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- Voice-related gender dysphoria
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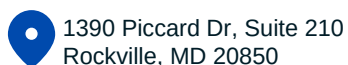
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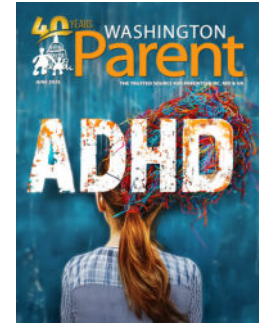
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JUNE 2025

Inside

Washington Parent



ON THE COVER:
Could Your Daughter Be a Girl With Undiagnosed ADHD?
See page 12 ...

FEATURES

- 10 PRESCHOOL/STEAM**
6 Tips to Go Full STEAM Ahead on the Blocks and Books Train
- 12 NEURODIVERSITY**
Could Your Daughter Be a Girl With Undiagnosed ADHD?
- 14 EDUCATION**
Top 10 STEM High Schools in the DC Area per Niche.com
- 16 DIFFERENTLY ABLED KIDS**
10 Ways to Support Families With Differently Abled Kids
- 18 FAMILY TRAVEL & MENTAL HEALTH**
Tips for Navigating Disney World With an Anxious Child
- 20 FATHER'S DAY**
From Role Model to Real Model: How Fathers Can Outsmart the Manosphere
- 22 PRIDE MONTH**
Supporting Your LGBTQ+ Child in the Current Political and Social Environment
- 24 CAMP**
How to Help Your Child Pack a Healthy Day Camp Lunch They'll Actually Eat
- 30 FOOD & FUN**
A World of Flavors: Here's the Scoop on DC's Must-Try Global Ice Cream Spots
- 32 ARTS**
A Shakespearean Summer for Every Family at the Folger

GUIDES

- 26 CAMPS & SUMMER PROGRAMS**



12



16



32



42

DEPARTMENTS

- 6 EDITOR'S NOTE**
- 8 WHAT TO READ**
Summer Fun: Books by Local Authors and Illustrators
- 36 IN OUR OWN BACKYARD**
The Giant BBQ Battle Returns to DC
- 38 PARENTING INSIGHTS WITH PEP**
How Embracing Your Inner Child Builds Connection With Your Kids
- 40 THE DOCTOR IS IN**
The Critical Importance of Immunizations
- 42 DC KIDS EVENTS CALENDAR**



29



PERFORMANCES FOR
YOUNG AUDIENCES

123
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EDITOR'S NOTE

Hello June!

Washington Parent celebrates and supports all parents and kids year-round, including in this issue.

Don't miss our cover story, which asks, *Could Your Daughter Be a Girl With Undiagnosed ADHD?* The author, an internationally recognized authority on ADHD in girls and women, flags things to watch for, talks about the risks for girls who are undiagnosed and gives resources where you can find help and how to take the next steps.

Another article this month has practical tips for how you can help and support families with kids with differing abilities. The writer – mom and former teacher with a graduate degree in educational psychology – told me, “Five of my six siblings have special needs. Watching them grow up, I’ve seen my parents and them struggle through everything from emergency medical procedures to how to handle birthday party invites. One thing that is certain: they need support.” We hope the article will give you deeper understanding and that you’ll share this article as a resource with others.

The importance of dads is clear on Father’s Day and every day, and a local writer and mom of three takes a timely and relevant look at the role fathers (and father figures) play in ensuring our sons don’t get sucked into societal and particularly social media stereotypes, toxic masculinity and the “manosphere.” She also looks at local organizations in the DC area that are dedicated to supporting dads. A must-read for all parents!

June is Pride Month. Times are uncertain for all of us right now but are especially challenging for parents of LGBTQ+ youth, and the youth themselves, so we’re sharing *Supporting Your LGBTQ+ Kids & Teens in the Current Political and Social Environment*.

Summer is upon us! For a lot of families in the DMV an annual milestone is the Giant BBQ Battle, so Washington Parent tells you where and when and what’s happening at this year’s, including appearances and entertainment from members of some of our favorite local sports teams: the Washington Wizards, Capitals and Mystics; the Capital City Go-Go and DC United.

If your family loves ice cream and exploring other cultures through food, read our June feature on ice cream shops in the DMV with tasty global flavors. For a completely different DC outing with your kids, we’ve got an article on how the newly reopened Folger Shakespeare Library has made sure all ages, from tots to teens to adults, will appreciate exploring the bard and his works.

A doctor’s reminder of the critical importance, safety and effectiveness of vaccinations; tips on STEAM play with your toddler; advice for parents navigating Disney World with an anxious child: insights on how playing with your child (from your inner child) builds connection and Niche.com’s ratings of top local high schools for STEM round out this issue of Washington Parent magazine.

Have a playful summer!

Karen

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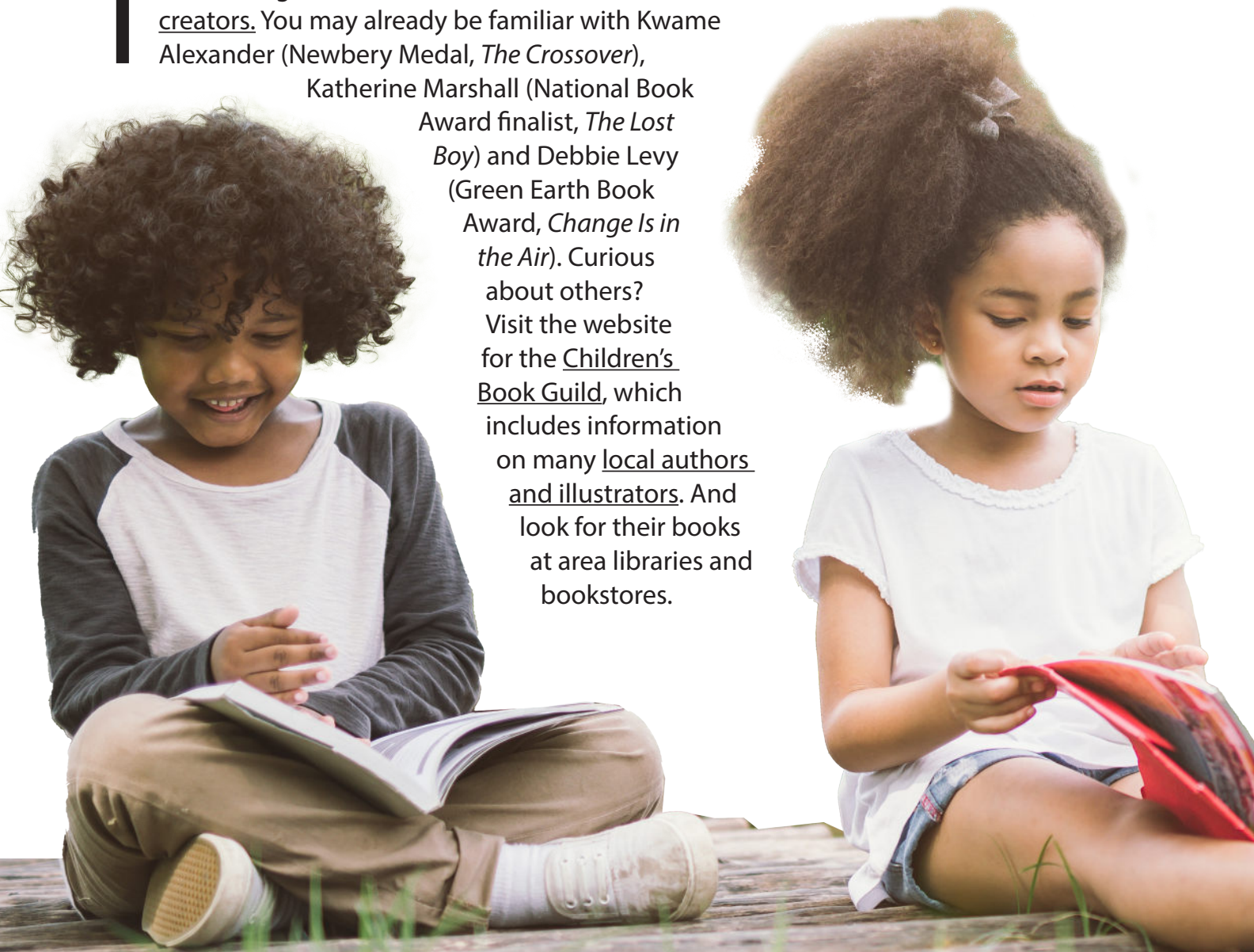
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Summer Fun: Books by Local Authors and Illustrators

The Washington area is rich in talented children's book creators. You may already be familiar with Kwame Alexander (Newbery Medal, *The Crossover*), Katherine Marshall (National Book Award finalist, *The Lost Boy*) and Debbie Levy (Green Earth Book Award, *Change Is in the Air*). Curious about others? Visit the website for the Children's Book Guild, which includes information on many local authors and illustrators. And look for their books at area libraries and bookstores.



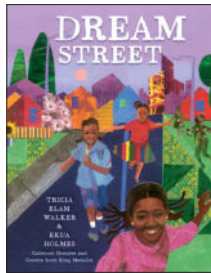
Here are exciting new offerings, perfect for summer reading.

Tots – age 7

Dream Street

By Tricia Elam Walker
Illustrated by Ekua Holmes
Anne Schartz Books, 2021, \$17.99

This lovely picture book was created by an award-winning duo, who are cousins. And it was inspired by their childhood neighborhood in Massachusetts, where the illustrator still lives. Maryland author Tricia Elam Walker introduces us to a host of neighbors of all ages and interests. There's science-loving Belle, the five musical Philips boys and a cheery retired mail carrier who reads on the stoop. Ekua Holmes brings them to vivid life through vibrant collages that convey the friendly spirit of this memorable street. This is a wonderful book to encourage awareness and conversations with your own kids about those around them.



Rumi: Poet of Joy and Love

By Rashin Kheiriyeh
NorthSouth, 2024, \$19.95

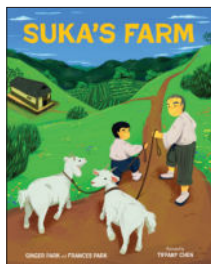
Acclaimed Iranian-American author/illustrator Rashin Kheiriyeh, who lives in Washington, DC, created this beautiful picture book biography for the 750th birthday of Rumi (1207-1273). Her whimsical acrylic paintings and lyrical text introduce this great Persian poet to youngsters at their level. Kids will learn how Rumi, an esteemed Islamic scholar, was inspired by a spiritual teacher to embrace unity and friendship. Filled with this spirit, he began to write the stories and poems that are still beloved today.



Suka's Farm

By Frances Park and Ginger Park
Illustrated by Tiffany Chen
Albert Whitman, 2025, \$18.99

Virginia authors and sisters, Ginger and Frances Park, draw upon their father's childhood in Japanese-occupied Korea for this tender tale of resilience and hope. In 1941, Kwan and his family often go hungry, even though his parents work very hard. To help, the boy visits a prosperous farm owned by an elderly Japanese man to ask for a job. Initially, stern Mr. Suka sends him away – but then hires him on a trial basis. Kwan devotes himself to the care of the man's prized goats. When they escape one night, Kwan ingeniously locates them, which cements the friendship between these two very different people.



Tweens

Extra Innings

By Fred Bowen
Peachtree, 2024, \$16.99

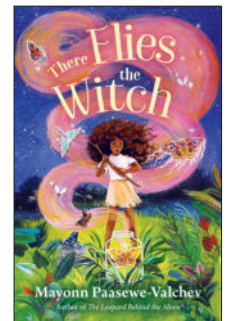
This latest novel in Maryland author Fred Bowen's popular Sports Story series is as action-packed and compelling as its predecessors. And it's every bit as nuanced, with the protagonist grappling with the effect of the game and his choices on his larger life. Mike loves pitching and being a reliable member of his summer baseball team. But his dad feels Mike should take a part-time job, perhaps caddying, to make money and learn responsibility. Will such work cut into Mike's time for baseball, though? Especially when his team is gearing up for the end-of-season tournament? This conflict between Mike and his dad is one many young readers will relate to. They will turn the pages to see how this familial struggle is resolved – and who wins the big game.



