

# North Shore Children & Families

**FREE!**

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*Happy Valentine's Day!*



FEBRUARY 2016

From the Publisher & Editor

# It's Time to Start Thinking About Summer Camps & Programs!

by **Suzanne Provencher, Publisher/Editor**

Hello again, dear readers! I hope you all enjoyed the holidays – and that 2016 is filled with blessings and all things good for you and your family. As you all enjoy the rest of the winter, it's also time to start thinking about Summer Camps & Programs!

In this issue – we kick off our **9<sup>th</sup> Annual Summer Camps & Programs Showcase series for 2016 – the largest camp showcases and family-friendly resource in print on the North Shore!** Whether you are a parent looking for information, ideas and options for your children this summer – or you have a summer camp or program that needs summer enrollments (and an effective and efficient way to reach local, North Shore parents) – you won't want to miss our upcoming issues! In most cases, even one enrollment will more than cover the cost of each ad – and we have over 50,000 readers throughout the North Shore, your target demographic audience (local parents with children). Most of our camps have been advertising in our showcases since we started this popular feature in 2008, simply because we deliver results for their business each and every year. We welcome you to reach more North Shore parents and boost your summer enrollments with us this year! Our camp showcases continue in our March, April, May and Summer (June/July) issues and we offer an online camp directory option for our print advertisers only.

**North Shore Children & Families** is the largest distribution, local parenting publication on the North Shore, since 2007. We distribute more publications throughout the North Shore than any other local parenting publication. You can find us from the Woburn area – north along route 93 to the NH border – east through the Merrimack Valley area and to Newburyport and Salisbury – south to Cape Ann – then back east along the shore as far as the Boston border – and everywhere in between. We've got the North Shore covered!

**To advertise your summer camp or program in our March issue showcase, please see page 11 and contact me by February 10 at [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) or 781.584.4569.**

**Attention North Shore Schools:** If your school needs a better, regular way to communicate with North Shore parents – check out our Annual Planner Program house ad on page 14! Schools who advertise 6-9x per year or in all 10 issues receive a larger discount – and schools who run a ¼ page or larger ad in every issue for a year, 10x, earn a full page feature editorial bonus – an \$1,800 value! Tell our North Shore parents about your school and all you have to offer area students. One new student will more than cover your entire annual advertising program in North Shore Children & Families. You can't afford to miss out this year!

For the school year 2015 – 2016, the national average tuition for private elementary school is \$8,441 per year and the private high school average is \$12,900 per year; the average private school tuition in Essex County, MA is \$13,395 for elementary schools and \$24,598 for high schools ([www.privateschoolreview.com](http://www.privateschoolreview.com)). With one new student in a year, our advertisers' return on investment affords **TWO FULL PAGE ADS IN EVERY ISSUE** for a year – that's 20 ads! To compare, it would cost advertisers that much to run up to 3 ads in a local, glossy, expensive magazine with less targeted distribution. Get more for less in the pages of North Shore Children & Families!



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In closing, I urge you to share the love this Valentine's Day. It's the time of year to remember those who love you and those whom you love – and the time to take advantage of this opportunity to reach out and touch them where it matters most. In our busy lives, we sometimes forget to say, “I love you” – and February 14 gives us that chance and reminds us to express love to the people who are most important to us.

Thanks so much for sharing some time with us again this month – and as always, I truly hope you enjoy this issue.

**Happy Valentine's Day from Our North Shore Family to Yours!**

*Until next time –*

♥ **Suzanne**



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# Recognizing Seasonal Affective Disorder (S.A.D.) in Youth

by Dr. Kate Roberts

Mary was 12 years old and in the seventh grade. She had a reputation for being a high achiever with many interests. Once Halloween hit and daylight saving time ended, her parents noticed that she wasn't her typically chipper and energetic self. Known as a social butterfly, she began to avoid being with her friends. She was someone who had been at risk for overextending herself by signing up for multiple simultaneous activities and now it seemed that she didn't want to participate in any of them. Instead, she complained of being tired all the time. Her favorite activity had become taking an afternoon nap. Mary's parents noticed her school work piling up and her decreased motivation and interest to complete



her work. When they confronted her, she became irritable, angry and tearful, often all at the same time. Her parents backed off for awhile hoping that she would recharge over Thanksgiving break. Instead, they saw a further decline in her interests and

energy. As the cold weather came, they began to argue with her to do simple things like go out to dinner or shopping, things that she typically really enjoyed. Her parents thought she was going through hormonal changes, but come January when they still didn't see an improvement, they made an appointment with her pediatrician. Mary was diagnosed with Seasonal Affective Disorder (S.A.D.) and her parents were very surprised to learn that she was actually suffering from an illness associated with depression.

Seasonal Affective Disorder (S.A.D.) is a mood disorder associated with depression and related to seasonal

variations in light. S.A.D. impacts 10-20 percent of the population. According to the National Mental Health Association, the most difficult months for S.A.D. sufferers are January and February, and younger persons and women are at higher risk.

The way it works is that the lack of sunlight causes shifts in our biological internal clocks, also known as our Circadian rhythms. Melatonin, a sleep-related hormone secreted by the pineal gland in the brain, is produced at increased levels in the dark. And this increased melatonin may result in increased depression.

Like all illnesses, S.A.D. symptoms can range from mild to severe. Milder symptoms minimally interfere with someone's ability to participate in

*Continued on page 4*

## North Shore Children & Families



www.northshorefamilies.com  
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for our upcoming deadlines.

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### 2016 PUBLISHING SCHEDULE

Issue	Ad Space Deadline* (for ads that need production help)	Ad Space Deadline (for completed ads**)
March	noon, 2/10	noon, 2/12
April	noon, 3/16	noon, 3/18
May	noon, 4/13	noon, 4/15

\*Also the due date for ad materials/ad copy changes for ads that we produce or revise.

\*\* Completed ads are due the Tuesday following the final, Friday, ad space deadline.

