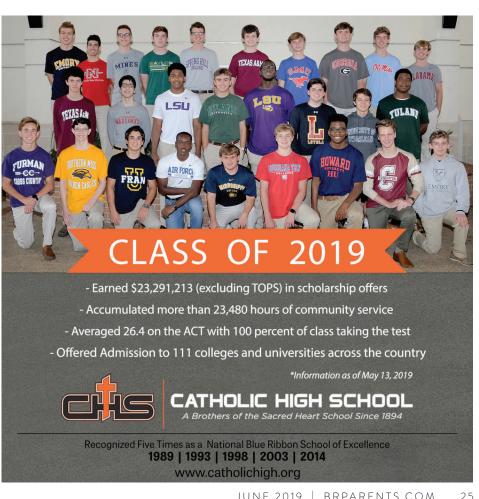
Magnet schools are a key part of the East Baton Rouge Parish School System, and Superintendent Warren Drake has been recognized for his efforts in developing, supporting and improving magnet education. Drake was named Superintendent of the Year by Magnet Schools of America. "Superintendent Drake has done a phenomenal job building magnet school culture in his district," says Todd Mann, MSA executive director. "Because of him, more East Baton Rouge Parish students have access to a high-quality magnet education. We are grateful for his leadership and thrilled to celebrate his accomplishments." ■ magnet.edu



#### **DUNHAM TEACHER RECEIVES APPLE HONOR**

The apple is a well-known symbol for educators, and a Dunham School teacher now has an Apple, Inc. designation to add to his resume. Kris Harrell, who teaches world civilization to ninth graders, has been selected as an Apple  $Distinguished\ Educator, recognizing\ his\ work$ in transforming teaching and learning through innovative use of classroom technology. "Technology in the classroom allows me to empower my students by giving them a variety of outlets to showcase their learning," Harrell says. "Every student learns differently, so I don't think we should require students to demonstrate what they've learned in the same way all the time."





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#### **CONNECT PATHWAYS TO PARENTING**



# Primary Immune Deficiency Diseases

If the school nurse has you on speed dial and you find yourself blazing a path to your child's school due to repeated infections, you may be dealing with something other than the average cold or allergies.

"In children, infections are very common, especially when they go to school or daycare," says Prem Menon, MD, founder of the Asthma, Allergy and Immunology Center in Baton Rouge. Repeat infections that don't clear up may point to something more, such as Primary Immune Deficiency Diseases, or PIDD.

PIDD are a group of more than 300 conditions caused by defects in the immune system. Most PIDD are inherited and present at birth, but they can be diagnosed at any time of life. PIDD can affect the immune system in every part of the body, Dr. Menon says. And infections can be anywhere, including skin, the respiratory system, ears, brain or spinal cord, or urinary or gastrointestinal tract.

At least 250,000 people in the U.S. have PIDD, Dr. Menon says. "It's common, but it is not commonly diagnosed." Getting a diagnosis can take years for patients if they don't see an allergist or immunologist.

PIDD can be diagnosed by measuring antibody levels. Treatments vary, where the first may be additional immunizations or preventive antibiotics. Stem cell transplants would also be considered for some patients, and certain immune deficiencies can be treated by gene therapy.

Intravenous immunoglobulin (IVIG) or subcutaneous immunoglobulin (SCIG) infusions are other PIDD treatment options. IVIG infusions need to be repeated every three or four weeks, and SCIG can vary, depending on the patient.

Immunoglobulin treatments can work alongside children's maturing immune systems, and some patients get better. Dr. Menon says, "Sometimes, if a two-year-old patient is diagnosed with PIDD, by first grade, I'll be able to stop the IVIG because they won't need it."

If you or your child have PIDD symptoms, an allergist or immunologist can ensure an accurate diagnosis and treatment plan. ■





By Lindsey Saucier

ummer is officially here. Whether you're planning to road trip to the great waters of the Gulf of Mexico or make the haul to The Happiest Place on Earth (Disney World, obviously), a little preparation for the drive goes a long way.

With help from moms who have been in the trenches, we have the lowdown on summer road trips with kids in tow.

1. Technology is your friend. "Having something to keep them entertained in the car is a must," says Dr. Christina Holmes, a pediatrician at the Baton Rouge Clinic. "While it's best to try and avoid technology on a regular basis, when you're in the car, you do what you gotta do."

As such, Dr. Holmes recommends balancing technology (tablets, phones, etc.) with human interaction. A good old-fashioned game of I-Spy not only helps to kill the time, but it also helps younger ones practice their colors. When technology is being used, Dr. Holmes suggests educational videos and games.

Local mom Amy Foreman also recommends hitting up the \$5 bin at Walmart to stack up on DVDs before your trip. The movies will be brand new, and you can monitor what they will be watching as you drive.

However, don't forget to bring along some headphones so the movie won't bother everyone. "Having headphones for the kids really helps save my husband and I's sanity," she says. "The kids can get really loud with their movies." 2. Purchase a travel tray. Coloring books in the car are a no-brainer. Foreman says she uses large ziplock bags to hold both coloring pages and crayons. But how's a three year old to color in her lap? A lap desk, or kids travel tray, not only helps provide a surface for coloring (and fits nicely over the car seat), but can also come in handy during snack time. Trays run under \$20 online. For a cheaper version, Foreman recommends a plastic craft caddie, available at the Dollar Tree.

**3. Plan an exit strategy.** Dr. Holmes recommends leaving for your trip around nap time. "If you leave around nap time, the children can at least get a couple of hours of sleep," she says. "When they wake up, hopefully you'll be able to stop for a meal."

Stopping for a meal will allow everyone to stretch their legs and get their bellies full. When on a budget, prep to-go meals ahead of time and utilize a rest area with picnic tables and green spaces.

"Hopefully on the rest of the trip, everyone will be well fed and happier," Dr. Holmes says.

However, if it makes sense to break the trip up and not drive straight through to your location, by all means, go for it. Are you driving to Orlando? Tallahassee is the perfect pit spot to grab some food and stretch your legs. Lastly, for those who are comfortable driving at night, driving through the night is always an option as well. 4. Food: pack it. Stocking up on snacks before hitting the road is a must. If possible, prepare homemade treats like muffins, trail mix, and brownies. If time is of the essence, grab treats like raisins, fruit snacks, dried fruit, Goldfish, or Cheerios. The best bet, Dr. Holmes says, is anything that can be vacuumed up easily (meaning nothing sticky). Steer clear of suckers and hard candy. Not only do they pose as choking hazards, they're also a lot messier to clean up.

"If your child is under two years of age, you don't want them to swallow anything accidentally since you won't be able to get to them easily," Dr. Holmes says. "Especially if they are facing backwards or they are by themselves. It can be helpful if a parent or older sibling can sit next to them [during the trip], so they can monitor snacks."

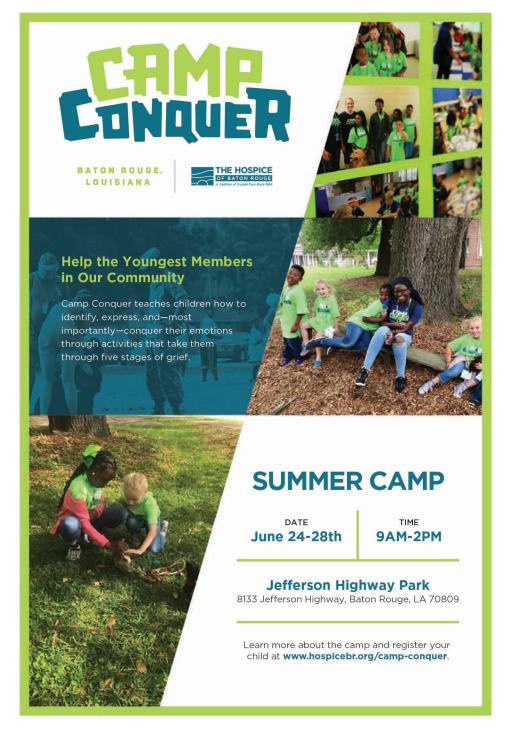
5. Consider the summer sun. Summer in south Louisiana can be brutal. Agreeing on an internal car temperature can be tricky when the sun is beating down on one side of the car and not the other. For any road trip, car shades are a must. A three-pack is available on Amazon for under \$10. And, on the other end of the spectrum, it's possible the internal temperature at some point could be too cold for your little one. That's when a blanket can be a godsend.

**6. Pack for the trip, then pack for the car.** Putting a few waters and drinks for

the kids in a cooler will not only save money from costly gas station prices, but will also keep everyone hydrated. When those juice boxes and water bottles are empty, have a trash bag to make clean up a breeze.

- 7. Don't be afraid to get creative. Road trips are unpredictable. That's no reason to be unprepared. No one plans to be stopped on the interstate for hours, but it happens. What's a mama to do when her four year old has to pee and there's nowhere to go? Whip out the to-go toilet paper wipes and pull over. "Tissue to-go" runs about \$2. It's not ideal, but may be the only option.
- 8. Keep the destination in mind. Going somewhere with an elevation change? Packing gum and fruit snacks to chew on when entering the new climate can help relieve pressure in ears. Dr. Holmes says anything that helps to keep the jaw moving will work. For nursing moms, Dr. Holmes recommends nursing, or giving a bottle.
- 9. Prepare an emergency kit. "I tell parents and caregivers to bring a kit with them packed with fever reducers, a thermometer, Neosporin, band-aids and the like," Dr. Holmes says. She also recommends sunscreen (yes, even if you're not going to the beach) and bug spray. For children who take medicine or vitamins, Dr. Holmes suggests purchasing a daily pill box. "Separating the pills into days is easier than bringing the full bottle," she says.
- 10. Have fun! Dr. Holmes, whose children are nine and seven, says her family makes a few trips throughout the year, including a big summer trip. "It's fun to get their perspectives on other places," she says. "It's really neat to get them to experience as much as they can at a young age."

With that said, don't let the fear of a road trip prevent you from taking a vacation with your family. With a little preparation, you will be able to make memories that will last a lifetime. Besides, the journey is half the fun.





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#### Fathers on a Mission

By Melanie Forstall Lemoine, Ph.D.

rowing up without my father in my life, I know first hand the struggles and neglect it can cause kids," says Levar Robinson, Founder and President of Fathers on a Mission (FOAM). This direct experience is what propelled him to start the organization, as a way to impact fathers within our community.

FOAM was created as a result of the lack of resources available to fathers and those who serve as father figures, for those who do not have a dad there to call on, and for those who have to learn how to be a good father on their own. These experiences profoundly impacted his life and he's now making changes for others.

One of the main goals of FOAM is to help fathers understand positive parenting

and educate them on the importance of having a relationship with their children. FOAM provides open dialogue sessions called "Fatherhood: The Life of a Father Sessions." During these events, a subject matter expert guides the conversation among the men. Additionally, these events aim to establish bonds among the group and create unique networking opportunities for them.

Robinson also saw a great need for youth mentoring in low-income areas, so FOAM launched the Tips & Ties initiative. During these sessions, FOAM members talk with youth at schools and churches. "We have empowerment dialogues focused on life skills, first impressions, career opportunities, interview skills, and self-respect," says

Robinson. "We will cover any other topic of value geared towards enhancing their greatness." he adds.

During the last 15 minutes of these sessions, everyone in attendance receives a free tie, and they are taught how to properly tie it. According to Robinson, "The tie is very special, not because it is a nice gift, but it is a discussion tool. Someone who was not in the session will ask them where they got the necktie, and the attendee will tell them about the session." The ties also serve as a reminder for participants. FOAM hopes each person who attends will remember something special about the session whenever they wear the tie.

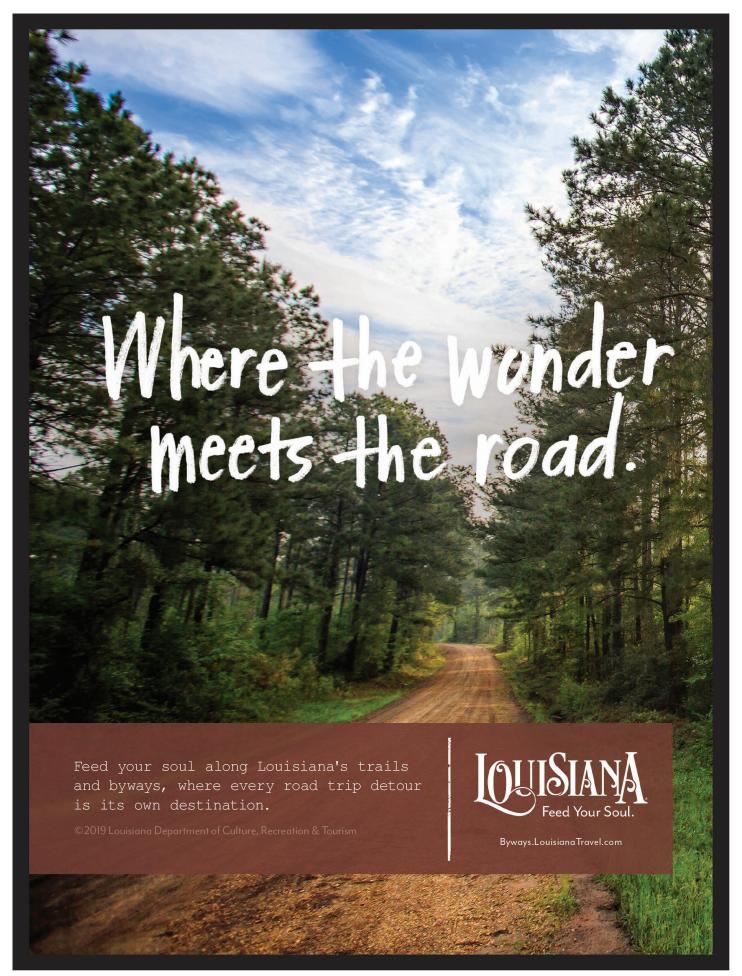
In March of 2017, Levar Robinson launched the creation of FOAM, and it has exceeded his expectations. In fact, according to Robinson, the demand for the Tips & Ties sessions are greater than their

capacity to do them.

For those who are interested in joining FOAM, any father or father figure can become a member. Those interested are encouraged to participate in the FOAM monthly meetings. These are held at 7 p.m. on the first Thursday of every month at The Family and Youth Service Center.

All of FOAM's members are volunteers with full-time jobs, making it difficult to meet the demand without adequate funding.

Levar Robinson sees FOAM becoming statewide, but cautions, "We have to get the proper funding, so we can manage the demand with an office and staff." Individual or commercial donations can be made on FOAM's website or by mail. Additionally, there are events to help raise donations. The next event is the Celebration of Fatherhood Fishing Rodeo on Saturday, June 8.