There Flies the Witch

By Mayonn Paasewe-Valchev
HarperCollins, 2023, \$18.99

In short, poetically charged chapters, Washington author Mayonn Paasewe-Valchev tells of a girl trying to discover her true home. Is it the mountains where she was raised by the ancient witch Yakaka? Or is it this place by the sea, with people who may be her mother and brother? Where does she belong – and why? Infused with magic and mystery, this enthralling story ends in a way that surprises and deeply satisfies.

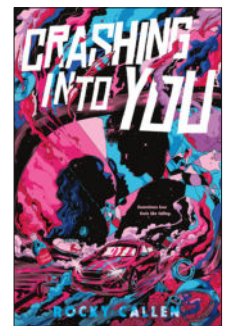


Teens

Crashing Into You

By Rocky Callen
Henry Holt, 2024, \$20.99

Leti Rivera learned to drive fast from the older brother who practically raised her when her mother passed away. A Latinx scholarship student, Leti is used to being an outlier at her posh, largely white high school. She does connect with Jacob, though, over their dreams and goals. Leti yearns to be a celebrated street racer, Jacob – who is kind, neurodivergent and Jewish – wants to be an astronaut. But then Leti, in desperation, makes a promise she's not sure she can or should keep. This powerful, coming-of-age novel by Maryland author Rocky Callen immerses readers in a complexly drawn world and situation that will leave them pondering their own decisions and goals.



Mary Quattlebaum lives in Washington, DC and is the author of 30 award-winning children's books, most recently Queen Elizabeth II, an early reader biography. She teaches in the graduate program in writing for children at Vermont College of Fine Arts, writes frequently for The Washington Post and is a popular school and conference speaker.



6 Tips to Go Full STEAM Ahead on the Blocks and Books Train

By Kristen K. Bowman

As a former preschool teacher and new mom, I wanted to introduce my son to blocks as early as possible.

I began introducing him to small cube blocks during infancy. Still, as he reached toddlerhood, I was intrigued and curious about his evolving block play needs. My experience with block play involved 3-, 4-, and 5-year-olds. I kept coming back to the question: how do infants and toddlers play with blocks, and what can they learn? Let us find out the answer to that question together.

Blocks provide young children with many opportunities to learn and engage with the world around them. Perhaps you have wooden, foam or cardboard blocks in a basket somewhere in your home that goes untouched. Maybe you feel frustrated because all your child seems to do with blocks is dump or knock the items all over the floor. My goal is to identify the typical progression of block play for infants and toddlers.

Block play pairs well with books; therefore, I will share books that you can check out from your local library or purchase to extend and sustain engagement. Block play can support young children in developing STEAM (science, technology, engineering, arts and math) skills. It also supports language and literacy

acquisition, social-emotional skills, social studies understanding and gross and fine motor movements. All aboard, full STEAM ahead on the blocks and books train!

The Stages of Block Play

Let's begin with a look at the stages of block play. These stages are a general baseline for most children. Children may not progress through the stages in order. The stages in this list are combined from multiple sources.

- **Stage 1:** Discovering blocks
- **Stage 2:** Carrying blocks
- **Stage 3:** Stacking blocks
- **Stage 4:** Making bridges
- **Stage 5:** Making enclosures
- **Stage 6:** Combining bridge and enclosures
- **Stage 7:** Imagination and refinement
- **Stage 8:** Patterns and symmetry
- **Stage 9:** Naming of structures/ structures to represent things that a child knows
- **Stage 10:** Using structures for pretend play

Typically, children will progress through the first three stages from infancy into toddlerhood. Infants and toddlers are natural scientists and engineers. STEAM skills come as second nature to children from birth into toddlerhood. Infants and toddlers engage

in the scientific inquiry process by exploring a new object such as a block, doing something with the block to see what happens and then continuing to try repeatedly. No screens are necessary for the technology component of STEAM.

Books and blocks are considered technology. Infants and toddlers are born engineers. They constantly seek out solutions to problems in their environment. Block discovery, carrying and stacking can introduce infants and toddlers to early spatial awareness skills.

Books and Blocks for Infant and Toddler STEAM Play

Below are six book descriptions and experiences for infants and toddlers with the art component of STEAM.

Book Description: *Blocks* by John Hutton is the first book I would use with infants as young as 6 months to begin introducing blocks into play. Adorable, illustrated children walk readers through many basic ways to engage with a variety of blocks. Shape blocks, colored blocks, counting blocks and letter blocks are included. Children can listen along as the blocks go “boom” or “choo-choo” like a train. Children can watch as blocks are stacked tall, and blocks are knocked over with a crash.

Tip: Create a block train for or with your young child. Place two-cylinder blocks underneath a rectangle block. Watch how it can roll. Perhaps stack blocks on top of the rectangle.

Book Description: In *Baby Says* by John Steptoe, a toddler watches his older brother build a block structure from his crib. The toddler does all he can to get his brother’s attention. Then he knocks over his brother’s structure! The older brother is upset but patiently helps his toddler brother build with him. A tale of brotherly love and block play.

Tip: Encourage young children to use the book’s block structure as inspiration for their own block structure. Perhaps your infant or toddler can build with an older sibling or family member? You can always fill in as your child’s block play partner!

Book Description: In *Touchthinklearn: Homes*, follow along and explore different types of homes worldwide. Take a look at a castle with a princess holding a sword, a tent with a young girl holding a flashlight, an igloo with a young boy cooking over a fire and more.

Tip: As we spend more time at home these days, this book could help inspire young children to create unique structures for stuffed animals or dolls to live in. It starts with using blocks.

Book Description: In *Stanley the Builder*, join Stanley, an adorable hamster, as he uses his construction trucks and tools to build his rodent friend, Myrtle, a new house. Stanley uses a bulldozer, excavator, crane truck, cement mixer, hammer and paintbrushes to complete the house with his rodent friend, Charlie. If your child hasn’t read a book about Stanley already, they are sure to fall in love with him and his sweet friends! This is a great book to read to a toddler before or during block play.

Tip: Encourage your toddler to use different types of trucks, cars, vehicles and tools to help build a structure of blocks just like Stanley!

Book Description: In *Baby Loves Structural Engineering*, a young

boy builds blocks in different shapes. His structures were similar to famous architecture like the Arc de Triomphe in Paris, Big Ben in London, and the White House in Washington DC. The young boy in this book builds a sturdy house for his three little pigs to ensure that the wolf cannot knock it down!

Tip: Print out pictures of the buildings from the book. Another option is to print images of buildings from around the world that people [from your family have visited.] Encourage your child to build using similar shapes or design patterns.

Book Description: In *Rosa’s Big Bridge Experiment*, a young girl and her friends [at the beach use the] scientific thinking process to explore making different types of bridges. The children work together to figure out the most effective kind of bridge to achieve their goals.

Tip: This book can be a great way to introduce children to building structures with other siblings or friends. Children can also learn how to persevere even when their first attempt at using building blocks does not yield their expected result. Practice using different materials as well as blocks to make bridges of all kinds.

Note: If your child never touches the basket of blocks you have, perhaps think about organizing them differently. An open shelf unit with each block shape in its own space can really help children to make decisions during block play.

Kristen K. Bowman is a former preschool teacher and owner of Flow With K.Bow in Columbia, Md. This article originally appeared on the Maryland State Department of Education, Division of Early Childhood, [Maryland Families Engage](#) website. Reprinted with permission.

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COULD YOUR DAUGHTER BE A GIRL WITH UNDIAGNOSED ADHD?

By Kathleen Nadeau

Could your daughter be a girl with undiagnosed ADHD? Girls with ADHD come in lots of different “flavors,” but few of them look like our idea of ADHD: a young student, typically a boy, who is hyperactive, disruptive and not doing well in school. As long as we cling to this outdated stereotype, most girls will remain undiagnosed.

Recognize any of these girls?

Perfectionist Patty typically earns top grades in elementary school. She is driven to excel, no matter the cost. The teacher thinks there’s no problem at all, her mother worries about how late she stays up trying to turn in the “perfect” project or assignment.

Shy Samantha gets stomach aches and asks to stay home from school because she doesn’t feel good, and dreads being called on by the teacher. She worries that she will embarrass herself because she may not have been listening to what the teacher was saying.

Tomboy Tara may be a top soccer player, or perhaps her passion is horses and she’s most comfortable mucking out the barn and not being “girly” like so many of her classmates. She may be prone to losing personal items and to losing concentration except when she’s doing her favorite activities. She makes decent grades and needs to be active.

Dramatic Dora may get into verbal arguments with other girls, especially if she feels she’s been criticized. Her parents find her emotional overreactions exhausting. She can argue endlessly at home if she feels something “isn’t fair.” At school, her teacher just sees a girl that likes to draw attention to herself.

Anxious Alyssa seems to always live in a state of worry. She may cry if she hasn’t completed her project on time, or if she feels

she didn’t do well on a test at school. Alyssa has trouble keeping up with the verbal chatter of the other girls in her class. She’s very afraid of making mistakes. The teacher is aware of Alyssa’s anxiety, but has no idea that ADHD is the underlying issue.

Chatty Kathy talks constantly, but few parents or teachers understand that her constant verbal stream is a version of hyperactivity. Her grades may be okay, but she may forget to turn in her homework and seems disorganized when she comes to class. Her teacher wishes she would quiet down and stop distracting her classmates.

Why does it matter if girls are diagnosed? None of the girls I’ve described is failing in elementary school. Boys are more likely to be diagnosed because they distress their parents and teachers by being loud, disruptive and doing poorly academically. For girls, their distress is internal and less likely to be recognized as ADHD. A new not-for-profit organization has been created – [FINDtheADHDgirls](#) – to help parents and educators better understand and help girls with ADHD. There, parents can find a checklist to help them explore whether their daughter might have ADHD. It offers a comprehensive list of risks experienced by girls as well as support and information for parents.



The risks for undiagnosed girls are many, and symptoms tend to become dramatically worse around age 11 or 12 when girls enter puberty, and their fluctuating hormones make their ADHD symptoms more intense. Common risks are:

- **Social difficulties:** feeling out of place, trouble making friends, being bullied or rejected by peers
- **Academic struggles:** inconsistent, forgets to turn in homework, struggles to do well on tests, poor grades despite intelligence
- **Emotional issues:** low self-esteem, emotional over-reactions, highly sensitive to rejection
- **Risks increase in middle and high school:** smoking/vaping; substance abuse, lower academic performance, depression, increased anxiety, sexual impulsivity, unplanned pregnancy, engaging in self-harm in response to social rejection and depression

The biggest risk is to ignore the challenges your daughter is facing until their problems become larger and more complex in middle and high school. After puberty, most girls with untreated ADHD begin to struggle with anxiety, depression and low self-esteem, which can lead to poor decisions, dropping out of school and struggling as young adults to manage their lives well. The good news is, there is help available once parents understand their daughter's needs.

Kathleen Nadeau, Ph.D. is founder and director of The Chesapeake Center in Bethesda, Md. She is an internationally recognized authority on ADHD in girls and women. She is the coauthor of two groundbreaking books on females with ADHD: *Understanding Girls with ADHD* and *Understanding Women with ADHD*. Currently, she is developing a teacher questionnaire to help teachers better identify girls with ADHD in the classroom.