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## Recognizing Seasonal Affective Disorder

*Continued from page 3*

everyday activities, while more severe symptoms can be significantly more problematic. The symptoms of S.A.D. are the same as those of depression, but occur only for a few months each winter (for at least 2 years in a row) and not at other times of the year. Symptoms of S.A.D. may include:

- Mood changes, such as sadness, irritability, hopelessness, worthlessness and negative thinking that last for the majority of a person's day for at least two weeks at a time.
- Loss of interest in things that are typically enjoyable.
- Low energy and inability to complete simple tasks that are typically easy.
- Changes in sleep, such as oversleeping.
- Changes in eating with increased craving for carbohydrates and a tendency to eat comfort food, resulting in weight gain.
- Difficulty concentrating, completing tasks and work avoidance.
- Social isolation and resulting guilt for letting others down and possible ruminations over choices.
- Indecisiveness regarding simple decision making.

### What can parents do?

Here are a few things you can do if your child or teen has been diagnosed with S.A.D.:

- First, make sure if your child is exhibiting the signs of winter blues that you take them to get checked out by a physician.
- Once diagnosed, get them treatment and play an active role in helping them feel better.
- Teach your child about S.A.D.. Explain it as winter blues that cause depression and explain that it is temporary.

- Help motivate your child towards activity by spending time doing activities with them. They may be resistant so they'll need a supportive adult to go outdoors for a walk with them, for example.
- Provide extra attention. Spend extra time with your child doing something that they will enjoy and that will help to boost their mood and allow them to feel supported.
- Manage frustration. Be patient and try not to expect your child to feel better quickly, even if they are getting help. S.A.D. is seasonal and it often lasts in one form or another for the duration of winter, but not longer.
- Expect setbacks. Your child may seem to be kicking it and then a stressor enters their life and they are back to the blues again. Be supportive during these tough times.
- Help with school work. Take a more active and supportive role, structuring their homework with breaks and rewards for their efforts.
- Help your child to eat right. Eating healthy foods helps maintain energy even when they are down. Provide plenty of whole grains, vegetables, fruits and water.
- Establish a sleep routine. Encourage your child to stick to a regular bedtime every day to reap the mental health benefits of daytime light. Avoid naps if possible and instead get to bed early so as to keep your child active during daytime hours.
- Offer reassurance. Offer perspective by telling your child that it will get better. Children don't have the experience to know that along with life, moods do fluctuate; they may be scared that they will always feel this low. Tell them you love them and that you don't think less of them because of their S.A.D..

*Dr. Kate Roberts is a psychologist and parent coach on the North Shore with offices in Wenham and Salem. [www.drkateroberts.com](http://www.drkateroberts.com).*



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## Ask Dr. Kate

## Q&amp;A for North Shore Parents

**How Can I Help Make My Teen Feel More Confident?**

**Question:** Dr. Kate, my 15 year old teenage daughter is very insecure and as a result, I see her making bad choices to gain approval from her friends. How can I help her to feel more confident?

**Answer:** We all have things about ourselves that we wish we could improve on. It's perfectly normal to question our choices and wonder about some of our decisions and outcomes. Questioning ourselves differs from insecurity, which stems from an internal sense of self-doubt.

Insecurity results when a person feels unsafe inside. Insecure people attempt to impress or gain approval from the outside world to make themselves feel better. Their internal ability to be self-reliant regarding their choices, actions and decisions is lacking.

Teenage years breed insecurity and self-doubt because teens haven't yet formed their character. As part of their development, youth are tasked with having to develop self-reliance and independence from their parents and families. When teens begin to feel that they are capable on their own, their insecurities begin to diminish. There are breakthrough moments that may promote internal confidence. For example, a teen makes a difficult choice and decides not to attend a party where they know drugs and alcohol will be present. Their decision to stay away is validated when the party is busted and the parties have to face serious consequences.

Developing a strong internal sense of security is difficult during the teen years because of the physical changes that many teens experience. Fluctuating hormones can wreak havoc on a teen's mood and body. These changes are outside of their control and yet they can offset the impact of puberty by maintaining good sleep, exercise and diet habits, allowing them to think more rationally when they need to.

Parents are naturally concerned when teens are insecure and don't have the confidence they need to navigate through tricky peer-pressured situations. Here are some ways to support your teen to be less insecure and more confident in their choices:

1. Promote connection. Foster communication and don't wait until there is a problem to spend time together. Regular one-on-one quality time with your teen will allow them to feel supported by you and encourages them to go to you for help when they need it most.
2. Avoid judgment. When your teen does approach you with a problem, listen and be open minded and walk them through possible solutions without judging them for their actions.
3. Allow your teen to fail. Unless safety is an issue, as much as you may disagree with choices that your teen has made, it's better for them to experience failures and decide that they want to make changes, rather than you dictating to them.
4. Role model problem solving. Showing your teen how you successfully maneuver your way out of tough situations is invaluable to their development.

*Dr. Kate Roberts is a licensed child and school psychologist, parent coach and family therapist with offices on the North Shore. Questions can be directed to [kate@drkateroberts.com](mailto:kate@drkateroberts.com). We may anonymously publish your question and Dr. Kate's answer in a future issue.*



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## Healthy Eating

## Heart-Loving Nuts!

by Mary Higgins

It's mid-afternoon and you're at work with your concentration waning. What snack do you reach for? (Hint: it's not that chocolate covered marshmallow heart). Your son is starving after hockey practice and you want to get some protein and carbohydrates into him. What do you hand him alongside a

carton of Greek yogurt?

If you guessed nuts, you're right on track. These nuggets of nourishment provide more than just satisfying protein. Did you know nuts are full of vitamin E and trace minerals such as selenium, magnesium, zinc and iron? They also provide much needed fiber.



Nuts are high in fat, but a healthy form of fat. And some nuts are a source of the same heart healthy omega-3s that we find in seafood. A deficiency of these fats can result in attention problems, difficulty in planning and impulse control issues.