#### LIVE DAD NEXT DOOR

# Stephen Etheredge

By Amanda Miller

OCCUPATION • Sports
Medicine & Head Team Physician
of LSU Athletics
WIFE • Ashley
CHILDREN • Colton, 9
HOBBIES • Coaching flag
football, fishing, sports, anything
outdoors, and watching movies

rowing up, Stephen Etheredge always had a passion for science, all things medical, and athletics. It was through this brilliant combination that helped bring Stephen to where he is today. Stephen has worked hard for years, and it's easy to see that Stephen absolutely loves every minute of his job of being able to help others.

As a father, Stephen is passionate about having family time and encouraging his son to be his best self, to be open-minded, and to always keep a great attitude, no matter what the situation may be. Stephen is truly a caring, inspiring, and driven dad.

#### Tell me about your son.

S: Colton is a third grader, and he's a huge LSU fan. He's incredibly smart and has a great heart. He's fun loving, enjoys fishing, and likes to play sports. He was diagnosed on the Autism Spectrum when he was two, and that was one of the deciding factors in staying in Baton Rouge because of the great experiences he had, improvements he made, and the resources.

#### What do you like to do as a family?

**S:** We go to Disney every year. We also go to a lot of sporting events. We ride bikes, go on walks around the neighborhood, and play board games and card games.

#### What's the greatest thing about being a dad?

**S:** I was fortunate to have such a wonderful father who passed on life lessons and a love for fishing, and so, being able to also pass on those lessons, share those joys with him, and be a part of that growth is the best.



#### How has parenthood changed you?

**S:** Definitely for the better. You're forced to look at yourself more. I want to be a better person for him. It also taught me to have more patience with my patients.

#### What do you love most about your job?

**S:** I enjoy having the opportunity to help people. That's a huge part of it. Also, being a part of a team. You're a part of something that is bigger than yourself.

# How do you find the balance between work and family time?

**S:** It's hard. I have a very demanding job and it's hard to balance everything, but you have to make the time. Being a parent is the most important job you can have, so you have to make the time to be there.

#### What's a typical Saturday like for your family?

S: We don't have typical days, they're more

seasonal. If it's fall, we go out to the stadium and tailgate. Then, we'll go to the game and hopefully celebrate the victory afterward. If it's not fall, then we are at home, fishing, spending time on the porch, or doing anything active.

#### What kind of dad are you?

**S:** I try to be as immersed as I can. I like to have fun in life and do the things he wants to do. I try to enjoy things through his eyes while always being a teacher for him whenever I can.

#### What advice do you give your son?

**S:** I want him to know that he is loved. I tell him that there are things he can control: his attitude, his effort, and how attentive he is, and that mistakes are okay.

#### Best parenting advice you have ever received?

**S:** The best advice is to not take it for granted. You only have one opportunity to be a parent, so be there and do things with your children.

#### What do you do to take care of yourself?

**S:** I try and do some physical activity at least two or three times a week, whether it's running or going to the gym.

#### What's your favorite date night with your wife?

**S:** When we can do some of our hobbies together. We could be outdoors or go fishing. I enjoy that more than getting spruced up and going somewhere fancy.

#### Who does the homework: you or your wife?

**S:** We split it up. I do the vast majority of the science and math, but she's the driving force in making sure it gets done.

## Which family member has been your greatest role model in life?

**S:** My dad. He's the kind of father I have always wanted to be. If Colton looks at me the way I look at my dad, then my life will be a success.

## What's one lesson from work you can bring home to your family?

**S:** Hard work. Just from seeing the athletes and how hard they train and work, that can be applied to anything.

# How is it different from working with LSU and watching your son play?

**S:** For me, it's more personal. You want them to do their best and excel so badly, that it becomes emotional. When they excel, it's such a high.

#### Do you have advice for other parents?

S: You have one chance to be a parent. Don't pass up on the opportunity to spend time with your kids. ■

# Quick Q&A

The parenting item I couldn't live without...sleep.

In my fridge, you will always find... bottled water.

Favorite movie growing up...Star Wars. I feel my best when I'm...with family. My favorite television show is...Game of Thrones.

My favorite ice cream is...chocolate and peanut butter.







# **Building a Legacy of Love**

By Mari Walker

very Vasta is a preschooler at Central Primary in Gonzales. When she hears music, she has to stop and dance, and she's free with hugs and kindness, making her a favorite at school and everywhere she goes. She loves *Moana* and *Elena of Avalor*. Avery, who is five, is different in only one way. She has Down Syndrome.

Avery is in a regular PreK class, and her mom, Kayla, says the inclusiveness is the best thing ever. "Her peers love her, and they're amazing with her," Kayla says. "She's taught them a lot."

Emery, Avery's big sister, is six and a first grader at the same school. "Emery doesn't know there's anything different with her sister," Kayla says. "We treat them both the same."

Avery learned to walk when she was three, and such developmental delays are typical with Down Syndrome. "She's going to do everything in her time, and she's going to reach her milestones in her time," Kayla says. In her work as a parent ambassador with nonprofit Upside Downs, Kayla encourages families: "They're going to do it in their own time, and you are going to appreciate it so much more."

Discovering Avery's condition happened early in Kayla's pregnancy and was a scary time in the family's life. Marshall St. Amant, MD, walked with Kayla and her husband, Thomas, during the high-risk pregnancy. Kayla remembers Dr. St. Amant saying, "Avery's journey had already been determined by God, and we had to just walk the path."

With a blood test, they found out Avery had an extra copy of chromosome 21. Trisomy 21, commonly known as Down Syndrome, is compatible with life and is the most common chromosomal anomaly. About 5,000 babies are born with Down Syndrome in the U.S. each year.

Kayla was monitored throughout the rest of her pregnancy. "We watched, and every ultrasound, things got worse before it got better," she says. The possible heart problems and other complications led them to prepare for palliative care after the delivery.

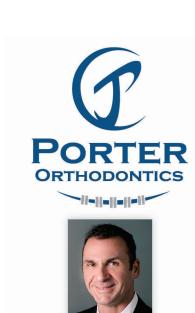
Once Avery was born, she was OK. "Her heart was completely normal," Kayla says. "We were just left with an extra chromosome." Avery is still healthy. She wears glasses and is in the process of getting hearing aids. Her ears

are her main concern, and she's had eight sets of tubes already.

Avery can sometimes attract stares from other kids, and Kayla wants them to know, "It's OK. She's just like you, she has Down Syndrome." Kayla encourages questions instead of stares and says special needs parents don't get offended. "It's OK for parents to teach their kids about special needs."

Avery is a natural in front of the camera as a brand representative for Matilda Jane Clothing and a *Baton Rouge Parents Magazine* 2018-19 Cover Kid. "I'm proud of her. I'm proud of everything about her," Kayla says.

Avery is building a legacy of love, starting in her family and reaching out to everyone she meets. "Avery's teaching us most about how to love," Kayla says. "She's taught us a whole lot about patience and love."





Joseph R. Porter, DDS



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#### LIVE FAITH



# Dads, Your Children Need You

By Pastor Jarrett Fontenot of Holy Cross Anglican Church

"That ather of the fatherless and protector of widows is God in his holy habitation."

-Psalm 68:5 (ESV)

Being a good father is hard work. It takes sacrifice, love, and patience. It's much more a marathon than a sprint, learning to overcome miscommunication, hurt feelings, and mistakes, all for the goal of raising a mature and healthy child. One of the biggest challenges for fathers is the lack of role models. Many of us grew up with a father who was either emotionally or physically absent. That absence leaves many dads asking, "What does it look like to be a good father?" The good news is, there is still time to learn and grow.

For starters, your children need you to be available and present. I don't just mean physically present. Your children need you to be emotionally present. This means being a good listener and paying attention to who your child is becoming. It means turning off your phone, listening, and remembering what you heard. Being emotionally present is sharing your own life experiences, the successes and failures. Be willing to be vulnerable and genuine.

Dads, your children also need you to give them space. When they're young, your children need you to maintain boundaries, while allowing them to make choices within those boundaries. When they enter teenage years, your children appreciate space to establish their identities and learn from their decisions. This doesn't mean you abandon them. When they begin to distance themselves from you, it's good to help them establish the wider community they rely on. You can get to know their friends' parents, and spend time with them.

Finally, your children need you to model God's sacrificial love. As a Christian, my understanding of the love God has toward us is rooted in Jesus' sacrificial death on the cross. Sometimes, sacrificial love is apologizing to my daughter when I lose my temper, and it's learning to listen before I speak. Sacrificial love is pointing my family toward the One Father whose love is perfect, who is a father to the fatherless.





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#### **EAST BATON ROUGE PARISH LIBRARY**

Summertime and the reading is easy! East Baton Rouge Parish Library has planned a Summer Reading Program for every age group, so the whole family can participate. This summer is sure to be packed with great books, exciting programs and performances, plus fabulous prizes for adults, teens and children. East Baton Rouge Libraries are heading into outer space to celebrate this year's theme, A Universe of Stories, with a special focus on the 50th anniversary of the very first moon landing. For more information about the 2019 Summer Reading Program available for all ages, contact your Library location directly, or visit the library online.



# GAPE

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Whether you're a group of friends, family members, or coworkers, your goal is simple: Escape Before Time Runs out. With only 60 minutes to escape, you must work together as a team as you race against the clock to explore your surroundings using logic, instinct, and critical thinking to find secret passages, solve puzzles, crack codes, and uncover hidden mysteries that will ultimately lead to your escape. 13th Gate Escape includes eight uniquely themed escape games, including Cutthroat Cavern, ranked as the number one escape game in the country. Does your team have what it takes to escape? Book your adventure today online. • 13thgateescape.com



#### SCI-PORT DISCOVERY CENTER

Louisiana's only IMAX Dome Theatre is a must have on your summer bucket list this year. Be sure to check out an IMAX movie when you visit Sci-Port Discovery Center this summer, and while you're there, children can roleplay and play pretend as doctors, veterinarians, bankers, or fashion designers. They even get a chance to explore their creativity and building skills via LEGOs and Blue Blocks. Sci-Port is a place where families can have a family fun day, all day long. And, you won't want to miss out on their incredible summer camps, 2019 Summer Science Blast. Children in grades 1-6 can spend the day combining their love of LEGOs with all things STEM. • 318-424-3466 or sciport.org

#### Get Out of the Sun and Still Have Fun!



#### **MANSHIP THEATRE**

Bring your crew to Manship Theatre this month for Kids Flix 2019. On Tuesday, June 4, you and your kiddos can see *Spider Man: Into the Spider-Verse.* On Tuesday, June 11, *Paddington 2* will be showing. On Tuesday, June 18, you will be able to see *The Rugrats Movie*, and on Tuesday, June 25, you and your family can check out *Happy Feet.* All showings will be from 10 a.m. to 1 p.m. Tickets include popcorn, juice or water, and a sweet snack. Cool down in the Shaw Center Plaza fountains afterwards, and before the movie, experience fun animal encounters with BREC's Baton Rouge Zoo.

• (225) 389-7264



#### LASER TAG OF BATON ROUGE

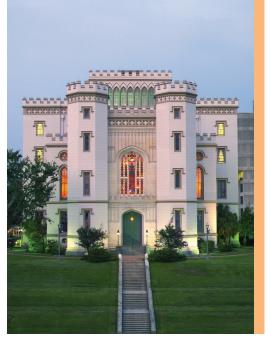
Have a summer of fun at Laser Tag of Baton Rouge, Louisiana's premier arcade and virtual reality facility. Play Laser Tag in their 7,500 square foot, state of the art, arena for a whole new family fun experience. There is no place better than their full restaurant, focusing on family friendly favorites like pizza, wings and burgers. And of course, don't miss their Virtual Realm virtual reality experience. The Virtual Realm virtual reality is only at Laser Tag of Baton Rouge. With nine SimCaps and over 30 games to choose from, you can lose yourself in countless worlds of fun. Experience the game like you never have before. Laser Tag of Baton Rouge is your one stop family entertainment spot. Itofbr.com



#### **DE FRANCES ACADEMY OF DANCE**

Put on your dancing shoes and get ready to move because summer and fall registration is now open at De Frances Academy of Dance. Whether you reside in Baton Rouge or Prairieville, De Frances Academy of Dance is ready to show you all the steps and proper techniques of ballet, tap, jazz, hip hop, and creative movement through recital, non-recital classes and intensives. Music and dancing are good for the soul, and the incredible instructors of De Frances are ready to show you all the ways to have a memorable summer. You can register your kiddos online today.

• defrancesdance.com



#### LOUISIANA'S OLD STATE CAPITOL

Celebrating 25 years as a museum, Louisiana's Old State Capitol is one of the most unique and historic buildings in Louisiana. Pack up the kiddos and head to the . Museum to learn more about Louisiana's rich political history, while also taking time to watch an award-winning multimedia presentation, Ghost of the Castle. This must-see presentation explores the building's tumultuous history. Louisiana's Old State Capitol is open from Tuesday-Friday from 10 a.m. to 4 p.m. and on Saturdays from 9 a.m.-3 p.m. on North Boulevard. Admittance is free.

**(225) 342-0500** 



#### THE POOL SCHOOL

After visiting The Pool School, you and your kiddos will be able to have a splashin' good time in the pool this summer. The Pool School's lessons focus on bubbles, breath control while underwater, kicking, "scooping," back floats, and safety practices for little ones ages six months through four years old. These important techniques are taught through fun games and songs, so make sure you and the entire family are safe and ready to swim by visiting The Pool School. Lessons are 30 minutes each, and cost is \$15 for bubble baby classes and \$30 for private lessons.

• facebook.com/thepoolschoolbr

Amazing Parks and Playgrounds in Our Backyard and Beyond By Jannean Dixon, M.Ed. Thank you Liberty Lagoon for allowing us to do this photo shoot. We had a blast!

very afternoon when I pick my girls up at carpool, I know I can ✓ expect one question in particular, "Can we go to the park today?" My girls adore going to the park. Last summer, we made visiting as many new parks as possible part of our summer bucket list. We are very fortunate to have a great park system in our area, but even within a couple of hours, there are tons of amazing parks and playgrounds.

#### Right In Our Own Backyard

BREC park systems are my obvious go-to for park visits around Baton Rouge. In the hot months, parks with splash pads are our favorites. We also love that our third child, our labradoodle, Howard, can often join us at BREC parks. There are 187 BREC parks in East Baton Rouge from small neighborhood parks to sprawling parks with many activity options.

Runners, conservationists, swimmers, boaters, star-gazers, horse enthusiasts, bird-watchers, fishermen, walkers, artists, and people who simply want to relax and get outside can find a park to meet their needs. With so many parks, how do you choose where to start?

#### Here are a few favorites:

■ City-Brooks Community Park-appeals to families, dog-lovers, walkers, joggers, fishermen, golfers, art enthusiasts, and tennis players.

