

North Shore Families

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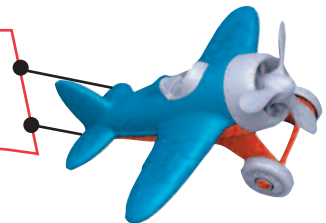
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**10th Annual Summer Camps & Programs
Showcase in this issue!**



APRIL 2017

From the Publisher & Editor

Hello, Spring! More Summer Camps & Programs

by Suzanne Provencher, Publisher/Editor

After a long, cold winter – dare I say it? “Hello, spring! It’s so great to see you again!”

It’s time to play outside, take a walk, breathe in some fresh air, take in a little warm sunshine and celebrate the season. As the vibrancy of color returns to our landscape – so, too, do warm feelings of change and rebirth and hope. So put away the mittens, the remote and the joystick – and go play outside!



Do you need ideas for your kids or grandkids this summer? **Check out Part 3 of 5 in our 10th Annual Summer Camps & Programs Showcase Series in this issue – on pages 9-11!** We have the largest camp showcases in print on the North Shore – with lots of great ideas for kids this summer. You can also visit our online Camp Directory and link directly to the websites of the camps and summer programs you may wish to explore further. Many camps offer early-booking, sibling and friend discounts – so the time to explore your options is now! **And if you have summer camps or programs and you**

need to reach local, North Shore MOMS and DADS – with children of all ages and interests and needs – I hope you’ll consider joining us in our May issue! Our moms and dads are looking now – as they seek summer options for their children. To advertise in our May issue, please secure your ad space by noon, Wed., April 19. To see our regular display advertising rates, sizes, available discounts and more, please visit us online at www.northshorefamilies.com/advertise. You can also see our current and recent issues online. Ask me for our special Summer Camps & Programs Showcase Series ad rates and sizes.

We welcome you to visit our website – to engage with us on Facebook – to share your stories about parenting or families or development with us for editorial consideration – and to suggest a story or idea about something you’d like to see in our pages and on our website. All that we do – we do for you, our North Shore family of readers! So tell us what you’d like to see and what you’d like to learn more about. Engage with us and all of our readers and online visitors. Participate in or share a blog. We invite you and your family to grow with us! And if you like us, we hope you’ll share us with other parents and families and help us spread our good words.

While *North Shore Children & Families* is a free publication, as a regular reader – you know that we are not like other freebies in any way, shape or form. We share “need to know information” that helps local families thrive and develop into all that they can be. We don’t just share “nice to know” information or fluff that is rehashed from another source. Our core editorial is custom and unique and written by a local, North Shore PhD, the leader of a non-profit organization that helps local kids do good things for others, a published writer and guest contributors. Our pages will never be filled with articles on the best toys for kids – or what kids will be wearing this summer. We share tools and important information that helps local families, adults and kids of all ages develop into their fullest potential.

So as soon as you finish reading this issue, please visit us online and please “Like” us on Facebook: www.facebook.com/NorthShoreFamilies/. We have so much more to share with you and your family! And we want your input, too – so that we can thrive and develop into all that we can be. Together, we can make a difference in the lives of North Shore children and families.

Starting next month, Mark Tuttle, Esq., joins us as a regular contributor. He will share his expertise in the legal and financial fields as it pertains to local families throughout the North Shore. We’ll learn the basics about wills, living wills, health care proxies, trusts, estate planning, powers of attorney, elder care and more, and discover how to best protect ourselves and those we love. Mark has over 20 years of experience in the legal and financial fields and has recently opened his own firm in Salem, Tuttle Trust & Fiduciary Services, LLC (see page 2). He is a member of the Massachusetts Bar and the Federal Court Bar. Mark is a life-long Salem resident and friend and we wish him the very best in his new venture!

As always, thanks so much for spending some time with us again this month! We welcome you to visit us online so you can further engage with us and our sponsors, who make this free publication possible for you and your family. Here’s wishing you a very happy spring!

Until Next Time ~
Suzanne

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6 Ways to Deal with Your Teen’s Negativity

by Dr. Kate Roberts

For many teens, this time of the year can be the most difficult. Spring weather isn’t quite here yet and teens are feeling housebound from the long, cold winter. School work is ramping up and so are expectations. For many teens, all that stress translates into a negative attitude. Parents often don’t know how to react to teens’ negativity. Here are 6 things you can do as a parent when your child is being negative:

- 1. Accept that stress will impact their attitude. Be realistic and don’t expect that your teen will be in a good mood when they are feeling the pressure with no way out. Even many adults don’t cope well with stress. Don’t try to talk them out of their bad mood over too



much homework or the upcoming MCAS or PARCC or SAT test. Just allow them the space to be negative and chances are they will rebound quicker and on their own terms.