Eating a sensible serving of nuts in place of other fatty foods lowers cholesterol and can even help us lose weight. In a study reported in the *American Journal of Clinical Nutrition*, 51,000 nurses were studied, ages 20-45. Those who ate nuts more than twice per week gained less weight than non nut eating nurses, even up to 8 years later. Nuts feature antioxidants that protect tissues from oxidation and keep blood sugar steady, helping to both prevent fatigue and reduce appetite, common triggers for over-eating. The *Journal of Proteome Research* reports that nuts are now used as part of a treatment for Metabolic Syndrome.

Nuts are found in some of our favorite indulgences: cashews in chocolates, hazelnuts enrobed in creamy chocolate truffles, rich pecan pies, *Almond Joy* candy bars and maple walnut and butter pecan ice creams, just to name a few.

Of course, the best way to consume nuts is without all the added sugars and dessert toppings. That is, eat nuts by themselves, with 6 to 10 nuts per serving, depending on the type of nut you are eating.

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You can also add almonds to your vegetables, walnuts to your hot cereal and pancakes, pecans and cranberries to your child's yogurt or enjoy a variety of nut butters such as peanut, almond and cashew.

### My Family is Allergic to Nuts

There's good news for those allergic to nuts. Doctors are testing desensitization treatments with children. In a study published in the British medical journal, *Lancet*, children that tested allergic to peanuts, aged 7 to 16, were fed increasingly larger amounts of peanut protein until they were able to tolerate 10 peanuts (roughly one serving) without symptoms. This oral desensitization treatment was done in a specialty setting and should never be tried on your own. And for mothers of infants, more pediatricians are now recommending the introduction of peanuts earlier in life.

Many adults and children with nut allergy can enjoy seeds such as sunflower and pumpkin incorporated into meals or eaten as snacks. You may wish to try sun seed butter made from the sunflower plant. Its omega-3 content keeps cholesterol low, with a similar appearance to peanut butter but with a paler color.

### A variety of nuts and seeds provides more benefits than eating just one kind:

**Pumpkin seeds:** Pumpkin seeds are loaded with B vitamins and are high in zinc and iron like many of the nuts. They are also an excellent way to get omega-3 fats into children who don't like seafood. You can find them in your supermarket with or without the shell, salted or roasted. You and the kids can eat them by themselves or add them to pieces of dried fruit to make your own

trail mix. You can also grind the toasted seeds and make a coating for fish.

**Sunflower seeds:** Russians and Native Americans have been the top consumers of sunflower seeds for thousands of years. Rich in vitamin E, these seeds also supply vitamin B6. This vitamin is often recommended for some forms of PMS. Toasted sunflower seeds make a tasty snack or can be a component of trail mix, and ground seeds may be added to pancake batter, cakes and cookies.

**Cashew nuts:** Grown in Brazil, these curved nuts are popular as gifts during Valentine's Day and holidays. Cashews do contain a little bit of saturated fat so they should be reserved as a special treat. They can be eaten toasted or as a nut butter. Chinese food often features cashew nuts along with vegetables and meat.

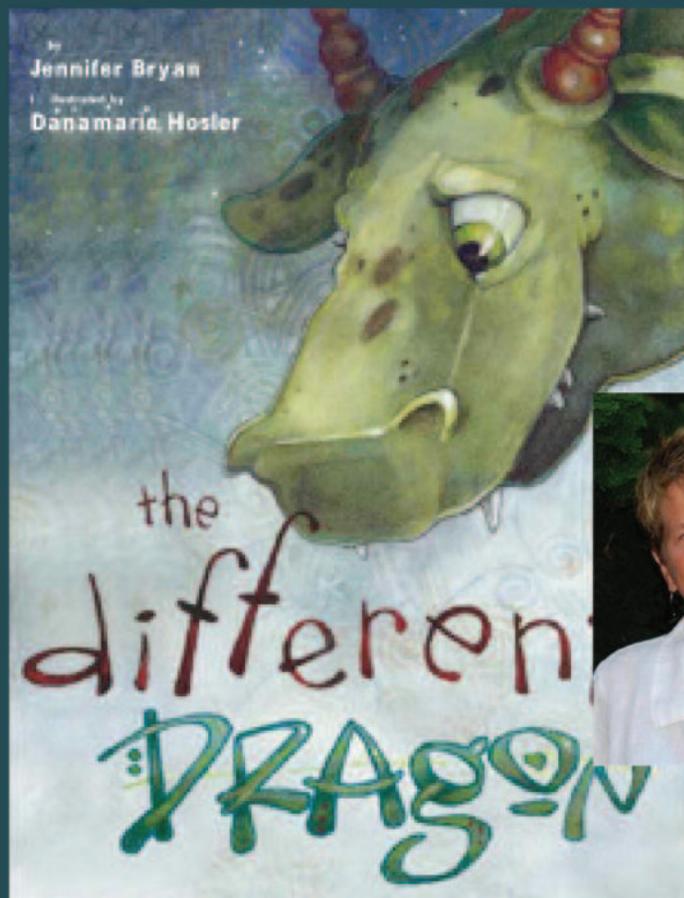
**Chestnuts:** Grown all over the world including the U.S., European countries and Asia, these starchy nuts are lower in fat than the others. Use in stuffing, stir fries, as a garnish, candied, in your cookies or enjoy by themselves, after roasting.

**Hazelnuts:** Grown in the U.S. and across Europe, these round nuts, also known as filberts, contain more unsaturated fat than most of the other nuts. These pricey nuts pair well with chocolate and coffee.

**Macadamia nuts:** Originated from Australia and New Zealand, these nuts are now sourced from Hawaii. These round, white nuts, high in monounsaturated fat, are used in cookies and go well in fish dishes.

**Peanuts:** Peanuts are actually legumes, like beans, and not really

*Continued on page 9*



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## Heart-Loving Nuts!

Continued from page 7



nuts, even though we think of them as nuts. They are also highly allergenic. Asian cuisine often features peanut sauces or they are served crushed, whole or in salads. When you purchase peanut butter, choose organic as the non-organic kind may contain hydrogenated oils (trans fats), added sugar and salt and could harbor mold.