This large, 155-acre park is super diverse and features many areas in one big park, including Raising Cane's dog park, where dogs can run with wild abandon within a designated, fenced area; splash pads that are open from April to October; a Labyrinth which promotes quiet, balance, and reflection; a 50-acre lake for bank fishing (fishing licenses are required); the nine hole golf course which is recognized on the National Register of Historic Places; a walking track; a beauti-



fully developed tennis center; the Baton Rouge [Art] Gallery; and, of course, an amazing playground for children. **Pro-tip:** Don't try to do everything at City-Brooks in one visit.

■ Leeward Drive Park—appeals to families with small children.

This small hidden treasure, occupying just half an acre of neighborhood space, is packed with super appealing activities and equipment. Fun features include padded astroturf in lieu of grass, swings, bikes, a sandpit, and small pavilion. **Pro tip:** Take your little ones to the potty before you go to the park as there aren't any facilities available on-site.

■ Highland Road Park—appeals to tennis players, families, children of all ages, walkers, frisbee golfers, and trail runners. Highland Road Park covers a sprawling 144 acres in South Baton Rouge. This is a fan favorite for local mom Meya Holloway's family. She says, "Highland is our favorite park in Baton Rouge. My kids love to go on a bike ride or nature

walk. It's the perfect place to bring the family because there is definitely something for everyone."

Official offerings include a tennis center, frisbee golf course, large and newly-improved playground, splash pad, community center, walking track, several pavilions, and restroom facilities. Unofficially, my girls like to "hike in nature" and visit our "favorite tree," a massive oak that reaches over a small creek that just begs to be included in pretend play. **Pro-tip:** Bring water. There are water fountains in a few areas (playground and pavillions), but this park is big.

■ Liberty Lagoon—appeals to swimmers and those who enjoy water play.

Need to cool off? Liberty Lagoon offers 3.5 acres of splash pads, water slides, a lazy river, and pool areas. The kiddos will love the water soaked play structure and large shallow play spaces.

Local mom Hannah Smith let us in on her family tradition. "Every summer, we have a mini family reunion here with all of our children's cousins. Ranging in ages

from 2 to 14, they all have the best day," she says.

Meals and snacks are available for purchase from the snack bar, and there is an ocean of picnic tables and pavillions for when you need to take a break and dry off. If you like your fun a bit more structured, check out their swim lessons and water aerobics classes. Park entry fee is \$12 and under. Pro-tip: Bring more sunscreen than you think you will need. Hats and glasses are a good idea, too!

■ Farr Park Equestrian Center—appeals to all horse lovers.
Farr Park is large, encompassing 297 acres adjacent to the Mississippi River levee. With

256 horse stalls, indoor

and outdoor arenas, trail riding, and an RV park, Farr Park is a dream for equine enthusiasts. The park offers both monthly one-hour trail rides and lessons in both English and Western styles of riding. Farr Park also offers equine therapy through their Hearts & Hooves Therapeutic Riding Program and summer camps for children.

Local mom Tiffany Moore shares of her daughter's experience, "My daughter, Scarlett, loved that she had so much interaction with the horses at horse camp. She was able to have her 'very own horse' for the duration of the camp, so she felt a real connection to her horse. The staff there truly love the horses and what they do, so it's such a positive environment." **Pro-tip:** Bring bug spray.

#### ■ Blackwater Conservation Area—appeals to outdoor lovers.

Blackwater Conservation Area sits on 57.5 acres of former gravel pit turned wildlife conservation site. The park is a haven for people who love the outdoors, including two large fishing ponds (fishing license required), a pavillion, many native species of trees and animals, bird-watching, and walking trails. Dogs on leashes are welcome. Visitors are cautioned to watch out for wildlife such as snakes, ticks, alligators, and the ever unpleasant poison ivy. **Pro-tip:** Stay on the trails, and bring binoculars for an up-close look while keeping your distance.

#### **Beyond Our Backyard**

If you're heading north, there are several noteworthy side-stops. The **Alexandria Zoological Park** is well worth a visit! We took a roadtrip last summer and made a detour to this well designed zoo. We were delighted by the themed exhibits, the playfulness of the animals, and the incredible play areas. There is a cafe and gift shop on site, and the zoo is open 362 days a year, and tickets are less than \$8. **Protip:** Make this park a part of your itinerary and have your camera ready.

Going even farther north? Continue to Shreveport and visit **Sci-Port!** This attraction is on our summer bucket list this year, and I am as excited as the kids. Attractions include an IMAX Dome Theatre,





endless opportunities for pretend play within their beautiful *Power of Play* exhibit, an Exploration Gallery for budding scientists, and the Sawyer Space Dome Planetarium. Admission will be \$12 per adventurer. **Pro-tip:** With the Sci-Port's 92,000 square feet of inquiry, experiments, and engagement, be sure to plan plenty of time for your visit.

Our Denham Springs neighbors frequently enjoy their phenomenal park system, **PARDS**. We've been to some fantastic birthday parties at **Aqua PARDS** water park. This water attraction is small enough for parents to find some moments of relaxation, and big enough for kids to play until they are worn out and water logged. Admission is \$9 and under, depending on residency. There is a concession stand on site and limited seating. **Pro-tip:** Again, you can't go wrong with bringing an extra tube of sunscreen!

One of my favorite finds this spring was the **Kid's Konnection Playground** at the Tammany Trace Trailhead. We were at the trailhead for a different event, but we quickly fell in love with this fabulous playground. There is seriously something for everyone at this play haven. Future engineers will really 'dig' the sandpit, complete with mechanized diggers. If sand is not your tyke's thing (or your's), opt for the multi-level water tables. For adventurers, there is a challenging rock climbing course, huge play structure, and a spinning volcano-shaped rope structure. **Pro-tip:** Located right off of I-12, this is a great stop to let the kids burn off some energy and might even earn you the peace of napping children when you continue on your journey.

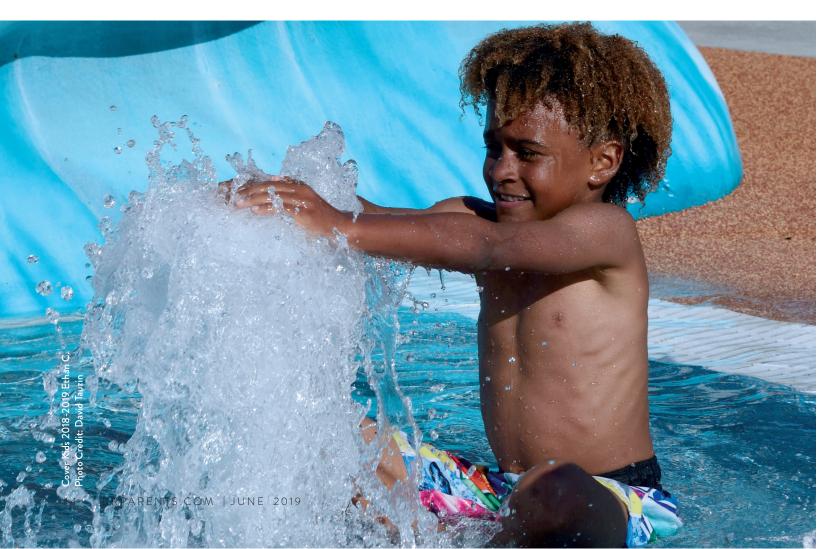
Still Eastbound? Carry on to the **Lynn Meadows Discovery Center** in Gulfport,
Mississippi. Tickets are \$10 a person and
well worth it for the adventures within.
Children can climb the multi-story, fully
enclosed structure, go on an African safari, tickle the ivories on the piano, host
a tea party, or explore the seemingly
endless outdoor activities and treehouses. **Pro-tip:** If you need to leave for lunch

(like we did), get your hand stamped, so you will be able to re-enter.

#### **Embrace Spontaneity**

In my car, you will find (perhaps hidden beneath a treasure trove of art projects, school supplies, and crumbs of questionable origin) our family's Park Pack backpack. This thing has come in handy so many times. Included in the Park Pack are: bandaids, a sealed bottle of water, small towels (one for each kid), sun screen, bug spray, collapsible doggy water bowl, an old sheet for picnics or to wear home when you "accidentally" fall in the mud, a couple of hats and old pairs of sunglasses, and a backup dog leash. In the summer, we add backup bathing suits to the pack for when the splash pads call and my kids answer. **Pro-tip:** Make a Park Pack for your family today, and you will always be ready for park and playground fun with your kiddos.

With these incredible parks and playgrounds on your summer bucket list, this summer will be a summer to remember.





### We make time for you.

Our clinics are now seeing patients after 5 p.m. and on weekends. ololchildrens.org/ExtendedHours



ow many times have you tried to get your child's attention while he was staring at a screen in rapt attention? I'm sure you've had to use the phrase, "Put down the screen," far more times than you'd like to, and most often when you did, you found that the attention you were vying for was held captive by YouTube.

At first, what he is watching seems okay, because who doesn't love to see their child smiling, laughing, and interacting with anything? But then, you lean in closer and check out what he is watching. Unfortunately, in this digital world, there are no built-in filters to protect our children, and the chances of them seeing and hearing something inappropriate are far greater in this world than in TV land.

If you're paying attention, even those seemingly benign "Try not to laugh" videos are filled with things that parents would never expose their child to in the real world, like casual use of vulgar language, and repeated scenes of people being disrespectful. As a parent, the challenge is, what should we do about it? The idea of regulating YouTube seems far too daunting, so it might seem easiest to "ban" YouTube. In this digital age, where we are all so connected, is that really the best solution?

Arguably, YouTube has as much good as there is bad. The other day, I came home to find my son teaching himself how to adjust the brakes on his bicyclewith the help of a YouTube tutorial. My garage door would never have gotten fixed, if he hadn't looked up how to troubleshoot the issue on YouTube. Not only can you find a wealth of educational information on any given topic, but also, YouTube provides a creative outlet that can benefit us all. So, although it might be easier to pull the virtual plug and put YouTube on lockdown, it would be more beneficial in the long-term to tackle the issue head on and begin what will hopefully be an ongoing conversation with your child about how to safely navigate YouTube in this digital age.

#### What They're Watching

Before giving your child access to



YouTube, you should have an open conversation with him. Ask him what he plans on watching. Remind him that he shouldn't be watching anything scary, and encourage him to come to you if he sees anything he doesn't understand. Teach him to evaluate what he sees. Remind him that not everything that he sees online is true, and additionally, that a lot of what he sees may be advertising.

#### **Creating Their Own Channels**

Cover Kid 2018-2019 Tyler B

Photo Credit: Lauren Leopold Photography

This question should be carefully considered, but there are many children who have successfully created their own YouTube channels. It's an inexpensive way for your child to share his creative side and explore a hobby. Counselor

Helen Wilson says, "Before you allow your child to create his own channel, consider the following: Does your child exhibit an understanding and respect for Internet boundaries established in your home? Have you had conversations with him discussing the permanence of posting content online as well as general 'Internet safety?' Definitely require that he gives you all passwords and login info, so you can monitor any conversations that take place with followers (public and private). Also, be your child's first follower, and watch all of the content your child publishes."

#### **Set Boundaries**

Wilson says whether it's when creating

their own channel or browsing YouTube in general, it's important to set boundaries. "It's healthy for families to have screen time limits. Doing so promotes face-to-face interactions and limits opportunity for reckless use by kids," she says.

Wilson suggests visiting American Academy of Pediatrics online for recommended screen time guidelines for how much screen time is appropriate for various ages.

#### Make a Contract

Baton Rouge mom Jennifer Ferachi says, "Creating an approachable relationship with your child is critical, and I found that by making a written contract with your child, you can open the door for continued conversations." The contract should include your expectations regarding social media, including rules that reflect the values that are important to you. Putting it in writing helps everyone remember exactly what has been agreed upon, and by signing along with your child, this becomes a partnership which can help keep the conversation going.

#### Use an App for Backup

Of course, a parent's active involvement and monitoring is the first line of defense in keeping your child safe while using YouTube, but there's also a wealth of technological tools available to help parents facilitate this such as Boomerang, Bark, and Our Pact. Baton Rouge mom Joan DeRouen explains, "We use Our Pact to help monitor our 12-year-old son's YouTube activities. Through the app, I can allow access to YouTube for a limited time, such as one hour after homework, then rely on its other automated settings to turn off the app during certain times each day, like bedtime." DeRouen admits that there's no foolproof way to monitor everything, but by using the app and by making a point to "physically check" on what he is watching, she feels pretty confident that he's safe.

#### Get to Know YouTube Yourself

In addition to talking to your child, you can also track his activity within

the YouTube app. If he has a YouTube account, then his page displays his recently watched videos and his recommended videos. Even if your child deletes his watch history, the recommendations provided by YouTube will still be reflective to what he has recently been watching. YouTube is technically meant for teens ages 13 and up, but they do offer a Restricted Mode which can be found in your child's account settings.

#### Consider YouTube Kids

In 2015, YouTube launched YouTube Kids, its "toddler-oriented" app. They describe this as a safer video sharing experience for little ones. Parents do have more control over the content within the app, but even within this app, questions have been raised about content slipping through with videos containing violence or suggestive materials. This app may be a step in the right direction, but the bottom line is that parental presence will always be a necessity.

#### **Parental Presence**

Wilson insists that in addition to having conversations and setting boundaries, the most crucial component is consistent monitoring. "Make sure your child knows that he can only access videos in public/family spaces where what he is watching can be easily monitored. When kids engage online, they are entering a whole world that you either are, or aren't, a part of. The best security measure is to always stay involved."

Wilson stresses that parents should have the passwords to all of their child's social media accounts and should be checking them regularly. Wilson says, "It is not an invasion of privacy if it is an agreed upon requirement for them to have access to these types of accounts. It is general safety.

Navigating YouTube in this digital age might be scarier for parents than for children, but it can be a useful tool for everyone if you take the time to develop a plan for your family. With a plan in place, your child can see a part of the world he might never otherwise see, learn a new skill, or share a skill of his own.



#### SUMMER LEARNING LOSS IS REAL

#### Here are 9 Fun Ways to Prevent It

By Kimberly Blaker



ducation experts have known for some time that children who don't go to school throughout the year can experience learning loss when the summertime hits. Still, most schools and districts have yet to extend the school year in light of this information.

Statistics on summer learning loss vary depending on the study. But those studies most commonly cited have found that kids lose, on average, 2.6 months of math and two months of reading skills over the summer. Other studies, as reported in *Summer learning loss:* What is it, and what can we do about it? by David M. Quinn and Morgan Polikoff, have found varying results. But most notably, those in lower-income families tend to have greater learning loss during the summer than kids from

higher-income families. Experts believe that this is largely attributed to the lack of resources available to lower-income families and in poorer communities.

The good news, however, is that there are ways to reduce your child's summer learning loss.

You can help your kids by providing them with plenty of educational and enrichment opportunities throughout the summer months ahead. The following fun activities will keep your kids' brains active. These activities will also help kids retain what they learned throughout the school year or even expand upon on it.

#### Keep 'em reading.

Public libraries offer an array of summer programs for kids. Take your kids to the library often for special programs. Also, have them bring home a selection of books to read during the summer.