- 2. Be empathic. Let them know you understand. Remember that you were that age once, too, and it was no picnic. If they feel that you understand their stress and provide support to help them through a tough time, they will rebound faster. Research indicates that during stressful times, family support, even for teens, can sometimes be the difference between a full blown depression and just a passing down time. The more support your teen feels, the less the stress will impact them and

there will be less negativity in your home.

- 3. Hostility is not OK and don’t act like it is. Don’t react and make yourself the target of unwanted hostility. No matter how tempted you are, unless you did something really obviously hurtful to your teen, which most parents do not, their down mood and irritability has nothing to do with you. Once you make it about you, it becomes about you, so don’t do that. Instead, consider that your teen is annoyed with their life, separate from you, and that they are having a tough time of it. Be patient and ask if you can do anything to help.

- 4. Clearly communicate your

Continued on page 4

North Shore Children & Families



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for our upcoming deadlines.

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Issue	Ad Space Deadline
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Summer (June/July)	Noon, Wed., 5/10
August	Noon, Wed., 7/19

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Teen Negativity

Continued from page 3

expectations. Regardless of the horrible day they had, teens still have responsibilities at home and no amount of pouting and short tempered behavior can get them off the hook. That's part of life. Insist on following through with their responsibilities because they have to get used to performing despite the fact that they are having a bad day.

5. Allow a complaint time. Set aside a short time period daily to allow your teen to complain about their tough day. Keep it time limited and give them your full attention to express their feelings in ways they are comfortable with. Let them know that outside of that time, they should try to remain positive and not focused on negative things they can't control or that bother them.



6. Role model stress management. How you as parents react to stress will impact how your children and teens react to stress and pressure. Show them by your behavior how to cope positively by talking about problem solving strategies when you are facing an unwanted pressure or stress. Allow them to see you generate solutions and follow through on managing your stress to keep you feeling positive and in control of your life.

Dr. Kate Roberts is a licensed child and school psychologist and family therapist with offices in Salem and Wenham. She specializes in cognitive-behavior therapy, family therapy, anxiety and learning disabilities. She can be reached at kate@drkateroberts.com and www.drkateroberts.com.

Ask Dr. Kate

Q&A for North Shore Parents

How Many Spring Sports Should My Child Play?

by Dr. Kate Roberts

Question: My 12-year-old son wants to play two sports this spring. How can I tell if he can handle it?

Answer: As the spring seasons of baseball, soccer and lacrosse begin, now is a good time for thoughtful conversations before signing up for various teams. The older a child gets, the more demanding life becomes, and practices and games are only one part of this.

I'm all for playing and experiencing multiple sports. From a purely athletic, mental and social perspective, different sports complement each other and provide a variety of learning experiences. Participating in more than one sport per season is a huge commitment and tweens don't always recognize this. For elementary school age children, ages 5 to 10 or 11, sometimes managing two sports per season is doable, especially when teams do not travel for games.

For middle schoolers at the tween age, sports teams typically travel. This means more practices, more competition and more involvement. There are often tournaments at the end of the season as well.

Parents should consider these factors when contemplating more than one sport per season:

- Sports are great, and yet they should not interfere with family time and academic time. Revered family time during a heavy sports season becomes even rarer than usual, so plan time for at least two weekly family dinners and one special meal with a family activity on the weekend.
- Regarding academics, tweens should plan for up to one and a half hours per night of homework. When sports compromise academics, problems arise, so avoid that.
- When playing two sports, multiple transitions are inevitable as people shuffle from one field to the next. Changing clothes in the car and rushing between games and practices are commonplace and interfere with necessary transition time that helps kids to relax and refocus.
- If you want to show your tween child what participation in two sports really means, write out his or her commitments on a visual calendar. Most tweens will run in the other direction when they see there is no time for computer games on there.
- Can you as the parent really handle two sports, given all that's involved? Are you prepared for the "what ifs", such as your son saying mid-season, "This is more than I thought. Can I stop now?" You've put your life on hold and now he wants to quit. Feeling a little resentful? There's a high chance of burn out with over scheduling. Do you let him quit or force him to play while feeling burned out? I have a better idea: avoid the whole thing and stick to one sport.
- Finally, do you have other children in sports? If so, then you are already doing two, and quite possibly more, sports.