**Pecans:** Pecans, with their ovoid, smooth shell, are often too expensive to eat by themselves. They are used in salads, on top of cereals, in pancakes and waffles and featured in that most decadent of pies, the pecan pie, and in cookies. They offer 60% monounsaturated fat.

**Pine nuts:** Pine or Pignoli nuts are used in many cuisines including European and Middle Eastern dishes. They are the high protein seeds of pine cones and go rancid quickly, making them expensive to keep on store shelves. Pine nuts are not only for making pesto, but they also garnish seafood and cooked grains and add flavor to cookies and cakes.

**Almonds:** Grown mainly in California, they are a source of calcium. You can eat them whole, blanched or slivered and add them to trail mix. For a house that will

smell irresistible, toast them in the oven on a baking sheet at 300 degrees until they turn light brown - then enjoy eating them!

**Brazil nuts:** Larger than most of the other nuts, the selenium in these sweet nuts benefits our brains and mood. Do you have an anxious, moody child or do you feel depressed and fatigued? You might just benefit from two Brazil nuts. Brazil nuts are also a source of the energy vitamin, riboflavin, and vitamin E. Since they are so high in selenium, which stabilizes blood sugar, the maximum amount for an adult serving is six nuts in one day. These nuts are metabolized to serotonin with its

calming effect.

**Pistachio nuts:** Lowest in calories, these small green or white nuts, high in mood-pleasing B6, with a partially open shell, makes them easier to access than others. Eat pistachio nuts as a snack or add them to batters and cooked grains.

**Walnuts:** Walnuts, so commonly found in cookies and added to cereals, don't really need an introduction. Did you know that they contain compounds that protect breast tissue? Walnuts are also loaded with omega-3 fats and magnesium, both benefiting the heart.

*Mary Higgins, M.Ed., is a nutrition educator who writes about food for several websites. She has a Bachelor's degree in both Nutrition and Education. She studied exercise science and received her M.Ed. from the University of Massachusetts at Amherst. She has worked as a Sports Nutritionist and personal trainer at YMCAs in the greater Boston area and is certified by both the American Council on Exercise and the American Academy of Sports Dietitians and Nutritionists.*

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10 North Shore Children & Families

# Summer Camps & Programs Showcase Series

## 9th Annual - Part 1 of 5

Series continues in our March, April, May & Summer issues.



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### *Developing the Personal Essay*

This intensive 5-day, 10-hour workshop will help high school students to develop and fine-tune their voices as writers, using the personal essay as the main medium of study.

[waringschool.org/writingworkshop](http://waringschool.org/writingworkshop)



### *When:*

August 15-19, 2016  
Monday-Friday  
10:00am-12:00pm

### *Where:*

Waring School

### *Who:*

High School students, Grades 9-12

35 Standley Street • Beverly, MA • 01915

[waringschool.org](http://waringschool.org)



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# Summer Camps & Programs Showcase Series

## 9th Annual - Part 1 of 5



Series continues in our March, April, May & Summer issues.

**EXPAND** their minds...**JOIN** in the fun...**IGNITE** their senses...**COMPETE** with the best!

**SPEND YOUR SUMMER AT SHORE COUNTRY DAY SCHOOL!**

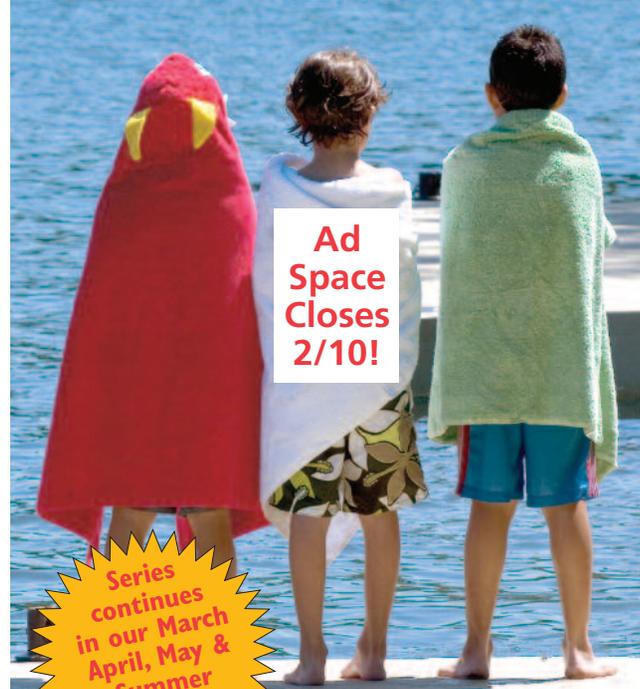
- **S.T.E.A.M. Camps:** Robotics; SCRATCH!; Maker/Design Skills; Coding for Beginners; and Silly, Messy, Super Science
- **SPORTS Camps:** Girls' Lacrosse; Field Hockey; Boston Red Sox Baseball; Boston Soccer Academy; and 3D Lacrosse
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Visit [www.ShoreSchool.org/SummerShore](http://www.ShoreSchool.org/SummerShore) to see the complete list and descriptions of all of the new and traditional summer camp offerings.

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**DON'T MISS OUR MARCH SHOWCASE!**



**Ad Space Closes 2/10!**

Series continues in our March, April, May & Summer issues!

North Shore Children & Families presents the 9th Annual

# Summer Camps & Programs Showcase Series – 2016!

## CALLING ALL CAMPS & SUMMER PROGRAMS!

### Secure your summer!

- ✓ Boost your summer enrollments & reach parents throughout the North Shore!
- ✓ Over 50,000 local readers - moms & dads with children of all ages & interests!
- ✓ Showcases run on bannered pages!
- ✓ Appears in print & online!



**The largest camp showcases in print on the North Shore!**

**DEADLINE FOR MARCH SHOWCASE ADS:** Secure your ad space by noon, Wed., Feb. 10. If you require ad production assistance, your ad materials are also due by this deadline. All showcase ads are due or must be done by noon, Fri., Feb. 12.