RESOURCES FOR PARENTS ON GIRLS AND ADHD

- ▶ [FINDtheADHDgirls' resource page](#) lists online support communities, books, videos, digital media, info sheets and more along with monthly handouts for parents.
- ▶ [CHADD.org](#) – a national advocacy organization supporting families impacted by ADHD
- ▶ [ADDitude](#) magazine – a nationally distributed magazine with excellent, up-to-date information for families and professionals impacted by ADHD
- ▶ [Understanding Girls with ADHD](#) by Kathleen Nadeau, Ph.D., Ellen Littman, Ph.D., and Patricia Quinn, M.D. – with chapters and checklists for girls at each age and stage to help parents understand their daughter's challenges and learn how to help their daughters meet those challenges.

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TOP 10 **STEM** High Schools in the DC Area per Niche.com

By Liam McCrickard

While every high school in the DMV offers a variety of coursework on liberal arts and sciences alike, many disciplines that fall under the STEM (science, technology, engineering and mathematics) umbrella require specialized knowledge and teaching strategies that not every school offers. Some high schools, however, are able to provide the kind of robust STEM educational experience that will help prime students for majoring in STEM fields in college and beyond.

Through [Niche](#), a trusted platform for ratings and reviews of schools across the country, Washington Parent has compiled a list of the top 10 STEM high schools in the DC area. Niche incorporates many factors into its rating of schools, including alumni and family reviews, class sizes, teacher expertise, graduation rates and more.

1. **BASIS Independent McLean**

- **Address:** 8000 Jones Branch Dr., McLean, Va.
- **Notes on Admissions:** This is a private school with a selective admissions process and tuition and is unrelated to BASIS Public Charter Schools.
- **Why it Stands Out:** Students at this school typically finish their graduation requirements by senior year, dedicating their final year instead to capstone projects, college counseling and their three-month student driven senior project.

BASIS Independent McLean has a strong focus on AP courses, and its unique approach to senior year allows STEM students to pursue learning in their field of interest in a way not normally supported by traditional limitations of course options.

2. Thomas Jefferson High School for Science & Technology

- **Address:** 6560 Braddock Rd., Alexandria, Va.
- **Notes on Admissions:** Though it is part of the Fairfax County Public School system, it is a selective secondary high school that requires application to attend and serves a broader area than most schools in the system, taking applicants from Arlington County, Fairfax County (including the City of Fairfax), Falls Church City, Loudoun County and Prince William County.
- **Why it Stands Out:** It's a magnet school with a full-day, four-year program, unlike most magnet schools, which are more limited in scope and cohabitate with more standard schooling.

Thomas Jefferson High School for Science & Technology's name says it all. It is the Governor's School for Science and Technology in Northern Virginia, and while its main focus is, of course, heavily on STEM, it does not leave out an education in the arts as an integral part of understanding the world.

3. Sidwell Friends School

- **Address:** 3825 Wisconsin Ave. NW, Washington, DC
- **Notes on Admissions:** A tuition-based private school, applicants should note that a recommendation from a current teacher of the applicant is required as a part of the process.
- **Why it Stands Out:** As a Quaker school, Sidwell's students practice Quaker values through community service and environmental stewardship projects that allow for hands-on learning.

Sidwell Friends' STEM offerings are enhanced by their 1:1 laptop program which ensures every student has a laptop provided by the school to use, which may be applied when taking part in their coding or robotics offerings, among other classes.

4. Holton-Arms School

- **Address:** 7303 River Rd., Bethesda, Md.
- **Notes on Admissions:** Holton-Arms is an all-girls private school that requires recommendations from three teachers and an introduction video.
- **Why it Stands Out:** The school proudly boasts that 100% of Holton-Arms Graduates are accepted into four-year institutions.

Holton-Arms features such STEM specialties as their Center for the Advancement of STEM and advanced classes that are ready to be taught if interested students sign up, even if they aren't held every year.

5. The Madeira School

- **Address:** 8328 Georgetown Pk., McLean, Va.
- **Notes on Admissions:** An all-girls boarding school, requiring recommendations from current teachers and statements from both the student and their parent/guardian when applying.
- **Why it Stands Out:** Niche ranks the Madeira as their #1 boarding high school and #1 all-girls high school in the state.

Madeira uses a distinct modular system where school is split up into five-week periods. During each period, students take only three classes a day, allowing for more time to be spent on deeper learning and comprehension, while the modular structure ensures they have opportunities to learn a variety of subjects every year.

6. The Potomac School

- **Address:** 1301 Potomac School Rd., McLean, Va.
- **Notes on Admissions:** Potomac is a private school that takes applicants from all over the DMV and beyond, though local applicants must visit campus as a part of their application process.
- **Why it Stands Out:** The science program focuses on developing scientific understanding through lab and field work alike, and has courses in neuroscience, organic chemistry and genetics. The Potomac School's large wooded campus is somewhat out of the way, but it compensates for it with one of the most robust dedicated shuttle systems for a private school in the area, with serviced areas shown on their quick facts sheet.

7. National Cathedral School

- **Address:** 3612 Woodley Rd. NW, Washington, DC
- **Notes on Admissions:** An all-girls school in the district, National Cathedral School (NCS) requires recommendations from teachers, and for students entering its upper school, an interview process.
- **Why it Stands Out:** NCS has an emphasis on skills acquisition in their STEAM (adding an A for Arts) program as a part of their "spiraled" curriculum which builds on skills taught earlier to teach deeper methods to further comprehension of subject matter. NCS has been operating for 125 years and is an Episcopal school that represents students from 97 different zip codes across the country.

8. Ideaventions Academy for Math and Science

- **Address:** 12340 Pinecrest Rd. #10, Reston, Va.
- **Notes on Admissions:** As a private specialty school, Ideaventions' application process, from interviews to essays, assesses not just intelligence, but curiosity about STEM disciplines.
- **Why it Stands Out:** Ideaventions offers post-AP level coursework in STEM fields in their high school program, allowing driven students to get a head start diving into a niche STEM field. Ideaventions is a STEM-focused school, making it one of the best options for a student who wants to fully pursue a discipline under that umbrella. Their mean SAT score is 1529, the highest of any high school in the state.

9. St. Albans School

- **Address:** 101 Wisconsin Ave., Washington, DC
- **Notes on Admissions:** An all-boys private school, St. Albans boasts that it has met 100% of demonstrated financial need with aid to mitigate its tuition costs.
- **Why it Stands Out:** St. Albans has an average graduation rate of 100% according to Niche's analytics. St. Albans has relatively small classes, with an average size of just 13, and each senior gets to engage in a self-directed learning project one-on-one with a mentor.

10. Pinnacle Academy

- **Address:** 14120 Newbrook Dr., Chantilly, Va.
- **Notes on Admissions:** As a science and technology focused private school, Pinnacle is interested in students who are specifically curious about their fields of focus.
- **Why it Stands Out:** Its STEAM programs pair neatly with an emphasis on service learning to ensure the knowledge gained is understood and applicable in real world contexts, not just theory. Pinnacle Academy used to market itself as a STEM school, but over time its priorities have broadened to include the arts, as their relationship with the technology that governs our lives and the way they help us understand the "hard sciences" becomes more relevant every day.

Liam McCrickard holds a B.A. in creative and professional writing from Goucher College. He is former assistant editor at Washington Parent. He works as a freelance designer, writer and editor of tabletop role-playing games.



10 Ways to Support Families With Differently Abled Kids

By Rebecca Hastings

I don't know how you do it!"

It was a simple statement. There was no ill will behind it, just an honest thought from one mom to another. Something I've thought a thousand times about other parents. But this was directed at a mom gathering her five kids, most with special needs, into the car after a trip to the store.

The mom smiled and replied, "You just do."

Every parent has been there, walked through something challenging and kept going. It's what we do as parents. When you have a child with differently abled kids, there's more.

Sometimes it feels like the challenges never end. And the stakes feel high. A lot of times parents of kids with differently abled kids have to push through really hard things, often alone because people don't know how to help.

Here are 10 ways you can help support families with differently abled kids:



BIGSTOCK/ LIGHTFIELD STUDIOS INC.

1. Keep showing up. More than anything, they need people in their life that are not afraid to show up, even when they don't know what to do. You don't have to have the answers, you just need to be present.

2. Invite the kids. Kids who are differently abled are often left out of fun activities like playdates and birthday parties. Have a quick conversation with the parent or send a text asking what you can do to help their child enjoy the activity. You can invite the child for a one-on-one playdate instead of a group playtime, welcome the parent to stay and ask if they need any accommodations. Simply ask how you can meet the family where they are and welcome them.

3. Don't gossip. This should go without saying, but it's easy to forget. Don't talk about the family or the child's needs with other people. If you have a question, simply ask the parent. This is enough of a struggle with the kids they encounter. They don't need adults making it harder.

4. Get practical. Differently abled children often require special care and appointments. This can mean multiple doctors, therapists and specialists within one week or even one day. Bring coffee to

school drop-off. Offer to babysit the parents' other kids. Leave a meal on their porch or send delivery. It can go a long way for a tired mama. And don't forget the paper plates!

5. Ask kindly. Most families are familiar with people wondering about their differently abled child. Instead of steering clear and avoiding the subject, ask thoughtful and kind questions. It is far better than staring. Special needs are nothing to be ashamed of. We can talk about them in ways that we are all comfortable with.

6. Respect privacy. Everyone has a story. It's natural to be curious about someone's situation, but it's important to give people the privacy they deserve. Just because you can see someone's disability doesn't mean they want to share every detail about it. Honor what they are comfortable talking about and what they would like to keep private.

7. Invite the parents. We all need friendship and community, both of which can be hard to come by when you are caring for a differently abled kid. Invite the parents out to dinner or to a barbecue. They may not be able to come as often as they would like (or ever), but being invited reminds them that they are seen and valued. Keep inviting them, reminding them there is no pressure.

8. Accept quiet. If you text or call and you don't hear back, try not to be offended. Think of how much you are juggling daily and throw a dozen more things in the mix (some of them life and death). This is what parents with a differently abled child handle regularly. If they don't get to text or call back, there may be a reason. Don't write them off. A simple "I'm thinking of you" to follow up reminds parents you care.

9. Interact with the child. Sometimes people don't know what to say when they see a differently abled child, so they say nothing. Make the effort to interact with the child. Ask them what their favorite color is or what they want to be when they grow up. Value the child and show the family they matter.

10. Do more than smile. Families with differently abled children have a lot of people who smile and say a quick hello but never engage. It may feel new and unfamiliar for you but making the effort to engage in real friendship with families makes a big difference for them and for you. Try it and see!

Rebecca Hastings is a former teacher who is passionate about authenticity, faith and family. Her books are available on Amazon, and she has been featured on sites such as The Washington Post and Parents. In real life, she can often be found typing words, driving her kids places or wherever there is chocolate. Connect with her at RebeccaHastings.net and on [Instagram](https://www.instagram.com/rebeccahastings).



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Tips for Navigating Disney World With an Anxious Child

By Rebecca Singer

It may be the “happiest place on Earth,” but for families with a child who has anxiety, Walt Disney World can quickly become stressful and overwhelming.

I visited Disney World last summer with my 11-year-old daughter, who has generalized anxiety. We knew the parks would be hot, crowded, overstimulating and full of triggers, but we were determined to have our magical Disney vacation.

With advanced planning, as well as some trial and error, we discovered successful strategies that helped us navigate our trip. If you’re planning to travel with a family member who has anxiety, here are some approaches to consider.

Plan Ahead

Watch online videos about the theme parks and rides ahead of time so your child has clear expectations.

There are numerous YouTube channels devoted to sharing tips and tricks for theme park visits. My daughter’s favorite was [Mammoth Club](#), but there are many others including [AllEars](#), [DFBGuide](#) and [TouringPlans](#).

Videos were great for giving an overall sense of the theme park experience including crowds, noise and visual overload. They were also particularly helpful in preparing for rides. Watching ride POV videos helped my daughter decide which rides she could handle and which ones to skip.

Look Into DAS (Disability Access Service)

[DAS](#) is a service for individuals who have trouble waiting in traditional lines due to developmental disabilities, neurodivergence or similar conditions.