#### Play word, money, number, and logic games with them.

Look for board, video, and computer games, particularly those that have won educational awards. Also, search online for ideas for boardless games that don't require materials. Another idea is to turn it into an art activity. Have your kids create their own board game to play.

#### Incorporate learning into your travel.

Before you go on your family vacation, do some advance research. Look for science centers, history museums, and historical sites to build into your trip. Then, have your kids join you in mapping out the trip. This will help keep geography fresh in their minds while also learning map skills.

#### Do some journaling.

Give your kid a journal to write in. It can be fancy or just a spiral notebook. If your child hasn't kept a journal before, suggest she spend 20 minutes writing in it every night about her day's adventures and activities. Let your child know that it's her private journal, and you should promise her that you will not read it unless she chooses to share it with you. This might encourage your child to invest more time and thought into her journaling.

#### Get messy with science.

If there's anything kids love, it's making a mess, and summer is the perfect time for messy science experiments. Pick up a kids' science experiments book from your library. Then, have your child read through and choose some experiments to do. Your children will learn a lot just from reading about the different experiments. Then, they'll have a blast pulling the experiments off.

#### Attend summer camp.

Look for a summer camp that has a strong emphasis on learning activities. The summer camp could be one that offers an array of activities that support a variety of subjects. There are also many summer camps with a special focus. Your child could choose one in an area she excels or has a particular interest in. Or, you could help your child choose one in an area of difficulty that will help her to better grasp a specific subject.

#### Get baking and cooking in the kitchen.

Baking and cooking helps kids in both math and science. Have your kids choose a recipe they would like to make. But, instead, have them make half a batch or triple the batch. This will require them to calculate the measurements, and all of you will have a delicious snack to enjoy together afterward.

#### Form a neighborhood or friends book club with their friends.

This can be done a couple of different ways, depending on the age of your kids.

Kids of similar ages can choose one book to read each week. Then, they can meet to talk about the book they read. They can discuss the plot and characters, what they liked about it, didn't like, and their take away from it.

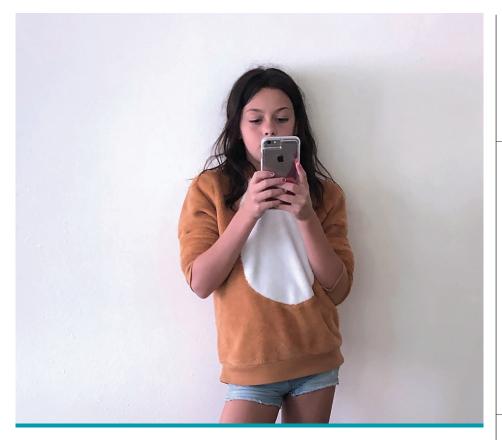
Another type of book club, especially for younger kids, will require more parent involvement. Create a logging system so each child can keep a record of the books they've read. At the end of the summer, hold a pizza party for all of the participants. Create homemade certificates and give out inexpensive prizes to all the participants. Then, honor the winner with a special prize.

#### Do workbooks or puzzle books.

Give your child a workbook for the grade your child just finished in school. Have your child work on it throughout the course of the summer to keep what she learned fresh in her mind. Another fun option is puzzle books. You can find puzzle books in most subject areas. There are mathematical, logic, word search, and crossword puzzle books.



#### PLAY A DAY IN THE LIFE OF DAD



#### I Know it's Not Just a Phone, but Come On!

By Brandon Foreman

f you read my last column, you know I made the leap and got my daughter a phone. What you don't know is the little people are getting these devices handed to them and not being taught how to use them to interact with people.

Come on, parents! Stop handing them out and not teaching them. I know they have been using them since they could hold a phone, but even though they can use them, it doesn't mean they can use them with proper etiquette.

#### Do you do this?

- Call (or text) people back to back, like 10 times, until the person answers?
- Facetime with someone and not even talk to the person. You just carry the phone around so the person can see what you're doing?
- Hang up the phone at the end of the call without saying anything?
- Walk around on speakerphone for everyone in the room to hear?
- Let your phone sit and ring and ring on the other side of the room, and when you're told your phone is ringing say, "I don't care?"
- Randomly let your phone die and not care to charge it?

I could keep going, but you get the idea. The thing is, we hand out these phones and we skip phone etiquette. We have to do better, or like anything else, it will get worse, and these are the soft skills they need at any job. I am so tired of hearing people say, "I don't want to talk on the phone; just text me." How does that translate to work? I can only imagine if I heard someone on our staff tell a customer that!

We have to set some rules and boundaries. Let's make sure they learn some phone etiquette. To make this easier, I have some sample contracts and phone etiquette tips you can use on our website to get them up to speed. Just search for this article on brparents.com, and you can download them. Thank you for listening, and have a great day. Goodbye.

#### STAY CONNECTED

If you would like to read more of Brandon's adventures from A Day in the Life of Dad, visit us online at brparents.com.

#### **GEAR UP**

Keep an eye on what's cooking with the Wireless Smart Meat Thermometer. This stainless steel probe reads the temperature of meat



and the ambient temperature in a grill or oven. It easily connects to the app to send you alerts and cooking times on your phone, including a warning that food is almost ready. ■ thegrommet.com

#### FROM THE MOUTHS OF DADS

I think that's really incredible to see ourselves reflected in our little child that we get to raise and teach and nurture, and I'm excited to do that."

-John Legend

#### PIC OF THE MONTH



Just like Dad! Coy R. and his son, Cash Coy, pose and don their best smiles during a recent family photo session.



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#### **PLAY GET OUT OF TOWN**



Why Busch Gardens Williamsburg? | Fill your summer with family fun as you ride on thrilling coasters, indulge in delicious sweet treats and savory eats, and experience live performances that will leave you on the edge of your seats at Busch Gardens in Williamsburg, Virginia. Whether you choose to fly or drive, this is one family vacation that has a little something for everyone.

#### WHERE TO STAY

A stay at **DoubleTree by Hilton Hotel Williamsburg** begins with deliciously warm chocolate chip cookies, and we're not joking! This modern family-friendly hotel offers stylish guestrooms, an assortment of amenities, and a shuttle service to and from Busch Gardens. There's indoor and outdoor pools, a 24-hour fitness center, game room, and an Internet café to help keep everyone connected.

#### WHERE TO EAT

#### Marco Polo's Marketplace

Pick up some food for every member in the family as you enjoy the park at this market-style restaurant. From Hearthstone oven pizzas and paninis to a cannoli customization station and cakes, there's an assortment of flavors that will tempt your tastebuds, whether you're looking for sweet or savory.

#### Das Festhaus

If entertainment is what you seek, see a lively show in the park's iconic festival hall as you dine on authentic German food, including sausages, potato salad, hot red cabbage, and seasoned corned beef piled high on freshly baked rye bread. If you're looking for a little something different for the younger members of the family, there's always pizza, sandwiches, and delicious torte cake.

#### La Cucina

When it comes to pizza, you can't go wrong, especially when you're bouncing from one ride to the next. Have a quick lunch at this pizza-friendly restaurant when you're on the move. There's freshly-made Italian favorites, including Artisan cheese and pepperoni pizza, an assortment of sub sandwiches, and delicious salads topped with chicken tenders.



#### THINGS TO DO

Whether you're riding the **Escape from Pompeii Water Ride** or watching those who are, there's a way for everyone to get in on the fun. Riders will enjoy a leisurely boat ride through the ruins of Pompeii before the city suddenly turns explosive, creating a water-filled thrill that will leave you drenched. If you plan on sitting this one out, you get the chance to spray unsuspected riders as they pass by.

Have a splashing good time on **Le Scoot**. This log flume ride plunges 50 feet, and it's the perfect ride to hop on when you and your family need to cool off from the heat. If you need another way to relax, you can take a load off as you ride the **Le Catapult Scrambler Ride**. You'll swing, rock, and ricochet from corner to corner on this classic amusement ride.

Explore the whimsical, mythological land of **Land of the Dragons**. The youngest guests in your party can enjoy fun that is just the right size for them. Featuring kid rides, splash areas, and fun playgrounds, you will want to make this area of the park your first stop of the day. Busch Gardens fans recommend wearing bathing suits, so they can fully enjoy the water fun.

At Busch Gardens, the Sesame Street gang is always there to greet you. The Sesame Street Forest of Fun is just for children and their families. The area features family-friendly rides and playgrounds, and your crew can meet their favorite Sesame Street characters. Take part in a memorable sing-along, dance-along with Elmo, Cookie Monster, and all their furry friends, but be sure to bring your camera.

Rest your feet as you sit back and enjoy some live entertainment that will amaze and inspire your entire family. Throughout the year, the park puts on a variety of shows, including **Celtic Fyre**, **Howl to Coexist**, **Let's Play Together**, **Sunny Days Celebration**, and **More...Pet Shenanigans**.

Stop by **Eagle Ridge** to meet the American Bald eagles; spend some time at **Highland Stables** to take part in a celebration of Scottish traditions, while also checking out the regal Clydesdale horses; stroll through **Lorikeet Glen** to see the colorful birds as they glide down to greet you; and see the mysterious gray wolves in **Wolf Valley**.

Busch Gardens was designed with your children in mind. As you explore the park, keep an eye out for all of the rides with a "K" logo. This special designation means that the ride is in fact **KIDsiderate**. Also, you'll want to visit a Height Check Station to make sure that everyone in your crew can ride. Best of all? There are family dryers in the park to help dry you off and warm you up after the water rides.

# WHO WILL YOU NOMINATE?



Nominate for your favorite local family-friendly businesses, restaurants, doctors, camps, and educators in the annual 2019 Family Favorites. Have your voice heard, and submit your favorites.

PARENTS°

## We Are Committed to: Baton Rouge Ochsner Baton Rouge

For over 30 years, Ochsner has cared for you and your family. Now we are beginning a new phase of growth at Ochsner Baton Rouge by continuing to creating new job opportunities for the Baton Rouge area.

Conveniently located near the Mall of Louisiana.

Visit
ochsner.org/highgrove
to learn more.

Providing tutoring for print and cursive writing in the school setting.

We offer inservices for parents and teachers preschool and above.

Cheryl Rudd, L.O.T.R Occupational Therapist

#### Summer Handwriting Camp

Session I: June 3 – 13 (Mon-Thur) Session 2: June 17 – 27 (Mon-Thur) July: TBD (8 classes/one hour each)

#### Camps Offered

Preschool Readiness Camp: Age 3-4 Kids' Beginning Print: going to K/1st Print Camp:  $1^{\rm st}-3^{\rm rd}$ 

Cursive Camp: 2nd - 5th

Writing, Handwriting, and Math Legibility Camp: 2<sup>nd</sup> – 4<sup>th</sup>; 5<sup>th</sup> – 7<sup>th</sup>

#### Handwriting Helpers

(225) 931-8049 cherylterryrudd@gmail.com

#### **PLAY** THINGS WE LVE

Keep baby cool while on the move with the Buggygear Three-Speed USB Rechargeable Turbo Fan. This handheld fan can last up to six hours, and it can attach to strollers, backpacks, or car seats. ■ buggygear.com





Serve up some watermelon to your crew as you enjoy a day by the pool with the easy to use Vanuoda Windmill Watermelon Cutter. With this cutter, the stress and struggle of cutting a watermelon is put to rest, leaving you with perfectly cubed pieces of watermelon. 

amazon.com



Show off your "fineapple" side with the SKQIR Stainless
Steel Pineapple Jewelry
Set. Featuring earrings, a

Set. Featuring earrings, a bracelet, and a necklace, this set is suitable for evenings and during the day. 

amazon.com

Make a splash with these hilarious pool noodles at your next water-filled get together. You can choose from BigMouth, Inc.'s Sharpie, Smarties, Lip Balm, or Tootsie Roll floats to add some pizzazz to your pool, leaving the plain ol' noodles behind.

■ amazon.com



world your real feelings with a Funky Junque Sun Hat. This floppy style hat has a medium-wide brim, adjustable string for sizing, and a cinched black ribbon. Keep your skin protected from the sun, all while looking fabulous on the beach. ■ funky-junque.net

Relax in the sun and show the



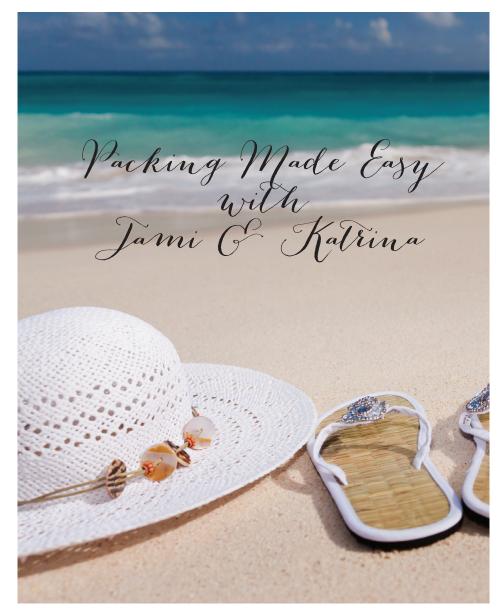
Enjoy your tunes as loud as you please, without distortion, with the **UE Boom 3**. This Bluetooth speaker is waterproof, dustproof, and has a one-touch mix button that lets you play your favorite playlists without needing your phone.

■ ultimateears.com





#### **PLAY** MOMS ONLY



It's June already, and if you're like us, you're counting down the seconds until you can have your toes in the sand on the beach with your family. But before you can get there, you have to pack, and after packing up your kiddos' clothes, you will most likely want quick and easy packing for yourself.

Whether you are headed to the beach, the lake, river, or a resort, packing for these types of trips are our favorite, and you can get away with simply packing a bathing suit! However, we wanted to share a few tips on what necessities you should pack and what you can leave behind to save space in the car.

#### WHAT YOU SHOULD WEAR

- The majority of the clothing that you should pack with you are swimsuits. Also, include cover ups and lightweight linens for the beach and pool areas. We recommend packing cover ups that are neutral in color, the ones that go with anything, so you can wear them more than once while on your trip.
- Another essential for beach vacations? Comfy pants! Be sure to have something lightweight and flowy, in case you get burned, or if it's just too dang hot for tight clothes.
- When it comes to shoes, try to bring one pair of sandals and one pair of heels or wedges (you never know!) because they are universal. On beach trips, sneakers or shoes with a grip, similar to boat shoes, are a smart choice. It's safe to plan ahead because we can't predict the weather or the activities, so you may end up on a random hike, on a boat trip, or in a downpour.

**Fashion tip for your trip:** Keeping your look effortless and cute after a long day outside is key.

#### **SKIN IN THE SUN**

• For makeup, stay minimal when outside at the pool and beach.

Make sure that whatever it is that you're wearing has SPF in it. We swear by

IT COSMETICS: Your Skin But Better CC+ Cream with SPF 50+. It has a lightweight feel and provides full coverage.