Dr. Kate Roberts is a psychologist and parent coach on the North Shore. Questions can be directed to www.drkateroberts.com, [www.twitter.com/DrKateParenting](https://twitter.com/DrKateParenting), www.facebook.com/Dr.KateRobertsParenting or www.pinterest.com/DrKateParenting. We may anonymously publish your question and Dr. Kate's answer in a future issue.



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Raising Compassionate Children



Teaching Kids to Give Brings Happiness, Healing and Purpose

by Leah Okimoto

Even when it was cold and snowy out, North Shore kids were still thinking about ways to help others. Here are a few examples of projects local kids engineered from the last weeks of winter:

It's Time for Brunch!



6th graders Isabel, Isabella, Jessica and Michaela, from the Higgins Middle School in Peabody, wanted to honor the Peabody Police department to

show their appreciation. Isabel's father is a police officer in Lynnfield, so this was an event very close to her heart. On a Friday morning at 7:30a.m., in order to serve the outgoing night shift and the incoming day shift officers and staff, they brought in a grand breakfast buffet, including coffee, juice, yogurt, pastries and fruit. Then they each spoke about why they felt that the police are "our true heroes, who are out there every day keeping our community safe and orderly". They got to take a tour of the building and see the equipment, including dispatch, jail cells and training facilities, and got to listen to the morning roll call. The Chief of Police, Thomas Griffin, gave each of the girls a special collector's coin that represents the town and the department. It was wonderful to see how touched the whole department was to know that youth in the city recognize their sacrifices and dedication to the community.

Rehab

7th grader Jaylynne, from the Lowell Community Charter Public School, tries to think of people others may at



Continued on page 6

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Aaron's Presents

Continued from page 5



times overlook. Back in September, she came to us with the desire to do something to help young adult women who are working to overcome

substance abuse. We connected with Mary Beth Murphy, Program Director at *Megan's House*, a residential treatment home for women in Lowell,



who mentioned that many of their rooms did not have bulletin boards. Jaylyne loved the idea and recruited her classmates, Stephanie and Nathalia, to join her project. Over the course of the fall and winter, they spent hours after school and on weekends decorating 28 unique bulletin boards (one for each resident), complete with positive messages and colorful designs. Finally, in mid-March, they got to deliver these special bulletin boards to *Megan's House*, and they were welcomed so joyfully by the women who are living there. The younger girls gave their gift of kindness and encouragement, and the older women also gave a gift by sharing about themselves and the hard work they are doing at *Megan's House* to heal and get their lives back on a positive path. All of us were touched once again by the chance to experience real, caring human connection and we were also inspired by the program that Mary Beth leads.

These two projects are a great reminder that there are so many individuals in our North Shore community who are truly giving of themselves to help or celebrate all of us, and to help those who have specific needs or are suffering and struggling in some way. With their wide variety of ideas, our awesome kids have given us the honor of meeting many of these special people

this year and learning about all kinds of community organizations that are making people feel safer, healthier, loved and cared for. We thank them for giving us all hope!

Please visit www.aaronspresents.org to learn more about how a child you know can apply to participate or to get involved in some way. Consider donating your time by volunteering, or perhaps by making a financial donation to our non-profit organization. If your school, class, group, team or troop would like to learn more about who we are and what we do, contact us to schedule a presentation. We would also like to hear from people on the North Shore who are interested in serving on our board (an amazing, collaborative group of community members!) and helping us plan strategically for the future. Thank you for your generosity and for helping us reach more kids!

Leah Okimoto is the Executive Director of Aaron's Presents, a 501(c)(3) youth development organization providing a unique child-initiated, child-led and non-competitive program that inspires and empowers children in 8th grade and below to give of themselves for the benefit of others in their own way. She founded Aaron's Presents in memory of her infant son, Aaron. Kimberly LaBonte-Kay is the North Shore Regional Director. Feel free to contact Leah at lokimoto@aaronspresents.org or (978) 809-5487 or Kim at kimberly@aaronspresents.org with any questions or to schedule a presentation for your school, youth program or group.