Special Showcase ad sizes and pricing are offered for this series. To learn more or to secure your space, please contact Suzanne: [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) or 781.584.4569.

## Raising Compassionate Children



### Teaching Kids to Give Brings Happiness, Healing and Purpose

**Spotlight Projects:**  
**Baby Rainbow, A Cuddly Chance & Games for Hope**  
 by Tyler & Jayde, 6<sup>th</sup> graders/Peabody;  
 Elizabeth, Cynthia & Salma, 6<sup>th</sup> graders/Peabody;  
 Mackenzie & Jake, 6<sup>th</sup> graders/Danvers

by Leah Okimoto

A lot of good things are happening on the North Shore this school year, thanks to over 50 kids in 8<sup>th</sup> grade and below who have come up with thoughtful, kind ideas and have generously given their initiative, time and dedication to make them happen. Here are a few wonderful examples (6<sup>th</sup> graders are on FIRE!). As always, we welcome the opportunity to present to kids at more schools, after-school programs and to other youth groups and teams throughout the community, so please get in



touch if you would like to help us connect with more kids.

**Baby Rainbow:** Tyler & Jayde, 6<sup>th</sup> graders at Higgins Middle School in Peabody, wanted to learn a new skill and then use it to make something for babies. So we connected them with a mentor who could teach them to crochet baby blankets. They are learning and practicing their new craft and are both excited to see the progress they have made as their blankets increase in size every week. They will continue to learn and make baby blankets over the winter and by springtime, the blankets will be completed and donated to a local mothers' group for their new babies. Jayde says that learning how to crochet has also helped her be more relaxed and has given her something useful to do instead of just sitting around and playing on her phone!

**A Cuddly Chance:** Elizabeth, Cynthia and Salma, also 6<sup>th</sup> graders at Higgins Middle School in Peabody, wanted to help our furry friends at the Northeast Animal Shelter in Salem. They are all truly passionate about animals and want shelter animals to have a happy life. They have been making dog toys from tube socks and recycled water bottles (dogs love the crinkle of a water bottle) and are also making homemade healthy dog treats from peanut butter and oats that will be packaged for the dogs.

**Games for Hope:** Mackenzie and Jake, 6<sup>th</sup> graders from the DanversCARES Youth Leadership Board at Holten Richmond Middle

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**Legacy of Teaching Institute  
 for Early Childhood Educators**

**Saturday, March 12, 2016  
 8am-3pm**

At Riverside School,  
 95 Liberty St., Danvers

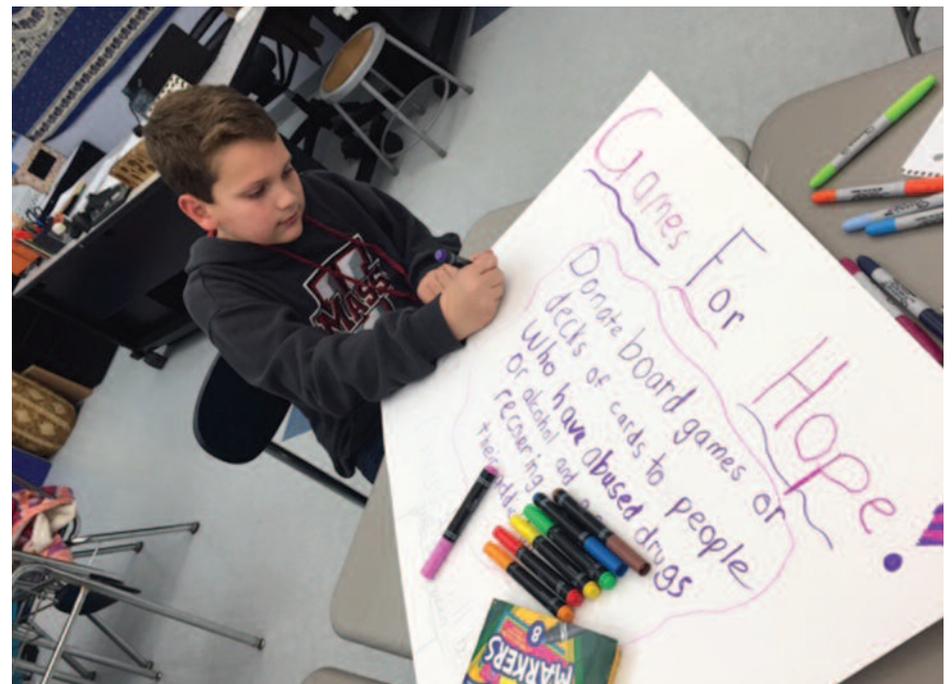
Keynote Speaker: Nancy Schon, International Sculptor

Pre-registration Rate \$85 ~ Student Rate \$40

**Register today at [www.therealprogram.org](http://www.therealprogram.org)!**

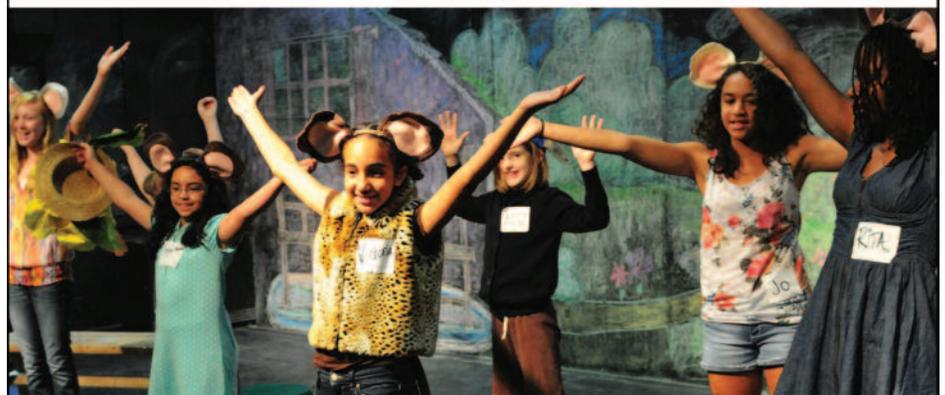
School, are organizing a collection of new and slightly used board games that will be donated to local drug treatment and rehabilitation programs. The group came up with the idea as a way to support those who are seeking treatment by offering activities while they are getting well. Mackenzie hopes the games will “lift their spirits”. They came up with a plan, met with their principal to schedule a time to have the game drive and created posters to be hung up around the school and on collection boxes. They also came up with a contest and prize for the homeroom that collects the most games! (DanversCARES is a peer-led group that encourages youth to stay healthy and substance free.)