• Don't forget about your lips! The lips are a commonly neglected part of the face when



it comes to wearing SPF.
Pick up a chapstick that
helps to protect your lips
because sunburned lips
are the worst. You can
easily get some at your
local drugstore. We
are currently obsessed
with the Blistex Five

**Star Lip Protection SPF 30.** 

#### **BEACH HAIR, DON'T CARE**

• When it comes to what hair products to bring, believe it or not, COOLA makes an amazing SPF spray for your hair. The Organic Ocean Salted Sage Scalp &

Hair Mist SPF 30 helps to protect this often neglected

• Keep your curling irons at home during a beach trip, and just bring a mini flat iron for any unruly pieces of hair.

part of the SPF routine.

•Try to live in braids or easy "undone" styles. The sun, salt, and chlorine can take such a toll on your hair, so heatless hairstyles are our go-to. Plus, beach hair is the best hair. That means, less to pack and more time hanging out!



• Quite possibly the best space-saving trick is to pack with vacuum-sealed bags. Pick up the variety pack at Walmart for under \$30 with all different sizes of bags. Label the bags, pack them accordingly, and suck the air



out with the attachment on your vacuum cleaner. The bags shrink down and makes for plenty of room in your luggage.

Whether you're staying at an Airbnb or a hotel, they are always happy to lend a vacuum to you when you're packing up to go home.

• With a beach tote, cute towel, and your preference of **YETI cup**, you will be ready for some fun in the sun with your family. The best part about packing efficiently is that now you have all the room you need for

your kids clothes, which is roughly three times the amount of your stuff, even though all of their belongings are tiny. Now that you and the kiddos are all packed and ready to geaux, see y'all at the beach!







our social life before baby was filled with coffee dates, brunches, and yoga classes, but now, you find yourself spending more time with diapers, pacifiers, and bottles. While there isn't anything wrong with that, it's important that you hold on to the things that make you, you. There are ways you can be the social butterfly you were before and still be the mom you always wanted to be.

Round up support. It's not news that raising children is hard, and for a new mom, it's a major life change. Collaborating with and venting to friends and other parents can help normalize the highs and lows of adjusting to your new role as a parent.

"As we bring children into this world, we also birth a new identity as a parent, one who remains the person who existed before she became a mother," says Samantha Rauber, MA, PLPC, NCC of Legacy Behavioral Health, LLC. "The challenge now becomes how to still be a person with those social needs while balancing a whole new identity as a mother (or father)."

Learning about and balancing your new roles will also mean finding and identifying those connections with others who can help and who you can also relate to. "We need others around—to celebrate our successes, cry with during our losses, and to be validated in our experiences." adds Rauber.

Find ways to connect. One way to stay social is to find things in the outside world you and your children can do together to interact with other families. You can visit a local museum or attend a mommy and me class, for starters.

Stephanie D., a mom from Zachary, says it's important for her to still be able to do the things she could before. She finds that even things as small as getting her nails done or browsing a store uninterruptedly can help her to feel centered again.

By getting your kids out of the house, it also provides opportunities for you and your little ones to get out and about each day. Local mom Bridget R. sees the difference in having children who are younger versus school-aged. She shares, "When having a baby, you have to connect and initiate contact with other moms because your baby is small and can't necessarily socialize. It becomes easier the older they get. You get to talk to other moms through dance class and girl scouts, and the kids becoming friends and having sleepovers. You grow with your kids."

As our kids connect with other kids, opportunities for connecting with other adults will naturally become more frequent as well.

Be intentional at maintaining

relationships. In addition to small social interactions, it is important to build strong connections with others. Rauber emphasizes that we "have a tank that often runs on fumes while managing the mental load of motherhood, and spending time socially is a chance to refill it. Your family will benefit from you spending time with friends."

Rauber suggests making it a point to plan social events with those you feel most comfortable with. "It could be a coffee date, an afternoon walk and chat, or a full-blown ladies night out. Clearly communicate with your partner and ask for what you need. Then, take turns. Dads, this means you, too!"

It is also vital to be intentional about spending time with your spouse after the baby is born. Hire a babysitter, when possible, and get a chance to refill your cup as couple. Post-baby date nights may mean starting the night a little earlier to make it home before bedtime, but the benefit of having some time alone to strengthen your bond as a couple will be well worth it.

Guard your circle. Be cautious with those who often have negative opinions or whom you may not feel add anything positive to your experience as a new parent or as a parent in general. Bridget explains, "Some parents are not honest on social media, and it's easy to make you feel like you are a failure. You need to make sure you have 'real' people in your group. Value moms who step up and say, 'This is what I am struggling with.' Try different things, and make sure you are making authentic connections."

It is important to know that no one is a perfect parent, nor should anyone make you feel like you aren't trying to do the best you can. ■

#### **Get Connected**

Baton Rouge and the surrounding areas offer great local places, groups, and resources for moms who are looking to connect:

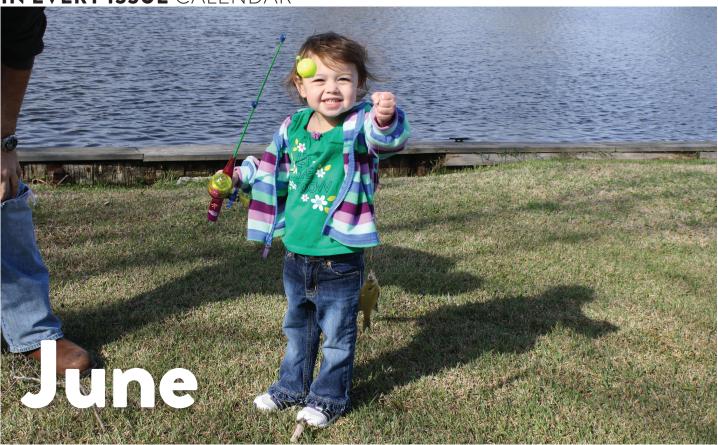
- MOPS (Moms of Preschoolers). Multiple churches in the area have partnered with MOPS to have a space for moms to gather and take on parenting together. Childcare is typically provided.
- mops.org/groupsearch
- Baby Boot Camp. Join other moms in your area and socialize while also getting fit. babybootcamp.com
- The Chapel BR Mother to Mother. Mothers of all ages can join for various mom-centered Bible studies throughout the year.
- thechapelbr.com/women
- East Baton Rouge Libraries. Not only is there storytime for the littles, our local library system offers classes and clubs galore. Check out their calendar for the next fitness class, book club meeting, or adult coloring class. ebrpl.com
- Java Mama. Let your kids play or enjoy story time while grabbing some coffee and talking with other moms.
- javamama.com/batonrouge
- **Gymboree Mommy Meet Up.** On the third Thursday of every month from 5:30-6:30 p.m., guest speakers are there to chat while kids five and under play for free. (225) 751-9622





🧰 Art Academy 🏻 🎯 @artacademyla

#### IN EVERY ISSUE CALENDAR



#### **FREE FISHING DAYS**

Gather up your little fishing crew and head out to the Louisiana waters to do some free fishing this month. From June 8-9, anglers are allowed to fish on Louisiana public bodies of water without a fishing license. ■ takemefishing.org

#### 1 SATURDAY

#### **#LOVEBATONROUG-ESATURDAYS: SPACE** AND ODYSSEY.

Knock Knock Children's Museum at 1 p.m. The museum will present a program with experts that demonstrates how families can be healthy. knockknockmuseum.org **BATON ROUGE ARTS** 

#### MARKET. Farmers Market, downtown, from

8 a.m.-noon. Event will feature special art activities for kids. artsbr.org **BODY BASICS FOR** GIRLS. Woman's Hospital from 9:30-11 a.m. Preteen girls ages 9-12 will learn how their bodies grow, what changes to

expect during puberty,

and how to take care of themselves. Cost is \$15. Registration required. (225) 231-5475

#### **BREASTFEEDING BA-**

SICS. Woman's Hospital from 1:30-5 p.m. Learn the benefits of breastfeeding, how to prepare, how to get the baby on the breast, the father's role, and how to avoid problems. Cost is \$35. Registration required. (225) 231-5475

#### **CITY WIDE YARD**

SALE. Ponchatoula area. Maps will be available throughout the city, ponchatoulachamber.com **CLINTON MARKET** 

#### DAY. Downtown Clinton

in front of the Courthouse from 8 a.m.-1 p.m. (225) 683-5531

#### **DONALDSONVILLE**

#### DOWNTOWN LIVE.

Crescent Park, downtown Donaldsonville, from 6-9 p.m. Free concert series, weather permitting. Lawn chairs permitted. (225) 445-1383

#### **DONALDSONVILLE** MARKET ON THE

**SQUARE.** Louisiana Square, Donaldsonville, from 8:30 a.m.-12:30 p.m. Various vendors. donaldsonville-la.gov

#### **DRINKS OF AN EARLY**

AMERICA. Audubon State Historic Site, St. Francisville, from noon.-3 p.m. Take a taste of what those in early 19th Century America were drinking for refreshment. Try a shrub, birch beer, or a Switchel. (888) 677-2838

FAMILY FIT DAY.

Pennington Biomedical Research Center from 11 a.m.-2 p.m. Free event sponsored by Healthy BR. healthybr.com

#### FIRST SATURDAY OF THE MONTH HIKE.

Port Hudson State Historic Site, Jackson, at 10 a.m. Join a park ranger on a guided hike of the Artillery Ridge. (888) 677-3400

#### **GUEST APPRE-**CIATION WEEKEND.

BREC's Baton Rouge Zoo through June 2. As a thank you to the community for their continued support, zoo visitors can enjoy buy one, get one pricing on admission. brzoo.org

#### I CARE PREVENTION **SUMMIT.** Pennington Biomedical Conference

Center from 8 a.m.-noon. Topics include Gun Violence, Cyber Safety and Prevention, and Bullying and Suicide Prevention. Includes a Kids Zone. Family FIT day will be after the Summit from 12:30-2 p.m. Free. icare.ebrschools.org

JUNETEENTH MUSIC FESTIVAL. Frank Sotile Pavilion, Donaldsonville, from 11 a.m.-8 p.m. Food, music and entertainment. Free admission.

tourascension.com

#### **NATIONAL TRAILS DAY NATIVE GUARD BATTLEFIELD HIKE.**

Port Hudson State Historic Site, Jackson, from 9 a.m.-1 p.m. Join a park ranger in a trail clean-up maintenance project and guided hike along the

#### CALENDAR IN EVERY ISSUE

Antebellum and Civil War era Telegraph Road. (888) 677-3400

**OLD SOUTH JAM-BOREE.** 9554 Florida Boulevard, Walker, at 7 p.m. featuring Carlton Jones and His Red Hot Country Band. Tickets are \$5-10.

livingstontourism.com
OYSTER FESTIVAL

Woldenburg Park, New Orleans, from 10:30 a.m.-8 p.m. Food, music, crafts and contests. Free. nolaoysterfest.org

PARKINSON'S MOV-ING DAY. BREC's Highland Road Park Pavilion at 10:30 a.m.

movingdaywalk.org
ROCKETKIDZ ROOKIES TRIATHLON.

BREC's Liberty Lagoon from 8-10:30 a.m. Event for children ages 3-10. Nonswimmers, trikes, and training wheels welcome. rocketkidz.com

#### TEEN GAME DAY.

Jones Creek Library from 3-4:30 p.m. Teens can play games on the Playstation Virtual Reality. (225) 756-1170

WALKER PERCY WEEKEND. Venues in St. Francisville. Lectures, panel discussions, book study groups, and social events. All-inclusive tickets start at \$45. walkerpercyweekend.org

#### 2 SUNDAY

FITZ. Old State Capitol at 2 p.m. Documentary on former Lt. Governor and and public servant, Jimmy Fitzmorris. louisianaold-statecapitol.org

#### FREE FIRST SUN-

DAY. Free admission to the LSU Museum of Art, LASM, the Old State Capitol, USS Kidd, Capitol Park Museum and BREC's Magnolia Mound Plantation. visitbatonrouge.com
GUEST APPRECIATION WEEKEND.

BREC's Baton Rouge Zoo. Zoo visitors can enjoy buy one, get one pricing on admission. brzoo.org

HOSPITAL ORIENTA-TION. Woman's Hospital from 1:30-2:45 p.m. or 3-4:15 p.m. Tour the labor and birth suites, family waiting areas, and Transition Nursery. Free. (225) 231-5475

OYSTER FESTIVAL.

Woldenburg Park, New Orleans, from 10:30 a.m.-8 p.m. Food, music, crafts and contests. nolaoysterfest.org

SENSORY SENSITIVE SUNDAY. Chuck E.

Cheese's at 9 a.m. Opens two hours early with reduced lighting and games for children with autism and other special needs. chuckecheese.com

THE CRUCIBLE AUDITIONS. Theatre Baton Rouge from 6-10 p.m.
The show will be from September 20-October 6. facebook.com

THE SERENGETI RULES.

Manship Theatre at 2 p.m. Academy Award-winning Passion Pictures and HHMI Tangled Bank Studios present one of the most important but untold science stories of our time.

manshiptheatre.org WALKER PERCY WEEKEND. Venues in St. Francisville. Lectures, panel discussions, book study groups, and social events. All-inclusive tickets start at \$45. walkerpercyweekend.org

#### 3 MONDAY

AN EVENING WITH TEMPLE GRANDIN: CONNECTING ANI-MAL SCIENCE AND AUTISM. Pontchartrain Center, Kenner, from 5:30-9 p.m. Tickets are \$60. fhautism.com

coffee shop. Dutchtown Library at 4 p.m.
Teens can hang out and learn the secret behind making a good cup of espresso, discover how a French press coffee pot works, and recreate their favorite coffee shop favorites. myapl.org

DONUT DAY PARTY.

Galvez Library at 2 p.m. Tweens can race donut delivery trucks, play Don't Drop the Donut, and munch on sweet treats. myapl.org

LINE 4 LINE. O'Neils Barber and Beauty Salon. Free haircuts to boys ages 2-16 who read to the barbers. (225) 389-7207

MOMMY AND ME. Baton Rouge General Hospital, Bluebonnet, from 11 a.m.-noon. A continued breastfeeding support and education group to help mothers and babies learn about successes and challenges with breastfeeding. Free. brgeneral.org

MOVEMENT SCULP-TURES. Jones Creek Library at 3 p.m. Teens can try their hands at sculpting using basic foil and clay. (225) 756-1170

STARGAZING FUN.