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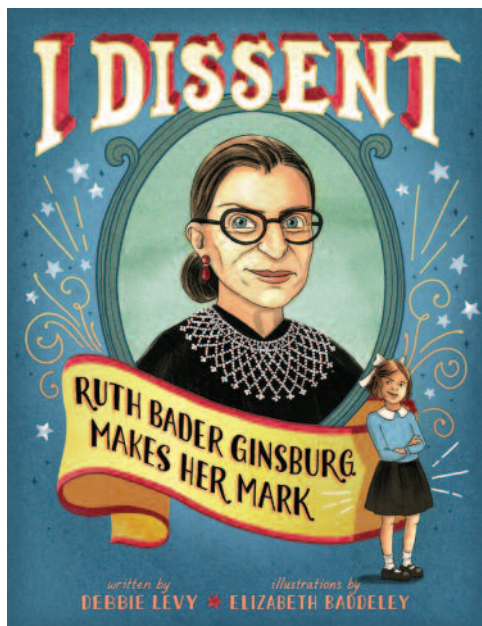
Children's Book Review

I Dissent

Written by Debbie Levy;
illustrated by Elizabeth Baddeley

by Michelle Mullet

Ruth Bader Ginsburg sits on the United States Supreme Court and, quite honestly, I feel like she's always been a fixture of the judicial system because for decades, she has. The reality is that once upon a time, Ruth was a little kid and she made many decisions to get to that seat on the Supreme Court. The book *I Dissent*, by Debbie Levy, gives children a direct and delightful insight into the makings of a future judicial wunderkind.



can endure despite disagreements.

I think right now my pre-school age boys know more about injustice rather than the fair and balanced world of law and order. This book is a wonderful story about a real life hero who brings justice and equality without laser vision or supersonic speed.

One of the best parts of this book is how it doesn't sugarcoat or shy away from history and all the state-sanctioned prejudice that persisted throughout the 20th Century. Signs of the times like "No Mexicans" and "Whites ONLY" are agitating and shocking, but kids will understand why those signs no longer exist. If you've been meaning to talk to your younger kids about prejudice, injustice and bullies, this book is a great introduction into such an important conversation. And I truly enjoyed how even the intelligent and articulate young Ruth Ginsburg had a few faults of her own. She loved to sing opera, but she'd hurt your ears with her dissonant falsettos. Wisely, she gave up the dream of being an opera singer, but she still loved the opera and still attends to this day. This seems also like a valuable lesson in knowing when to quit and when to persevere.

The gender dichotomy gets a fair trial as well, with a strong sense of good humor. Ruth wanted to take shop with the boys, but she was forbidden. So, instead, she was bored to tears in the baking class. There's a wonderful drawing of little Ruth holding an epic pink cake fail next to her blue ribbon friend. A puff of burnt cake from the oven whispers "Ruth OBJECTED". Now, that's funny, folks!

"Fight for the things that you care about. But do it in a way that will lead others to join you." Good advice for the next generation of activists and future lawmakers.

To learn more about the author and her other books, visit www.debbielevybooks.com.

Michelle Mullet is a North Shore mom of 2 young boys whose work has been published in Haiku Journal, The Puffin Review and the New England Seacoast Writers' Association Journal. She has a degree in journalism and is working on her first children's chapter book. You can follow Michelle for book reviews, essays and blog updates @bunnycones.

It's Time to Sign Up for Summer Camps & Programs!

See pages 9-11.

www.northshorefamilies.com/camp-directory-2017/

Camps & Summer Programs:

Join us in the May Camp Showcase - see page 11!

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Springtime

Celebrating Beginnings & Endings

by Suzanne Provencher,
Publisher/Editor

On March 18, we celebrated a milestone birthday for my “little” sister. I actually remember the night she was born. I was 4 $\frac{3}{4}$ years old at the time and I remember my Dad putting my little brother and me in my parents’ bed that night. I remember my Dad telling me I had to be the big girl and watch my brother while Daddy took Mommy to the hospital. He also alerted the upstairs tenant, who would keep an ear out for us. Things were much simpler in those days.

Fast forward a few decades and here we are. I hosted a party for 20 at Fantasy Island in Salem, where we had dinner, cake and some karaoke fun with family and friends. We had a wonderful time celebrating my “little”



sister – the St. Patrick’s Day baby – on this milestone birthday.

On April 14, I will celebrate my other “sister”, Tyla. This will be the 2nd anniversary of her passing. You may remember my columns during her

cancer battle. We met when we were barely 7 years old and shared 46 years of friendship. There are some days when it is still hard to believe that she is gone. But on April 14, I will celebrate her life and the life-long

friendship we shared. I will focus on what we had – and not on what I lost. I think of her often, daily, in fact – so she is always nearby. Her daughter is a blessing and we both feel comfort and her spirit when we are together. I am thankful for this.

As spring emerges, I am reminded of the many beginnings and endings we all face throughout our lives. I look forward to the early flowers of spring and the return of green. As winter fades, we welcome more daylight, more outdoor time, less cabin fever, more walks on the beach and more time in the garden. I am optimistic that this will be a good year, which is off to a great start.

I wish you all a very happy spring and I hope you find many reasons to celebrate and appreciate this wonderful season.

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