Please visit [www.aaronspresents.org](http://www.aaronspresents.org) to learn more about how a child or children you know can apply for a grant to participate or to learn about our numerous volunteer opportunities. We hope that these stories will inspire other kids to think of how they might give of themselves for the benefit of others in their own unique ways!



Kimberly LaBonte-Kay is the North Shore Regional Director of Aaron's Presents, a 501(c)(3) youth development organization providing a unique child-initiated, child-led and non-competitive program that empowers children in 8th grade and below to dream up and lead a positive project that benefits others. She is mentoring all of the kids mentioned in these projects and loves helping them realize what they are capable of doing for their communities. Aaron's Presents was founded by Leah Okimoto of Andover in memory of her infant son, Aaron. Feel free to contact either Kim at [kimberly@aaronspresents.org](mailto:kimberly@aaronspresents.org) or Leah at [lokimoto@aaronspresents.org](mailto:lokimoto@aaronspresents.org) or (978)809-5487 with any questions or to schedule a presentation for your school, youth program, team or troop.

## WFT IS ON THE NORTH SHORE!



### Classes for ages 10-13 during vacation weeks

February 15-19 and March 14-18  
*Improv for the Actor*

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Located at the  
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[wheelockfamilytheatre.org/northshore](http://wheelockfamilytheatre.org/northshore)



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[www.theprofessionalcenter.org](http://www.theprofessionalcenter.org)

## Children's Book Review

### Elwood Bigfoot: Wanted Birdie Friends!

Written by Jill Esbaum;  
Illustrated by Nate Wragg  
(Sterling Children's Books,  
\$14.95, Ages 4-7)

by Cathy Ballou Mealey

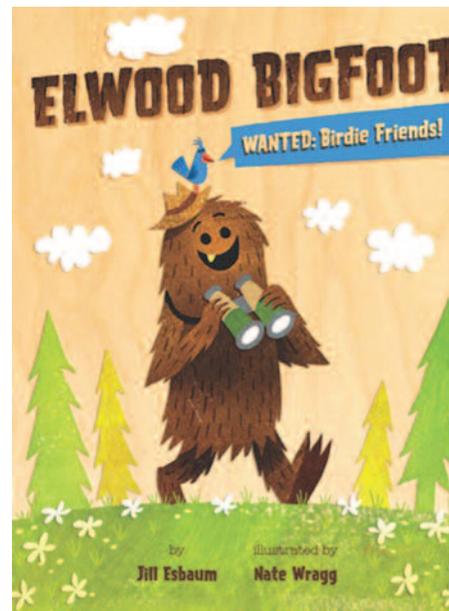
All *Elwood Bigfoot* wants is a friend – preferably a feathered, flittery bird friend! But his earnestly clumsy bigfoot-y manners get in his way time after time. How can a lonely, large, LOUD Bigfoot get close to his avian amigos-to-be?

Elwood tries the direct approach first, chasing after swooping swallows and hollering, “COME BACK BIRDIE! BE MY FRIEND!” Alas, the alarmed critters only fly away. Elwood's next idea is to live in a tree, where he can

be closer to the birds. His dedicated handiwork produces a lovely, log cabin style tree house perched against the mountainside. Surely his new neighbors, the birds, will welcome him.

Alas, the birds seem to be shy. So Elwood tries to disguise himself, dressing like a bird from head to toe with feathers, beak and feet. Finally feeling more birdlike, Elwood thinks he's finally about to break the barriers to feathered friendship. He shouts for joy, “THEY LIKE ME! THEY LIKE ME!” Alas (once again!), the frightened birdies fly away.

Esbaum's charming, lyrical text is delightful to read aloud and incorporates intriguing, playful vocabulary. She perfectly captures



Elwood's persistent sense of loneliness in ways that a child can easily connect to, and she conveys his upbeat, hopeful and innovative spirit in appealing ways. While readers see that making friends is not always easy, learning to take the perspective of others is an essential part of the process.

Wragg's illustrations turn Elwood into a marvelous, huggable forest furball. With a jaunty fedora and safari-style binoculars, Elwood is well-equipped

for his bird-watching exploits. A single triangular fang and four-fingered, three toed shagginess add to Elwood's monstrous appeal. Wragg also turns out an impressive flock of feathered friends throughout the pages, and displays them prominently on the book's endpages. Whimsical and colorful, the birds' tiny round eyes and pointy beaks reveal an impressive range of tender and comical emotions.

*Elwood Bigfoot: Wanted Birdie Friends!* is a sweet tale of patience, persistence and friendship. Visit the author's website [www.jillesbaum.com](http://www.jillesbaum.com) to download a fun bird and bigfoot activity kit. Young readers may look hard at the birds in the yards and trees around them, wondering if they are among Elwood's best buddies. Don't miss this encouraging story about dreams that do come true.

Cathy Ballou Mealey is a picture book writer and mom to two great kids. She lives in Lynnfield and shares book reviews through Twitter via @CatBallouMealey. Cathy borrowed *Elwood Bigfoot: Wanted Birdie Friends!* from her local library, where she discovers wonderful new stories every week.

**North Shore Children & Families**  
is available for free each month at over 450 family-frequented locations throughout the North Shore!

**Attention Advertisers: Ask us about our ...**

- ... “Try Us!” program for new advertisers
- ... Annual advertising frequency programs
- ... The Annual Planner for Schools program
- ... Annual Summer Camps & Programs Showcase series

Target your message to North Shore parents.