Dutchtown Library at 10 a.m. Students can enjoy stargazing with the Star-Walk2 app and making a kaleidoscope telescope. myapl.org

TECH WELLNESS WORKSHOP. Eden Park Library at 6:30 p.m. Adults can learn how technology affects their health. (225) 231-3250

#### 4 TUESDAY

AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE. Woman's Hospital from 6:30-9 p.m. For new parents, grandparents, adoptive parents, or other caregivers. Cost is \$35. (225) 231-5475

#### HOPE CHESTS BREAST CANCER SUPPORT GROUP.

Ochsner Hospital from 6-7 p.m. Monthly support group with speakers and light refreshments. ochsner.org

KIDS COOKIE DECO-RATING. The Royal Standard, Highland/Perkins, from 10-11:30 a.m. Class for ages four and up. Cost is \$30.

theroyalstandard.com
MOMMY (OR DADDY)

AND ME FLAMENCO. Arts Council of Greater Baton Rouge from 10-10:45 a.m. For parents and their children ages six months to three years. Class with storytelling, clapping, singing and dancing. artsbr.org PAINTED GALAXY

PAINTED GALAXY
NOTEBOOK. Fairwood
Library at 3:30 p.m.
Teens can create a galaxyinspired notebook using
a composition notebook,
duct tape, and paint.
(225) 924-9385

PARENTS/CAREGIV-ERS NETWORKING

MEETING. Conference call at noon. For parents of children with behavioral issues who need information and support. Access number is 546755#.

(641) 715-3273

ROCKET SCIENCE.

Watson Library at 5:30

p.m. Children ages 5-11 will explore hands-on experiments, build rockets, and launch them. Registration required. (225) 686-4180

SPACE INVADERS.

Denham Springs-Walker Library at 5 p.m. Teens can battle aliens in a lifesized version of the classic arcade game. (225) 686-4140 SPIDER-MAN: INTO THE SPIDER-VERSE.

Manship Theatre at 10 a.m. and 2 p.m. Rated PG. Tickets are \$6. manshiptheatre.org

THRIVING WITH DIABETES: SUPER-MARKET SAVVY. St.

Elizabeth Hospital, Gonzales, from 6-7 p.m. Free workshop. Bring your favorite recipe to make over and share.
(225) 621-2906

#### 5 WEDNESDAY

FRESHHH HEAT. EBR

Main Library at 5:30 p.m. Teen open mic and poetry slam. Free. ebrpl.com HAPPENIN' HEAD-BANDS CRAFT. Zachary Library at 2 p.m. Teens can decorate a headband with ribbon, rhinestones,

and embellishments.
ebrpl.com
I CARE LIVE. Webinar at
noon by the I CARE program with guest speakers.
First Wednesday for the
English version and the

third Wednesday for the Spanish version. icare.ebrschools.org

SAFE SITTER BABYSIT-TER TRAINING. Lane

Regional Medical Center from 8:30 a.m.-3:30 p.m. Program that gives adolescents the skills needed to be safe babysitters. lanermc.org

SCIENCE TELLERS.

Watson Library at 2 p.m. and Denham Springs-Walker Library at 6 p.m. Travel alongside the ScienceTellers during Aliens: Escape from Earth. (225) 686-4180 (Watson) or (225) 686-4140 (Denham)

TOUR FOR TWO (OR MORE). Baton Rouge General Hospital, Bluebonnet, from 6-7 p.m.

#### IN EVERY ISSUE CALENDAR

Free tour of the Birth Center. brgeneral.org

#### **6** THURSDAY

#### ADULT FLAMENCO DANCE CLASS. Arts

Council of Greater Baton Rouge from 6:30-8 p.m. Free class for all levels from beginner to advanced. artsbr.org

#### AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.

Woman's Hospital from 6:30-9 p.m. For new parents, grandparents, adoptive parents or other caregivers.

#### (225) 231-5475 CAPTAIN PICARD

**DAY.** Denham Springs-Walker Library at 6 p.m. Teens can watch Star Trek: Generations and eat popcorn. (225) 686-4140 **ECLIPSE TOTES.** Wat-

son Library at 5:30 p.m.
Teens can make eclipse tote bags and accessories. (225) 686-4180

FIELD DAY. Watson Library at 2 p.m. Children can play field day games, challenges, and crafts. Registration required. (225) 686-4180

#### HOT SUMMER NIGHTS,

cool Jazz. LSU School of Music Recital Hall at 7:30 p.m. Listen to jazz performed by LSU Jazz faculty members and guest artists. Tickets run \$9-19. lsu.edu

#### JUNIOR ASTRO-

NAUTS. Denham
Springs-Walker Library
at 10 a.m. Children can
dig through a sensory bin
and make a planet craft.
Registration required.
(225) 686-4140

NUREYEV. Manship Theatre with a community dance experience from 5:45-7 p.m. and the film at 7:30 p.m. All ages welcome. Tickets run \$9.50-15.50. manshiptheatre.org **SUNSET PADDLE**. BREC's Milford Wampold Park from 7-8:30 p.m. for ages

Wampold Park from 7-8:30 p.m. for ages 12 and older. Enjoy the University Lakes on an evening paddle. \$10-15 per boat. brec.org

#### 7 FRIDAY

BOOK BABIES. Watson Library at 10:30 a.m. Activity for infants through age five with stories, music, and games. (225) 664-3963

**CAPTAIN PICARD DAY.** Starfleet Region 3 Summit, Hilton Baton Rouge Capitol Center, through June 9. Mini Star Trek convention. Cost is \$20-40. qm.region3.org **FAMILY DINNER IM-**PROV SHOW. Manship Theatre at 7:30 p.m. Locally made comedy show. Ages 17 and older. manshiptheatre.org HOT SUMMER NIGHTS. COOL JAZZ. LSU School of Music Recital Hall at 7:30 p.m. Listen to jazz performed by LSU Jazz faculty members and guest artists. Tickets run \$9-19. lsu.edu

#### KIDS MOVIE

NIGHT. WATD, 58015 Plaquemine Street, from 5:30-8 p.m. Teens host a movie night for 8-12 year olds. \$5 includes *The Lego Movie 2*, popcorn, and a

wearethedifference.org **LITTLE WOODS.** Manship Theatre at 7:30 p.m. A modern Western that tells the story of two sisters who are driven to work outside the law to better their lives.

manshiptheatre.org

#### STORIES IN ART. LSU Museum of Art at 10:30

Museum of Art at 10:30 a.m. Free program for children from birth to preschool and their caregivers. Enjoy a book and art project designed to make families comfortable exploring in a museum setting. (225) 389-7207

#### 8 SATURDAY

#### A BABY IS COMING.

Woman's Hospital from 11 a.m.-12:30 p.m. Class designed to help big brother and sister learn about their new sibling's arrival. (225) 231-5475

#### **CAPTAIN PICARD**

DAY. Starfleet Region 3 Summit, Hilton Baton Rouge Capitol Center, through June 9. Mini Star Trek convention. Cost is \$20-40. qm.region3.org

CASA ORIENTATION.
CASA office at 10 a.m.

Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org

CHILDBIRTH CLASS.
Ochsner Medical Center from 8 a.m.-3:30 p.m.
Free class covers pregnancy, pain theories, prelabor signs, postpartum/newborn procedures, and breastfeeding.

CHILDBIRTH PREPA-RATION. Baton Rouge General Hospital, Bluebonnet, from 8 a.m.

(225) 755-4854

Bluebonnet, from 8 a.m.noon. Learn the basics of labor and birth. \$40 per couple. brgeneral.org

#### COMMUNITY CPR CERTIFICATION

**COURSE.** St. Elizabeth Education Building, Gonzales, from 8 a.m.-noon. This course is for anyone interested in learning how to save a life.

(225) 621-2906

#### **CREOLE TOMATO FESTIVAL**. French Market, New Orleans,

from 10 a.m.-7 p.m. Free annual festival. Includes children's activities. frenchmarket.org **DINO DAY**. LASM from 10 a.m.-2 p.m. Dig up dinosaurs and their prehistoric world through hands-on activities and a special lineup of planetar-

#### ium shows. lasm.org FREE FISHING DAYS.

Anglers are allowed to fish on Louisiana public bodies of water through June 9 without a fishing license. takemefishing.org FRIENDS AND FAM-

.m.- and families are invited sof for swimming, music, and snacks. Wristbands are \$8. (225) 216-7474

#### HEALTH AND WELL-NESS FAIR. Cristo

ILY LUAU. BREC's

Liberty Lagoon from 6-9

p.m. Individuals with dis-

abilities and their friends

Rey High School from 10 a.m.-2 p.m. Includes vendors, medical screenings, nutritional plans, healthy samples, a live DJ, fitness demonstrations, and onsite concessions. healthybr.com

IWE FESTIVAL. Southern University from 10 a.m.-2 p.m. Free event hosted by Councilwoman Erika Green through her Imagination Leads nonprofit organization with live music, children's activities, vendors, and authors.

visitbatonrouge.com

#### JUNETEENTH CEL-EBRATION. BREC's

72nd Avenue Park from 9:30 a.m.-1:30 p.m. with food, games, and music in partnership with CADAV. (225) 357-4779

LAMAZE: LABOR OF LOVE. Woman's Hospital

from 8 a.m.-5 p.m. for



**CREOLE TOMATO FESTIVAL**. French Market, New Orleans, from 10 a.m.-7 p.m. Free annual festival. Includes children's activities.

■ frenchmarket.org

# VEEKLY EVENTS



**ADAPTIVE AQUATICS.** BREC's Liberty Lagoon from June 24-27. Classes for ages three and up who are living with disabilities. ■ libertylagoon.com

**ALEX'S LEMONADE DAYS.** June 1-9. Take a stand against childhood cancer with Alex's Lemonade Days. 

alexslemonadedays.org

A UNIVERSE OF STORIES. EBR Libraries through July 31. Summer reading program with a focus on the first moon landing, along with programs and prizes. Registration required. ■ ebrpl.com

**BATON ROOTS DEMO DAYS.** 5509 Winbourne Avenue on Wednesdays from 4-6 p.m. Families can learn about growing their own food, harvesting, and eating healthy. ■ facebook.com/batonroots

**BOOKLOVERS SUMMER.** Ascension Parish Libraries. Summer reading program through August 2. ■ myapl.beanstack.org

**BRBT YOUTH BALLET TOUR.** Area libraries from June 3-11. Baton Rouge Ballet Theatre's Youth Ballet performs *Adventures in Neverland*. ■ batonrougeballet.org

CHILDREN AND TEEN PROGRAMS AT EBR LIBRARIES. Programs include: Harvey Rabbit and Friends, Knox the Miniature Horse, EBRP Sheriff's Office K-9 Unit, and Farmer Minor and Daisy the Reading Pig. ■ ebrpl.com

COOL CAREERS SERIES. EBR Main Library on Wednesdays from June 5-July 17. Free series for teens and 20-somethings. Sessions feature a presentation led by a representative working in an exciting career. ■ careercenterbr.com

**DISNEY'S NEWSIES.** Theatre Baton Rouge from June 14-30. Based on the 1992 motion picture. Tickets run \$19-30. ■ theatrebr.org

**FAMILIES COOKING TOGETHER.** West Baton Rouge Parish Library. Join an agent from the LSU Ag Center to learn how to make healthy meals. Registration required. ■ (225) 342-7920

FREE FRIDAY NIGHTS. LSU Museum of Art from 5-8 p.m. Free admission to the museum. ■ Isumoa.org

MONDAY FUNDAY. Mall of Louisiana through June 17. Event for children and families on good health and wellness. 

malloflouisiana.com

MOVIES AT MAIN. EBR Main Library on Fridays at 7 p.m. Watch a children's movie. Local vendors and food trucks will be on site. Bring a lawn chair or blanket.
■ ebrpl.com

**SLEEPING BEAUTY.** LSU Reilly Theatre from June 1-2 and 8-9. Playmakers of Baton Rouge's rendition of the classic tale. Tickets run \$15.75-21. ■ playmakersbr.org

TRI-PARISH BALLET TOUR. Area libraries from June 10-20. Tri-Parish Ballet performs *The Magic Book Store*. Free. ■ odysseyacademyofdance.com

#### CALENDAR IN EVERY ISSUE

couples wanting to learn how Lamaze techniques assist in labor and birth. womans.org

#### LIFE-SIZED BATTLE-SHIP GAME. Jones

Creek Library at 3 p.m.
Teens can play a life-sized game of Battleship.
(225) 756-1170

#### MID CITY MAKERS MARKET. 541 South

Eugene Street from 4-8 p.m. Makers' booths, food, a bar, a kids' area, and music.

#### midcitymakers.market **MODEL TRAINS.**

Republic of West Florida Historical Museum from 11 a.m.-3 p.m. Free indoor and outdoor model train displays by the Greater Baton Rouge Model Railroaders. (225) 634-3473 PARENT/CHILD SUM-

MER GALA. BREC's Milton J. Womack Park Ballroom from 6:30-8:30 p.m. Children are invited to team up with their parent or guardian for a whimsical night of family togetherness. Event includes music, dancing, food, games, photo opportunities. Cost

### is \$15 per couple. brec.org PARTY FOR THE PLANET: WORLD OCEANS DAY. Audu-

bon Aquarium from 11 a.m.-3 p.m. Learn how humans impact our ocean and marine life while enjoying animal care chats and interactive activities. audubonnatureinstitute.

#### **REEL DADS 2019.**

BREC's Howell Park from 8 a.m.-noon. Children and dads can learn how to set a fishing line, cast a reel, and pull in the big one with competitions and food. eventbrite.com

TYKE HYKE. Woman's Hospital from 9-10:15
a.m. Prepare your three year old for your hospital

stay by taking a tour of the hospital and through practice with baby dolls. Registration required. Cost is \$25. womans.org

#### 9 SUNDAY

#### **CAPTAIN PICARD**

**DAY.** Starfleet Region 3 Summit, Hilton Baton Rouge Capitol Center. Mini Star Trek convention. Cost is \$20-40. qm.region3.org

#### **CREOLE TOMATO**

FESTIVAL. French Market, New Orleans, from 10 a.m.-7 p.m. Free annual festival. Includes children's activities.

#### frenchmarket.org FREE FISHING DAYS.

Anglers are allowed to fish on Louisiana public bodies of water without a fishing license

takemefishing.org

#### GRANDPARENTING

101. Woman's Hospital from 3-5 p.m. Grandparents can brush up on baby skills. Registration required. womans.org

#### HAMPSTEAD STAGE

COMPANY. Galvez
Library at 10:30 a.m. and at Dutchtown Library at 2 p.m. Watch as The Jungle Book comes to life through the use of puppets and masks. myapl.org LITTLE WOODS. Manship Theatre at 2 p.m. A modern Western that tells the story of two sisters who are driven to work outside the law to better their lives.

#### manshiptheatre.org 10 MONDAY

#### **AFTER HOURS AR-**

**CADE.** Galvez Library at 6 p.m. Teens can visit the library after it closes to try their luck at glow-in-the-dark mini golf, magnetic darts, giant board games, Nerf basketball, and Mario Kart. Popcorn

#### IN EVERY ISSUE CALENDAR

and toppings provided. myapl.org



#### **AUTHOR'S STORY-**

TIME. Denham Springs-Walker Library at 10:30 a.m. Summer reading by Michael Verrett, author of How High How Far, followed by a scavenger hunt, crafts, and a meet and greet.