With DAS, you don’t have to wait in a crowded, hot, noisy and confined queue. It’s essentially a way to wait in line virtually. Using Disney’s mobile app, you reserve your spot in line and then wait in comfort elsewhere until your ride time.

Not everyone with anxiety is eligible for DAS, but it’s an option worth exploring. We were fortunate enough to be approved for this service, and we found it enormously helpful.

Speak with a Disney cast member through video chat prior to your visit to determine your eligibility and [register for DAS](#).

Bring Comfort Items

It’s helpful to have a favorite toy or activity available for your child to ease sensory overload and provide a calming distraction. My daughter especially appreciated having her small stuffed animal buddies with her. Fidgets or coloring books are also good options.

Snacks are a must, too! My daughter brought hard candies, which she found soothing during intense or overwhelming situations.

Minimize Overstimulation

It's a great idea to bring noise-canceling headphones or earbuds with you. They'll help with a variety of situations including ambient crowd noise, loud rides and fireworks displays.

Disney's [Sensory Experience Details](#) guide provides a helpful list of the lighting effects, scents, loud noises and other sensory stimuli you'll find at every attraction.

Know When to Opt Out

Know your child's triggers and skip the attractions that will be most challenging for them. This is going to be different for everyone. For example, my daughter found characters in masks intimidating because she couldn't see their real faces, so we avoided those meet-and-greets.

To escape crowds as much as possible we bypassed most headliner rides (*Rise of the Resistance* was the exception) and missed the parades.

We wanted to see at least one nighttime show, but Magic Kingdom's evening spectacular was too jam-packed for us. Instead, we went to *Fantasmic!* at Hollywood Studios. The park's amphitheater has ample seating, which helped make the crowds feel more manageable. And by purchasing the [Fantasmic! dining package](#) we were able to get guaranteed seating in a reserved section without having to wait in a long line.

Take a Break

Leaving the park midday is oft-given advice for good reason. We tried to skip this our first day, with disastrous results.

Not wanting to give up valuable time to trek back to our hotel, we ignored signs of overstimulation. This was the only day of our trip we had to manage a meltdown. After that we learned our lesson and took a much-needed afternoon break at the hotel every day.

Consider staying at a Disney property to make this easier to do. Proximity and convenience made such a difference for us. We were able to take Disney transportation back to our hotel and never had to wait long.

Make sure to build in time for breaks while you're in the parks, as well. We planned at least one sit-down meal each day to allow time for relaxed, air-conditioned respite.

The Right Strategies Make All the Difference

With preparation, flexibility and planning with your child's needs in mind, you can have a magical Disney vacation, even while managing anxiety.

Rebecca Singer is an educator, mom and museum professional with over 20 years' experience designing fun, cultural events and activities for kids and families. She lives in the Washington, DC area with her husband and daughter.

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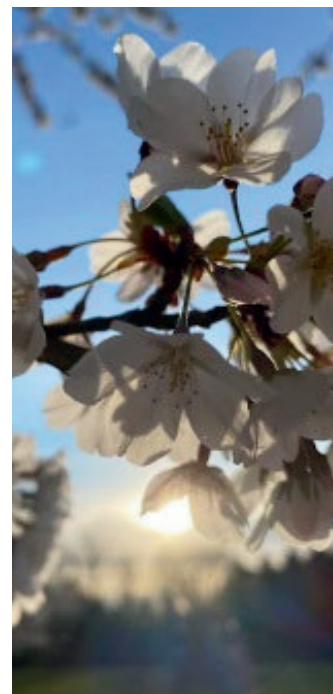
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FROM ROLE MODEL TO REAL MODEL:

How Fathers Can Outsmart the Manosphere

By Jennifer Brechbill

It doesn't matter what my husband is doing; our children are always watching him. My kids want to play the sports he plays, hear his views, learn about his childhood. One of my young boys even insists on using Old Spice to smell like him. Dads are some of the most powerful influences on kids – for the small things and the big things.



And what can be bigger than the power of a dad to combat toxic masculinity?

What is Toxic Masculinity and the “Manosphere”?

Toxic masculinity is a way in which men and boys are culturally trained to behave, underpinned by three core tenants: toughness, anti-femininity and power. The “manosphere,” in turn, refers to a collection of online communities and influencers where such views thrive – promoting male victimhood and supremacy.

According to Heath Pearson, Ph.D., Assistant Professor of Cultural Anthropology and Justice & Peace Studies at Georgetown University, toxic masculinity can be thought of at both the individual and the superstructural scale. Much like the monster in *Stranger Things*, Pearson analogizes, toxic masculinity has always been burbling beneath the surface of American society but now has been called back to the surface. And, he explains, social media is a primary space where this hypermasculinity is promoted, taught and incentivized.

Children, and boys in particular, hear these messages in society and follow them on social media. They talk about popular figures like Andrew Tate or Adin Ross, might explore pseudoscientific theories like the 80/20 rule, or try out manosphere lingo (red pill, AMOG, AWALT). On an international scale, educators have had to reckon with the weaponization of “Your body, my choice” in schools, along with increases in other sexist speech and discriminatory behavior.

Even in my own household, my 7- and 9-year-old boys have tried on tough-guy personas and talk about Logan Paul. How many times have I had to remind my first grader not to call me “bruh” or “gurl”?

Sure, I can remind my boys to respect women and girls, to learn from them, to treat them well. But young people want role models, which is one of the reasons influencers in the manosphere have become so, well, influential in the first place.



What Does This Have to Do With Dads?

Of all of the things that fathers can model for their kids, a healthy view of masculinity should be at the forefront. Not all nuclear families include both a mother and a father, and not all parents are in heterosexual relationships. But having a father-figure involved (in any form) can be beneficial in combatting toxic bro-culture.

According to analysis from the American Institute for Boys and Men, children can learn effective ways to solve problems, interact with others and regulate their emotions just by watching their dad. How does he react in stressful situations? How does he treat and talk about women? What tasks does he take on at home? Dads can model male relationships and masculinity in ways that differ from the manosphere's influence.

Supporting Fathers in the DMV

If we are going to raise strong, emotionally healthy children, we have to support the fathers in our community. And organizations in the DC area are doing just that.

Fairfax County Department of Family Services, Father Engagement Unit (Fairfax, Va.): Fairfax County's Father Engagement Unit aims to strengthen the involvement of fathers in their children's lives through programs that promote active participation and provide parenting resources and support. The unit offers Dads Parenting Groups, one-on-one support services and a series of advice videos. Father Engagement Unit Supervisor Bennie Herron describes the unit as “a small but mighty team of three.” “We are grateful to impact families in our community with our program,” he says, “and we look forward to continuing to build a strong legacy of father engagement practice in Fairfax County.”

Bright Beginnings Fatherhood Initiative (DC): The Bright Beginnings Fatherhood Initiative is a comprehensive program that includes a 12-week course and individual coaching sessions. Participants attend classes, engage in the community, volunteer in their child's classroom and attend field trips and center programs. The BBI Fatherhood Specialist collaborates across all departments to ensure that fathers receive equal access to BBI services.

The Housing Opportunities Commission's Fatherhood Initiative Program (Montgomery County, Md.): The HOC's Fatherhood Initiative Program is available to fathers who have children living in HOC housing, participate in HOC housing programs or are registered on the HOC Housing Path Wait List. Using a critically acclaimed curriculum, the program helps fathers develop healthier relationships with their children and offers access to continuing adult education and workforce development resources, with the opportunity to become certified in a variety of specialty areas.

As we celebrate dads this month, let's remember just how important they are. The manosphere may be filled with shocking language and stereotypes, but fathers are the OG influencers.

Jennifer Brechbill is a writer, lawyer and mom of three. You can find her on LinkedIn or Instagram (@jenniferbrechbill or @glutenfree_with_g). This month, she'll be celebrating her dad and husband, who show her kids every day that “masculine” guys are feminists.



Supporting Your LGBTQ+ Child

in the Current Political and Social Environment

By Jonah Green

Being a parent means living with a mixture of emotions: joy, pride, anxiety, frustration and love like no other. Parents of children in marginalized or minority groups experience additional anxiety, especially when the world around them doesn't always reflect or respect their uniqueness.

Parents want their children to know they are loved and accepted. This desire is especially significant for those raising children in minority groups, whether racial, religious, neurodiverse, or LGBTQ+.

The Need for Acceptance

Parents want their children to know they are loved and accepted. This desire is especially significant for those raising children in minority groups, whether racial, religious, [neurodiverse](#), or [LGBTQ+](#). Parents of these children often feel an even greater responsibility to ensure their children's sense of belonging and to celebrate their children's identities.

Sexual and Gender Minorities Today

Over the past several decades, LGBTQ+ children have seen many advances, and for a time, it seemed there was a growing recognition of transgender and nonbinary youth. Pride events and social acceptance helped children feel pride in who they are. However, these children and their families have felt increasingly threatened in recent years, particularly since the last election.

[Chris Erb](#), a Licensed Clinical Marriage and Family Therapist (LCMFT) specializing in affirming care for youth and families, works to foster healthy communication among families as they navigate challenges faced by LGBTQ+ individuals. According to Erb, [transgender youth](#) are a high-risk minority group. "By adulthood, four out of five transgender people have considered suicide. Nearly half have attempted it. Transgender people face discrimination, rejection, bullying, and hate crimes. Recent events have increased the risk of being "out."

Transgender and non-binary children have been targets of harsh rhetoric, discriminatory laws and a political climate that vilifies their identities. In response, parents often feel more protective, anxious and even angry. They grapple with how best to support their children in an environment that feels hostile and dismissive.

Need for Acceptance and Encouragement

Research shows that LGBTQ+ youth need to feel accepted by their parents more than anything else, especially during times of societal rejection. Your unconditional acceptance anchors their self-worth in the face of discrimination. Supportive statements such as "I love you as you are" or "I'm here for you" can provide comfort, reminding them that they can achieve, pursue interests and make meaningful connections, regardless of the barriers others may try to place.

Private and Public Advocacy

Supporting your LGBTQ+ child today may require more than validation and encouragement; your child may also need your advocacy. Erb states, "Advocacy can bolster self-worth and a sense of belonging. Advocacy can range from embracing preferred pronouns to participating in local and statewide legislation. [PFLAG](#) and [The Trevor Project](#) provide resources for helping parents and families educate themselves around LGBTQ+ issues."

Affirmative advocacy can take many forms: speaking up to others about discrimination, writing to lawmakers to support LGBTQ+ rights, educating those around you about the challenges of LGBTQ+ youth or having tough conversations with family to foster understanding and acceptance. You will tell your child you are genuinely "in their corner."

Self-Care for You, Too

Parenting the LGBTQ+ child you love in today's turbulent climate can feel frightening and overwhelming. Seek support from partners, friends and community. Taking time for [self-care](#) and connecting with other parents can provide emotional relief and support. Therapy from a supportive and affirming therapist can be invaluable.

Erb notes that this time is "highly emotional for kids and threatens their sense of belonging." In times of societal upheaval, parents' love and acceptance are the most powerful tools they have to help their children thrive. However, those tools work best when parents have the support they need to stay grounded and strong.

Erb suggests that parents consider working with a therapist or [LGBTQ+ support group](#). "Honor your feelings of loss, grief, or fear. Identify your social safety nets and resources. Your child needs your energy and vitality to support them through their struggles."

With love, validation, encouragement and advocacy, parents can help their children navigate a world that conveys that they are unsafe or unaccepted. Your support and acceptance are the most potent tools for LGBTQ+ children to thrive. With community support, you can find the strength to allow children to experience the unconditional acceptance they need. Remember, your love and acceptance are powerful and can make a difference in your child's life.