*We've got the North Shore covered – since 2007!*

#### 2016 PUBLISHING SCHEDULE

Issue	Ad Space Deadline* (for ads that need production help)	Ad Space Deadline (for completed ads**)
March	noon, 2/10	noon, 2/12
April	noon, 3/16	noon, 3/18
May	noon, 4/13	noon, 4/15

\*Also the due date for ad materials/ad copy changes for ads that we produce or revise.

\*\* Completed ads are due the Tuesday following the final, Friday, ad space deadline.

To explore your advertising options or to secure your space, please contact Suzanne at 781.584.4569 or [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com).

To learn more, please visit [www.northshorefamilies.com](http://www.northshorefamilies.com).

## We Help North Shore Schools!



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**The Annual Planner – for North Shore Schools!**

Commit to 6 display ads in the coming year – **save 15%!**  
(Reg. frequency discount for 6x/year is 10%.)

Commit to 10 display ads in the coming year – one in every issue – **save 20%!**  
(Reg. frequency discount for 10x/year is 15%.)

Ask about our 10x/every issue, 1/4 page+ program – which earns a full page, editorial feature bonus (\$1,800 value) for schools!!



To secure your Annual Planner Advertising Program and save, please contact Suzanne at 781.584.4569 or [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com).

## My Belly Button Hernia: Part I

by Michelle Mullet

For two years after having my second boy, I just thought I had a really big outie belly button that would never pop back in. Turns out, I had a severe umbilical hernia with a side of *diastasis recti* [which is a separation of the abdominal wall]. I never heard of any friends or relatives having a hernia after babies, so I just assumed my triangular shaped belly was collateral damage after giving birth via c-section to two healthy, cute boys. I never felt any pain around my hernia and no amount of diet or exercise changed the shape of it. Two years after my second baby, I felt defeated and decided to try something radical, just short of a tummy tuck.



I saw a full page, glossy advertisement in a local magazine's annual "Best of North Shore" issue and it showed a chubby mom's before and after picture with the promise of "freezing the fat" away.

"Yes!", I thought. "Freeze my butt! I don't care, just get rid of this hideous belly."

I seriously looked four months pregnant two years after Trevor was born and it was getting depressing. I made an appointment to see a consultant. When I lifted my shirt for the nurse to see if I was a good candidate for the cosmetic procedure, she looked a little surprised and puzzled. She said, "Wait, do you have a hernia? We can't do the procedure if you have a hernia."

I looked at my pyramid belly button. I just shrugged and said, "No, I don't think so. It's just my belly button after two babies." Since she was probably single and around 21 years old, she seemed content with that answer and gave me the green light for Coolsculpting®, a non-surgical, fat reduction treatment.

The morning of my scheduled cosmetic procedure, I looked in the mirror one last time. "Goodbye, torpedo belly. Hellooooo, new body!" I thought. I went into the office bright eyed and full bellied, never expecting to leave distraught and tearful.

As the nurse walked into prep the area, she took one look at my belly and said, "Wait, do you have a hernia?" Again, I shrugged and said, "I don't think so. I mean, I had a hernia when I was seven, but that was a long time ago." The nurse practitioner said, "No, you really have an umbilical hernia and you should see your physician as soon as possible. It's not incarcerated, but if it was that would be an emergency."

Wait, what? Incarcerated? You mean like my hernia was locked up in jail? Haha. It would've been funny except that I realized what she was saying was very serious.

I broke down. Not only was I still stuck with this big belly, but now I was facing the most intense surgery of my life. It was such a shock and a disappointment that I had to sit in the office for about 15 minutes before I could stop sobbing and pull myself together.

I drove home in a panic with one hand on my belly button thinking, oh my God, this is my intestines coming out of my belly button! I called my doctor and he quickly referred me to a surgeon the same week. Suddenly, I needed a CT scan, blood work and a plan to be hospitalized for four days in just a matter of weeks. With a two year old and a four year old running around like mad hamsters at home, the idea of being surgically operated on and then

incapacitated from my normal everyday responsibilities for six weeks left me numb. How would I cope? The scariest moment settled into my brain when my surgeon did not sugarcoat the procedure. She said, "You are going to have major abdominal reconstructive surgery with drains and mesh. It will be worse than the C-sections." Her high pitched, child-like voice gave the message a strange levity.

Three weeks later, I was lying down on a gurney at Winchester Hospital, staring at a glossy picture of cute Labrador puppies and waiting for the anesthesia to kick in. After five hours of surgery, my intestines were properly put back in their place and I no longer had a belly button.

Check back next month for *My Belly Button Hernia, Part II: Surgery & Recovery*.

Michelle Mullet is a mother and writer from North Reading. Her work has appeared in The Puffin Review, Haiku Journal and Three Rooms Press.



### North Shore Children & Families

The largest distribution free local publication for parents throughout the North Shore - since 2007!

Published monthly, 10x per year; distributed at over 450 mom-frequented, family-friendly locations throughout the North Shore. We've got the North Shore covered!

### Coming Up in March:

Part 2 of 5 in our 9th Annual Summer Camps & Programs Showcase Series –

the largest camp showcases in print on the North Shore! Boost YOUR summer enrollments and join us in the March issue showcase. Special Showcase ad rates and sizes apply. Run in 4 showcases – save 10%; run in 3 showcases – save 5%.

Our online camp directory is available for print advertisers only. Contact [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) for more information and to secure your March Showcase ad space and your summer!

**Open House Season:** Reach over 50,000 parent readers throughout the North Shore each month.

Check out our Annual Planner for Schools Program on page 14! One new independent school enrollment will cover several years of advertising with us. Stay connected to the local parent source on the North Shore in the pages of North Shore Children & Families each month.

### March Issue Advertising Deadlines:

Noon, Wed., Feb. 10 - if you require ANY ad production assistance to create or revise your ad; all ad materials are also due by this deadline.  
Noon, Fri., Feb. 12 - if you will be supplying a completed ad, based on our ad dimensions and production specifications; your completed ad is then due by noon, Tues., Feb. 16.