(225) 686-4140

#### PARENTS NIGHT OUT FOR SPECIAL NEEDS REGISTRA-TION DEADLINE. St.

Jean Vianney Church on June 14 from 6:30-9 p.m. for children with special needs ages 2-12 and their siblings. \$5 donation requested. parentsnightout@stjeanvianney.org PREGNANCY 101.

Woman's Hospital from 6:30-9 p.m. Learn how to provide your baby with the best environment for growth and development. Cost is \$25.

(225) 231-5475

#### **TEEN STOMP ROCK-**

**ETS.** Jones Creek Library from 3-4:30 p.m. Teens can design and build their own rockets. Registration required. (225) 756-1170

#### 11 TUESDAY

#### BREASTFEEDING

BASICS. Woman's Hospital from 6:30-8:30 p.m. Learn the benefits of breastfeeding, how to prepare, how to get the baby on the breast, the father's role, and how to

avoid problems. Cost is \$35. (225) 231-5475 CASA TRAINING COURSE. CASA office. Capital Area Court Appointed Special Advocate (CASA) Association holds training. Registration required.

#### (225) 379-8598 CPR FOR FRIENDS AND FAMILY. Baton

Rouge General Hospital, Bluebonnet, from 6-8 p.m. Learn CPR and foreign body airway obstruction techniques for infants and children. \$30 per couple.

brgeneral.org

#### FEEDING BABY FROM BIRTH AND BEYOND.

Woman's Center for Wellness from 6-7 p.m. Free workshop by a registered dietitian/certified lactation consultant on breastfeeding and introducing solid foods. womans.org

#### **NEBULA CRAFTS.**

Denham Springs-Walker Library at 5 p.m. Ages 12 and up can enjoy spaceinspired crafts. (225) 686-4140

#### PARENTS/CAREGIV-ERS NETWORKING

**MEETING.** Conference call at noon. For parents of children with behavioral issues who need information and support. Access number is 546755#.

(641) 715-3273

#### POP UP PAINT FOR

KIDS. The Royal Standard, Highland/Perkins, from 10-11:30 a.m. Class for ages six and up. theroyalstandard.com

#### 12 WEDNESDAY

#### **AUTHOR'S STORY-**

TIME. Watson Library at 10 a.m. Summer reading by Ariane O'Pry Trammell, author of Couillon the Crawfish and Cicada's

Song, followed by a scavenger hunt, crafts, and a meet and greet. (225) 686-4180

#### CASA ORIENTATION.

CASA office at 4 p.m. Capital Area Court Appointed Special Advocate (CASA) Association orientation. casabr.org

#### **GROCERY STORE**

**TOUR.** Rouses, Bluebonnet, from 10-11 a.m. A grocery tour to learn how to choose fresh and healthy foods, and how to understand confusing nutrition labels.

brgeneral.org

#### LUNCHTIME LA-GNIAPPE. Capitol Park Museum at noon. Joe

Rockfort, a World War II veteran serving in the European theater, was part of the D-Day invasion, and he will speak in remembrance of the 75th anniversary.

downtownbatonrouge.org

#### 13 THURSDAY



#### AMAZING GRACE.

Manship Theatre at 7:30 p.m. A 2018 concert film featuring Aretha Franklin. manshiptheatre.org

#### BABY FOOD BASICS.

Baton Rouge General, Bluebonnet, from 6:15-7:30 p.m. Class for parents preparing to introduce their infants to solid foods.

brgeneral.org

CRIME LAB TOUR FOR TEENS. EBR Main

#### DATE NIGHT



IT'S THE CIRCLE OF LIFE. Beat the summer heat and dip into a movie theater near you to see *The Lion King*. Whether you choose AMC, Movie Tavern, or Celebrity Theatres, you and your special someone can relive the Disney classic in an entirely new way—in live action. Make your time together count by planning a dinner before or after the flick to allow yourself a chance to talk and reconnect.

movies.disney.com



TIME TO TIKI TUBE. Put on your sunscreen, your swimsuit, and don't forget to wear a floppy hat because this relaxing date requires all of the above. Float down the river at Tiki Tubing on Friday, Saturday, or Sunday, all while basking in the summer sun and enjoying the peace and quiet with your love. Located in Denham Springs, this date idea is one you will want to do again and again, and you can enjoy a drink together while on the water. 

tikitubing.com



**DINING AND STARGAZING.** For an out of this world evening, have dinner and go stargazing at BREC's Highland Road Park Observatory. This starrific date idea allows you to grab a bite to eat without your children before heading to the park to enjoy the view of the stars at night through their Evening Sky Viewings. On special evenings, you can even indulge in some s'mores with your sweetie.

■ bro.lsu.edu



#### ROCKETKIDZ ROOKIES TRIATHLON

Liberty Lagoon

June 1 | 8-10:30 a.m.

#### **ZOO GUEST APPRECIATION DAYS**

Baton Rouge Zoo

June 1-2 | Regular Zoo Hours

#### PARENT/CHILD SUMMER GALA

Milton J. Womack Park

June 8 | 6:30-8:30 p.m.

#### JUNETEENTH CELEBRATION

72nd Ave. Park (Exxon/Howell Place Gym)

June 8 | 9:30 a.m.-1:30 p.m.

Gus Young Park

June 15 | noon-4 p.m.

#### **GEAUX VELO DAY**

Perkins Road Extreme Sports Park

June 15 | 6-9 p.m.

#### **WORLD'S LARGEST SWIM LESSON DAY**

Liberty Lagoon

June 20 | 8-9 a.m. + 6:30-7:30 p.m.

#### **FLOWRIDER FLOW TOUR**

Liberty Lagoon

June 22 | 8a.m.-8p.m.

#### DOG DAY AT THE SWAMP

Bluebonnet Swamp and Nature Center

June 22 | 9 a.m.-5p.m.

#### ARRL FIELD DAY

Highland Road Park Observatory

June 22 | 2-10 p.m.

#### RED, WHITE AND ZOO DAY

Baton Rouge Zoo

June 29 | Regular Zoo Hours

#### ASTEROID DAY

Highland Road Park Observatory

June 29 | 7-10 p.m.

#### SUNDAY FUNDAYZ

Liberty Lagoon

June 30 | noon-6:30 p.m.



PLAY. DISCOVER. GROW.

TO VOLUNTEER AT THESE OR OTHER EVENTS 🖾 VOLUNTEER@BREC.ORG

**f ☑** BREC.ORG/THISMONTH

#### IN EVERY ISSUE CALENDAR

Library at 2 p.m. Field trip for teens at the Crime Lab of the Louisiana State Police Department. Registration required. (225) 231-3750

#### **LULU AND BEAN STO-**

RYTIME. Lulu and Bean at 9:30 a.m. Babies and toddlers can enjoy 20-30 minutes of free interactive fun with a storyteller. luluandbeanbr.com

#### **NIGHT TIME STORY-**

**TIME.** West Baton Rouge Library at 6:30 p.m. Read, sing, clap, and dance to nursery rhymes and action songs.

(225) 342-7920

SELF-DEFENSE TACTICS. Jones Creek Library at 6:30 p.m. A free safety and self defense class for adults. Presented by Deputy Antonio Carter. (225) 756-1150

STAR STUFF. Denham Springs-Walker Library at 10:30 a.m. Ages 8-11 can discover the mysteries of the Cosmos while creating a sun catcher, snacking on a popcorn constellation, and playing a game of Catch a Star.

(225) 686-4140

#### 14 FRIDAY

Flag Day

#### BREASTFEEDING SUPPORT GROUP.

Woman's Hospital from 9:30-11 a.m. Learn from a certified lactation nurse and other moms about their own successes and challenges with breastfeeding. Free. (225) 231-5475

#### DINNER AND A

**ZOOVIE.** Audubon Zoo with the Cool Zoo/Gator Run open from 6-8 p.m. and the movie, *Jurassic World: Fallen Kingdom*, starting at 8 p.m. Bring your own dinner or dine at the Zoo. Movie tickets run \$6-8 and the Cool Zoo is \$7. audubonnature-institute.org

#### PARENTS NIGHT OUT FOR SPECIAL NEEDS.

St. Jean Vianney Church from 6:30-9 p.m. for children with special needs ages 2-12 and their siblings. Registration requested. \$5 donation requested. parentsnightout@stjeanvianney.org SPACE CAMP. Watson Library at 5:30 p.m. Children ages 5-11 can test their space skills to earn Space Cadet status. Registration required. (225) 686-4180

#### 15 SATURDAY

#### BATON ROUGE PRIDE

FESTIVAL. Raising Cane's River Center from noon-7 p.m. Familyfriendly indoor LGBTQ pride celebration with a resource fair.

#### batonrougepride.org BODY BASICS FOR

BOYS. Woman's Hospital from 9:30-11 a.m. Preteen boys and their dads/moms can learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves.

(225) 231-5475

#### FAFSA COMPLETION WORKSHOP. Blue-

bonnet Library from 10 a.m.-3 p.m. A representative from the Louisiana Education Loan Authority will assist parents and students in filling out their FAFSA forms.

carmichael@lela.org
GARDEN FEST. Burden
Center from 8 a.m.-1
p.m. Family-friendly
festival with hayrides,
vegetable and food tastings, omelets, food trucks,
educational sessions,
Touch a Tractor, and water
slides. Tickets are \$5 with
children three and under
admitted free. Isu.edu
GEAUX VELO DAY.

BREC's Perkins Road Community Park from 6-9 p.m. Free event with 10 bikes available to try, including experienced velodrome riders who will give tips. Includes music, snacks, and drinks. brec.org

JUNETEENTH CELE-BRATION. BREC's Gus Young Avenue Park from

noon-4 p.m. with food, games, and music. (225) 926-5848

#### LIGO SCIENCE SAT-URDAY: SCIENCE OF

COLOR. The Laser Interferometer Gravitational Wave Observatory from 1-5 p.m. Tour the facility, talk to a LIGO Scientist, and explore and interact with exhibits.

ligo.caltech.edu

(225) 231-3750

PARAGUAYAN HARP CONCERT. EBR Main Library at 2 p.m. Harpist Nicolas Carter performs with a repertoire of Latin American harp music with humorous storytelling.

#### SATURDAY MORN-ING MOVIES: LUIS

AND THE ALIENS. East Iberville Library, St. Gabriel, from 10 a.m.-noon. Children and pre-teens are invited to watch a movie at the library. (225) 642-8380

#### SHADES OF GRAY.

Upstage Theatre, 9401 Cortana Place, at 7 p.m. Enjoy an evening of laughs with Joe Carter who is 70 years old, retired, and bored. upstagetheatre.biz SING INTO SUMMER. Louisiana Children's Museum from 11 a.m.-3:30 p.m. Kick off summer learning with music activities that develop language skills. lcm.org

SOUTHERN SOUL EX-TRAVAGANZA. Raising Cane's River Center at 7 p.m. An evening of soulful entertainment. raisingcanesrivercenter.com

#### STUDIO SATURDAYS.

LASM at 2 p.m. Handson workshop for children and their accompanying adults. Learn about biodiversity and animal extinction. Registration required. lasm.org

TEEN TRIVIA IN SPACE. Jones Creek Library from 3-4:30 p.m. Teens can play in a trivia contest to test their knowledge of space and sci-fi. (225) 756-1170

THE DAY THE WAR STOPPED. Venues

throughout St. Francisville from 9:30 a.m.-11 p.m. Annual Civil War reenactment. stfrancisvillefestivals.com

#### 16 SUNDAY

Father's Day

#### **FATHER'S DAY AT THE**

**ZOO.** BREC's Baton Rouge Zoo. Celebrate your dad with dad-andme themed Safari Amphitheatre programs, games, and crafts. brzoo.org

#### ONE NIGHT ONLY

**GALA.** Lyceum Ballroom with doors open at 6 p.m. and performances at 7 p.m. Ladies perform soul, jazz and R&B songs from the heart. nvtarts.org

#### THE HELIS FOUNDA-TION FREE SUNDAY.

Louisiana Children's Museum, New Orleans, from noon-5 p.m. Complimentary admission with yoga



**FEEDING BABY FROM BIRTH AND BEYOND.** Woman's Center for Wellness from 6-7 p.m. Free workshop by a registered dietitian/certified lactation consultant on breastfeeding and introducing solid foods. •womans.org

and fun programming. lcm.org

#### 17 MONDAY

#### AN EVENING WITH CLAUDIA GRAY.

Denham Springs-Walker Library at 5:30 p.m. An evening for teens and adults with New York Times best-selling author Claudia Gray. Hear excerpts from her Star Wars novels. Stay after for a Q&A session and book signing. (225) 686-4140 LIFE-SIZED BOARD GAMES. EBR Main Li-

brary at 2:30 p.m. Teens can play life-sized board games, including Jenga, Kerplunk, and Hungry Hungry Hippos.

#### **NIGHT SKY ART.**

Galvez Library at 4 p.m. Teens can create a work of art featuring the night time sky. myapl.org

#### TEEN SABOTAGE ON THE SPACE STATION: BREAKOUT EDU. Jones

Creek Library at 2:30 p.m. and 3:30 p.m. Find clues and solve puzzles before time runs out and the station plummets down to Earth. (225) 756-1170

#### 18 TUESDAY

#### HAT TRICK MAGIC.

Ascension Parish Libraries.
Magic tricks with David
LeBoeuf. myapl.org
LET'S BLOW STUFF UP.

Denham Springs-Walker

Library at 5 p.m. Teens can do science experiments with the spontaneous combustion of elements.