HOW TO HELP YOUR CHILD PACK A HEALTHY DAY CAMP LUNCH THEY'LL ACTUALLY EAT

By Pam Molnar

Lunch at day camp is important for your child. Most camps include physical activity, so your child will need nutritious foods to keep them going. Like most parents, I packed what I thought my kids would eat, only to have most of it return home. The result was a famished kid who pantry-surfed until dinner and a frustrated mom.

Not wanting a return of my hangry child, nor another lunch in the garbage, I set out to make day camp lunch more enjoyable for both of us. How did I do it? I got my kids involved in making their own camp lunch. While it took some supervision, I explained that they needed to pack what they would eat and that it needed to be nutritious. Here are some suggestions that made our summer less stressful.

PROVIDE A VARIETY OF CONTAINERS

There are so many fun [lunchbox accessories](#) available. We use bento boxes with separate compartments, screw-on lid containers for easy opening and closing and zipper snack bags to help with portion control. Lunch box-sized ice packs are also a good idea. If they are required to brown bag it, add a little color. Lunch-size bags in bright colors or designs can be found at craft stores and dollar stores, making lunchtime more fun. You can also add colorful napkins and disposable utensils.

MAKE A LIST OF OPTIONS

When my daughter first started making lunch in first grade, we talked about nutrition on her level. MyPlate, which replaced the USDA Food Pyramid, is a great source. We made a small poster with pictures under categories like proteins, grains, dairy, fruits and vegetables. I am a big believer in everything in moderation, so we did have a category for less healthy snacks. If nothing else, they were good for lunchtime trades.



PRE BAG SNACKS

Kids are natural snackers, so we keep a snack drawer full of grab-and-go items like pre-bagged fruits and veggies, dry cereal, cut-up cheese, pretzels, etc. (This is a great idea for adults, too.) We fill small containers with ranch dressing, hummus or ketchup. I also buy single serving items like yogurt and granola bars. It gives the kids the option to do for themselves without asking a parent to come in and pour, scoop or chop.



INCLUDE SOMETHING SPECIAL

It is always nice to find a "thinking of you" note inside your lunch. After your child has packed their lunch, you can add a heartfelt note, a [riddle of the day](#), a joke, a sticker or something small they can share with their friends. Again, consider keeping with the theme of the camp.



MAKE FOOD FUN TO EAT

No one said lunch had to be a square-cut PB&Js, chips and an apple. Pull out your favorite cookie cutters and use them to cut out cheese, lunchmeat and fruit and make pancakes, pizzas and bread for sandwiches. Add a little edible glitter to sprinkle over strawberries, sandwiches or any other item that would be more enjoyable with a little magic dust.



PACK FOOD TO FIT THE DAY'S THEME

Day camps often have a theme where they encourage the campers to wear a specific color, pattern or outfit to fit with the theme. Why not try food that is the same? If the group is going to the zoo, add some animal crackers. If they are headed to the planetarium, send them along with star fruit. For kids in sports camps, you can make a ball out of many items – melon balls, meatballs, cheese balls or cake balls.



KEEP THEM HYDRATED

Most camps suggest you send your child with a reusable water bottle so they can refill it at drinking fountains during the day. If your child isn't a fan of plain water, send them along with individual flavor packets, including Gatorade or another brand with electrolytes. You can also send them with sliced cucumbers, lemons or muddled fruit to add flavor with natural ingredients. Vegetables that are mostly water (cucumbers, celery and carrots) are a great choice for warm weather snacking.

Pam Molnar is the mother of three lunchmaking champions and a writer who enjoys sharing her parenting wins with others.

CAMPS & SUMMER PR

MULTIPLE LOCATIONS

Washington Wizards Jr. Wizards Summer Camp

The Washington Wizards Jr. Wizards camps offer boys and girls ages 6 to 14 the chance to develop their basketball skills in a fun and exciting team-focused environment. These programs are designed for athletes of all skill levels. Register today! *Locations throughout the DMV.*

DC

DC Bouldering Project Summer Adventures

Discover the Olympic sport of fencing at DC Fencers Club summer fencing camps. Fencing camp activities include games, footwork, fencing technique and tactics, group lessons, fencing videos, competition, training with nationally ranked fencers and new friendships. 1611 Eckington Pl. NE, Ste. 150, Washington, DC 202-667-2404.

National Building Museum Summer Camps

Rising 2nd to 5th graders can choose from two themes, each offered in a week-long camp session: "Brick City: World Architecture Brick by Brick" invites kids to explore iconic global architecture using LEGO® bricks and "Invention Lab: Build, Create, Innovate!" is a hands-on introduction to engineering through Rube Goldberg machines. 401 F St. NW, Washington DC 202-272-2448.

National Postal Museum's STAMP Camp

Ignite your child's curiosity and elevate summer fun with our free virtual STAMP Camp! Sign up to receive five hands-on activities by email all summer to be completed at your own pace in this self-guided, synchronous, interactive series. Designed to inspire young minds, each activity

is packed with museum objects, hands-on projects, and engaging challenges. Perfect for learners ages 6-12. *Virtual.*

The Theatre Lab School of the Dramatic Arts

Spend your summer at The Theatre Lab building your acting skills in a high-energy, fun environment with top-level teachers and faculty. The Theatre Lab offers theatre training programs for students from 1st grade to 19 years old. In a collaborative setting, participants grow as artists while forming a supportive creative and ensemble focused community. Visit theatrelab.org for more information. 900 Massachusetts Ave. NW, Washington, DC 20001, 202-824-0449.



VIRGINIA

Art Camp at The Art League

Unleash your child's imagination this summer at Art Camp! Kids complete a fun new project daily, including drawing, painting, printmaking, sculpture and more. Camps run Monday to Friday and vary curriculum from week to week. Specialty camps, like Drawing Camp or Painting Camp, focus on immersion in one particular medium. *Alexandria, Va. 22314, 703-683-2323.*

Beginner Fencing Camp

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**NATIONAL
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PROGRAMS GUIDE



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Now enrolling for summer camp. Camp Imagination. Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment. Learn & grow with us! 4300 Prince William Pkwy., Woodbridge, Va. 703-819-1567.

The St. James Summer Camps

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MARYLAND

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Fencing Camps

Discover the Olympic sport of fencing at DC Fencers Club summer fencing camps. Fencing camp activities include games, footwork, fencing technique and tactics, group lessons, fencing videos, competition, training with nationally ranked fencers and new friendships. 9330 Fraser Ave., Silver Spring, Md. 301-562-1990.

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Summer Programs

Discover Oneness-Family School's summer programs for ages 2nd–8th grade! Engage in hands-on Montessori learning, exciting field trips, environmental exploration and creative theater. From Little Explorers (ages 2-3) to Peace Weavers (3½–6), Earth Keepers (Grades 1–5) and Summer Theater (Grades 3–8), there's something

for every child to learn and thrive! 6701 Wisconsin Ave., Chevy Chase, Md. 301-652-7751.

Summer Enrichment

Academy at UMBC

The Summer Enrichment Academy (SEA) at UMBC offers engaging one-week workshops for middle and high school students. Led by UMBC faculty, industry professionals and graduate students, SEA explores science, engineering, technology, the arts and humanities, providing a stimulating learning experience. Baltimore, Md. 410-455-8607.

FOR KIDS WITH DIFFERING ABILITIES

BSC Buddy Camp

At Bethesda Soccer Club Buddy Camp, high-level coaches and elite youth soccer players join forces with children with physical and developmental disabilities

to improve their soccer skills and to share in the love of the game. Walter Johnson High School, 6400 Rock Spring Dr., Bethesda, Md. 240-477-2504.

Camp Forget-Me-Not/Camp Erin DC

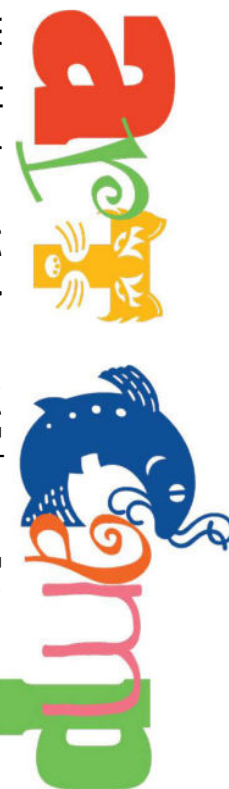
Campers ages 6-17 will enjoy a full day of traditional camp activities, grief focused groups and workshops to help them explore a variety of ways to express themselves while developing skills. All the activities are specially designed to help campers express themselves and develop bonds with others. Camp Forget-Me-Not/Camp Erin DC is provided free of charge. Meals and snacks will be provided during the day camp. 4201 Connecticut Ave. NW, Ste. 300, Washington, DC 202-624-0010.



CONTINUED...



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CAMPS & SUMMER PROGRAMS GUIDE

Camp Holiday Trails

A camp for children and teens with medical needs and their siblings, aged 6-17. CHT was incorporated as a nonprofit in 1973 and, since that time, has provided over 10,000 kids with medical needs the opportunity to experience a positive camp experience. 400 Holiday Trails Ln., Charlottesville, Va. 434-977-3781.



Camp Inclusion

Camp Inclusion is a summer day camp for any student with or without a cognitive, social or physical disability. At Camp Inclusion, campers participate in many group games and sports such as soccer, kickball and handball. Campers also participate in art & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games. Games are age appropriate and adapted for all needs. Glenwood Middle School, 2690 MD-97, Glenwood, Md. 443-398-8537.

Camp Ramapo

Based on a 250-acre campus in Rhinebeck, New York, Camp Ramapo is a residential summer camp that serves young people who are affected by social, emotional or learning challenges, including those on the autism spectrum. Rhinebeck, NY. 845-876-8403.

Summit Camp DC Weekenders

Weekenders are tons of fun for teens! Plus, Summit offers many opportunities for learning and growth as part of our weekender offerings. Your teen may participate in the following class activities during a weekender experience: Managing Money 101, Travel Safety and Awareness for Teens, Creative Arts Paint and "Sip" Class, Orienteering, Ropes Course or Archery Instruction, Team Building Games, Karaoke and Talent Night and much more! Md. and DC 570-253-4381.

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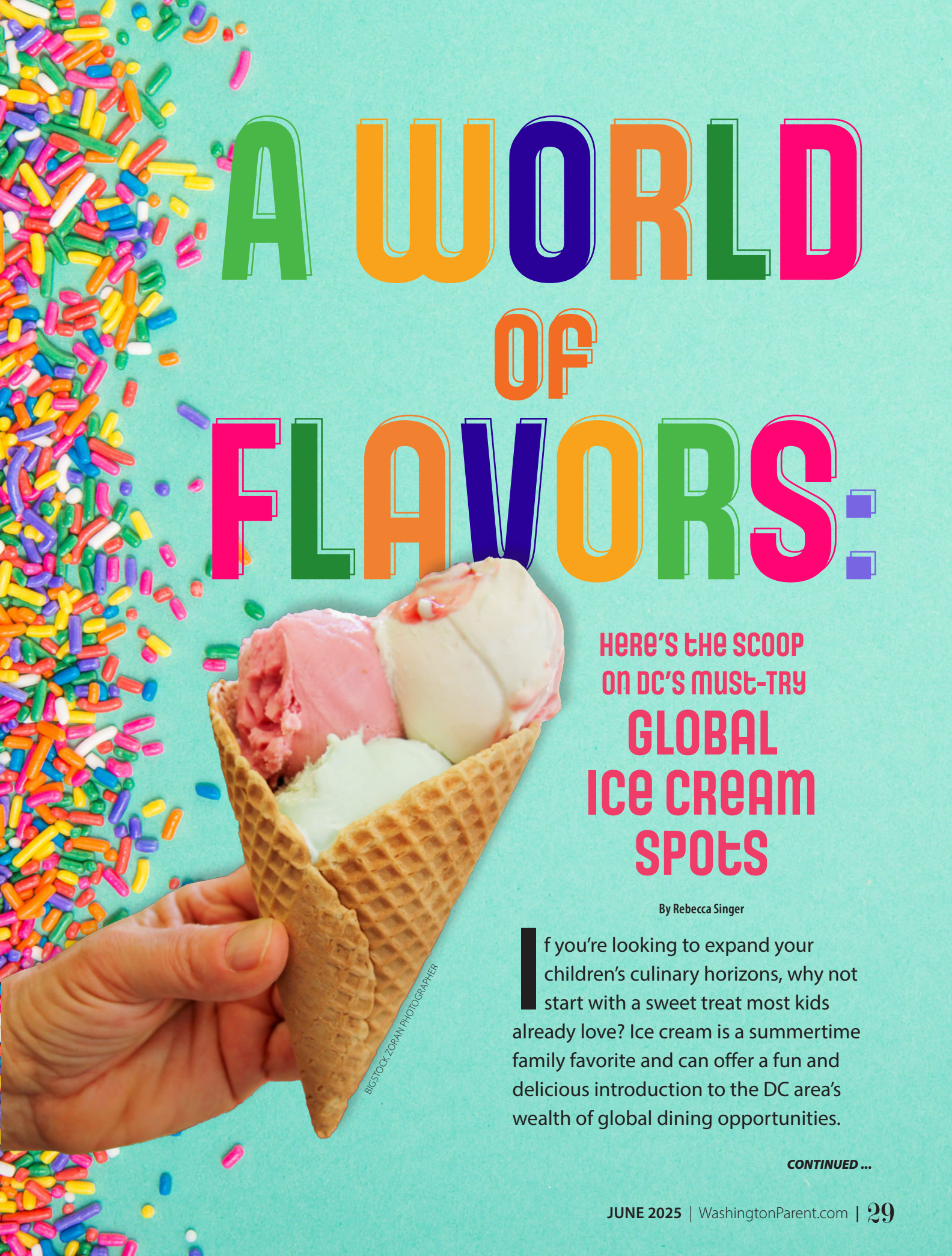
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A WORLD OF FLAVORS:

HERE'S THE SCOOP
ON DC'S MUST-TRY
**GLOBAL
ICE CREAM
SPOTS**

By Rebecca Singer

If you're looking to expand your children's culinary horizons, why not start with a sweet treat most kids already love? Ice cream is a summertime family favorite and can offer a fun and delicious introduction to the DC area's wealth of global dining opportunities.

CONTINUED ...

HERE ARE SOME LOCAL SHOPS SERVING UP SCOOPS INSPIRED BY GLOBAL FLAVORS.

BOULOS BOOZA MIDDLE EASTERN ICE CREAM

Booza is a traditional Middle Eastern cream made with natural thickeners that give it a stretchy, elastic consistency and chewy texture.

"It's denser, more elastic and melts slower than typical American ice cream," says Boulos J., founder and owner of [Boulos Booza](#).

Boulos's goal is to bring authentic Middle Eastern food to the area. "For me, too many times diaspora communities water down their food to meet American tastes. [Booza] is something you really can't find in the U.S. and it's as authentically Middle Eastern you can get."

When asked for flavor recommendations, Boulos has several suggestions. "Right now, Dubai chocolate is all the craze on TikTok and we just came out with a Dubai chocolate flavor, so that's been a big hit with the young'uns." He also recommends fig booza, made with fresh figs and only available in summer, and *ashta*, the original booza flavor.

Follow [Boulos Booza](#) on Instagram to find pop-ups throughout the summer or send a message to place an order. You can also buy pints at [Lebanese Taverna Market](#) in Arlington, Virginia or get it served by the scoop at [The Green Zone](#), a DC bar.

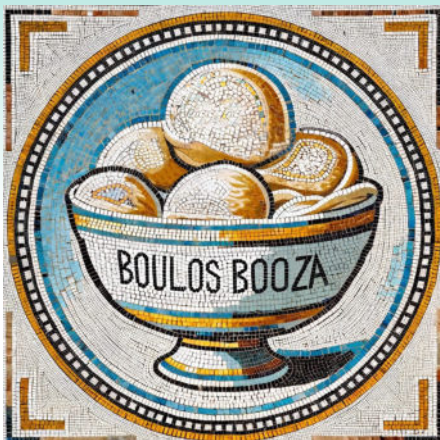


PHOTO BY FARRAH SKEIKY



SHUGA X ICE AFRICAN-INSPIRED ICE CREAM

At Shuga x Ice in downtown Silver Spring, Maryland, handcrafted, small batch ice cream is infused with flavors from African culinary traditions.

Founder and CEO Ndidiamaka Agu says she was inspired by her New York childhood and her Nigerian heritage. "I wanted to bring the two cultures together," she says. "Bringing the most American thing, which is ice cream, and then bringing every country in Africa and creating a flavor for them."

Agu wants her shop to introduce people to new flavors. "I don't believe we offer anything that is in your traditional ice cream shop. I don't have sprinkles; I usually don't have whipped cream; I don't like caramel sauce. Literally everything down to the toppings [is] inspired by African treats, African snacks."

One of the shop's most popular flavors is Tea and Bread. Tea-infused ice cream is mixed with pieces of buttered *Agege* bread, a soft Nigerian bread Agu remembers as a favorite childhood snack.

Be sure to check out Little Shugas, Shuga x Ice's monthly ice cream-making class for kids. Class schedules and sign-up links are posted on social media.

LA MOO CREAMERY THAI ROLLED ICE CREAM

Arlington, Virginia's La Moo Creamery serves Thai rolled ice cream, which comes in a variety of innovative flavors. According to Arya Chudiwale, an employee at the Yorktown shop, kids especially love Cotton Fancy, "a cotton candy-based ice cream with sprinkles, gummy bears and a fistful of cotton candy on top."

Because rolled ice cream is made-to-order in individual servings, you can customize your flavor with whatever mix-ins you'd like.

Part of the fun of rolled ice cream is getting to watch your ice cream being made. A liquid base is poured onto a chilled pan and a variety of mix-ins are added. Then the mixture is stirred, scooped and spread into a thin sheet as it solidifies. It's then scraped off the pan into log-shaped rolls that are gathered in a bowl and covered with toppings.

The next time your family goes on an outing for ice cream, check out one of these global-inspired ice cream shops and try something new!

MALAI SOUTH ASIAN-INSPIRED ICE CREAM



Pooja Bavishi Malai Founder and CEO

Malai's DC scoop shop, in the Shaw neighborhood, incorporates South Asian spices and ingredients inspired by founder and CEO Pooja Bavishi's Indian American upbringing.

"All of the ice creams at Malai are kid-friendly," Bavishi says. "Our mission is to make these flavors and ingredients feel familiar and accessible – and that starts with kids." Flavors she recommends as particular favorites for children include Mango & Cream, Sweet Milk, Sea Salt Vanilla and Apricot Mace.

One of the shop's most popular flavors, Sweet Roti & Ghee, was inspired by Bavishi's memories of a favorite childhood treat. "It was the Indian version of bread, sugar and butter," says Bavishi. "Sweet, savory and perfectly nostalgic. To capture that memory, I recreated the dish as a *roti*-infused ice cream, layered with *churmu* throughout."



PHOTOS BY MALAI / MORGAN IONE PHOTOGRAPHY

Rebecca Singer is an educator, mom and museum professional with over 20 years' experience designing fun, cultural events and activities for kids and families. She lives in the Washington, DC area with her husband and daughter.



A Shakespearean Summer for Every Family at the Folger

By Katherine Dvorak

If you've ever worried that "Shakespeare" and "kid-friendly" don't belong in the same sentence, we hear you and we're here to change your mind.

After years of renovation, the Folger Shakespeare Library reopened last June with a bold new vision: to become a space where all families feel welcome, included and inspired.

Families with young children will especially appreciate the sloped walkways (ideal for strollers or mobility devices) leading to the entrances to our new pavilion, new restrooms and inviting public spaces. And now, as we head into our second full summer since reopening, we're thrilled to invite families from across the DC region to experience everything we've created for kids.





PHOTOS BY PEGGY RYAN



As interim education director, I've seen firsthand how the building has come alive in new ways, and not just with scholars and theater lovers. Whether your little one is learning their first words, or your teen is tackling *Macbeth* in English class, the Folger has something for your family this summer.

Family Programs at the Folger

We offer a variety of programs for children and families.

These sessions are joyful and imaginative, filled with stories, movement, and play. Think forest adventures, fairies, crowns and animal characters – no prior Shakespeare knowledge required!

- **Our Do-It-Yourself series, DIY at the Folger**, allows for fun hands-on activities. Recent activities include DIY at the Folger: Printing, which gives families a chance to help staff pull prints from our authentic recreation of a 17th-century printing press and DIY at the Folger: The Tudor Ruff, which invites children to make and model the most recognizable Renaissance accessory, the frilled neck ruff.
- **Our designated Family Programs** offer two sessions focused on the same theme with the earlier session for ages 5-7 and a second session for ages 8-11. The recent workshop *Shakespeare and Me* connects kids and their feelings with Shakespeare's lines, while *A Power Player Spectacle* builds upon the themes of an exhibition currently on view in our galleries.

CONTINUED ...

The Folger remains a go-to destination for middle and high schoolers who are reading Shakespeare in school or trying out for drama club. Our exhibits provide meaningful touchpoints for this age group to connect classroom learning with the Folger's collection of historic books and costumes on display.

Exploring the Exhibition Halls

The Folger's exhibition halls offer many opportunities for families to engage with Shakespeare in meaningful and fun ways.

- *Shake Up Your Shakespeare* brings out kids' inner thespians with a digital stage where they can dish out Shakespearean compliments and hurl hilarious insults.
- For everyday fun, kids can try *Printing with Light*, learning to lay type as printers did in Shakespeare's time (backwards!) without the messiness of ink and compose their own poems using common Shakespearean words.
- Don't miss *A Fantastical World of William Shakespeare*, a brightly colored map that connects characters across plays illustrated in rich, storybook detail.

We offer interactive exhibition paths for different ages, complete with guides and activity kits: the *Discovery Trail*, perfect for preschoolers (ages 3–5), turns exploration into a visual matching game; while the *Decoder Trail*, ideal for budding readers (ages 6–9), guides young poets to create their own fill-in-the-blank poem.

And for families who want a little downtime during their visit, our Book Nook in the Great Hall provides a cozy retreat, stocked with Shakespeare-themed kids' books and games.

An Outdoor Escape

Beyond our indoor exhibits, the Folger's gardens offer a natural escape right in the heart of Capitol Hill. Families often pause here to snack, rest or just watch their kids play on the raised plinth. We plan occasional programming in our outdoor spaces such as the recent Spring Has Sprung workshop and we celebrate Shakespeare's Birthday outside in April with ruff making, jousting, dancing and birthday cupcakes.

Folger Shakespeare Library is proud to be a place where every child can see themselves in the story.

PLAN YOUR VISIT

Where: Folger Shakespeare Library, 201 East Capitol Street SE, Washington, DC, 20003, folger.edu

When:

Sundays: 11 a.m. – 6 p.m.

Mondays: Closed

Tuesday and Wednesday: 11 a.m. – 6 p.m.

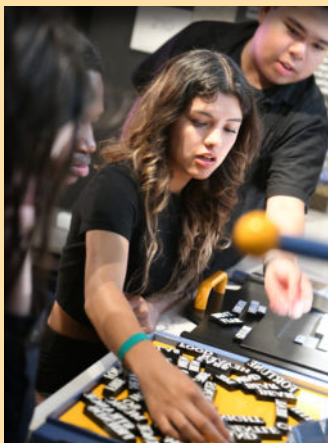
Thursday, Friday and Saturday: 11 a.m. – 9 p.m.

Sensory-Friendly Supports:

Sensory kits – including headphones, sunglasses, earplugs, and fidget items – available at the welcome desk.

Quiet room on-site that can be used for breaks, calming moments or nursing.

Katherine Dvorak is interim education director at Folger Shakespeare Library.