**For New Advertisers:** run your ad in 3 consecutive issues – save 10% with our 3x "Try Us!" program!

To see our regular display advertising rates, sizes, available discounts and more, please visit us at [www.northshorefamilies.com/advertise](http://www.northshorefamilies.com/advertise).

To see our camp showcase ad rates, sizes and available discounts, please contact [suzanne@northshorefamilies.com](mailto:suzanne@northshorefamilies.com) by noon, Wed., Feb. 10. Advertising production is available at no additional cost for advertisers who need assistance.

[www.northshorefamilies.com](http://www.northshorefamilies.com)



# Winter Wonder

## At Boston Children's Museum

Make the most of this winter and enjoy live performances, science, music, art, and exhibits that will engage all the senses.

### SPECIAL EVENTS

Visit the Museum website calendar for updated times and descriptions.

#### January

##### **O-shogatsu! Japanese New Year Festival**

Sunday, January 24, 11am–4pm.  
Welcome the New Year and bring good luck with TAIKO drums, a SHISHIMAI lion dance, and MOCHI rice pounding.

##### **Winterpalooza**

Saturday, January 30, 11am–3pm.  
Make paper snowflakes, practice “sock skating”, and explore new games to play indoors and out. Hear meteorologist Mish Michaels read from her book *Ms. G's Shadowy Road to Fame*. You might even meet the famous groundhog, Ms. G., herself.

##### **South End Dynamites Performance**

Sunday, January 31, 1pm.  
This baton twirling troupe features performers aged 5 to 21 who use their many talents to show how art can lead children to strive for a better future and open doors and leadership opportunities.

#### February

##### **Italian Culture Night**

Friday, February 5, 6pm–8:30pm.  
Join us and the Italian Consulate of Boston for a celebration of Italy. Enjoy music and dance with Newpoli, skits with Pazzi Lazzi, and puppets with Rick Goldin. Make your own Italian Carnivale mask.

##### **School Vacation Week: Fort!**

Monday, February 15 through Friday, February 19, 10am–5pm.  
Use your imagination and engineering skills to design your own fort. Enjoy music, theater, dance, art, and special activities all week long.

##### **Boston Baroque Performance and Instrument Playground**

Wednesday, February 17, 1:30 & 3pm.  
Join us for a special interactive performance of Vivaldi's *The Four Seasons* by Boston Baroque musicians and try out real musical instruments.

##### **Urbanity Dance Performance**

Thursday, February 18, 1 & 2pm.  
A 30-minute performance that pushes the boundaries of our imagination through movement and storytelling!

##### **Kick Off Engineering Week**

Saturday, February 20, 11am–3pm.

##### **Chinese New Year Festival**

Sunday, February 21, 11am–3pm.  
Welcome the *Year of the Monkey* with Chinese music, dance, art, and culture.

##### **Dental Health Awareness Day**

Saturday, February 27, 11am–2pm.  
Learn how to take care of your teeth.

##### **Kid Power: Taking Care of Ourselves, Others, and the World**

Sunday, February 28, 11am–3pm.  
Celebrate kindness and community at this event featuring live music by Mr. G, Zumba classes, therapy dogs, and more! Co-sponsored by Jewish Community Centers of Greater Boston and Combined Jewish Philanthropies.

#### March

##### **Art Friends Tohoku**

Friday evening, March 11 and Saturday, March 12. Explore art together with friends from Tohoku Japan.

##### **Handel & Haydn Society Concert**

Sunday, March 13. Enjoy a choral performance with the Handel and Haydn Society Singers, a fun and engaging ensemble of 35 children.

##### **Live Music Performance: From the Top Arts Leader**

Friday, March 18, 6:30 & 7:15pm.  
Musicians from the radio show *From the Top* lead concerts and demonstrations.

##### **St. Patrick's Day**

Sunday, March 20, 11am–1pm.  
Celebrate with stories, crafts and Irish Step Dance performances.

##### **Healthy Kids Day**

Saturday, March 26, 11am–3pm.  
Visit the teddy bear clinic and find out about hospitals, medical tools, and health.

### ONGOING ACTIVITIES

##### **Music & Movement**

Live music that gets all ages moving! Sundays on January 31, February 14, March 6, and March 27 at 10:30am.

##### **Morningstar Access**

Children with special needs can explore the Museum at a quiet time. Monday, February 18, 8–10am and Sunday, March 20, 6–8pm. **Pre-registration required.**

##### **Messy Monday**

Monthly, on the 2nd and 4th Mondays.

##### **Tasty Tuesday**

Healthy snacks, stories, and games every 1st and 3rd Tuesday at 10:30am.

##### **KidStage Plays**

Live, interactive performances on Tuesdays, Fridays, Saturdays, and Sundays.

##### **Music & Movement**

Wednesdays at 10:30am.

##### **Passport to Kindergarten Circle Time**

Preschoolers practice a real circle time with stories, puppets, and songs. Thursdays at 10:30am in English and Spanish.

##### **Creature Feature**

Meet a live animal up close and personal. Thursdays at 11:15am.

##### **Dress to Express**

Put on a costume, use your imagination, and pretend. Fridays from 10:30am–12pm.

##### **School Readiness Friday Nights**

Every 1st Friday from 5:30–8:30pm.

##### **Play Space Pajama Party**

Every 3rd Friday at 7:30pm.

##### **KidsJam**

Family Dance party on the last Friday of each month from 6:30–8pm.

##### **Zumba® Kids**

A family friendly Zumba class every 1st Saturday at 10:30 & 11am.

##### **Critter Days**

Every 3rd Saturday. *Critters 'n' Creatures: It's Engineering Week*. Meet animals who dig and build. Saturday, Feb 20 at 10:30 & 11:30am. *Zooshows* on Saturday, March 19 at 2:30 & 3:30pm.



[www.BostonChildrensMuseum.org](http://www.BostonChildrensMuseum.org)