(225) 686-4140

PREPARING FOR DELIVERY. Woman's Hospital. Class today and June 20 from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. (225) 231-5475

#### SPACE INVADERS.

Watson Library at 5:30 p.m. Teens can battle aliens in a life-sized version of the classic arcade game. (225) 686-4180

#### TEA PARTY ETI-QUETTE CLASS. The

Royal Standard, Highland/ Perkins, from 2-3:30 p.m. Class for ages 6-11. Children will share in "high tea," enjoying lemonade in porcelain teacups and finger sandwiches and tea cakes. Cost is \$30. theroyalstandard.com

#### 19 WEDNESDAY

#### ALIEN ROAD TRIP.

Denham Springs-Walker Library at 2 p.m. Blast off at this family-friendly program, including an Alien Road Trip puppet show and alien dress up craft. (225) 686-4140 **HAMPSTEAD STAGE** COMPANY. Watson Library at 2 p.m. Soar through the stars in this compilation of Greek myths. (225) 686-4180 I CARE LIVE. Webinar at noon with guest speakers. icare.ebrschools.org

#### 20 THURSDAY

#### **BILINGUAL STORY-**

**TIME.** Gonzales Library at 6 p.m. An interactive storytime that is presented entirely in English and Spanish with stories, songs, and active play, followed by an easy craft. myapl.org

BINGO © THE LIBRARY. Jones Creek Library from 6:30-8:30 p.m. Event with monthly themes. Prizes will be awarded. (225) 756-1150 HAMPSTEAD STAGE COMPANY. Denham

**COMPANY.** Denham Springs-Walker Library at 2 p.m. Soar through the

stars in this compilation of Greek myths. (225) 686-4140

#### HAMPSTEAD STAGE WORKSHOP: STAGE

**COMBAT.** Denham Springs-Walker Library at 4 p.m. Special workshop for ages 5-11. (225) 686-4140

HOT SUMMER NIGHTS, COOL JAZZ. LSU School of Music Recital Hall at 7:30 p.m. Listen to jazz

7:30 p.m. Listen to jazz performed by LSU Jazz faculty members and guest artists. Tickets run \$9-19. Isu.edu

#### PFLAG SUPPORT

**GROUP.** Unitarian Universalist Church at 6:30 p.m. Support group for friends and families of LGBT.

unitarianchurchbr.com
PREPARING FOR

DELIVERY. Woman's Hospital from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. (225) 231-5475

**STAR STUFF.** Watson Library at 5:30 p.m. Ages 8-11 can discover the mysteries of the

Cosmos while creating a sun catcher, snacking on a popcorn constellation, and playing a game of Catch a Star.
(225) 686-4180

CALENDAR IN EVERY ISSUE

#### SUNSET PADDLE.

BREC's Milford Wampold Park from 7-8:30 p.m. for ages 12 and older. Enjoy the University Lakes for an evening paddle. \$10-15 per boat. brec.org

#### TEEN STOP MOTION ANIMATION. Jones

Creek Library from 3-4:30 p.m. Teens can try their hands at making stop-motion films. (225) 756-1170

#### WORLD'S LARGEST SWIM LESSON DAY.

BREC's Liberty Lagoon from 8-9 a.m. and 6:30-7:30 p.m. Free event limited to 100 participants. libertylagoon.com

#### 21 FRIDAY

ALADDIN, JR. LSU Shaver Theatre at 7 p.m. Performed by New Venture Theatre. newventuretheatre.org BOWLING FOR RHI- **NOS.** Circle Bowl from 6-9 p.m. Annual event to help rhino conservation with bowling and a silent auction. brzoo.org

#### CASA ORIENTATION.

CASA office at noon. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org

#### DINNER AND A

**ZOOVIE**. Audubon Zoo, New Orleans, with the Cool Zoo/Gator Run open from 6-8 p.m. and the movie, *Spider-Man:* Into the Spider-Verse, starting at 8 p.m. audubonnatureinstitute.org

#### **HBCU 5K PRIDE.**

Pennington Biomedical Research Center at 7 p.m. runsignup.com

HOT SUMMER NIGHTS, COOL JAZZ. LSU School of Music Recital Hall at 7:30 p.m. Listen to jazz.

Isu.edu
PLAY 4 ALL. Knock
Knock Children's
Museum from 5-7 p.m.
Program for children
with sensory processing
differences, disabilities,

and developmental delays



**FATHER'S DAY AT THE ZOO.** BREC's Baton Rouge Zoo. Celebrate your dad with dad-and-me themed Safari Amphitheatre programs, games, and crafts. •brzoo.org

#### IN EVERY ISSUE CALENDAR

with a less crowded environment, trained staff, light and sound reduction, and quiet rooms.

knockknockmuseum.org
SAFE SITTER COURSE.

Woman's Hospital from 9 a.m.-3:30 p.m. Sitter can learn safety skills, first aid and rescue skills, life and business skills, and child care skills.

(225) 231-5475

#### 22 SATURDAY



#### AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.

Woman's Hospital from 12:30-5:30 p.m. Cost is \$35. (225) 231-5475 **ALADDIN, JR.** LSU Shaver Theatre at 2 p.m. and 7 p.m. and June 23 at 3 p.m. Tickets run \$15-20. nvtarts.org

#### ARRL FIELD DAY.

BREC's Highland Road Observatory from 2-10 p.m. The Baton Rouge Amateur Radio Club shares the joys and importance of ham radios. brec.org

#### BANDITO FOOD AND MUSIC FESTIVAL.

Galvez Plaza from 11 a.m.-11 p.m. Music, tacos and BBQ. Benefits Behind the Line.

banditofestival.com CLAY WORKSHOP.

The ARTistico Express from 4-6 p.m. Children can make a Minion, unicorn, or pineapple holder. Includes refreshments. (225) 756-4996

#### CREATIVE IN RESI-DENCE: SPACE ODYS-SEY STOP MOTION.

Knock Knock Children's Museum at 10 a.m. Join animator, ceramicist, and teaching artist Quaja Bell to learn about different forms of stop motion animation.

knockknockmuseum.org

#### EVIDENCE BASED BIRTH LIVE! IN

LOUISIANA. Covington from 9 a.m.-noon. Learn about Evidence Based Maternity Care and the Evidence on Waterbirth. eventbrite.com

FLOWRIDER FLOW TOUR. BREC's Liberty Lagoon from 8 a.m.-8 p.m. A flow-boarding tour featuring the world's best riders. libertylagoon.com

**KIDS' HEALTHY FUN FEST.** Mall of Louisiana from 10 a.m.-1 p.m. Ever

from 10 a.m.-1 p.m. Event for children and families. Free. malloflouisiana.com

#### PARTY FOR THE PLANET: POLLINA-TION CELEBRATION.

Audubon Butterfly Garden and Insectarium from 11 a.m.-3 p.m. Learn about the relationship between animal, plant, and human life. audubonnatureinstitute.org

#### 23 SUNDAY

ALADDIN, JR. LSU
Shaver Theatre at 3
p.m. Tickets run \$15-20.
newventuretheatre.org
LOOK UP TO THE
STARS. EBR Main
Library at 7 p.m. Astronomer Kevin Manning will
lead a presentation.
ebrpl.com

#### 24 MONDAY

#### NO BAKE TREATS.

Galvez Library at 4 p.m. Teens can try out new recipes that are easy to recreate at home. myapl.org

#### SAFE SITTER COURSE.

Woman's Hospital from 9 a.m.-3:30 p.m. Sitters learn safety, first aid and rescue, and business skills. (225) 231-5475

#### **25** TUESDAY



#### ART BOT BUILDERS.

Watson Library at 2 p.m. Children can learn to build Art Bots. (225) 686-4180 BODY BASICS FOR

GIRLS. Woman's Hospital from 6:30-8 p.m. Preteen girls will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves.

(225) 231-5475 BREASTFEEDING BA-SICS. Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Course on the advantages, how to care for yourself while breastfeeding, and proper techniques. brgeneral.org **CUPCAKES AND** 

CUPCAKES AND
CANVAS. The Royal
Standard, Highland/
Perkins, from 10-11:30
a.m. Class for children.
theroyalstandard.com
WATERCOLOR GALAXIES. Denham SpringsWalker Library at 5 p.m.

Walker Library at 5 p.m.
Teens can learn the use
of watercolor techniques
with local artist Winnie
Hughes. mylpl.info

#### 26 WEDNESDAY

**GROCERY STORE TOUR.** Rouses, Juban

Crossing, from 10-11 a.m. Grocery tour to learn how to choose fresh and healthy foods, and how to understand confusing nutrition labels.

NO-SEW T-SHIRT TOTE BAG. Zachary Library at 2 p.m. Teens can learn how to transform a T-shirt into a bag. Registration required. ebrpl.com

#### 27 THURSDAY

LA LECHE LEAGUE OF BATON ROUGE MEETING. Java Mama at 10:30 a.m. facebook.com SPACE CAMP. Denham Springs-Walker Library at 5:30 p.m. Children ages 5-11 can test their space skills to earn Space Cadet status. Registration required. (225) 686-4140 WATERCOLOR GAL-AXIES. Watson Library at 5:30 p.m. Teens learn the use of watercolor techniques with Winnie Hughes. Registration

#### required. mylpl.info 28 FRIDAY

#### CASA ORIENTATION.

CASA office at 3 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation casabr.org

GUMBO AND ALL THAT JAZZ. Pontchartrain Convention and Conference Center. louisianadancesport.org JUNIOR ASTRO-

NAUTS. Walker Library



**WORLD'S LARGEST SWIM LESSON DAY**. BREC's Liberty Lagoon from 8-9 a.m. and 6:30-7:30 p.m. Free event limited to 100 participants per session. •libertylagoon.com

#### CALENDAR IN EVERY ISSUE

at 1 p.m. Children up to age seven can dig through a sensory bin and make a planet craft. Registration required. (225) 686-4180

#### **29** SATURDAY

#### ASTEROID DAY.

BREC's Highland Road Park Observatory from 7-10 p.m. Free. (225) 768-9948 FRIED GREEN TOMA-TOES: THE PLAY. City of Plaquemine Activity Center at 7 p.m. wearethedifference.org **GUMBO AND ALL** THAT JAZZ. Pontchartrain Convention and Conference Center. louisianadancesport.org **MOVIES AND MU-**SIC ON THE LAWN. BREC's Baton Rouge

Gallery, City Park, at

8:30 p.m. Monthly

event. Tonight's movie is The Last Laugh with music played by Wumbo. batonrougegallery.org **RED, WHITE AND ZOO DAY. BREC'S** Baton Rouge Zoo. Includes Safari Amphitheatre programs, games, and crafts featuring red, white, and blue zoo animals. brzoo.org SWAMP POP. Lamar Dixon Expo Center from 3-11 p.m. Swamp Pop bands with dancing. 1045espn.com

#### **30** SUNDAY

FRIED GREEN TOMA-TOES: THE PLAY. City of Plaquemine Activity Center at 2 p.m. On one of Evelyn Couch's Wednesday nursing home visits, she encounters Ninny Threadgoode, a colorful old woman who brightens Evelyn's outlook by sharing tales from her past. Tickets are \$15-20. wearethedifference.org

FUN DAYZ. BREC's Liberty Lagoon from noon-6:30 p.m. Arts and crafts, games, creatures, and other special features while supplies last. libertylagoon.com **GUMBO AND ALL** THAT JAZZ. Pontchar-

train Convention and Conference Center. Ballroom and dancesport competitors from 20+ states compete in this national qualifying event. louisianadancesport.org **OUTLAWS AND REN-**

EGADES TOUR. Raising Cane's River Center at 7 p.m. Features Travis Tritt, Charlie Daniels Band and Cadillac 3. raising-

canesrivercenter.com **TEEN ANIME YOUR WAY.** Jones Creek Library from 2:30-3:30 p.m. Carlos Nieto III presents a comprehensive step-by-step draw-

ing program.

(225) 756-1170

#### **EDITOR'S NOTE**

Occasionally the date or location of an event may change after publication. Always phone ahead or check website to confirm important information.

#### **SUBMISSIONS**

Baton Rouge Parents Magazine welcomes submissions of events of interest to families. Send all calendar submissions to:

calendar@brparents.com.

Include: dates, times, location with address, recommended age, cost, public telephone number, website address, and photos.

Submit information for the July calendar by June 8, 2019.





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#### IN EVERY ISSUE THE LAST WORD

#### The Power of Dad's Magic

By Lisa A. Beach

s a mom, I'm aware of my own amazing mystical abilities within my family—the X-ray vision, the omniscient awareness, the keeper of insider information (like where we keep the oven mitts). But it took me a while to recognize my husband's magical powers. The lightbulb moment for me occurred on a typical Saturday morning, with my husband downstairs watching a soccer game he'd recorded the night before. In the next room—and this is key—my two boys eat breakfast while discussing their daily "who-gets-to-play-videogames-first" strategy.

Since I had just gotten out of the shower, I'm upstairs putting on makeup and blow drying my hair. The second I turn the blow dryer on, my younger son, Parker, pops his head into the bathroom.

"Mom?"

Blow-dryer off.

"What's up, Parker?" I ask.

"I did all my chores. Can I play video games?" he explains.

"Sounds good to me," I reply.

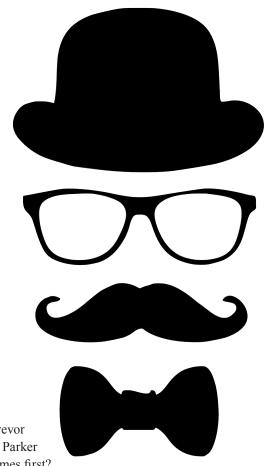
Parker dashes down the stairs to turn on the PS4.

Blow dryer on. Four seconds go by.

"Mom!" another voice beckons a bit frantically.

Blow dryer off.

"What's up, Trevor?" I ask, already knowing exactly where this conversation is going.



"That's not fair!" Trevor whines. "Why does Parker get to play video games first? I did all my chores, too."

"Well, I guess because he asked me first. Why didn't you just ask Dad? He's downstairs watching the soccer game."

"Oh, I didn't see him," Trevor replies.

Didn't see him, he says.

Didn't hear the TV blaring in the room right next to the kitchen where Trevor just came from. Didn't notice Kevin yelling, "He was OFFSIDES!" And that's when it hit me—Kevin was dressed in his Invisibility Cloak.

Over all those years, thousands upon thousands of times, when the boys ran to me for help or permission or protection (from each other), they sought me outeven though my husband was within arm's reach. Why? They simply didn't see him.

The Invisibility Cloak concealed my husband like Harry Potter trying to escape the clutches of Voldemort. It veiled him from the always-needing-me Muggles so they'd walk right past him in search of me.

Like having your sight restored after years of blindness, it all became so clear now. The verbal battles I refereed, the split-decision judgments I rendered, the permission-granting wishes I delivered like anticipated birthday gifts. All these requests from my kids occurred—not because I was their favorite parent, as I had begun to foolishly believe—but because of my husband's covert presence in the house. I had even been duped by Dad's Magic.

Hold on a minute...those times when my husband claimed he "didn't notice" the laundry basket at the bottom of the stairs waiting to be carried up, the garbage bag waiting to be taken outside, or the cat vomit waiting to be cleaned up, it wasn't the ol' Invisibility Cloak trick, was it?

Darn, my husband even used his magic on me. He's good. ■



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#### IN EVERY ISSUE SNAPSHOTS









#### WANT TO SEE YOUR CHILD'S PICTURE HERE?

Go to brparents.com and click on the blue "Upload Snapshots" button to submit photos for consideration. All photos must be at least 1MB in size. "Pic of the Month" photos are chosen at random and must be at least 5MB in size.

All photos become property of *Baton Rouge Parents Magazine*.

## THE COVER KID EVENT

Saturday, August 3 • 10 a.m.-4 p.m. The Tracy Center



This year, we are adding a marvelous market to our greatly anticipated event. Promote your business from 10 a.m. to 4 p.m. at The Cover Kid Event. This is our biggest event of the year and booths are selling quickly, so don't miss out! For more information, call Laurie at (225) 292-0032 or visit broarents.com.

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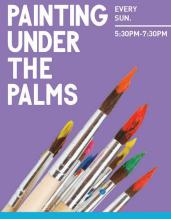














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