PHOTOS BY LLOYD WOLF

ONLINE RESOURCES

Shakespeare for kids

"It's never too early to discover Shakespeare!" The library's online resources for kids and for Shakespeare beginners include:

- ▶ Tips for seeing your first Shakespeare play
- ▶ A giggly guide to Shakespearean insults, compliments, and quotations
- ▶ Short Shakespeare scripts for kids
- ▶ Coloring pages for artists of all ages

Pop Culture Shakespeare and Teens with Stefanie Jochman

In an episode of the podcast *Shakespeare Unlimited*, a high school teacher shares some of the bard's pop culture resources that are popular in her classroom.



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THE GIANT BBQ BATTLE RETURNS TO DC

By Liam McCrickard

Soon, the streets of DC will be filled once again with the smell of smoking meat as the Giant BBQ Battle returns for its 33rd year of juicy goodness. As the name suggests, it features plenty of BBQ pitmasters engaging in fierce competition to prove their delicious dominance. But the large festival, occupying multiple blocks of Pennsylvania Avenue, can be hard for families to navigate. Washington Parent has assembled this article as your guide of things to do, remember, experience and – most importantly – eat if you and your family come to the biggest cookout the district has to offer.

WHERE, WHEN AND HOW TO GET THERE

This year's BBQ Battle will be hosted on Saturday, June 21st and Sunday, June 22nd. It opens at 11 a.m. both days, closing at 9 p.m. on the first day and 7 p.m. the second, meaning whether you stop by for lunch or dinner, you'll be well fed. Tickets are required to enter the festival, and can be purchased [here](#), either for one or both days.



The BBQ Battle was once, like so many DC traditions, hosted by RFK Stadium, but has since moved to right outside the Capitol, taking over Pennsylvania and Constitution Avenues from 3rd to 7th Streets. The best way by far to get there is Metro, with the Archives-Navy Memorial-Penn Quarter Station on the Green and Yellow Lines being the closest, and Judiciary Square Station on the Red Line being another option, which will only add a few extra blocks' walk.

If you prefer to bike in, the BBQ Battle also provides a free bike valet service all weekend long for visitors and guests.

ACTIVITIES AND ENTERTAINMENT

Though the main draw is, of course, the barbecue, there is more than just meat to enjoy. Though many of the specifics, especially for performances, are yet to be finalized, here's what we know so far.

- **Washington's Sports Teams Will be Putting on Shows:** Members of hockey's [Capitals](#), soccer's [D.C. United](#) and basketball's [Wizards](#), [Mystics](#) and [Go-Go](#) will be represented and provide entertainment to visitors.
- **Four Stages, Four Options:** The performance stages will each have unique options, most starting at noon and stretching into the evening. There will be a stage dedicated to music, one hosting a dance party, one for cooking demonstrations and one grilling stage that presumably will be where some, if not all, of the battles are held, though the details on that stage have not been publicized yet.
- **BMX and Skateboarding:** Many children may enjoy eating BBQ but not have much interest in how it's made. Those children likely will enjoy the stunts and tricks of the BMX bike and skateboard performers that will pump up the energy of the event to the next level.
- **Arts and Crafts:** There will be artistic activities for families and children to engage in, most of which haven't been announced yet, but one that has been revealed is very eye-catching: making a custom bobblehead.

THE MEAT OF THE MATTER

But of course, everything is just a side dish compared to the entree that is the titular

barbecue. While the competition dishes can only be served to the judges for health code and permit reasons, the chefs and the organizations/restaurants they work with will be selling barbecue throughout both days, as well as giving away literal metric tons of samples to festival visitors. Though the best way to determine what you'll like is by trying the samples on offer, if you want a way to narrow down your choices before then, you could try eating from some of the following DMV- area barbecue joints that will be vending at the battle.

- **Bayside Bull** is an Anne Arundel restaurant that offers rotating seasonal menus for various occasions throughout the year.
- **Ben's Chili Bowl** has been a DC staple since the 1950s, with a specialty given away by the name.
- **DCity Smokehouse** has two locations, both in the district, and considers barbecue to be a lifestyle it lives and breathes.
- **Dyvine BBQ in Motion** from Dumfries, Va. is headed up by Chef Derrick Wood, who'll be bringing his signature barbecue fusion cuisine to the event.
- **Smokecraft Modern Barbeque** is an Arlington smokehouse that is bringing its competition team, which has finished in the top 8 of the Jack Daniel's World Championship Invitational Barbecue, to the BBQ Battle this year.
- **The Tender Rib** is a barbecue food truck that often travels to cater for different events, but can be found in Fort Washington, Md. most Fridays and Saturdays.

So whether you're going to have a feast, hear some live music, watch the competition or just take in the smells – the Giant BBQ Battle will be waiting for you. Just remember to bring some sunscreen, a water bottle and most importantly an empty stomach.

Liam McCrickard holds a B.A. in creative and professional writing from Goucher College. He is former assistant editor at [Washington Parent](#). He works as a freelance designer, writer and editor of tabletop role-playing games.

How Embracing Your Inner Child Builds Connection With Your Kids

By Maureen McElroy, LCMFT



BIGSTOCK/LUCKYBUSINESS

“**P**lay” can sound frivolous or unimportant, but it is anything but that for a child! It’s through play that children connect with the world and learn about it. It’s through play that children connect with others. Even babies engage in “peek-a-boo.” Strangers standing nearby on a grocery checkout line become friends in just moments if they pause from their task at hand and take the time to play with a baby in front of them.

Be in the Present Moment

How can you embrace your “inner child” to build connection with your child? Children, for the most part, live in the present. If we are intentional in wanting to join them in the present, they will help take us there. The first step is to limit distractions, which may include turning off our phone and other media sources for as long as we hope to connect with our child, whether it be for fifteen minutes or for an hour or two. We may need to put concerns about the future up on a metaphorical shelf, temporarily.

Reflect on Cherished Memories

If turning off your phone and putting aside obligations for a short time may sound like a tall order, I invite you to think back to your favorite childhood memories of time spent with your

When we enter our child's world, it's important to get on their level, figuratively and literally!

parents or other special adults. For most of us, those memories include times when a parent played with us, whether it was when your father gave you a piggyback ride, or played a board game or catch with you, or when your mother played with clay with you or worked on a jigsaw puzzle with you. Thinking of those moments of delight may inspire you to create similar moments with your child.

Remember Your Favorite Activities

In addition to entering the present moment by limiting distractions, remembering back to what you liked to do as a child may help you to access your "inner child" and embrace play with your child. What did you like to do? Did you like to hula hoop? Blow bubbles? Ride a bike? What were the things that you wanted to do, but either weren't allowed to or didn't have access to? Did you want to splash in mud puddles, or fingerpaint, but you had a parent who didn't tolerate messiness? Well, now is your time to engage in those activities and to see how much fun they can be! When you introduce your child to activities that you enjoyed (or wished for) when you were young, your enthusiasm, smiles and laughter will be catching!

Enter Your Child's World and Follow Their Lead

When you think back to those special childhood moments of play with adults, can you remember how much fun it was to have them enter your world by sitting on the ground with you while playing a game? Or by playing catch with you? By having a tea party with you? It is very meaningful to a child to have an adult enter their world. It's a bit like when a favorite friend or relative comes to visit and they don't necessarily want to see the tourist sites in your town, but they want to see what your day-to-day life is like: where you grocery shop, where you walk your dog, where your kids go to school. They just want to spend time with you and be with you in your world. That's what you can do when you enter your child's world.

When we enter our child's world, it's important to get on their level, figuratively and literally! A friend recently shared that she remembered taking her son to the National Air and Space Museum in Washington, DC, when he was a young boy. She was expecting him to be fascinated by the moon rock, lunar modules and airplanes. Instead, he was very intrigued by a large bolt he found on the floor that was used to fasten something. Instead of tugging him along to the next visit, she got on ground with him and listened to him share what he liked about the bolt. She followed his lead. She let him take his time, and she engaged with him. By limiting her distraction (i.e., letting go of her need to show her son the official exhibits), she was able to allow herself to be in the moment and join her son on the ground. She met him where he was – on the floor and engrossed in exploring the giant bolt. And the fact that she still remembers this exploration indicates what meaningful connection it offered.

The Connection Goes Both Ways!

When you make the effort to limit distractions and be in the moment with your child, after reflecting on your favorite times of play with your parents or other important adults in your life, you will find it easier to access your inner child and join your child in play by entering their world, getting on their level and following their lead. When you do this, you will undoubtedly have fun, and your child will know it. Sharing in the fun together will build connection for the two of you. This will, of course, benefit your child and provide a wonderful foundation that will last a lifetime. This connection will have many benefits for you as well. Adults need laughter and fun in their life to provide a reprieve from the many responsibilities and pressures in their life. They need moments of joy and connection, too. Who better to create those moments with than one's child? And fond memories of playing with children stay with parents for their lifetimes as well.

Maureen McElroy, LCMFT is a Certified Parent Educator with the Parent Encouragement Program, which offers classes for parents of children ages 2 ½-18. She is also a licensed marriage and family therapist who sees individuals and couples in her Bethesda, Md. practice (maureenmcelroy.com).

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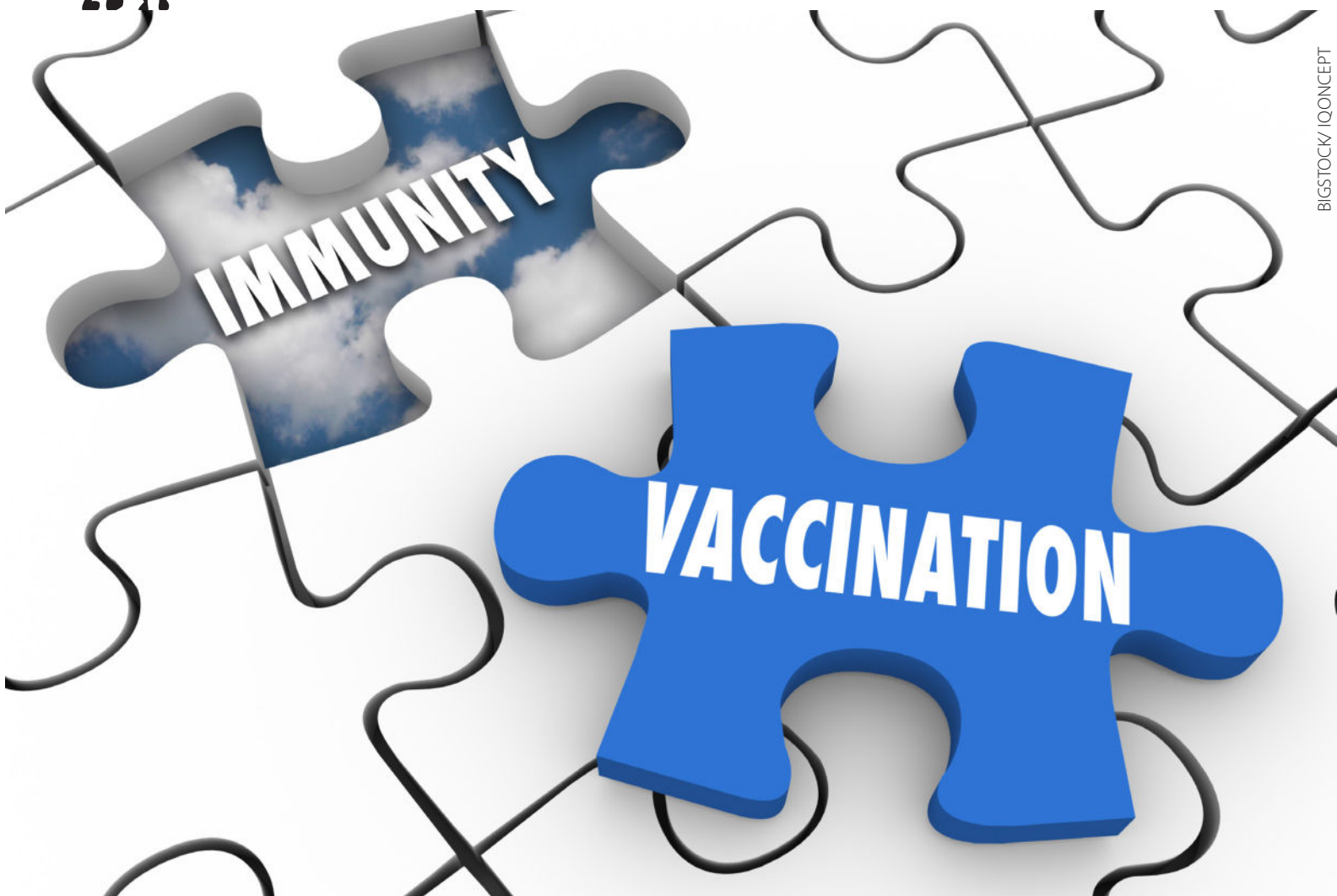
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Vaccines are Safe and Effective: A Doctor Answers Common Questions

By Mutsa Nyakabau, M.D.

You make sure your child wears a seatbelt in the car. You remind your child to put on a helmet before riding a bike. You wouldn't hesitate to give your child antibiotics to treat an ear infection or strep throat.

All of these measures help keep your child safe and healthy and help prevent serious complications.

Think of vaccines the same way: An essential tool to keep your child as safe and healthy as possible.

As a board-certified pediatrician at Kaiser Permanente, I talk about vaccines with families on a regular basis. My message is consistent: Vaccines are safe and effective and play a vital role in keeping your child healthy and in protecting our families and communities.

Questions from Parents about Vaccines

There are a few questions that parents tend to ask me about vaccines:

1. Can my baby's immune system handle these vaccines?

Yes! Vaccines give the immune system instructions on how to respond to a foreign invader – an infection. Your baby's immune system needs vaccines to [learn how to ward off infection](#).

2. Is it safe for my child to receive several vaccines at the same time?

The recommended immunization schedule was developed to ensure that the right vaccines are administered to children at the right age and at the right time. Most babies' immune systems [can handle multiple vaccines at once](#). Your child's doctor will tell you which ones should be given when. Research also shows that receiving many vaccines at once doesn't cause more side effects than getting them at separate appointments.

3. Do childhood vaccines cause autism?

No. Many, many studies have shown there is [no link between autism and vaccinations](#).

What Vaccines Do Children Need?

Infants, toddlers, young children and teens all need vaccines. Your doctor will guide your family at each age and stage so you know which vaccines are needed when. Here is a snapshot of some vaccines your child might receive:

MMR Vaccine (Measles, Mumps and Rubella): The measles, mumps and rubella vaccine is safe and very effective:

Two doses provide lifelong immunity for 98% of vaccinated people. The first dose is given at 12-15 months of age. The second dose is given at 4-6 years of age. If your child is younger than 12 months and you are traveling abroad, talk to your doctor about whether your child can be vaccinated before their first birthday. Measles is a very contagious and infectious disease that can cause severe complications in unvaccinated people.

Varicella Vaccine (Chickenpox): Many parents reading this may have had varicella, or chickenpox, as a child. Now, we have a vaccine to prevent that itchy, contagious rash. The first dose is given at 12-15 months of age. A booster dose is given at 4-6 years of age. The varicella vaccine prevents most cases of chickenpox. In kids who are vaccinated and still get chickenpox, symptoms are usually mild.

HPV Vaccine: Human papillomavirus is an extremely contagious virus with about 200 different strains. A few of these strains are responsible for most HPV infections. HPV can cause at least six types of cancers: cervical, vulvar, vaginal, penile, anal and cancers of the throat. Children can start the vaccine series at age 9. Only two doses are needed if given before age 15. If starting the vaccine series after 15, three doses are needed. Your child's doctor can discuss the dosing schedule with you. I have heard from some parents that they are concerned that having their preteen or teen vaccinated for HPV may lead to teenage sex. I remind parents that the vaccine itself does not influence teen behavior, but it can prevent cancer.

Meningococcal Vaccine: This vaccine prevents meningococcal disease, which can lead to meningitis. Meningitis, or inflammation of the protective covering of the brain and spinal cord, is a very serious bacterial illness that can cause serious infection and hospitalization in the ICU, with lasting side effects and even death. Fortunately, the meningococcal vaccine is great at preventing this condition. We recommend the first dose be given at age 11 and a booster at age 16.

Flu Vaccine: Children ages 6 months and older should have a flu vaccine every year, ideally before the start of flu season. September and October are great times to get the flu shot. The flu vaccine may help prevent flu. If your vaccinated child still gets the flu, symptoms may be milder with the immunization than without.

COVID-19 Vaccine: The COVID-19 vaccine is recommended for everyone ages 6 months and older. Your child's doctor can discuss the right schedule for your kid.

This is not a complete list of all childhood vaccines but is a sampling of some of some important vaccines we have available to protect our children from disease. Your child's doctor is available to answer any questions or concerns you may have about any vaccine.

Dr. Mutsa Nyakabau is a board-certified pediatrician with the Mid-Atlantic Permanente Medical Group. He sees patients at the Kaiser Permanente Ashburn Medical Center. He also provides video and phone visits.

CHECK OUT ALL THINGS FOR NEW & EXPECTING PARENTS

All the things you need to know
as new & expecting parents are
right at your fingertips!



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Montgomery Parks Annual MUDFEST

June 14. The Woodstock Equestrian Special Park will temporarily be converted into mud pools! Bring sleds to go down a mudslide! There will be music, pizza and shaved ice available. Make sure you don't wear any clothes you wouldn't want to get dirty! This event is rain or shine. Beallsville, Md.



EARLY SUMMER JAMS

El Verde es Vida Festival

June 1. (Rescheduled from April.) A free, family-friendly community event with live music and entertainment, raffles and prizes, food vendors and community organizations coming together to welcome the spring and promote the adoption of clean/green energy. Bladensburg, Md.



RiverFest & Craft Show

June 7-8. A family-friendly event featuring live music, boat tours, food trucks and over 250 artisans. The special Butterfly Experience is an opportunity to feed butterflies. Kids can also take part in DIY boatmaking and races. Occoquan, Va.



Caribbean-American Heritage Festival

June 8. Celebrate Caribbean-American heritage with live performances and an international food court. This is a family-friendly festival with plenty of entertainment, including dance sessions, face painting and giveaways. Silver Spring, Md.

Sounds of Summer Concert at Stonebridge

June 12, 26. Celebrate the summer with live music and soak up the evening sun with friends and family all summer long. This is a family-friendly event with live music, interactive performances and games. Woodbridge, Va.

Home Rule Music Festival

June 21. This free, family-friendly event is a celebration of DC music and culture at The Parks at Walter Reed. It will feature live performances, food from local vendors and craft and culture markets. Washington, DC.

JUNETEENTH

Freedom Before Emancipation: Family Day for Juneteenth

June 19-21. Join Mount Vernon to celebrate Juneteenth by remembering how enslaved people resisted enslavement and sought freedom before the Emancipation Proclamation. Take a tour of the estate; watch spinning, cooking and blacksmith demonstrations; and honor the lives of the enslaved at a commemoration ceremony. Mount Vernon, Va.

FAMILY HEALTH AND FIREFLY FUN



Healthy Together Fairfax 2025

June 8. A community event for all ages, with free activities centered on physical and mental wellness. There will be healthy treats, story time and carousel rides. Franconia, Va.

Firefly Festival

June 22. Families can explore and revel in these bioluminescent beetles that provide the summer with hints of natural lighting. There will be activities like bug hunts, games and crafts. Arlington, Va.

CELEBRATE PRIDE



World Pride Family Fun Festival

June 7. Taking place in Stead Park, this family event will have games, crafts, face painting, story time, an obstacle course and more. Washington, DC

Rainbow Festival

June 28. Celebrate Pride Month with local LGBTQ+ organizations. This is a family-friendly event with story times, crafts, music and more. Attendees are encouraged to dress up for the festivities! Oxon Hill, Md.

PETS AND PUTTING

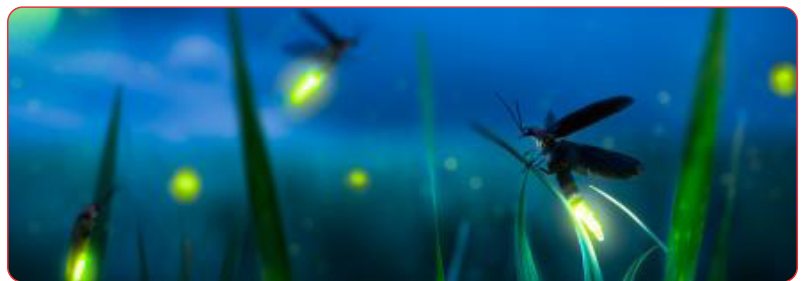


Petpalooza

June 7. Get ready for Petpalooza – a pawsitively fun day for the whole family! Check out local businesses and pet adoption groups, all while enjoying exciting entertainment and engaging exhibits. Plus, enjoy complimentary face painting, roaming performers and so much more. Reston, Va.

Putt Across America

Now through September 1. Putt Across America is a special mini-golf experience featuring designs inspired by our country's iconic landmarks and locations. Families can putt through 18 holes while immersing themselves from Niagara Falls to New Orleans, Hollywood to Hawaii. The Wharf hosts Putt Across America. Washington, DC.



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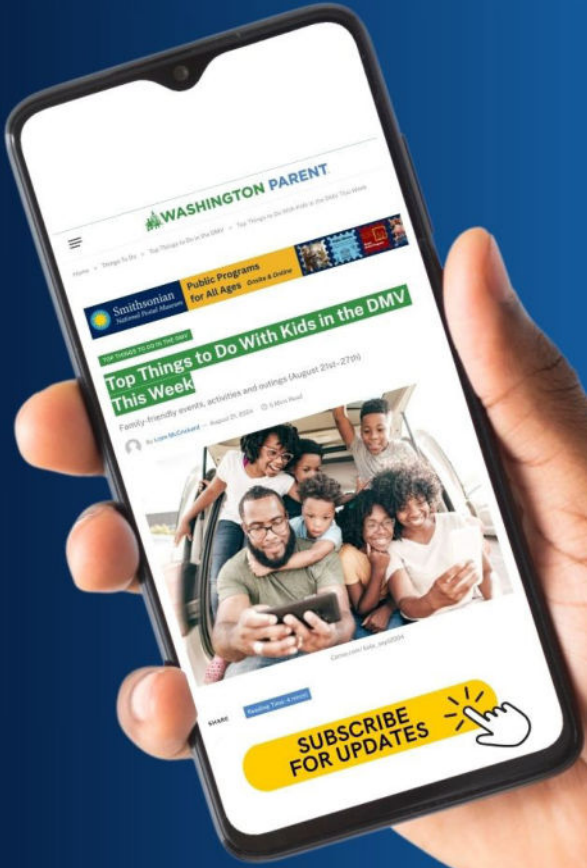
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FUN THINGS
TO DO WITH KIDS IN THE DMV**

Family-friendly events,
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See advertisement in this issue. EACH SCHOOL INDEPENDENTLY GOVERNED.

FUN THINGS

TO DO WITH KIDS IN THE DMV

Did you know ...

You can list your kid-friendly events
FREE on [washingtonparent.com](https://www.washingtonparent.com)?

HERE'S HOW TO CREATE AN EVENT:

- Go to [WashingtonParent.com/events](https://www.WashingtonParent.com/events)
- Click on blue ADD EVENT button
- Provide details of the event

LOOKING FOR THINGS TO DO WITH THE KIDDOS?

Go to [WashingtonParent.com](https://www.WashingtonParent.com):

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